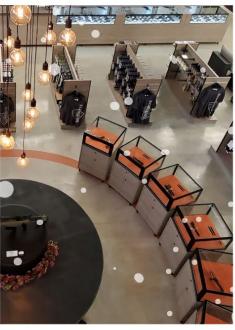


# COMING SOON SECURITÉ GUN CLUB IDAHO









INVESTMENT OPPORTUNITIES NOW AVAILABLE!

Contact John Fowler today (208)912-4639 john@securitegunclub.com

# **ART OF LIVING EVENTS**



#### There is an "Avimor App" for that!

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

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

There is a wealth of information literally at your fingertips there including current, new & future events.

As activities and events are confirmed they are uploaded to the app and available to you to add to your calendar. Check back often to see what is new!

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



# FOOD TRUCK MONDAYS AT SPRING CREEK BREWING COMPANY

4:30 -6:30pm

The Brewery is open on Mondays from 4pm - 8pm serving drinks only to enjoy with your food truck foods. The Food Truck will be parked in their parking lot, and you are welcome to bring your food truck food inside or on the patio, to enjoy a drink with it and hang out with your neighbors. See You There!

# CUB SCOUTS AND SKYHAWKS THIS WINTER, NEXT SPRING, THIS SUMMER AND BEYOND!

There is interest to start a Cub Scout Pack at Avimor over this winter and spring! Cub Scouts are year-round and are for Boys & Girls, K-5 Grade. Organizational meetings are being planned now in order to get things going. If interested, please contact Donna Kemper of the Boy Scouts of America Mountain West Council at 208-376-4411 or donna. kemper@scouting.org. Once meeting times are set, all the information will be available

on the Avimor App and resident emails will go out. Scouting is and has been a wonderful experience in many, many young children's lives and we feel our Avimor kids would love that experience as well. Check it out!

SoccerTots with Skyhawks is starting back up now for the winter for ages 2-3- & 3-5-year-olds on Wednesday afternoons at the community center. Plans are set for a Multi-Sport SPRING BREAK CAMP (Soccer, Flag Football & Baseball) at Footbills Heritage Park is scheduled for Mar 17-21, 9a-Noon for ages 6-13.

Outdoor Soccer, Baseball, Basketball, Flag Football options are available starting the week after Spring Break. There are options for both Idaho Novus Classical Students, and kiddos who attend school in town! Pickleball & Tennis options are also available this Spring and the Summer Camp schedule will be posted after Spring Break! Check the Avimor app for more information or how to register. Send questions to boise@skyhawks.com.





# **Enlightened Education**

#### Idaho Novus Classical Academy Arrives in Avimor

Story and Photos by Bill English

The first day of school is always exciting, but for the staff and students at Idaho Novus Classical Academy in Avimor, the beginning of this year was especially exhilarating. Everything from the building, teachers, and student body was new and ripe for discovery. Teachers had been hand selected from around the nation

to teach various subjects to kids from all over Ada County. Students were admitted tuition free via random lottery per Idaho Statue.

Principal Dr. Vincent Kane, who holds a doctorate in entrepreneurial leadership in education from the prestigious John Hopkins University, recently met with the magazine to show us around and fill our readers in on what is happening at the innovative charter school.

"Planning for the school began almost five years ago when a group of parents and community members from Eagle and Meridian approached Avimor with the idea of starting a charter school." Kane explains. "Avimor loved the idea and generously donated, site of land for the project. Two and a half years ago, Major Sims and I arrived in Idaho to lead the school development project, hire a team, and prepare for a strong school launch."

The school was designed and built by Bouma USA with

support from Henrickson Architecture and Paradigm Design. The enterprise was funded by three separate bank loans and the Idaho Public Charter School Revolving Loan Fund. Avimor and the McLeod family donated the land with the understanding that the structure would blend in with the overall aesthetics of our carefully planned community. The result is a spectacular building that enhances its site along N McLeod Way.

Kane went on to say, "Avimor has been very supportive of the project from the outset. Even residents without children in the community understand the value of having an excellent American classical academy in their neighborhood. Our presence here is going to draw even more families into Avimor."

From the moment visitors arrive at the charter school a sense of order is established. Avimor resident and administrative assistant Laurie Young greets guests at the entrance with a warm smile and a firm request for a photo ID. Moments later Dr. Kane arrives to begin the tour. Kane is a man who clearly loves his job and his new position. It's eleven o'clock in the morning and the lunch rotation is beginning to get underway with a choreographed precision.

"We currently have 350 students which we serve lunch to in shifts," Kane says as he keeps a watchful eye on the activities going on around us. "Students are seated by school leadership, and we rotate them from table to table so that they can make new friends. Meals are delivered by the Healthy



Scholars Project and then served by our in-house kitchen staff and parent volunteers."

One of the primary missions of Idaho Novus Classical Academy is to prepare students to be good citizens. After the first round of lunch service is completed, Assistant Principal Major Bruce Sims is seen with a broom and dustbin mindfully tidying up like a Zen monk. The sight of such a high-ranking Marine veteran and second in command at the school sweeping up speaks volumes about the character building that goes on at the school. More than once students ask if they can volunteer for various tasks. There is a real sense of teamwork and dedication within these walls. Students are proud to be attending this charter school. They realize it is a privilege and an honor.

Major Sims explains his duties at the school. "The assistant principal is responsible for ensuring the successful daily operations in many areas, this includes supervising and supporting the school lunch program."

An hour into the visit and it's evident that Idaho Novus Classical Academy runs like a Swiss watch. All procedures have been carefully considered. Students wear uniforms and march through the halls in orderly lines. They appear happy with their school and know exactly what is expected of them.

Dr. Kane offers insights regarding the dress code. "The uniforms level the playing field and promote an appropriate level of reverence for education and the Western tradition. We are a traditional school, and with that comes a highly structured environment."

Upon entering Mr. Cameron McGrady's sixth grade class, a female student immediately gets up from her desk and approaches the new arrivals. She extends a hand and introduces herself before explaining what is currently happening in the classroom."

"Each class has an assigned ambassador who greets guest," Dr. Kane explains. Each class also assigns other roles to





students, such as official pencil sharpeners and line leaders."

When Mr. McGrady, who came to Fruitland, Idaho from San Diego four years ago to join the faculty of the sister school Treasure Valley Classical Academy, is asked what it's like when everything is new, he considers the question for a moment.

"Forging all the diverse elements of a new charter school is challenging. We have so many students from different backgrounds. Students have different expectations about what school entails."

Students currently in the sixth grade will become pioneers as they become the first seventh graders next year. As these students move up through the grades the charter school will expand to meet their needs until Idaho Novus Classical Academy eventually reaches its goal of being kindergarten through the twelfth grade. Plans for expanding the building to accommodate the increased size of the student body are already underway.

First grade teacher Ms. Kathleen Tribble, who before coming to Idaho Novus Classical Academy taught for many years in public schools and was recognized as a First Lady Laura Bush Teacher Of Excellence, summed up her experience at the new charter school.

"In just four months I have already taught more content than I would have in a full year at a district school. This includes the phonograms of the English language, addition and subtraction math, exposure to ancient cultures such as Mesopotamia and Egypt, as well as world geography, astronomy, geology and more."

An overall aura of competency permeates all aspects of Idaho Novus Classical Academy. This dedication to proven process results in a safe haven for learning that blends seamlessly with our community. Another jewel has been set in place to enhance the art of living In Avimor.

This is the first installment of a series of articles Bill English will be writing on Idaho Novus Classical Academy. Future stories will cover the Five House System and the first winners of the Fall Cup, the Literacy Program, and spotlights on the individuals who make this charter school exceptional.



In 2024, Idaho experienced one of its most challenging fire seasons, with many communities across the state facing mandatory evacuations due to wildfires. Thankfully, Avimor was not one of those communities. However, given our location, surrounded by grassy foothills, it's only a matter of time before an evacuation could become a reality for us. This possibility urges all of us to think carefully about how to prepare for such an emergency. One crucial step in ensuring our safety is enrolling in the CodeRED evacuation program—a system designed to deliver timely, lifesaving information during emergencies.



#### What is the CodeRED Program?

The CodeRED program, in partnership with the Ada County and the Eagle Fire Department, is an emergency notification system that alerts residents to imminent dangers and evacuations. The system employs a multifaceted approach known as the "Ready, Set, Go" process, which provides clear and actionable guidance to residents during wildfire events.

# READY

This phase emphasizes the importance of preparation. Residents are encouraged to create defensible space around their homes, assemble emergency supply kits, and develop family communication plans. Being ready means having a clear understanding of what to do when a wildfire threatens.



When a wildfire is approaching, the "Set" phase alerts residents to be on high alert. This involves staying informed about the fire's progress through CodeRED notifications, local news, and social media updates. Residents should have their emergency kits packed and vehicles fueled, ready to leave at a moment's notice.



When evacuation orders are issued, the "Go" phase means it's time to leave immediately. Delaying evacuation can put lives at risk, as wildfires can spread rapidly. CodeRED alerts provide precise instructions on evacuation routes and shelters, ensuring residents can evacuate quickly and safely.

#### Why Enroll in CodeRED?

- Timely Alerts: Wildfires are unpredictable and can change direction rapidly.

  CodeRED provides real-time alerts directly to your phone, ensuring you receive critical information without delay.
- Accurate Information: The CodeRED system is coordinated with the Eagle Fire Department, guaranteeing that the information provided is accurate and up-to-date. This reduces the risk of misinformation and ensures you receive trustworthy guidance.
- Preparedness: By following the Ready, Set, Go process, residents can significantly enhance their preparedness for wildfires. The program's guidelines help ensure that families are equipped to respond quickly and effectively during an emergency.

- Community Safety: Enrolling in CodeRED isn't just about individual safety—it's about the safety of the entire community. When all residents are informed and prepared, the likelihood of successful evacuations increases, reducing potential casualties and property damage.
- Peace of Mind: Knowing that you have a reliable source of emergency information provides peace of mind. In the chaotic moments of an evacuation, having a clear plan and trusted alerts can alleviate stress and anxiety.

#### **How to Enroll in CodeRED**

Enrolling in the CodeRED program is a straightforward process. Residents can sign up online at https://public.coderedweb.com/CNE/en-US/BF01DC4DD213 or scan the below QR Code. Soon, there will be a link on the Avimor website that will go directly to the CodeRED signup portal. Registration allows for your specific address to be included in the database and it's important to ensure that all family members and household devices are registered to receive alerts.

Moving forward, we will be hosting some training courses at the Avimor Community Center to assist anyone needing help enrolling.

The 2024 fire season underscored the importance of preparedness in the face of natural disasters. For Avimor residents, enrolling in the CodeRED evacuation program is a vital step in safeguarding lives and properties. By staying informed and following the Ready, Set, Go process, the community can enhance its resilience and readiness for future wildfire events.



# Landscaping for Winter Interest

Southern Idaho winters bring a unique beauty to your landscape and an opportunity to create a garden that combines visual appeal, safety, and functionality. Even when much of the garden is dormant, your yard can shine with thoughtful design. By incorporating plants with diverse forms, textures, and colors alongside fire-resistant hardscape elements like gravel paths and boulders, you can craft a stunning and resilient landscape that offers year-round interest.

#### TREES WITH DISTINCTIVE BARK AND FORM

Add structure and character with trees featuring unique shapes and textures:



#### Contorted Filbert

(Corylus avellana 'Contorta'): Twisted, corkscrew branches create year-round drama, making it a winter focal point.

#### Weeping Colorado Blue Spruce

(Picea pungens 'Pendula'): Gracefully weeping branches and blue-green needles bring elegance and color year-round.

#### River Birch

(Betula nigra): Warm pink and tan exfoliating bark adds texture, with a sculptural, multitrunked form perfect for winter.

#### SHRUBS WITH COLORFUL STEMS

Vibrant stems bring energy and contrast to your garden:



#### Redtwig Dogwood

(Cornus sericea): Bold red stems pop against snow and rock mulch.



#### Arctic Willow

(Salix purpurea): Subtle bluish-purple stems thrive in Avimor's conditions.



#### Golden Currant

(Ribes aureum): Golden stems, fragrant spring flowers, and wildlife value make this shrub a year-round gem.







## FRUITS AND BERRIES FOR WINTER COLOR

Berries and fruiting shrubs brighten landscapes while feeding wildlife:

#### Serviceberry

(Amelanchier alnifolia): Purple-black berries add color and sustain birds through winter.

#### Hawthorn

(Crataegus spp.): Bright red berries linger long into winter, providing striking visual interest.

#### Chokecherry

(Prunus virginiana): Reddish stems and dark berries enhance your garden's texture and color.

# Incorporating Hardscape Features

As plants go dormant in winter, hardscape features become the stars of your landscape, providing lasting structure and visual appeal. A few carefully selected elements can transform your garden into a beautiful, engaging space year-round:

GARDEN BENCHES: A well-placed bench adds structure and serves as a cozy focal point, blending seamlessly with your natural surroundings.

TRELLISES AND ARBORS: These architectural elements bring height and elegance to your garden, even in winter. For Firewise purposes, they should be made of metal to enhance fire resistance. Wrap them with twinkling lights for added charm.

SCULPTURES: Hardy materials like stone or metal create timeless focal points that draw attention when plants are resting.

PATHWAYS: Gravel, flagstone, or paver paths add flow and contrast beautifully with snow and evergreen plants.

BOULDERS: Large, natural boulders provide grounding elements that complement winter landscapes. They add texture, create visual interest, and pair beautifully with ornamental grasses or snow-dusted evergreens.

#### **DECORATIVE PLANTERS:**

Planters filled with seasonal greenery or winter decor bring pops of color and texture to your landscape.

FOUNTAINS: Even turned off for winter, the structure of a fountain can create striking visual interest against a snowy backdrop.

# GRASSES FOR TEXTURE, MOVEMENT, AND WILDLIFE

Ornamental grasses offer texture, motion, and habitat:

#### Maiden Grass

(Miscanthus sinensis): Tall, golden plumes sway in the breeze and look especially striking when frosted, adding sparkle to your winter landscape. They also provide shelter for small birds.

#### Blue Fescue

(Festuca glauca): Silvery-blue clumps contrast strikingly with snow and offer cover for ground-dwelling wildlife.

#### Blue Grama Grass

(Bouteloua gracilis): Whimsical seed heads and tan foliage add soft movement to winter landscapes.

#### FLOWERS AND PERENNIALS FOR WINTER INTEREST

Some flowers and perennials stand out even in dormancy:

#### Hellebores

(Helleborus spp.): Blooming in late winter, these beauties bring delicate color to sleepy gardens.

#### Echinacea

(Echinacea purpurea):
Dried seed heads add
texture to snowy scenes
and feed birds like finches.

#### **Astilbe**

(Astilbe spp.): Feathery seed heads provide soft, subtle contrast to snowy backdrops.





These winter-friendly plants ensure your garden stays vibrant and inviting all season long! Thoughtful additions like these, paired with landscape lighting to highlight key features, ensure your garden remains vibrant and inviting, even on the darkest winter evenings. Let us know how we can help you design a winter-ready landscape!





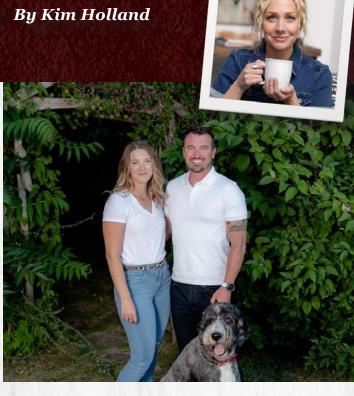
Adam and Megan were enjoying life in Salt Lake City when they made a trip to visit Megan's sister, Heidi, who had recently moved to the Eagle area and fell in love with Boise. They came up again a few months later for a long weekend and Heidi had moved to Avimor! During this second visit they took a day to hike and explore. They immediately fell in love with Avimor's dog-friendly trails, and before heading back to Salt Lake City they were under contract on a home in Avimor. Since then, they have been enjoying the trails every week with their German Shepherd mix, Juno, even adding in some snowshoeing and cross-country skiing.

Adam and Megan both have interesting and vastly different jobs; Adam is part of the technology team for a government defense contractor and Megan works at Boise State University as an operations manager in the Division of Research and Economic Development (her job is to make sure the research actually happens!). Adam also likes to take on complex hobbies, recently building a full arcade machine from the ground up.

Megan and Adam share a love for hiking, the outdoors, and traveling. They first met in Costa Rica in 2015 and have been exploring new destinations ever since, including Curaçao, Mazatlán, Cancun, and a return trip to Costa Rica. Their travels have also taken them to cities across Washington, Colorado, Utah, Idaho, Alaska, Arizona, and, most recently, South Carolina.

Next on their list is either an Alaskan cruise, an Oregon beach vacation, or—if they brave the multiple connecting flights—St. Croix. With their first baby arriving this January, they're leaning toward something slower-paced and baby-friendly. The nursery is baby-girl-ready, and boy is this baby about to get some attention—she will be the first girl on the Daigneau side since the 1890s!

Both Adam and Megan come from large families, so Christmas traditions from their childhoods are plentiful. A tradition that they look forward to continuing with their growing family is the tradition of a beautiful fondue spread on Christmas Eve. (What a great idea, right? I might have to try it out myself.)



#### **Meet Darren and Alexis Howard**

After Darren's job moved the newlyweds from St. George, Utah, to Idaho Falls in 2017, Darren and Alexis quickly found themselves moving into a 100-year-old farmhouse, ready to take on the challenge of restoring it. They knew that getting back to Darren's hometown of Boise was the ultimate goal, but why not tackle a challenging project in the meantime? Just as they were really wishing Chip and Joanna Gaines would show up, Darren received the job offer in Boise they'd been waiting for. Eight weeks later, they were settled into their new home in Eagle.

As a native Boisean, Darren had a hard time imagining what Avimor would look like once it was developed. When Darren and Alexis finally visited Avimor in 2021—after not seeing it for over a decade—they were blown away. The drive, which had always seemed far, turned out to be a breeze from their house in Eagle. After seeing the incredible progress and amenities Avimor had to offer, they were sold. By 2022, they had moved into a new construction home in Avimor and couldn't be happier. Their street has built a real sense of community—barbecues, lawn chairs in the driveway on Friday nights, and neighbors looking after each other's homes while out of town.

Beyond their journey to Avimor, Darren and Alexis have both built solid careers in finance. Darren works as an asset manager for the Albertson Family Foundation, while Lexi is a wealth management advisor at Wells Fargo. When they're not working or hanging out with their neighbors, you can find them golfing, rafting, or spending time with their sweet pups. Murphy, their first "baby," is a sheepdog and poodle mix (sheepadoodle), and the newest member of their family is River, a 16-week-old Newfoundland and poodle mix (Newfypoo).

Their favorite Christmas tradition is simple and relaxing. On Christmas Day, when everything is quiet, they find a natural hot spring to enjoy all to themselves—just the two of them and a fresh pan of cinnamon rolls.



#### **Meet Julie Petrie**

When a friend from the Bay Area moved to Boise, Julie knew she was interested in learning more. When bringing this possible life change up to her husband, Brian, his immediate response was—finally!! Fast forward a few months later, they visited, they toured, they bought. Avimor has been their home since this past July, with Brian still going back and forth for this career as a firefighter in Oakland. Their two dogs Peabody and Nymie, along with their two sibling cats Krrsantan & Ember, are holding down the fort with Julie.

Julie has owned her own pet care business for 28 years. Her overlapping experience as a pet technician for 25 years has given her extensive experience in helping pets with medical needs, as well as healthy pets. She is excited to continue sharing her skills here in Avimor. Her services include: dog walking, dog boarding (short and long-term), overnight care (client's home), pet sitting (dogs, cats, birds, reptiles, pocket pets), and mid-day checks. She has a long list of references upon request. Furthermore, she is insured and bonded through NAPPS (National Association of Professional Pet Sitters). It is evident she takes her work very seriously, and any pet in her care would be in the best of hands.

Besides giving her time to pets near and far, Julie has been exploring the trails with long hikes and keeping up her fitness routine with various work out groups and time at the gym. She is looking forward to tapping into her creativity with joining the knitting and card making group, as well as learning more about photography with her new camera and photography class. She especially loves taking pictures of your pets and capturing their sweet personalities.

I was happy to hear that Julie and Brian have been warmly welcomed into the neighborhood, getting together with new neighbors. She has spent more time with her neighbors since July than in the entire 21 years at their home in California. That's what it's all about!

You can reach out to Julie with any pet inquiries at 208-801-3325. She would love to hear from you, and there is no charge for initial consultations.



#### Meet Michael and Katelyn Rigali

Michael and Katelyn's story began as teenagers working at a local Henry's Market, a boutique grocery store. Though they didn't start dating at the time, Michael never forgot the charming bagger he worked alongside. Years later, when Katelyn was (finally!) single, their love story began. Now, after more than a decade of marriage, they share a vibrant life with their two children, Capri (10) and Reece (8). Completing their family is their nine month old boxer, Ruger, who never misses a chance to steal the spotlight.

In 2020, the Rigali family embarked on a long road trip that included stops in McCall and Tamarack. As they passed by Avimor on their way out, they casually noted it as a community they'd like to explore. After two seasons of skiing at Tamarack and frequent visits to the area, it was clear that Avimor was the perfect fit for them.

When it comes to outdoor adventures, you'll find Michael and Katelyn in their element. Michael is an avid mountain biker, with Katelyn bravely stepping into it as a new hobby. Together with their kids, they enjoy camping, snowboarding, fishing, paddleboarding, ATVing, and even gardening—making the most of every opportunity to connect with nature.

When they're not out adventuring, Katelyn works as a nurse at St. Luke's, and Michael serves as a firefighter. Originally from California, they've wholeheartedly embraced Idaho's changing seasons, especially the snowy, crisp air in wintertime. Two of their favorite Christmas traditions are cutting down their own tree, and continuing Katelyn's family tradition of playing 'Find the Pickle' on the Christmas tree. It's such a unique and fun tradition—I bet you haven't heard of it either! Be sure to ask the Rigalis about it next time you see them.



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.

# COMMUNITY CENTER WEEKLY CLASSES & GROUPS 2025

#### **MONDAY**

#### Tai Chi w/Gloria

9-9:45 am 707-628-7712

#### Mah Jongg

1:00 pm

1st & 3rd Monday of the month Sylvia 801-244-1067

#### Food Truck Monday

4:30-6:30pm @ the Brewery

## Line Dancing w/ Sherry

4-7pm 951-970-9761

#### **TUESDAY**

#### High Fitness w/ Morgan

5:45-6:15 am 253-229-8826

#### Stretching w/ Sharil

9:30-10:15am 208-921-9715

#### Knitting Group w/ Vickie

1-3 pm 760-822-7239

#### Ping Pong Open Play

2:30-4:30 pm Rob 408-888-3595

#### WEDNESDAY

#### Tai Chi

9-9:45am

## Book Club w/ Maureen

12-2pm 2nd Wed of the month,

#### marose@att.net

## Soccer Tots w/Skyhawks

2-3 yrs - 3:15-3:55pm 3-5 yrs - 4:10-4:50pm 208-967-3594 Boise@Skyhawks.com

#### Bunco

7pm
2nd Wed of the month
w/Robin Ballard
Cell: 909-816-7185
rballard5@earthlink.net

#### **THURSDAY**

#### Stretching w/ Sharil

9:30-10:15am 208-921-9715

#### Ada County Library Story Time

10:30-11:00 am

# Stamping w/Blythe

1:00pm

1st & 3rd Thursday of the month 209-352-1059 blythe@stampingwithblythe.com

## Avimor Writers Connect

6-7:00pm 1st Thursday of the month

#### **SOME FRIDAYS**

#### High Fitness w/ Morgan

5:50-6:15 am 253-229-8826

#### Tai Chi w/Gloria

9:30-10:15am contact for details 707-628-7712

### Creative Movement w/Elizabeth Barreto

10:45-11:15am For ages 18mo - 6yrs 541-805-5775

# Weekly Pool Classes

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

# YOU'RE INVITED

#### COMMUNITY CENTER EVENTS AND RESERVATIONS.

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

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

# ADA COUNTY LIBRARY STORY TIME

Thursdays at 10:30-11am

#### AVIMOR AFTERNOON BOOK CLUB

2<sup>nd</sup> Wednesday from 12-2pm Contact Maureen Rose for more information at morose@att.net

#### AVIMOR EVENING BUNCO

2<sup>nd</sup> Wednesday at 7pm | \$5 to Play Contact Robin Ballard for more information at 909-816-7185 or rballard5@eathlink.net

# AVIMOR AFTERNOON MAH JONGG

1<sup>st</sup> and 3<sup>rd</sup> Mondays at 1pm Contact Sylvia for more information at 801-244-1067

## AVIMOR WRITERS CONNECT

1<sup>st</sup> Thursdays at 6pm Contact Shari Lohner at sharilohner@gmail.com

## CULINARY DELIGHTS WITH GWEN

Monthly (day varies) 5-7pm Contact Gwen at culinarydelightswithgwen@gmail.com

#### HIGH FITNESS HIGH

**Tues. & Fri. from 5:50-6:15am** *Contact Morgan at 253-229-8826* 

#### **KNITTING GROUP**

#### Tuesday from 1-3pm

Contact Vickie for more information at vickieandridge@yahoo.com

#### LINE DANCING

Mondays 4-7pm Contact Sherry at 951-970-9761

#### CREATIVE MOVEMENT

#### Fridays at 10:45-11:15am

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

#### PING PONG OPEN GROUP

Tuesdays from 2:30-4:30pm

Contact Rob for more information at 408-888-3595

#### STRETCHING W/ SHARIL

#### Tuesdays and Thursdays from 9:30-10:15am

Contact Sharil for more information at 208-921-9715

## SOCCERTOTS W/SKYHAWKS

#### Wednesdays

2-3 yrs - 3:15-3:55pm 3-5 yrs - 4:10-4:50pm

Spring Break Multisport Camp (Soccer, Flag Football, Baseball) at Foothills Heritage Park coming in March for ages 6-13. Sign up & check schedules via the Avimor App or contact Skyhawks at 208-967-3594 | Boise@Skyhawks.com

#### STAMP MAKING

#### 1st and 3rd Thursday from 1-3pm

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

#### TAI CHI

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

Contact Gloria for more information at 707-628-7712

#### WATER AEROBICS

#### Monday, Wednesday, and Friday

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

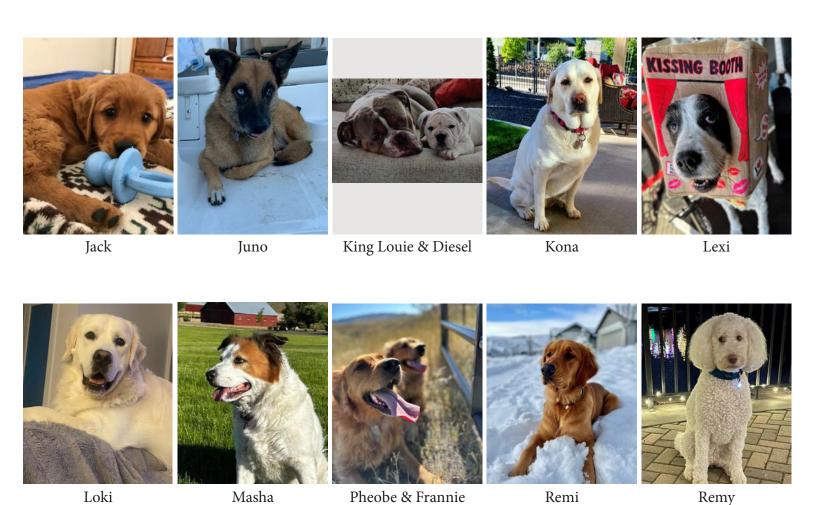
# MEET YOUR NEIGHBORS

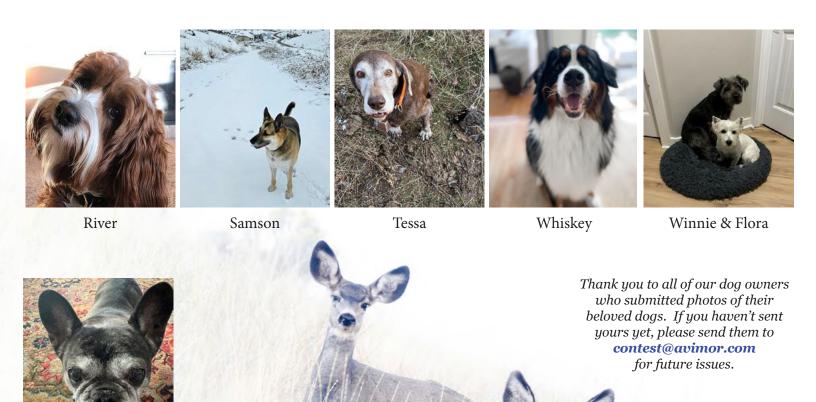
Here are some of the most loved Avimor Residents.











15

Zoe





28 YEARS PROVIDING PROFESSIONAL PET CARE WITH OVER 25
YEARS VETERINARY CARE EXPERIENCE.
OFFERING:

- DOG WALKING
- DOG BOARDING (SHORT & LONG-TERM)
- OVERNIGHT CARE (CLIENT'S HOME)
- PET SITTING DOGS, CATS, BIRDS, REPTILES & POCKET PETS
- REFERENCES UPON REQUEST, BONDED AND INSURED VIA NAPPS

# Reframe Your Mind in 2025



As we approach 2025, many of us feel the need for a fresh start—a year of genuine transformation, healing, and renewed dedication to becoming the best version of ourselves. But how do we move from desire to action? The key lies in our mindset. By aligning our thoughts and committing to natural health, we can overcome challenges and experience profound changes.

#### 1. Start with a Renewed Mind

True transformation doesn't begin with a diet or a quick fix but with a renewed way of thinking. Recognize that your body is worth caring for, and that positive change begins with the thoughts we choose to nurture.

Reject thoughts like, "I can't do this" or "It's too late for me." Instead, remind yourself that you are capable and deserving of health and vitality. Start each day by setting a positive intention and focusing on the small steps that will help you reach your goals.

#### 2. Set Intentional Goals

True change doesn't happen by accident; it requires intentional action. Set specific, measurable goals that have personal meaning. When the journey gets tough, focus on your "why." Finding your 'why' is about connecting with the deeper reasons that inspire you to make changes.

Reflect on what truly matters to you—whether it's being a positive role model for your family, gaining the strength to pursue your passions, or simply living with more joy and vitality. Write these goals down and revisit them often to stay motivated.

#### 3. Embrace Natural Healing

- Nature provides us with incredible resources to support our health. From nutrient-dense foods to the benefits of movement and rest, natural approaches help address the root causes of health issues rather than merely masking symptoms.
- Nourish Your Body: Focus on whole, unprocessed foods that energize and restore your health.
- · Move with Purpose: Exercise is not just about fitness;

it's about holistic well-being, boosting mood, and strengthening your body.

- Detox Your Life: Detoxify not just in the physical sense but also in your mind. Eliminate toxic thoughts, stress, and negative influences. Surround yourself with positivity and support.
- Proper Nutrition: Eat foods rich in omega-3 fatty acids like salmon, flaxseeds, and walnuts. These healthy fats are essential for brain function and can help reduce inflammation. Additionally, include these key nutrients for optimal brain health:
  - B Vitamins: Especially B6, B12, and folate, which help reduce homocysteine levels, a factor that can contribute to cognitive decline. Sources include leafy greens, eggs, and legumes.
  - Antioxidants: Vitamin E and vitamin C help protect the brain from oxidative stress. Foods rich in these nutrients include berries, nuts, seeds, and bell peppers.
  - Magnesium: This mineral supports nerve function and helps regulate neurotransmitters. You can find magnesium in leafy greens, almonds, and dark chocolate.
  - Choline: Essential for the production of acetylcholine, a neurotransmitter important for memory and learning. Good sources are eggs and cruciferous vegetables like broccoli.
- Stay Active: Physical activity not only benefits your body but also boosts brain health by increasing blood flow and stimulating the growth of new neurons. Activities like brisk walking, swimming, or yoga are great choices.
- Adequate Sleep: Good sleep is crucial for cognitive health. Aim for 7-8 hours of sleep each night to allow your brain to process and regenerate, which helps improve memory and mood.
- Mental Stimulation: Challenge your brain by learning something new, playing strategy games, or solving puzzles. Mental stimulation keeps the brain active and builds resilience.

#### 4. Commit to the Process

Transformation takes time, but with the right mindset, 2025 can be the year you conquer your health goals naturally. This journey isn't a sprint but a lifelong pursuit. Celebrate small victories along the way, and keep your eyes on the bigger picture—a life that reflects God's purpose.



# AVIVAR AVIVAR TRAIL MAP in Our App for that.



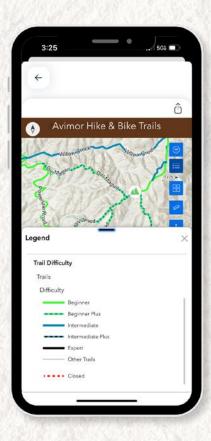
Introducing the new trail map in your Avimor app. Whether you're at home planning your next adventure or out on the trails, all of the information you need is at your fingertips. Explore your community's trails with confidence knowing the trail map is always accessible in your pocket.

You can find the new map on the Home Feed of the Avimor community app. You can continue to find other points of interest at Avimor using the Map icon in the top right corner of Home Feed.

The new Avimor trail map lets you find trails based on your interests. Browse hiking, biking, equestrian, and off road trails, and find important seasonal closure information. Each trail also includes a difficulty rating and trail length. You can easily check your progress using the map's location feature to see how close you're getting to your destination.

If you're curious about nearby mountain peaks, the trail map has you covered there, too! Find mountain names and locations by tapping the mountain icon on the map.









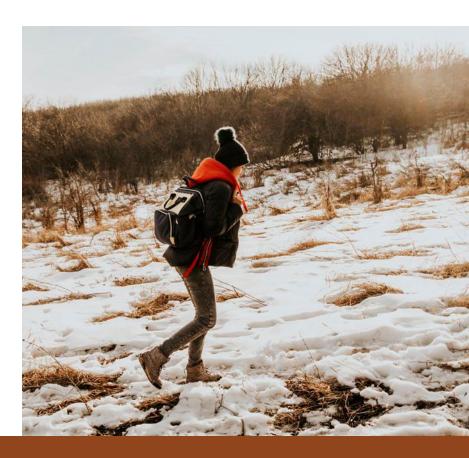
Toggle the map between a topographic relief view and satellite imagery to ensure you're prepared for whatever you encounter. You can also measure distances and see and export coordinates easily all from your community's map.

#### Static Elements:

- Trail names
- Trail head location
- Trail length
- Trail difficulty
- Beginner
- Beginner Plus
- Intermediate
- Intermediate Plus
- Expert
- Trail type
- Hiking and Biking designations
- OHV Trails
- Leashing Control (dogs on or off leash)
- Equestrian Trails
- Points of interest

#### **Dynamic Elements:**

- Location awareness
- Seasonal closures
- Maintenance closures















McLeod Ranch Paintings by Davina Parypa & Photos by Tabatha Hawks and Ed Humphreys

# NAPPING in Nirvana

vimor is a great place to nap. Serenely cradled in the foothills above Boise and Eagle our community offers the perfect nook for afternoon slumber. There are no jumbo jets flying overhead. No trains close enough to rattle our windows. Traffic passes us by often unaware of our presence. In a world gone mad all is well in Avimor. Sleeping after lunch seems like a natural course of events.

But many of us harbor doubts about being unconscious during daylight. The shining sun peeks through the curtains of our artificial hibernation. The sense of hiding from reality is ever present. Not being awake is always cause for suspicion. Anyone paying close attention will note that afternoon dreams can sometimes appear to be inspired by familiar soap operas. They are lighter and more whimsical than those formed in the dead of the night. Daymares rarely cause us to sit bolt upright in our beds screaming in terror. The nap is a friendly perspective on an alternate universe.

A tonic for the soul.

But is napping an overly indulgent form of self care that we should encourage in ourselves, or is it something else entirely? Is a three o'clock doze healthy or a sign of laziness? Is it wrong to dream while others labor?

It's something to ponder.

It is often suggested that napping might aid us on our spiritual journey. When we are asleep we're open to divine intervention and cosmic inspiration. Things come to us from magical places. Thoughts our conscious mind would never dare to think seep in from a side entrance. Solutions come to the surface from the deep waters of the subconscious. Beneath our afternoon comforter God whispers hints and directions. Our electric blanket vibrates with energy.

A pleasant hum engulfs us.

Napping is an opportunity to be alert to signs and secret messages. It's a space to let the universe flow through us like a powerful river current. A good nap leaves us feeling refreshed and sweetly altered. We awake with a smile on our faces. An

hour of sleep can change our whole perspective on life. Points of view are scrambled allowing us to see from a great distance. The narrow confines of ego melt, enhancing empathy. A lack of self awareness dissolves borders. The dream world opens us up to infinite possibilities.

But rules remain.

Tossing and turning should be avoided. A comfortable position must be discovered and embraced. An internal do not disturb sign radiates from our third eye. We are renewing. Reviewing. Taking measure of the unaccountable.

The presence of nothing is fundamental for a proper siesta.

Dreams, although often mindless distractions, can bring revelations. They can predict the future and guide us down the right path. Dreams are often scripted by our intuition and should be examined closely. The mindful never take them lightly. They roll their sleeping thoughts around in their minds like puzzles seeking answers.

What does it mean to fly?

Why was I crying under a waterfall?

Was that the scent of lavender in a dark room?

God closely observes us when we are asleep. She overlooks us like a babe in a sacred cradle. We are innocent when we are not restlessly moving about. Those napping are doing no harm. We are not opining on the state of the universe. Silence is the powerful domain of the dozer. If possible we must avoid talking in our sleep. Snoring is also discouraged. Slow rhythmic breathing is preferred. Monk mantras soothe the nerves. Buddistic chants echo through the considered catnap. Om hums in our hearts.

A nap should be a form of meditation. An opportunity to shift the monkey mind into neutral and coast for an hour or two. There should be no pressure to do anything. A nap is a detour to a quieter off ramp. It is a time just for you. Bless the solitude of your bed. Pray for a few moments of peace. Look inward. Let go of the expectations of your awakened self. Nap time is not about the clock. Nap time is an invitation to explore the infinite.

So rest your soul in forty winks.

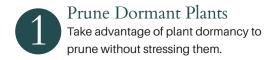
Close your eyes and envision miracles.



Bill English is an award-winning journalist and former Home & Garden writer for the San Fransisco Chronicle. Bill and his wife Jan, have been Avimor Residents for over 3 years.

# Winter Landscaping Checklist

WINTER IS THE PERFECT TIME TO CARE FOR YOUR LANDSCAPE AND PREPARE FOR SPRING'S GROWTH. FOLLOW THIS CHECKLIST TO KEEP YOUR YARD HEALTHY, SAFE, AND VISUALLY APPEALING THROUGHOUT THE COLDER MONTHS.



- Remove dead or damaged branches to prevent breakage during winter storms.
- Cut crossing branches to avoid injuries as growth resumes.
- Thin out crowded shrubs to improve airflow and reduce disease risk. Use clean, sharp tools for best results.
- Remove Holiday Decorations Prolonged exposure to lights, garlands, and wreaths can damage plants.
  - Decorations left too long can cause physical harm to branches or trap moisture, encouraging mold.
  - Take them down promptly to prevent long-term damage.
- Snow Removal Tips
  Heavy snow can stress or break branches,
  so it's important to manage accumulation.
  - Gently shake off excess snow to protect trees and shrubs.
  - Avoid piling snow onto garden beds to prevent smothering or damage to dormant plants.



- Use Plant-Safe Deicing Methods
  Salt deicers can harm plants and soil, so consider alternatives:
  - · Use sand or gravel for traction on walkways.
  - If needed, opt for Calcium Magnesium Acetate (CMA), a less harmful option.
  - Rinse plants with water if they come into contact with salt.
- Check Rock Mulch
  Rock mulch, common in Avimor for fire safety,
  needs regular maintenance.
  - Ensure rocks haven't shifted or piled against plant stems, which can cause abrasion or reduce airflow.
  - Keep mulch a few inches away from stems to protect bark and promote healthy growth.
- Prepare for Spring
  The end of winter is a great time to get ready for the growing season.
  - · Clean and sharpen your gardening tools for efficiency.
  - Plan your spring garden layout, considering plant spacing and new additions.
  - Inspect your yard for winter damage, such as broken branches or compacted soil, and make a list of repairs.

BY FOLLOWING THIS CHECKLIST, YOU'LL MAINTAIN A HEALTHY AND ATTRACTIVE LANDSCAPE WHILE SETTING THE STAGE FOR A VIBRANT SPRING.

Need expert advice or help with your winter tasks? CONTACT US TO LEARN MORE!

# Winter Landscaping Care: Pruning for Healthy Trees and Shrubs

Winter is the perfect time to give your landscape a head start for spring. Dormant season pruning (late fall to early spring) promotes plant health, structural integrity, and storm resilience, ensuring your garden thrives when the growing season arrives.



#### WHY PRUNE IN WINTER?

- Improved Visibility: Without leaves and flowers, it's easier to spot dead, may be damaging your plants.
- Faster Healing: Cold temperatures reduce the activity of pests and diseases, allowing pruning cuts to heal more effectively.
- **Disease Prevention:** Pruning in winter
- Storm Readiness: Removing weak,

#### WHAT TO PRUNE IN WINTER

- Summer-Blooming Shrubs: Plants like barberries, hydrangeas (smooth and panicle varieties), and spirea benefit from winter pruning. Trimming these shrubs encourages more vigorous and healthy spring growth, resulting in abundant blooms.
- **Deciduous Trees:** Trees such as oaks and maples thrive with dormant season pruning, which helps improve airflow and prevent issues like oak wilt.
- Conifers: While pines and spruces need minimal pruning, late-winter cuts help maintain shape and structure.



#### SKIP WINTER PRUNING FOR SPRING-**BLOOMING PLANTS**

Plants like forsythias, lilacs, magnolias, oakleaf hydrangeas, and certain clematis varieties develop their flower buds before winter. Pruning them in winter can remove the buds and prevent spring blooms. For clematis, only those that bloom on old wood should be avoided in winter pruning. Prune these plants after they bloom to preserve their flowers for the following year.

# When in Doubt, Reach Out!

Before pruning, it's always best to know the growth and bloom patterns of your plants. If you're unsure about your plants, put the pruners down and do some research or reach out to Lusan Landscaping for expert guidance. We're here to help you make the right choices for a healthy, thriving landscape.

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# **Avimor Business Directory of Listings**

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