



AVIMOR™

ART OF LIVING

FALL 2025



REFI SEASON HAS ARRIVED!

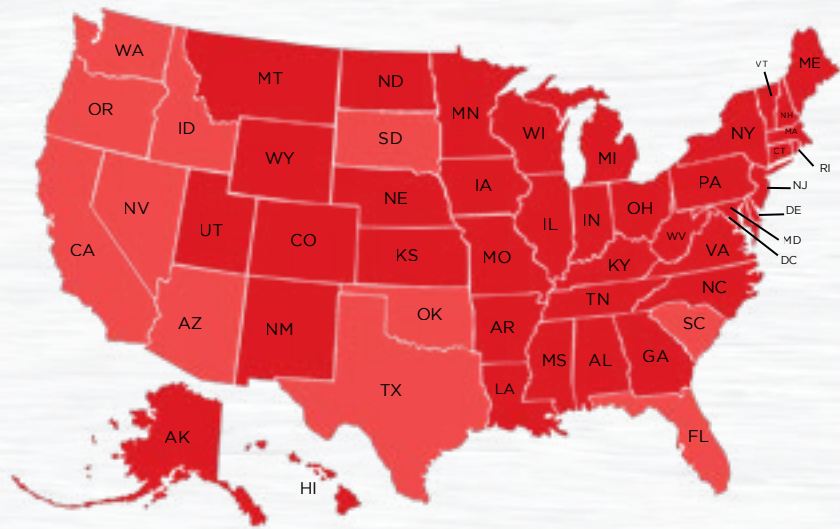
WITH RATES DOWN ON AVERAGE 1%* FROM THEIR HIGHS IN 2023 AND 2024, NOW MIGHT BE A GREAT TIME TO HAVE YOUR MORTGAGE CHECKUP!

PROTECT YOUR LARGEST ASSET!

Given Idaho's harsh winters and dry, hot summers, annual maintenance is crucial for preventing expensive damage and ensuring your home is energy-efficient. Tasks can be organized seasonally to prepare for the specific challenges each time of year brings.

FALL

- **Winterize irrigation:** Drain and blow out your sprinkler system, shut off outdoor water lines, and store hoses to prevent frozen or burst pipes.
- **Furnace Check:** Schedule an HVAC inspection before the cold hits and replace your furnace filter so it runs efficiently all winter.
- **Clean gutters:** Clear out leaves and debris to keep water flowing and avoid clogs that can lead to ice dams.
- **Reseal Concrete Driveways and Patios:** Concrete driveways and patios should be resealed every 1-2 years in high-traffic areas, sheltered, low-traffic patios need sealing less frequently.
- **Trim trees:** Prune back branches that hang over the roof or too close to the house to prevent winter storm damage.
- **Chimney service:** If you use a fireplace, have the chimney cleaned and inspected before lighting the first fire of the season.



WINTER

- **Prevent frozen pipes:** Insulate exposed pipes in basements, attics, and crawl spaces. In extreme cold, let faucets drip to keep water moving and avoid freezing.
- **Stop ice dams:** Keep gutters clear and use a roof rake to remove heavy snow so ice doesn't build up along the roofline.
- **Test safety detectors:** Check smoke and carbon monoxide detectors and swap out batteries—especially important when heating systems are running.
- **Check for drafts:** Use your hand or an incense stick to find leaks around doors and windows, then seal them to improve comfort and cut heating costs.
- **Inspect the foundation:** Look for cracks or shifting caused by freeze-thaw cycles and address issues before they worsen.
- **Manage snow and ice:** Keep walkways and driveways clear, and have ice melt or sand on hand to reduce slip hazards.

- **Movement Mortgage can service loans in all 50 states.**
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- **#2 2024 J.D. Power Customer Satisfaction Ranking.*****
- **2025 Forbes America's Best Midsize Employers.******

For Qualified Borrowers. Additional Restrictions apply.

*Source: <https://fred.stlouisfed.org/series/MORTGAGE30US>

**While it is Movement Mortgage's goal to provide underwriting results within 6 hours of receiving an application, process loans in seven days, and close in one day, extenuating circumstances may cause delays outside of this window.

***<https://www.jdpower.com/business/press-releases/2024-us-mortgage-origination-satisfaction-study>

****<https://www.forbes.com/lists/best-midsize-employers/>



KEVIN HELMICK

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MOVEMENTMORTGAGE

Art of Living Events

Check the Avimor App for more details about these events and all other Avimor Art of Living Activities.



*There is an
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If you have not yet downloaded it, it is easy to do. Just go to your app store, search for 'Avimor' and download it. There is a wealth of information literally at your fingertips there including current, new & future events. As activities and events are confirmed they are uploaded to the app and available to you to add to your calendar.

Check back often to see what is new!



Christmas Cheer
with Santa



Sat, Dec 13th | 3-5pm



Coffee with Kim

By Kim Holland



Meet Lael Foster

Lael grew up in sunny San Diego, where her childhood was filled with horses and chickens right in her own backyard. After completing her undergraduate degree there, she moved to Seattle in 2011 to pursue a master's degree in Education. She went on to teach kindergarten for three years, and it's easy to imagine she was a natural in the classroom.

Lael and her husband David discovered Avimor somewhat by accident while visiting friends in Meridian in 2019. They ended up visiting Avimor, as some other friends were building a house on Goldenridge. They fell in love. And after comparing the prices to Seattle prices, they fell even more in love. Moving from Seattle wasn't on their radar at the time, but moving to Avimor was an easy decision for them. It fit their life vision so perfectly and they haven't looked back. Today, they're happily in their second Avimor home, surrounded by friends and a supportive community. Lael especially appreciates the natural beauty here. She's been known to pull over just to scoop up a dried branch or plant she can turn into a stunning centerpiece. She has also found a wonderful circle of mom friends in Avimor, which has made this community feel even more like home.

Very shortly after moving to Avimor in 2020 and having her first daughter, Clover, the pandemic hit. She decided it was best to keep her maternity leave going, and is enjoying being a stay-at-home-mom to Clover and Sadie. And boy does she stay-at-home-mom! Lael's idea of a good time is a cozy house with some homemade soup in the crock pot and cake-from-scratch in the oven. After staying home with the kids for a few years, she wanted to share her passion for all things home. If you're not following, you must! You can find her at [@sunsoakedlaundry](#). It has all sorts of great recipes, home decor ideas, gardening, and vintage finds.

To say Lael is looking forward to fall is an understatement. Cozy is her absolutely favorite word, and she finally gets to bring it to life again with the beginning of fall. She is looking forward to taking her kids to the pumpkin patch, all the wonderful fall recipes, the turning of the trees, and just sitting by the fire with a cup of tea.



Meet David & Linda Horsman

When David and Linda both retired in 2009, Linda from McCain Foods and David from the Postal Service, they did what most people do...

They sold everything they owned and moved to Ireland.

Their new home was a quaint coastal town of 1,200 people called Clifden. In the year and a half they lived there, they truly became part of the community. They joined a group called Tidy Towns, which was a team of volunteers dedicated to keeping the village beautiful. Their apartment sat above the local market, and without a car, they often walked five miles or more to reach their destination. But they never rushed. A walk could easily turn into a day long adventure, with tea breaks and friendly visits along the way. Doesn't that sound nice?

David and Linda were among the first homeowners on Avimor's Parkridge Drive in 2014. After five years, they tried out a 55+ community in Meridian (*we'll forgive them for that, right?*). Just a few months ago, they found their way back to Avimor. Now, with foothill views and hummingbirds in the backyard, they couldn't be happier to call this home again.

When I asked David what first drew them from the Midwest to Idaho, his answer surprised me. Before being drafted into the Vietnam War, he wanted to visit Ernest Hemingway's grave in Sun Valley. That trip sparked something. David's love for the written word eventually led him to a 15-year career as a journalist in Twin Falls and Burley. He then shifted into his second career as a postal carrier, where he worked for 22 years. Linda built her own lasting career as an administrative assistant at Ore-Ida and McCain Foods, where she worked for 24 years before retiring.

The Horsmans raised a daughter and son, and have one granddaughter, all of them now living in the Treasure Valley.

Avimor fits both Linda and David perfectly. David makes full use of the pickleball courts, trails, mountain biking, and even leads hikes for the Mountain West Outdoor Group. Linda is excited to rejoin the knitting group soon, and she's always cooking up something delicious for her family.



Kim is a longtime Avimor resident, wife, mother of two, and your local Avimor realtor with Homes of Idaho. She can be reached at kimsellsboise@gmail.com or 208-559-2842.



Meet Marcus & Shelby Dougherty

Marcus and Shelby Dougherty may both be Idaho transplants, but their journey here began on opposite ends of California. Shelby spent three decades in Anaheim, while Marcus called the Bay Area home for about the same stretch of time. Life eventually led them both to Boise, and in an unexpected twist, to the same workplace--Peterson Toyota. Shelby joined the service department while Marcus was brought on as a mechanic. After enough crossed paths in the hallways, the connection between them couldn't be denied. Seventeen years later, they're still side by side, at work and at home, and still loyal to the dealership that first brought them together.

When they married, Marcus and Shelby blended their families into one. Shelby's daughter, Savanna, and Marcus's two boys, Shane and Drake, quickly grew into a strong, close-knit crew. Now that the kids are grown and the youngest, Savanna, has headed off to college, the couple officially entered their "empty nester" season last year. But they're hardly alone. Molly, their lovable (and enormous) three-year-old English Mastiff, makes sure the house is never too quiet.

Marcus knew about Avimor long before it became the thriving community it is today. Years ago, when there were only a few houses, he'd drive out to mountain bike. He thought it was amazing, but oh so far! Like most of us, his perspective has shifted as the Treasure Valley has expanded, and now Avimor feels just right.

Outside of work (and spoiling Molly), Marcus and Shelby spend as much time as possible outdoors. They love to load up their decked-out Toyota Sequoia (courtesy of Marcus) and head for adventures at Lucky Peak, Anderson, Redfish, or Cascade, to name a few. Camping, mountain biking, and hiking are a few of their favorite things.

After celebrating Shelby's 50th birthday in Cabo this summer, Marcus and Shelby are back to doing what they love most; soaking up the best adventures Idaho has to offer.



Meet Wendy Myers

Wendy has taken pieces from every place she's lived; the pizza from Chicago, the adventure from Oregon and Montana, and now the sunshine in Idaho that so perfectly fits her sunny disposition. There are many more places to mention (as she has moved 19 times in the last 28 years) but for now let's move on so I can introduce you to the true force of power and sunshine that is Wendy Myers.

Wendy has three daughters, with the youngest making the move to Idaho with her just one year ago. Wendy is a teacher at heart, teaching at prestigious private schools before homeschooling all three of her girls. From kindergarten through high school, she crafted a personalized curriculum for each child every year. What an incredible commitment! It wasn't always easy, but Wendy gave everything she had to ensure her daughters received the very best.

Her experience as both a mother and teacher laid the foundation for the work she does today. With extensive knowledge in health and fitness, and through her own journey of healing as a trauma coach, Wendy has seen firsthand the impact unresolved issues can have on the body and mind. She's passionate about helping others break free from what's holding them back, guiding them toward becoming the strongest, healthiest versions of themselves, inside and out.

Wendy teaches that we get to heal by learning to feel. Sometimes our minds don't remember, but our bodies do. As a 360-degree health coach, she blends her own experiences in bodybuilding, trauma recovery, and spiritual growth to help others find balance; mentally, physically, and spiritually. She is able to integrate her own experience in bodybuilding, working through trauma, and her personal spiritual journey. Wendy teaches people the power of gratitude, and the power of our own thoughts. For example, she's trained herself to say "I get to" instead of "I have to," even if it sounds strange. This is one of the many ways she coaches on the importance of our own thoughts and the power they have over our choices.

Wendy is passionate about sharing her journey with the world, and it's evident she walks the walk every day. If you're interested in learning more about Wendy and her 360-degree health coaching, you can email her at contact@phoenixrisingfitness.com, by phone at 971-707-0910, or check out her website at phoenixrisingfitness.com. Mind, body, soul. Fitness, nutrition, recovery. You are in capable hands with Wendy!

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Without Hesitation...

BY JANE EZRATTY

Have you ever wondered what kind of resolve it would take to leap into a potentially dangerous situation without flinching? To act so quickly and decisively regardless of the outcome? Now think about doing it on a daily basis. That's what our elite K-9 officers are asked to do during every shift. This is the story of one such K-9, who happens to live right here in our community.

The call came in on January 24th, 2024. Officers from both Ada County Sheriff's Office and Boise PD responded. The situation with the suspect escalated, necessitating the use of force for apprehension. Bean bags, tasers and finally K-9 officers were deployed. K-9 officer Astrid did what she was trained to do – without hesitation she locked on her target and with single-minded determination attempted to subdue him. She leaped, she bit, she hung on and she shook. Again and again she performed bravely, until she crumpled to the ground. What was obscured at first became quickly apparent when her handler, Deputy JR McGee, spotted the blood. It was bad.

In addition to being hit with beanbags and tasers, Astrid had been stabbed multiple times and was rushed to WestVet Emergency, where she underwent several surgeries before being discharged two days later. Miko, a K-9 from Boise Police Department, was also stabbed during the same incident and underwent surgeries at WestVet. Both dogs received a hero's welcome upon discharge. Astrid rehabbed at home and wasted no time, returning to work in March 2024. She was medically retired in February 2025.

A dual-purpose dog, Astrid was used for both apprehension and narcotics detection. Ada County Sheriff's Office has only five dual-purpose and six single-purpose K-9s. Serving 2 years, Astrid excelled, especially in narcotics detection. Another rarity for her is that she is one of the few female canines who passed the rigorous physical demands of the job.

Astrid

[AS·trid]

A Norse female first name meaning divine strength."

To become a K-9 officer, dogs undergo tremendous scrutiny for the right temperament and skills, are put through countless hours of training and receive continuous training amongst a variety of conditions every week. It took 16 months and nearly four hundred hours to be certified as an elite member of the Sheriff's Department. The dogs are so highly trained that they often have the autonomy to make decisions on when to deploy. The handler has the final say, but the dogs know what to do. When asked what the key is to having the right K-9 partner, JR responded, "It's having a partner I can rely on that's always watching my back."

Being duly retired, the 3 ½ year-old Belgian Malinois is working on being a regular dog and now resides under a different set of House Rules. The sofa is not off limits, she sleeps in bed with JR's son and is a complete toy hound. Oh, and the treats! She shares the home with her four humans (2 adults and 2 tiny ones), two huskies and JR's new K-9. She enjoys walks, playing in the park, camping and family trips. She hasn't completely lost her sense of duty – she constantly checks on her family members, one by one, before giving herself permission to relax. If you see Astrid out walking or playing fetch in the park, give her a salute and thank her for her service.



Prune Now or Wait for Spring?

Making the Best Choice for Your Garden This Fall

As fall settles in, you might be wondering: *Should I cut back my perennials now—or wait until spring?* The truth is, both approaches have benefits. The right timing depends on your plants, your goals, and even how you'd like your yard to look through the winter.



WHY YOU MIGHT PRUNE IN THE FALL:



TIDY LOOK:

Fall pruning gives a clean slate heading into winter. Many herbaceous perennials—such as daylilies, hostas, or black-eyed Susans—turn mushy after frost while their roots stay cozy underground until spring. These plants can be pruned in the fall once their foliage starts to soften.

DISEASE PREVENTION:

Cut back and discard plants with powdery mildew, rust, or leaf spots—like monarda, peonies, and phlox—to prevent problems next spring. (Don't compost diseased material - trash it instead.)

REDUCE PESTS:

Hostas, for example, can harbor slug eggs in fallen leaves. Cutting them back removes pest shelter.

DEFENSIBLE SPACE:

From a Firewise perspective, pruning now removes dry stems and leaves that could act as fuel. Keeping the first five feet around your home clear is especially important.

PLANT DIVISION:

Cutting back while dividing perennials or grasses makes the process easier.

LIGHTER SPRING WORKLOAD:

Tackling some tasks now spreads out the work so spring isn't overwhelming.



WHY YOU MIGHT WAIT UNTIL SPRING:



SUPPORT WILDLIFE:

Birds enjoy seed heads from coneflowers and grasses. Hollow stems shelter pollinators and other beneficial insects.

WINTER BEAUTY:

Ornamental grasses, echinacea, and sedums look stunning dusted with snow or frost.

NATURAL PROTECTION:

Old foliage insulates roots through the cold season. Grasses in particular benefit from being cut back in spring.

SOIL HEALTH:

Leftover foliage breaks down and enriches the soil.

EASIER CLEANUP:

Weathered stems are often more brittle and easier to pull in spring.

RIGHT PLANT, RIGHT TIME:

Some plants—like lilacs, forsythia, and other spring bloomers—flower on old wood and should never be cut back in fall. Semi-evergreen perennials such as heucheras or dianthus also don't need much pruning, just a light tidy-up in spring. Get to know your plants before you whip out the pruners.

FIREWISE BENEFIT:

Even if you leave plants standing for wildlife, keep dry material away from structures. Prune closer to your home in fall and leave plants farther out for winter habitat.

Quick Tips *for Either Season*

- Always remove and dispose of diseased or pest-infested plants in fall.
- Wait until plants are fully dormant and foliage has turned brown before cutting back.
- Cut most perennials down to 1–2 inches above the ground. Leaving short stubble makes spring growth easier to spot.
- In spring, prune grasses and perennials before new growth starts pushing through.
- Keep pruners clean and sharp to reduce damage and prevent spreading disease.
- Mix it up—cut back plants that need it now and leave others for wildlife or winter beauty.

BOTTOM LINE

Fall pruning helps manage disease, pests, and fire risk, while spring pruning supports wildlife, adds winter beauty, and nourishes soil. Many gardeners find a hybrid approach works best—prune near the house in fall for Firewise safety and leave some plants standing farther out for habitat and seasonal interest.

Choose the approach that fits your garden, your lifestyle, and your priorities—there's no single "right" way.

AVIMOR ORIGIN Story

BY JENNIFER HUSMANN



ELIZA HOWELL

In the late 1880's, long before Colin McLeod got off the train in Caldwell, a single wagon appeared in the clearing opening southward from what is today Howell Event Center in Avimor.

Eliza Howell and her family had taken the Oregon Short Line from Ogden, and likely disembarked at Kuna to begin a new life in the hills of Avimor. She was born in 1859 to a prominent Mormon family of Utah, and met her husband William, a native of New York, when he was working the Union Pacific Railway. Eliza and William raised four daughters here on Spring Creek, residing here for nearly two decades, from about 1893-1911.

(Part 1 of Eliza's Story was in the Summer 2025 Issue of the Avimor Art of Living Magazine).

Eliza's Story – Part 2

October 29, 1888

North of Boise, Idaho Territory

Our house is finally finished, and the girls and William and I moved in last week, just in time for winter. Our claim shanty had become very cramped, though we were thankful for it. But our handsome white-washed wood frame house is so much better. I so enjoyed admiring its spacious wood floors— and the windows! Real store-boughten glass windows from a store in Boise City! Gracie and I made curtains to hang around them, pinning them up in a pretty way. The red calico trimmed with pretty frick frack looked so pleasant, framing the orange and gold foliage of the fall trees. And you won't believe it— the little wild apple trees next to the creek actually gave us fruit this year! Fresh, crisp red apples— oh they felt so good to bite into after so many months of potatoes, bread and game. I want to make a pie but I wouldn't dare cook what we picked. The taste of freshness is too lovely. Oh what a fun Christmas it will be this year in our new home with boughten windows and fresh apples from our own claim!

January 11, 1889

North of Boise, Idaho Territory

The good Lord gave us a new baby last year, even as He took one back up to Heaven. We have just buried our dear little Ida after a long illness, only three years old. I am thankful her suffering is over: God wanted her back and she is resting now with Him.

March 10, 1889

North of Boise, Idaho Territory

William and I have three precious flowers left to raise in our little homestead in the hills. Gracie is about to turn ten and she is such a help to me with her little sisters. She helps William with the lambing each Spring, which is coming up again I can hardly believe. Mary is eight and she has become quite the little housekeeper here at the homestead while Gracie and William are out with the lambs. And our newest addition— sweet Ada Rose! Her blue eyes and strawberry blonde curls match her pretty name.

When my Ida was ill, Mrs. Phelps visited most days, bringing food for the family and some lineaments and herbals to help soothe her fever. Having another woman around was so comforting in our trial. She and her family arrived from Scotland last fall, and they reported that this area was just the same as the Old Country. They intend to raise sheep like William does, and they will only be a few miles from us. To finally have permanent neighbors is a welcome change indeed. I guess the hills here in Idaho territory are perfect for two things: raising sheep and growing potatoes. A lamb pie covered in a crust of mashed potatoes makes a happy dinner on our chilly nights.

August 15, 1893

Howell, Idaho

A postmistress, as well as farmwife, shepherdess, seamstress and lately, midwife! The Phelps' welcomed a new little one to their clan, a boy they are calling Peter. I attended the birth and was blessed to wash up the little crying bundle before handing him to the proud papa. The Phelps' have become great friends to us as our closest neighbors.

I love to be a postmistress as I get to see all of our dear neighbors at least once a week, and sometimes Mrs. Phelps stops by two or even three times. The postman is kind enough and brings us news from the big city. He told us this week that Idaho Territory has officially joined the United States of America! That's right, I am now a postmistress of an official, real state of the USA! I feel so proud to be an American today!

Three times a week the post will come through from Boise on its way to Ola, far up in the mountains where Old Con has his claim. We saw that dear old wildcat last week. He brought us some tin cups and plates and a whole bushel of huckleberries for pies, jellies and wine! He said the huckleberries are bursting in the balsam forests this year!

December 30, 1903

Howell, Idaho

A new year—a new century! The 1800's are over, and just in time for me to become a grandmother. Our precious Grace Eleanore is off to San Francisco with her new husband expecting a baby of her own. She is now Grace Eleanore Davis. To let my first pretty flower fly far away from me was not easy, but I am thankful she found a good man with whom to share this beautiful journey.

I can feel a change is coming in this new century; the flocks are thriving, the clover is high and strong and thick in the valley, and William put up nearly 30 tons of hay this fall. But William is getting older now; he is nearly 50 and I have just turned 43. He is as strong as ever, but he has been seeing about more business down in Boise City of late. I think he's getting restless for change out here in these old green hills. They have become so dear to us, but somehow I feel a new chapter is beginning for our family.

July 4, 1907

Howell, Idaho

My dear husband spends much of his time out in Boise City now, and we join him there often. He is combining with some other gentleman farmers to start up a big bank there, to loan money to all of the new settlers we are seeing come through. What a time to be alive! Two daughters married and gone to California, and my dear William transacting business in the city much of the time. He has hired quite a few Spaniards to help him with his flocks now; they came all of the way from the Basque region and are extremely devoted to their ancestral profession. Gergori is our foreman, and, my land, how well he handles William's flocks. This February during the lambing a mama ewe we thought for sure we'd lose due to the birthing position of the second of two twins, was saved due Gregori's skillful and gentle hand.

Ada and I spent two winters now at a rented home off State Street, leaving the homestead in the capable hands of Gregori and his young, pretty wife Angelu. Now we are back on the claim of course, enjoying the summer air and verdant valley. The purple lupine bend and wave in the soft, warm air and the fat bumble bees hover around the honeysuckle and the wild roses. I enjoy being back in a town during the winters, but my heart still sings in our clearing in the foothills.

October 31, 1911

Howell, Idaho

A young shepherd by the name of Colin McLeod knocked on our door today...

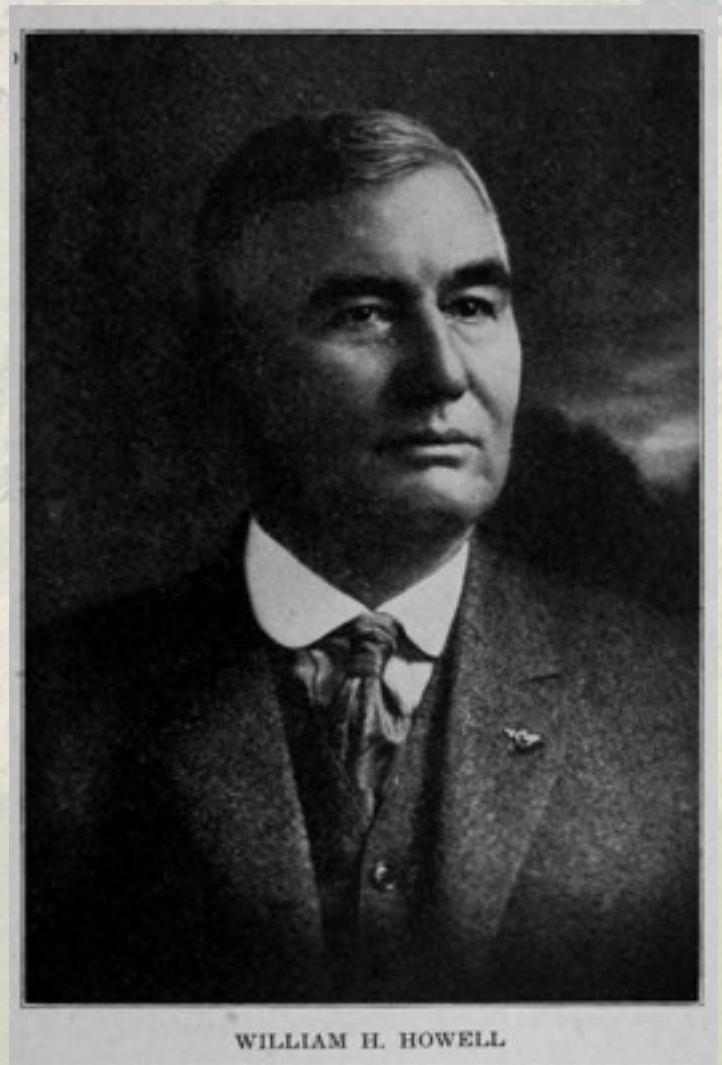
Colin McLeod's Story will begin in the Winter 2026 Issue of Avimor Art of Living Magazine.

¹ Mary Ann Howell was born at some time around 1890, though records vary as to the exact birth year. She resided with her parents most of her life and never married.

² Ida Eliza Howell died on December 3, 1888. A December 22 bulletin thanks a "Mrs. Phelps" for kindly aid and sympathy during the fatal illness of "our little daughter Ida." It is signed William and Eliza Howell.

³ Grace Eleanore Howell was born on November 1, 1880, and spent most of her adult life in San Francisco.

Jennifer Husmann is a historical writer originally from Florida. Her book about historical sites in her native state will be published in January 2026. She has recently joined the faculty of Idaho Novus as a sixth-grade teacher. Jennifer lives in Avimor with her husband and children.





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MONDAY

Water Aerobics CONTACT
Pati · 208-713-3581 · pati.stewart@yahoo.com

Tai Chi w/ Gloria 9:00-9:45A
707-628-7712

Mah Jongg (1st & 3rd Mondays) 1:00P
Sylvia · 801-244-1067

Food Truck Monday @ the Brewery 4:30-6:30P

Line Dancing 4:00-7:00P
Sherry · 951-970-9761

TUESDAY

Lap Swim 5:00-9:00A
Lane marker available at front desk

Simply Stretch 9:30-10:15A
Sharil · 208-921-9715

Knitting Group w/ Vickie 1:00-3:00P
760-822-7239 · vickieandridge@yahoo.com

Ping Pong Open Play 2:30-4:30P
Rob · 408-888-3595

WEDNESDAY

Water Aerobics CONTACT
Pati · 208-713-3581 · pati.stewart@yahoo.com

Tai Chi 9:00-9:45A

Book Club (2nd Wednesday) 12:00-2:00P
Maureen Rose · marose@att.net

Bunco (2nd Wednesday, \$5 to play) 7:00P
Robin Ballard · 909-816-7185 · rballard5@earthlink.net

THURSDAY

Lap Swim 5:00-9:00A
Lane marker available at front desk

Simply Stretch 9:30-10:15A
Sharil · 208-921-9715

Stamping w/ Blythe (1st & 3rd Thurs) 1:00-3:00P
209-352-1059 · blythe@stampingwithblythe.com

Hand & Foot Canasta (2nd Thurs) 3:00-5:00P
Jane Ezratty · 619-246-7152 · jane@ezratty.net

FRIDAY

Water Aerobics CONTACT
Pati · 208-713-3581 · pati.stewart@yahoo.com

Tai Chi w/ Gloria 9:30-10:15A
707-628-7712

Creative Movement (18mo-6yrs) 10:45-11:15A
Elizabeth Barreto · 541-805-5775

SATURDAY

Lap Swim 5:00-9:00A
Lane marker available at front desk

EVENTS & RESERVATIONS

To reserve space, please complete the form at www.avimor.com/community-center and return it for approval. (Verbal reservations are not accepted) Fees and deposits are due once approved. For questions, call **208-917-8454**.

Check the current class schedule at the Avimor Community Center. Some activities may include a fee—contact the listed instructor for details. For more info about these and other Avimor Art of Living activities, visit the **Avimor App**.

ONGOING KIDS & FAMILY PROGRAMS *Contact for days and times*

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Kids Dance Classes
StudioMove · studiomoveboise.com
studiomoveboise@gmail.com

Yamashita Martial Arts
(Kids & Adults)
Kelly Tovey · 951-285-8974

Mr. Hukkinen Goes to the Moon

*"An unexamined life is
not worth living."* -Socrates



By Harry Hukkinen,
Kindergarten Teacher

As we begin August in a new school year, I've taken some time to pause and reflect on all that has taken place in the whirlwind of opening a new classical academy in Idaho.

To begin, I'd like to start by sharing some of my background with you to let you know where I've come from, my choice to accept the mission and vision of Idaho Novus Classical Academy, and Dr. Kane's suggestion to be a kindergarten teacher. Just as the wise old stag challenged Bambi, Dr. Kane recently asked me, "What's next?"

I could not have imagined my life last August, entrusted with our most precious resource daily, while learning the news that my artwork had been selected to be sent to the moon as part of the Solaris Mission. As the curator saw something in my work to be selected, Dr. Kane expressed his sincere wish for me to teach kindergarten for the founding year at INCA. How could I say no to either?

Twelve years ago, it was time for a change in my life, and reflecting on my 35 years in construction, I wanted to find something more meaningful. It was a fluke during my bachelor's degree program in fine arts, seeing a flyer and attending a lecture on an alternative route to becoming a teacher. My wife and I took a leap of faith and after finishing our respective master's degrees we left our home in New Jersey to begin our careers in education on the Big Island of Hawaii. We were trained in what were considered best practices with the hope of bringing a new perspective to the schools we were placed in and to embrace the community. After completing two years in Hawaii, we moved to Idaho in 2015 where we both taught in the Wilder School District, and I stayed until that fateful day in the Avimor coffee house.

I was prodded by my wife Amy, who works for the education nonprofit Bluum, to "meet with Dr. Kane and hear what he has to say," just like all those years ago when she convinced me to "try college, you can always leave if you don't like it." I would not have gone except for the desire to work in a system where the mission and vision were truly followed. I had been paying attention to the charter schools and their different academic models being developed in Idaho and knew of Dr. Kane and Major Sims, both Bluum fellows. In my observation of successful kindergarten teacher colleagues and my experience with the younger students in the art classroom, I was drawn to the concept of a strong literacy program and the value of virtuous learning.

Fast forward to this August, where I embark on the journey to lead a new precious group through their first experience with classical education, in a classroom defined by the cultural principles of our school, to find success. "What's next?" With the Solaris Mission as my inspiration and a clear picture of what is possible, I am looking forward to another great school year at Idaho Novus Classical Academy.



MEET YOUR NEIGHBORS

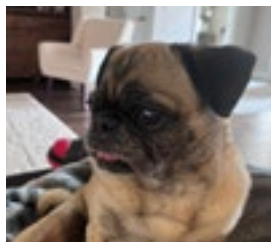
Here are some of the most loved Avimor Residents.



Abby



Bandit



Bella



Boba



Bohdi



Charlie



Chilli



Dax



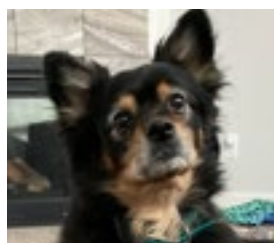
Diesel & Molly



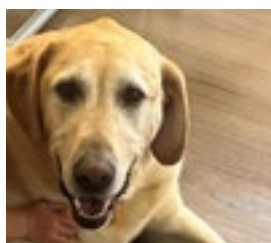
Eli



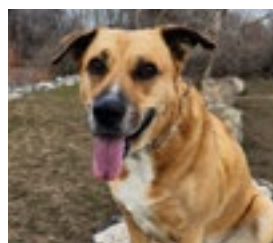
Freya



Gizmo



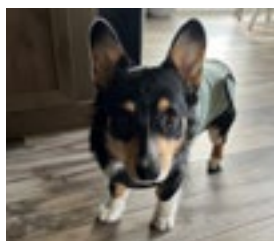
Hank



Harley



Hazel



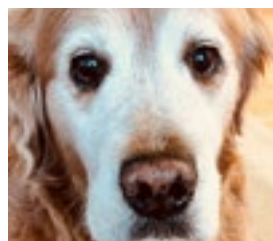
Henry



Koa & Kalani



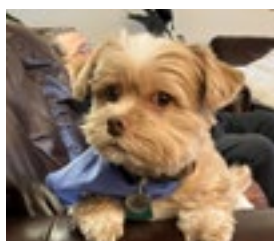
Lilly



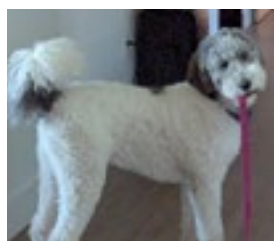
Max Gold



Merlin & Willow



Ozzie



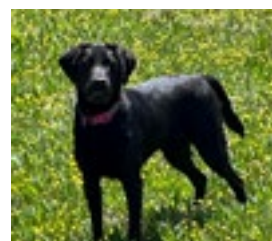
Ralphie



Remi



Ruger



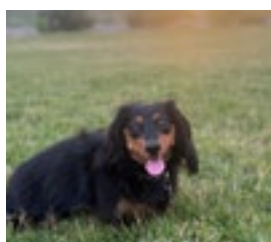
Sadie



Sam



Whiskey



Woodrow



Zoe

Thank you to all of our dog owners who submitted photos of their beloved dogs. If you haven't sent yours yet, please send them to contest@avimor.com for future issues.



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THE SPACE TO BE



BILL ENGLISH

*an award-winning
journalist who has written
about Golf yoga, Buddhist
monks, and meditation. He
lives in Avimor with his
wife Jan.*

The Japanese concept of *Ma* addresses the notion of space. The space between objects; the space between thoughts and words; the space between nothing and being. Often it is in the silent and vacant gaps that we find profound wisdom. Between thoughts enlightenment beckons. Music requires moments of absolute silence to highlight the heard notes. Graceful living requires spaciousness. Crowding promotes anxiety. Every sentence requires emptiness between the words.

*Nothing makes
something possible.*

Space is the buffer we employ to set boundaries. What is not there helps to define what is. The unspoken can hold as much truth as a poet's words.

The power of the lull must be learned.
Do not speak unless it improves upon the silence.

Living in Avimor we enjoy the tranquility of open spaces. The feeling of calm our community evokes is not accidental. This serenity was carefully planned from the outset. Avimor has always been united in its mission. We wish to live calmly. We seek an elegant lifestyle--one with dignity and purpose.

There is an intelligence to our hiking trails and where they lead us. They are looped for our recreational pleasure. We know that water is nothing to squander and should be used mindfully. We have planned for how the light enters our homes. We share our environment with the deer, foxes, birds and the family dog. We think as a community, not as selfish individuals.





AUGUST 5TH

HIGHLIGHTS





YAMASHITA MARTIAL ARTS

Karate is for everyone - all ages, all walks of life. Whether you're interested in karate for yourself, your children, or the whole family, now is the perfect time to try it out.

This new Avimor class is co-taught by daughter-and-father residents Kelly Tovey and Tim Roach, who bring decades of experience and founded a family karate studio in California that's still thriving today.

WHETHER YOU'RE A KID OR SENIOR CITIZEN, COME JOIN US, RIGHT HERE AT AVIMOR!

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A Ticket. A Truck. A Toy. A Home

• A Christmas Story from Southwest Idaho •

By Tim Flaherty - Toys for Tots Coordinator for Canyon County & Southwest Idaho.

On a Tuesday morning in late September, before frost arrived but after the leaves had started to fall, a woman named Maria stepped into a modest storefront in Payette, Idaho. She was not there to buy groceries or pay a utility bill. She came to pick up a toy.

It was a toy she had not purchased and could not afford. It was a toy placed into her child's hands by strangers she would never meet. Some of them lived in Boise. Others in Star. A few in Avimor. All of them had bought a raffle ticket.

This is the story of that toy, and the raffle that made it possible.

The Quiet Grace of Giving

Maria is 34 years old. She has four children and two part-time jobs. She drives an aging sedan that starts most days. What she did not have last winter was the ability to provide Christmas gifts. She almost did not put up a tree.

"There is nothing more heartbreaking than a tree with nothing under it," she said.

She left that day with a black plastic bag full of brand-new toys. There were building sets, books, dolls, socks, and a puzzle. She did not wrap them right away. She laid them out across the carpet and sat on the floor and wept. It was not sadness. It was the kind of relief that breaks through your chest and breathes for you.

The Raffle That Is Not About Luck

The Toys for Tots Home Raffle in Southwest Idaho is not a game, even though it has prizes. It is not a lottery, even though it involves chance. It is something quieter and more profound. It is a way for a community to say that no child should be forgotten.

Each ticket costs \$100. That ticket becomes a toy, or a winter coat, or a hot meal, or a backpack filled with pencils and paper. And for a few, it becomes something more. A truck. A shopping spree. A house.

All tickets are entered into every remaining drawing. There are 25 prizes in total.

The 2025 Prize Schedule

SEPTEMBER 30 – Eleven winners will each receive a \$500 Visa gift card

OCTOBER 31 – Eleven more winners will each receive a \$500 Visa gift card

NOVEMBER 26 – One winner will receive a \$5,000 shopping spree

DECEMBER 24 – One winner will receive a 2025 Toyota Tacoma pickup truck (valued at \$36,000)

DECEMBER 31 – One winner will receive a 4-bed, 3-bath, 3-car garage home in Avimor (valued at \$700,000)

A Change That Matters

Until now, Toys for Tots in Southwest Idaho served children 12 years and younger. This year, that changes. Now all children up to the age of 18 are eligible. Teenagers will receive gifts too. For some, it will be a hoodie or a soccer ball. For others, it may be a sketchbook or a journal or a new coat.

The expansion is significant, not because it makes headlines but because it reminds young people that someone still sees them. Even if they are quiet. Even if they have outgrown Santa. Even if no one else remembered.

The House That Hope Built

The grand prize home is being built in Avimor. It stands on the edge of the foothills in the north of Ada County. Four bedrooms. Three bathrooms. A three-car garage. It will be move-in ready, and it is worth \$700,000.

But the house is more than a prize. It is a symbol.

Proceeds from the raffle will help fund a new 100,000-square-foot community warehouse, where Astegos.org, the Boise Food Bank, and Toys for Tots will work together in shared space. They will ship food, backpacks, holiday gifts, and hygiene supplies to schools, shelters, and families throughout Southwest Idaho.

"Avimor was built with community in mind," said Dan Richter, the development's creator. *"By hosting this project on our land, we are proud to help anchor a future where neighbors help neighbors and hope is within reach for everyone in Southwest Idaho."*

Tim Flaherty is the Coordinator for Southwest Idaho Toys for Tots & founder of Astegos.org. He is the organizer of the raffle and believes that each ticket represents more than a number.

"Hope is a team sport," he said. *"Every person who buys a ticket becomes part of the team that is rebuilding the future for families across this region."*

The True Prize

Gay Talese once said that the best stories are not in the news. They are behind the news. They are in the parking lot of a toy drive. They are in the eyes of a mother whose fear has briefly lifted. They are in the quiet corners of generosity.

This raffle is about trucks and gift cards and houses. But it is also about something harder to explain and much more lasting.

It is about joy when joy seems out of reach. It is about dignity without paperwork. It is about a stranger saying to another, *"I see you."*

Tickets are on sale now at HomeRaffle.org. They cost \$100. They enter you into every drawing. They help children across 11 counties feel like they matter.

Whether you win or not, someone else will. And that is the entire point.



AVIMOR[®]
TOYS FOR TOTS
 HomeRaffle.org

**JOIN THE
FIGHT FOR
JOY!**

SCAN TO BUY
A TICKET

TOUR THE
TOYS FOR
TOTS HOME



32002 N Squire Green Way, Eagle, ID 83714



AVIMOR,
Thank you!

We are truly grateful for you, your friends and neighbors who have trusted us to help you and them sell or buy homes in Avimor. We've enjoyed meeting many of you at our Open Houses and look forward to meeting more of you in the future.

You've seen our signs all over Avimor and know that we work hard at getting your home sold or finding you the best deal in your budget when buying a home.

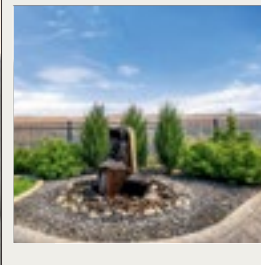
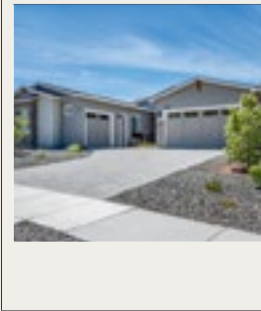
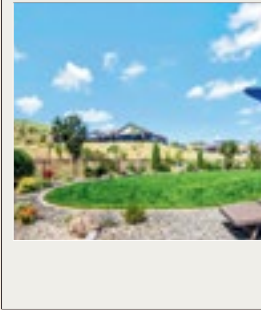
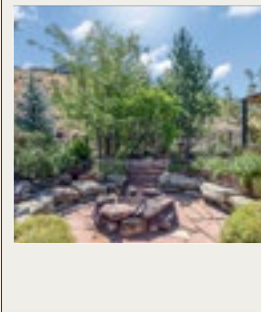
With over 40 combined years of full-time real estate sales, our experience makes the difference. Cutting edge marketing, innovative videos, creative use of drones and targeted nationwide marketing that we personally handle influence the outcome.

Even though you may not buying or selling at this time, we'd love to meet you and discuss what's happening with real estate in Avimor right now; please come by one of our Open Houses or give us a call and we'll meet you for a cup of coffee or tea at Hyde Perk. Our treat!

We love what we do, we love Avimor and look forward to helping you move on with your life!

Kirsten & Rick Powell

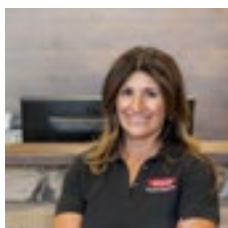
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KEEPING STRONG MUSCLES AND BONES AS WE AGE



Dr. Rosie Gallegos Main, DC, CFMP
MainHealthSolutions.com

Aging is a natural part of life, and with it come changes in our muscles, bones, and overall strength. Many people notice that tasks that were once effortless—like carrying groceries, climbing stairs, or getting up from a chair—require more effort as the years pass. But growing older doesn't mean we have to grow weaker. With the right strategies, it's possible to keep your muscles and bones strong, active, and resilient at every stage of life.

WHY MUSCLES AND BONES MATTER

Our muscles and bones form the framework of our bodies. They support us, protect our organs, and allow us to move with freedom. As we age, two common challenges can threaten this framework:

- Sarcopenia: the gradual loss of muscle mass and strength.
- Osteoporosis: the weakening of bones that makes them more prone to fractures.

These changes can increase the risk of falls, injuries, and loss of independence. The good news is that research shows we can slow—and often even reverse—these processes through intentional daily habits.

EXERCISE: THE BEST PRESCRIPTION FOR STRENGTH

Movement is one of the most powerful tools we have to protect muscles and bones. The key is to include different types of exercise that address strength, endurance, balance, and flexibility.

- **Strength Training:** Using light weights, resistance bands, or your own body weight helps preserve and build muscle. This also places healthy stress on bones, encouraging them to stay strong.
- **Weight-Bearing Activities:** Walking, hiking, and dancing naturally stimulate bone growth and density.
- **Balance and Flexibility:** Stretching, yoga, or tai chi help improve posture, coordination, and stability, reducing the risk of falls.

Even 15–20 minutes of movement each day can make a difference. Start small and build gradually—consistency matters more than intensity.

USING THE AVIMOR COMMUNITY GYM

During the cooler fall and winter months, it can be harder to stay active outdoors. Thankfully, the Avimor community gym offers wonderful opportunities to keep moving and stay strong without braving the cold. Here are a couple of simple ideas:

- Treadmill Power Walks with Incline

Walking is excellent for bone health, but adding a slight incline mimics hiking and provides even more weight-bearing benefit. Try starting with 10–15 minutes at a gentle incline, gradually working up as your endurance improves.

- Strength Circuit with Dumbbells and Machines

Alternate between upper and lower body exercises to build overall strength:

- Leg Press or Squats with Dumbbells for the lower body.
- Chest Press Machine or Dumbbell Shoulder Press for the upper body.
- Finish with Plank Holds or Core Twists for stability and balance.

Just two or three rounds of a simple circuit can go a long way in maintaining muscle tone.

- Stationary Bike Intervals

Cycling is a joint-friendly way to build leg strength and stamina. Try pedaling gently for two minutes, then increasing resistance for 30 seconds. Repeat this for 15–20 minutes to boost cardiovascular health while strengthening the legs.

NUTRITION: FUEL FOR MUSCLES AND BONES

The food we eat provides the building blocks for strong muscles and bones. Focus on:

- Protein from eggs, fish, lean meats, beans, and lentils.
- Calcium and Vitamin D from leafy greens, nuts, seeds, & safe sun exposure.
- Magnesium and Vitamin K2 from nuts, seeds, and fermented foods.
- Collagen from bone broth or supplements for healthy joints.

Avoiding processed foods, excess sugar, and alcohol also protects bone and muscle integrity.

THE POWER OF PREVENTION

It's never too late to start caring for your muscles and bones. Whether you're in your 40s or your 80s, the body responds to positive changes. By using resources like the Avimor gym, eating nourishing foods, and building healthy habits, you can stay strong, steady, and independent as you age.

Think of it as investing in your future self. Every treadmill walk, every dumbbell lift, every stretch adds up to lasting strength and vitality.

Avimor Business Directory of Listings

Business	Name	Phone	Email
ADRIA LILLY Handmade Natural Soaps & Skincare	Adriane DeKalb	971-803-1870	adrialillysoap@gmail.com
Aesthetics by Alli	Alli Godfrey	208-629-4147	
Aiden's Handyman Business	Aiden Niehaus	214-973-3660	
Amy Gatherum Allstate Agency	Sharon Summers	208-202-3012	sharonsummers@allstate.com
Arbor Monkey	Delmar Austin	208-630-3457	anotherguildie16@yahoo.com
Art By Davina Parypa	Davina Parypa	208-991-6114	davinaparypastudio@gmail.com
Artemis Consulting : Sustainable Business Solutions	Renee Roth	208-369-6762	renee@artemisconsultingsbs.com
Assistance By Sadie	Sadie Bonnette	208-371-3821	
Authentic Handyman	Don Cook	208-713-9463	doncook1@protonmail.com
Avimor Chiropractic & Optimal Health	Dr. Rosie Main, DC, CFMP	208-859-6170	rjmaindc@yahoo.com
Avimor Pet Services	Grayson Roumonada	208-513-3167	
Boise Bike Academy	Carter Edmiston	208-718-1242	info@boisebikeacademy.com
Brandon C. Peters Training & Nutrition	Brandon Peters	818-640-7245	brandon@bcffit.com
Bria's Bundles	Bria Baker	208-900-8970	
Brooke's Book Club	Brooke Henson	970-214-0679	brooke@brookesbookclub.com
Burlingame Lawn Care	David Burlingame	559-799-8804	david@hientropy.io
Business Consulting	Emerson LaMacchio		timlamacchio@outlook.com
Cabi	Jodie Clark	951-757-2123	jodie@uniquesolutions.us
Calhoun Tractor Services	Brett Calhoun	208-781-2213	calhountractorservices@gmail.com
Capital Eleven	Dillon Ludlow	208-490-6989	dillon@capitaleleven.com
Care 'N Create	Karyn A Morrison	208-900-8837	carencreate@gmail.com
ChasIdaho Real Estate	Jason Blanton	208-271-6174	jblanton@ChasIdaho.com
Coldwell Banker Tomlinson	Tim Johnson	208-484-1763	tjohnson@cbboise.com
Crowfoot Range, Inc.	Bill Godfrey		admin@crowfootrangeinc.com
Cruise Planners	Verena Bailey	208-999-6699	verena.bailey@cruiseplanners.com
Culinary Delights With Gwen	Gwen Drake	208-912-5070	culinarydelightswithgwen@gmail.com
Custom Made By Us	Nathan & Jodie Clark	986-213-4900 ext 704	nate@custommadebyus.com
Dailey Insurance Exchange & Dailey Real Estate	Joseph & Luisa Dailey		joseph@daileyinsuranceandrealestate.com
Delux LED	Jason Weaver	805-358-0196	jweaver@deluxleds.com
Donna's Home Made Dog Food	Donna Calderon	951-973-2133	sewtosuit@aol.com
doTERRA Essential Oils	Stephanie Jockers	208-573-1455	sjockers1331@yahoo.com
Dr. Lindsey Friedman LAC DACM	Dr. Lindsey Friedman	760-505-7848	friedman.acu@gmail.com
Dwell Inspect Idaho	Kevin Robins	208-391-2131	info@dwellinspectidaho.com
Essential Bodywear	Lisa Atkinson	208-400-0028	
Fabrications by Vickie	Vickie Dandridge	760-822-7239	vickiedandridge@yahoo.com
Finance: Classy	John Rognacki		jrogacki@gmail.com
Fit Over 50 Fitness, LLC	Geoff Edwards	208-830-8170	FitOver50Fitness@gmail.com
Full Service Dog Grooming	Roise Burlingame	559-274-8347	rosieburlingame@gmail.com
GDD Photography	Gwen Drake	208-912-5070	gddphotography@gmail.com
Gotcha Covered	Tanya Heilman	208-964-8773	tanyaheilman@gotchacovered.com
GRC Consulting	Greg Ritter	951-704-0696	sharksdef@hotmail.com
Great Lakes Design	Dan Brodkey	414-732-6342	dbrodkey@hotmail.com
Hair Design, Styling and Care by Sherry	Sherry Bayley	951-970-9761	S.bayley@verizon.net
HD Home Solutions	Brian Halford	208-969-9241	brian@satellitehomesolutions.com
HK Investigations	Sharon Kerbow & Brenda Harrington	208-939-0464	blharrington1@gmail.com
Home Body Organization & Design	Desiree Bernesque	208-906-7090	homebodyorganizationanddesign@gmail.com
Home Shed	Sam Meador	208-505-1161	homeshedidaho@gmail.com
Homes of Idaho	Ron Vidergar	913-515-7786	agentronvidergar@gmail.com
Huckleberry Sue	Susan Vrazel	208-703-6935	susan@huckleberrysue.com
Idaho Rides	Julian Machuca	208-703-3443	info@idahorides.com
Idaho Roots Candles	Rebecca McGee	208-994-2585	customerservice@idahorootscandles.com
Independent Agent - Aflac	Rebecca Oaxaca	208-899-5294	rebecca_oaxaca@us.aflac.com

Business	Name	Phone	Email
Independent Pampered Chef Consultant	Cathryn Hutchinson	916-715-7072	chutch2178@gmail.com
J9 Designs	Janine Kirk	530-906-4778	j9kirk@yahoo.com
Julie Petrie Dog Boarding & Pet Care	Julie Petrie	208-801-3325	idahodianjules@gmail.com
Kelly Herbert Photography	Kelly Herbert	208-559-1654	kellyherbertphotography@gmail.com
Ks Cleaning	Kari Morehouse	208-871-0236	karimorehouse@ymail.com
L.M. Pane Photography	Lisa Marie Pane	208-391-3760	lisa@lmpanephoto.com
Ladybug Cleaners	Lori Short	208-440-4040	lori@ladybugcleaners.org
Landprodata	David Bailey	208-939-1956	davidb@landprodata.com
Lexi Howard, CDFA, CFP	Lexi Howard	208-991-2280	lexi.howard@wfsadvisors.com
Lightscape Imagery	Michael Wells	760-822-7238	mikew@lightscapeimagery.com
Lisa's Quilty Treasures	Lisa Atkinson	208-400-0028	
Live Well Bodyworks	Jennifer Pickens	727-423-7533	livewellbody@gmail.com
Lori's Paws and Claws Pet Sitting	Lori Roediger	619-430-9439	loriroediger@gmail.com
Luminaire Smart Homes	David Foster	208-781-8301	david@boisesmarthomes.com
Mary Kay	Julia Orser	509-945-0990	rjorseryakima@msn.com
MARZ Advantage	Michael Roth	208-617-9828	michael@marzadvantage.com
Momentum Roasting Co.	Kevin Campbell, Kyle Crawford		info@momentumroasting.com
Mordecai Katz Handyman	Mordecai Katz	986-888-0129	
More K9 Please	Julie Juell	208-793-1623	morek9please@gmail.com
Movement Mortgage	Kevin Helmick	208-860-0007	kevin.helmick@movement.com
Packer Real Estate	Brian & Lareen Packer	208-550-8070	
Papercraft Classes	Sue Meadows	208-284-5230	dameadowsfam@gmail.com
Parker Medicare Team	Craig Parker	208-571-1131	craig@parkermedicareteam.com
Pati's Fitness and Lifestyle Coach	Pati Stewart	208-713-3581	pati.stewart@yahoo.com
Piano Lessons	Laurie Bankhead	208-550-1570	laurie_bankhead@icloud.com
Postal Annex	Paula Falconieri	208-938-2860	pa3038@postalannex.com
Primerica Life Insurance	David Greer	208 225-4912	
Psychologist	Nancy Lachapelle	310-375-4633	
Realtor	Kim Holland	208-559-2842	kimsellsboise@gmail.com
Renew Rossiter Stretching & Massage	Candice McCaleb	208-559-2974	candicemccaleb@gmail.com
Phoenix Rising Fitness (Life Coach)	Wendy Myers	971-707-0910	Contact@phoenixrising.fitness
Sew to Suit	Donna Calderon	951-973-2133	sewtosuit@aol.com
Silvercreek Realty Group	Bill Re	208-724-0205	bill@billre.com
Silvercreek Realty Group	Riley Calhoun	208-781-3636	rileycalhoun.realestate@gmail.com
Solid Real Estate Services	Eric Snyder	208-602-5247	eric@solid-inspection.com
Spring Creek Brewing Company	Jeff Badigian	208 -922-7455	invest@springcreekbrewing.com
StampingWithBlythe	Blythe Klipple	209-352-1059	blythe@stampingwithblythe.com
Starlights, Inc.	Jason Weaver	805-358-0196	
Streams Edge Mobil	Derek and Shantel O'Toole	208-938-2446	
Streams Edge Realty	Sabrina Chambosse	208-995-4100	sabrina@streamsedge.com
Studio Peridot	Renee Burnett	208-606-1984	
Swim with Morgan	Morgan McFarland	619-840-9165	morganmcfarlandfitness@gmail.com
Terse Skirritt	Gwendolyn Drake	208-912-5070	terseskirritt@gmail.com
The Rifle Guru	Jeff Ostrom	208-484-1791	
Treasure Valley Prostate Cancer Support	Darrell Wilson	707-628-5901	dngwilson@yahoo.com
Trinity Remodeling	Johnny Oronoz	562-458-4201	johnnyoronoz@yahoo.com
True North Nutrition	Shasta Molina	208-791-7869	truenorthnutrition.wellness@gmail.com
Unify Mind Body	Myckie Colet	208.590.1278	truucore@gmail.com
UniQue ImAging Art Therapy & Photo Therapy Techniques	Cynthia Wilson PhD, ATR-BC	208-656-2003	UniQue.ImAging@yahoo.com
Unique Solutions	Nathan Clark	208-542-5422	nathan@uniquesolutions.us
W Chauffeurs	Jared Westbrook	208-412-4946	wlogisticsemail@gmail.com
W Chauffeurs	Mark Bollinger	208-891-6156	markbollinger@gmail.com
Weathered and Whimsy Advetnures in Barnwood Birdhouses	Vickie Dandridge	760-822-7239	vickiedandridge@yahoo.com
Wendy's Pet Grooming	Wendy Peruse	928-830-8620	
Woodlab	David Gosse	208-793-0007	hello@woodlab.co
Young Living Essential Oils	Sylvia Haendiges	208-340-9341	sylviah222@gmail.com

Plant Spotlight



Bluebeard

COMPACT,
LOW
MAINTENANCE,
LATE
BLOOMING

Bluebeard (*Caryopteris x clandonensis*)

Bluebeard is a standout shrub in southern Idaho gardens, especially during the autumn months. Just as many perennials begin to fade, Bluebeard bursts into vivid blue blooms that attract bees and butterflies, adding vibrant color and life to the fall landscape. Its silvery-green foliage provides a striking contrast to the deep blue flowers, and its drought tolerance makes it ideal for the region's dry, high-desert climate. Compact, low maintenance, and late blooming, Bluebeard brings a refreshing splash of color just when it's most needed. Prune it back hard in early spring to encourage fresh growth and keep its tidy, rounded form throughout the season.

Hot Wings® Tatarian Maple (*Acer tataricum* 'GarAnn')

Hot Wings® Tatarian Maple is a spectacular small tree that brings a unique twist to autumn color in southern Idaho. While many trees turn shades of gold and orange, Hot Wings® dazzles with scarlet red samaras, those signature "helicopters," that appear midsummer and linger into fall. These vibrant seed pods contrast beautifully with the tree's rich green foliage, creating the illusion that the tree is still in full bloom even as the season shifts. As autumn deepens, the leaves themselves take on warm tones of yellow, orange, and red, making this tree a true multi-season showstopper and a standout in any landscape. Maintenance is simple with just occasional shaping or removal of dead wood to keep it looking its best.



DAZZLES
WITH
SCARLET
RED
SAMARAS

Hot Wings® Tatarian Maple

Little Bluestem



HARDY &
DROUGHT-
TOLERANT

Little Bluestem (*Schizachyrium scoparium*)

Little Bluestem is a native Idaho grass that quietly anchors the garden through summer and then steals the spotlight in fall. Its fine-textured, upright clumps of blue-green foliage provide a graceful presence all season, but it's the autumn transformation that makes this plant unforgettable. As temperatures cool, its leaves ignite in vivid shades of orange, red, and deep burgundy, turning garden beds into glowing tapestries of color. Even after the foliage fades, Little Bluestem maintains its elegant structure through winter, catching frost and snow for added seasonal interest. Hardy, drought tolerant, and low maintenance, it also supports birds and pollinators by providing food and habitat into the colder months. Simply cut it back in late winter or early spring before new growth begins.



AVIMOR FIREWISE REMINDER: FALL SAFETY STARTS AT HOME

Living in the Boise foothills means wildfire safety is part of life at Avimor. Fall is an important season to get your landscape in shape—cooler weather has arrived, but dry fuels and wind can still spark dangerous fires.

Firewise Tasks for Fall

CLEAR DEBRIS: Rake leaves, pine needles, and dry material from roofs, gutters, decks, and the first five feet around your home.

TIDY UP BEDS: Trim back dead perennials and grasses near structures.

STORE ITEMS: Put away patio furniture, cushions, umbrellas, and yard tools so they don't become fuel.

CHECK SPACING: Make sure shrubs and trees aren't crowded against your siding or roofline.



YOUR ROLE MATTERS

Each homeowner's efforts add up. By taking a little time, this fall to keep your yard clear and defensible, you're helping protect not only your home, but the whole Avimor community.

For more resources, visit Idaho Firewise or Ada Fire Adapted Communities.

Fall Services

NEED A HAND THIS FALL?
KEEP YOUR YARD FIREWISE AND READY FOR WINTER!

Lusan Landscaping is now booking fall clean-ups and sprinkler blowouts.

**CALL TODAY TO RESERVE YOUR SPOT
AND LET US TAKE CARE OF THE HARD WORK FOR YOU.**

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