

# SHORE LINES

Bayview Community News  
DECEMBER 2017



Events &  
Activities

## The Fourth Estate Falls

by Sharon Meyer (A Free, Open and Accessible Press is called the Fourth Arm of Government or the Fourth Estate.)

Some local residents are mourning a decision by the Spokesman Review to cease delivery to Bayview and surrounding areas. In a brusque unsigned letter to local subscribers dated November 28, the S-R claimed that they "are no longer able to provide consistent home delivery service in some rural communities." A representative from the paper's customer service department called it "an economic decision."

This move by the area's largest metropolitan daily newspaper suggests that unless you live in a convenient urban area, your need to be an informed citizen is not important to the editorial board.

If you are unhappy about no more Spokesman-Review home delivery, join us in letting the Managing Editor and Publisher know. We will be sending a letter with as many signatures as we can gather to show our displeasure, offer options, and hopefully reach a compromise. Email [meyer6420@roadrunner.com](mailto:meyer6420@roadrunner.com) if you wish to be added.

## Bayview Orchestrates A Merry Christmas

by Susan Meyer

On December 1st the holiday season officially came to Bayview. 50 plus people attended the lighting ceremony sponsored by the Bayview Marina. We were greeted by a huge bonfire complete with hay bales and chairs inviting you to linger and visit with your neighbors. Revelers enjoyed cookies, cider, and hot cocoa; holiday music filled the cool evening air.

The ABC Food Bank and Bayview Community Council thanks the many volunteers who are fulfilling the needs and wants of children in our community through the **Tree of Sharing**. 30 volunteers have accepted 44 tags this year from the Council's Health and Outreach Director, Sally Newcombe. These caring and giving volunteers will make children's Christmas a little brighter by having a gift under the tree.

Chan and Teresa Karupiah contributed a large box of toys for the Tree of Sharing, and pooling resources with the Fire Dept. and working with Super One Foods, were able to donate 135 turkeys to the Athol Food Bank for the Thanksgiving food boxes.

Along with the Karupiah's, John and Carey Charyk and Bill Brooks donated cash and checks to this holiday effort. Also, Caroline, Jeanette, John and Dave hung the festive lights downtown over multiple days.

Bayview has a long history of being a very generous community. There are many unspoken heroes that do random acts of kindness on a daily basis and we thank each and every one of you for making Bayview the best little town in Idaho. Many thanks to these amazing volunteers in our community.

## 55+ Festive Holiday Party



**When: Saturday, December 16**  
**Doors open at 5pm**  
**Dinner at 5:30pm**

**Where: Bayview Community Center**

**The Council will provide Ham & Turkey.**  
**Please bring a side dish or dessert to share.**

**Also please BYOB**

**There will be a fun gift exchange**  
**with a price limit of \$10 or less.**

*(Participation is optional but recommended)*

**Come & Enjoy our**  
**annual 55+**  
**celebration**

Please call Sharon (208-683-2857)  
for more details or instructions. Thank You!

**Sponsored by your Bayview Community Council**



## Bayview's Laundromat: the best laundromat in the world recently got a facelift!

by Francie Miller

The walls were freshly painted, a new change machine was installed, the old folding tables were replaced with new ones and several security cameras were installed. Some of the machines cost a bit more as well. Some of the front loading washers went up a quarter. And the dryers went from 8 minutes for 25 cents to 6 minutes for a quarter. Still, the laundromat is a cost effective option.

There are calculators available on the internet that can tell you if it is more economical to purchase home appliances or to use a laundromat. This calculator factors in the cost of the home machine and the utility usage as well as the number of loads per week. <http://www.csgnetwork.com/laundrycostcalc.html> Every home situation is different. Some of our Bayview neighbors live in tiny homes, RVs and float homes without laundry hookups, so folks may have different priorities.

Some may appreciate the convenience of doing a load of laundry or two every day at home. However, when doing laundry at home, it seems like the task is never done. There is always more laundry to do. But one wonderful part of laundromat use is that all of the laundry is done completely, folded and put away for the week, with no lingering piles of clothes remaining.

Happily, our lovely laundromat with a view is adjacent to Ralph's, where you can take part in great conversations, order tasty food and a beer or coffee to make the wash day tasks more pleasant. That's why Bayview's laundromat is the best!

## Livelihood Up In Flames

Ralph's Coffee Shop has created a GoFundme website to help local resident, Brad Magnett, get back on his feet after a fire destroyed Brad's garage on Corbin Street on Thanksgiving evening. Brad's truck and work trailer were greatly damaged and most of his tools are gone. Brad is an excellent carpenter and has worked on many of the homes in Bayview. To donate go to this easy and user friendly website: <https://www.gofundme.com/help-brad-after-fire>

**Brunches** has new hours and days Thurs, Fri and Sat. 7 a.m.-2 p.m. Sunday 8 a.m.-2 p.m. They have new Flag signs out when they are open!

## Reduce Speed Ahead

At the Nov.6 Lakes Highway District Public meeting Bayview resident, Dennis Damon addressed the Board regarding the speed limit on Main Str. leading up to the Post Office. Mr. Damon inquired about lowering the speed limit. Director Eric Shanley stated the District would consider additional signage in this area.

## Warm Up For a Cold Winter

Do you know that there is a way to escape winter's icy grip and you only have to travel to Athol?

Emily Smedley LMP, **Country Clinical Massage** owner, offers Infrared Sauna sessions. The benefits alone make you want to call for an appointment, not to mention no



more feeling chilled to the bones.

An internet site, "Thank Your Body", lists these 6 benefits of using an infrared sauna:

1. **Detoxification:** Sweating is one of the body's most natural ways to eliminate toxins. When compared to traditional Swedish saunas, infrared saunas allow you to eliminate about seven times more toxins.
2. **Relaxation:** Infrared sauna therapy promotes relaxation by helping to balance your body's level of cortisol, your body's primary stress hormone.
3. **Pain Relief:** If you suffer from muscle aches or joint pain, infrared saunas can relieve this form of inflammation by increasing circulation and relaxing your muscles.
4. **Weight Loss:** An article, titled Effect of Sweating, in the Journal of the American Medical Association concluded that a 30-minute infrared sauna session could burn roughly 600 calories.
5. **Improved Circulation:** As the heat from infrared saunas increases your core body temperature, your circulation will increase along with it. Consistent infrared sauna sessions, especially in the middle-infrared level, can stimulate blood flow, improve muscle recovery, and decrease pain and inflammation after intense exercise.
6. **Skin Purification:** Infrared sauna technology can help purify your skin by eliminating toxins from your pores and increasing circulation, resulting in clearer, softer, and healthier-looking skin.

(<https://www.thankyourbody.com/benefits-infrared-saunas>)

If you have high blood pressure, diabetes, or bleeding disorders, or are pregnant, using prescription drugs, you should always consult your doctor first.

**Country Clinical Massage** is located next door to Little Town Market. Emily offers single sessions at \$20 for 30 minutes and monthly unlimited packages for \$150. For more information contact Emily at 208-755-6301.

**Merry Christmas and Happy New Year to All**