Athol Chiropractic Services



Dr. Tamara Barnhart gets asked a lot if she's related to the Barnhart's in Athol. She isn't. Dr. Barnhart, originally from Upper Michigan, obtained her degree in Exercise Science with a minor in

Business from Lakeland College in Wisconsin and then pursued Chiropractic from Northwestern Health Sciences University in Minneapolis, Minnesota. She made the move to the Northwest after Chiropractic school for a more moderate season, mountains and water. Tamara says, "I'm extremely happy with my decision to move here!"

"I have found more full fulfillment with my job than I expected" treating one day old babies to 104 year young patients. Tamara's goal is to improve the quality of living for everyone that walks through her door whether that's decreased pain, increased range of motion, helping them return to their favorite activities, increased sleep or performance enhancement. Last year Tamara got certified to adjust animals and enjoys being able to provide the same services for our 4 legged family members as well.

The most popular kind of care Dr. Barnhart provides is called diversified, which is the oldest and most traditional. She also does gentler techniques for those looking for relief in other ways.

Because Dr. Barnhart has a small office and no staff, she can provide care for the same price of most people's insurance copay without the hassle.

When not working, Dr. Barnhart enjoys spending time with her two boys doing all the outside activities such as hiking, mountain biking and camping. She has always been an animal lover and is rarely seen without her German Shepherd sidekick, Rowdy. Having had horses her whole life, in the last few years, she has gotten into competitive barrel racing.

According to Coeur d' Alene resident Carol Church: "Dr. Barnhart is very personable and approachable. She took care of my ongoing jaw pain...the cervical manipulation took the rest of the pain away".

Natural Health Chiropractic is located in Athol next to the Little Town Market. Hours are 8:30 to 5 pm Monday, Wednesday, Friday. Tuesday & Thursday are by appointment and for adjusting animals. To schedule an appointment call 208-819-6743.

Where's Our Cell Tower?

by Sheryl Puckett and Raquel Kellicut

The tower location has been selected, a site test completed, the permits approved, and a contractor chosen, yet now, nearly three years later, no cell tower! Two other towers, Victory Lane and Blacktail, have been erected since the Cape Horn Fire and the forming of the Bayview Cell Tower Committee.

We have diligently worked with Kootenai Community Development, Kootenai and Bonner Emergency Services, fire districts, and even our Governor, but we're at a standstill when so close to finalization.

Raquel Kellicut, a Cell Committee member, recently contacted KXLY, in addition to sending a letter to Governor Otter, in a last ditch effort to get the project moving forward.

During a phone conversation with Tom Goode, Verizon Wireless Project Manager, he said: "Things take time. Verizon has thousands of sites in the Pacific Northwest There's a temporary hold (but) Bayview is still on the books. The 2018 budget has been allocated, and we hope to get it going next year."

All is not lost. Mr. Goode went on to state that he would contact the company that will build the cell tower, Insite Towers, and see if the cell tower could be constructed in 2018, followed by Verizon making it operational in 2019. Keep your fingers crossed.

In the meantime, our citizens and fire districts will have to face another fire season without emergency communication connections to vital areas surrounding Lake Pend Oreille.

Get Well Wishes

To long time Bayview residents, Barbara and Dave Wilcox, we're thinking of you and wishing you both a quick recovery. Dave is home and cards can be sent to Barbara at: Life Care Center of Coeur d'Alene, 500 W. Aqua Ave, Coeur d'Alene, Idaho 83815



The Bayview Community Council is changing their Year End party to the Memorial Garden at the Bayview Community Center, June 26, 6 p.m.

Everyone is invited to a short meeting celebrating the naming of the 2018 Communitarian and the Council's continued success. There's no July Council meeting.



Stunning New Arbor

Alex Robinson, shown in the photo, is installing the steel and heavy rebar structure. Read May Shore Lines for the arbor details.

Stay Informed

by Sheryl Puckett

At the May 17 Bayview Water & Sewer meeting the existing deficiencies with our water system were presented and the reasons for considering a 2.8 million bond revenue were listed. They included: leaking transmission lines in Farragut Area, aging meters that are inaccurate, known leaks in distribution line (leaking 50 million gallons of fresh water yearly which results in wasted electricity costs to pump it), low pressure issues in some zones, and an aging infrastructure that dates back to the 1940's.

The next Bayview Water & Sewer meeting, June 20, 3 p.m. at the Community Center, will follow up on the need for improvements and take public comment. Please attend.

Sounds of Silence by Mike Lee

Bayview in known to many as a party town, a summer getaway where people let their hair down. But those of us who live here appreciate it for so much more. We are the caretakers of something special deserving of preservation. If not, what will be lost to the inevitable growth breathing down our necks?

Most precious, I find, is the sweet smell of a fresh northern wind blowing down from the mountains and across the lake. The experience of breathing in clean fresh air is rare for most people. Lift your head and breathe deep. Relish it, then pray for few fires this season.

No less, are moments of sublime silence. Listen, just about any time of day, and you may hear absolutely nothing at all but the sound of wind through trees, bird songs. Listen. Silence is music for the soul. Respect it

I'll tell you, any trip that goes past the traffic circle anymore is a rude awakening after even a few days being hunkered down in Bayview. Take a slow drive down a quiet back road. The rat race has still not quite caught up with us. Thank your lucky stars for living here. What can you do to help keep it this way?

At the very least: stop, turn off your motor, take a deep breath of fresh air and listen. This is all so easily lost when carelessly taken for granted. Summer in Bayview is so much more than a drunken party.

Get Your Bike On

by Ali Spahn

The Bayview Community Council is inviting all bikers to go for a scenic ride on the *Trail of the Coeur d'Alene* from Heyburn State Park to Harrison.

We will meet at the Bayview Community Center on Tuesday, June 19, 8:00 a.m. Please let us know by June 13 if you intend to participate since we will need a few trucks to transport the bikes.

If you can help out with a truck, please let Ali Spahn know by Friday, June 15. Please email alispahn@yahoo.com or call 208-683-1255.

This will be a casual bike ride so feel free to take your time. We will take a break in Harrison at the *The Cycle Haus* where you can have lunch, a cup of coffee or just rest. Riders are encouraged to wear helmets. Insect repellent, sunscreen, and sunglasses are recommended. Clothing should be comfortable but not baggy. Bring water and a light backpack for essential gear. Bikers must pack out all trash, respect trail boundaries, and yield to hikers. The bike ride is approximately 12 miles round trip.

Titanic Exhibit Huge Hit

14 Bayviewites attended the Titanic Exhibit at the Northwest Museum of Arts & Culture. Upon entering the exhibit we received a boarding pass here of a real passenger that traveled on the ship. Each pass contained the history of the person traveling drawing us back in time and immersing us in the fateful voyage. It wasn't until the end of the tour we learned our fate; some of us condemned to the icy depths of the Atlantic.

It was also interesting to see artifacts found in the Atlantic Ocean from 1912. One passenger was a perfumer and his tiny perfume bottles were salvaged and on display. It was a fantastic museum experience. Thanks go to Ali Spahn for the idea.



July 7 Independence Day Celebration
Street Parade begins at 11 a.m. Be sure to look
for the Bayview Community Council's entry.
Lighted boat parade at 9 p.m. followed by the
best firework show.