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Eagle Fun Days proves better than ever

By Philip A. Janquart

It takes about 10 months and some 200 hours of preparation heading up to Eagle's annual Fun Days event.

Past events have all been successes, but this year's was even better, thanks to a few improvements that brought an estimated 30,000 people from all over the Treasure Valley July 11-12, 2014.

"We really mixed it up this year," said Eagle Fun Days committee member Shawn Nickel. "Our focus was trying to keep people downtown after the parade. Usually the parade starts at noon, but this year we started it at 2 p.m. so people would hang around for the fireworks display later in the evening."

The strategy worked, but so did moving the Rocky Mountain Oyster Feed back to the middle of town, closing off more streets for vendors and allowing people to carry open alcohol containers.

"That was an idea the police came up with," Nickel said. "Their idea was that it would be better to let people walk around with their drinks instead of cramming them in a few isolated beer gardens. You know how it is, you want to go do something, but you have to hurry up and finish your drink or have another before you leave. We also had more live music. It was nice because it created a real festival or street fair-type of atmosphere. I don't think there were any problems I can



Rodeo royalty

Photos by Philip Janquart

think of, or have heard about. I think we were successful in getting people to stay around longer, and I don't know if there were twice as many people there to see the fireworks, but there were a lot more than last year."

Nickel said some of his thoughts for next year's event include opening up Eagle Road for more vendors, providing more things to see and places to walk, all in the spirit of nurturing the street-fair atmosphere.

Those plans and others will be discussed in the near future when the committee meets again to start planning for 2015.

"It really takes a lot of work," said Eagle Parks and Recreation Director Mike Aho. "I was there on site for 37 hours of the two-day event."

He said the City of Eagle and the Eagle Parks and Rec. Department offered "historic" levels of support for Eagle Fun Days by helping fund, plan, promote, organize and operate the event.

"The City provided logistical support, decorating the gazebo, placing garbage box and recycling containers, street closure barriers and signs, sign placement, portable toilet organization, garbage management and many more items. These responsibilities are part of the planning stage, operational stage, clean up stage and evaluation stage.

"Friday Family Night at City Hall, which was a new component to the event, included a penny carnival, bike rodeo, bike decorating contest, police and fire obstacle course and vendor booths. This year the participant estimation was about 500 people. Throughout Friday during set up, operation of the event and clean up, all of our staff is involved in making this family focus event a success."

The City's Eagle Fun Run, which started at City Hall, was a great success with 88 runners participating. Like all the other events, the Fun Run required significant planning.

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Star's Hometown 4th of July

By Independent News Staff

The Hometown Celebration was held in Star on July 4th at Hunters Creek Sports Park. All of the activities were well-attended and as is usually the case in early July, it was hot!

The morning parade featured many participants, including the Corvette Club, Early Bronco Club and Green Knights Motorcycle Club. Grand Marshal Chad Brumpton, and several other Veterans, participated and Rosti Farms, Chickasaw Choctaw Horse Club and the Green Knights all received ribbons and cash prizes for best presentation. The parade lasted close to an hour this year; there were a lot of entries!

At 4 p.m., the BBQ started with Lifesprings Church serving up some great food under the parachute tents. About 800 people cruised through the serving line and thanks to Renee Tiner and the many volunteers from the Church, the process was quick and efficient. Richard Tinsley was also very helpful in the organiza-



Councilman Tom Erlebach and Dana Davis

Photos by Mickie Park & Denice VanDoren



Star Mayor Nate Mitchell with Abby and Evelyn

tion of the BBQ. Compliments to Mayor Nate Mitchell and his crew of volunteers on the beef; it was cooked to perfection!

Continued on page 17

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Groundbreaking announced for Meridian Idaho Temple

MERIDIAN, Idaho — The Church of Jesus Christ of Latter-day Saints announced today that the Meridian Idaho Temple groundbreaking will take place on 23 August 2014 at 10:00 a.m. The temple site is located at 7345 North Linder Road, a few blocks north of the intersection of North Linder Road and Chinden Boulevard. Attendance at this ceremony is by invitation only.

The Meridian Idaho temple will be the Church's fifth temple in Idaho. The Church currently has 143 operating temples worldwide.

Latter-day Saint temples differ from the meetinghouses or chapels where members meet for Sunday worship services. A temple is considered a "house of the Lord" where Christ's teachings are reaffirmed through marriage, baptism, and other ordinances that unite families for eternity. Inside, members learn more about the purpose of life and make covenants to serve Jesus Christ and their fellowman.



Angels Among Us

By Jennifer Anderson

Recently, I received a letter from a gentleman, Bill, who proposed an ongoing article for the newspaper that he, and I, thought would be of value to our readership. Since one of my favorite things about The Independence News is our opportunity to feature inspirational stories from the community, this column fits perfectly with that mission. The thought is to share personal stories from individuals in the community about how they have been positively affected by acts of service from other community members.

The idea first came to Bill as he was considering guardian angels after several personal experiences he had. The experiences led him down a thought path of whether or not we have loved ones who look after us beyond the grave and moved on to those around us who act as our angels in our moments of need and despair.

Bill reflected on his life and could see many times when he felt inspired to help someone he saw who needed help, and also many times when he was the recipient of an act of random kindness.

Often we receive help just when we need it: a phone call when we're down, our yard mowed when our mower dies, flowers planted to cheer up our yard, a meal brought in when a family member is sick. These seeming random acts of kindness often occur at crucial junctures in our lives and help us to realize we are not alone as we struggle through life. Whether guardian angels in a spiritual form or guardian angels who come in the forms of friends, neighbors, or even strangers; there are many

stories to be shared of ways others have blessed our lives and made them better.

I have had many guardian angels step in and out of my life. One such event occurred just prior to our move from Texas to Idaho. I had two year old twins in addition to my other three young children, a house to get ready to sell, some remodeling that needed to be finished, boxes to pack, walls to paint, and a yard that was not in the best shape. As my husband and I got ready to fly to Boise to look for our new home, I despaired of ever getting everything finished in our old home.

We flew into Boise on a rainy May day, looked high and low for houses, and found one that was perfect for us. As our trip neared its close, and I faced the reality waiting for me back home, I just didn't know how we would get it all done. We arrived back home to find our lawn had been neatly trimmed, our bushes cut back, flowers planted, and the yard edged. It looked amazing. I had not asked for help, other than from God, but he had sent me angels on Earth to help. Over the next month, I had additional assistance from friends who would show up unannounced, pick up a paint brush or a wash rag, and do what needed to be done. I am so grateful for those angels in my life.

We would love to hear your stories and share them with others as a way to encourage acts of kindness and recognize we are all one human family, struggling together, and striving for happiness. You never know when a smile and a helping hand is just what someone needs to lift their spirits. Please share your stories by writing to www.theindnews.story@gmail.com.

Urban Ascent hosts first ever Courageous Kids Climbing Event

July 12, 2014 Urban Ascent Rock Climbing Gym in Boise, Idaho hosted the first ever Courageous Kids Climbing event. Just under twenty children with special needs from around southern Idaho descended on the gym that morning for two hours of rock climbing under the watchful eyes of volunteer belayers / coaches, some of who traveled from as far as McCall and Cascade to be part of the event.

Some of the children were a bit hesitant at first but soon had their confidence built as the coaches worked individually with each child. By the end of the session, all of the kids were climbing and several of the children did not want to stop once the allotted time period expired.

"This was an awesome event! All of the kids had a great time climbing and we cannot thank Scott DeWalt and his staff of Urban Ascent enough. Several individuals and organizations provided drinks and snacks for the kids and every kid went home with a Courageous Kids Climbing t-shirt courtesy of D & D Screen Printing of Cascade..," said Jeff Riechmann, Event Organizer.

Members of the Boise Fire Department technical rescue team along with members of Ada County Paramedics special operations team were on hand as well. The firefighters and paramedics wore their rope rescue gear in an effort to encourage the kids. Several

kids took the time to check out the emergency responders gear and on more than one occasion the emergency responders could be heard telling the kids, "Look, we climb just like you do!"

Asked if there were any plans for future events, Riechmann said that they want to hold another event in Boise next year as well as a second event at another Idaho city and to also open the event to physically challenged kids. He added that they are also looking into possibly taking a few kids climbing outdoors, although that may not happen for a while.

Courageous Kids Climbing is a group of Idaho rock climbers that have a desire to share their love of rock climbing with children who have special needs. The team of individuals and businesses was organized by Riechmann in March of 2014 with assistance from DeWalt and Larry Morton of the Cascade Climbing Gym. Riechmann stressed that Courageous Kids Climbing does not collect monetary donations or charge for their activities, stressing that the events they are planning will be supported with in kind contributions of goods and services. "We're not worried about money; we're worried about the kids having a good time!"

For more information about Courageous Kids Climbing, check their page on Facebook or send an e-mail to JeffRiechmann@cs.com

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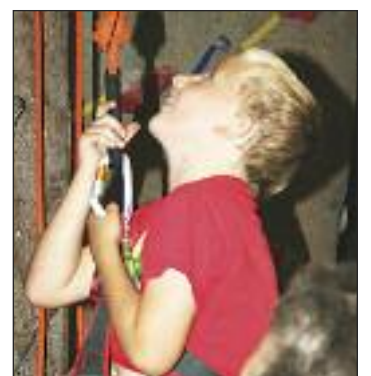
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Just under twenty children with special needs from around southern Idaho descended on the gym that morning for two hours of rock climbing.



Idaho Transportation Board approves rural interstate speed increases, with annual review required

Following a review of engineering and traffic safety reports, the Idaho Transportation Board approved a plan on Friday (July 11) to increase the speed limit on selected rural sections of interstates in southern and eastern Idaho. The increases were approved with the requirement of an annual review by the Board to ensure continued safe highway operations.

"The Board considered all of the comments received, reviewed the engineering study, discussed concerns and concurred with the ITD recommendation," said transportation department Chief Operations Officer Jim Carpenter. The decision was made at the monthly Board meeting in Coeur d'Alene.

The maximum speed limit on sections of interstates 15, 84 and 86 will increase to 80 mph by early August, following coordination of sign installation. The speed limits do not increase until the new signs are in place.

"Motorists are reminded that these are maximum speeds, but all should drive according to weather and other condition limitations," Carpenter added.

The maximum speed for trucks will increase to 70 mph.

While the speed-limit increase is in effect for rural sections of interstate, the speed limit in urban areas will not increase. The Treasure Valley, between Caldwell and east Boise, as well as Pocatello and Idaho Falls, will remain 65 mph.

Legislation allowing the Idaho Transportation Board to increase the speed limit was approved by the Idaho Legislature during the 2014 session. The new speed-limit law also allows for increases on non-interstate highways to 70 mph.

ITD completed the necessary traffic studies and engineering reviews during May and June.

Engineering studies on state highways will be completed at later dates before speed-limit changes will be considered.

Questions? Visit us online at itd.idaho.gov, follow ITD on Twitter (@IdahoITD) or Facebook and check travel conditions at 511.idaho.gov or dial 5-1-1. Please slow down in highway construction zones and pay attention. Safety for drivers and workers is our highest priority.

Order of DeMolay elects new officers

The Treasure Valley Order of DeMolay recently held elections of officers for the next term. William Wechselberger of Meridian (Meridian High School) was elected as Master Councilor, Riley Schill of Star (Eagle High School) was elected as Senior Councilor and Matthew Thompson of Star (Eagle Middle School) was elected as Junior Councilor.

DeMolay is open for membership to young men between the ages of 12 to 21 of good character who acknowledge a higher power. Currently about 15,000 active members are in the United States and Canada.

A local DeMolay body is known as a Chapter and is headed by the Master Councilor. The Master Councilor is elected by members of his Chapter and is usually among the older members of the group. The Master Councilor is assisted in his duties by a Senior Councilor and a Junior Councilor. The Senior Councilor is usually considered to be next in line as Master Councilor and Junior Councilor to follow, though two people can run against each other. The remaining officers of a Chapter are appointed by the Master Councilor, except for the Scribe, who is appointed by the Chapter's Advisory Council.

Their installation was held on Saturday July 12, 2014 at 2:00 p.m. at the Meridian Masonic Lodge, 800 East 2nd Street, Meridian open to the public.

Tips to ensure a smooth transition to college

(StatePoint) The transition to college is an exciting time, full of anticipation for the next chapter of life. But with new opportunities come uncertainties, from financing an education to picking the right courses.

"Paying for college and having kids leave the house is new territory for most parents and children. But with research and preparation, parents can help kids learn how to maximize available funds, borrow responsibly and manage their new lives," says Jodi Okun, founder of College Financial Aid Advisors and brand ambassador for Discover Student Loans. "Parents should encourage kids to take responsibility for forming a long-term financial plan they can work through together."

Okun offers the following tips for a smooth transition:

- Empower students: Let students start with smaller decisions, such as what to do with high school graduation money, and then build to bigger ones, such as finding and applying for additional scholarships, and deciding whether they can balance school with work-study or a part-time job. Encourage students to form meaningful relationships with their school's financial aid office.
- Balance dreams with opportunities. While students often pick a major based on childhood passions, parents may steer them toward an in-demand field with a good salary and career trajectory. In fact, 70 percent of parents say job potential after college is as important or more important than choice of major, according to a recent Discover Student Loans survey. Starting salary should also guide how much debt the student takes on.

For example, if a student anticipates a \$40,000 a year starting salary, he or she should take on no more than \$40,000 in student loans over the course of college.

- Figure out the parents' role. The majority of student loans are for students, but there are loans specifically for parents (e.g., Parent PLUS Loans and some private student loans). Consider the advantages of each and decide whether parent student loans, traditional student loans or a combination is best. Regardless of what's decided, parents should discuss options and expectations with their child.
- Exhaust free money first. Grants, scholarships and other free financial aid can help students pay for costs. Resources such as Discover's Free Scholarship Search and Studentaid.ed.gov can help students and parents identify and apply for important free money.
- Choose the right student loan. With so many choices for loans, choosing the right one can be overwhelming. Families should compare federal and private student loans based on key components, such as interest rates, origination fees and repayment options and then choose the loans that best fit their financial needs.
- Seek consultation. Financing college can be an overwhelming and confusing process. Consider talking to a financial planner who can offer sound advice.

More tips can be found at DiscoverStudentLoans.com.

As college costs rise, understanding the financial resources available, as well as having conversations about who is responsible for what, will ultimately provide peace of mind for students and parents.

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~ Aristotle

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School's Out for Summer: Supporting teens and young adults impacted by Mental Health or substance use challenges

By Martha Ekhoft, MA, CPS, ALWF, Member and Family Affairs Director for Optum Idaho and a Certified Mental Health First Aid Trainer

School's out for summer and many teens and young adults are looking forward to enjoying weeks of downtime with friends and family. However, sometimes all that extra free time can be harmful – being separated from their usual routine and social group can leave some young people feeling out of touch, isolated and tempted to take part in risky behaviors. How can parents and other trusted adults know when a young person in their life needs help dealing with a mental health or substance use issue?

In my role as Member and Family Affairs Director for Optum Idaho, I often meet parents of a young person with a mental health or substance use issue who wish they had intervened earlier to get help for their child. They look back and realize there were clear warning signs of a problem but they didn't recognize them at the time. Here are some common indicators that a teen or young adult may need help:

- Sudden changes in typical eating or sleeping habits, such as a pronounced increase or decrease.
- Deterioration of physical appearance, including clothing, makeup and overall hygiene.
- Lack of interest in things they once enjoyed or deemed important, such as athletics or other social activities.
- Sudden changes in the group friends they spend time with and where they hang out.
- Abrupt shift in personality or attitude – beyond typical teenage mood swings – that is out of character for them.

For many of us, the idea that a young person we care about is struggling with mental illness or substance use can be overwhelming and scary. It's important to understand how common these issues are – they affect people from all walks of life regardless of age, gender, ethnicity or socioeconomic level. The good news is that recovery is possible. I know from personal experience that,

with the right help and support, people can recover from mental health and substance use disorders to live healthy, self-directed lives as members of their community.

The key to recovery is getting appropriate treatment and support. If you think a young person in your life needs help, don't be afraid to talk to them and offer your assistance. Encourage them to seek help and let them know they are not alone.

Check out these organizations and resources for ideas on how to start the conversation and to find information on local treatment and support services:

- 2-1-1 Idaho CareLine: a free statewide community information and referral service that helps connect Idahoans to a variety of free or low cost health and human services available in their community. Dial 2-1-1, send a text to 89821, or visit www.211.idaho.gov.
- National Alliance on Mental Illness (NAMI): offers an array of support and education programs that help build better lives for people affected by mental illness. Visit www.nami.org or call the NAMI Information Helpline at (800) 950-NAMI (6264).
- Idaho Federation of Families: this organization focuses on the issues of children and youth with emotional, behavioral, or mental health needs and their families. Visit www.idahofederation.org or call (208) 433-8845.
- Youth M.O.V.E. Idaho: the state chapter of Youth Motivating Others through Voices of Experience (M.O.V.E.), this youth-led organization aims to educate Idahoans about the experiences of young people affected by emotional, behavioral or mental health issues. Visit www.idahoyouthmove.org or call (800) 580-6199.

Optum Idaho is the company that manages outpatient mental health and substance use disorder services for adults and children enrolled in Medicaid through the Idaho Behavioral Health Plan (IBHP).

A TEACHER'S *Perspective*

By Anna Eaton-Merkle

In a very short while, my daughter will be heading off to college. This is a different feeling than what I experienced when my son left a few years ago. Maybe it is because she is the second little bird to leave the nest, maybe it is because there are so many other things to worry about with girls, maybe it is because nature has a way of creating teenagers that try our patience so that we are somewhat relieved when they leave. Don't get me wrong, I am going to miss her. I am just so excited for her to get the chance to grow up. It seems almost impossible for 18-year-olds to really get to experience the joy of adulthood while they are still living at home. A bit like a wifi connection can waiver in and out, teenage cognitive reasoning and effort can flicker with the wind, depending on how interested in their focus they happen to be.

Before anyone accuses me of cynicism, please understand that this is not a child who has shown great problem solving skills. As a matter of fact, her first line of defense in most situations is usually to call me crying about an event, or to hit her sister – whichever is most convenient. These dramatics tend to move from bad to worse in 0.5 seconds, at which point, those of us who know better tend to hide until the situation has resolved itself. These issues can range in seriousness from a bad haircut to a car wreck, but the reaction is usually the same. How will she deal with life's little setbacks while away at school? I can hardly wait to find out.

I also think that she does not always find answers on her own if I can supply them for her. Case in point: this is the girl who seriously had to ask me where one would go to buy stamps and mail a letter. Another example: she once asked me what country England was in. Questions like these made me reexamine some of the choices I had made as a mother – could too much Sponge Bob really rot a child's brain? I would like to add that this is the same girl who has researched at great lengths new cameras and cell phones, who can create magic with PhotoShop and cook just about anything from scratch. It's all about the interest.

This summer I have had to train myself along with her. My first inclination is to problem solve for her – after all, I am her

mother and I want things to go the way they should. But that isn't going to do any of us any good when she is four hundred miles away and can't find her student ID or has a math test the next day or has used up all her spending money within the first month of school. So, as a means of training, I let her go on a trip to California to visit a friend for a week. Of course, I communicated with her friend's mother to make sure everything was on the up and up and helped her with the plane ticket, but after that, she was on her own. On the way to the airport, I tried to cram in all the advice I could think of: don't talk to strangers, stay with your friends, don't get lots of money out of the ATM at once, pay attention to your surroundings. Finally, I made her promise me that if she had some kind of a situation occur, she would think of at least three ways to solve it BEFORE calling.

One week later, she returned, tan, confident, and happy. She had barely communicated with me at all except to text once in a while or post something on Instagram. She did inform me, much after the fact, that she had had an allergic reaction to blueberries but drank lots of water until she could get Benedryl. Since we both survived this experience, I let her and a friend drive to meet us at the Oregon coast. Again, she passed with flying colors, using the navigational system on her car to get there without getting lost once. I would be lying if I said that I had the same experience on my drive the day before.

So here she is, ready to blaze a trail on her own. Truth be told, I have probably been getting on her nerves with my free advice as much as she has been getting on mine with her messy room and unloaded dishes. But just like nature has a way of making us relieved to spend some time apart, there will be plenty of reasons we will be so very glad to see each other again at Christmas. In the meantime, I will gaze wistfully at her clean bedroom and remember the good old days when I couldn't see the floor and she will look wistfully at her crumpled laundry and fondly recall the good old days when all she had to do was put away the stuff I had already folded. Win win.

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

Six Treasure Valley Students Receive Scholarships from the Idaho Irrigation Equipment Association



Lauren Clark

Six students in the Treasure Valley have received scholarships from the Idaho Irrigation Equipment Association. They are: Owen Baroli of Parma, Travis Chase of New Plymouth, Lauren Clark of Eagle, Micah Good of Melba, Justin Nesbitt of Eagle, and Allysha Yasuda of Fruitland.

Lauren Clark, daughter of Lee and Leah Clark, Eagle, received a \$700 to pursue her degree in Agricultural Business Management at Oklahoma State University. The money for Clark's scholarship was donated by Inman InterWest Inc. and T-L Irrigation. Idaho Power Company sponsored Clark.

Justin Nesbitt, son of Quentin and Julie Nesbitt, Eagle, received a \$1,000 scholarship to pursue his degree in Agricultural Engineering at the University of Idaho. Nesbitt is the 2014 recipient of the Don Billings Memorial Irrigation Leadership Scholarship provided by Rain For Rent. Idaho Power Company sponsored Nesbitt.

For the 2014-2015 school year, the IIEA has awarded \$14,000 in scholarships to 22 students. The IIEA has awarded 599 scholarships totaling \$362,000 since 1980. The IIEA's Scholarship Program received the Idaho Governor's Award for Excellence in Agriculture in the Education/Advocacy category at the 2012 Larry Branen Idaho Ag Summit.

The IIEA was established in 1971 and membership consists of more than 120 separate entities including wholesale suppliers, retail dealers, equipment manufacturers, and public utilities engaged in serving Idaho's agricultural and landscape irrigation equipment needs.



Justin Nesbitt

ATTENTION all former and current Eagle Elementary School Staff

A reunion gathering of all former and current Eagle Elementary School staff will be held Tuesday, August 19, 2014 at the Sunrise Pavillion, Guerber Park in Eagle. Those attending are asked to bring their own lunch and beverage. Children are welcome to attend with parent or grandparent.

The reunion committee is still searching for some former employees. If you ever worked at Eagle Elementary School as a teacher or other staff member, please send your email address tomadavis39@gmail.com.

Eagle Island State Park illness identified as Norovirus, CDHD urges healthy swimming habits

EAGLE (July 16, 2014) - The Central District Health Department (CDHD), Idaho Department of Parks and Recreation (IDPR) and Idaho Department of Environmental Quality (DEQ) announced today that patient samples from the recent Eagle Island State Park outbreak have tested positive for norovirus.

Norovirus is the most common cause of sudden onset vomiting and diarrhea.

"The virus can spread from person-to-person through recreational water, food, and direct contact with ill people," said Kimberly Link, Program Manager for Communicable Disease Control at CDHD. "Since human stool and vomit are the main sources of norovirus, the likely source was a sick person or party that swam in the water or became ill at the park."

Over 100 cases of vomiting and diarrhea were reported to CDHD on Monday, July 14, 2014, and Tuesday, July 15, 2014.

After receiving reports of illness, IDPR closed the swimming area. Eagle Island State Park staff is now working with CDHD and DEQ to lower lake levels and thoroughly disinfect impacted facilities.

Results of routine water quality monitoring for E. coli bacteria at the swimming area do not show elevated bacteria concentrations and there is no routine approved water test for norovirus.

The swimming areas at Eagle Island will remain closed for two weeks to allow for drainage and refill of the lake. All other areas at the park will remain open for recreational use.

CDHD, DEQ, and IDPR are working closely to prevent further illness, but the public will play a significant role in stopping the outbreak.

"We know the hot weather is driving people to seek relief in area pools, lakes and rivers," said Link. "However, we all have a responsibility to prevent illness in ourselves

and keep our waters clean. Avoid swallowing water or getting water in your mouth and never swim when you are ill. This will help keep your family healthy and prevent the spread of disease to others."

Symptoms of norovirus usually begin 12 to 48 hours after exposure. The most frequent symptoms are vomiting and diarrhea, which can be accompanied by stomach cramps and low-grade fever. Most symptoms resolve after 1 or 2 days although people feel very sick and may vomit multiple times before improving. There is no medication to treat norovirus and there are no long-term health effects. In general, children vomit more than adults. Individuals are encouraged to seek medical advice if they become dehydrated.

Norovirus is very hardy and can survive in the environment; CDHD urges everyone to follow these steps to help reduce the spread of recreational water illnesses:

1. Never swallow recreational water and avoid getting water in your mouth when swimming.
2. Never swim when you have diarrhea and stay out of recreational water for at least three days after symptoms resolve. This is especially important for kids in diapers.
3. Change diapers in a bathroom or separate area, not on the beach or poolside.
4. Always wash your hands after using the restroom and before eating.
5. Take your kids on regular bathroom breaks or change diapers often, and use swim diapers. Waiting to hear "I have to go" may mean it's too late.

CDHD, IDPR and DEQ will continue to work to manage water quality within the park and monitor for new norovirus cases after the swimming area reopens. For updates and additional information, visit <http://cdhd.idaho.gov>. For more information about norovirus, visit <http://cdc.gov/norovirus>.



Scott E. Hayhurst, DMD
Brandon L. Taylor, DMD

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National Night Out

August 5, 2014

Check with your neighborhood association to find out what they have planned, or plan a block party yourself to celebrate National Night Out on August 5, 2014. National Night Out fosters a stronger sense of neighborhood and community and promotes crime prevention programs to help neighborhoods stay safe. For more information see www.NATW.org.



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Proverbs 22:6*

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**LETTER
TO THE EDITOR**

Kudos to the Eagle City Council for standing up to ACHD and unanimously rejecting the 4 ACHD proposals related to Eagle Rd. Those proposals were just a Band-Aid approach to a systemic problem that ACHD has ignored and failed to do anything about for over 15 years

ACHD for 15+ years has treated Eagle as a stepchild municipality, while year after year funding improvement in road density problems for other municipalities at the expense of Eagle. The systemic problem for over 15 years that still remains is there is only 1 north south ingress/egress from S Eagle to N Eagle.

15 years ago ACHD should have set in motion a plan to extend Cloverdale and Locust Grove as a beltway around Eagle to Beacon Light with the addition of a number of North/South arterials every ¼ mile east and west of Eagle Rd.

Secondarily we also need smaller arterials going north from HWY 44 thru the east side of the Albertsons plaza, and depending on a viable proposal from ACHD regarding the para above, perhaps another small N & S arterial from HWY 44 in a line from near St Alphonsus Eagle up to Old State St.

Since ACHD has funded other municipalities at Eagle's expense for 15+ years would suggest Our State Representatives Moyle and DeMordaunt and Senator Hagedorn require an outside audit of ACHD expenditures over each year for the last 15 years. Eagle each year has been a % of Ada County population. If the audit determines ACHD's expenditures in the Eagle municipality has not matched the annual prorata % of population over the past 15 year period, the legislature should mandate ACHD put the total shortfall in an immediate trust and immediately start the necessary road improvements the Eagle citizens should expect.

In addition if ACHD receives any Federal matching funds, Senators Crapo and Risch and Congressman Labrador should mandate the same 15 year audit of ACHD's use of Federal matching funds and resultant findings into the same type of trust.

~ J Jones

I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition.
~ Martha Washington



JOE'S VIEW

"Stop! Turn the car around! We left the stove on." Has this ever been you? I blame these episodes on brain overload, and paying attention to the next thing and not the task at hand. I have had to go back for keys, sunglasses, my hot chocolate, my lunch, and my wife standing in the driveway with a besmirched look on her face.

I try to keep the family on time on Sunday mornings so we don't have to sit in the front pew. I tell them what time we are leaving. I am in the car at that time. It is running. Horn works, check. They arrive 10 minutes later, I put the car in reverse... then park. I have to get out and run and get my (fill in the blank) that I forgot inside. You should see the look on their faces as I get back in that say, "Now are we all ready?" A precious moment.

Some call these "squirrel" moments. When you are doing one thing and then "SQUIR-RELI" you dart away and do something else. Those without dogs in the house and squirrels in the trees have no idea what I am talking about. Which was... oh yeah, forgetfulness.

The days I seem to enjoy the most in the summer are the days when I start a project and then get distracted. You have heard stories and seen cartoons about the guy that (and why is it always men with this issue?) goes out to the garage to dump the trash, ends up doing 27 other things, and then three days later finds the trash in his bathroom closet.

It made perfect sense at the moment, just not now.

Going with the flow comes to mind, just taking the next thing as it happens. La dah. A couple of cold beers seem to enhance the experience.

For others not getting this at all, you probably wonder how someone can live so... disorganized. No plan. No end goal. How do you know when you are done?!

Making a list helps me. It also haunts me. "So what would you like to get done around here this weekend?" Sounds so innocent when first spoken. "This and that, oh, and this too, and this, and this." Pretty soon that recycled note pad from a pet food promotion in 1988 has a filled up page. I detest the ones that have "The Doo List" printed at the top. I have an old stack of these pages that have everything crossed off except one item, from five years ago. Nope, still not motivated to do that one.

But there is good that comes from it. I can refer back to a list. "Oh yeah, I better do that next." And the ultimate benefit is tearing off the fully crossed out list, wrinkling it up like John Belushi with an aluminum can (too far back?), stomping it, and taking a jump shot into the recycle bin. Score!

Lists are good. Lists are healthy. Lists keep me on track. Are you a List-er? The world can be divided into the two sides. Listers and non-listers. One cannot comprehend how the other functions. If you are married to one that you are not, I will pray for you. I'll put it on my list for next week.

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



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DEADLINE:

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

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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

Around Eagle By Mayor Jim Reynolds

Once again, the Boise Philharmonic will be holding their Summer Concert Series in Eagle. The venue has been changed to Eagle Island State Park where we are expecting a crowd upwards of 2,500. The August 23rd concert will feature Musical Director Robert Franz leading the Philharmonic in great music from Family Movies. Back by popular demand, the August 29th event will be another salute to Patriotic Pops, including the familiar 1812 Overture. Gates will open at 6:00 p.m. and the concerts begin at 8:00 p.m. Tickets are \$20 for lawn seating and \$5 for children.

On June 23rd the Council heard from a group of angry and organized folks determined to stop the proposed roundabout and further downtown development. They were persuaded that the roundabout would mean the destruction of 5 to 6 downtown businesses and closure of the intersection for up to 6 months. In response, the Council reversed itself once again sending a letter to the Ada County Highway District to stop the proposed roundabout, any plans to widen Eagle Road to 5 lanes, and leave the downtown area around Eagle Road and Old State Street alone.

Eagle Fun Days was a great success, despite the 100-degree heat. The crowds attending the Wet and Wild Parade on Saturday were the largest I have seen. Featured in the parade were our own Governor Butch Otter and his wife Laurie braving the heat to hand out candy to the waiting kids lining the parade route. State Senators

Chuck Winder and Marv Hagedorn along with Representative Reed Demourant, County Commissioner Rick Yzaguirre and a host of others running in the November election were on hand for the celebration. We greatly appreciate their participation in making Fun Days a huge success.

A special note of thanks to Eagle Chamber of Commerce President Gretchen Gilbert, Chairman of the Board Carrie Hunt, Assistant Laurel Jobe and City Parks and Recreation Director Mike Aho for their extraordinary efforts in organizing and implementing the 2014 Fun Days event. A huge amount of work goes into putting on an event of this magnitude and much of their effort goes unsung. If you see some of these folks on the street in the near future, I hope you will offer them a big Thank You. Better yet, take a moment to send them an email note of thanks care of gretchen@eaglechamber.com or maho@cityofeagle.org.

While you are at it, you can also thank the Eagle Police Department for their service keeping Fun Days a safe and sane event. As if the heat was not sufficient, they were all providing service with a smile while sweating under their Kevlar vests and trying to stay hydrated. Thank you to Chief Bartlett and all your deputies who worked the event for doing a great job.

Please join me for coffee on August 2nd at Café Crane from 10 a.m. until noon. Café Crane is in the strip stores in the Winco shopping center. I'd love to buy you a cup and hear what is on your mind.

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To learn more about the Chambers of Commerce
Eagle Chamber of Commerce:
www.eaglechamber.com
Star's Chamber of Commerce:
www.staridahochamber.com
 Both chambers are highly active in the community and proactive in helping business members network and better achieve their goals.

EAGLE LIBRARY August Events

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

**Monday, August 4, 11, 18, 25**  
**Baby Readers: 10:30 a.m.**  
 (ages birth – 18 months)  
 Miss Suzanne presents stories, songs, and fingerplays for babies and their caregivers.

**Monday, August 4, 11, 18, 25**  
**Knee Deep in Legos: 4:00 p.m.**  
 Weekly program for children ages 6 – 12 to use their creativity in building/designing with LEGOS.

**Monday, August 4, 18**  
**Teen Advisory Board (TAB): 11:30 a.m.**  
 (ages 14+) Enjoy socializing with your peers while helping your library in a variety of ways.

**Tuesday, August 5, 12, 19, 26**  
**Toddler Time: 10:30 a.m.**  
 (ages 18 months – 3 years)  
 Toddlers and their caregivers are invited to join Miss Janice for stories, songs, and crafts.

**Wednesday, August 6, 13, 20, 27**  
**Music & Movement: 10:30 a.m.**  
 (ages birth – 5 years)

Early literacy skills are built through rhythm and motion in this interactive program for young children and their caregivers.  
**Wednesday, August 6, 13, 20, 27**  
**Tales to Tails: 4:00 – 5:00 p.m.**  
 (ages 5+) Practice your reading skills - read to a friendly, attentive dog! Sign up for a 15-minute session at the Children's Reference Desk.  
**Thursday, August 7, 14, 21, 28**  
**Preschool Story Time: 10:30 a.m.**  
 (ages 3 – 5 years) Join Miss Ruby Slippers for stories, songs, and surprises.  
**Friday, August 1, 8, 15, 22, 29**  
**Ready, Set, School! 10:30 a.m.**  
 (ages 3 – 5 years) This program combines fun with school-readiness skills.  
**Friday, August 1, 15, 29**  
**Knitting Club: 10:00 a.m. (adults)**  
 Share your passion for knitting, learn new techniques, and enjoy socializing while creating items to be donated to various charitable organizations.

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

Monday, August 4
Books Brought to Life Lego Building Contest!
 4:00 – 5:00 p.m. (ages 6 – 12)
 Build a Lego creation inspired by a book and compete for prizes. Choose your book and pick up the entry form at the Children's Room Reference Desk.

Tuesday, August 5
Bingo: 2:00 p.m. (ages 6 – 12)
 B-I-N-G-O! Fill up a row and win a prize!

Wednesday, August 6
The Underground Book Club:
 4:00 p.m. (middle/high school)
 Bring in and share whatever you are currently reading! A variety of snacks provided.

Thursday, August 7
Matinee Movie: 2:00 p.m. (ages 6 – 12)
 Enjoy free popcorn while watching classic family films. Today's feature: The Sword in the Stone

Tuesday, August 12
Kids Can Cook: 2:00 p.m. (ages 6 – 12)
 Back-to-School Snacks! Keep up your healthy energy for the school year ahead.

Wednesday, August 13
Seed Collecting and Cleaning: 6:30 p.m. (adults)
 Now that you've grown some seeds, come to this fun, hands-on workshop to learn how to clean and store them. Learn how to ferment and decant tomatoes, use a blender to process

tomatillo seeds, thresh and winnow using fans and screens, and more! You're welcome to bring your own seeds to this workshop and we'll clean them together, or just come if you don't have any and you can work with what we bring!

Thursday, August 14
Matinee Movie: 2:00 p.m. (ages 6 – 12)
 Enjoy free popcorn while watching classic family films. Today's feature: The Bridge to Terabithia

Monday, August 18
Teen Matinee Movie: 1:00 p.m. (middle/high school)
 Take it easy and escape from the heat. Here is a relaxing chance to watch one of 2013's top-rated movies and enjoy free popcorn and soda.
 Today's Film: The Secret Life of Walter Mitty

Tuesday, August 19
Crafty Kids: 2:00 p.m.
 Magnetic Aliens! Design and create your own "outta this world" friend.

Wednesday, August 20
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: FROGS!

Thursday, August 21
Matinee Movie: 2:00 p.m. (ages 6 – 12)
 Enjoy free popcorn while watching classic family films. Today's feature: Annie

www.eaglepubliclibrary.org

City of Eagle Meetings

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

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

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

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

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

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

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

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

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

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Eagle firefighters serve up bull brawn to raise money for volunteer program

By Philip A. Janquart

It's not what you would consider a classy occasion, but it is interesting enough to draw hundreds to the event every year.

The Rocky Mountain Oyster Feed began in the early 1950's with employees of two Eagle meat companies who wanted to have a family get-together. It grew over the years and has now become a big part of Eagle Fun Days.

"The best I can determine, from some career firefighters who have been around for a long time, is that the event originated with volunteer firefighters who worked at some local meat shops," explained this year's Oyster Feed organizer Francisco Castellon. "It was kind of like a poor man's barbecue in a way. They used some of the waste from the shops and a lot of it came from bull's testicles."

Yep, that's right, and words can't quite seem to describe the sight of hundreds of pounds of them sizzling on hot grills.

The event, mercifully called the "Oyster Feed" and touted as the largest of its kind in the world, serves as a major fundraiser for the Eagle Volunteer Firefighters Association.

"It's meant to raise funds for the Association, which is part of the Eagle Fire Department," said Castellon, who has been an Eagle volunteer firefighter for about two years. "We use those funds in our training throughout the year, for any functions we do in support of the operations of the department. We go to a few planned training events, and we help the department with the money for buying materials, bringing in trainers, etc. The ultimate goal is to help the department with their operations, to provide the services they provide for the rest of the community."



Eagle Fire's Tyler Bakken grills up some Rocky Mountain Oysters.

The fist-sized oysters are cut into slices and thrown on the grill. But how do they taste?

"We get asked that question quite a bit," Castellon said. "It really is just like a chicken gizzard, like a tough muscle, but it does have a very distinct taste. We bread them, season them and grill them. This year we had about 14 different grills and seven or eight different grilling stations with different seasonings. The taste also depends on the people grilling them. Some of them grill with their own grilling sauce. One guy makes his own jerk seasoning, but others grill in Cajon seasoning, ranch dressing, etc. It's surprising, but they end up tasting really, really good. The breading is more like a cornmeal breading that you would use with catfish. Once you get past the idea of what you are eating, it really does taste pretty good."

Some event patrons love them, others aren't too sure.

"Yeah, they're great," said Meridian's Jason Boyce.

District Judge McLaughlin dismisses suit against City of Eagle

By Philip A. Janquart

The City of Eagle did not need a planning and zoning recommendation to approve an amended and restated development agreement with Eagle M3 LLC, a district judge has ruled.

Senior District Judge Michael McLaughlin, for Idaho's Fourth Judicial District, granted the City's motion to dismiss a complaint that challenged a development agreement that lays out the City-approved manner in which M3 Eagle LLC Spring Valley development will move forward.

The Spring Valley development is a 7,100-home planned community slated for northwest Eagle, off Highway 16.

The lawsuit was filed by Dick Lagerstrom, George L. "Larry" Fischer and Joe Bridgewater. The trio alleges the City was supposed to confer with the planning and zoning department before approving modifications to the development agreement with M3.

"Although approved by the city council and discussed at multiple public hearings, the petitioners claimed the Eagle Planning and Zoning Commission failed to provide a non-binding recommendation on the modification," according to a press release issued by the City.

M3 joined the City in its effort to have the lawsuit dismissed.

"They said we didn't go to planning and zoning, that we failed to go to them," explained City Councilman Mark Butler. "They would have only provided the

non-binding recommendation. The council has the authority to change the development agreement."

Butler said he is not clear about the problem the plaintiffs have with the development agreement.

"Their lawsuit says we didn't go through the proper process, but obviously they wanted something different [in the development agreement], but what that is, I can only guess, but we did it right."

Judge McLaughlin upheld the City's actions.

"He dismissed the case, first and foremost, because the Petitioners failed to ask the City to reconsider within the time period required by state code," according to the City's press release. "Although the lawsuit was dismissed for this procedural error, Judge McLaughlin also held that the Petitioners' claim would have been rejected in any case as a Planning and Zoning Commission recommendation was not required. Mayor Jim Reynolds was happy about the outcome, but that defending the case could end up costing the taxpayers.

Reynolds said that, "While he is pleased the City's actions were upheld, the unfounded lawsuit has cost the taxpayers thousands of dollars in legal costs and the City is asking the court to require the petitioners to pay for those costs."

M3 has joined the City in filing a motion to recover attorney's fees, which Butler said is about \$50,000 between both the City's and M3's costs.

A hearing is set for this month.

Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains.

~ Diane Nekerman



Cy Garner loves serving up oysters.



Denny Foy and Carol Augustus have mixed feelings about the Oyster.



Jake Ives grills up some fixins.

Volunteer firefighters are chosen among a stack of applicants, are interviewed and may be selected as a volunteer, according to Castellon.

"You get trained and become a functional volunteer," he said. "They have a structured program that starts with the recruiting process. They pick people they think would be an asset to the department. If chosen, you have the opportunity to eventually be a part of a working crew and to carry out the duties of a firefighter. There are opportunities to get paid, but you get the experience, which is very valuable in the common goal of becoming a career firefighter."

Eagle currently has about 20 volunteer firefighters, according to Castellon who works full-time as an assistant administrator at Boise State University's College of Engineering.

The Oysters

The Eagle Fire Department typically serves up approximately 1,500 pounds of oysters every year. The event has been held at Merrill Park for the last few years, but returned to downtown Eagle for 2014.

"We decided to bring it back to its original roots and make it a bigger part of Fun Days," Castellon said.

Food Service of America supplies the oysters, but must draw from a few different suppliers to come up with the numbers needed to feed the hungry Eagle Fun Days crowd.

Carol Augustus, from Nampa, grinned and said "They're Ok."

In the end, whether you decide you like bull testicles or not, it's all for a good cause.

"We do a good job as far as trying to make sure folks are aware of the event, but the folks at the City of Eagle have been very supportive," Castellon said. "Maybe it's not the most common, or glamorous type of event, but it has certainly become a tradition, not just within the department, but with the city and even outside the city. We are very appreciative and thankful for all the support we get."



Jason Boyce says he loves them.



The breaded, seasoned "oysters" frying

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New location for Gonstead Spine & Wellness

Dr. Todd Pickman, of Eagle ID, is delighted to announce that his clinic, Gonstead Spine & Wellness, is now at its new location at 3085 East Magic View Drive, Suite 180, in Meridian. The clinic is conveniently located directly off of Eagle Road and the I-84. Grand Opening is set for August 2.

Gonstead Spine & Wellness offers to its patients the most precise full spine system of chiropractic analysis and adjusting, called the Gonstead

System, named after the developer of the system, Clarence Gonstead. Dr. Pickman is a recognized expert in this specific adjustment technique, and is the only chiropractor in the state of Idaho to have earned the prestigious Gonstead Diplomate certification.

Going beyond the Chiropractic adjustment, the clinic offers a corrective approach. Dr. Pickman holds Advanced Certification in Chiropractic Biophysics (CBP), the most evidence-based, researched method of spinal correction in the profession.

Dr. Pickman is one of three doctors in the country to practice both the Gonstead Method in its entirety, along with offering full CBP Corrective Care rehabilitation. Combining that powerful combination with Dr. Pickman's training in Chiropractic Extremity adjusting and Functional Medicine, Dr. Pickman is a passionate advocate and skilled provider for

the total health of his patients, helping save his patients from unnecessary and risky surgeries and avoiding preventable health care expense.

Dr. Todd Pickman grew up in Southern California, where he completed his Doctor of Chiropractic degree from Cleveland Chiropractic College, Los Angeles, in 2003.

He practiced in Albuquerque, New Mexico at Gonstead Family Chiropractic from 2003-2012, where he quickly built one of the largest corrective care practices in New Mexico. Dr. Pickman

oversaw the health of dozens of elite level Mixed Martial Arts athletes, serving as the official team Chiropractor of the world famous Jackson/Winklejohn Mixed Martial Arts Academy. Many of the fighters who were patients of Dr. Pickman became his friends, as well.

In the summer of 2012, Dr. Todd and his wife Linda, a licensed massage therapist, moved to Eagle ID, to help start up a doctor training facility and CBP clinic. After leaving that company, he opened up his own practice in a temporary location in March 2014, while the new location was being built. The long-awaited new clinic offers a unique "Gonstead Style" office layout, plus a doctor supervised spinal rehabilitation area, as well as a cutting edge full spine digital X-ray suite.

The office telephone number is 208-888-6077, the website is www.gonstead-id.com.



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Tues, Aug 19 10am - 9pm

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Miss Idaho America Pageant deadline is August 2

The Mrs. Idaho America Pageant is now searching for representatives from across the state to compete at the 2015 Mrs Idaho America pageant. The pageant will be held October 18th at Capital High School Auditorium in Boise. The reigning Mrs Idaho America 2014 is Misty Kesler of Rexburg. She is the busy mother of four and yoga paddleboard instructor. In her spare time she enjoys making funny videos with her entire family. Misty is available for appearances or community service projects, please email her at mrsidahoamerica2014@gmail.com.

The Mrs. Idaho America Competition is an exciting and rewarding program that recognizes Idaho's married women and is the official state preliminary to the prestigious Mrs. America Pageant. Mrs. Idaho America will join 50 other state winners for the Mrs. America Pageant in August 2015.

Delegates must be of good moral character, married, at least 18 years of age, a US Citizen and a resident of Idaho. Areas of competition include Personal Interview, Physical Fitness and Evening Wear.

2015 is the 38th year of the Mrs. America Pageant, which celebrates the dreams, and goals of America's most valuable resource, the married woman! Contestants registering now will be invited to a complimentary pageant workshop. Final deadline for all entries is August 2, 2014. To print an application to be part of the 2015 Mrs. Idaho America Pageant visit our website <http://www.mrsidahoamerica.com/>. For additional information email mrsidahoteam@yahoo.com or call Susan 208- 859-3809 or Sher 208-870-3722.



Eagle's 1931 fire truck.



Eagle royalty waves to the crowd of onlookers.

Eagle Fun Days Parade



Eagle Fun Days

Continued from page 1

Our involvement included course marking Friday night, course marking verification Saturday, course safety monitoring Saturday, runner check in, late runner registration, finish area set up and clean up, timing of runners, compiling results, course clean up, runner safety, sound system operation, volunteer coordinating, garbage service and much more," Aho said.



The color guard from Eagle's American Legion Post 127 led Saturday's parade.



Idaho Gov. C.L. "Butch" Otter, with yellow hat, throws candy to the crowd.



The Sawtooth Renaissance Players.



Costa Vida's hippie vans.

Photos by Philip Janquart

The Eagle High School Cheerleaders.



Kids love merry go 'rounds.

The City and Parks and Rec. Department were also responsible for the gazebo entertainment and the fireworks display.

The Eagle Chamber of Commerce was also involved in planning and booking entertainment, and designated one of the blocked off streets for "Eagle Only" vendors.

"There is a lot of work and a lot of people involved," Nickel said. "We coordinated with the police, fire, the City and Chamber and all the vendors, and ITD to get roads closed off. Eagle was closed off at Highway 44 and that's a major deal for an hour and half just to have the parade cross Eagle Road. That is probably our biggest deal. The parade itself is really complicated and it takes many volunteers for Eagle Fun Days happen."

Aho said the Eagle Fun Days committee will take a month or two off before coming together again to plan next year's event.

Eagle Fun Run 5k Results:

Men:

1. Daniel Whitefield, 17:05.4.
2. Toby Hurn 20:47.1.
3. David Miles, 20:56.5.
4. Wesley Capps 21:32.8

Women:

1. Ella Whitefield, 19:38.3.
2. Marissa Baird, 22:28.3;
3. Anna Johnson, 22:35.5.
4. Jennifer Foster, 24:37.9

Eagle Fun Run 10k Results:

Men:

1. Thayne Schweitzer, 32:33.5.
2. Uhl Albert, 40:42.5.
3. Shawn Curry, 46:39.0.
4. Rudy Gonzalez, 48:07.0

Women:

1. Lisa Pilcher, 59:55.5.
2. Claudia Delaney, 1:02:29.0.
3. Jackie Richards, 1:04:46.5.
4. Linda Weiss, 1:05:30.8



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Members of the Eagle High School varsity football team were on hand to say hello to Eagle residents and pass out treats to the kids.



Treasure Valley Drill Team.



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A 1959 Chevy Apache Pickup.



A 1966 Mercury Comet was just one of many classic cars on display at the car show held Saturday during Eagle Fun Days.

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Eagle City Council Votes Against Cell Tower in Eagle Hills

Issue could wind up in federal court if not resolved

By Philip A. Janquart

The Eagle City Council has voted unanimously to deny Skyway Towers LLC's application for a 115-foot cell tower that would have been located on a fairway at Eagle Hills Golf Course.

Skyway CEO Dan Behuniak was at the July 8 council meeting where he requested a conditional use permit for the tower, which would have been camouflaged to resemble other trees in the area.

The tower was originally slated for construction on Eagle Elementary school property, but intense public opposition to the site location led to the alternative at Eagle Hills.

The 115-foot tower was to be located at hole No. 2 on Eagle Hills Golf Course and was designed to accommodate several other cellular carriers. The project would have included a 2,500-square foot area to house other facilities, including air conditioners to keep sensitive equipment cool. A 12-foot wide service road would have also been built to allow maintenance vehicles to access the tower.

"They were going to build that road right in front of my house," said local realtor and Eagle Hills resident Lavina Pratt. "And the air conditioners are going to be noisy."

Pratt's neighbor, Donna Aken, said she is worried about property values.

"It would be noisy, an eyesore and decrease the value of our home," she said. "That's bad because we are moving and have already bought another house. We still need to sell the one we have."

Behuniak says planning a cell tower in Eagle Hills has been a balancing act between those who are demanding service and those who don't want a tower in their neighborhood, but that the service gap must be resolved.

"The customer usage in the area has created gaps in the telecommunication service, and those gaps have developed and grown in number and size because the pipes provided by the antenna, the infrastructure, lack the

capacity to reliably carry the service area's traffic," Behuniak told councilmembers at the July 8 meeting. "It's the equivalent of a basketball going through a garden house. The symptom would be dropped calls, blocked or slow data downloads and Internet access, particularly in high traffic times. The areas used by customers now needs to be broken down into smaller areas, which means more towers."

Behuniak said the City has not approved a new cell tower since 1997, and that technology has grown by about "two generations" since that time. He added the demand for service has exploded, partly because of market trends and because Eagle's population has grown from approximately 7,000 to 23,000 residents.

"Wireless use has grown by 44 percent in Idaho," he said. "There have been massive increases over the last 17 years, but there are no additional towers in Eagle."

Location Woes

Behuniak said Skyway thought it was doing the right thing by changing the tower location from Eagle Hills Elementary to the golf course, which is zoned public/semi public land, but that opposition to that location has once again derailed the project.

The problem, he said, is that the elementary school and the golf course are the only two locations that will work because of connectivity issues with the other towers in the area.

"No other location would work because the towers are all designed to work with each other, so I would love to be able to put it all the way north of the neighborhood, but it won't work with neighboring towers," Behuniak said. "There is a tower to the east and another to the southwest, but if you go too far east or west, it goes off kilter."

He said the neighborhoods themselves are the ones responsible for the service demand.

"The usage causing the need for that tower is the neighborhood and another neighborhood to the southwest," he said. "If you are

going to put in an electric plant, it has to go in where the people live, same with water, and this is telephone service. Here in Idaho 40 percent of people don't have landlines, which puts kids who live in households that only have wireless service at risk during emergencies."

Is the Answer Litigation?

Behuniak said there are federal laws that require wireless carriers to fill in the service gaps where they occur, or face a fine or even loss of their Federal Communications Commission license to operate. It would seem, then, that a cell tower at the elementary school or the golf course is inevitable.

"Relief would be through the federal court because the carriers and the federal government are not going to let the service degrade to the point that it jeopardizes the reliability of the network," Behuniak explained. "The government has declared [wireless phone service] an essential service and has laws that limit the local government from preventing the service from being deployed. If it gets to the point where we feel the local government is so wrong, that would be our remedy."

According to councilwoman Mary McFarland, City Attorney Susan Buxton has suggested meeting with Behuniak again to discuss possible construction of three shorter towers in place of one large tower.

Shawn Nickel of SLN Planning represents Skyway Towers. He was on vacation July 18, but answered a call by The Independent.

"I don't know anything about that, but I know we are probably going to ask for reconsideration in front of the council and might ask for mediation, to come up with some options so they don't have to go to court and resolve the issues without having to take that next step," he said. "The findings are going to be out on Tuesday, then we'll have 14 days in which to file that reconsideration request."

Skyway will have until August 4 to file the request.

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McFarland recall petition falls several hundred signatures short

By Philip A. Janquart

A petition to recall Eagle City Council President Mary McFarland has failed.

McFarland will serve out the remainder of her term, but said at a June city council meeting she did not expect to run for city council again.

McFarland became the target of public criticism in recent months, a group of residents alleging she does not represent the people and has been "rude" to colleagues and to residents attempting to speak at council meetings.

Local resident Jane Kramer led an effort to recall McFarland and had 75 days to collect 2,459 signatures after filing a recall petition with the City on April 28.

Kramer said her group failed to collect the necessary signatures within the time limit, in part, because they "had to spend so much time explaining to people what was going on."

"Although we collected over 2,000 signatures, substantially more votes than Ms. McFarland received in her election to office, we did not reach the number of signatures required by Idaho Statute to trigger a recall election," she said in a statement. "We hope this process has caused Ms. McFarland and the other City officials to be introspective and show higher regard for the input of Eagle citizens in the future. We remain committed to making our city the best it can be and will continue to engage in the public process."

McFarland issued a prepared statement in reaction to the failed petition effort.

"The malicious and deceptive tactics used by a handful of people over the last few months have been challenging for our entire community," she said. "Now that this effort has finally sputtered out, we have an



Mary McFarland was sworn in as an Eagle City Councilwoman in February 2012.

opportunity to come together as citizens and business owners to work together for the best interest of Eagle. Statements as to the number of signatures collected in the failed recall effort are as trustworthy as the malicious, untrue accusations lodged in the recall petition. It is extremely doubtful that the signatures collected were close to the number claimed because they would have to be registered Eagle voters. We will never know, since they failed to turn them into the clerk."

She continues, "The petition itself was surrounded by a great deal of deception with many calls to me reporting that the petition for recall was being sold as a petition against the roundabout. Honestly, they should have called it 'Save the Old Chevron,' as friends of Chevron owner Sandy Smith rallied against me to spare the eyesore. Saving the old Chevron was the goal all along."

"I hope that folks can now move on and use their abundant energy on positive endeavors worthy of their time, such as finding new ways to grow and support Eagle businesses."

"I look forward to joining my friends and neighbors in a continued effort to make this the best community in Idaho." - Mary McFarland, Eagle City Council President

Kramer said she does not regret the recall effort.

"I think a lot of good came from it," she told The Independent in a phone interview. "We informed a lot of people about what is going on with city government. We spoke to a lot of people and the fact our council was able to listen and assimilate the information coming from their constituents is very positive. I think that is indirectly why they wrote the letter to the ACHD, asking them to take the roundabout and five-lane options for Eagle Road off their work plan."

As for her feelings about McFarland, Kramer says she doesn't expect a turnaround.

"I don't think she will change her behavior after this," Kramer said. "Her comments in the Valley Times were inappropriate and it is indicative of what we are dealing with at City Hall."

The Roundabout

The Eagle City Council voted on July 8 to rescind its recommendation to the Ada County Highway District (ACHD) to build a roundabout at Eagle Road and State Street. The City sent a letter to the ACHD requesting the widening of Eagle Road to five lanes from Albertson be nixed, along with the roundabout.

"We don't know how they are going to respond," Kramer said. "They (ACHD) only received it on Tuesday (July 15), but we should see it on their meeting agenda soon."

The ACHD expressed some frustration with the City of Eagle in a blog entry on its "Road Wizard" page within its website.

"No roundabout. Yes roundabout. No roundabout. It's hard to keep up with the storyline in Eagle, and this week the Council reversed its decision to recommend that ACHD move forward with building a proposed roundabout."

"A roundabout was one of several possible ways found to handle increasing traffic at the intersection after a detailed traffic study was done in coordination with the City of Eagle, ACHD and others."

"The roundabout project included widening Eagle Road to four lanes from State to Plaza Drive. That would have prevented roundabout gridlock and done the same for signalized intersection gridlock."

"City Council President Mary McFarland said the most recent change of heart was to allow the city to take a fresh look at traffic patterns after other road projects in the area are completed. ACHD will begin constructing the extension of Hill Road between Idaho 55 and State Street this fall, and the Idaho Transportation Department will soon finish extending Idaho 16 between Idaho 44 and Chinden Boulevard."

"Those projects were included in the study's traffic projections, and ACHD doesn't expect any less traffic at Eagle and State. Talk about coming full circle."



The controversial 'Old Chevron Station' at Eagle Road and State Street.

u Critic By Tom Wick, Universal Critic

Well, I saw the most recent *Transformer* movie, again directed by Michael Bay and again not a great movie. What's interesting about Michael Bay movies is that they aren't that great, but you can't help but watch them if you're into that kind of movie: cheese, action, LOUD. I didn't really enjoy *Transformers: Age of Extinction* but it has some relatively good acting. And the special effects are awesome. I wouldn't have even gone to see the movie except that it had some great actors like Mark Wahlberg, Stanly Tucci, and Kelsey Grammer. Watch at your own discretion but definitely not worth more than four dollars.

Now, speaking of special effects, if *Dawn of the Planet of the Apes* doesn't win an Oscar for best special effects then I predict the human race will indeed succumb to the apes. Hyperbolic? Sure, but wow! The animals were so real. And watching them is the best part of the movie.

I can't say too much about the script, it was fairly predictable and somewhat cheesy but what I found interesting in *Dawn* is that the movie is about the apes, not the humans. The protagonist in the film is Caesar, the ape who began and still leads the revolution, not against humans, but to form a perfect society. *Dawn* takes place ten years after the first movie in this reimagining of the 1963 book by Pierre Boulle. The movie begins showing the civilization they have built, their education system, how they hunt, how their society survives with

the family unit, teachers and security. The apes boast that their society is a better, a safer society than the human society. Fifteen minutes into the film and you still haven't seen a human. In fact, the apes suggest that the humans are now extinct.

And then that's where the action starts. The humans need to reboot a hydroelectric dam which, you guessed it, is in the ape-controlled territory. But you see this from the ape's point of view, the humans come into their land, there is a misunderstanding, and then an ape is shot. From that point the conflict starts and the apes get control of the guns and the tanks and then the humans get to learn what it's like to live in cages.

While *Dawn* has awesome cinematography and special effects, and it really makes its predecessor *Rise of the Planet of the Apes* irrelevant, I would say wait for the cheap seats, you don't need to spend ten bucks here but definitely worth watching in the theaters.

What's on TV? *Longmire* is on A&E and in its third season. All the seasons are short, ten to thirteen episodes each, so if you missed the first two seasons, this show is easy to binge on to catch up. *Longmire* is great if you like slow paced, methodical, cop shows. The show focuses on friendships, social conflicts, and crimes in an eastern Wyoming county near a Cheyenne Indian Reservation. If you like a good story and good acting, good camera work, *Longmire* is a great show to watch. If you saw the second season, the third season is a must see.

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Summer is the annual permission slip to be lazy.
To do nothing and have it count for something.
To lie in the grass and count the stars. To sit on a branch and study the clouds.
~ Regina Brett

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Random Thoughts

By Gretchen Anderson

I had been out of town for nearly three weeks when the phone rang. It was my husband, Mr. Man, on the other end. "Can we have a moment of silence?" he said, more than asked. There was a bit of a pause and I asked, "What happened?"

"Carney's dead," he said.

"What?" I replied.

"Yeah," he started. "I went to feed him and I thought he was doing that funky thing where he floats up and down in the bowl. But, this time, he was 'fins up.'"

This was indeed sad news and deserved a moment of silence.

Carney was our goldfish. He came to us by way of the Western Idaho Fair. In 2005, our youngest spawnette, Margaret, kept me at the goldfish booth long enough to part with \$10 for a feeder fish that cost probably 1/100 of that in a pet store. We walked around the fair with her goldfish in a baggie—never imagining we'd have this pet for nearly nine years. Aren't carnival goldfish supposed to die within a few days of winning them?

Carney lived a solitary life; maybe that aided in his longevity. He had a studio apartment—fashioned out of a glass candy container purchased at a thrift store. The only adornment was a green plastic, palm frond that floated on the water. Carney sat atop our kitchen counter. We always joked that he had the best seat in the house and was witness to all things familial.

Since he had such a good view of our world, we put him to work writing the family Christmas greeting. His holiday wishes were always written from a goldfish point-of-view. He became VERY popular with our family and friends.



There were few requirements in keeping him alive: fish flakes and clean water. I became a pro at cleaning his bowl, but for a couple hiccups. In the early years, I accidentally let Carney slip down into the disposal—twice.

"Oh, God! Oh, God! Oh, God!" I'd panic. I'd rip off my Playtex Living Gloves and gingerly feel around the bottom of the slimy disposal until I could grab him and fish him out (no pun intended). I figured out a better cleaning system and that didn't happen again.

So, by the time I got home after this sad news, Mr. Man had removed the bowl from the counter. I thought that was a kind gesture. But when I went to the garage to fetch a gallon of milk, something caught my eye. Carney was on top of the leftover burrito in the fridge. "What the heck?"

While most people would say a few kind words and then flush a dead goldfish down the toilet, Mr. Man couldn't bring himself to do that. The leftover burrito just happened to have a soft spot on

which to place Carney.

In the end, we left it to our spawn to snag the opportunity to send off Carney with a suitable ceremony. Margaret and a friend built him a funeral pyre out of Popsicle sticks. Helen decorated it with flowers, mint

leaves and Carney's plastic palm frond. Bubba and Mr. Man broke out the tinder and lighter fuel. We removed Carney from the garage fridge and set him on the top of the funeral pyre and placed it in our white-trash fire pit. It was a perfect send off for our little, finned friend...including a small, tinfoil coin to pay the Ferryman (a la Medieval times).

Oh, and, that burrito? There was a certain satisfaction that came from putting it down the disposal.

©August2014 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.

Friendship is born at that moment when one man says to another:
"What! You too? I thought that no one but myself . . ."
~ C.S. Lewis.

American Red Cross issues urgent call for blood and platelet donors

The American Red Cross is facing a looming blood shortage, leading to an urgent need for donors of all blood types to roll up a sleeve and give.

Donations through the Red Cross are down approximately 8 percent over the last 11 weeks, resulting in about 80,000 fewer donations than expected. The number of donors continues to decline, and the shortfall is significant enough that the Red Cross could experience an emergency situation in the coming weeks.

In addition, the Independence Day holiday falling on Friday reduced the number of blood drives scheduled in early July. Many sponsors did not host drives because people took vacations either over the long weekend or for the entire week. In an average summer week, about 4,400 Red Cross blood drives are scheduled, compared to Independence Day week when only 3,450 drives occurred.

"Hospital patients continue to need life-saving blood this summer, and they're relying on the generosity of volunteer donors to give them hope in the days and weeks ahead," said Julia Wulf,

CEO for the Red Cross Lewis and Clark and Arizona Blood Services Region. "Please,

consider giving the gift of life. Each day donations come up short, less blood is available for patients in need – and you never know when it could be your loved one needing blood."

Eligible donors with types O negative, B negative and A negative blood are especially needed at this time. Type O negative is the universal blood type and can be transfused to anyone who needs blood. Types A negative and B negative can be transfused to Rh positive or negative patients.

There is also an urgent need for platelet donations. Platelets – a key clotting component of blood often needed by cancer patients, burn victims and bone marrow recipients – must be transfused within five days of donation, so it's important to have a steady supply of platelets on hand.

The summer can be among the most challenging times of the year for blood and platelet donations as regular donors delay giving while they take vacations and participate in summer activities. When school is out of session for summer break, donations from those who normally give on campus tend to drop by more than 80 percent.

Every day this summer is a chance to give hope to patients in need and their network of family and friends. July 13 marked the half-way point for the Red Cross campaign "100 Days of

Summer. 100 Days of Hope." Blood and platelet donations are needed now and for the rest of the summer. Individuals who donated blood earlier this summer may now be eligible to donate again and help patients such as accident victims, heart surgery patients and children with blood disorders.

How to Donate Blood

Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license, or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood.

High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or visit us on Twitter at @RedCross.

Blood Donation Opportunities

Eagle
8/12/2014: 12:00 PM - 4:15 PM
Albertsons, 250 S Eagle Rd

Garden City
8/7/2014: 9:00 AM - 2:00 PM
US Bank, 5312 Chinden Blvd

Meridian
8/1/2014: 1:00 PM - 6:00 PM
The Church of Jesus Christ of Latter-day Saints, 1985 N Black Cat Road

8/14/2014: 2:00 PM - 6:00 PM
Walgreens, 3263 N Eagle Road

Star
10/27/2014: 3:00 PM - 6:30 PM
Star Library, 10706 W State St

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



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

CITY HALL ART GALLERY

GALLERY HOURS: 8AM TO 5PM

August Artist - Cheri Meyer

I was blessed with siblings that demonstrated a great deal of artistic talent from a very young age. From time to time, I tried my hand at painting – a landscape here, a still life there, even an occasional floral, but never with a result that I was proud of or would consider allowing a stranger to see. I even took a workshop or two along the way - all without finding that subject matter that held my interest or provided the urge to continue.



As a grandmother, I decided that I wanted to preserve some precious moments of my granddaughter's life in a way that was not as fleeting as her childhood had been. In 2008, I had the opportunity to attend a weeklong workshop taught by the premier watercolor portrait artist, Jane Paul Angelhart and a whole new world opened up to me. Since then I have dedicated myself to studying, learning and most of all – painting portraits.

When I start a painting for a client, I begin to feel a connection with my subject and a sense of excitement comes over me. The anticipation of reaching beyond the eyes to capture the essence of my subject is overwhelming – but the true satisfaction for me comes when the portrait is completed and my client smiles.

Every portrait that I begin to paint is the first step toward a new destination and I look forward to the journey.

www.CheriMeyerFineArt.com

ST LUKE'S GALLERY

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

August Artist - Connie K. Sales

Born in Texas, I received my BFA from Southern Methodist University. I have had the honor to study at the Fort Burgwin Research Center in Taos, New Mexico, and also to study at University College, Oxford England. My work has been exhibited and honored throughout the United States and is held in private and public collections nationally and internationally.

The materials I choose to work with directly inform and are informed by the imagery itself. Even though I begin with direct observation, I listen for the voice of the drawing. As the subject and mark-making dictate the process, the work becomes abstracted. I am constantly building imagery in a slow and methodical progression. The process is rough, intense, and my surfaces are often worn and stitched.



My work is simply meant to create a space for conversation and dialogue. When a drawing becomes unfamiliar to me, I know it is finished and ready for others to feel my work in relation to their own experiences.

This is an exciting year as I am honored to be developing relationships with three galleries in the Treasure Valley: Gallery Five18 (Boise), Track 13 Gallery (Nampa), The Gallery at Finer Frames (Eagle). I have also been traveling and look forward to new things in the coming year.

www.connieksalesart.com

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

Eagle Sculpture Invitational

Outdoor Art Show

Now through September in downtown Eagle



The Eagle Arts Commission is hosting the first Eagle Sculpture Invitational. The summer-long art show showcases professional sculpture artists around the city of Eagle. The show brings these talented artists to where the people are, in the parks and pathways of downtown Eagle. The community-wide effort came as a result of last year's Public Art Survey, where EAC asked community members to rank their public art priorities. The unique art show encourages patrons to experience art in new and meaningful ways. View the map to sculptures and artist information at www.cityofeagle.org.



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Happiness cannot be traveled to, owned, earned, worn or consumed.
Happiness is the spiritual experience
of living every minute with love, grace, and gratitude.
- Denis Waitley

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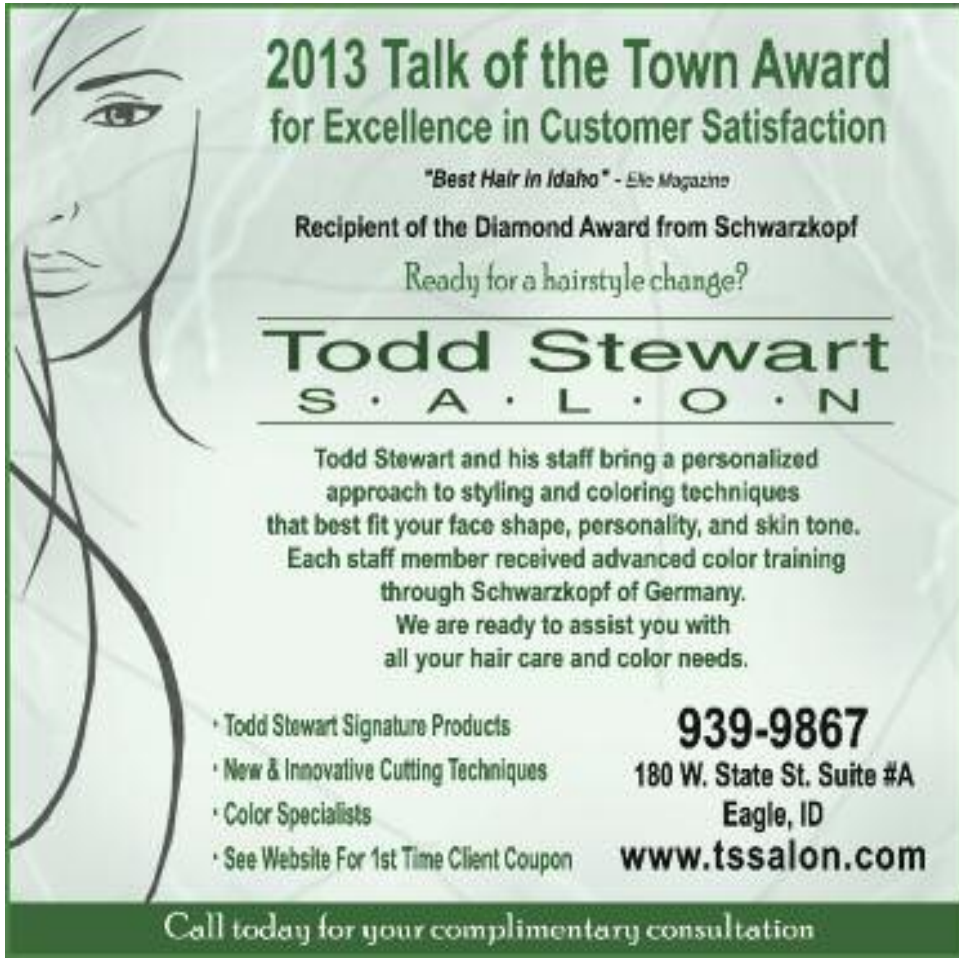
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Star Senior Center's award winning pie contest...a blue ribbon success

By *Mickie Park*

The Star Senior Center held their annual pie contest again this year during Star's Hometown Celebration. Two simple rules: bake two pies, one for tasting and one for auctioning; and bake a really interesting, tasty pie.

The contest started at 3:30 p.m. and the judges had their hands full, or mouths full, with over 20 participants and pies to judge. There were cherry pies, apple pies, strawberry pies, and on and on. Judges, City Councilmen Richard Lockett and Chad Bell, and Chief Laraway of the Star Police said it was one of the hardest years to choose a winner. Their statement at the end was that they were all winners.

After two hours and judging the pies on appearance and taste the judges narrowed it down to the top three.

- 1st Place: Sally Moore**
Crazy Apple Pie
- 2nd Place: Hannah Beagley,**
Strawberry Pie
- 3rd Place: Norma Dawson,**
Apple Pie

Congratulations again to the winners and thank you to each generous contestant. The auction and the contest was a great success and the seniors at the Star Senior Center would also like to thank all the judges and volunteers who helped make this event possible.



A special Thank you to our 2014 Judges, Star Chief Laraway, and Councilmen Chad Bell and Richard Lockett...and to the ladies for their volunteer work.



Congratulations to the 2014 Star Hometown Celebration Day pie contest winners....
1st Place Sally Moore,
2nd Place Hannah Beagley, and
3rd Place Norma Dawson.



Exhibitor and Quilter Mary Kintner was honored with two ribbons for her quilt, "Rush Hour" from Star Mercantile and Trautman Lawn & Landscape.

Star's Annual Quilt Show

By *Mickie Park*

The annual Star Quilt Show was held this year July 19th and 20th at North Star Charter. The show has grown larger each year. Last year was the first year vendors were invited to lease booth space, and this year there were more quilters and vendors than ever.

Displaying over 125 quilts, the show is not just a fascinating art exhibit, but in many ways a history exhibit. Many of the quilts represented hours of work and were sewn not just for fun, but for a purpose. The personal stories behind the quilts made the quilts even that much more interesting.

Attached to each quilt was where and how the pattern was created and the year and/or years that it was quilted. Each quilt varied in size, color, shape, design and age. No two quilts were alike. Also displayed were antique quilts dating back as far as 1886, the 1930's and the 1950's.

If you missed the 2014 Quilt Show, don't forget to mark your calendar for next year about the same time. A special thank you to all the sponsors and especially the planners of the event, the quilt show takes many hours of preparation and a host of volunteers and dedicated quilters. Some of the proceeds from the quilt show will benefit local charities.



Ruth Mickelson was this years Featured Quilter for 2014. Ruth has been quilting for the last 12 years and loves every minute of it.



Exhibitor Susie Pemberton with "Bible Quilt Story" earned Governor Otter's and 1st Lady Choice Award for 2014. This quilt was started in 1937 and was finished in 2012.



Exhibitor and Quilter Sue Norton created this beautiful quilt "Birding Seasons" and it earned a ribbon as one of Idaho Independent Bank's favorite this year.



Exhibitor Ruth Mickelson displayed the oldest quilt during the show. It was quilted in 1886 by Eliza Shepard and Julia Ann Allred.

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(Just West of Downtown on Hwy 44) |
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Also located in Nampa, Weiser, Mtn. Home, Emmett, Payette & McCall

The Cottages of Boise was presented with a **2013 Excellence Award from SeniorAdvisor** for receiving consistently high ratings from residents and their families.

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www.TheCottages.biz



Star Hometown Celebration

Continued from page 1

During the BBQ, Star's own Gil Flores stepped up to the microphone and auctioned off some pies to benefit the Star Senior Center. All of the pies were donated by the community and had been entered into the pie judging contest. Star Police Chief John Laraway, Councilmen Chad Bell and Richard Lockett were the judges and the winners were:

1st Place: Sally Moore

Crazy Apple pie with almond crumb topping

2nd Place: Hannah Beagley-

Fresh Strawberry pie

3rd Place: Norma Dawson

Apple pie



Chad Brumpton, Grand Marshal of the parade

This year, the Talent Show had almost double the amount of entries from last year's show. Auditions were held in mid-June with the top three finalists competing in three age categories. The judges this year were Mindi Wurster, Jennifer Tuck and Gil Flores. Amazing, talented kids performed and were awarded cash prizes:

Age 6-9

1st - Elisabeth Oberst

2nd - Gwendolyn Chesley

3rd - Elena Evans

Age 10-13

1st - Mia Snow

2nd - Courtnee McKee

3rd - Kody Epp

Age 14 - 17

1st - Daniel Ivers

2nd - Lindsey Buchmann

3rd - Emma Oberst

The committee is really hoping that next year there will be some 'over 18' participants... so start practicing!

The Fabulous Chancellors thoroughly entertained the crowd. They kicked off the music by accompanying the 'Bubble Dance'... amazing how bubble wrap spread on the ground and a bunch of kids dancing on it can create a whole lot of noise (and fun!). As always, the Chancellors were just Fabulous and the crowd went crazy. The dancing went on past midnight!

Throughout the evening, there were raffle tickets being sold and numbers drawn for the prizes. The business community donated some terrific raffle items! Funds generated from the raffle ticket sales are turned in to the city to help offset the cost of the Hometown Celebration.

The finale of the evening was the Fireworks Show. And what a show it was this year! Lasting almost 45 minutes, set to music, it was fantastic. Hunters Creek Park was packed; there is no way to accurately count, but the park is about 18 acres of area and it was very full. Many thanks to Fireworks America and the City of Star for providing this wonderful display for the community to enjoy.

The Hometown Celebration is a day that the City of Star has sponsored, along with other business sponsors (see ad in this issue), to provide an affordable, fun day for residents to spend with family and friends. Based on the attendance, happy faces and dancing feet, it was a terrific success this year!



Theresa Tinsley, Hometown Committee Chair, received thanks for her efforts in coordinating a great day for Star.



Many thanks to Lifespings Church for serving the Star Hometown BBQ this year. Renee Tiner and her army of energetic volunteers took care of set-up, serving and clean-up duties. We appreciate your efforts and your smiling faces - thanks!



MOMZ Garage Classic's Car Cruise/Poker Run

There will be several tour destinations including Shop Stop, Scenic Stop and a Museum Stop!

Saturday, September 6, 2014 at 11am - 7pm
\$10 Registration Fee.

Dash Plaques for the first 50 and a goody bag.

Meet @ 11am El Mariachi Loco (9966 West State St., Star, ID 83669)
and end point is Sully's Grill (11123 West State St., Star, ID 83669).

11am registration/Lunch @ El Mariachi Loco (packets with Poker card, map & itinerary/etc) Cruise begins promptly at NOON. Return to Star for dinner at 6pm to Sully's Grill (On the Patio) for Rewards and Poker Run FINAL.

Bring money for lunch, dinner, and raffles and more!

PRE-REGISTRATION
at www.MomzGarage.com event's page or email momzgarage@mail.com for forms



Capt. Bruce Rowe USMC Veteran



Kim Ingraham, with Star Parks and Rec, organized a bike decorating event for local kids to decorate and then join in the parade



Corvettes, lots of them!



Helina Marie's Wine Bar float



Chickasaw Choctaw Horse Club



Photos by Mickie Park, Denice VanDoren and Kim Ingraham



Gil Flores, you rock! Thanks for all of your help - shown here auctioning off pies for the seniors.



Thanks to Dana Davis for announcing the Talent Show again this year!



Daniel Ivers, 1st place in age 14-17 category



Talent Show

Mia Snow, 1st place in age 10-13 category



Elizabeth Oberst, 1st place in age 6-9 category



Talent Show Judges Mindi Wurster, Gil Flores and Jennifer Tuck



Back To School drive starts July 29th and runs through the month of August.

See list on next page.

We need Volunteers
for weekly or special events call 779-0046
or stop by the food bank. Check us out at
staroutreachonline.com.

Star Outreach
Neighbors Helping Neighbors

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

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

Current Needs:

- Canned vegetables • Soups
 - Side dishes (pasta, rice, hamburger helper & potatoes).
- *Additionally, we give out a toiletry bag each month that includes
deodorant, soaps, razors and toilet paper.
We need these donation items as well.

Star Outreach's summer lunch program

will run Tuesday, Wednesday and Thursday through the first week of August.
Lunches are free but donations are welcome.
We will be in the library parking lot from 11:30 a.m. - 1:00 p.m.

STAR LIBRARY - August Events

Fizz, Boom, Read! Summer reading winds up August 9!

Kids, teens, and adults don't forget to bring in your reading logs to earn your final prizes.

We thank all of our wonderful sponsors!

Including Snake River Stampede, the Boise Hawks, Sizzler, Applebees, Marie Calendars, Texas Road House, Mongo's Grill, Fuddrucker's, Joe's Crab Shack, Olive Garden, Powell's Candy, Ice World, the Rollerdrome, Bogus Basin, Roaring Springs, the Western Idaho Fair, and Fred Meyer's!

Monday: 8/4 only

Preschool Play and Learn Story Time
(ages 3-5) at 10:30 a.m.

Puppet Show for all ages at 2 p.m.
Come laugh with Little Red.

Kindle Art for Teens will be on break
in August.

Tuesdays: 8/5, 8/12, 8/19, 8/26

Star Quilters 8/5, 8/19

Meet at the library on alternate Tuesdays of
each month, from 10:30 a.m. - 12:30 p.m.

Open to anyone interested

Final Special Summer Program 8/5

2:00 p.m. for kids of ALL AGES:
Bubble Party! - wet fun for all.

Maker Time 8/12, 8/19, 8/26

(ages 10 through 18) at 2:00 p.m.
using the 3-D printer.

Wednesdays: 8/6, 8/13, 8/20, 8/27
Star Knitters

Meet at the library each Wednesday
morning from 10:30 - 12:30 p.m.

Open to anyone interested.

Mad Scientist Club

(grades 1- 6) at 2:00 p.m.

Join wacky Dr. Ha-Ha as she leads the kids
through experiments and activities!

For more information on any of these programs, please call the Star Branch Library
at 286-9755 or www.adalib.org. Sign up for our weekly newsletter, too!

8/6 - CSI Star - crime solving techniques

Thursdays: 8/7, 8/14

Babies and Music 8/7 only

(ages 0-3) at 10:30 a.m. - stories, songs,
puppet fun with Miss Jana.

Thursday Teen Time (12+)

8/7 - It's Jawsome!

2 - 4 p.m. - Shark Week dvd's,
games and snacks

8/14 - Maze Runner party

afterhours from 6:30-8:00 p.m. - Run the
Maze, complete challenges to survive, and
enjoy survival souvenirs and snacks.

Fridays: 8/1, 8/8

Maker Time (grades 2-7) at 2:00 p.m.:

8/1 - Surprise Maker

8/8 - 3-D Printer Demo all ages

Saturday: 8/16

Mother-Daughter Book Discussion

10:30 a.m. We are reading *Matilda*,
by Roald Dahl. Enjoy a great family read
and a rousing discussion. Ask for your
copy at the library.

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

Family Vendor & Craft Fair Food Bank Benefit

August 9th 11 a.m. - 5 p.m.

Blake Haven Park (11225 W Blake Dr, Star, ID)

Open to the Public!!

- Live Music with R&U Productions
- Face painting & Henna
- BBQ & Sliders with Home Kitchen Cuisine
- Kona Ice Snow-cones
- Activities for the whole family throughout the day

Raffle Prizes.....

**For your chance to win bring your nonperishable goods (food & household)
items for the Star & Middleton Food Banks!!**

Thanks for the continued support from the community.



Star Parks and Recreation

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

Fit and Fall Prevention™

Sponsored by Central District Health
Star City Hall (10769 W. State St.)
10:30 - 11:15 a.m., Mondays, Wednesdays,
and Fridays. No Cost - Join Anytime!
Call Kim for more details 287-7247

Pilates (all abilities)

Beginning August 4. 9-9:45 a.m. Monday
and Wednesdays at City Hall.
\$25 for August. Bring exercise mat and see
why this practice has become so popular.

Acre Community Garden

(thru September 1)
Benefitting Star Outreach, free summer lunch
program, and families and/or individuals willing
to help. Please contact Kim Ingraham
286-7247 if you would like to be involved.

Tumbling Camp

(ages 6-10) beginners to intermediate level.
August 11-15, 10:00 - 11:30 a.m. daily at
Star Community Barn. Sign up at
www.staridaho.org by August 1st.
\$35 for residents/\$45 for non-residents.

Free Movie Night "Despicable Me 2"

August 8th at Blake Haven Park at dusk
(approx. 9:30 p.m.)
Bring your lawn chairs and blankets.
Popcorn and water provided.

Seniors Steppin' Out

July 29 matinee of "The Jersey Boys" or
"So it Goes" at Meridian's Village \$5.00.
Call Kim at 286-7247 for show time.

Men's Slow pitch Softball League

Late Registration
(ages 16 and up)
\$30.00 resident/\$35.00 non-resident
Games will be played Thursday nights and
Tuesday nights if needed at Hunters Creek
Park, 1500 N. Star Road.
Season runs Aug 21 - October 2nd.
Put a team together or sign up as an individual
and we will get you on a team.

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

Star Senior Center

102 S. Main Street, 286-7943

Center's Hours: 10:00 a.m. to 1:45 p.m.

**As President, I want to thank everyone who helped me at the
Star Celebration Days pie judging contest and auction.**

This includes the people who helped set up and take down, to judges, the auctioneer,
those who helped with the contest and serving of the pie, and most of all to
everyone who baked pies and those who bought them. Everyone made it
possible to have a successful fund raiser for the Senior Center.

Norma Dawson

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.

August Activities:

- August 1: Blood Pressure taken by Star's firemen
- August 4: Walmart Shopping - Contact Beth @ 869-6288
- August 6: Goldmine Newsletter arrives
- August 8: Foot Clinic - cost \$25 - starts at 9 a.m.
- August 13: Hearing Clinic (ear cleaning) - 10:30 a.m. - free
- August 13: Board Meeting
- August 14: Outing to Indian Creek Steakhouse (Caldwell) - Contact Beth @ 869-6288
- August 19: Appointment Day/\$12 haircuts, bank, doctor appointments, etc.
between 10 a.m. and 2 p.m. - Contact Beth @ 869-6288
- August 20: Birthday Recognition
- August 22: Music by Chuck Aney - starts at 11 a.m.
- August 22: Root beer floats - starts at 11 a.m.
- August 26: Outing to Horseshoe Bend Senior Center - Contact Beth @ 869-6288



**August 2014
Star Chamber Calendar**

Summer is heating up with new Star Businesses!

August 7th - First Thursday 11:45 a.m. - OUT TO LUNCH

at our new West Side Pizza Restaurant at Hercules and Star Road.
www.westsidepizza.com

August 7th - Please vote for the best business of the month.

See flyer via email with link to vote online. We need your votes.

August 7th 1:00 p.m. - Ribbon Cutting

for new business members
directly after lunch at Star City Hall or the actual business location.

August 21th - General and educational meeting

6:30 p.m. @ Star City Hall

CALLING ALL BUSINESSES & COMMUNITY:

Coming in September: Membership Drive and Charity Car Show
REMEMBER THE WELCOME WAGON...CHAMBER MEMBER BUSINESSES,
please drop off your September specials by month's end with Mini,
at Idaho Independent Bank. Over 200 families who moved here this year that want to
know what you offer!

Member Businesses: WANT AN OPEN HOUSE EVENT?

Send the Chamber info by August 10th for the September newspaper,
online updates and Open House Chamber Event Banner!

Contact Tammy for more info: President@StarIdahoChamber.com or 208-908-5476

www.StarIdahoChamber.com

The Star Hometown Committee would like to thank the following businesses and individuals for donating to the July 4th Hometown Celebration this year.

This is a community effort and your assistance is greatly appreciated!

| | | |
|--------------------------------|--------------------------------|--------------------------------|
| Raffle Prize Donations: | Lori Logue (Eagle Salon & Spa) | NorthStar Physical Therapy |
| Apryl Neubel | El Mariachi Loco | Olive and Vyne |
| Ashley Inn | Eye2Eye | Opulence Salon Spa and Tanning |
| Big Al's | Head to Toe Massage | R.C. Bean Saddlery |
| Blue Ribbon Dog Grooming | H.I.T. Supplements | Richard's Sports Supply |
| Bodybuilding.com | Idaho Steelheads Hockey Club | Roaring Springs |
| Boise Hawks Baseball Club | Kate Hynes | Salon & Co |
| Cooperative Wellness | Kringles Korner | Star Dental |
| Coyote Design | Little Miracles Preschool | Star Medical Center |
| C.J.E. Photography | Moon Valley Landscape | Star Sewer & Water |
| Down to Earth | Morning Star Dental | Star Tire and Auto |



Sponsors:
 Building Energy, Inc. (Talent Show)
 Complete Sprinkler Systems (Parade)
 Edward Jones (Glo-Sticks)
 Idaho Independent Bank
 Idaho Power
 Maverik
 Republic Services
 Star Mercantile

*Thanks for helping!
 You made it a
 great community
 event!!*

Special Thanks:
 Lifesprings Church
 Mindi Wurster
 Norma Dawson
 Renee Tiner
 Richard Lockett
 Richard Tinsley
 Sarah Dawson
 Star Community Church
 Star Fire Department
 Tom Erlebach
 Travis Ruby

All of the volunteers who jumped in to help out are appreciated!

STAR OUTREACH SCHOOL SUPPLY & FOOD DRIVE AUGUST 1-30

Drop off at the following locations:
 City Hall, Fire Department
 or Food Bank
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- BINDER INDEX - DIVIDERS
- PENCIL POUCH W/ ZIPPER CLOSURE
- PENCIL BOX
- COMPOSITION BOOK (WIDE RULE)
- PENCIL SHARPENER WITH COVER
- GOOD QUALITY #2 LEAD PENCILS WITH ERASERS
- MECHANICAL PENCILS
- ED PENCILS (at least 16)
- PINK PEARL ERASER
- BLACK PENS
- PACKAGE OF RED PENS
- HIGHLIGHTER PENS (YELLOW)
- JAR OF RUBBER CEMENT
- PACKAGE OF EXPO LOW-ODOR DRY ERASE MARKERS
- 4 OZ. WHITE SCHOOL GLUE
- SET OF 8 CRAYOLA CLASSIC COLOR MARKERS
- LARGE WHITE GLUE STICKS
- BOX OF 8 or 24 COUNT CRAYOLA CRAYONS
- PROTRACTOR
- SET OF CRAYOLA WATERCOLORS
- 12" RULER (METRIC AND INCHES)
- FOLDERS WITH INSIDE BOTTOM POCKETS
- CALCULATOR
- SCISSORS (GOOD QUALITY)
- THUMB DRIVES

Star Outreach Neighbors Helping Neighbors
 A charitable foundation made up of people in the community assisting the community to help meet basic human needs while preserving dignity and anonymity.

Food Donation Needed

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 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.

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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

LOCAL CLUB LISTINGS

are now on our website
 www.theindnews.com



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

Star:
 • Star Library • Star Merc • Star Café

Eagle:
 • Albertsons-Eagle • Big O • Eagle Barber Shop

Eagle City Hall • Eagle Post Office
 • Eagle Chamber of Commerce
 • Les Schwab • Perks of Life • Rembrandts

St Als-Eagle • St Lukes-Eagle
 • Stinker Station - Hwy 55 • The Griddle
 • Wild West • Winco-Eagle • Zen Bento

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 • Stinker Station - State St

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 • Ridley's • Sunrise Café • The Cottages

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AUGUST 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. 7; and Star, pg 18) and on the online calendar at www.theindnews.com

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Help Us End Hunger

Top 7 Warning Signs Your Marriage is in Trouble

In most divorces, one spouse is caught off guard by the delivery of divorce papers. That is why it pays to pay attention to what is going on in your marriage. Getting comfortable with the status quo and taking things for granted is one of the biggest mistakes married couples make. Below is a list of warning signs of a marriage in trouble.

1. You no longer, have anything in common.

Do you and your partner spend hours together under the same roof, at social engagements, or performing routine errands, yet rarely engage in meaningful conversation? Living in silence is a primary symptom of major marital problems.

2. You can do no right.

Do you feel like your every action is being watched and criticized by your partner? Can you do no right in their eyes? Do you feel intimidated or afraid because of your partner's constant criticism? Too often partners will funnel larger relationship issues into negative criticism of day-to-day tasks.

3. You are the last to know.

Is your partner no longer sharing information with you about his/her career, personal problems or personal achievements? Is your partner sharing this information with a friend and you hear it second hand? When you become the last to know important information there has been a huge breakdown in communication.

4. A change in appearance.

Over time, your comfort level will inevitably end that desire to look "perfect" for every encounter with your partner. However, a drastic decline in personal appearance and hygiene by your spouse could be a sign they no longer care or are happy in the marriage.

5. Looking for distractions from the problems.

If the television is on constantly, you both sit with your face buried in a book, or you always have something else that needs to be done, there may be a problem. It is common for individuals to find such distractions to avoid dealing with a troubled marriage.

6. Arguing over the same subject repeatedly.

If your arguments become routine with all the same issues and no resolution, then your marriage is either standing still or dying fast.

7. Intimacy is a thing of the past.

A considerable decline in physical affection is one of the most recognized symptoms of a failing relationship. Intimacy is the act that allows us to bond as husband and wife. If your partner is showing no or very little interest in intimacy with you then they are showing little concern for their emotional bond with you as a husband/wife.

What recent clients are saying after completing The Couples Coaching Program:

"I wished I'd sought counseling before my divorce...I'm now better prepared for a healthy relationship."
(Divorced mom of 2 children)

"Lynda's coaching helped save my marriage."
(Husband and father of 7 children)

"My wife and I have learned to communicate effectively, thank you Lynda."
(Recovering porn addict)

"I learned that verbal and physical abuse is never ok...I now have solid boundaries."
(Former abused wife and mother)

"We thought there was no hope for our marriage...we just celebrated our 10th anniversary!"
(Husband and wife of 4 children)

INTERESTED IN THE COUPLES COACHING PROGRAM?

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Lynda Smith is a Licensed Clinical Professional Counselor specializing in individual, couples and family coaching, counseling and consulting. She is also Certified in EMDR (Eye Movement Desensitization and Reprocessing) and Trained in QEEG (brain mapping) and Neurofeedback Therapy.

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PGA JUNIOR LEAGUE GOLF LAUNCHES IN GREATER BOISE

PGA Junior League Golf, one of the most innovative programs introduced by a major sport, is new to the greater Boise market. PGA Junior League Golf gives kids 13 and under the opportunity to learn to play golf in a fun, social and team environment.

In the past year, the popularity of PGA Junior League Golf has skyrocketed. In fact, 2013 saw a 345 percent increase in participation over the previous year and growth for 2014 is projected to double, reaching 1,500 teams with 18,000 players.

Following are the facilities with teams in the Boise market:

- BanBury Golf Course (Eagle)
- Ridgecrest Golf Club (Nampa)
- River Birch Golf Course (Star)



PGA Junior League Golf teams are comprised of young golfers (boys and girls) with no prior playing experience required. The teams play 9-hole matches in a two-person scramble format.

The format of play reinforces the team aspect and limits the personal pressure that players often feel. Additionally, coaches can substitute players every three holes, so the entire team of golfers had the opportunity to participate.

Teams play regular-season matches before entering city and regional championships. Each regional champion advances to the PGA Junior League Golf Championship held Oct. 24-26 at TPC Sugarloaf in Duluth, Ga.

Team Georgia captured the 2013 Championship at TPC Sugarloaf.

To learn more about PGA Junior League Golf, visit PGAjrLeagueGolf.com.



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Between Papa Murphy's and Starbucks

Eagle Gridsters prepare for 2014 Football season

By Philip A. Janquart

Before the beginning of the 2013 campaign, Eagle varsity football coach Paul Peterson said his team could be good "if we can learn to be selfless and concentrate."

They did just that. Peterson's two quarterbacks, J.T. Williams and Hunter Floyd, sharing time on the field and selflessly deferring to each other when needed.

"It was an awesome thing to be a part of," Peterson told The Independent News. "It's tough to be a high school quarterback and defer, but they made it work. There were some people who were skeptical about whether it would work, but between the three of us, we knew what happened behind the scenes and it was really awesome. I made the decisions and not once did I ever get any complaining or weird looks about whatever decision I made."

The two athletes were an example for the entire team, which took good notes.

The result was a winning season, which nonetheless ended November 8 with a 36-21 first-round playoff loss to Rocky Mountain. Eagle lost to the Grizzlies earlier in the season and an October 24 loss to Mountain View in the last regular-season game resulted in a 7-3 overall record.

Peterson said his team is more mature now, and at least one step ahead of where it was last year.

"You know, I've been doing this a long time and there is another potential element here that I like - I like our selflessness," he said, when asked to give a general impression of his 2014 squad. "I like that element



Eagle High School head football coach Paul Peterson, with wicker hat, warms his team up at a pre-season passing tournament held at the Youth Optimist Fields on Hill Road July 19.

in the overall equation. The kids on this team really are giving and caring to one another and if you have that established then you have a chance to work through adversity, which is inevitable. If you have a lot of selfish people, adversity can end up causing cancerous reactions, but I think we will be able to work through the inevitable adversity because of that."

Peterson also praised the talent of his coaching staff and his players.

"In this league, it's really difficult because there are so many good teams year-in and year-out," he said. "You have the Rocky's, the Capital's, the Mountain View's, you never know how good some of those other teams are going to be. It always depends because the level of talent, coaching wise, throughout the valley is tops. There is really good coaching. That's is what we have here at Eagle."

As for the players, Peterson said his group is looking good and that experienced athletes are stepping up to fill gaps left by graduating seniors.

"I like the athleticism and the explosiveness on both sides of the ball as far as the interior line play," he noted. "I think our offensive line and our defensive line have a chance of really having quite an impact throughout the season. I also like our overall team speed."

Key Moves>Returns

Senior Hunter Floyd (6-3, 195) saw action last year alongside fellow quarterback J.T. Williams who is now playing baseball at the University of Washington. According to his NCSA Athletic Recruiting page, Floyd can run the 40-yard dash in 4.47 seconds, can bench press 250 pounds, squat 365 pounds and has a 35-inch verticle leap.

Peterson compared his athleticism to San Francisco quarterback Colin Kaepernick.

"Hunter is a very tall, fast athlete," he said. "He has an awful lot of skill similar to Kaepernick. He is a below 4.5 40-yard runner, is extremely fast, with a very strong arm. Athletically, he can do a lot of things." Floyd ran for over 1,500 yards as a freshman but decided he wanted to be a quarterback and has been transitioning to the position since his sophomore/junior year.

"He always wanted to be a quarterback, so he has made that transition, so the position is still relatively new to him as an athlete," Peterson said, pointing out Floyd's potential singular flaw. "But it's hard not to put the ball in his hands and put him in a position where he can go be an athlete. He is very elusive. Plus, he is big."

Peterson said he likes Floyd not only for his athleticism, but also for his leadership skills.

"The other part about him is that he really cares about people and he's very aware of his surroundings and about how others are thinking or feeling," he said. "He is selfless, has natural leadership qualities and people respond to him because he is not arrogant or selfish; he is very genuine and carries himself with a lot of grace."

The Offense:

The offensive line remains in tact, for the most part. Offensive line coach Eric Fillmore played six linemen last year and returns all of them with the exception of Alex Thompson. Michael Vincent (6-2, 260) blew his knee out early in the season and sat out the remainder of 2013. He's back this year and stronger than ever, according to Fillmore.

"He will wear a brace, but he is back," Fillmore said. "He's squatting over 400 pounds."



Hunter Floyd is Eagle's new starting quarterback. Floyd is 6-3, 195 pounds, runs a 4.47-second 40-yard dash and has a strong arm, characteristics that make head coach Paul Peterson liken him to San Francisco 49er quarterback Colin Kaepernick.

Freshman Brendon Condie (5-11, 180) filled in for Vincent and did a good enough job that Fillmore says he is going to start at left guard again this year.

Filling out the line is senior center Dakota Martin (6-1, 215), senior Kevin Ketterling (6-2, 230) and junior Nic Blancet (6-3, 240).

"I also have a sophomore, Alex Kuzmac (6-4, 230), who will be a good player," Fillmore said. "He is just a pup, but he'll be my swinging tackle if I have an injury. We are going to be more physical than we were last year. We are not only physical, but athletic."

Fillmore noted that his group of offensive linemen won the Annual Lineman Challenge in Boise July 20. The Challenge pits area high school football linemen against each other in tests of agility, strength and conditioning.

Lead tailback Bucky Schrader (5-9, 170) is back, as is receiver Nick Wheeler, who was a key target last season.

The Defense:

Senior Nick Kuzmac (6-0, 220) will start on the defensive line and could see some time at fullback, as well. Sean Cipron (6-4, 230) returns as a starting defensive lineman. Paul Semans, a former staple on the defensive line, will soon be wearing a Boise State University jersey, according to Peterson. Senior defensive back Josh Labrador (6-2, 215) and senior linebacker Sawyer Shield (6-2, 245) will serve as the defensive stalwarts. Labrador, a three-year starter, also plays receiver and runningback.

"He has to really produce on both sides of the ball for us," Peterson said.

Filling out the linebacker duties will be sophomores Todd Berm and Zane Freidt.

Early Impressions:

"I like our team speed, I like our selflessness," Peterson said. "The season is a long grind and you have to be able to get along to be successful and we are doing that."

2014 EAGLE HIGH SCHOOL VARSITY FOOTBALL SCHEDULE

| Date | Time | Opponent |
|------------------|--------|------------------------------------|
| Friday, Aug. 29 | 7 p.m. | Idaho Falls @ Thunder Stadium |
| Friday, Sept. 5 | 5 p.m. | Capital @ Thunder Stadium |
| Friday, Sept. 12 | 7 p.m. | @ Centennial High School |
| Friday, Sept. 19 | 7 p.m. | Rocky Mtn. @ Thunder Stadium |
| Friday, Sept. 26 | 7 p.m. | Columbia @ Thunder Stadium |
| Friday, Oct. 2 | 7 p.m. | @ Boise (Donna Larsen Park B.S.U.) |
| Friday, Oct. 10 | 7 p.m. | Vallivue @ Thudner Stadium |
| Friday, Oct. 17 | 7 p.m. | @ Meridian High School |
| Friday, Oct. 24 | 7 p.m. | @ Mtn. View High School |
| Friday, Oct. 31 | | Playoff, 1st Round |
| Friday, Nov. 7 | | State Quarter Finals |
| Friday, Nov. 14 | | State Semi-Finals |
| Friday, Nov. 21 | | State Championship |

TRINA'S FITNESS CORNER



What's hot and what's not

In the beginning of the year I reported on the top 10 Fitness Trends of 2014. We are half way through the year and I revisit these fitness trends.

1. High interval training, such as P90X and CrossFit have made the #1 spot for hottest fitness trends of 2014. Typically this type of training requires the athlete to perform short bursts of exercise with a relatively high heart rate with minimal rest periods.
2. Body weight training. Think pushups, pull-ups, lunges, and squats. This trend is still going strong since a decline in our economy in 2008. No expensive gyms or equipment required - just a desire to exercise.
3. Experienced and trained fitness professionals. This industry is on the raise and will continue to grow 24% by 2020. Be aware, anyone can claim they are a professional. There are no regulations or professional licensing that is required - so interview your trainer before trusting them with your fitness health.

4. Group personal training. During the recession this trend grew significantly. The trainer will usually offer a cheaper rate when there are three or more clients to train. A win - win situation for both of you.
5. Yoga remains popular. The Yoga world changes the scene just enough to keep people interested. Themes such as anti-gravity yoga, which mixes yoga poses with acrobatics while suspended in the air; karaoke yoga, which aims to strengthen the limbs and vocal chords; and broga, which is geared toward men. The creativity keeps people coming back.
6. Trends that are starting to fizzle out are Pilates, Zumba, Spinning, and Stability Balls. According to one source these are Fads not trends, they don't offer the variance that people enjoy.

Whichever you choose be sure to get out there every day and move your body. Mowing your lawn or walking your dog really doesn't count. It is suggested that we get 2 hours and 30 minutes of moderate to intense aerobic activity, along with two or more days of strength training a week. How many of you can say you are getting your fitness on?

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

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Urban Farm Girl

"REALLY.....THIS IS MY LIFE?"

By Joanne M.W. Love

There seem to be chunks of chaotic time where I pause, not only to breathe, but to see if there's actually a bell to ring, as if I'm in a goat-tying competition; except it's really just my life....and I'm not sure I'm actually winning. This summer is shaping up to be one of those times.

It started with the year-long therapy regimen for our injured horse, Cheyenne. It's ending with, once again, the pigs. At least I think it's ending? Admittedly, we didn't get off to a great start. As the school year was ending, my husband was on a long anticipated Grizzly Bear hunt. I had apologetically told my 72 yr old mom, who was driving from Seattle to help me a bit, "I don't even know that there'll be much for us to do while you're here Mom." Fourteen days later I may have broke a record for telling her how THANKFUL I was that she was visiting.

Remembering how Murphy's Law quickly infringes upon my life when he's hunting, I was no dummy this time and began jotting down Bear Chronicles at the end of each day. The following events happened in real time..... Amidst the typical busy-ness of end-of-the year school activities, I continued to ride the crazy horse daily braving loud noises and SNAKES in the pasture. My first doctor trip was an unscheduled appointment with Dr. Hardy, whom I had to call when our 2 yr old horse decided to climb a cement retaining wall. The two other follow-up trips were also part of the package.

My next two doctor visits involved one of my children, an MRI, and subsequent consultation, diagnosing a fractured lumbar vertebrae. Mind you, I made these downtown trips driving a truck, horse trailer and sometimes a horse in it, as the continued vet appointments were piggybacking child appointments.

Next on the list, the horse that my husband wanted to artificially inseminate was coming into heat early, translating into several ultrasound and insemination appointments. This was supposed to happen when he was HOME! (Deep breath) No problem, I got this. As I'm driving back from one of the appointments, I turn up our lane and pass two cows in the road.....oh right, they're our cows.....loose. I'm never going to make it in time for that honor society thing tonight, am I?

Throw in 6 trips to Jerry's Repair for two vehicles spewing stuff, spring football, a dance recital, end of year sports parties and a

sheep shearing, and an outsider might claim I was starting to lose it. I became Quick Draw McGraw in response to deteriorating teenage attitudes, confiscating multiple forms of technology exponentially. At the end of each night my mother would wait on the sofa with a half glass of wine for both of us (some nights there was more in the glass than others). Again....where's that bell?

Now it's summer and time for some R&R. Or maybe not. We discovered the horse we were artificially inseminating was not conceiving. We needed another uterus for plan B because the semen was a sunk cost. Our sights were now set on Crazy Horse (Cheyenne). Initially dismissed because she's small (my husband needs a big horse) and she was injured, we reconsidered because she's also the sweetest horse around (when she's not locked up). After getting Dr. Hardy's blessing, we once again utilized his expertise at artificial insemination. Three more trips to the office and now she's expecting in May. Where's the bell again?

Moving right along, the kids are now in the throws of their 4-H projects. Record books, interviews and chores....oh my! As with every year, we're faced with the worry of whether the pigs are gaining enough weight for the minimum market sale requirement set by the Fair Board. With temperatures reaching into the 100's, the pigs don't want to eat much, and one of them is noticeably smaller. The trips to town begin to multiply again as we zigzag across the valley taking heed to every piece of advice or folklore ever used to make a pig eat.

Out of pig-weight necessity our family life now revolves around 3 hour increments. Every 3 hours someone in the family is watering pigs down, adding a sweet, fattening supplement to their food, putting a block of ice in their water barrel, and a fan is now aimed at them round the clock. All this in desperation for the sake of getting a pig to eat.

As I flop into bed at night, in an upstairs bedroom that is certifiably hotter than the pig pen in the barn (our AC is on the fritz), I can't help but question..... really.....this is my life?

© Urban Farm Girl: Raising Critters & Kids, Awarded Idaho Press Club's Excellence in Journalism for best Weekly General Column.

Puzzle on page 13

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Community Garden supplements Foodbank, needs more help to thrive

Star, ID – Star's community garden is well into its 2nd successful season thanks to various generous contributors and helping hands. The garden is supplementing the Star Outreach food bank, bringing the incorporation of field fresh vegetables to families in need. However, it has not been an easy process and additional help is needed.

The first hurdle to overcome was finding the space for the garden and a means to irrigate. The solution was provided by local business woman Mary Kuehn. Mary offered the use of a ¼ acre parcel of land and the water to go with it.

The second step for the garden to be successful was a knowledgeable gardener or two to help the garden to reach its maximum yield potential. Due to helpful, regular volunteers, the garden has already yielded a considerable amount of produce. Tomatoes, zucchini, squash, broccoli, peppers, pumpkins and herbs have all been successful to date. The pumpkins planted by Madonna Smith of Star Elementary will be picked by the students when school resumes and will most likely be part of the Great Pumpkin Run festivities.

Margaret Erskine, our University of Idaho Master Gardener representative for Star comes out monthly and has given us some great ad-



Lead volunteers Jack and Jayne Gardner have taken an active role in tending the garden this year.



This is what the garden looked like in May.



The community garden in July.



Recent yield from the community garden helps hungry families enjoy quality, high nutrient food.

vice for planting and keeping us in the know on beneficial and not so beneficial visitors. The concept of healthy eating and providing good choices for our local families in need and free lunch program was incentive for this project's success.

Unfortunately, despite regular help, the 6-8 volunteers are not enough for the ¼ acre parcel available to cultivate. Constant weed prevention and control, irrigation and now harvesting are why more volunteers are necessary for success and for the continuation of the project. This would be a great project for an Eagle Scout, local youth group, or churches in the area to be involved in service that directly and impactfully affects the community in a big way. This would also be a great place to learn about gardening yourself or an opportunity to teach your children not only how to garden, but how to contribute back to the community.

A big thanks goes out to regular volunteers Jack and Jayne Gardner, Connie Krebs, Kim Ingraham, Madonna Smith, Sarah Dawson and the kids from Little Miracles Preschool, and Tom Erleback and staff from Moonvalley Landscape.

If you are interested, or know of someone that might be interested in helping care for the garden please contact 286-7247.

Garden-tainment Creates Lasting Memories for Guests

by Melinda Myers

Summer is filled with parties, gatherings, picnics and more. We all want to make these occasions special and memorable for our guests.

Many gardeners tend to schedule events around peak bloom or harvest in order to share the beauty and flavor from their garden.

Unfortunately nature does not always cooperate. It seems we are saying "you should have been here last week" or "come back next week when the flowers will be at their peak".

No need to worry. It may be considered cheating by the purist, but isn't it all about creating a great space and event for our guests? Consider adding some fun flower accents. Metal flower sculptures like daisy bouquet stakes, hollyhock stem stakes or aluminum fiddleheads insure color throughout the season.

Or make it fun with faucet handle flowers (gardeners.com), which are sure to spark some conversation amongst your guests.

You can also add some extra color with a bit of floral paint. Use garden colors to paint seedheads of flowers past their prime. Just cover the stem and leaves to insure only the seedheads get painted for a more realistic look. It might fool your guests or give them a good idea for their own garden.

Or stop by your local garden center. Many have flowering planters and large size annuals that you can use to fill in voids and add color to the garden.

Pot a few of these up and use them as centerpieces on the tables. A search of the garage or visit to a thrift store may find reasonably priced fun items you can convert into containers.

Keep your guests comfortable and the mosquitoes at bay with the gentle breeze of a fan. Mosquitoes are weak fliers and the gentle breeze of a fan can keep them away. Or step it up with the help of geranium oil. It's natural, fragrant

and can help repel mosquitoes.

And be sure to include fresh-from-the-garden flavor in your beverages and dishes. A pot of basil or mint near the party means guests can flavor their own lemonade tea or mojito. The hollow stem of lovage, cut down to size makes a great straw for your tomato juice or bloody Mary. Your guests won't forget the fun of sipping their drink through this celery-flavored straw.

Then add some color and a gourmet touch to your salads with a few edible flowers. Nasturiums, roses and calendulas are just a few to consider. Just be sure they are edible and pesticide-free before serving them to your guests.

Use fresh-from-the-garden or container herbs for grilling, salads and your main course. And consider drying a few herbs or starting cuttings from your plants to use as party favors.

Don't let the sunset put an end to your celebration. Light up the evening with solar illuminated planters, solar pathway lighting and decorative fiber optic lights. Or go old school and set votive candles in a mason jar or tucked safely in the garden.

So set aside some time to take a walk through the garden and plan a party or two for you, your family and friends to enjoy its beauty.

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



Metal flower sculptures like daisy bouquet stakes can instantly add interest and color to the garden. Photo by Gardener's Supply Company

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