

# SHORE LINES

## Bayview Community Council

### FEBRUARY 2023



## Get The Sweetness You Deserve *by Ali Spahn*

Once freeze dried, it's said that sweets can look and even taste better than their original result. And who would've thunk freeze-dried Skittles would taste so good? Well, I'm not a big Skittles fan but when I tasted freeze-dried "**Candy Littles**" at the **Cabinet Mountain Foods** booth at the Athol Christmas Market last December, I was pleasantly surprised. I found the flavor was more intense, the candy was crunchy instead of chewy and I didn't have that stick-to-your-teeth sensation.



This young entrepreneurial Athol couple, **Travis and Allison Schobert**, have been displaying their family spice blends and specialty sugars at the Athol Farmer's Market and other holiday events around northern Idaho since 2021.

Travis has a bachelor's degree in business administration with a minor in marketing from Lewis & Clark State College. However, he did not attend culinary school. "I started from the bottom, as a dishwasher, and worked my way up. I began at the restaurant, that is, at the Hayden Marina. It was the first place I worked as the actual restaurant chef. Since then, I have worked at Cavanaugh's at Priest Lake, Barlows in Liberty Lake, and Crickets in Coeur d'Alene as a sous chef," said Travis.

Travis' other food experience has been working at a vegetable garden for around nine years planting, weeding (lots of weeding), pruning, mowing, and harvesting. His full-time job is tree work in the Athol area doing tree removals, trimming, pruning, and stump grinding.

"I work at different types of places to learn different things like: Davenport Historic Hotel for more fine dining, Capones for bar/pub style food, and working for different chefs helps round you out by doing different flavors or ways to do things," explained Travis. Allison works behind the scenes manufacturing the products, filling orders, and assists in designing the packaging and the creation process for new items.



The couple considers their business a side hustle to bring amazing flavors and foods to others. They started their family spiced blends with items such as "Lamb-Tastic" which is their all-

around seasoning.

"The core to being a foodie is sharing with others and seeing their reactions to it. While not everyone likes what you prepare, it is a rewarding experience for those who do," stated Travis.

The freeze-dried items launched in the fall of 2022 is the newest addition to their spice blend business. They are planning on adding a new product of Freeze-dried Strawberries covered in Decadent Chocolate during February. "It will cater to those lovers out there and those who like to be sweet on their loved one, pun intended," said Travis. Or if you prefer freeze-dried Neapolitan Ice Cream Sandwiches, they got 'em!



For Valentine's Day check out all their products for a specialty gift for your honey, either sweet or savory. You won't be disappointed. Cabinet Mountain Foods store <https://www.cabinetmountainfoods.com/>

## Dogs Days of Winter *by Mike Lee*

It seems never a day goes by that a dog isn't lost, a stray isn't found or another dog related complaint isn't noted. Recently a whole pack of dogs were abandoned by someone who kept a sled dog team.

We lament, sorrow and search for the lost then rejoice when the owners and pets are reunited. Scorn and Facebook shaming is heaped upon the hapless owners whose pets become a nuisance, bark all day and night, attack people and other pets or leave unwanted gifts along roadways or in the neighbor's lawn.

Our pets are a part of our family. We love them like children and, like our children, some become juvenile delinquents. Others are subject to abuse and neglect. This becomes especially apparent in the winter and has consequences on not just the animal and our neighborhoods. Dogs running loose are a bane for wildlife struggling to survive.

Out of sight, out of mind, ends with the snow melt as disrespectful dog owners are found to have left gifts for us all along the roadway and in our lawns. And while the rare coyote attacking someone's pet gets headlines, over 4.5 million people are reported attacked each year by "man's best friend".

Pet ownership requires a daily commitment. For cases of harassment, abuse and neglect call animal Control at 208-666-5765. If you see a dog harassing wildlife call Idaho Fish and Game at (208) 769-1414.

# Swing In The New Year

by Sheryl Puckett

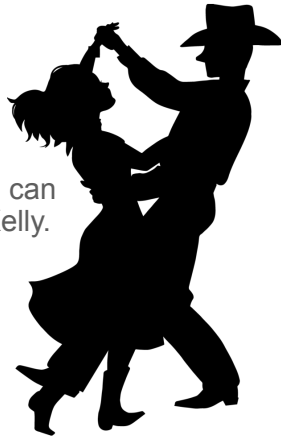
Bayview resident, Suzette McGoldrick, recalls, "Christmas was finished and we were stir crazy, had cabin fever, needed to drop Christmas weight plus needed fellowship." Western Swing was her salvation offering exercise, fellowship, and fun to boot.

Meet Athol's Kelly Branigan-McFarlane, the instructor. According to Kelly, "I have taught different styles of country dance for the past eight years. I like to focus on the basics of dance including dance frame, and lead/follow. Those basics lend to confidence and successful dancing." Dance frame is a word used to describe a dancer's body position in terms of how she stands, holds her arms and physically connects with her partner. Lead follow is how a dance couple moves together as a unit without the need of a specific song or choreography.

You're in good hands with Kelly since she learned to dance in college back in the 90's and danced six nights a week for many years. Eventually she started to compete in amateur competitions.

Kelly believes in having fun and focusing on basics to build confidence. "I try to teach at a pace that doesn't overwhelm a person. I give as much individual attention as I can and applaud the small steps," says Kelly.

You can join Kelly and Suzette beginning **February 6**, Monday nights, 7 p.m. for Country Swing Class. You do need to have a partner. Come to the **Bayview Community Center**, 20298 E Perimeter Road. The cost is: \$7/person per class or \$25/month. Wear comfy clothes and non-sticky shoes, if you have them (not required but they make dancing easier).



## Progress? *editorial by Sheryl Puckett*

Some of you may be surprised when the traffic increases through the residential area of Bayview due to the opening of Fir Street to service the Lakestone Subdivision. But it will be too late to complain that our roads are narrow, without sidewalks and increased traffic will cause hazards. Lakes Highway District failed to address these issues and instead gave their blessing to the developer's traffic study.

Turnout for the January hearing was disappointing. There were 8 residents on Zoom, three attended in person and five addressed the Hearing Examiner.

Suzette McGoldrick, who resides on Fir Street was the first to speak and made the point that it is a very rural area with maybe two cars going by her home on a Friday evening. She asked, "Why should we service these new 24 homes?" Suzette added, CONT.

# Exercise for Health

by Bayview's Dr. Cecilia Fry



When some people hear the word exercise, you can see a notable cringe. It doesn't have to be that way though. Exercise is nothing more than planned physical activity. The key is in the planning and that doesn't have to be stressful.

You can plan to take a walk, go snowshoeing, ride a stationary bike, work out on an elliptical machine, dance, play pickle ball, and a plethora of other options. I have read that one of the best exercise machines has fur on it – your friendly dog.

The questions that I am asked most are; 1) How long do I have to exercise? 2) How often do I have to exercise? 3) Do I have to keep checking my pulse for a target heart rate? The common prescription for exercise is 150 minutes of moderate intensity physical activity a week or 75 minutes of vigorous physical activity per week.

Checking your pulse is not required to know your intensity. Rather you can use the sing test. With moderate exercise you can easily talk but not sing. With vigorous exercise it is difficult to talk while exercising. The goals of exercise are to improve cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition.

The benefits of exercise are that it reduces total cholesterol, lowers heart rate, reduces blood pressure, improves cognitive function, prevents bone density loss, improves sleep and protects against coronary artery disease, stroke and type II diabetes. If you haven't exercised recently, it is best to start with lower intensity and shorter time blocks. Enjoy your exercise!

## Progress Cont.

"I bought here because it was nice and quiet, and despite being a real estate broker, I bought my home never dreaming that they would be dumping a whole bunch of traffic down here and destroy our community."

Roger Hohle was neither for or against the subdivision but was interested in the restoration and protection of Bayview Creek. He believes the developer should be required to include a covenant in the sale of each lot stating that they are bound by Idaho code and that the stream protection zone is real and they can not violate it.

Depending upon the Hearing Examiner's decision, we can request another public hearing before the County Commissioners. Major concerns, one of which is increased traffic through town, can be addressed again. However, the residents of Bayview will need to step up and make their voices heard this time around.

