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Wagon Wheel Therapy Opens in Kettle Falls



by Robin Milligan

From the U.S. Army, to Ohio State University, to eventually eastern Washington, Tammy Elaine Lewis' career in physical therapy has taken her to places across the country and, as a result, expanded her view on what proper patient care should entail. While teaching full time at Eastern Washington University (EWU) and raising five children, Elaine began taking evening classes to earn her Master's degree in Adult Education. Here she dove deep into all the components of one's everyday struggles and, without her even realizing it, Wagon Wheel Therapy began to take shape.

Elaine discovered she wanted to be part of a more holistic approach to wellness. She said, "It became clear that there is so much more to success than academic prowess, financial freedom, supportive families, etc. The path people take to move forward in life is very complex and influenced by so many variables that it is often possible for a person with high potential to 'get stuck' on their journey. And when they do it is often very difficult for them to even recognize the barriers much less know how to overcome them. So, at that point in my life, I started to really see and treat people differently. I am a physical thera-

pist by trade but people often need a physical, mental, emotional and/or spiritual 'therapist' too. My motto in life and business is, 'Move to Wellness'."

Elaine was also greatly inspired by people she met along her path. While at Providence, she met a woman named Rose who was in need of physical therapy, but Elaine saw that Rose needed more than that. She needed a friend. Elaine recalled, "I helped guide her to services, moved her to many different homes, became her friend, let her live with my family for a short time, and even gave her my dog to become her service dog. Things really began to improve for her and, while her life was still very difficult, she eventually found a forever safe home, reconciled with the people and family who had hurt her in the past, and enjoyed life."

She also met Mrs. Abrahamson from Inchelium, a wise elder of The Colville Confederated Tribes, who expressed hope that someday more services like physical therapy would come to the reservation. After teaching at EWU for four years, Elaine decided to do something more impactful and helpful. She shared: "In 2008 I decided to cross the river (not the Jordan, but the Columbia River) to open a private practice on the Colville Confederated Tribes Reservation.

continued on page 2...

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...continued from page 1:

Nearly 10 years later, with clinics located in both Inchelium and Kellar, I transferred ownership of my practice to the Tribe. I worked for them for another three years.”

During her time on the reservation, she met many others like Rose. She said, “So many beautiful people who had lives full of pain and difficulty were “stuck” on life’s journey. With the previous experience I had with Rose in mind, I wanted to offer more holistic guidance, friendship, opportunity, and support so more lives could move toward wellness.”

Elaine continued, “I listened to the people while I provided physical therapy and learned their greatest needs. With the help of Phoebe Hawks and Sonja Warren, two local Native American women, we founded The Rose Garden, ‘a place of hope, where health, healing and happiness meet’. We desired to build a facility where multi-generational people could meet to assist one another in their own journeys.”

They had a lot of local support for their vision, and now hold yearly horse events for families and the youth. Elaine said, “We raise money yearly and award a senior scholarship to encourage college attendance. One young woman is currently finishing her PTA degree at Spokane Community College and many others have followed suit.”

During Covid, a friend and neighbor, Gary, had reached a point on his life’s journey where it was time to move out of his home. The residual effects of a stroke made it impossible for him to remain on his ranch or to continue as a wagon wheel maker. He needed to sell his belongings, horses and his lifetime collection of tools and equipment.

Elaine told me, “I decided to [help] him do the physically impossible. He needed people to help him make sales, clean his home and move his 85 years’ worth of belongings. Since he also scheduled ma-



Pictured, from left, volunteers Susie Bundl , Karey Goodness holding KC the Kiger mare with rider CiardH offman, and Elaine Lewis. Photo by Brittany Hoffman

rior surgery to repair years of neck degeneration, he needed a part time caregiver. So, once again, I invited a friend to move in with my family and share my home. But Gary was not done with his journey yet. One road was closed to him so he found another venture to pursue.”

She continued: “When Gary’s stroke happened, he had much time to read and watch videos from the library. One video was of a small farm in Montana that provided equine (horse) assisted services to young people with a variety of disabilities. Gary immediately wanted to move there and support their program. Unfortunately, the man in the video had already passed away a few years earlier. However, un-

Huckleberry Press

The *Huckleberry Press* began in the Fruitland Valley, nestled in the shadow of northeastern Washington’s Huckleberry Mountains. Since 2003, “Huckleberry Country” has expanded throughout the Inland Northwest to the 12 counties of Adams, Benewah, Bonner, Douglas, Ferry, Kootenai, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, and Whitman.

The *Huckleberry Press* is dedicated to **celebrating and connecting people with their communities** by featuring stories of people making major contributions as individuals, with new or expanding businesses, and through special, community events. Also included are small business advice, lifestyle, humor, and seasonal features. The *Huckleberry Press* is dated the 1st and the 15th of each month.

Next deadline for articles and ad space reservations: Friday, May 10 at 5 p.m.

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beknownst to Gary, I had also been studying hippotherapy [which is] the use of equine movement to help people requiring physical therapy.”

Elaine said she grew up on a horse and still owned horses. When Gary and Elaine learned of each other’s passions for equine therapy, they decided to combine their efforts.

Gary needed both a place to live and a place to build an indoor heated arena so the hippotherapy practice could function through all types of weather. Luckily, he found the perfect location that could accommodate their business and also included a beautiful studio apartment well suited for him in Kettle Falls. Elaine considers Gary to be a business partner and they are working together to create a better future for people in need of help.

Elaine explained that hippotherapy uses the movement of a horse as a tool like a treadmill, elliptical, or free-weights. There are unique movements of the pelvis of the horse that are beneficial to the function of our own. Something as minimal as 20 minutes of nonstop correct movement provides incredible training for balance and gait, and facilitates proper restoration of movement for the individual.

The emotional touch of the horse is also an important part of hippotherapy. Horses can sense the patient’s heartbeat, pick up on emotions and help to calm them. This is especially evident with children and those with anxiety. Feeling in control of the horse empowers the patient to feel in control of their therapy.

“Horses, children, and therapy all at once! I’m in heaven!” Elaine enthused.

Elaine shared that patients and providers need to focus on what is right and begin the healing journey from there. There is a time for physical pain to be addressed, but the deeper, long-term problems are actually more important. First, focus on the good. She believes that people are able to heal if they have the right direction, and aims to provide one place to help find that direction. Elaine doesn’t believe money should stand in the way of someone suffering from getting the help they need. Wagon Wheel Therapy accepts insurance and will consider any reasonable barter or trade.

Elaine believes in giving quality time to each patient and addressing not just the physical body, but the spiritual, emotional, and mental too. All of these parts, together, are important and deserve attention because we ARE how we FEEL. Like the wheels of a wagon; when parts break, they affect the other parts of the wagon.

When asked what advice she would give to new physical therapists

starting out on their healing journeys, Elaine offered, “Ask ‘why?’ three times about everything in life. Dig for the real source of the issue at hand. Never stop asking why.” This was a theme repeated throughout the interview; just keep asking questions, and keep moving forward. Move toward wellness.

When asked to share advice she would give to other women who want to start a new business, Elaine said, “Just do it. Start somewhere and just go. You can’t alter your path unless you begin to move. Pick a goal and start moving, even if it doesn’t make sense to you at the time. You’ll find the path as you go. Take one action toward the goal, one step at a time. Action plans result in change. Be deliberate with what you do. Don’t do anything by accident. Be honest. Be love.”

Elaine’s focus at Wagon Wheel Therapy is on Functional Movement Assessment to help determine which physical issues are present in the body and how to improve the patient’s movement and overall wellbeing. In addition, Elaine provides what she calls “non-standard assessment” and recommendations to help address the bigger picture of what her clients need in order to move toward wellness. These include mineral taste testing and treatment, body composition analysis, and more. She also offers the use of an assessment tool that she developed, called ROSE: Responsible Ownership Self-Evaluation. ROSE helps to identify areas of strength and weakness in a person’s entire state of well-being.

Elaine’s intention is to help people “move to wellness” on their own, and she believes that life is a journey full of individual needs and choices. “Wagon wheels help carry loads but do not work if broken. I would like to help you repair your own Wagon Wheel of Wellness and help you successfully reach your destination wherever that takes you.”

Wagon Wheel Therapy is located at 440 S. Meyers St., Kettle Falls, WA and is open 8 a.m.-4 p.m. T-Th 8-10 M & F by appointment.

You can reach Elaine at 509-738-1555 or by email: telainelewis@wagonwheeltherapy.org.

Robin Milligan is an artist and entrepreneur living in Spokane, WA. She curates art shows, runs an IT company, and teaches ceramics and painting from her home studio. When not working, Robin spends her time with her 3 children exploring nature, rockhounding, creating art, and swimming.

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Taste Budz Review: Mi Jalisco Mexican Restaurant



By Zack & Brooklyn Bolin, Facebook: Taste Budz, Instagram: tastebudz_spokane

If you're headed west this summer and need a place to stop, don't miss the opportunity to check out Mi Jalisco in Ritzville, WA.

What we enjoyed:

- ~ Fajita Burrito
- ~ Jalisco Burrito

Zack and I were starving while on a little

road trip. Just when we had given up hope that we'd come across anything, we were pleasantly surprised to find Mi Jalisco.

There is no better snack than chips and salsa. The chips were warm and salty, and the salsa had a nice smoky flavor. We couldn't stop munching.

I enjoyed the top sirloin Jalisco burrito. The steak was tender and juicy – just the treat I needed after a couple hours on the road. I asked for a side of pico de gallo and not only were they generous with the portion, but they served what I considered to be traditional pico de gallo. Their pico included chopped up tomatoes, jalapeños, onions, and cilantro dressed with lime juice, salt, and pepper. Typically in Washington when you request pico de gallo, you get a delicious cabbage mixture but not something I am familiar with as pico de gallo.

Zack is always looking for burritos that he can pick up by hand, so he was happy to find the fajita burrito. His burrito was not only loaded with juicy steak and bell peppers, it was served with a refreshing and generous amount of guacamole too. The variety of protein options you could choose between was steak, shrimp, or chicken. All burritos are served with Spanish rice and your choice of rancho or refried beans. The refried beans were cheesy and chunky.



Since we were driving far we didn't get any drinks but they had some delicious drink options. For non-alcoholic beverages they even offered horchata and a variety of agua Frescas.

The interior of the restaurant was updated and clean, and the booths were comfy, especially after being trapped in a car. The waitresses were quick, kind, and attentive, and the prices were affordable. Their menu was extensive and even offered an American food section if you're traveling with picky eaters. They also offer a vegetarian menu.

If you're passing through and feeling hungry, there's no better place to stop in Ritzville than Mi Jalisco.

Zack & Brooklyn are a married couple that love showcasing all the fun places to play and eat in the Inland Northwest. They created Taste Budz to promote local businesses and expose people to the great restaurants all around them. Keep up with them to find your next culinary destination!

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Pros and Cons of Venture Capital and Angel Investment



by Mark Pond, MILS

Back again, folks! Over the past few columns I've written on the business startup process and we've burned a good amount of ink discussing various funding approaches: bootstrapping, searching out and applying for grants and loans, and crowdfunding.

That gets us to the last stop along this trail: equity funding via angel investors or venture capital (VC).

Although often lumped together under the single banner of equity funding, angel investing and VC each offer distinct advantages and drawbacks. Let's dive into the pros and cons of each.

VENTURE CAPITAL:

Venture capital firms are institutional investors that invest in businesses with long-term, high-growth potential. Most frequently, the investment arrives in exchange for equity ownership of the business. The key takeaway here is that VC firms are generally looking to invest in scalable companies with the potential to grow fast in a relatively short time frame. If you're operating a business that is making small-batch, handmade, artisanal goods, VC firms most likely won't have much interest in funding your venture. Because of the high risk nature of VC investing, VC firms need to swing for the fences with every deal in hopes of explosive growth. They need to land that one whale that will cover their losses on their other investments that just didn't pan out.

Assuming you have a scalable business idea, let's run through some things to consider associated with VC funding:

PROS:

- **Substantial Capital Injection:** VC firms typically offer significant levels of funding, which can provide the necessary financial leverage for a company to scale rapidly. This infusion of capital enables startups to hire top talent, invest in research and development, expand sales operations, etc.
- **Strategic Guidance and Networking:** Beyond money, venture capitalists often bring industry expertise, strategic insights, and extensive networks to the table. Their guidance can help startups navigate challenges, determine pivotal business decisions, and make key introductions.
- **Street cred:** Securing funding from reputable VC firms can enhance your startup's credibil-

ity in the eyes of potential customers, partners, and future investors. It serves as validation of your business model as well as your team's capabilities and potential, which can then open doors to additional opportunities.

CONS:

- **Loss of Control:** In my mind, this is the big one. Accepting VC funding usually entails surrendering a certain degree of control over your company. Venture capitalists often demand board seats and exert influence on key business decisions, which may clash with your vision.
- **High Expectations and Pressure:** VC-backed startups often face pressure to achieve rapid growth and deliver substantial returns on investment within a relatively short time frame. If you're taking on VC funding, make sure that your timeline aligns with your funders'.
- **Exit Pressure:** Venture capitalists usually invest with the expectation of reaping substantial returns, typically through having the company bought out by a bigger company. Again, this can create tension if your timeline and vision do not match your investors' expectations.
- That's the overview of VC funding. Let's now look at angel investors, a close cousin of the VC world.

ANGEL INVESTORS:

Angel investors are affluent individuals who provide capital to startups in exchange for equity stakes, often in the early stages of development. Sometimes a one-on-one relationship with an investor is more appealing, let's explore the pros and cons of angel investors:

PROS:

- **Flexible Terms and Speed:** Angel investors often offer more flexibility in terms of deal structures and investment terms than VC firms. This agility can speed up the fundraising process, allowing startups to secure funding faster and with fewer bureaucratic hurdles.
- **Personalized Support and Mentorship:** Angel investors often take a hands-on approach to supporting the startups they invest in, providing guidance, mentorship, and access to their networks.
- **Alignment of Interests:** Unlike institutional investors, angel investors typically have a more patient outlook and may be willing to support the startup's long-term vision with-

out imposing stringent growth targets or exit timelines.

CONS:

- **Limited Capital:** While individual angel investors can provide valuable early-stage funding, their pockets generally aren't as deep as those of VC firms. This may limit your ability to complete large-scale growth initiatives or weather unforeseen financial challenges.
- **Potential Lack of Expertise:** Not all angel investors possess deep industry knowledge or operational experience relevant to the startups they back. Be prepared to take advice or guidance with a grain – or two – of salt.
- **Risk of Disagreements and Disputes:** Angel investments are often made on an informal basis, relying heavily on trust and personal relationships. However, disputes over strategic direction, financial management, or other matters can arise, particularly if there is ambiguity in the initial agreement. Be sure to consult your business attorney before signing anything!

So, there we have it! Between this column and previous ones, we've covered the basics of funding options for businesses. Bootstrapping, grants, loans, crowdfunding, and equity funding can all offer valuable sources of funding for businesses, each with its own set of pros and cons. The main nugget of guidance with all of this is that business owners should carefully evaluate their funding needs, objectives, and compatibility before taking on debt or investment partners. Success usually lies in finding the right balance between access to funds, strategic guidance, and alignment of interests. If you can strike that balance, you're in a good position!

Mark Pond, MILS, has been the Business Research Librarian with the Spokane Public Library since 2006, and, before that, worked in similar capacities for the Seattle Public Library and the University of Washington Libraries since 1998. Mark has led the effort to develop Spokane Public Library into a nationally recognized leader in the field of business research.

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The Surprising History of Mother's Day



by Amy McGarry

What gifts are given or received on Mother's Day? Jewelry? Chocolate? A lavish meal at a restaurant? Definitely flowers. In fact, according to Oberlo.com, "In 2023, consumers spent \$3.2 billion on flowers on Mother's Day in the United States – a 10.3% annual increase and the highest-ever amount recorded." Add the money spent for moms' extra gifts and we end up with a \$35.7 billion holiday, according to the same source.

The history of how Mother's Day began, however, is quite different than how we celebrate moms today. To understand its origins, we have to go back in time to the American Civil War. One of countless women who served in some capacity during the war was Julia Ward Howe (1814-1910). Howe worked for the US Sanitary Commission which promoted clean and hygienic conditions for soldiers and hospitals. Also a poet and author, Howe was published in the *Atlantic Monthly* in 1862. Her poem "The Battle Hymn of the Republic," is considered the Union's Civil War anthem.

Although the Civil War ended in 1865, it wasn't until 1870 that Howe became an anti-war activist and advocate for peace. During this time, Howe learned that Europe recently engaged in the Franco-Prussian war. She could hardly believe that another war had started after her generation had suffered through the Civil War. She believed the conflict could have been resolved without unnecessary bloodshed.

Howe believed that women and mothers needed to take the lead in preventing war. Her reasoning was that mothers' love for their sons was strong enough to save them from war. Furthermore, mothers had invested too much in teaching sons "charity, mercy, and patience" to go off to war.

Turning her frustration into activism, Howe issued her Mother's Day Proclamation, calling. Howe's Mother's Day Proclamation called upon mothers all around the world to band together to promote the "amicable

settlement of international questions, the great and general interests of peace." She invited women to meet and "solemnly take counsel with others as the means whereby the great human family can live in peace."

Howe first suggested a "Mother's Day for Peace" in 1872. She worked for several years to gain recognition of a June 2nd holiday. Howe called for women to gather once a year in parlors, churches, or social halls to promote peace. She also regularly organized meetings in Boston for women to rally, as men at the time showed little interest in her ideas.

Howe's version of Mother's Day never took hold. But Howe went on to head the American branch of the Women's International Peace Association, which observed a day dedicated to peace.

Howe's contemporary counterpart and social activist, Ann Jarvis, or "Mother Jarvis" also promoted peace in the aftermath of the Civil War. However, her peace initiatives differed from Howe's in light of the senseless, bitter rifts between her Confederate and Union neighbors in Virginia.

Before the war, Mother Jarvis faced many tragedies and, as a result, dedicated herself to helping worked tirelessly to help other mothers. Sadly, she sadly lost seven of her children to diseases such as measles, typhoid fever, and diphtheria. During the mid-1800s these diseases ran rampant in Appalachian communities like the one Jarvis and her family lived. These losses inspired Jarvis to help fight childhood diseases and unsanitary conditions.

In 1858, while pregnant with her sixth child, Jarvis began Mothers' Day Work Clubs to educate families and help them improve their health and sanitation. The clubs also raised money to buy medicine and hire women to help in households where the mother suffered from tuberculosis or other health problems.

The Civil War sharply divided the state of Virginia between north and south; finally in 1863 the western part of the state seceded to form the new state of West Virginia which was loyal to the Union. Residing

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now in West Virginia, Jarvis resolved to remain neutral. Her Mothers' Day Work Clubs began providing aid to soldiers on both sides, and she continued to promote peace between the Confederacy and the Union, even after the war ended. In 1868, Jarvis and her club members staged a "Mothers Friendship Day" for soldiers and their families from both sides to help the healing process. There she also used her platform to share messages of unity and reconciliation. The event ended with all attendees, north and south, singing "Auld Lang Syne" together, bringing many to tears.

One of Mother Jarvis' four surviving children watched as her mother served other mothers in the community and promoted peace. That child's name was also Anna Jarvis and she is credited with starting a Mother's Day tradition that is closer to how we now celebrate the holiday.

Anna got the idea of a day to honor mothers as a child when she overheard her mother saying a prayer in hopes of someone establishing such a day:

"I hope and pray that someone, sometime, will found a memorial mothers day commemorating her for the matchless service she renders to humanity in every field of life. She is entitled to it."—Ann Reeves Jarvis

After her mother died, Anna hoped to set aside one day a year to honor the sacrifices mothers made for their children. In honor of her own mother, Anna held a private memorial service at her mother's church in Grafton, West Virginia, on the date of her passing, May 12, 1907. The next year, Anna organized the first official observance of Mother's Day near the anniversary of her mother's death. Andrews Methodist Church in Grafton, West Virginia held the first public Mother's Day service on the morning of May 10, 1908. Residing in Philadelphia, Anna did not attend this service but sent 500 white carnations, her mother's favorite flower, for those in attendance. Anna organized another service that afternoon in Philadelphia at the Wanamaker Store Auditorium where 15,000 people are said to have attended.

Although Anna remained unmarried and childless her whole life, the success of her first Mother's Day inspired her to get the holiday added to the national calendar. She wrote letters to newspapers and politicians, urging the adoption of a special day honoring motherhood. Within five years virtually every state was observing Mother's Day, and in 1914 President Woodrow Wilson officially made the second Sunday in May a national holiday.

Anna Jarvis' conception of Mother's Day was a personal one. She encouraged wearing her mother's beloved white carnation as a symbol of the hard work all mothers put forth. It was intended to be a simple, inexpensive symbol of love and respect for mothers. The custom has since changed to wearing a red or pink carnation to represent a living mother, while a white carnation represents a mother who has passed. The holiday evolved in other ways too. Anna envisioned Mother's Day simply as a time to visit one's mother, write letters, or attend church services. It wasn't long before florists, card companies and other merchants capitalized on gift-giving for the holiday.

The capitalization of Mother's Day did not sit well with Anna, nor was it what she intended for the holiday. She urged people to stop buying Mother's Day flowers, cards and candies, and even lobbied for the government to remove Mother's Day from the calendar.

As a mother myself, I'm always happy to receive flowers or other Mother's Day gifts. But I'm even happier to receive a handwritten certificate where my child promises to complete chores that mom usually does. Perhaps a new Mother's Day tradition could include volunteer work in honor of the Mother's Day founders who gave so much of themselves to promote peace and help their communities. A bouquet of carnations and a fancy Mother's Day brunch would be nice, too!

Amy McGarry grew up in Spokane Valley, Washington. After a 20 year hiatus, she moved back to Spokane Valley where she lives with her husband, daughter and two cats. She is the author of "I am Farang: Adventures of a Peace Corps Volunteer in Thailand" available on Amazon.com, Auntie's Bookstore, and Barnes and Noble.

Keeping the Doorways to Local History Open

Article & Photo by William Jefferys

With the cold, winter weather now in the rearview mirror, and warmer weather on the way, the tourist season will soon be upon us. Many people come from all over to visit family, explore the landscape

of the lakes, rivers, forests and mountains, and for touring the historical sites.

Museums often house the cultural and historical records for their communities and depend on volunteers and funding to keep their doors open. Grants,

support from the state, and revenue from tourism can provide some of those income streams. Merchandise purchases can also help cover museum operational costs.

An example of this can be found at the Stevens County Historical Society Museum located in Colville, WA, where they have a gift shop stocked with all types of goodies. Shop manager Donna Cox has curated items from local crafters and producers such as Functional Arte, Hunting Bee Apiary, and others, and has a wide selection of books, artwork, vinyl record clocks, sewn handbags and even handmade beeswax candles. Donna's main goal for the shop is to help "highlight local artists and their crafts" while raising funds to assist with maintaining the museum.

Special events are also a way to get people interested and in the doors. In addition to the artifacts, photographs, documents, and displays related to the area's Native American cultures, pioneer settlers, logging industry, mining history, 20th century toys, and more, the Stevens County Historical Society Museum has a collection of Smokey the Bear memorabilia and will be celebrating the iconic bear's 80th birthday with a big party. (Does Smokey even like cake, you may

ask? Yes, but without the candles, of course.)

For area museum openings, hours, and other information, a starting place to check out is the Washington Museum Association's website (<https://washingtonmuseumassociation.org/>) and click on "Directory." Who needs a time machine when you can instead visit a local museum packed with history?



A museum shop is one way to help support local centers for historic preservation. Doors open at the Stevens County Historical Society May 1.

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| BASS | HERRING | OCTOPUS | SEAGULL | TARPON |
| CLAM | JELLYFISH | OTTER | SEAHORSE | TUNA |
| CLOWNFISH | KRILL | OYSTER | SEAL | TURTLE |
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	4	8		9		1		3
9		1	3				6	
6			4					2
7	8				5	6		
		5	9				7	8
5					3			6
	2				9	3		5
3		7		6		8	4	

Sudoku Puzzle Instructions:
Each Sudoku has a unique solution that can be reached logically without guessing.
Enter digits from 1 to 9 into the blank spaces.
Every row must contain one of each digit – so must every column, as must every 3x3 square.
Puzzle difficulty level is "Easy to Medium." Good luck!

SUDOKU SOLUTION:
Below is the Solution to This Week's Puzzle

9	4	8		9		1		3
9		1	3				6	
6			4					2
7	8				5	6		
		5	9				7	8
5					3			6
	2				9	3		5
3		7		6		8	4	

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BERRY FUNNIES

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My wife told me she wanted to see a huge diamond for her birthday. So I took her to a baseball game.

After winning the ball game, I decided to throw a ball into the crowd like I've seen pro baseball players on TV do Apparently that's unacceptable in bowling.

My company was recently bought out. Now, instead of making baseball equipment we're making German sausages...things have gone from bat to wurst.

They won't be serving beer for the rest of the year at Chicago Cubs baseball games. They lost the opener.

I just found out the Kool-aid man plays on a baseball team. He's the pitcher.

What did the pancake say to the baseball player? Batter up!

Why are frogs good baseball players? Because they're good at catching flies!

Why did the Zombie baseball pitcher retire? He threw his arm out.

A man and a dog walk into a bar. Both get up on stools and the bartender says, "Sorry no dogs." Man: "But my dog can talk." Bartender: "Prove it." Man: "Fido, what is the top part of a house called?" Dog: "Roof, roof." Bartender (annoyed): "You're going to have to do better than that." Man: "Fido, what is the high, grassy part of a golf course called?" Dog: "Ruff, ruff." Bartender (more annoyed): "I'll give you one last chance before I throw you out." "Fido, who is the greatest baseball player of all time" Dog: "Ruth, Ruth!" Bartender throws the both of them out into the street. Dog: "Maybe I should have said DiMaggio..."

First Class

A professional baseball team is at the airport flying home after a huge victory, and the team manager decides to splurge by buying first class tickets for everyone. Excited to fly in luxury, everyone boards the plane. The team soon realizes, however, that they failed to reserve enough seats. Nobody is quite sure what to do, but eventually a rookie on the team stands up and shouts, "Put me in coach!"

Baseball in Heaven

Moe and Sam, who were both 90 years old, have loved baseball their entire lives. One day, they were sitting together on a bench in their neighborhood when Moe turns to Sam and says: "Will you promise me something? If you die first and go to heaven, you'll come back and tell if there's baseball there?" Sam agreed, and made Moe promise the

same. Three months later, Sam died, and the next week, Moe woke up in his sleep with someone calling his name. "Who's there?" he called out. "Moe! It's me, Sam!" "Sam! It's so good to hear you! How's heaven?" Moe asked. "It's great, but I've some news, some good and some bad" Sam told him. "Well tell me the good news first" Moe replied. "Okay, the good news is that, there is baseball in heaven." "That's great." Moe exclaimed, "What's the bad news?" "You're pitching on Friday."

A kid is standing in the middle of a field with a baseball and a bat.

He tosses the ball up to hit it. He swings, misses, and yells, "Strike ONE!" Tosses it up a second time. Swings. Misses. "Strike TWO!" On the third time, he tosses it up, he swings, and again, misses. "Strike THREE!" "Wow," he said. "I didn't know I was such a good pitcher!"

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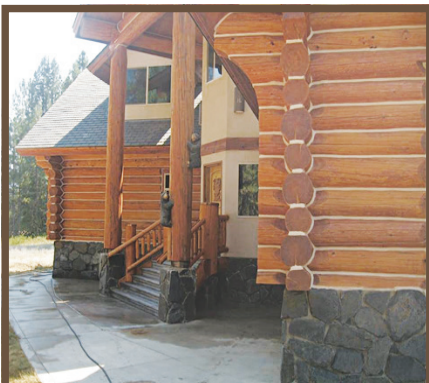
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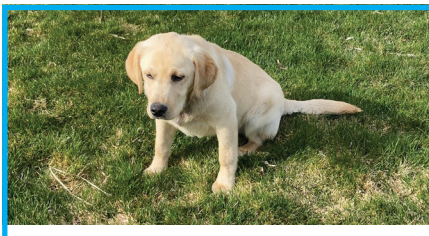
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Constancy and Small Changes Compound and Add Up



by Steven Hicks

I have fantastic news! At the risk of sounding like a snake oil salesman, I've actually unlocked a secret to weight loss and fitness that is easy and sustainable. I've been a personal trainer for almost 15 years now, and I used to feel guilty because I didn't fit people's expecta-

tions.

Yeah, I was in really good shape, but people would talk to me and make wild assumptions. People would always say things like "Oh, I bet you don't even eat a carb!" "Forgive me for this treat, I know it's not healthy like you prefer" "Gosh! You must workout all the time!" "I just can't get as motivated as you."

I always felt guilty when this happened because I'm not who you think I am.

Here's the truth ... I love donuts and dessert is awesome. My workouts only last about 40 minutes and they're not super intense, I haven't counted a calorie in over a decade, and it's brutally hard for me to pick a workout over playing the Legend of Zelda.

So how do I stay in good shape? Why is it easy for me to manage my weight?

I benefit from Holistic Force Multipliers paired with the compound effect. This powerful combination allows me to achieve more fitness goals and weight loss results with less effort. I want to share that secret with you.

Holistic Force Multipliers is a bit complicated to explain fully, but it's also easy to understand. This is an idea you probably already know, but I want to emphasize how beneficial it is. The idea is simple: there are habits that work synergistically together to get better results.

As a kid, I watched a lot of nature shows, and one show talked about the strength of elephants. Did you know that two elephants pulling together can pull a weight greater than both individually combined? That's synergy, when the whole be-

comes greater than the parts. We get this with healthy habits, too.

It's common sense that exercise is great for you and good nutrition is great for you, but they work best together. When you combine nutrition and exercise, you get better results than you could with either tactic alone. That's because exercise can help aid digestion, increase circulation of nutrients through the body, and change hunger signals. Nutrition can also improve energy regulation that allows you to exercise fully as well as promote recovery and results from workouts. They are both better when practiced together than alone.

But that's not where it stops! In my holistic coaching program, we focus on six components of health that have synergistic relationships together. My clients receive coaching on Mindset, Activity, Nutrition, Sleep, Stress Management, and Support. Each category and improvement enhances the effect of each other. In other words, each change magnifies the other changes so you get more from small efforts.

But how powerful is this really?

To double your fitness outcomes, people normally double their efforts with workouts or diet. Doubling down on one area can be brutally hard and lead to burn out. But by using Holistic Force Multipliers with the six factors like mentioned above, a small 10% change can double your outcome.

Outside the theory, I've seen this work in my life and the lives of my clients. The most common testimonial I hear from my clients is "I don't know

why this worked so well, I didn't even do half of what you said." It works because small changes will add up.

Adding up. That's the second part to this secret. When you make smaller efforts with the Holistic Force Multipliers, it becomes much more doable. For example, instead of going on a full keto and sugar free diet, I start my clients off with the simple rule of having fruits and/or vegetables at each meal (three meals a day). That's a small, fairly easy rule to follow, and you can successfully do that far longer than forcing yourself to give up sugar.

If you can do it longer, you get to take advantage of a compounding effect.

Compounding is simply things adding up. Here's an example. Would you rather get \$300 right now, or \$1 now and \$1 more each day for a month (i.e. day one you receive \$1, day two is \$2, day 30 is \$30). Even at the end, you're only getting \$30, so who cares? Well, if you can show up each day and get a little more because of it, after 30 days you end up with \$465 which is a lot more than \$300.

In fitness, people usually bust their rears to get that big push early, but then they burn out and fall off the path. People who enact smaller changes and continue to show up, keep getting paid.

Force Multipliers plus Compounding Interest allows me and my clients to get more results with smaller efforts. If you want to see what this looks like in action, I encourage you to check out The Health REBELS Podcast or send me an email at Steven@HealthREBELS.us.

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