

SHORE LINES

Local News & Events



Bayview Community Council

FEBRUARY 2026



Give From The Heart This February *by Ali Spahn*



Cold weather and storms in January often disrupt blood drives, leading to shortages that carry into February, making donations vital.

What better way to celebrate the month of love than by giving the gift of life?

Every two seconds, someone in the U.S. requires a blood transfusion, according to the New York Blood Center. The benefits of donating blood include helping people injured in accidents, undergoing cancer treatment and battling blood diseases, among other reasons. Because a single unit of blood can be separated into red blood cells, platelets and plasma, one donation can save more than one person.

The Bayview Community Council along with support from the Bayview Chamber of Commerce will be hosting a blood drive conducted by **Vitalant**, one of the nation's largest nonprofit blood and biotherapies healthcare organizations, on **February 24th from 10:00am – 2:00 p.m. in the comfort of the Bayview Community Center downstairs lower room.**

During February, all donors who come to give blood, platelets or plasma, will receive a **\$15 Rewards gift card** in appreciation. In addition, Vitalant donors receive a free mini-physical, checking their pulse, blood pressure and cholesterol level (with a successful donation).

To schedule your appointment go to: <https://www.vitalant.org/>

For your convenience, the Bayview Council can schedule your appointment. Please email your name, birthdate and email address to alispahn@yahoo.com. You will receive confirmation via email.

To make the donation process go as smoothly as possible, make sure to eat before you donate and come well-hydrated to avoid any adverse effects. Whole blood donation takes about one hour. Walk-ins are welcomed.

Let's do this!



Bayview Fire Station *By Sheryl Puckett*

Cody Wright, Division Chief and Fire Marshal with the **Timberlake Fire Protection District**, outlined plans to better and more efficiently serve the Bayview community. Funding for the project will come from the Capital Improvement Fund, which is supported by impact fees, such as those collected through building permits. In addition, the levy approved in 2024 will allow the district to fund new staffing positions.

The plan includes housing two firefighters at the Bayview Fire Station. To accommodate this, living quarters would need to be added to the existing building, along with the installation of a large commercial extractor washing machine. Bayview Water & Sewer provides sewer service only. Water at the site is supplied by Remington Water.

At the January 15 Bayview Water & Sewer public meeting, the Board members voted to provide free sewer service to the Timberlake Fire Protection District. President Jeannea Hofmeister noted that the fire district's service to the community should be taken into consideration and that billing for sewer service is unnecessary. Vice President, Mark Lewis agreed, stating "This is a no brainer."

Celebrating Library Lovers' Month *by Ali Spahn*

Every February, libraries throughout the United States and around the world come together to celebrate **Library Lovers' Month**. This special occasion highlights the vital role libraries play in our communities and encourages everyone to show appreciation for their local library.

Why Celebrate Your Local Library? Libraries offer more than just books. They provide a warm, welcoming environment where people can relax, explore new topics, and embark on countless journeys of discovery. Whether you are searching for a quiet corner to read or a space to conduct research, libraries are havens for curiosity and learning, providing crucial community services like free internet/Wi-Fi, computers, job search assistance (resumes, skills), educational programs (literacy, GED, language learning), children's story times, meeting spaces, and access to digital resources. As Albert Einstein once said, "The only thing that you absolutely have to know, is the location of the library." CONT.

Healthy Eating in a Confusing World

By Constance Kaltenbach

As the new year unfolds, many people are still reflecting on their intentions, goals, and plans for 2026. One topic that is dear to my heart — and to many others — is health, and the health of our loved ones.



With thousands of mixed messages coming at us every day about what to eat or not eat, how to exercise, or which supplements or hormones we supposedly need, it's no wonder people feel confused and overwhelmed. Every week seems to bring a new diet trend or miracle pill.

These industries make billions, yet we continue to get sicker and more overweight.

The truth is simple: no diet works unless you stay on it forever — and who really wants to eat low-carb or high-protein for the rest of their life?

We are surrounded by highly processed, low-fiber, engineered foods — food-like substances that slowly undermine our health. Today's average supermarket carries far more "edible substances" than real food. I completely understand why people feel lost.

A specific diet is not the answer.
A healthy lifestyle is.

And the good news is: everyone can start today — right now — with their very next meal.

With so much in life beyond our control, it is empowering to focus on what is within reach: our grocery choices, our pantry, our kitchens, and how we feed ourselves and our families. Below are a few simple guiding principles focused on the **quality, timing, and environment of food.**

Quality: Choose Real Food

Ask yourself: Is this something my grandmother would recognize as food? Is it a plant — or was it made in a plant?

Real food comes from nature, not industry. Be cautious with foods that come in boxes, bags, cans, or bottles with long ingredient lists you can't pronounce. If it's man-made, think twice. Watch out for hidden sugars — there are dozens of names for them (<https://robertlustig.com/56-names-of-sugar>)— and remember that frozen fruits and vegetables are nutritious, affordable, and absolutely fine. Eat the rainbow, mix it up, and stay curious. And whenever possible, go organic to avoid the heavy loads of pesticides. Don't drink your calories. Limit or omit alcohol. What about "One year no beer?"

Timing: How and When You Eat Matters

Pay attention to your habits. CONT.

Are you eating while driving, working, or watching TV? Are you eating out of stress, boredom, or exhaustion? Awareness alone can be transformative. Try to sit down for regular meals and eat without distractions. Many people also benefit from eating earlier in the evening and giving their bodies a break from eating (overnight fasting = intermittent fasting). Never go shopping when you are hungry.

Environment: Create a Healthy Food Culture

The best restaurant you'll ever find is your own kitchen! You are in control of the ingredients. Learn to cook a few simple meals and teach your children, too. Support local farmers, shop at farmers' markets, and grow something — even if it's just herbs on a windowsill. As the saying goes: "You can either pay the farmer now, or the pharmacy later." Learn to navigate the grocery store by staying away from the middle aisles, where most highly processed foods live. Avoid foods heavily advertised on TV, sold through car windows, or bought at gas stations. The only real food I've ever seen at a gas station is a basket of apples or bananas by the register.

Healthy eating isn't about restriction or perfection. It's about nourishment, awareness, and caring for yourself and your family — one meal at a time.

Con't. Libraries

Local patrons share their thoughts on why libraries hold a special place in their hearts:

Tina Barr: "Libraries are the heart of any community. They are places for all ages and people to explore great books and fun activities."

Susan Thompson: "The library has great people with a wealth of knowledge!! And they are kind enough to share!!"

Jeanne Braun: "I love the library because it brings people together with all their programs and activities. The availability of books either online or at the physical building makes it easy for everyone to access reading!!"

Sheryl Puckett: "Libraries are full of stories, and I love that there's always a chance I'll find a great one."

Libraries thrive thanks to the dedication and enthusiasm of librarians. As American humorist, Erma Bombeck once said, "As a child, my number one best friend was the librarian in my grade school. I actually believed all those books belonged to her." Be sure to take this opportunity to thank your librarian for helping make your library a wonderful place to learn, explore, and connect with others.

Happy Valentine's Day

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