

# SHORE LINES

## Bayview Community News

MAY 2022

Events & Activities

### New Business Coming

by Sheryl Puckett



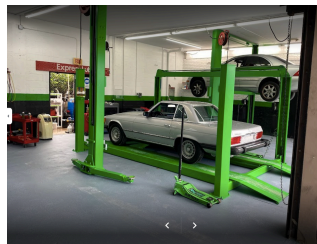
Oil Changes & More

Pollen season be dammed. Slush, dust, mud, or grime, soon nothing will stop me from maintaining a clean car. Hallelujah! As superficial as this sounds and while a muddy truck remains the ultimate status symbol in North Idaho, the challenge of keeping your ride shining is about to be made easier thanks to **Chris Watts**. He is bringing a state of the art touch-less car wash to serve local residents.

Chris purchased the **Grease Monkey** franchise in October of 2020. After more than a year of dealing with the bank, he was finally ready to break ground in the Crossings complex by Super One Foods. This will be his first store with them. "The good Lord being willing, I hope to have three before it's all said and done," says Chris.

Knowing that our time is very valuable, Grease Monkey will be providing a complete owners manual recommended service for vehicles including the traditional oil change in a timely manner. In addition they will service brakes, tires, and alignments, we hope to complement our existing auto mechanic neighbors.

"Our shop will be a clean and inviting place to have a beverage and a snack while we quickly and professionally service your car. We are your neighbors and family and you can expect to be treated as such," states Chris.



From their website: "To ensure superior customer service, we have taken training to a whole new level. Modeled after a racing team pit crew, the Certified Pit Crew is a cornerstone of the Grease Monkey@business model, requiring our teams to deliver speed, quality, and a remarkable experience to every customer, at every service visit."

The business will be employing a state of the art water reclamation system in conjunction with our car wash. It will purify our waste water to 95% pure before being sent on to the waste treatment system in The Crossings complex. This allows them to recycle and cut their water usage in half without losing any quality in the finished wash and it also helps us to protect our aquifer from contaminants and minimize usage. CONT.



As a point of interest, did you know that an automated car wash will statistically use half the water of a garden hose car wash?

Chris is originally from the Coos Bay/Bandon area of Oregon, Myrtle Point specifically. That area has a rich heritage in logging and commercial fishing; subsequently his roots run deep in small towns.

He has been an area resident for nearly ten years and enjoys his little farm out on the Bunco Road.

According to Chris, "The company was founded in 1978, and headquartered in Denver. Grease Monkey International, Inc. currently has more than 500 centers operating in the United States. There is one planned (by a different owner) in Post Falls, one planned for Pend Oreille and a dozen in the southern half of the State."

Grease Monkey will be open Monday through Friday, 8 a.m. to 6 p.m. (maybe close at 4 p.m. on Saturday) Closed on Sunday. The car wash will be open 24/7.

Chris hopes to be able to employ eight to nine local technicians. He will formally start to take applications soon but if any qualified "pit technicians" are interested they can reach out to Chris anytime at 208-620-3111.

Chris has already hired a manager, a local family man with a supportive wife and three wonderful little boys, the oldest coming up on three and twins have recently turned one. Initially Chris plans on being on site too.

The plan is to have a "soft open" in mid-June and a Grand Opening sometime in July.

### May Happenings

- May 4, FOTG: Center Garden Clean Up, 9 a.m.
- May 5 Cinco de Mayo
- May 6 Athol Farmer's Market, every Friday
- May 8 Mother's Day
- May 10 BAB's Tea, 11 p.m.
- May 17, Vote, Tuesday, Primary Election, 8 to 8 p.m.
- May 25, Hwy cleanup, 9:00 a.m. park headquarters
- May 28 Community Yard Sale, 8 - 2 p.m. Drop off your donations Fri. 4 p.m. or Sat. 7 a.m. at Center lower lot, sales begins Saturday 8 a.m.

# The Simple Way To Garden When Your Soil Sucks

By Bayview resident, Jeanna Hofmeister



During the cold dark days of winter, when it's still snowing in April, or you're just tired of fighting with Bayview's rocky soil, there's a simple way to grow fresh produce all year—hydroponics. Hydroponic gardening is easy, organic, and provides more gratification than caring for house plants.

A hydroponic garden is the perfect solution for having fresh produce at hand. Hydroponic simply refers to the

system and medium in which you grow plants, meaning you'll be growing in water with a few nutrients. The medium varies by brand and model, but growing pods are usually made from peat. They fit into small plastic baskets specific to the garden you choose.

These indoor gardens offer all kinds of advantages. In most instances, they're compact and can fit on a countertop.



There's no need to worry about sunshine or heat, as they replace mother nature with LED grow light systems that improving photosynthesis, speeding up

germination, and producing a tastier, more bountiful harvest. Since you're not messing with dirt, there's no need to wash your produce, so it can last for weeks.

Prices run from less than \$50 to upwards of \$1,000, depending on the size and system. While they aren't suitable for growing root vegetables like radishes, beets, or carrots, they are ideal for leafy greens from lettuce and Bok Choi, to basil, dill, and other herbs. They're also great for small tomatoes, cucumbers, mini-peppers, and even small squashes, although you might need to rig a trellis for those crops.

By picking leaves weekly versus growing heads, you'll enjoy bountiful salads and stir fries for months before needing to replant. Many companies like AeroGarden and Lettuce Grow (I have both) offer pre-planted pods, however I have almost 100% germination planting all my own seeds.

If you're looking for a quick and easy way to grow your own greens with very minimal maintenance (weekly watering and feeding, along with quarterly cleaning of your system) watching your little plant babies grow is reason enough to invest in your own hydroponic garden.

**Editor's Note:** The Shore Lines is all about featuring local resident's history and special interests. The above article is an example of one such resident's hobby. Jeanna Hofmeister is a 4th generation Idahoan and will be a quarterly Shore Lines' contributor.

# Prescription for Health

by Bayview resident, Dr. Cecilia Fry



What if I could give you a prescription that has been proven to help prevent, help reverse and help treat coronary artery disease, type II diabetes, obesity, hypertension, stroke, hypercholesterolemia, many cancers and many mood disorders. Then next, I told you

that the side effects of the prescription would be improved sleep, improved energy level, improved immune function, less joint pain, and improved bowel habits. Would you be compliant with that prescription?

I think most of us would if it came in a small, easy to swallow pill. The problem is, it involves lifestyle changes. The prescription is the 6 pillars of lifestyle medicine:

- 1) Healthy eating, at least ¾ of diet should be fiber-filled, nutrient-dense whole plant food. Limit meat, dairy, processed food, fast food and refined sugar.
- 2) Physical activity: Get at least 30 minutes 5 days a week of moderate intensity exercise
- 3) Adequate sleep: Get 7-9 hours of restful sleep per night
- 4) Tobacco cessation/limit alcohol consumption: if you smoke get the help that you need to stop smoking. If you consume alcohol do so in moderation. Less is best.
- 5) Stress management – take measures to reduce stress. This can be praying, meditation, yoga, spending time in nature, limiting social media, etc.
- 6) Form and maintain relationships. Having even one friend that you can share life's burdens and joys with has been shown to improve health.

Warning: if you take this prescription you are likely to need less medication, so consult your physician.

## Update AED Signage

Director of Parks and Waterways, Nick Snyder, has informed the Council that the AED signs are made and ready to install on the dock pilings once water levels come up which should be soon. The Council is happy to help play an additional part with this device that resuscitates a person back to life.

## Bayview Post Office

We have a new face at the post office. Cody Cleave took Courtney's position. Cody has many years with the postal service and you'll find him very capable of handling our needs. I did. Welcome, Cody

Happy Mother's Day, to all Moms