



AVIMOR™

ART OF LIVING

WINTER 2026





WE ARE HONORED TO BE CONSIDERED AVIMOR'S PREFERRED LENDER!

SIMPLE. QUICK. STRESS FREE. LIKE MORTGAGE FINANCING SHOULD BE.

WHO WE ARE

At Movement Mortgage, we use our profits to help our communities and create a brighter future for everyone. More homes, more impact, more support, more growth.

WHY CHOOSE US

Best In-Class Service for You



"I don't think you could find a better lender. Kevin was outstanding throughout the entire process. And I don't give out too many compliments - only those that deserve it. Kevin definitely earned it."

- Andrew D.

Your Mortgage Experience



We are committed to providing mortgage solutions that work best for your unique situation. We work closely with everyone involved in the transaction.

Movement Mortgage is an Impact Lender



We give 40%-50% of our profits to making an impact in our communities. For us, purpose and people have always come before profit.



**JUST A PHONE
CALL AWAY.**



KEVIN HELMICK

BRANCH LEADER | NMLS# 470444

p: (208) 860-0007

e: kevin.helmick@movement.com

w: movement.com/kevin-helmick

OUR PRODUCTS*

OFFERING:

- Purchase
- Refinance
- HELOC
- Conventional, FHA, VA, USDA
- Reverse | HECM**
- Jumbo
- Brokered-Out/Alternative Documentation:
 - DSCR Loans
 - Asset Depletion
 - ITIN, DACA, Foreign National
 - Bank Statement Loans
 - Bridge Loans

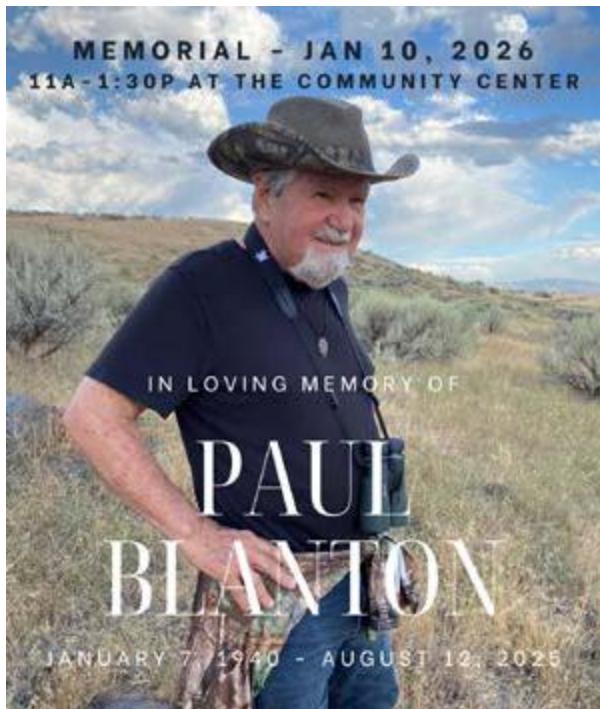
*For qualified borrowers. Programs, terms and conditions are subject to change without notice. ** Movement Mortgage is not affiliated, endorsed, or sponsored by the Department of Veterans Affairs, Federal Housing Administration, USDA, HUD or any government agency.

- MORTGAGE CHECKUPS
- MARKET QUESTIONS
- REFINANCES FOR CASH-OUT OR RATE AND TERM



2965 E. Tarpon Dr, Ste 190, Meridian, ID 83642 | AZ-1034559, CA-DFPI470444, FL-LO132614, ID-MLO-2080470444, NV-75862, OK-MLO34451, OR, SC-MLO - 470444, SD-470444.MLO, TX-SML, WA-MLO-470444 | Movement Mortgage LLC. All rights reserved. NMLS ID #39179 (For licensing information, go to: www.nmlsconsumeraccess.org). Additional information available at movement.com/legal. Interest rates and products are subject to change without notice and may or may not be available at the time of loan commitment or lock-in. Borrowers must qualify at closing for all benefits.

ART OF LIVING EVENTS



There's an "Avimor App" for that!

If you have not yet downloaded it, it's 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 for you to add to your calendar. Check back often to see what's new!

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



Coffee with Kim

By Kim Holland



Meet The Torjusens

If you've spotted a friendly couple walking their Havanese puppy around Avimor, or maybe noticed some wood burning art at Hyde Perk, you may already know a little about Mary and John Torjusen. Their story started back in 1984, when they met at a cowboy bar in Portland, OR on a rare night when John happened to be on land.

John grew up in Brooklyn, NY before moving to Pennsylvania when he was 16, and then eventually to Vancouver, WA. He spent the first 22 years of his career in the U.S. Merchant Marine rising to the rank of Captain. His last 20 years were spent as a Columbia River bar pilot. What is a bar pilot you ask? It is a highly trained mariner who guides ships through treacherous coastal waters, particularly where a river meets the sea or at the entrance to a harbor, a zone known as a "bar".

Mary, originally from Portland, OR, is a lifelong corporate professional. Initially she worked in the dental field, then expanded into health insurance administration to include product development, sales, and fraud and abuse investigations. She thrived in the downtown corporate world and later owned her own business doing professional organizing and estate planning. Although she's officially retired, she's always happy to help by sharing some of the tips she's learned over the years.

After John's retirement, the Torjusens decided it was time for a change. They moved from Vancouver, WA to Avimor to downsize and try something new. Their daughter's family moved around the same time, which made the transition even better. Their first introduction to Boise actually dates back to 2013 when their daughter attended Boise State University. Since arriving, they've found like-minded neighbors, a strong sense of community, and a welcomed drier climate.

Mary and John have two children: their daughter who lives in Meridian, and their son that resides in Washington state. They enjoy watching their granddaughter every week, and were overjoyed to welcome a grandson right before Christmas. The best present they could ask for.

They stay active with hobbies, such as playing pickleball and ping pong with the Avimor group, gardening, fishing, hiking, and kayaking. John enjoys wood working, including making furniture, and loves to ski at Bogus Basin in his spare time. They also own a cabin in Donnelly that they bought two years ago, and have been hands-on in the process of fixing it up to create their ideal retirement escape. Mary's creative hobbies are plenty, as she enjoys making creative memories with scrapbooking, card-making, crocheting, and has recently picked up wood burning.

Meet The Shaugers

If you've had the pleasure of chatting with our neighbor Jeane Shauger, you've likely noticed her warm personality and unstoppable drive. Jeane's story begins in Iowa, but her childhood took her through Oklahoma, Illinois, and Arizona as her father's job moved the family from place to place. At 25, a promising job offer drew her west to California, beginning a new chapter she never expected would eventually lead her to Idaho.

Professionally, Jeane is a force. She has spent the past 25 years in medical sales, focusing on women's health and ensuring hospitals have access to quality breast pumps. Early in her career, she played a meaningful role in helping the Affordable Care Act include coverage for breast pumps. So, if that benefited you or someone you know, feel free to give Jeane a well-deserved thank you next time you see her. She has no plans to slow down and is excited to begin her new position here in Idaho.

Jeane met her husband Kevin in the most classic of California ways: through a roommate search in Redondo Beach. Back in the days of "Roommate Finder," she hoped to land someone normal and sane... and while she ultimately backed out of becoming Kevin's roommate (don't worry, Kevin is in fact normal and sane), the two stayed friends. A few years later that friendship blossomed, and today they're happily settled in Avimor with their daughters Chelsea (23) and Emily (21).

Emily, a junior at Boise State, is a true equestrian at heart. When the Shaugers moved from California to Idaho 13 years ago, they purchased a home in Castlebury with plenty of space for several horses, perfect for supporting Emily's passion, which she plans to turn into a full-time career. Chelsea recently graduated from the University of Arizona in Tucson with a degree in marketing and entrepreneurship. She's on the hunt for the right job opportunity and, in the meantime, is enjoying life in Avimor alongside her parents.

The family is rounded out by their two other children: Ted, a 13-month-old maltipoo, and Doug, the baby of the family at 9 months, a sweet little shi-poo.

Transitioning from acreage and barn life to Avimor living has been a big shift for the Shaugers, but also a welcome one. They're grateful for the many years they spent raising their girls on land with horses, and now they're excited for this new chapter. One with less maintenance and more time to enjoy the lifestyle they love.

When Jeane isn't working or showcasing her professional bargain-shopping skills, you'll find her outdoors. She enjoys hiking, biking, boating, skiing; anything that gets her moving and exploring. She and Kevin also love to travel and squeeze in adventures whenever they can. As 2026 approaches, they're looking forward to settling into their new home and embracing everything Avimor has to offer.



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 The McConnells

Shanny is a true Pacific Northwest girl at heart, proudly hailing from Snohomish, Washington. She loved growing up in this charming farm town just north of Seattle. During high school, Shanny surprised even herself by joining the rowing team, an unexpected but memorable adventure that eventually carried her into part of her freshman year of college. She later realized she wanted to spend that fleeting time making more of the classic college memories, so she hung up the oars and embraced campus life.

Shanny attended Washington State University, where she enjoyed every minute of her time there. Even better, she met her future husband, Trent, during their junior year. An unexpected twist that turned college into the start of a lifelong love story.

After graduating with a degree in apparel merchandising and textile design, Shanny jumped straight into the fashion world. She landed a management position with Nordstrom right out of college before moving into product development for a wholesale apparel company. She would do everything from sourcing the cotton, designing the garments, to seeing the item through production. For Shanny, it felt like something out of a Hallmark movie. Riding the bus into downtown Seattle, creating designs in the office, and seeing them come to life. She's grateful she was able to fulfill her career dreams before moving on to her next and most meaningful chapter: raising her children.

Shanny and Trent now have two kids, Ella (7) and Ethan (5). This year, Shanny stepped into a role she never imagined for herself: homeschooling. She transitioned Ella to homeschool and will officially begin schooling Ethan next year when he starts kindergarten. Though it wasn't part of her original plan, homeschooling has been exactly the right fit for their family, and Shanny is thrilled with how well it's going.

The McConells' are an adventurous bunch and absolutely love to travel. In the past 3.5 years, they've visited 17 national parks, many of them explored while traveling in their trailer. Trent's passion for camping and outdoors has rubbed off on the whole family, inspiring some epic RV road trips and adventures. They're hoping to make an extended trip to Alaska in the coming years, spending several months soaking in everything Alaska has to offer. In the meantime, they're looking forward to shorter journeys back to Washington to reconnect with family and friends.

Meet The Goods

If you've stopped by the Avimor sales office recently, you may have noticed a couple of new faces. Warren Good, who joined the sales team in July, has been working closely with John Rogers to help new families discover and settle into Avimor. (And in December, the team was excited to welcome Asia Anderson aboard as well.) Although Warren is new in an official role, his connection to Avimor goes back many years, making this community feel more like a homecoming than a fresh start.

Warren grew up just outside Philadelphia on a beautiful 14-acre property. There was plenty of room for him and his brother and sister to roam, explore, and spark their imaginations. One summer, their mom handed him and his brother a pair of axes and shears and said they could have at it! The forested acreage provided an entire summer of entertainment while they channeled Paul Bunyon, cutting and chopping day after day. Those long, lively days on their land were some of Warren's happiest memories and gave him a lifelong appreciation for space, adventure, and hands-on work.

In 2007, Warren found himself headed west to Phoenix, Arizona, where he began helping his uncle with a generator business. What started as a helping hand quickly turned into a full career. By 2016, Warren had taken over the company, "Affordable Generator", and used his natural business instincts to refine their processes, grow the customer base, and build a reputation for reliability. He ran the business successfully out of Phoenix until joining us in Avimor this summer.

But Avimor isn't new to Warren. He's been visiting family here for nearly 15 years and has watched the community evolve, phase by phase. Warren is married to Lexi, the daughter of Avimor developer, Dan Richter, so he's had a unique, insider's perspective on the vision and heart behind this neighborhood long before he became part of the sales team.

Lexi and their three children, Lucy (10), Evie (7), and Charlie (5), plan to join Warren in Avimor after the school year wraps up. The Goods are excited to make Avimor their home, drawn by the thoughtful planning that goes into every decision and the sense of security that lets kids run, explore, and simply be kids. For a family that values nature, freedom, and community, Avimor already feels like the perfect fit.

In Phoenix, both Warren and Lexi became unexpectedly active in their children's school community. Though neither imagined themselves as the "PTA parent" type, they quickly found joy in being involved, helping out, and building connections. They look forward to diving into school and community life here in Idaho with that same enthusiasm.

Warren is hopeful that their move to Idaho in 2026 will bring even more family time and the chance to explore hobbies he loves: mountain biking, ATVirng, and taking advantage of the outdoor lifestyle that Avimor is known for. With his family soon joining him, and a community he already feels connected to, Warren is excited for this next chapter.



NEED A SPOT TO GATHER?

We're Mike and Rachel Voeller, the husband-and-wife team behind Gather Brewing. Our story didn't begin with a business idea. It began years ago, in 2014, when the Coast Guard moved us to New Jersey. We were far from family, getting ready to have our first baby, and were struggling to build the kind of friendships we desperately needed. It was a season that taught us how deeply people need connection, the vulnerable, honest kind where you're truly known. Some of our best and most memorable moments from that time were at a biergarten, sitting for hours at a long wooden table, sharing real conversations with the friends we eventually found.

During that time Mike worked as a Culinary Specialist aboard a ship and loved creating meals that wowed the crew. I (Rachel) loved hosting friends and visitors, creating an atmosphere where people felt comfortable enough to open up and stay awhile. Through a mutual friend, Mike discovered home-brewing and was gifted a kit for Christmas. Our garage and home were soon to be overtaken by carboy fermenters, kettles, hoses and kegerators.

We knew we wanted to build a place of our own where the atmosphere was welcoming and connection felt natural. A place where families, friends, and neighbors could gather and truly know each other. In 2018 we made the decision for Mike to leave the Coast Guard, move back to San Antonio, Texas where our families lived, and pursue our dream of opening a brewpub. Mike home-brewed constantly. We held tasting events in our home with friends and family and eventually found the perfect location for what

would become Gather Brewing Company in February of 2020. The building needed a complete renovation, and delays from COVID, plus rising costs and supply issues stretched the timeline, but we finally opened in December of 2021. Our four years since opening have shaped the heart of Gather. We opened our doors hoping people would feel comfortable, and instead we watched something bigger take shape. Families became regulars. Military members brought visiting parents to "their brewery." People introduced us to their newborns and celebrated their kids' birthdays with us every year. Couples told us Gather was their favorite date-night spot. We saw friend groups form at the bar, complete





strangers slide into deep conversations, and kids run in excited to order their “pink drink” and fries. We were invited into so many meaningful moments. We celebrated homecomings and promotions, toasted retirements, cried with families who had gone through loss, and watched people build friendships that extended far beyond our tables. Those years taught us that what we envisioned was possible, and that people still deeply crave connection when given a place where it can naturally happen.

As Gather grew, we started thinking more seriously about what we wanted for our own family. We dreamed of four seasons, mountains, space for our kids to roam, trails to explore, and a deeper sense of community. Earlier this year we started exploring the idea of eventually planting roots outside of Texas, somewhere that aligned with the life we wanted to build.

That is what led us to Idaho. We planned a trip in October to see if it felt right, and we fell in love immediately. Everything about it seemed to line up with what we were looking for. While exploring the community of Avimor to see if it was somewhere we might want to settle, we visited the Spring Creek Brewery and learned it was about to close its doors. Opening another brewery someday had always been a far-off thought, but we flew home and could not stop thinking about the possibility. We made a phone call, set up a meeting, flew back to Idaho the next week, and everything unfolded from there. What started as a trip to see if Idaho could be a future home quickly turned into a clear opportunity to bring Gather to a community that already felt aligned with our dreams in every way.

As our family moves to Avimor and we work

toward opening Gather in early 2026, our hope is that it becomes more than a brewery. We hope it becomes the gathering place for neighbors, for cyclists biking the trails, for families celebrating birthdays, for friends catching up over a beer, and for kids to have a place they enjoy visiting as much as their parents. Truly, we hope it feels like home the moment you walk in.

From the bottom of our hearts, our family is deeply grateful for the warm welcome you have already extended toward us. We cannot wait to meet you, share a table, and build a home together in this beautiful community.

- Mike and Rachel Voeller



CUSTOM WINDOW TREATMENTS—INSPIRED BY YOU

Your Needs. Your Style. Our Guidance.



FREE
Motorized Controls
PURCHASE 5+ SHADES
REMOTES & CHARGERS
GATEWAY DEVICES
CANNOT BE COMBINED WITH
OTHER OFFERS.

CALL TODAY FOR YOUR
COMPLIMENTARY IN-HOME
OR VIRTUAL CONSULTATION

GOTCHA COVERED OF EAGLE
Tanya Heilman
208.964.8773
NEW SHOWROOM
9233 W State St 83714
WindowTreatmentsofBoise.com

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



GARDEN VALLEY FAMILY MEDICINE

- SERVING AVIMOR -

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

WE ACCEPT MOST COMMERCIAL INSURANCES, MEDICARE, & MEDICAID

Jared Moser, PA-C



CLINIC HOURS

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

5963 W. Avimor Dr.
Suite 140
208-810-4282

We are proud to offer
same-day or next-day
appointments

Models of Virtue: the Transformative Power of Classic Literature

As we welcome the new year, I reflect on my time here at Idaho Novus Classical Academy and the incredible fruits this school year has yielded. While new to the Hillsdale K-12 model, I previously taught Literature at a Great Hearts Classical Academy in Arizona. My experience there fortified my conviction in classical education and equipped me for my mission here. I am truly blessed to be part of Idaho Novus Classical Academy, a school that reverences the transcendentals: beauty, truth, and goodness.

Classical education has a two-fold mission: to instruct both the hearts and minds of students. Without cultivating virtues of the mind, unrestrained passions lay siege to reason. Without awakening hearts, education becomes centered around job preparation. If we want children to grow into responsible citizens and stewards of virtue, our mission must start at the very beginning, awakening wonder through exposure to great stories.

Great stories provide students with models of virtue. Author George MacDonald imparts, “Seek not that your sons and your daughters should not see visions, should not dream dreams, seek that they should see true visions, and dream noble dreams.” That is what the study of classic literature seeks to accomplish: to cultivate children’s moral imaginations, to awaken a sense of wonder from the very first page. Through these true visions, we encounter universal truths of human nature that transcend the written page. They possess power to draw us out of ourselves and towards something divine.

The rigorous nature of classical texts is often used as an argument to barricade younger students from reading them. There is concern that themes will prove too difficult to grasp, language too complex to understand, authors too antiquated to hold students’ attention. I find the opposite to be the case. Within timeworn pages, students discover something transformational and enduring. They live alongside characters, present in a realm of their imagination. As partakers in the story,

students grapple with weighty themes and recognize the virtues therein. Beauty should not be watered down, especially in minds so malleable, searching for something firm in which to root themselves deeply. In withholding great books from children, one does them a great disservice. It is like offering skim milk to those who have tasted cream. Classic literature offers students undeniable richness. Through fervent discussion, students learn the true; through imitation, they do the good, and are thus transformed by the beautiful.

As a fitting example of this moral transformation, let us consider Charles Dickens’ classic, *A Christmas Carol*, which has seized the minds and hearts of our seventh graders. Here we witness a man whose mind is closed and whose heart is stone. Living his life as a heartless automaton, Ebeneezer Scrooge strives to enrich himself, yet remains unsympathetic to the needs of his fellowmen. In maintaining this lifeless routine, Scrooge traps himself in a false and self-revolving world. His comfort is disrupted one Christmas Eve, when he undergoes his journey of repentance and redemption. By observing noble virtues of others, he comes to realize mankind is his business; “charity, mercy, forbearance, and benevolence”, all his business. He cannot discover this on his own. Virtuous encounters from his past, present, and future reorient him to his true purpose. This transformation begins within his heart, but it must not end there, for it would be no good for Scrooge to remove himself from the needs of his dependents. His mission becomes one of service to others. This zeal is contagious. At the end of the novel, are we too not inspired to live authentically, in the past, present, and future? Indeed, should we not endeavor to live each day with an active disposition towards promoting the welfare of others?

The journey of classical education is a difficult endeavor for parents, students, and educators alike. Nevertheless, we must persevere, because it is important and worth doing. The mission of Idaho Novus Classical Academy is bearing great fruit. In this new year, let us be models of virtue to one another, fostering goodwill towards our neighbors.



**IDAHO NOVUS
CLASSICAL ACADEMY**

-Ms. Elizabeth Williams



Avimor Academy

Opening Spring 2026!

This center is locally owned and operated by Greg and Rachel Feltenberger, who previously owned four early learning centers in the Treasure Valley. In 2025, they made the tough decision to sell the original four centers and focus all of their efforts on Avimor Academy.

Greg spent a significant portion of his adult life in the military – he retired in 2014 as a Lieutenant Colonel after 21 years of active duty in the US Air Force. Currently, he is the CFO of US Healthcare Partners and Meridian Advanced Psychiatry (MAP). Rachel is a Boise native who spent nearly 19 years at St Luke's before transitioning to a full-time business owner. She attended Boise State University and spent the majority of her healthcare career in Cardiology.

Greg and Rachel originally entered the childcare industry back in 2018, when their two young boys were enrolled in a local early learning center. At the time, both still worked full-time in the medical field. In total, they have five children and two grandchildren (and two fur babies).

The opportunity to operate a childcare business somewhat happened by chance. Although they didn't originally set out to become childcare business owners specifically, a wonderful opportunity presented itself in 2017 when the owner of a small center about 2 miles from their home decided to sell. The proximity of the center was perfect for their young boys to attend and they assumed ownership in January 2018. Approximately six months later, another childcare center went for sale about a half mile down the road. The stars aligned a second time, and they assumed ownership of their second center just one year later in January 2019. Opportunities continued to present themselves and in October 2020 (yes, right in the middle of the COVID lockdowns), their third center opened in South Meridian. Business expansion slowed for a number of years however in Spring 2024, Greg and Rachel took over the building of childcare center that had gone out of business.

Due to the enormous success of the brand-new center that had opened in 2020, Greg and Rachel continued to talk to people in the community about future locations for early learning centers. Many families were experiencing challenges with finding childcare close to their home (in many areas of the Treasure Valley) or a center that was a good 'fit' for their family. It occurred to them on a drive to Garden Valley that the Avimor community was not only booming but that no other childcare options were available to the residents within a reasonable distance. They immediately called the community developer to inquire about an available lot and the rest is history.

Avimor Academy (opening late Spring 2026) is a full-service early learning center located in the heart of the Avimor community.

The concept for Avimor Academy blends 8 years of prior early learning experience with the beauty and quality standards that have come to define the Avimor community. Although there is no “perfect” center, many months of research combined with industry collaborations have resulted in a modern yet welcoming (and very safe!) facility that will care for over 250 local children. The project will bring up to 40 jobs to the Avimor community, including positions of entry-level/float teacher, lead and assistant teachers for all age groups infant through school age before/after care, program coordinators (infant/toddler and preschool), chef extraordinaire, and Director/Assistant Director. Part-time opportunities for substitute and volunteer teachers will also be available. Hiring for these positions will begin sometime in February/March 2026. Similarly, pre-enrollments for all classrooms will begin in early 2026 for those families eager to reserve a spot in the program! On-site meetings with families may not occur until the construction is complete and the certificate of occupancy has been issued, therefore Rachel (along with the future director) is planning to host a number of open house-style meetings at the Avimor Community Center in March/April 2026.

As Avimor Academy is now the only center for Greg and Rachel, Rachel is excited to dedicate far more time than ever before to supporting this important business. She understands how vital this service is for working families and has a strong vision of building partnerships with families in Avimor and the local communities.

📍 18551 N McLeod Way, Boise, ID 83714
✉️ info@avimoracademy.com
👤 [@avimoracademy
🌐 \[www.avimoracademy.com\]\(http://www.avimoracademy.com\)](https://www.instagram.com/@avimoracademy)



How to

Protect Your Plants During Winter

Winter in Avimor brings beautiful snowy landscapes, and snow can actually benefit your plants. A layer of snow acts as natural insulation, protecting roots and crowns from extreme temperature swings. As it slowly melts, snow provides moisture to the soil, helping plants stay hydrated during the dry winter months.

While cold and snow are part of the season, most winter plant damage is caused by snow removal practices rather than the weather itself. Piling snow onto beds, using harsh salts near plants, or improper handling of shrubs and trees can be much more damaging than the snow or cold.

WHY WINTER CAN BE HARD ON PLANTS

Snow and Ice Accumulation

Heavy snow can weigh down branches, but damage often occurs when snow is pushed onto beds or compacted around plants.

Improper Salt and Deicer Use

Rock salt or other harsh chemicals applied too close to lawns, perennials, or shrubs can burn foliage, injure roots, and change soil chemistry.

Mechanical Damage

Shovels, snow blowers, or other equipment can crush plants or scrape bark if beds and young trees are not protected.

Wind and Dry Air

Cold winds can dry out foliage, especially evergreens, but damage is worsened when plants are already stressed from snow or salt exposure.

TIPS TO PROTECT YOUR PLANTS

- Brush Off Snow Carefully:** Use a broom or soft brush to lift snow off shrubs, evergreens, and small trees. Brush from the bottom up to avoid snapping branches.
- Keep Snow Away from Garden Beds:** Avoid piling snow from driveways or sidewalks onto plants, shrubs, or young trees to prevent crushing and soil compaction.
- Use Plant-Safe Ice Melt:** Choose gentler products like calcium magnesium acetate (CMA) near plantings. Avoid rock salt close to shrubs, perennials, or lawn edges.
- Support Vulnerable Plants:** Stakes, cages, or temporary support can prevent bending or breaking of young or top-heavy plants under heavy snow.
- Tree Wrapping:** Wrap trunks of young or thin-barked trees with tree wrap or burlap to protect against sunscald, cracking, and frost damage. Wrap loosely and remove in early spring.
- Cover Sensitive Plants:** Burlap or frost cloth can protect shrubs or delicate perennials from windburn and ice but allow airflow to prevent moisture buildup.



MOST WINTER
PLANT DAMAGE IS
CAUSED BY SNOW
REMOVAL
PRACTICES
RATHER THAN
THE WEATHER
ITSELF!

PLANNING AHEAD

- Monitor the weather for heavy snow or icy conditions and plan snow removal carefully to minimize damage to plants.
- Keep tools, brushes, stakes, wraps, and covers accessible for quick snow removal and plant protection.
- Work with neighbors to protect shared landscape areas, ensuring everyone's plants remain safe and healthy.

Take care of yourself and your plants this winter. Snow removal can be hard work, and using safe practices protects both you and your landscape. We can help. Reach out to our office today to get more information and keep your plants and yourself safe all season long.

The Science of Winter Dormancy

When winter arrives and your landscape looks brown and quiet, it can be hard to tell what's happening beneath the surface. Most of the time, your plants aren't dying, they're entering dormancy. This natural survival strategy helps them conserve energy, protect themselves from cold, and prepare for strong, healthy growth in spring.

WHAT DORMANCY REALLY MEANS

Dormancy is like a plant's winter hibernation. As temperatures drop and days shorten, plants slow their growth, pull resources into their roots, and harden tissues to survive freezing conditions. Reduced sunlight also plays a role—shorter days mean less light for photosynthesis, and plants produce less chlorophyll, which is why leaves change color or die back. Essentially, the plant is shutting down non-essential processes and focusing on survival.

Different types of plants handle winter in different ways:

- **Annuals complete their life cycle in one season.**
- **Perennials die back above ground but return in spring.**
- **Evergreens stay green but typically grow more slowly.**

If you are new to Idaho winters, the sudden change in appearance can be surprising. Perennials may collapse to the soil, and trees and shrubs may look bare and brittle. In most cases, they are simply saving energy for spring.

DORMANT OR DEAD?

It's normal to wonder if a plant will survive the winter. A few simple checks can help:

Woody stems

Gently bend small branches on trees and shrubs. Dormant branches are flexible or green inside, while dead ones are brittle or hollow.

Roots

Healthy roots are firm, light-colored, and hold soil. Dead roots are shriveled, brown, or mushy.

Timing

Most plants begin growing again as temperatures rise and days lengthen. If there's no sign of life by early summer, it may not have survived.

Winter Care Tips

Even while resting, dormant plants benefit from a little attention:

- **Mulch:** A 2-3" layer insulates roots, stabilizes soil temperatures, and reduces frost heave.
- **Water:** Cold weather doesn't eliminate the need for moisture. During dry spells when the ground isn't frozen, water deeply, especially for new plants.
- **Pruning:** Late winter is ideal for many trees and shrubs. Plants are less prone to disease, and their structure is easier to see. Check timing for spring bloomers, as some may prefer pruning after flowering.



Rest Now, Grow Later

WINTER LANDSCAPES MAY LOOK STILL, BUT IMPORTANT PROCESSES ARE HAPPENING UNDERGROUND AND WITHIN PLANT TISSUES. DORMANCY GIVES PLANTS THE CHANCE TO REST, RESET, AND PREPARE FOR THE SEASONS AHEAD. WITH A LITTLE CARE AND PATIENCE, YOUR GARDEN WILL WAKE UP HEALTHY AND READY TO THRIVE IN SPRING.



Homes starting in the \$400s

A NEW PHASE OF *Possibility*

Tresidio Homes' newest community expansion in the highly desired community of Avimor in Eagle opens the door to larger homesites, expanded floorplan options, and highly personalized finishes and new home features that families are looking for. With room for 3-car and RV garages and plans designed to live bigger, this is your opportunity to create a home that truly fits your life.

NEW HOMESITES • NEW FLOORPLANS • NEW YEAR, NEW HOME



VISIT OUR MODEL HOME
6543 S Evie Way

Sunday–Friday: 12–5 PM
Saturday & Sunday: 12–5 PM



TRESIDIO
HOMES

Start your new home journey today.

Speak with an online concierge
today 208.917.7500



**NEW HOMESITES
AVAILABLE NOW!**

TresidioHomes.com

The Quiet Work of Books:

A Southwest Idaho Story

There are certain moments in a community that nobody writes down. Moments that do not provoke headlines or television crews, yet matter in the way a warm front matters in February. They begin quietly, somewhere between the cold mornings of January and the first hint of thaw along the Boise River, when volunteers gather in warehouse corners to sort stacks of new books. They move slowly. They speak softly. It feels, in its way, like a ritual.

Each year in Southwest Idaho, the Toys for Tots Literacy Program enters the first quarter with a simple idea that has outlasted trends and slogans. Put a book in a child's hands. Let the child keep it, mark it, bend the cover on the bus ride home. Let the story become theirs. In a region that still holds fast to the belief that small acts echo far longer than they seem to, the idea has found a home.

It begins with the collection. Offices, school foyers, little storefronts along Eagle Road. People drop books into cardboard boxes that once held office supplies or packaged goods. The boxes are never glamorous. They do not need to be. Parents tell themselves they should give something their own children once loved. Seniors choose titles they remember reading aloud. Teachers add books they know will fill a missing space on a child's shelf, or fill a shelf that does not yet exist.



I have heard volunteers say that you can learn something about a community by the books it gives its children. This might be true. What Southwest Idaho gives, year after year, is possibility. Bright picture books, early readers, stories filled with wonder or humor or a small kind of bravery. All new. All chosen with intention.

When the books arrive in classrooms, the change is immediate and strangely electric. Children hold them the way adults hold letters from old friends. Some open them on the spot. Others wait, almost reverently, as if the book must be taken home to be read properly under blankets or in corners where siblings will not interrupt. Teachers say that a classroom shifts when every student suddenly owns a

book that belongs to no one else. It creates something like balance. It reminds children that they are seen.

If you walk into a school on such a day, you may hear the subtle rustle of pages. You may notice a child tracing the illustrations with a finger, the way a person touches the face of someone they have missed.

There are statistics behind all this, of course. Literacy rates, reading proficiency, the well documented fact that poverty often decides who has access to print at home. The Marines and volunteers from Astegos.org could recite the numbers if pressed. Instead, they prefer to talk about the faces. The way certain children brighten. The way some grow quiet, then engaged, then hungry for more pages.

What stays with you is not the logistics, although the logistics are considerable. What stays with you is the way a book can interrupt the arc of a childhood, however slightly. The way a story can offer shelter. The way a single object can remind a child that the world can still surprise them.

Southwest Idaho is growing. The needs are growing with it. Yet the literacy program continues with the steady confidence of something that has already proven itself. It will return next year, sometime in the cold months when the days still feel short. Volunteers will gather. Teachers will make their lists. Books will find their way into the hands of children who have been waiting for something they cannot quite name.

In time, those books will grow worn. Pages will loosen. Spines will crease. This is how you know the program is working. The story lives on only when the object shows its age.

And now the work calls again. In a place like Southwest Idaho, efforts like this only continue because people decide that they should. They choose to show up, to sort books, to carry boxes into classrooms, to believe that a child who reads is a child who stands a little taller in the world.

If you feel called to be part of this quiet, necessary work, you are welcome. You can volunteer. You can help gather books during those early months of the year when children need them most. You can also support the effort directly at ToysForTotsIdaho.com, where every contribution helps place another story into the hands of a child who is waiting for one.

In the end, the work belongs to all of us. The stories do too.

By: *Tim Flaherty*

The Importance of Dark Sky Principles & HOA Rules in Minimizing Light Trespass in the City of Eagle



In our modern world, where artificial lights illuminate our cities and neighborhoods, it is essential to consider the impact of light pollution on our environment and well-being. Light trespass, in particular, has become a growing concern for many communities. Homeowner associations (HOAs) and local governments are increasingly implementing rules and regulations to address this issue and promote the principles of dark sky preservation.

This article explores the importance of dark sky principles and HOA rules in minimizing light trespass. We will delve into the concept of light trespass, the benefits of dark sky principles, and how communities like the City of Eagle and Avimor are taking proactive measures to combat light pollution. We will also provide practical tips for homeowners on minimizing light trespass.

What is Light Trespass?

Light trespass refers to the unwanted or excessive artificial light that spills beyond the intended area, causing illumination in places where it is not needed or desired. It occurs when outdoor lighting fixtures are poorly designed, misdirected, or excessively bright, leading to the intrusion of light into neighboring properties, public spaces, and natural habitats.

What are Dark Sky Principles?

Dark sky principles are guidelines and practices aimed at reducing light pollution and preserving the natural darkness of the night sky. These principles emphasize the use of proper outdoor lighting fixtures, appropriate light levels, and responsible lighting practices to minimize light trespass and glare.

Dark sky principles prioritize the protection of the night sky for astronomical observations, the promotion of human health and well-being, and the preservation of wildlife and ecosystems. By implementing these principles, communities can create a harmonious balance between artificial lighting needs and the preservation of darkness.

The Benefits of Implementing Dark Sky Principles

Implementing dark sky principles offers numerous benefits for communities and the environment. Firstly, it enhances the visibility of celestial objects, allowing astronomers, stargazers, and astrophotographers to enjoy unobstructed views of the night sky. This can inspire scientific curiosity, promote tourism, and contribute to educational opportunities.

Additionally, dark sky principles improve the quality of life for residents by minimizing light trespass and glare. Darker skies promote better sleep, reduce light-related health issues, and create a more tranquil and serene environment. By embracing these principles, communities can create a sense of harmony between the built environment and the natural world.

Overview of the City of Eagle's Ordinances

The City of Eagle, Idaho, recognizes the importance of dark sky preservation and has implemented specific ordinances to address light pollution and minimize light trespass. These ordinances regulate outdoor lighting in residential, commercial, and public areas to ensure compliance with dark sky principles.

The city's ordinances outline requirements for exterior lighting design, including considerations for aesthetics, color, photometric performance, glare, and light trespass. The goal is to create a cohesive lighting theme for the community while minimizing the adverse impacts of artificial lighting on neighboring properties and the nighttime visual environment.

Specific HOA Rules on Light Trespass

In addition to the city's ordinances, homeowner associations in the City of Eagle play a crucial role in enforcing dark sky principles and minimizing light trespass. HOAs establish rules and guidelines for outdoor lighting within their communities, ensuring that homeowners adhere to the city's ordinances and promote responsible lighting practices.

HOA rules on light trespass typically require homeowners to use lighting fixtures that minimize glare, direct light downward, and prevent spillage onto adjacent properties. They may also encourage the use of energy-efficient light sources and the incorporation of dark sky principles into landscape lighting designs. These rules help create a unified approach to dark sky preservation within residential neighborhoods.

Enforcing Dark Sky Principles in the City

To ensure compliance with dark sky principles and minimize light trespass, the City of Eagle enforces its



ordinances through a combination of education, outreach, and enforcement measures. The city's planning and zoning department works closely with residents, HOAs, and developers to educate them about the importance of dark sky preservation and provide guidance on lighting design and installation. This collaborative approach encourages residents to take an active role in minimizing light trespass and contributes to the overall success of dark sky preservation efforts in the City of Eagle.

Avimor's Dark Sky Policy

Avimor shares a similar commitment to dark sky preservation. The development has implemented a comprehensive dark sky policy that regulates outdoor lighting within its boundaries. This policy aligns with the City of Eagle's ordinances and emphasizes the importance of responsible lighting practices.

Avimor's dark sky policy emphasizes the use of shielded light fixtures, appropriate light levels, and the prevention of light spillage and glare. It encourages homeowners to select lighting fixtures that are architecturally compatible with the main structure and complement the surrounding environment. By adhering to these guidelines, Avimor aims to create a harmonious balance between outdoor lighting needs and dark sky preservation.

HOA Regulations on Light Trespass in Avimor

Similar to the City of Eagle, Avimor's homeowner association has established specific regulations to address light trespass within the development. These regulations outline requirements for exterior lighting

design, placement, and shielding to minimize light spillage onto neighboring properties and public spaces.

Avimor's HOA regulations also promote the use of low-voltage landscape lighting and the incorporation of dark sky principles into lighting plans. By adhering to these regulations, homeowners in Avimor contribute to the preservation of the natural darkness of the night sky and create a more sustainable and livable community.

Strategic placement of lights can enhance safety and security while minimizing light trespass. Lighting pathways, entries, and dark corners can improve visibility without affecting neighboring properties which includes patio lighting that can be shielded as not to cause light trespassing. By considering the positioning and direction of outdoor lights, homeowners can create a well-lit and safe environment within their property boundaries. Lighting hung on fences is prohibited as it definitely breaks the rules concerning light trespass.

Proper placement and direction of outdoor lights are essential in preventing light trespass. Homeowners should aim the lights downward and position them in a way that illuminates the intended area while minimizing spillage and glare. It is important to avoid pointing lights directly at windows or into neighboring properties.

One of the key steps in minimizing light trespass is selecting appropriate outdoor lighting fixtures. Homeowners should choose fixtures that are designed to minimize glare and direct light downward. Full cut-off fixtures are particularly effective in reducing light spillage and preventing light trespass onto neighboring properties. LED lighting technology offers energy-efficient and versatile options for outdoor lighting. Homeowners can opt for warm white LED bulbs with a color temperature of around 2700 Kelvin, which closely resembles the natural color of moonlight and helps maintain a peaceful nighttime ambiance.

Dark sky principles and HOA rules play a crucial role in minimizing light trespass and preserving the natural of the night sky. The City of Eagle and Avimor serve as examples of communities that have embraced these principles and implemented regulations to protect their environments from light pollution.

By selecting proper outdoor lighting fixtures, directing lights appropriately, and using timers and motion sensors, homeowners can contribute to minimizing light trespass within their properties. Education and awareness campaigns, along with collaborative efforts between local organizations, homeowner associations, and residents, further promote responsible outdoor lighting practices and create sustainable and beautiful communities.

Through the collective commitment of individuals, communities can ensure that future generations can enjoy the beauty of night sky, while also benefiting from reduced energy consumption, improved well-being, and a more harmonious relationship between artificial lighting and the natural world. By adhering to dark sky principles and complying to HOA rules on light trespass, we can create brighter future for both our communities and the stars above.



ORIGIN Story

BY JENNIFER HUSMANN

At the turn of the century, Eliza Howell's family prospered on the banks of Spring Creek. Meanwhile, a teenage boy bid farewell to everything he had ever known, and boarded an ocean liner bound for a land on which he'd never set foot. Colin McLeod was not yet nineteen when he disembarked the train at Caldwell. He began with nothing, but found work quickly, eventually saving enough to begin a business of his own. Though he'd found prosperity ranching in the Owyhee Mountains and in real estate in Caldwell, he still longed for the hill country reminiscent of his native Scotland. Then he had a chance encounter with the valley that would one day become Avimor – a valley that stole his heart. This is Colin's story.

March 9, 1898

Ardgay, Ross and Cromarty, Scotland

A ticket to America with my name on it.

It began on the icy Dornoch Firth just this morning . . . John was sinking quickly- more quickly than I would have imagined possible. I sprang from the rowboat into the water—Gorb was it freezing . . . it was like a thousand needles piercing my skin beneath my shirt. My boots were still on . . . I kick them off (I recovered only one), John climbs on me, claws at my face, panic, sinking, us both. . . then a foothold? I feel the soft lake bottom with one desperate, groping toe. A moment later- the side of our boat, and then . . . safety. For me at least. I pulled John into the tipping boat—almost tipping yet again— even as the delicious thrill of life surged back – we would survive. Life would end some day, aye, but not there, on Dornoch Firth, in the dreary, gray mist of a March morning.

Later, before the fire at the estate at Gledfield I sat across the hearth from John's father, the master of the estate.

“I owe my wee ‘un’s life to ye, young Colin. Zounds, your selflessness, your bravery, in going into Dornoch Firth for him, lad. . . how could I repay you? Tell me laddie, what do you want? Your poor father is now gone, your mother has been dear to us for many years. What might I do for ye? I’ll give ye aught.”

America.

This afternoon McPherson went into the village and dispatched a telegram to Liverpool and purchased a one-way ticket on the steamer, the Parisienne, bound for New Scotland— Nova Scotia—they call it. The name on the ticket? Colin McLeod. He also bought me a train ticket, leaving tomorrow morning, bound for Liverpool, and handed me a 20£ banknote. I fled home to tell Mother.

Mother wept.

March 16, 1898

Aboard the S.S. Parisienne

Mother. She came with me to the McPherson’s where I’d take the coach to Glasgow to catch the train for Liverpool. “God go with ye. May there always be smoke in your chimney, lad,” she said as she grasped my face hard with both trembling hands. I leant down to let her kiss me good-bye. Wee Mother. I will never see her again.

Freedom. But for a boy of 18 . . . Adventure! To go beyond the village at Ardgay, all I’ve known. The Estate of the family around which my existence has revolved for all my eighteen years. The flocks, the green hills, the ancient estate— Mother. Dornoch Firth. The little church in the shire, the cottage, the village . . . my school fellows, the mist, the hills. The green hills.

Now- the ocean. The Atlantic Ocean stretches before me. Salt and wind sting my lips, my clothes and hair still smell of the muddy depths of Dornoch Firth. I wore my dead father’s old boots since mine lay somewhere at the bottom of Dornoch Firth. An iceberg looms starboard side, a few miles distance toward the wintry reaches of the frosty Atlantic, as my frigate and I forge westward toward my new life, my new destiny in America.



March 26, 1898

Halifax, Nova Scotia

We at last disembarked the Parisienne at the port of entry here in Halifax. Other lads disembarked with me, some looking dirty and shifty, some like they didn’t know where they were going. The immigration office didn’t like boys who had nowhere to go in the New World. A few lasses were aboard too, with their mothers. “What’s your occupation, boy?” asked the man at the Office of Immigration, eyeing me suspiciously, after I’d told my name. A shepherd.

He looked at me for a moment and then marked the column for “male”— 18 years old. He did not write shepherd, only Gent. A Gent. Yes. A gentleman on his own, alone in a huge, empty country full of land and freedom and riches. Colin McLeod, Shepherd Gent.

April 3, 1898

Montreal

In Halifax I bought a ticket for Calgary, where I’ll change trains and head south, and finally disembark somewhere in the western United States. A lot of lads head for Idaho Territory as there is plenty of free land and sunshine and the work for a sheepherder is abundant.

I am tired of staring out at this train car but I dare not change my plans. The money McPherson gave me is nearly out, and I am unsure as of yet whether I’ll even make it to Idaho Territory with what I have left. No more pints for me.

April 10, 1898

Bonners Ferry

My old Iron Horse left the endless prairie behind and roared through the Canadian Rockies toward the new American state of Idaho. Lad back in Calgary said it only came into existence about seven years ago and that Uncle Sam gives out free land to anyone willing to improve it, even to a Mac like me. I’m just about out of

money so I am now looking for a place to stop and settle, and look for work. I'll file for a claim once I get some knowledge of the area. I'd like to find a hilly green place with lots of open land, perfect for raising sheep ...

January 1, 1899

Caldwell

My first new year as a lone shepherd gent— I even found work at a camp down The Rocks with a fellow called Finley McKenzie. That part of the country is good for raising sheep, inferior to Ross and Cromarty on account of its dryness, but the land is freely available. I turn nineteen in a few weeks; on my eighteenth birthday I could never have fathomed I'd be in America tending sheep among cowboys, Indians, saloon lasses and pioneers.

April 18, 1904

Poison Creek Ranch

Each year I am saving and soon I will be able to go into business for myself. I do like working for McKenzie, but I am eager to begin my own work, somewhere along Jump Creek. I will stay in the sheep business; I am astounded at how our ancestral profession thrives here in the American West. There are many Scots operating businesses of sheep, wool and cattle. With all of the MacDonald's, McKenzies and McLeod's about, one almost feels as though he were in the old country.

August 8, 1907

Poison Creek Ranch, Jump Creek, near Homedale

Today I made Miss Anna Purser my wife.

A lass from Devon, England, she came to the US with her parents as a wee one. Mr. Frank Purser raised sheep in The Rocks in Jordan Valley, on the Oregon and Idaho border. Now that I am a married man, I want to leave this remote tumbleweed country. I would like to put down roots closer into town, Marsing or Homedale perhaps, or even Caldwell. I need to continue to save my wages and live cheaply, or I will not be able to provide a decent life for my Anna. Man told of a lone grave near here from just about ten years ago; lass hunted down and killed by an Indian. And the Snake River is dangerous: its quieter stretches invite hostilities from natives, while its rougher parts are too fierce to approach. I've nearly drowned once in my life: I won't test whether I'd survive a second time.

December 25, 1908

Caldwell, Idaho

My bonnie Anna and I officially sold the ranch in Jordan Valley, and are now bona fide city folk, if you can call Caldwell a city. The town recently erected a new train depot in this up-and-coming little hamlet. It is a world different from remote and rugged Poison Creek Ranch. There our only contact with the outside world was the occasional stage coach arriving from Silver City, Homedale or Nampa.

We are happy and prospering now, Anna and me.

April 15, 1910

Howell, Idaho

On my way to Horseshoe Bend to see about some mares, I stumbled upon a bonnie plot of green earth completely covered in wildflowers. Zounds, I was back in Ross and Cromarty as if transported by the angels. A handsome red barn and a small apple orchard lie peacefully on a murmuring creek by a little white farmhouse. Mother's last words flickered in my mind like a candle on a chilly night: May you ever have smoke in your chimney ... The plot of land seems milder and gentler than the dry, hot wind of the Owyhee Mountain summers. It is difficult to determine its location: Gem, Boise or Ada County? It seems the Creator fashioned it and then dropped it at random—kerplunk— and where the three counties meet, ignoring merely human boundaries and property lines. Anna and the children and I are comfortable and

happy living the winters in town, but I am now in a position to add a ranch of my own to our buildings in Caldwell and I'd like to see whether the owner of this valley is open to selling.

June 1, 1910

Boise County Courthouse, Idaho City

Eliza Howell is the record owner of my valley, along with her husband and girls. Her husband is record owner of one plot west. The land laws allow a husband and a wife to each homestead for free on 160 acres, so I guess the gent had his lady file for the neighboring plot thus doubling his holdings. Smart gent. Of course just my luck the land's been privately owned so I stand no chance of filing a homestead claim of my own and getting in on the land grab. It will take a few more years on Jump Creek working at Hudgeon's Ranch before I'll save enough to make an offer. I'll keep a close eye on the papers here and as soon as the Howells decide to part ways with their bit of dirt, Anna and I will be ready and waiting.

May 15, 1914

Boise County Courthouse, Idaho City

Och aye . . . a lad called Archibald snapped my wee piece of earth right out from under my neb. He bought Spring Valley from the Howell lass, but I see no one inhabiting the claim as of yesterday when I passed by on my way to the courthouse to check the land records. Drat!

July 4, 1915

Spring Valley Ranch

Mine! The bonnie stream, the green hills, the wildflowers, the farmhouse with its brick chimney, the red barn— all in my and my Anna's name. A place where one can breathe. We've grown fond of our folks in Caldwell but I've longed for the mist and the hills for nearly two decades since I got off that Iron Horse in Caldwell. Anna has too. The mist and the green hills and the wee lambs— all for us, forever. May there always be smoke in your chimney . . .

October 10, 1920

Spring Valley Ranch

We are preparing to harvest the lambs and bring our flocks back into Caldwell for winter. Sheep herding has thrived here in Spring Valley, and I've added more acreage. I now own parts of Gem, Ada and Boise County. The hardest part of buying land: finding a way out to the courthouses to record my deeds. Civilization sure is spread out here in America. Here in Idaho you'd best not aim at transacting business between November and April. The County Seat at Idaho City requires a long, dangerous ride on horseback, and an isolated one too. Roving thieves, bears, rockslides and mudslides. Anna and wee Colin and the babies and I return to Caldwell for the winter; next week we'll head out. We can get snow as early as November in these hills, and we'll want our stock safe at our barns in Caldwell before the first freeze.



**Please note that the images published here have been reimagined for this story since it has been difficult to find actual photos of the young McCleod Family*

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.

VETERAN'S BREAKFAST



Kids Movie Nights



KIDS HALLOWEEN PARADE



HOLIDAY BAZAAR



Christmas Cheer with Santa



Bingo





THE POWELL GROUP
IDAHO REAL ESTATE

We appreciate you!

Happy New Year, Avimor Friends and Neighbors!

As we welcome 2026 and focus on the first quarter of the new year, we want to pause and say Thank You — truly, from the bottom of our hearts — for the trust you, your friends, and your families have placed in us to help buy or sell homes here in beautiful Avimor up until now.

Meeting so many of you at our Open Houses in past years has been one of our highlights, and we can't wait to connect with even more of you at our Open Houses in the year ahead.

When you see our signs popping up all across the community — it is a reminder that we're here, working tirelessly to get your home sold quickly and for top dollar. And we are also here to help you find the perfect place that fits your budget and your dreams.

With more than 40 combined plus years of full-time real estate experience, we bring proven expertise to every transaction. From cutting-edge marketing and cinematic drone videos to creative storytelling and targeted national exposure that we personally oversee, we leave no stone unturned to deliver outstanding results for you!

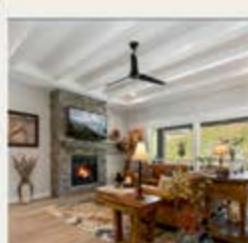
Even if a move isn't on your horizon right now, we'd love to sit down and chat about what's happening in the Avimor market today — values, trends, new listings, you name it. Swing by one of our upcoming Open Houses or give us a call and we can meet for coffee or tea on us at Hyde Park here in Avimor!

We love what we do, we absolutely love this community, and we're excited for all the ways we'll get to help you and your neighbors make your next move in 2026.

Kirsten & Rick Powell
Call/Text: 208.757.7667



real
REAL Broker LLC





AVIMOR™
COMMUNITY CENTER



MONDAY

Water Aerobics 7:00-7:45a
Pati · 208-713-3581 · pati.stewart@yahoo.com

Water Aerobics 8:00-8:45a
Sharil · 208-921-9715 · stbd143@outlook.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 Stretching 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 7:00-7:45a
Pati · 208-713-3581 · pati.stewart@yahoo.com

Water Aerobics 8:00-8:45a
Sharil · 208-921-9715 · stbd143@outlook.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 Stretching 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 7:00-7:45a
Pati · 208-713-3581 · pati.stewart@yahoo.com

Water Aerobics 8:00-8:45a
Sharil · 208-921-9715 · stbd143@outlook.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

Kids Swimming Lessons (Fall & Winter)
Bob Swim · bobswimco.com
info@bobswimco.com

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

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

MEET YOUR NEIGHBORS.



Annie



Baye



Bear



Beatrice



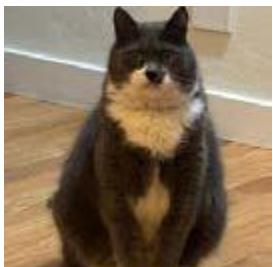
Beau



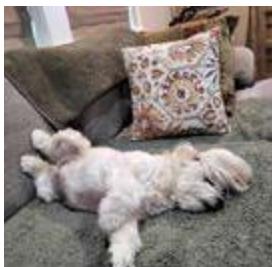
Belle



Bon Bon



Buddy



Charlie



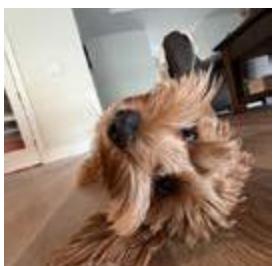
Coco



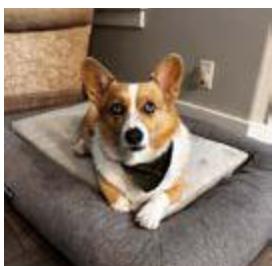
Dax



Dozer



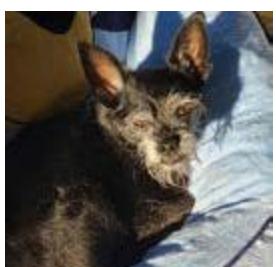
Filson



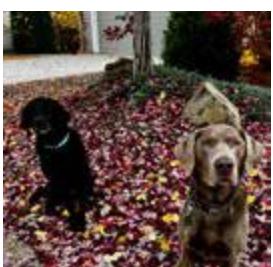
Finn



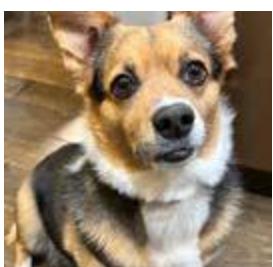
Fred



Gimlie



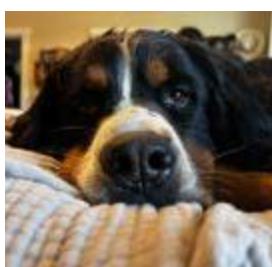
Gus & Spencer



Hazel



Iris



John Wayne



Kayce



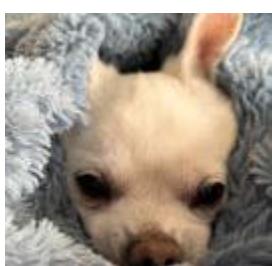
Lainey



Louie



Luna



Lupe



HERE ARE SOME OF THE MOST LOVED AVIMOR RESIDENTS



Maggie Mae



Maple



Mateo



Monte & Sam



Oliver



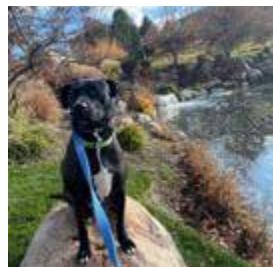
Pepper



Riggins



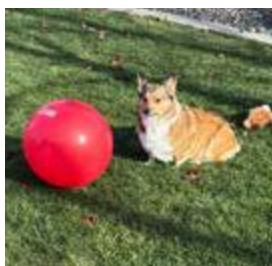
Rocco



Rocky



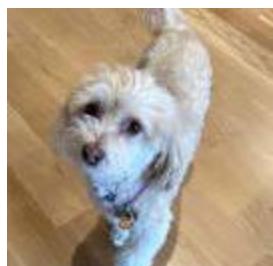
Rookie, Leo, & Gillis



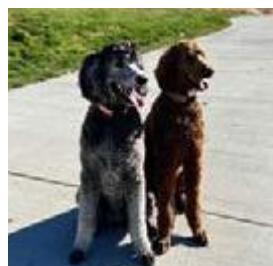
Rookie



Rosie



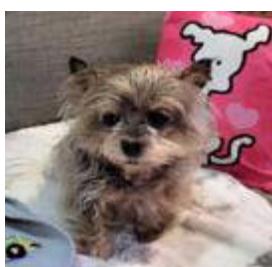
Sadie



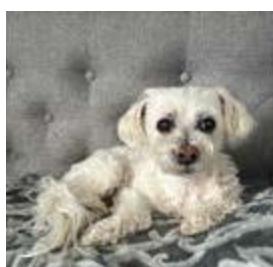
Sage & Maggie



Sawyer & River



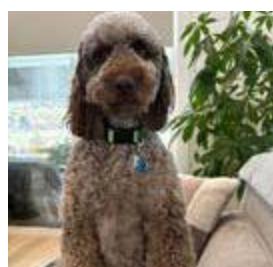
Schmitty



Sky



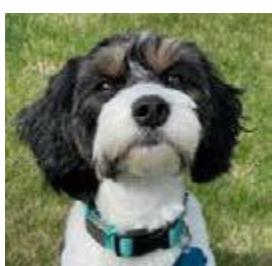
Tigger



Truffles



Zoe



Zoey

Thank you to all of our dog and cat owners who submitted photos of their beloved pets.

If you haven't sent yours yet, please send them to artofliving@avimor.com for future issues.

LIVING IN *Harmony*

Avimor is much more than merely a place to live.

It is a blessing.

Our community is a sanctuary; a state of mind that transcends the commonplace. Those of us who reside here are conscious of our environment and our impact on it. A feeling of well-being is apparent to residents and visitors alike. Avimor is a great place to be old, young or anywhere in between. Whether you are active on the trails or sitting quietly in deep meditation you will discover a sense of self here. Your questions will be answered.

What is the price of peace and quiet?

What is the worth of safety and tranquility?

No matter who you were before you arrived in Avimor, living here has polished your rough edges. The calm of the foothills has rewired your nervous system. Going for a walk feels different. The air is fresher. The views embracing. Perhaps you've noticed that the wag of your dog's tail has widened. Our pets know when we are in alignment. Instinctually, they can sense when we are on the right path. They are not living in the future or the past.

They are in the Now with their loving master.

People drawn to Avimor seek harmony. They want to dwell above and beyond. All your neighbors have chosen to step outside the circle of the mainstream. We don't mind being slightly out of town. A few miles of insulation suits us.

We feel connected and protected.

Good listeners are common in Avimor. We are interested in our neighbor's stories. Because our community is relatively new and ever evolving we are all pioneers discovering an inspired lifestyle together. Visitors sense this spirit and want to become a part of it.

Love at first sight is a frequent reaction.

If you are at home in this moment take the time to have a good look around you. Are you pleased with what you see, hear and smell? The fresh air you breathe is nothing to take for granted. It keeps your head clear and focused. Clean air is fundamental to our well-being. It is the bedrock fuel for health and vitality.

Think back to all the steps you took to arrive in Avimor. Few of us were actually born here. Only the very young have always called Avimor home. For the rest of us it was a conscious choice. Do you remember why you decided to be here now? What were you looking for before you arrived? What did you envision as your perfect lifestyle? Have you found what you were searching for? Where you live is not an accident. It is destiny. If you are here you deserve to be here.

We are smiling because we are happy. We know we have landed in a special place. Our children and parents are safe and secure. We have the space we need to be calm; the room to grow and thrive.

Voltaire, the great French writer and philosopher wrote:

GOD GAVE US THE GIFT OF LIFE; IT IS UP TO US TO GIVE OURSELVES THE GIFT OF LIVING WELL.

Avimor is a place to commune with the natural world.

A red tailed hawk has come to visit. It lands on your outdoor table. You share a blissful moment. The bird nods that you are doing a good job. The bird agrees with your point of view. If you are fortunate you might spot some early morning deer. They are not afraid. They recognize the safe zone they inhabit. Wildlife sense the balance; the harmony; the embrace and calm of the foothills surrounding us.

Avimor is a place few wish to escape. Living in our community affords us a sense of arrival. We are quick to settle into our new environment. Many of us have journeyed from far away. We know what it takes to get here. We are grateful. We are fulfilled.

We know what we have found.



**BILL
ENGLISH**

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



Avimor Academy

Opening Spring 2026!



Newborn - 5th Grade

Avimor Academy is a full-service early learning center for children ages newborn thru Pre-K. We are proud to offer before and after school care for children ages Kindergarten thru 5th grade, including Summer Camp.



Curriculum & Assessments

Even as an infant, children will receive daily, age-appropriate lessons in social-emotional, cognitive, language, and motor domains. Ages 3-5 will enjoy highly structured, school-like academics preparing them for their years ahead in school.



Safety & Security

Our facility is monitored by a high-definition camera system and is only accessible through keypad entry by staff and families. We use a state-of-the-art Zono disinfecting machine and natural, non-toxic cleaning products wherever allowable.



Nutrition

Good nutrition is paramount for healthy development! Our menu prioritizes whole foods, made-from-scratch recipes, no food dyes, no preservatives, and some organic options. Breakfast, lunch, and PM snack are included with the cost of tuition!

At our preschool, your child isn't just being watched—they're being guided, encouraged, and prepared for a lifetime of learning.

At Avimor Academy, we envision a community where every child grows with confidence, kindness, and curiosity. We strive to inspire a lifelong love of learning, nurture meaningful relationships, and prepare children to embrace the future with joy and resilience.

Curriculum-based learning

Building Social & Life Skills

Learning & Growth Assessments

Kindergarten Readiness

Our beautiful new facility is optimally designed for safety and learning, with an embrace of the beautiful Idaho outdoors.

18551 N McLeod Way Boise, ID 83714

info@avimoracademy.com

@avimoracademy

www.avimoracademy.com

Rebuilding Your Health in 2026

After the holidays—when routines slip, sugar increases, sleep shortens, and stress quietly builds—many people feel weighed down, sluggish, or out of balance. This isn’t just in your imagination. When the body is overloaded with processed foods, alcohol, environmental toxins, and chronic stress, its natural detox pathways become sluggish. This can make it harder to burn fat efficiently, increase inflammation, weaken the immune system, and drain energy.

Beginning the New Year with a purposeful detox isn’t about restriction or punishment—it’s about renewal. It’s about giving your body space to recover, reset, and function the way it was designed. Think of these next three months as a gift you’re giving to yourself—an investment in strength, clarity, and health.



Month 1

Clear the Clutter and Reset Your System

1. Morning Hydration Ritual

Start each day with warm water and lemon. This simple step supports hydration and wakes up digestion after a night of fasting.

2. 12–14 Hour Overnight Fast

Your body does much of its repair work when you’re not eating. A daily fasting window allows your metabolism and digestive system to rest and reset—supporting fat-burning and reducing inflammation.

3. Clean, Simple Eating

Focus on whole foods: vegetables, lean proteins, whole fruits, nuts, seeds, and clean fats. Reducing processed foods lightens the load on your detox organs, helping them work more efficiently.

4. Gentle Supplement Support

(Always check with your health provider.)

- Greens powder for added micronutrients
- Probiotics to support digestion and immunity
- Magnesium to promote relaxation and healthy elimination

This month is about clearing the fog and laying a strong foundation.

Month 2

Deepen the Detox With Juicing & Nutrient Density

As your body adjusts, you can safely increase support.

1. Add Fresh Juices 3–4 Times per Week

These deliver antioxidants and enzymes that help combat toxicity.

Try:

Green Energizer: celery, cucumber, parsley, lemon, green apple

Beet Cleanser: beet, carrot, ginger, lemon

Citrus Defense: grapefruit, orange, turmeric

2. Increase Your Fiber Intake

Fiber acts like a broom that helps remove waste from the body. Add berries, leafy greens, chia seeds, flax, broccoli, and beans.

3. Try a 24-Hour Liquid Day Every 1–2 Weeks

Use vegetable juices, herbal tea, and broth. This is a gentle way to reduce digestive load and enhance detoxification.

This month is about nourishing your body with what it truly needs.

Month 3

Strengthen, Sustain, and Transform

1. Continue Fasting + Add One Mindful Meal a Day

Slow down, chew thoroughly, and eat without distraction. This improves digestion, reduces stress, and prevents overeating.

2. Sweat for Detox & Circulation

Move 4–5 times a week—walking, strength training, or cycling. Sweating helps the body clear waste and boosts mood and metabolism.

3. Antioxidant Supplement Support

Common options include vitamin C, milk thistle, or NAC (again, check with your provider). These nutrients help neutralize toxins and support liver function.

4. Carry One Habit Into the Rest of 2026

Maybe it’s fasting, juicing, or daily walking. Long-term transformation comes from small habits done consistently.

An Invitation to Renewal

Start your 2026 from a place of intention, clarity, and self-care. Your body will thank you with renewed energy, sharper focus, and stronger health for the year ahead.

Join me at our New Year New You Seminar January 17th from 10-12pm at Avimor Community Center. Text 208-859-6170 to register for FREE!



Dr. Rosie Main, DC, CFMP
MainHealthSolutions.com

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
Art By Davina Parypa	Davina Parypa	208-991-6114	davinaparypastudio@gmail.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
Boise Bike Academy	Carter Edmiston	208-718-1242	info@boisebikeacademy.com
Brandon C. Peters Training & Nutrition	Brandon Peters	818-640-7245	brandon@bcpfit.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
ChasnIdaho Real Estate	Jason Blanton	208-271-6174	Jblanton@ChasnIdaho.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
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
Full Service Dog Grooming	Roise Burlingame	559-274-8347	rosieburlingame@gmail.com
GDD Photography	Gwen Drake	208-912-5070	gddphotography@gmail.com
GRC Consulting	Greg Ritter	951-704-0696	sharksdef@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	blherrington1@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

Business	Name	Phone	Email
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 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
L.M. Pane Photography	Lisa Marie Pane	208-391-3760	lisa@lmpanephoto.com
Ladybug Cleaners	Lori Short	208-440-4040	lori@ladybugcleaners.org
Lexi Howard, CDFA, CFP	Lexi Howard	208-991-2280	lexi.howard@wfadvisors.com
Lightscape Imagery	Michael Wells	760-822-7238	mikew@lightscapeimager.com
Lisa's Quilty Treasures	Lisa Atkinson	208-400-0028	
Live Well Bodyworks	Jennifer Pickens	727-423-7533	livewellbody@gmail.com
Luminaire Smart Homes	David Foster	208-781-8301	david@boisesmarthomes.com
Mary Kay	Julia Orser	509-945-0990	rjorseryakima@msn.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
Papercraft Classes	Sue Meadows	208-284-5230	dameadowsfam@gmail.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	208 519-8888	
Psychologist	Nancy Lachapelle	310-375-4633	nancylachapellephd.com
Realtor	Kim Holland	208-559-2842	kimsellsboise@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
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.realty.com
Studio Peridot	Renee Burnett	208-606-1984	
Swim with Morgan	Morgan McFarland	619-840-9165	morganmcfarlandfitness@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
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	Mark Bollinger	208-891-6156	markbollinger@gmail.com
Weathered and Whimsy Adventures 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

Art ON THE FLOOR

By Bill English

The Avimor aesthetic is one of soothing colors and considered spaces. Our homes have been designed for gracious and comfortable living. Ceilings are lofted offering opportunities to showcase large paintings and photography. But not all the art we display is found on the wall. Sometimes our floors can create a dramatic moment to anchor a room in elegance.

With a tradition dating back 4000 years, the oriental rug has long been seen as a traditional way to enhance the beauty of an interior space. For centuries these textile masterpieces have been lovingly woven by peasants in Iran, Turkey and China. A large room size rug can take two women a year to create. The result is an almost mystical artform that radiates peace and harmony. An authentic antique oriental rug can hold its own beneath a Picasso. It offers dignity beyond question. There are no shortcuts in this artform. Every knot is deliberate and created in the Now.

A great carpet speaks to the soul. It seduces by merely being.

Oriental rugs reveal themselves slowly over time. Top quality antique carpets have a glow and patina that is only enhanced by decades of use. A century old rug displays colors and designs no longer

available. They have an aura that sophisticated collectors have appreciated for generations. These carpets are heirloom quality. Some are passed down from grandparents or a favorite aunt. Those of us who learned how to crawl on a spectacular Sarouk know the feel and smell of quality wool. There is something comforting about an object that has always been there and only gets better over time. In a world where everything wears out and is thrown away, there is a joy in knowing that the old Kirman will be around for a while. When you walk on a family Heriz you are recounting the steps of your ancestors.



But acquiring a true antique oriental rug can be a tricky business. Like all artforms, rugs require study and awareness to be fully appreciated. To the unknowing eye a 1920's Walter Nicols Art Deco Chinese

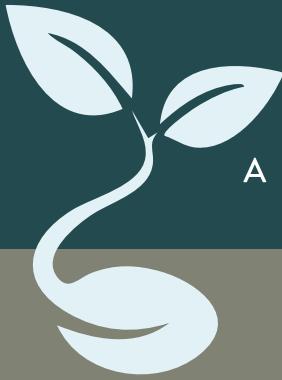
rug might appear common place or old fashion. But if one takes the time to learn the history and story of these extraordinary carpets one begins to understand their historical significance. These rugs are now 100 years old and still look stunning wherever they are placed. Over the years they have proven to be sound investments. A Chinese carpet purchased in the roaring twenties for a few hundred dollars can now be worth as much as twenty thousand. A rug that has brought joy to generations is money in the bank. What is the value of old wall-to-wall carpeting? How many trends have come and gone while these fine rugs have aged like vintage wine?

Oriental rugs give a space a timeless Ralph Lauren, Bunny Williams look that speaks of value and authenticity. Only the truly cultivated seek such quality. Those who respect the traditional are drawn to the handmade and unique qualities of this enduring artform. No one next door will have the same Mir that graces your entry. Great historical rugs make a statement. Taste and refinement live here.



If you would like to learn more about antique oriental rugs you can contact Bill English at 208 391-0524





Starting Seeds Indoors:

A HOME GARDENER'S WINTER GUIDE

Even in the middle of winter, gardening does not have to stop. January is the perfect time to get a jump on spring by beginning the process of starting seeds indoors.

Growing your own vegetables, herbs, and flowers gives you an early harvest and lets you experiment with varieties you might not find at local nurseries.

You do not need a big setup. A few containers, some light, and consistent care can make small indoor seed-starting projects simple and rewarding.

WHY START SEEDS INDOORS

Starting seeds inside offers several advantages:

1 **Earlier Harvests:** Indoor seedlings get a head start and produce vegetables and flowers weeks before crops sown directly outdoors.

2 **Greater Variety:** Grow specialty vegetables, unusual flowers, or heirlooms not typically sold as young plants.

3 **Winter Engagement:** Seed-starting is a fun, hands-on way to stay connected to your garden during the quiet season.



Essential Supplies Here's what you'll need:

- **Containers:** Small pots, trays, or recycled cups with drainage holes. A tray with a saucer helps contain water and makes watering easier.
- **Seed-Starting Mix:** Use a commercial blend or make your own with:
 - 1 part sphagnum peat moss or coco coir
 - 1 part perlite
 - 1 part vermiculiteMoisten the mix before planting so it feels like a wrung-out sponge.
- **Seeds:** Choose vegetables, herbs, or flowers suited to our local hardiness zones (generally 6-7, though microclimates can vary).
- **Light:** Seedlings need 12-16 hours of bright light. A sunny south window works for some crops, but most do best under LED or fluorescent grow lights. Rotate trays to prevent leaning.
- **Watering Tool:** A spray bottle or small watering can provides gentle moisture without uprooting tiny seedlings.
- **Fertilizer:** Use a balanced, water-soluble fertilizer like 20-20-20, or organic options such as fish emulsion or worm castings.

Step-by-Step Seed-Starting Process



- 1. Read the Seed Packet and Check Local Timing:** Packet instructions tell you the planting depth, spacing, and germination needs. Local guides (such as Snake River Seeds or North End Organic Nursery) help you time your start. Starting too early can make seedlings leggy or become stunted when they finally make it out to the garden. Starting too late may leave them underdeveloped for outdoor planting.
- 2. Fill Containers:** Lightly moisten your mix and fill containers, leaving about $\frac{1}{2}$ inch at the top.
- 3. Plant Seeds:** Follow the packet for planting depth. Tiny seeds may stay on the surface with a light dusting of vermiculite. Some seeds need light to germinate and others need darkness, so check the packet to ensure proper conditions.
- 4. Label Containers:** Trust us on this one: those tiny sprouts all look the same at first. Label each container with the variety and planting date so you're not squinting at mystery seedlings later.
- 5. Maintain Moisture and Temperature:** Keep soil evenly moist, not soggy, and maintain temperatures between 65–75°F. A clear plastic cover helps retain humidity until sprouts appear.
- 6. Provide Light:** Once seedlings emerge, keep grow lights 2–4 inches above them or rotate trays in a bright window to prevent stretching.
- 7. Thin Seedlings:** Snip weaker seedlings at soil level so the strongest ones can flourish.
- 8. Fertilize:** Begin once seedlings grow their first true leaves. Start with a diluted dose at one-quarter to one-half strength to avoid burning tender baby plants. Apply at the base or bottom-water so roots soak it up. Fertilize about once a week.
- 9. Hardening Off:** About a week before transplanting, gradually acclimate seedlings outdoors. Start with 30 minutes outside on day one and increase by 30 minutes each day. Protect them from direct sun at first, since unacclimated seedlings scorch easily, and slowly increase their exposure.

Common Mistakes to Avoid:

TOO LITTLE LIGHT CAUSES LEGGY, WEAK SEEDLINGS

OVERWATERING CAN LEAD TO DAMPING-OFF DISEASE

STARTING TOO EARLY OR TOO LATE PRODUCES UNMANAGEABLE OR STUNTED PLANTS

SKIPPING HARDENING OFF LEADS TO TRANSPLANT SHOCK

The Reward of Winter Gardening

Starting seeds indoors is an easy and cost-effective way to keep gardening active during winter. With a little space, a few basic supplies, and consistent care including labeled trays, gentle watering, rotation for even light, and patience before fertilizing, you can produce strong, healthy seedlings ready to thrive once the spring weather arrives. A little attention now pays off with a vibrant and productive garden in just a few months.





THE
AVIMOR
LIFESTYLE

Adventure. Community. Home.



Cover Photo By:

Jim Arl