CITY OF INKOM NEWSLETTER SPRING 2014

Mayor's Corner

Dear Inkom Residents,

For this newsletter, I thought I would respond to some questions or concerns that some of you may have regarding issues with the City or project that the City is involved in. During the Fall of the past year (2013'), a few of you had filled out a Land Use Board survey that was conducted, in which you were able to place your input of what you feel the City needs to be doing. The survey was conducted with a "Public Participation Questionnaire" with a variety of questions to help us understand the perception of the needs in the City. From the results of the questionnaire, I will attempt to address some of your concerns or questions, but understanding that what one person may perceive as being a problem, another person may not have the same perception or concern.

The issue or concern that seemed to be the most repeated was in regards to the condition of the City. This would include concerns of cleanliness (or rather uncleanliness), maintenance concerns, incomplete projects, enforcement of ordinances, and/or the need for other future projects, etc. The overall concern was the appearance of the City. Many of those who participated expressed concern that the City has a "trashy look". Others felt that the junk ordinance has not been properly enforced. Some felt that because of the latest water project, that there is less pressure in the system and that has created watering issues throughout the City. Others questioned that the utility rates seemed way to expensive and because of that the City was/has become a "Brown/Dry City"

Do I believe that most of these concerns are valid? Very much so, I also believe that perception can become a reality in many cases. I do believe that there are locations within our City where a resident (including myself) may need to look at their property and possibly make some changes. Changes that might include cleaning up around their property, others may find that their home's exterior may need a fresh coat of paint, or something as simple as an exterior cleaning. Our City does have a junk ordinance, and at numerous times we have sent out letters to certain property owners expressing our concerns and threatened recourse if things were not addressed in a timely manner. Can we do better at enforcement? Absolutely! As Mayor, I will make it more of a priority to address violations.

With regards to the water system, we have conducted tests around the City to determine if we have a pressure problem and have found that this is not the case. What we have found to be the problem for some who have made complaints about the system, is that a too small of meter had been installed which was considered insufficient for their watering needs. Unfortunately, this could prove to be a more of wider spread problem than what was previously thought. At the time the water project was being constructed, each property owner had the choice of what size of meter they wanted installed on their property. The choices included half inch (1/2"), three quarter inch (3/4") or one inch (1"), with each meter requiring a different installation and monthly user fee. In most cases, the property owner chose the smaller sized meter because of the monthly cost being less. During the "Winter" months (non-watering season) the smaller meters have proven sufficient for most of the needs at each resident. The complaint I hear the most is, "Our water bill is so much higher than ever before and we are not using near as much water as we did before." In most cases, I will agree with only the second part of that statement. Before, we had unlimited gallons of water at

our disposal and unfortunately there was a lot of water being wasted. In order for the City to be able to get some monetary help (a low interest loan and/or a minimal amount of loan forgiveness) from the State and Federal Government to help pay for the necessary repairs and updates to the City's water system. There were stipulations included in the financial agreement that the City must adhere to, for example, The City was required to demonstrate a method of water conservation, hence, the water meters were installed. Prior to the upgrade of the water system, our monthly water fee was $35.00 a month, twelve months a year. Since the installation of our new system, most property owners pay a base monthly user fee of $22.00 a month which includes a minimum of six thousand (6,000) gallons of water, and then every one thousand (1,000) gallons used beyond the six thousand (6,000) gallons costs $1.00. That calculates to $13.00 a month less than what was paid prior to the installation of the new water system. I do realize that this is only during the non-watering months (Winter), which is approximately 7-8 months a year. Now, $13.00 multiplied by the 7 to 8 months equals a savings of $91.00 over seven months or $104.00 over eight months. $91.00 or $104.00 equates to 91,000 gallons or 104,000 gallons of water. So, during the warmer months of the year which includes the watering season, a property owner could use the money saved during the winter months and apply it towards their watering costs. In most cases, this should be enough to keep their property wet and green and hopefully not cost any more than what was the original costs were, prior to the system upgrade. What I have found that works best for myself is to pay the same amount ($35.00) per month year around and found in most years I usually have a surplus of funds in my account at year end. This form of level pay has helped me not only financially, but has also helped to maintain a green lawn during the hottest time of the year.

The last item I would like to discuss pertains to the various projects the City will be doing this 2014' year. I have talked in the past about a new bridge that will be installed to replace the existing bridge on Main Street. The construction of this bridge should begin just shortly after the snow runoff as the creek's water level and flow drop low enough that we can divert the remaining water through a temporary channel of some sort. The total project should be completed in approximately ninety days, as long as there are no major hang-ups. We also hope to have another City water well dug and installed on the property across from the elementary school along Highway 91 by year end. This well is part of the agreement the City had with the Developer of the new subdivision (Mountain View Estates) located just off Rapid Creek and Inkom Road. The purpose of the new well will be to give the City an additional water supply in the case problems arise with one of the other two wells we currently use. At most times only two wells will be in operation and should be sufficient in maintaining the City's necessary water needs. Lastly, the only other project on the docket is the construction of the City's Wastewater System. Currently, we are working with the Regulatory Agencies in getting the necessary permits. We have received our letters of commitment for the funding that will be needed for the building of this project. The City engineer has been busy working on the design and more importantly on the land acquisition, hopefully in the very near future, it too will be sent out for bid.

I realize that this Mayor's article is a lengthy one, but hopefully it is informative and useful. It is my hope that I have addressed a few of the misconceptions/concerns or even questions that some of you the citizens of Inkom may have or had. May all of you enjoy this Spring with the change of the weather, get out and be with your family doing outdoor activities. We are very fortunate to live in such a wonderful place with such beautiful surroundings.

Mayor Jolley

BLUE RIBBON AWARD

Several property owners have previously been rewarded for the hard work they have done at their homes. The City has given recognition to the following residents:

November 2013
Jerry Hall
205 Snow Peak Blvd.

December 2013
Art & Teresa Benavidez
1040 Opal Ln.

No Blue Ribbon Awards were awarded from January 2012 to present due to weather conditions. It will resume as soon as ground thaws and residents begin work on their homes and yards.

Your vote counts, so be sure and nominate your favorite yard, home, decorations or etc. each month for the Blue Ribbon Award. Those wishing to nominate someone must do so in writing and submit their nomination before the 2nd Tuesday of each month.

PACEN AUSTIN
185 HOLSTEIN
INKOM, ID 83245

PLEASE ACCEPT OUR APOLOGIES IF WE HAVE

OVERLOOKED ANYONE.

Don't forget to License your Dogs!

City Ordinance 95-190, Section 6.04.020 states: The Owner shall obtain a license and certificate of ownership for every dog owned by him, which has reached the age of three months.

If you have not yet licensed your dog for 2014, then you are currently in violation of City Ordinance.

Dogs licensed between January 1st and January 31st of each year are only $5.00.
February 1st and December 31st of each year is $10.00.
All licenses shall be valid for a period of one year from January 1st thru December 31st.

The license may be obtained from the City Hall.

It is the 15th year Inkom has received national recognition in being named a Tree City USA Community by the Arbor Day Foundation.

The Tree City USA program is sponsored by the Arbor Day Foundation in cooperation with the National Association of State Foresters and the USDA Forest Service.

Inkom has met four standards to become a Tree City USA community: having a tree board or department, a tree care ordinance, a comprehensive community forestry program, and an Arbor Day observance and proclamation.

This year's theme is "LOOK TO THE FOREST"

CELEBRATION WILL BE May 6, 2014

Annual City clean-up and Arbor Day Celebration

5:00 p.m. - Flag Raising
5:15 p.m. - Clean up projects begin
5:30 p.m. - Tree Planting
7:00 p.m. - Gerry Bates will be presenting the "Tree City USA" Award
Skyline Park Pavilion– Dinner will be served after work is finished.

The City dump truck

WILL BE AVAILABLE
MAY 5TH AND MAY 6TH
TO HELP YOU DISPOSE OF YOUR WINTERS ACCUMULATION OF GARBAGE.
NO REGULAR HOUSEHOLD GARBAGE, TIRES, OR APPLIANCES WITH FREON GAS WILL BE TAKEN ON THE DUMP TRUCK.
CALL THE CITY HALL AT 775-3372, TO MAKE ARRANGEMENTS TO HAVE THE DUMP TRUCK BROUGHT TO YOUR RESIDENCE SO YOU CAN LOAD ITEMS NEEDING TO BE HAULED.

Land Use Board

News

Building Permits approved:

No building permits were issued.

The Land Use Board is working on the ongoing project of updating the City of Inkom's Comprehensive Plan along with zoning for the City and all the impact areas. A lot of hard work and planning has gone into this project by the Land Use Board. The Land Use Board would like to thank those that responded to the survey sent out this last fall. All the input received was much appreciated and moves the City forward with the Comprehensive Plan!

POLICE BEAT

As I reflect back on my employment for the Inkom City Police Department, I realize that I have now been the Chief in Inkom for almost 15 years. I have met many, if not most of the community, and have developed many friendships with good people. Inkom is and has always been a great place to raise a family and live.

We are a part time department but we put in a dedicated amount of hours every day. We are dispatched by the Sheriff's Office for Emergency calls and have an answering machine in the office for those that want to talk to an officer for a matter that is not urgent. The number is 775-4423. We will always get back with you in less than 24 hours.

We are losing an officer that has been with Inkom for about a year. Colter Cannon has just accepted a full time job with the Fremont Count Sheriff's Office. We will miss his assistance to the City but wish him the best as he takes a full time position with a new department.

Because I train officers at Idaho State University, I can pick dedicated officers to work part time for the city. The officers hired for Inkom always have full time employment with other agencies and are very competent officers.

Be safe this summer wherever your journeys take you.

Inkom Police Chief, Cal Edwards

November 2012 thru February 2013

TRAFFIC

70	Citations/ Verbal Warnings
10	Motorist Assist
4	Accident
5	Non-moving citation
27	No insurance citation
1	DUI
1	Wreckless Driving Citation
1	Parking Citation
1	Driving while suspended

CALLS FOR SERVICE

2	Suspicious Person Calls
3	Thefts
1	Domestic Battery
4	Possession of Controlled Substance
1	Juvenile Problem
4	Welfare Check
7	Agency Assist
7	VIN inspections
1	Animal Calls
3	Follow ups
5	Standbys to keep peace
1	Medical Assist
1	Noise Disturbance
1	Trespassing
1	Attempt to Locate
2	Insufficient Funds Check
1	Agency Assist
6	Agency Assist w/accident
1	Safety Survey
1	Arrest for Warrant
1	Property Damage
1	Death Notification
1	Narcotics violation
1	Narcotics investigation
1	Missing Person Call
1	No Contact Order Violation
1	Unattended Death
1	Chjild Abuse Case
1	Counterfeit bill
1	Verbal Disturbance
1	Field Interview

As a Reminder: The City Hall will be closed on Monday May 26, 2014

"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."

Community Information

Hunt:

The annual Easter Egg Hunt, held by Bisharat Market and sponsored by our local businesses, will be held Saturday April 19, 2014 at Stuart Park! Watch for the flyers around town and at the end of this newsletter! The flyer will be sent home with all Elementary School kids!

4TH OF JULY CELEBRATION!!

The 4th of July celebration committee is off and running! There is plenty of fun and excitement being planned for the 2014 National Birthday Party that will be celebrated here in Inkom, Idaho. A great big thank you goes to Kendalyn Murdock, an Inkom 6th grader, who submitted the winning entry for this year's theme:

"Raise the Flag and Raise your Spirits"

Kendalyn received a five dollar cash prize for her creative efforts. Thanks to all who participated in this year's theme contest.

Everyone is cordially invited to attend the children's concert in the park on the evening of Thursday, July 3rd. This children's concert is being organized by Kari Goodworth and is sure to be a memorable evening again. Free Root beer floats will be served by the Inkom Police Department. If your child would like to be a part of the choir, please contact Kari Goodworth at 201-3679. (Text messages are preferred)

Those wanting to participate in the one on one basketball should contact Clark Goodworth at 208-201-3678. More information will follow.

Parade participants are strongly encouraged to construct a float that will boast this year's theme. In fact, we are so anxious to have more Floats in the parade that the celebration committee decided to offer cash prizes for the following categories: The Best Family Float, The Best Commercial Float and The Best Organizational Float. If you belong to an organization that is trying to raise money for your group, this may help your cause. For more information concerning the parade, contact Dede Stephenson at 775-3783.

We are still looking for volunteers to serve on the committee. We especially need volunteers to organize the Wild West Shoot – Out; we need help with Advertising; help with Donations and Fund Raising; and help with the Goldfish Pond. If you are interested in helping in any of these areas, contact Karla Edwards at 406-9071.

A special thank you goes to the following for serving on this year's committee. Their work is priceless!
Lynette Battson – Committee Secretary
Roger Egan – Treasurer
Kathryn Sutton –Vendors
Katie Marshall –Vendors
Dede Stephenson – Parade Specialist
Kari Goodworth – Children's Choir
Clark Goodworth – Basket Ball One on One
Shaun Jones – Military Contact
Chief Cal Edwards – Root beer Social
Norm and Julie Rademacher– Flag Raising
Keith and Audra Topham – Rubber Ducky Race
Lindi Smedley – Advertising and Printing
Wayne and Lisa Moore – Horseshoes
Courtney Engberson – Children's Rodeo and Games
Nikki and Boyd Murdock – Square Dance and Parade
Russ and Connie Marley – Breakfast Chairs
Mike Larsen – Committee Member
Karla Edwards – Committee Chair

Plan on bringing your family down to the Inkom 4th of July Celebration. It is sure to be a day of enjoyable amusement and a scurry of pleasurable activities! For more information, contact Karla Edwards 406-9071

NEIGHBORHOOD WATCH AND GEM COMMUNITY

Neighborhood Watch is undoubtedly one of the oldest and well known crime prevention programs in history. While the modern day concept of the program rose to prominence in the late 1960's in response to an increasing burglary rate, the roots of Neighborhood Watch can actually be traced all the way back to the days of Colonial settlements, when night watchmen patrolled the streets. The modern version of the Neighborhood Watch-USA on Watch Program was developed as a result of the multiple requests from Sheriffs and Police Chiefs around the country who were

looking for a crime prevention program that would incorporate citizen involvement and address the increasing number of burglaries taking place, especially in rural and suburban areas. In 1972, the National Sheriffs' Association (NSA) took the concept a step further by seeking funding to make the program a national initiative. Thanks to a grant from the Law Enforcement Assistance Administration, the National Neighborhood Watch Program was started.

Furthermore, Neighborhood Watch has become especially practical in our current society, in which two-income families are the norm and many neighborhoods are deserted during the day. While criminals have attempted to use this statistic to their advantage, law enforcement has uncovered an

meetings are schedule to be held on March 20th, May 15th, July 17th, and September 18th. Everyone is welcome to our meetings and any help or volunteers are greatly appreciated.

Our Gem Community Committee would like to thank the Bisharat Family for the improvements to their storefront. It is a Beautiful improvement to our downtown area and greatly adds to our community, thank you so much.

RENT THE SKYLINE PAVILION FOR YOUR NEXT PARTY!

All day rental
9:00 a.m. to 11:00 p.m.
City Residents - $15.90
Non- Residents – $31.80
Plus a $20.00 refundable cleaning deposit is to be paid at the time keys are picked up. This will be refunded if left clean and without damages.
Reservations can be made at
Inkom City Hall
365 Rapid Creek Rd.
Or by going to our website at www.inkomcity.org
If you do reserve online, your payment must be received at the City Hall within 7 days to hold your reservation!

HOUSEHOLD GARBAGE ONLY!!!

The More You Know!

Visit Ireland Bank's Inkom Office
On Tuesday, May 13, 2014
From 9 AM to 7 PM
Speak with your banker and learn more about topics like Save for America, Fraud Prevention, Credit Improvement, Debt Consolidation, and Online Banking.
We look forward to seeing you there!

Ireland Bank
THERE IS A DIFFERENCE™

FDIC

110 HWY 30 East
(208) 775-3354
Ireland-Bank.com

FOR YOUR HEALTH!

Gardening's Big Benefits

There are plenty of reasons that gardening always tops the lists of favorite American pastimes: the beauty of the result, the joy of connecting to nature, being able to grow your own (and more delicious) food and herbs and, of course, relaxation.

But beyond that, this hobby offers direct health benefits to avid and casual gardeners alike.

The Centers for Disease Control and Prevention labels gardening "moderate cardiovascular exercise." Former National Gardening Magazine editor Dan Hickey says that according to studies he has participated in, 45 minutes of gardening can burn as many calories as 30 minutes of heart-healthy aerobics.

The National Institute of Health goes so far as to recommend 30 to 45 minutes of gardening three to five times a week as part of a good strategy to combat obesity. If you are pressed for time or can't physically manage 30 minutes at a pop, you can still benefit by breaking up your exercise into smaller portions. For instance, you can do 15 minutes in the morning and 15 minutes in the late afternoon. This way you can also avoid working in the heat and humidity of midday. And the cherry on top: Research shows that gardeners have an increased zest for life, sleep better, and also have a lowered risk for osteoporosis and diabetes.

While researchers can measure cardiovascular activity, they stop short of providing definitive reasons for the other findings. These benefits could also be the result of the exercise one gets from working in the garden — or the reduction in stress levels—but looking at it more holistically, I believe that doing what you love, creating beauty and communing with nature can heal your body, mind and soul.

Gardening's surprising benefits

The most striking example of gardening's benefits ever witnessed was a person who was listed as "disabled," due to two strokes, and yet when I met her she appeared to be fully physically functional. She told me that her first stroke had paralyzed her and left her unable to walk. One day she was looking out her window and noticed the empty lot next to her home, an unsightly mess overgrown with weeds, parched soil and debris. That's when it hit her: By rehabilitating that plot of land she might be able to rehabilitate herself.

She crawled over to the lot every day on her hands and knees and slowly started pulling weeds and bagging debris. At first she needed help from her grandchildren, but she struggled valiantly for two years to clear the lot, and slowly but surely they both improved. Her doctors were in shock as they watched her return to full mobility.

There have been many classes taught in horticultural therapy and dozens of accounts from war veterans about the physical and mental restorative effects that flower and vegetable gardening has.

It's not just hearing about these accounts that matters. According to the American Horticultural Therapy Association, gardening can benefit people who are recovering from physical illness by retraining their muscles and improving coordination and strength. At the Oregon Burn Center in Portland, for instance,

patients recover their balance and stamina by learning to navigate sloping paths through a sensory potpourri of plants in a shaded safe garden. In addition, simply spending time in nature reduces stress, lowers blood pressure and relieves muscle tension, according to Clare Cooper Marcus, professor emeritus at the University of California at Berkeley and one of the founders of environmental psychology.

How to derive maximum health benefits

The best way to begin is to turn off the fancy machines and do the physical labor yourself. Work with a consistent rhythm and change positions every five to 10 minutes to avoid overusing or overburdening any one area of the body. If you start by reaching to prune a tree, for example, you might want to bend down to pull weeds next. Alternate positions and sides using the right and left sides of your body to stay balanced. Unfortunately, I've found that even with this consciousness, many gardeners have problems with their backs, wrists and knees.

One universal principle to avoid injury if you work a lot with vegetables or flowers is to plant in raised beds, which will help prevent both back strain and knee problems by limiting how far you need to bend and reach. The height of a raised bed is a matter of individual choice: Some people prefer them to be 18 inches while others advocate 36 inches. Today there are even designs for wheelchair-friendly raised beds. Companies, like Yard Butler and Active Forever, have websites that sell ergonomically designed tools and pads to assist gardeners.

Another way to keep injuries at bay is by learning the proper way to stand, sit and move. Remember to always bend from the knees, not the waist, because of the strain that places on your lower back. Be careful when pushing or pulling heavy objects: Let the larger arm and thigh muscles carry the load — not your back. Never use jerky, twisting or rough movements; move slowly and deliberately. And don't be macho: Let gardening equipment and tools do the job for you. I've made the mistake of carrying plants and bags of potting soil all over the yard only to be laid up the next week with back spasms. That's what wheelbarrows are for!

If you have wrist problems from the repetitive motions involved with gardening, use a wrist guard. These will keep your wrists steady while you dig. A good warm-up exercise is to make a loose fist then make circles with your wrist in both directions before and after your gardening session. Alternating garden tasks will also help keep your wrists from becoming overworked.

So with the potential for injury, is it all worth it? The answer is Yes! Athletes have to learn to adjust their activity to circumvent potential injuries or live with the discomforts that threaten their mobility. While gardening can't compete with, say, cross-country skiing (600 calories burned in an hour), you can still burn 200 to 300 calories an hour depending on the type of gardening activities you do.

Beside the physical benefits, gardening can provide you with fresh, healthy food, the joy of seeing plants you nurtured flourish and a

circus of wildlife. The longer you garden, the more you realize how many different ways you benefit beginning with your body, extending to your intellect and creative abilities, and reaching your soul.

VOLUNTE

- **Volunteering increases self-cor** healthy boost to your self-confid You are doing good for others ar natural sense of accomplishment you a sense of pride and identity the more likely you are to have a goals.
- **Volunteering combats depress** another important benefit of volu depression is social isolation. Vo with others and helps you develo protects you against stress and d challenging times.
- **Volunteering helps you stay ph** for your health at any age, but it Studies have found that those wh than those who do not, even whe the participants. Volunteering ha chronic pain or heart disease.
- **Volunteering helps you make new friends and contacts**
  One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. Volunteering also strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.
- **Volunteering increases your social and relationship skills**
  While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

MISCELLANEOUS NUMBERS "CLIP & KEEP"

All Emergencies – 911
Inkom Police Department – 775-4423
City Hall – 775-3372
Bannock Co Sheriff – 236-7114
Idaho State Police – 232-1426
Port of Entry – 775-3322
Fire Dispatch County – 236-7111
BLM – 529-1020
Idaho Power Emergency – 236-7792
Pebble Creek Ski Area – 775-4452
Poison Control Center – 800-632-8000
PMC – 239-1000
MV District – 254-3306
Inkom Elementary – 775-3361
Marsh Valley High School – 254-3711
Marsh Valley Middle School- 254-3260
Inkom Post Office – 775-3587
Ireland Bank – 775-3355
Potelco United Credit Union –775-3075
Rapid Creek Bed & Breakfast –775-4934
Village Mart – 775-3331
Bisharat Market – 775-3511
Solomon's Service – 775-3424
Jan's Mountain Hair – 775-3440
Mark's Barber Shop – 775-4544
Solomon Training Studio – 244-2379

CHECK OUT THE CITY WEBSITE:
WWW.INKOMCITY.ORG

PAY YOUR UTILITY BILL (NEW)

REGISTER TO RECEIVE YOUR NEWSLETTER VIA E MAIL

LOOK UP ANY CITY ORDINANCE OR INFO.

GET YOUR BURN PERMIT

MAKE YOUR PARK RESERVATIONS