



AVIMOR

ART OF LIVING

SPRING 2025

MARKET UPDATE

Movin' on up!

Many Avimor residents are choosing to move within our wonderful community, taking advantage of opportunities to upsize, downsize, or find their perfect fit.

Key Market Trends

Contingent Offers on the Rise

- More buyers are making offers contingent on selling their current home.
- Navigating contingencies can be tricky—having an experienced realtor and lender is crucial for success.

Pricing Matters More Than Ever

- The first two weeks on the market are critical.
- Homes priced correctly from the start attract stronger interest and sell faster.
- Overpricing can lead to higher days on market and potential price reductions.

California Buyers Continue to Drive Demand

- Relocations from California remain a key factor in Avimor's housing market, along with relocations within the community.

Market Appreciation Has Stabilized

- From 2020 to 2022, home values soared 20-30% year-over-year.
- Over the past year, appreciation has tempered to a more sustainable 3% increase.

Spring & Summer: The Best Time to Sell

- Historically, these seasons bring the most buyer activity.
- Homes are seeing a solid number of showings, signaling strong demand.



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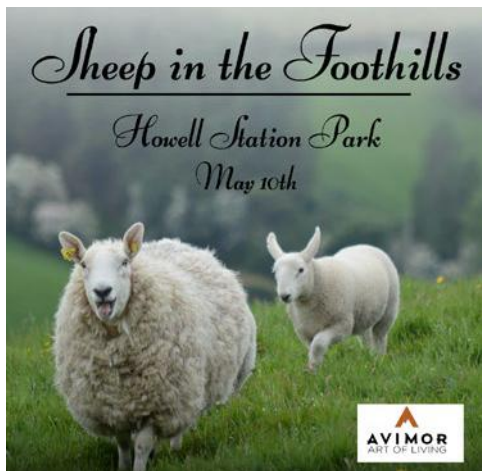
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BLINDS / SHADES / SHUTTERS / DRAPERIES / CONNECTED HOME / COMMERCIAL / MOTORIZATION

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 “Avimor App” for that!

We are excited that we have received 90% adoption of our new Avimor App!

If you have not yet downloaded it, it is easy to do. Just go to your app store, search for ‘Avimor’ and download it. Once downloaded click ‘Register My Account’, follow the instructions and you will be good to go!

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!

Want to start a new resident group? You can do that. Just go to the app and follow the instructions. (As usual, you will continue to receive resident emails as specific events approach. As well as notifications via the app).



Coffee with Kim

By Kim Holland



Meet Joni Pursell

YRUW8NG? (Think license plates.) Did you get it? This clever plate rides on the back of Joni's car, while her Harley Davidson reads YW8. These plates are a metaphor of her life. She recently took on an epic road trip through 19 states and 4 Canadian provinces to raise money for Parkinson's disease. Pretty impressive, right? It would be easy to fill this whole article with stories from that incredible journey, but if you know Joni, you know there's so much more to her than being a super-cool-motorcycle-chick. (You can check out more about her ambitious ride at www.YRUW8NG.com.)

Joni is a native Idahoan, born and raised on a farm in Twin Falls. She's been married to Clyde for eight years, and together they have two kids and six grandkids. Family is a big part of her life, and when you talk with her, it's clear she values deep connections. Joni has that rare ability to truly listen, and it's a gift. In fact, during our chat, I found myself tearing up after she asked a simple question that hit deeper than I expected. Joni saw right through my casual answer (which only made my eyes even waterier).

She's also a natural-born mediator—strong, fair, and kind, with a life story that shows just how much perseverance and grit she's got. Right out of high school, Joni went to beauty school, owned her own salon, sold it, and then shifted gears into banking, excelling on the customer service side. After years of being a top performer, she noticed something interesting: across the street, the folks at the financial planning firm seemed to have a pretty sweet setup, rolling in and out with their fancy cars. Joni figured, "Why not?" So she crossed the street—literally—and changed her career. Years later, she's still thriving in wealth management as a relationship development consultant, doing what she does best: building relationships.

Joni is looking forward to Spring for a lot of reasons, 1,600 to be exact. She and Clyde planted 1,600 tulip and daffodil bulbs on their property. Won't that be something to see!

Meet Natalie Kouba

The big 3-0 is just around the corner for Natalie this year, and life is already looking pretty sweet. She and her husband, Austin, have built a beautiful life here in Avimor with their two little boys. The two were high school sweethearts who went their separate ways, only to reconnect after earning their degrees at different universities. Now, they're raising their boys—Kasen (3) and Kallen (2)—who keep life busy and full of adventure.

Natalie's journey to Idaho began when she was just 11, moving from California with her family. She stayed in-state for college, earning a degree in Healthcare Management from the University of Idaho. During her final year, she had the chance to shadow in an operating room—and in that moment, she knew. That's it! I want to be a surgical tech. After graduation, she enrolled in a one-year certification program at the College of Western Idaho and spent four years working her dream job before stepping away to focus on raising her kids.

Adventure runs deep in the Kouba household, especially in the summertime. When the sun is shining, you'll find them mountain biking, boating, camping, or chasing an adrenaline rush on their dirt bikes. One of their favorite annual traditions is a trip to the Oregon coast with extended family. This year, they're especially excited to meet up with both sides of the family for a big motocross race—a whole week of camping out in their trailers together. Sounds like the perfect summer memory in the making for Kasen and Kallen!

Day-to-day life as a stay-at-home mom has been a joy for Natalie, made even sweeter by the incredible community she's found in Avimor. It all started when she attended a Baby Rhyme Time class hosted by a fellow Avimor mom. That one simple step led to a network of friendships that now feel like family. So, if you've been on the fence about trying out a class or attending an Avimor event—consider this your sign! You never know what connections are waiting for you just down the street.

When she's not chasing after her little ones or enjoying time with friends, you'll likely find Natalie lost in a good book. A rekindled love for reading has her diving into historical fiction, fantasy, and even a touch of romance.



Meet Tim & Lorraine Bollinger

I love the story of how Tim and Lorraine met. In the early 80s, Tim worked as a realtor for a short time, and his boss introduced Lorraine to him when she was looking to buy a home. I wonder if he knew what

he was doing because six months later, Tim and Lorraine were married! Together, they have four children and nine beautiful grandchildren.

Before moving to Avimor in 2019, Tim and Lorraine spent twelve years in Garden Valley, where they cared for their two prized Morgan horses and a flock of chickens on their six-and-a-half-acre property. Before that, they bred Morgan horses in Sacramento and even ran a horse retail shop, Horse Emporium. However, after Lorraine endured two back surgeries, they realized that maintaining such a large property was too much and decided to relocate to Avimor.

Their transition to retirement came sooner than expected when Tim's extensive work travel came to a halt during COVID. Fortunately, with three of their four children and six grandchildren living nearby, the extra time to be Grandma and Grandpa was a welcome change.

If you've ever visited the Avimor community center or explored the local art scene, you've likely come across Lorraine's name. She is one of the driving forces behind Avimor Arts and is involved in numerous other art communities, even serving as President of the Boise chapter Colored Pencil Society of America (CPSA) for the past two years. She also left her mark in Garden Valley, helping to establish the Garden Valley Center of the Arts. Her specialty is creating pet portraits, primarily using colored pencils and watercolor. Her love for animals shines through in her pet portraits, capturing their essence with remarkable detail and emotion.

Lorraine's bond with animals goes beyond art. A few years ago, she decided to explore a completely different path and became a certified Animal Communicator. With over 200 case studies under her belt and hours of learning a broad range of skills, she has helped numerous people better understand their pets, even bringing many physical issues to light. When I asked how it works, she explained that it's similar to self-hypnosis—she enters a meditative state, allowing animals to communicate with her through images. Amazingly, the animal doesn't even need to be in the room; video calls often work best, reducing distractions so she can focus on their messages. If you're interested in a session, Lorraine offers them for \$90, but Avimor residents get a special rate of \$75. You can reach her at 208-401-4393 or lorrainebollinger@gmail.com.

Tim has an equally fascinating story and a wealth of knowledge to share. He had the unique experience of growing up in Okinawa, Japan, during a time when the American Department of Defense governed the island. He attended school on an American Army base while his parents fully embraced the Japanese language and culture. Beyond his international upbringing, Tim built an impressive career teaching business seminars for over 30 years, speaking in fifteen countries and every U.S. state except Mississippi. He's also spent much of his life as an avid fly fisherman, appreciating the skill and serenity the sport brings. He even wrote his doctoral thesis on the very old writings by Isaac Walton, "The Complete Angler"

These days, Tim and Lorraine are enjoying their well-earned retirement in Avimor, embracing the friendships, activities, and peaceful surroundings that make this community so special.



Meet Rosie Main

Meet Rosie Main—an intelligent, strong, and deeply caring person whose passion for health extends far beyond chiropractic care. Now in her 25th year as a chiropractor, Rosie owns and operates Main Health Solutions, where she takes a functional medicine approach, addressing not just physical health but also the power of mindset and the impact of toxins—whether in the body, thoughts, or daily life.

Originally from South Texas, Rosie and her husband, Jon, moved to Idaho and opened their first chiropractic practice in Caldwell, serving the Spanish-speaking community. For the past 20 years, Main Health Solutions has thrived in Meridian. She has also worked with the Olympic wrestling team since 2009, attending three Olympic Games in London, Rio, and Tokyo. Her philosophy is simple but powerful: remove interference—whether physical, emotional, or environmental—and allow the body to function at its best.

In addition to running her practice three days a week, Rosie sees patients in Avimor out of her home. You may have attended one of her workshops on gut health or lifestyle changes or read her stellar health and wellness contributions in the Avimor newsletter. If you're interested in a home appointment in Avimor, you can contact Rosie at rjmaindc@yahoo.com.

Rosie's belief that everything in life happens for a reason has shaped her approach to both work and family. She and Jon met while attending chiropractic school in Dallas, later opening their practice together in 2001. Several years later, they were given the surprise of their lives when Rosie gave birth to twin boys—having no idea she was expecting twins until the moment they arrived! Cruz and Ty are now sixteen.

When they learned that one of their boys, Cruz, faced physical and cognitive challenges, Jon made the heartfelt decision to step away from his chiropractic career to be his full-time caregiver. Rather than seeing challenges as setbacks, Rosie believes every circumstance is an opportunity to grow, learn, and serve others. Faith is at the center of her life, and she embraces each day with gratitude and purpose.

Outside of her work, Rosie is passionate about fitness, hiking, and even bodybuilding. She and Jon love escaping to their peaceful oasis in Cascade. And this year, they're celebrating a huge milestone—25 years of marriage! To mark the occasion, they'll be embarking on an unforgettable adventure to Croatia this June, ready to explore its stunning coastline, historic cities, and crystal-clear waters.



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.

Let's Make Waves

Avimor's backyard is the heart of Idaho, where adventure awaits at every turn. From thrilling whitewater rafting for ages 5 and up and a ropes challenge course to serene kayaking on pristine waters, there's something for every outdoor enthusiast to enjoy.

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**SWIMMING
LESSONS**

STARTING IN JUNE!



Alex and Rachael Martinek were married last September. Rachael, formerly Tatko, is a registered dietitian and professional triathlete racing for Girona Racing Academy in Girona, Spain. She is a Boise local who grew up in Star, Idaho.

When Alex started his first business, Bob Cleaning Company, he bought an RV and moved into the

mountains to save money on rent and help his cash flow. Rachael was riding her bike past what he called his, "Cabin," on Bogus Basin road. When Alex left for a ride up the mountain they started chatting and the rest is history. They both love riding bikes, trail running, swimming, and long backpacking trips. They spend half the year in Girona, Spain with Rachael's triathlon team. In the Spring Alex flies back to Boise to work for the other half of the year, while Rachael stays in Europe for a racing block. She will be back in the states to do some American style racing this summer, including Boise's half ironman 70.3. If you're out by Lucky Peak or Anne Morrison July 26th be sure to cheer on the few local pros!

Alex has coached swimming professionally for 7 years and seen his athletes compete at Olympic trials and even Junior World Championships. Alex was the head coach for the Durango Swim Club when he moved from Durango, CO to work with the Treasure Valley YMCA as their head development coach. Alex noticed many of the kids they would get from swim lessons lacked the

fundamentals. They had great survival swimming, a necessity and life skill in Boise, but had to be re-taught entirely on their strokes. This seemed a disservice to the kids. Whether they choose to join a swim team or not, they should have the opportunities to do that, or swim laps for fun, or enjoy the 3 dimensional joy that swimming brings to so many children. They should be able to do this knowing they are receiving the best lesson and not just, so they can, "get to the wall and survive." Alas came Bob Swim Company. Last year, Alex worked with one community, bringing swim lessons in a convenient way. He hopes he can spread the joy of swimming to the Avimor community as well!

Bob Swim Co focuses on group lessons for children ages 4 and up. Our group sizes are no bigger than 4 to ensure the highest quality. In the future, we hope to expand our lessons to toddler and baby swim classes. You can also register for private lessons, whether you're on a swim team, in the group lessons looking for extra help, or a masters swimmer or triathlete looking to gain an advantage in the swim. We have the expertise to bring you to the next level. When it comes to coaching swim lessons and technique we believe it's important to know why we do the things we do when we swim. Our lessons are based on the fundamental question, "Why?" knowing why we do things a certain way is paramount in long lasting learning. It not only engages children it also helps in developing communication skills. We aspire to have well rounded lesson development- not only in swimming, but for life skills.

Alex and Rachael's first business is Bob Cleaning Co. A commercial cleaning company that focuses on large apartment complexes and student housing facilities. They currently work with BSU and other private student housing centers to clean their residence halls when students leave for summer. You may wonder, "Why Bob Swim and Bob Cleaning?" Well you'll have a chance to ask him this summer.

Spring into Firewise Landscaping: Preparing for a Safer Avimor

As spring arrives, it's the perfect time to get your property ready for the season and reduce wildfire risks. By following Firewise landscaping principles, you can protect your home and contribute to a safer, more fire-resilient community.

WHY FIREWISE LANDSCAPING MATTERS

Firewise landscaping helps create a **defensible space** around your home—an area free of combustible materials to slow or stop the spread of wildfire.



WITH THE SAGEBRUSH STEPPE SURROUNDING AVIMOR BEING HIGHLY PRONE TO WILDFIRES, IT'S ESSENTIAL FOR ALL OF US TO DO OUR PART IN MINIMIZING THE RISK.

Spring Firewise Landscaping Tips

1 Maintain Defensible Space:

Ensure there is enough space around your home to protect it from wildfire. Follow the **5-10-20 rule** to create defensible space:

- **Perennials & small ornamental grasses:**
Canopy at least 5 feet from structures at mature size.
- **Shrubs & large ornamental grasses:**
Canopy at least 10 feet away at mature size.
- **Trees:** Canopy at least 20 feet from structures at mature size.

PROPER SPACING IS KEY: Before planting, be aware of the mature size of any new plants. For example, if a perennial reaches 4 feet wide at maturity, it should be planted 7 feet from your house (adding a 2-foot radius). A shrub with a mature width of 6 feet should be planted 13 feet away, and a tree with a 20-foot mature canopy should be planted 30 feet away. This ensures that plants have enough room to grow without overcrowding, which helps maintain defensible space.

2 Irrigation and Plant Health:

Start your irrigation system and ensure plants receive enough water to stay healthy. Well-watered plants are less likely to dry out and become fire hazards. However, be careful not to overwater—saturated plants can become unhealthy and more susceptible to fire. Healthy plants have fewer dead branches and leaves, which reduces their flammability.

3 Clear Dead Vegetation & Weeds:

Spring is the perfect time to remove dead vegetation, dry plants, and weeds from your yard. These materials can act as fuel for wildfires, so clearing them out reduces fire risk and helps keep your defensible space intact.

4 Use Fire-Resistant Materials:

When working on your landscaping, consider using fire-resistant plants and non-combustible materials, like gravel, rocks, or stone. These materials can act as natural fire barriers around your home, helping to protect it from wildfire.

GET HOA APPROVAL FOR CHANGES

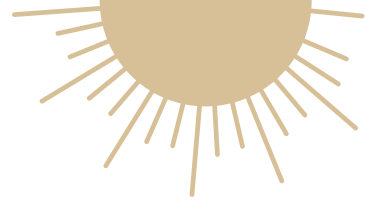
Please remember, any landscaping changes must be approved by the HOA to ensure compliance with Firewise guidelines. Visit the Avimor website or contact the Avimor office for the Modification Submittal Form and Firewise Acknowledgment Form.

By following these steps, you're not just protecting your home—you're helping ensure a safer, more fire-resilient community for everyone in Avimor.

For more Firewise information, visit the Idaho Firewise website.



Plant *Spotlight*



For a stunning spring display, consider adding these hardy, low-maintenance plants to your Idaho landscape:

Chokecherry

15-30 FEET TALL



Chokecherry is a resilient deciduous tree that grows 15 to 30 feet tall with a rounded, dense canopy. In spring, it bursts into fragrant white to pale pink flowers that hang in long, drooping clusters, attracting bees and butterflies. These blossoms are followed by small, dark red to black fruits in late summer, providing food for wildlife. Known for its adaptability to a variety of soil types, chokecherry thrives in both drought and cold conditions, making it a versatile and beautiful addition to any garden.

Regent Serviceberry

4-6 FEET TALL AND WIDE

Regent Serviceberry is a compact shrub that grows 4 to 6 feet tall and wide, offering abundant clusters of delicate white flowers in spring that attract pollinators. These blooms are followed by small, sweet dark berries in early summer, enjoyed by birds and humans alike. With its ornamental value and hardiness, 'Regent' adds vibrant spring interest and offers the promise of fruit later in the season, making it a favorite in both garden beds and naturalized areas.



Blue Flax

1-2 FEET TALL



Blue Flax, a hardy perennial, flourishes in Idaho's dry, sunny landscapes. Growing 1 to 2 feet tall, this plant features slender stems topped with bright sky-blue flowers that bloom in late spring to early summer. Each flower lasts only a day, but the plant produces an abundance of blooms, creating a stunning display. Its airy, delicate form and vivid blue flowers attract pollinators while adding seasonal color and charm to gardens and naturalized areas.



A Literary Legacy

Avimor Charter School Highlights Literacy Program

Story and Photos by Bill English

When you open the pages of a book you enter a realm of imagination and learning. Reading can take you places you've only dreamed of visiting. Words can make you laugh, cry or even alter your world view. A single powerful sentence can start you on the path to enlightenment. The

Idaho Novus Classical Academy in Avimor is dedicating itself to enhancing the art of reading and writing.

Words matter. They act as tools of communication and serve as a foundation for a complete education. Those who read with zeal and write with awareness tend to do well in life.

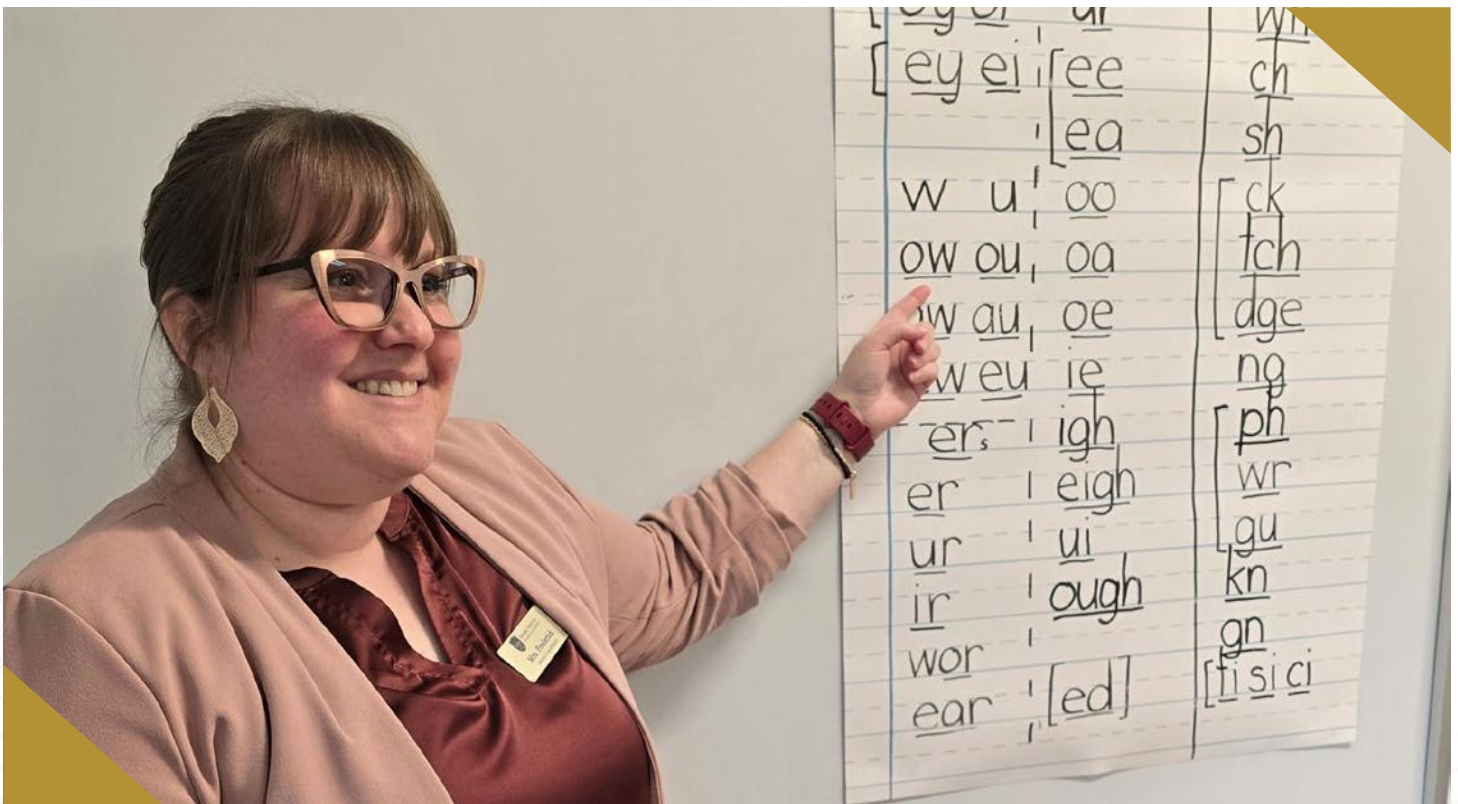
Literacy Coordinator Danielle Frederick is passionate about her new position at the Avimor charter school. Her dedication to her mission is evident as we discussed her duties. When asked how the Literacy program came to be she offers a considered response.

"Five and a half years ago Dorothy Kardatzke and Melody Furno introduced me to the Orton-Gillingham inspired program they created called 'Literacy Essentials'. The program drew on years of experience studying neuroanatomy, linguistics and learning disabilities like dyslexia."

Frederick, who is dyslexic herself, realized how impactful the program might be.

"Concepts that had long confused me suddenly clicked into place. For the first time in my life the English language actually made sense. I began teaching 'Literacy Essentials' to kindergartners. It opened up a whole new world of passionate learning. Until that moment I didn't realize that I was dyslexic and that this disability was the root cause of my problems with reading and writing."

Frederick arrived at the Idaho Novus Classical Academy after serving at its sister school, the Treasure Valley Classical Academy in Fruitland, where she was Student Service Director.





“Given my experience at Treasure Valley Classical Academy I had a good sense of what my day to day duties would be at Novus,” Fredrick explains. “However, what truly surprised me and continues to encourage my efforts is the amount of joy and wonder the literacy program inspires. When I step into a classroom where both the teachers and students are fully immersed I can’t help but smile.”

Frederick oversees three full-time literacy aides. All come from strong teaching backgrounds and display joy in their new assignments.

“My mission is to empower teachers with the training and support they need to be highly effective in the classroom,” Frederick went on. “I am dedicated to ensuring that students at the Idaho Novus Classical Academy master the English language and are equipped with the skills to overcome future challenges with clarity. Every student, no matter their background, deserves access to a quality literacy education and we are committed to making that a reality for all.”

Literacy Aides work with small groups of students, usually no more than three at a time, at semicircular desks much like a Blackjack table. The teacher sits in the dealer’s position facing the students. Flashcards, hand gestures and both verbal and silent mouth formations are employed to sound out different letters.

“We don’t actually teach the traditional English alphabet,” Frederick says. “Instead we employ the 72 English phonographs. We use various methods to engage different areas of the brain. Our approach focuses on explicit, multi-sensory interaction. Tools like phonogram cards and hand gestures allow students to see, say, hear and write simultaneously.”

Founding principal of Idaho Novus Classical Academy, Dr. Vincent Kane, explains how the literacy program dovetails into the overall curriculum at the charter school.

“Our literacy intervention program exists to ensure that every child receives the support they need to become strong readers. This is important because literacy is the keystone to learning.”





IMAGINE FARMS

REGENERATIVE FARMING

OUR STORY

Folks round here call Doug “the melon man.” It ain’t just a nickname - it’s earned. For over 20 years, Doug’s been coaxing the sweetest melons and freshest produce from the rich soil of Sweet Valley, Idaho. He’s got that farmer’s instinct - knowing exactly when to harvest so everything tastes just right. His hands are weathered from decades of working the land, growing organic food that makes store-bought stuff taste like cardboard.

Then there’s Noah and his Wife, Jen. Noah didn’t take a straight path to farming, though the calling was always in his blood. He built houses in southern Utah for a spell, served our country in Iraq, and tried his hand at sales. But the land kept pulling him back. Even while living in Utah, Noah and Jen couldn’t help themselves - they raised mushrooms, tended greenhouses, got worms making compost, and grew micro-greens. They’ve got dirt under their fingernails by choice, not by accident.

Noah ain’t just playing at farming. He’s studied composting like some folks study the Bible - with

devotion and purpose. He believes what many old-timers know: take care of the soil first, and the soil takes care of everything else. That’s what regenerative farming is all about.

There’s also Ben, Doug’s youngest son, who brings a different kind of skill to the family business. While Doug and Noah work the land, Ben works the camera and computer, telling the story of Imagine Farms. As our media manager, he captures the sunrise over dew soaked fields, the first sprouts pushing through the soil, and the bounty of harvest time. Through pictures, videos, and social media, Ben helps folks see what we’re all about, even before they taste our produce.

For years, Doug and Noah would talk on the phone, sometimes till the cows came home, dreaming about joining forces. Farming side by side. Making something special together. Then one day, Noah and Jen took the leap. They packed up their life in southern Utah and bought the farm next to Doug’s place.





Jen fits right in with this farming family. For 25 years, she's been helping folks live healthier lives - teaching them about good eating, staying active, and finding balance. She even taught health coaching at Utah Tech University. When Noah was knee-deep in compost, Jen was teaching others how to nourish their bodies with the very same foods they were growing.

What we've built here at Imagine Farms didn't happen overnight. It's been brewing for decades in our hearts and minds. We've put in the sweat, studied the old ways and the new, and poured our souls into this land. The dream's pretty simple when you boil it down: grow the healthiest food possible and share it with as many folks as we can.

The vegetables, fruits, and other goodies you get from our farm come with a story - a story of family coming together, of knowledge passed down and discovered, of treating the earth right so it treats us right back. Every tomato, every melon, every bunch of greens is the result of our passion.

We're not just selling produce. We're sharing our way of life—a life where food tastes like it should, where the land gets better every year instead of worse, where families work together to create something good and real.

We're living our dream here at Imagine Farms. Dirt under our nails, sun on our backs, and food on our table that makes you remember what food is supposed to taste like. And there ain't nothing in the world that makes us happier than sharing that with the residents of Avimor.



STARTING IN APRIL!
CHECK THE AVIMOR APP
FOR MORE DETAILS.

Sheep in the Foothills

A Celebration of Agriculture & Community

On May 10, the Idaho Wool Growers Association, in partnership with Avimor, will host Sheep in the Foothills, a one-of-a-kind celebration of rural life, agriculture, and the region's deep connections to the sheep industry at the Howell Station Event Center. Set against the stunning background of the foothills, this event brings together locals and visitors alike for a fun-filled day of family-friendly activities, educational experiences, and a chance to learn about the rich history of sheep ranching in Idaho.

Sheep in the Foothills is not just an event; it's a celebration of the traditions that have shaped the community for generations. For attendees, it offers an opportunity to engage with the region's agricultural roots, taking a look at a day in the life of sheep producers, while making memories and having fun. From demonstrations to hands-on activities, this event highlights the vital role that sheep production plays in Idaho's history and economy.

Fun For All

From 10 a.m. to 3 p.m., attendees can see sheep being shorn, working dog demonstrations, taste-test lamb, explore an educational kid's zone, and shop sheep, lamb, and wool products from local sheep producers.

One of the attractions attendees can look forward to is the sheep shearing demonstration. Visitors can watch skilled shearers in action, expertly trimming the wool from the sheep in a process that is as much an art as it is a vital part of sheep production. These demonstrations provide a fascinating look at how wool is harvested, offering insight into the sustainable practices that keep this craft alive. For those interested in wool itself, there will be demonstrations on wool spinning and weaving.

In addition to the farming-focused attractions, Sheep in the Foothills will have local artisans and vendors, with a wide variety of booths showcasing handmade goods, crafts, and locally sourced lamb. Enjoy locally created products while supporting Idaho sheep, lamb, and wool producers.

Children and families will find plenty to enjoy as well. In addition to the sheep shearing demonstrations, working dogs will be on display showcasing skills in both herding and protecting their



flocks. Educational booths with interactive activities aimed at educating young minds about the joys of rural life and sheep farming will also be available. These hands-on experiences foster a connection to the land and animals that many may not get the chance to encounter or experience.

For the foodies, Sheep in the Foothills will offer a lamb taste-testing, showcasing the delicious and nutritious flavor profile. Whether you are a lamb lover or trying it for the first time, this is an opportunity to indulge in one of the healthiest, and delicious, red meat proteins.

Going Back to Its Roots

Avimor wasn't always a housing development in the vast Boise Foothills. The 23,000 acres have a long and vast history of ranching and grazing on the range. The McLeod family purchased the property in 1916 and began to operate a sheep and cattle ranch known as the Spring Valley Ranch. In early 2000, the McLeod family decided to develop the Spring Valley Ranch and build a place that would sustain future generations for years to come. Today, Avimor encompasses 900 single-family homes on 840 acres. Over 60% of the community is preserved as open space. They have made a commitment to preserving open spaces and developing trails to encourage both residents and the public alike to recreate on public lands. They have also made the use of public lands for multispecies grazing a priority for the hills surrounding their community.

Each spring, the hills surrounding Avimor are covered in sheep, leisurely grazing in the warm spring sunshine. Sheep in the Foothills highlights the collaboration and commitment between Avimor and Idaho's sheep industry and celebrates the rich heritage in a day full of fun, learning, and connection to the land.

Whether you're a long-time resident or visiting the area for the first time, Sheep in the Foothills promises to be a memorable day for all ages. It's a chance to connect with the community, learn about the importance of agriculture, and enjoy the breathtaking scenery the Boise foothills are known for. Mark your calendars for May 10, 2025, and come celebrate all things sheep!



Healthy Sleep Habits for Better Rest

Many people struggle with sleep, but there's good news—there are natural habits and simple adjustments that can make a big difference in improving your rest.

Sleep is vital for how we function on a daily basis, and it impacts everything from our mental abilities to our emotional well-being. The foundation of good sleep lies in our habits. Improving your sleep habits may take time, but small steps can lead to big changes. Here are some habits to consider, and remember—you don't have to implement everything all at once. Every small improvement counts!

Healthy Sleep Habits for Better Rest

1. Consistency is Key

Aim for 7-8 hours of sleep each night. Keeping your sleep schedule consistent is just as important as the duration. Try to wake up and go to bed at the same time each day to help regulate your body's internal clock.

2. Morning Sunlight Exposure

Getting sunlight in the morning is one of the most effective ways to reset your circadian rhythm. Try to spend at least 15 minutes outside soon after waking. If it's too early for the sun, turn on as much artificial light as possible to mimic daylight.

3. Evening Sunlight

Try to catch some natural light before sunset, as it helps signal to your body that night is approaching. Remember, never look directly at the sun, but general exposure to light will help.

4. Caffeine and Food

Avoid caffeine for at least 8-10 hours before bed. Likewise, try to avoid eating within 2-3 hours of bedtime to prevent digestion from interfering with your sleep.

5. Hydration

While it's important to stay hydrated, try to limit water intake in the hour or two before bed to prevent waking up with a full bladder.

6. Keep the Room Dark and Cool

Your bedroom should be as dark as possible. Use blackout curtains if necessary or consider wearing a sleep mask. A cool room—around 65°F—can also improve your sleep quality. Consider using a fan to help with airflow and to keep the air fresh.

7. Limit Artificial Light After 10 PM

Bright lights, especially overhead lights, can disrupt your sleep. After 10 PM, try using dim lighting and limit screen time before bed. If you need to use the restroom during the night, keep the lighting as low as possible.

8. Keep Naps Short

A brief nap of 30-45 minutes is fine, but longer naps can interfere with your ability to fall asleep at night.

9. Sleep Posture

Proper sleep posture is crucial. If you sleep on your back, make sure to support your neck properly. Side sleepers need a pillow that aligns your neck with your spine, and it's helpful to place a pillow between your knees. Avoid sleeping on your stomach, as this puts unnecessary strain on your neck.



10. Create a Tech-Free Zone

Try to keep your bedroom for rest, not screens. If you use your phone as an alarm, consider moving it to another room, or place it across the room from your bed so you aren't tempted to scroll late into the night.

Additional Tips

• DREM

Consider taking DREM 30-60 minutes before bed to help with relaxation and support restful sleep.

• Air Quality

Keep your bedroom air clean. Open windows occasionally and use an air purifier if needed. Avoid pets in the bedroom if possible.

• Pillows and Bedding

Choose pillows and bedding that support proper sleep posture and are non-toxic. If you need help selecting the right pillow, we offer custom-made pillows at the clinic like Pillowise.

Don't Overwhelm Yourself

This list may seem long, but don't feel overwhelmed. Start with a few changes that feel manageable and add more over time. Improving sleep habits is a journey, not a race. Give yourself grace, and soon you'll notice the positive effects on your sleep and overall health.

Please feel free to text me at 208-859-6170 to help answer questions and know that as a chiropractor and certified functional medicine practitioner, I am here to see how I can help you here in our Avimor Community!

Blessings,

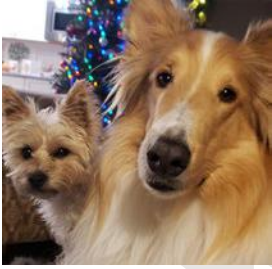


Dr. Rosie Main, DC, CFMP

MainHealthSolutions.com

MEET YOUR NEIGHBORS

Here are some of the most loved Avimor Residents.



Andy & Ellie



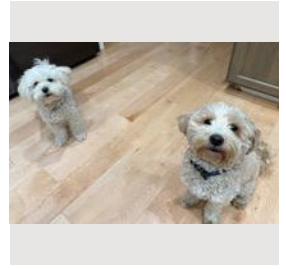
Bailey & Brandy



Bodie & Josie



Diesel & Molly



Emily & Quincy



King Louie & Diesel



Loki & Jack



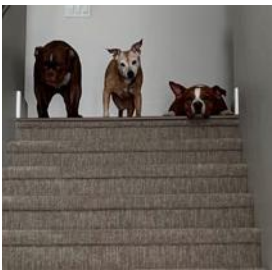
Maggie May



Maggie, Carson & Charlie



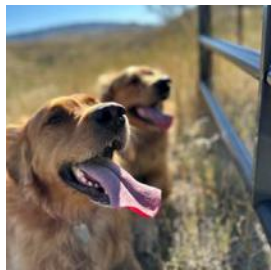
Mila & Stanley



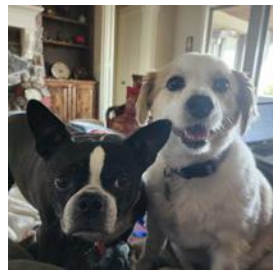
Oscar, Melo & Aegon



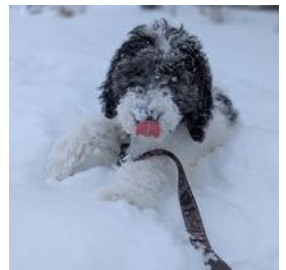
Otis & Ruby Rose



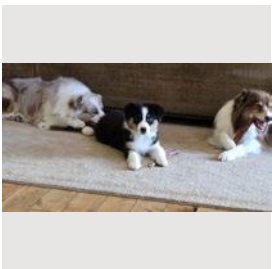
Phoebe & Frannie



Prince Kaulani (PK) & Kenny



Ralphie



Redford, Fresno & Broker



Remi & Lola



River & Rio



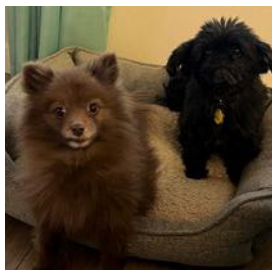
Rookie, Gillis & Leo



Rylee & Ollie



Sir Bentley



Spicy & Willow



Winnie & Flora



Zeke

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.

YOUR LYING DOGGY YEARS

This column first appeared in the San Francisco Chronicle and was subsequently published nationally in The Bark magazine in 2020 as one of their all-time favorite features.

I lie about my dog's age.

Traditionally, the theory of dog years had been a constant much like Isaac Newton's notions about gravity or Albert Einstein's thoughts on relativity. For decades the ratio had remained the same. It was commonly agreed that one dog year equaled seven human years. If your favorite Yorkie had been drooling on the chaise for 10 earth orbits around the sun, it was thought she was 70 in dog years and most likely living on a golf course some place.

But time is a funny thing.

Some say it doesn't even exist. But that is another column entirely. No, what we're concerned with is the actual age of our beloved pets. Actual is the key word here. Because, as I've already suggested the concept of true dog age is currently up for grabs. A well-respected veterinarian recently informed me that the old rule of thumb is no longer valid. For most dogs the first year of life is equivalent to 18 human years. In other words, a ten-month old pup is old enough to drive the Honda. After that, depending on the breed and size of the dog in question, the ratio reverts to one human year equals four dog years.

Clearly, not an exact science.

And one ripe for misinterpretation.

That's why I've taken it upon myself to invent a whole new set of guidelines to determine the age of my Schnauzer, Winston. Think of it as a little bit of realty fudging that allows me to sleep better at night.

I call it: Lying Doggy Years.

It works something like this. Winston's 14 years old now, but he acts like he's six or seven. Before Lying Doggy Years, whenever I took Winston for a walk, people would always comment on how cute he was and then rudely ask me his age. Apparently, most people feel no shame when it comes to inquiring about a pet's year of birth. They don't seem to understand that dog owners don't want to be confronted with canine mortality.

Now, before I invented Lying Doggy Years, every time I told someone Winston was 14 years old, they'd get this mournfully long face and a stricken look.

I knew exactly what they were thinking.

This poor guy has a nearly dead dog on a leash.

It gave me a sinking feeling in my stomach. Because none of us want our dogs to croak. We love our dogs more than we love the guy next door who plays his saxophone to announce the sunrise. We want our dogs to live forever. We all suffer from premature doggy separation anxiety.

That's why Lying Doggy Years works so well for me.

It makes me and everybody else happy.

Take yesterday for instance. I was walking Winston in the park when I stopped to chat with a nice older woman. I could see in her eyes that she had buried a few Poodles in her day. She was admiring my dog in a way only those who have been intimate with canines can. But my heart skipped a beat when she popped the question. She wanted to know Winston's age. It was a tense moment. My Schnauzer was gazing up at me like I held his life in my hands. Old Winston was feeling pretty chipper on the morning in question, so I decided to float a whopper and see if it flew.

"Oh, Winston just turned five last week," I said looking the woman right in the eye.

The elderly lady smiled and stroked Winston's head. She's bought my Lying Doggy Year fabrication hook, line, and sinker.

"My, my he's just a puppy," she cooed.

I beamed with pleasure. My dog was young again. The woman seemed as happy about the whole thing as I was. Naturally, Winston was thrilled by his sudden reprieve from old-dog-dom. He had a new bounce in his step. He was light on his paws and ready for action.

Hey, I know the whole thing is delusional. But life on this planet is crazy, and we're all making it up as we go along. So why not give Lying Doggy Years a try with your pooch? Remember, the younger your dog, the better you'll feel.



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

GARDEN VALLEY FAMILY MEDICINE

- Serving Avimor -

Garden Valley Family Medicine treats patients of all ages, providing a full range of care, from chronic medical conditions to wellness exams and acute medical issues.

We are proud to offer same-day or next-day appointments. A provider is always available by phone for any after hours emergencies.

SERVICES OFFERED

Wellness Visits • Chronic Illness Management
Stitches • Minor Skin Surgery
Joint Injections • Allergy Shots
Weight Loss Counseling and Treatment
Covid, Flu, and Strep Testing
Referral to Specialists

*We accept most commercial insurance, Medicare, and Medicaid
No insurance? We offer a discount when paid in full at the time of service*



CLINIC HOURS

Monday - Thursday
8:00am - 12:00pm
1:00pm - 5:00pm

Jared Moser, PA-C



Jared Moser has been a provider with Garden Valley Family Medicine since 2019 and has been providing care in Avimor since 2022.

Jared is originally from Wyoming and graduated from Lock Haven University.

5963 W. Avimor Dr
- Suite 140 -

208-810-4282



**MEET OUR VERY
OWN COACH
AND MANAGER,**

**KEAGAN
UTTER**

**AKA
COACH
MUSCLES!**

Meet our very own coach and manager, Keagan Utter aka Coach Muscles! Keagan is a beloved coach and manager, known for her unwavering dedication and infectious enthusiasm. Her journey as a coach has not only shaped the lives of those around her but also transformed her own in ways she never expected.

Before she first took on the role, she felt a bit disconnected and was unhappy with her job at that time. As she began working with kids, she quickly came to see how sports can teach kids important life lessons like teamwork, perseverance, and confidence—and realized that these lessons were shaping not only the kids' lives but her own too.



She learned to meet each child where they were, seeing challenges as opportunities for growth and finding that every small win highlighted the positive impact she was making. It wasn't just about sports; it was about helping kids believe in themselves, which, in turn, helped her believe in herself. Today, Keagan is more than just a coach. She's a role model and mentor, inspired by the kids she works with every day.

At Skyhawks, it's not just about sports—it's about self-discovery, making memories, and learning life skills. With inspiring coaches like Coach Muscles, our classes offer an experience that goes beyond the game. Sign up today and be part of something special!

Contact: Boise@skyhawks.com | 208-967-3594



**WE ARE CREATING A NEW
CUB SCOUT PACK IN AVIMOR!**



Unlock a world of adventure and growth for your child with Cub Scouts!

Imagine your child exploring the natural world on exciting hikes with friends, building a pinewood derby car from a block of wood, learning valuable life skills, and forging lifelong friendships.

Cub Scouts offers a structured, fun-filled program that encourages character development, teamwork, and a sense of community, providing your child with a strong foundation for future success.

Cub Scouting is a family program, activities year-round for Boys and Girls Kindergarten-5th grade.

Join us for an informational meeting:

**Tuesday, April 15, 2025
6:30-7:30pm
Community Center**

More information at
www.scouting.org
donna.kemper@scouting.org



COMMUNITY CENTER WEEKLY CLASSES & GROUPS 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SOME FRIDAYS
Tai Chi w/Gloria 9-9:45 am 707-628-7712 Mah Jongg 1:00 pm Sylvia 801-244-1067 1st & 3rd Monday of the month Food Truck Monday 4:30-6:30pm @ the Brewery Line Dancing w/ Sherry 4-7pm 951-970-9761	High Fitness w/Morgan 5:45-6:15 am 253-229-8826 Simply Stretch 8:30-9:15 am 9:30-10:15 am 208-921-9715 Knitting Group w/Vickie 1-3 pm 760-822-7239 Ping Pong Open Play 2:30-4:30 pm Rob 408-888-3595	Tai Chi 9-9:45am Book Club w/ Maureen 12-2pm marose@att.net 2nd Wed of the month SoccerTots w/Skyhawks 2-3 yrs - 3:15-3:55pm 3-5 yrs - 4:10-4:50pm 208-967-3594 Boise@Skyhawks.com Bunco 7pm w/Robin Ballard Cell: 909-816-7185 rballard5@earthlink.net 2nd Wed of the month	Simply Stretch 8:30-9:15 am 9:30-10:15 am 208-921-9715 Ada County Library Story Time 10:30-11:00 am Stamping w/ Blythe 1:00pm 209-352-1059 blythe@stampingwithblythe.com 1st & 3rd Thursday of the month Hand & Foot Canasta 3:00-5:00 pm 2nd Thursday of the month Avimor Writers Connect 6:00-7:00pm 1st Thursday of the month	High Fitness w/Morgan 5:50-6:15 am 253-229-8826 Tai Chi w/Gloria 9:30-10:15am contact for details 707-628-7712 Creative Movement w/Elizabeth Barreto 10:45-11:15am For ages 18mo - 6yrs 541-805-5775

Weekly Pool Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Water Aerobics Contact Pati for times Pati.stewart@yahoo.com 208-713-3581 	Lap Swim 8:00-10:00 am Lane marker available @ front desk 	Water Aerobics Contact Pati for times Pati.stewart@yahoo.com 208-713-3581 	Lap Swim 8:00-10:00 am Lane marker available @ front desk 	Water Aerobics Contact Pati for times Pati.stewart@yahoo.com 208-713-3581 	Lap Swim 8:00-10:00 am Lane marker available @ front desk 

YOU'RE INVITED

COMMUNITY CENTER EVENTS AND RESERVATIONS.

As we continue to grow, our calendar space has become limited. Anyone interested in holding an event or class must fill out the form at www.avimor.com/community-center. Once completed, the form must be returned to the Avimor Community Center for approval. Verbal reservations will not be accepted. All fees and cleaning deposits are due at the time of approval by Community Center Manager. For questions, call **208-917-8454**.

Current list of classes at the Avimor community center. Some classes have a fee associated with them, please contact the person listed with any question regarding amounts.

ADA COUNTY LIBRARY STORY TIME

Thursdays at 10:30-11am

AFTERNOON BOOK CLUB

2nd Wednesday from 12-2pm

Contact Maureen Rose for more information at morose@att.net

AFTERNOON MAH JONGG

1st and 3rd Mondays at 1pm

Contact Sylvia for more information at 801-244-1067

CREATIVE MOVEMENT

Fridays at 10:45-11:15am

For ages 18 months-6yrs. Contact Elizabeth Barreto at 541-805-5775

CULINARY DELIGHTS WITH GWEN

Monthly (day varies) 5-7pm

Contact Gwen at culinarydelightswithgwen@gmail.com

EVENING BUNCO

2nd Wednesday at 7pm | \$5 to Play

Contact Robin Ballard for more information at 909-816-7185 or rballard5@earthlink.net

HAND & FOOT CANASTA

2nd Thursday of the month 3-5pm

Contact Jane Ezratty at 619-246-7152 or jane@ezratty.net

HIGH FITNESS HIGH

Tues. & Fri. from 5:50-6:15am

Contact Morgan at 253-229-8826

KNITTING GROUP

Tuesday from 1-3pm

Contact Vickie for more information at vickieandridge@yahoo.com

LINE DANCING

Mondays 4-7pm

Contact Sherry at 951-970-9761

CREATIVE MOVEMENT

Fridays at 10:45-11:15am

For ages 18 months-6yrs. Contact Elizabeth Barreto at 541-805-5775

PING PONG OPEN GROUP

Tuesdays from 2:30-4:30pm

Contact Rob for more information at 408-888-3595

SIMPLY STRETCH

Tuesdays & Thursdays

8:30-9:15am & 9:30-10:15am

Contact Sharil for more information at 208-921-9715

SOCCERTOTS W/SKYHAWKS

Wednesdays

2-3 yrs - 3:15-3:55pm

3-5 yrs - 4:10-4:50pm

Sign up & check schedules via the Avimor App or contact Skyhawks at 208-967-3594 | Boise@Skyhawks.com

STAMP MAKING

1st and 3rd Thursday from 1-3pm

Contact Blythe for more information at 209-352-1059 or email blythe@stampingwithblythe.com

TAI CHI

**Monday, Wednesday;
some Fridays 9-9am**

Contact Gloria for more information at 707-628-7712

WATER AEROBICS

Monday, Wednesday, and Friday

Contact Pati Stewart for information and times at 208-713-3581 or email pati.stewart@yahoo.com

WRITERS CONNECT

1st Thursdays at 6pm

Contact Shari Lohner at sharilohner@gmail.com



CASCADE RAFT & KAYAK

PAYETTE RIVER • IDAHO



Cascade Raft & Kayak, located in Horseshoe Bend, Idaho, is the premier whitewater rafting and kayaking outfitter on the Payette River. Since 1985 they have been providing unforgettable river adventures for all experience levels. The company is proudly owned and operated by the Long family, whose passion for the outdoors and commitment to their family and community have been the driving forces behind their success.

At a young age, Tom and Debbi Long introduced their three sons to whitewater kayaking, a hobby and passion of Tom's. With Debbi's background in early childhood development, they pioneered an innovative and successful curriculum for teaching youngsters how to kayak, a program that didn't exist in most kayaking schools at the time. As their boys, Kenneth, Chad and Tren, advanced in the sport, they left the food service and hospitality industry in Sacramento and answered the call of the river. They landed on the Payette—an amazing selection of rapids where anyone from first timers to whitewater enthusiasts can find a perfect river section—and worked with Cascade Raft Company to add a kayak school to their offerings.

As the years passed, the company grew, the river community grew, and the family grew. Applying the many years of river experience

they gained kayaking and guiding on rivers around the world, Kenneth took over the management of the raft company, Chad the kayak school, and Tren the whitewater safety and rescue instruction as well as the company's IT work. Kenneth's wife, Anne, manages the reservations office, and Tren's wife, Linzie, heads the photography department. Each year a vibrant staff of guides, photographers, kayak instructors and support people join the river community and Cascade crew. They come from all over, attracted by Idaho's incredible whitewater, welcoming culture, and professionalism and high standards that Cascade Raft & Kayak offers.

Connect the family passion and expertise with the world-class whitewater of the Payette River and it's a perfect combination. Within a few short miles there are river sections for all levels. The Main Payette and Cabarton run feature a fun, splashy ride, with a mix of friendly Class II-III rapids that bring just the right level of excitement—big enough for a thrill, but friendly enough for first-timers, families, and groups of all ages. Those looking for a full-throttle adventure can navigate through the continuous class IV rapids of the South Fork of the Payette, where the untamed power of the river meets breathtaking scenery. Experience non-stop thrills with, steep drops, and heart-pounding waves that call



for teamwork. Whatever your ideal trip looks like, you don't have to go far to find the perfect adventure!

The Long family's dedication to their business and community is evident in their commitment to providing fun, exciting, and memorable whitewater adventures. From start to finish, the experience is smooth and hassle-free leaving guests to simply enjoy the river! The Cascade Raft & Kayak center in Horseshoe Bend features a gift shop and café, riverside decks and a large lawn, changing rooms and lockers, and everything you need for a hassle-free river experience. Whether you choose to take an outfitted trip or explore the area yourself, the river corridor is easily accessible, only about 20 minutes from Avamor, and is truly a gem of a resource. "There's so much to do and see, I'd encourage everyone to check it out," says Kenneth. "There's rafting, kayaking, fishing, swimming, zip lining, scenery, hiking—and it's right in our backyard."

The Long family's commitment to their community extends beyond their business. They are passionate about giving back and supporting local schools and youth organizations. Each year, Cascade Raft & Kayak donates hundreds of rafting trips to these groups, providing them with the opportunity to experience the joy and beauty of Idaho's outdoor adventures. Over and over again, they have seen what a transformational experience outdoor adventure can be. These experiences bring people together—whether it's rafting with family, friends, or meeting new adventure-seekers—as a part of a community built on fun, teamwork and shared memories.

Now a new generation of adventurers has joined the family and the company. This third generation is growing into roles in Cascade's staff and continues to bring the passion for sharing community-building outdoor adventures and love of the river that has always been at the heart of Cascade Raft & Kayak. The Long family's love for the outdoors and their dedication to their community have made Cascade Raft & Kayak a beloved and respected outfitter on the Payette River. Their passion for whitewater rafting and kayaking, combined with their commitment to safety, stewardship, and personalized service, has created a legacy that continues to inspire and delight adventurers of all levels and will for generations to come. The Long Family invites you to experience what makes Idaho and the Payette River so special.



Spring Lawn & Garden Prep Tips: Get Your Landscape Ready for the Season

As the days get longer and temperatures rise, it's time to start thinking about getting your lawn and garden ready for a thriving spring and summer season. Proper preparation now can set the stage for a beautiful, healthy landscape all year long. Here are some essential spring lawn and garden prep tips to help you get started:



CLEAN UP WINTER DEBRIS

Start by removing leaves, twigs, and any other debris that have accumulated over the winter. This will help prevent mold or mildew from forming and will give your lawn and garden a fresh, clean start. Don't forget to clean out flower beds and garden containers as well.

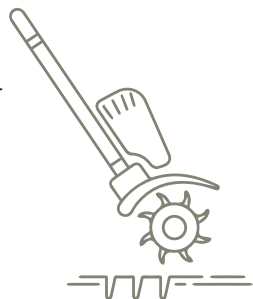
PRUNE DEAD OR DAMAGED PLANTS

Check your shrubs, trees, and perennials for any dead, damaged, or diseased growth and prune them away. This will encourage healthy new growth and prevent pests from making a home in the old, weakened parts of the plants. It's also a good time to trim back any overgrown hedges or bushes to maintain their shape.



AERATE YOUR LAWN

Winter can compact your soil, making it harder for grass roots to grow. Aerating your lawn helps improve water and nutrient absorption by creating small holes in the soil. This is especially important for lawns that have heavy traffic or clay-heavy soil.

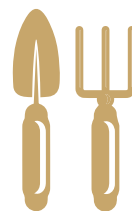


FERTILIZE FOR HEALTHY GROWTH

Spring is the perfect time to give your lawn and garden a nutrient boost. Apply a slow-release fertilizer that's tailored to your soil type and plant needs. Fertilizing now will help your grass and plants recover from the colder months and promote lush, green growth throughout the season.

PREPARE YOUR GARDEN BEDS

Spring is the ideal time to prepare your garden beds for planting. Begin by loosening the soil with a rake or hoe, breaking up any clumps. Add compost or organic matter to improve soil fertility and texture, creating a better environment for plants to grow.





START PLANTING EARLY BLOOMS

For those eager to see color, early spring flowers like pansies, daffodils, and tulips can be planted as soon as the ground is workable. If you have perennials, now is a great time to divide and transplant them, giving them a fresh start for the season.

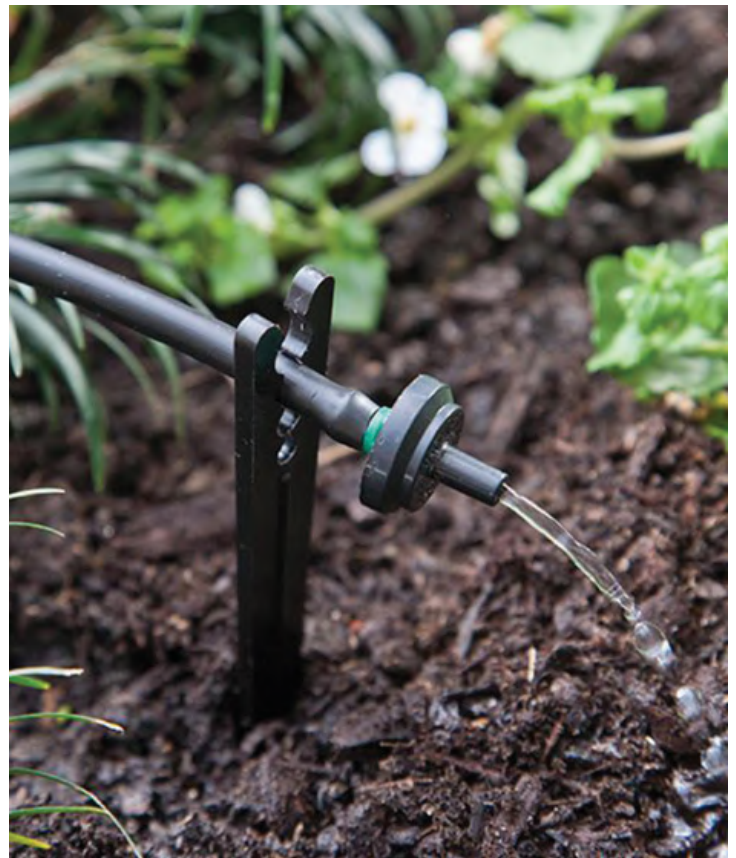
CHECK IRRIGATION SYSTEMS

Before the warmer months hit, make sure your irrigation system is functioning properly. Check hoses, sprinklers, and drip systems for leaks or clogs, and replace any damaged parts. This will ensure your plants stay hydrated during those hot summer days.

CHECK AND ADJUST ROCK MULCH

After winter, check that the rock mulch hasn't shifted. Ensure it's not piled up against plant stems, as this can block airflow, trap moisture, and promote rot or disease. Gently pull the mulch back a few inches from the base of your plants. Also, check for any uneven spots and add more rock where needed to maintain consistent coverage and promote healthy growth.

By taking the time to prep your lawn and garden this spring, you'll lay the foundation for a vibrant and thriving landscape all season long. Happy gardening!



Let's work together

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FUN AND SUCCESSFUL BICYCLING STARTS WITH EDUCATION

by Clint Sandusky, Avimor resident

For those of you who rode a bicycle as a child, you remember it being fun and giving you freedom to visit family, friends, and get to school! The good news is you do not have to be a kid to have fun and enjoy bicycling. Now as adults, we use our bikes to run errands, commute, at work, for exercise, and yes FUN!

Riding your bicycle today is more complex and requires bicyclists to better understand the traffic environment and strategies to have fun and be successful in a safe, legal, cooperative, and less stressful manner. This is even more important if you ride a faster, heavier, and at times less nimble electric-assisted bicycle (e-bike) or just like to ride fast on a conventional bike. This takes EDUCATION!

The biggest challenge for bicycling education is that people do not think they need it. Most untrained bicyclists unknowingly expose themselves to conflict or crash risks. While slow-speed bicycling is remarkably forgiving, high-speed bicycling is much less. And now there are e-bikes!

Electric-assisted bicycles are certainly fun and allow you to do more things on a bicycle you may not normally be able to do -- especially for persons limited by age, disability, or physical capacity (source: PeopleForBikes). The assisted power is a wonderful plus, but "with great speed comes great responsibility!"

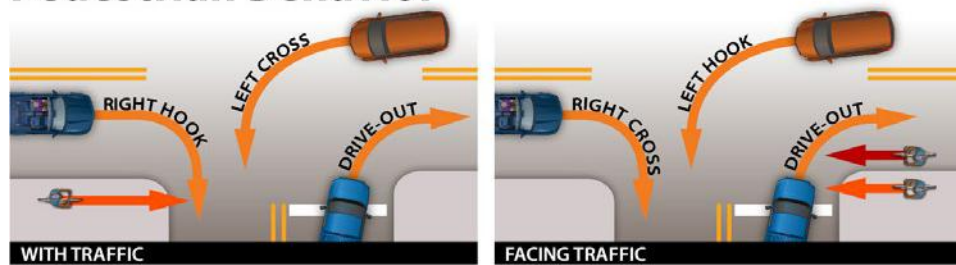
Did you know there are **three types of bicyclist behavior**? Each has its advantages, disadvantages, and other things to consider. In Idaho (supported in Idaho Statute 49-717 – legislature.idaho.gov/statutesrules/idstat/Title49/T49CH7/SECT49-717/) and across the country, a bicyclist can normally choose one of three types of bicyclist behavior (see illustration):

- **Pedestrian Behavior:** using a bicycle in pedestrian space
- **Edge Behavior:** operating a bicycle on the right-hand edge of the roadway, in a bike lane or shoulder
- **Driver Behavior:** operating a bicycle as a normal vehicle, including lane control as a default position and releasing traffic when safe and appropriate. This is especially IMPORTANT the faster you go!

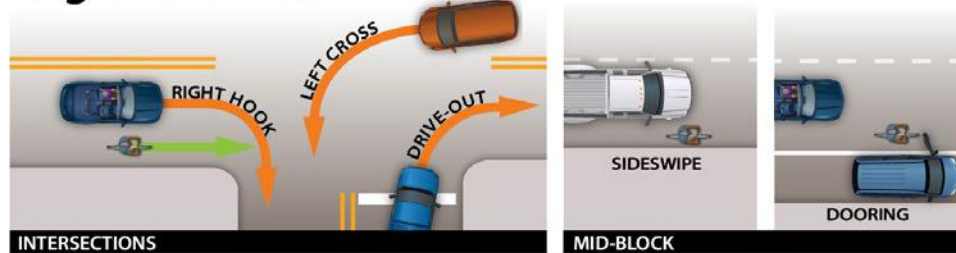
As you can see from the illustration, depending on which behavior you

Pedestrian Behavior

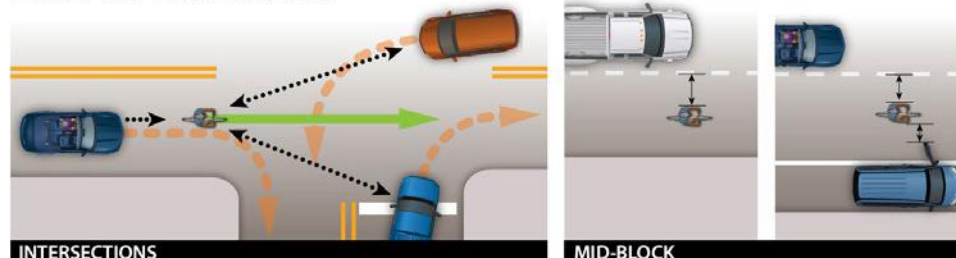
courtesy of CyclingSavvy



Edge Behavior



Driver Behavior



choose can either increase conflicts and hazards, or reduce or eliminate them. The beauty is we as bicyclists have the freedom of choice – in most circumstances – to choose what type of behavior to use based on our knowledge, experience, and confidence.

Regardless of the make, model, and type of bicycle you use, seeking out effective and successful bicycling education and training is ESSENTIAL as listed below:

- CyclingSavvy (cyclingsavvy.org/) has industry-leading online resources and courses, and an in-person/on-bike course. For those who ride e-bikes, they have online resources, includes online Ebike Courses for Teens and Adults at cyclingsavvy.org/ebike-safety-resources/.
- If you're a parent thinking about getting an e-bike for your teen, be sure to check out these resources: (cyclingsavvy.org/2024/12/ebike-resources-for-parents/). They're essential for keeping your teen safe and giving you peace of mind!



Clint retired in 2016 after a 24-year career in law enforcement, serving with both the Los Angeles County Sheriff's Department and the Riverside Community College District Police Departments (RCCDPD). During his tenure at RCCDPD, he was a dedicated bike officer for many years. Clint was a CA POST-certified Bike Patrol Instructor for 29 years and has been an active member of the International Police Bike Association (IPMBA) since 1994, where he also served in the past as an instructor.

In retirement, Clint continues to share his expertise by presenting and instructing on electric bicycle use to law enforcement and other public safety agencies, including at the national level with IPMBA, and to the community. He has authored numerous articles on bike patrol topics, e-Bike use and safety, and cycling in traffic. He can be reached at clint.sandusky@gmail.com.



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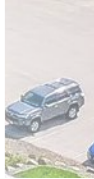
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