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Honoring Those Who Sacrificed Their Lives in Service



by Amy McGarry

“That Nation which respects and honors its dead, shall ever be respected and honored itself.”

– Brevet Lieut.-Col. Edmund B. Whitman, 1868 (late Capt. and AQM Vols.)

Cemeteries are solemn grounds. Maybe none so solemn as Arlington National Cemetery. I first visited the cemetery in Arlington when I was a young adult. I remember being struck by the countless gravestones with dates of death for such young men between 1861 and 1864. These visual reminders were a much greater history lesson than reading any book or any history class. The dates of the Civil War would be forever etched in my brain. And the remembrance of the astounding numbers of soldiers who sacrificed their lives in this devastating war (1861-1864).

On May 30, 1868, former Union General and future president James Garfield, addressed an audience of 5,000 at Arlington National Cemetery:

“Thousands of soldiers are to-day turning aside in the march of life to visit the silent encampments of dead comrades who once fought by their side. From many thousand homes, whose light was put out when a soldier fell, there go forth to-day to join these solemn processions loving kindred and friends, from whose heart the shadow of grief will never be lifted till

the light of the eternal world dawns upon them.”

After Garfield spoke, the crowd made their way into the cemetery to visit the more than 20,000 graves of Civil War Union soldiers in the newly formed cemetery in Arlington. They went to pay homage to the fallen soldiers by decorating their graves with flowers and wreaths. By proclamation of General John A. Logan of the Grand Army of the Republic of former Union soldiers, May 30, 1968 was the first Decoration Day, later to be known as Memorial Day.

At this time, Decoration Day was not an official holiday, but a day of remembrance for people across the country. The idea was to honor the war’s dead by decorating the graves of Union soldiers.

In the following years, the event went on to inspire local observances in other states. In 1873, New York became the first state to declare May 30 as an official Decoration Day holiday. Then local municipalities and states adopted resolutions to make Decoration Day an official holiday. By 1890, all of the former Union states had adopted a Decoration Day. After the first World War, it became a day of remembrance for all American soldiers

continued on page 2...

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...continued from page 1:

Arlington National Cemetery. Photo by Marvin Lynchard

who died in any battles throughout history, and the term Decoration Day became replaced with “Memorial Day.”

From 1968 to 1970 Memorial Day was observed on May 30. In 1971, Congress officially established Memorial Day with the passing of the Uniform Monday Holiday Act. This act declared major holidays would be observed on specific Mondays to give federal employees three-day weekends. This declaration stated that Memorial Day would always be observed on the last Monday in May and codified the name “Memorial Day” into law. By this time there were millions of vets from later wars.

After Memorial Day became a three-day weekend holiday, our armed forces were continuing to lose their lives abroad. But back at home, Memorial Day was becoming less about remembrance and more about the unofficial kick-off to summer, celebrated with parties and shopping sprees. In an effort to remind Americans of the true meaning of Memorial Day and its significance, the U.S. government introduced a resolution in 2000 to re-educate Americans about Memorial Day. The “National Mo-

ment of Remembrance” asked Americans to take part in a moment of remembrance and respect at 3:00 pm each Memorial Day. Americans were re-minded to honor those who made the ultimate sacrifice with their very lives, both long ago, as well as those who have fallen more recently in places such as Iraq and Afghanistan.

This Memorial Day, as we reflect on those we have lost, ones who are overseas and the veterans who we have in our lives, let’s also remember

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 24 at 5 p.m.

CONTACT INFORMATION:
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Subscriptions
 The *Huckleberry Press* is available for free at over 500 locations in northeastern Washington and northern Idaho, and online at huckleberrypress.com. Subscriptions are \$62/year to cover mailing costs.

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where this day came from and its roots. On this Monday, May 27, let's all pause at 3:00 p.m. local time. Let's take one minute from our busy lives in an act of national unity to remember the sacrifices made by the millions in the American armed forces.

Another way to commemorate the holiday is to buy a red poppy. All over the world the red poppy flower symbolizes remembrance for the fallen soldiers. During the days leading up to Memorial Day, members of the Veterans of Foreign Wars take donations for poppies. Disabled veterans hospitals have been assembling these poppies since 1924, and the donations benefit veterans.

Although Memorial Day is about honoring and remembering past soldiers, I am sure living veterans and those currently serving would greatly appreciate being recognized and thanked. Consider making packages or writing a letter to someone serving overseas. For a more local option, the Beyond the Call of Duty program has organized a 5K run/walk at Fairmount Memorial Park, 5200 W. Wellesley, Spokane. The Race to Remember not only raises funds but pays tribute "to ensure the fallen are never forgotten" with 1,500-plus, full-size American flags carried through the race on Saturday, May 26 at 8:30 a.m. For \$25 you can register online anytime or in person before the race between 7:30 a.m. and 8:30 a.m. The course will be marked by signs, arrows on the ground, and start and finish flags throughout the Fairmount Memorial Park cemetery. (https://runsignup.com/Race/WA/Spokane/FMARaceToRemember)

The Liberty Lake Centennial Rotary Club will be hosting a breakfast event at Pavilion Park in Liberty Lake from 8-10:30 a.m. on Monday, May 27. The event is "a tribute to those who have given the ultimate sacrifice in serving our country." The program begins at 9 a.m. and will feature keynote speaker Tim Fitzgerald, a Spokane County clerk and retired Marine

Corps colonel and aviator.

The club is also offering an opportunity "to sponsor a luminary for those who would like to recognize a service member whom they have lost." The luminaries will be displayed at the park on Memorial Day weekend. All proceeds go to support Inland Northwest Honor Flight and The Liberty Lake Hometown Heroes Project. (https://www.strideevents.com/memorial-day-tribute/event-information)

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.



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Taste Budz Review The Lakehouse Bar and Grill



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

Zack and I can't say enough good things about The Lakehouse Bar and Grill in Loon Lake. We have told you all about their dinner service but we had the opportunity to check out their breakfast and it did not disappoint.

- ~ What we devoured
- ~ Country Fried Steak
- ~ Veggie Benedict
- ~ Bloody Mary
- ~ Mimosa

It was our anniversary so we thought what better way to celebrate than with a delicious brunch. They offer \$6 dollar bloody marys and mimosas on Sundays so you know we had to indulge. The Bloody Mary mix is, of course, made in house and so delicious. It was the perfect balance of salt, heat, and acid.



I decided to go with the veggie Benedict as I was in the mood for a savory breakfast. The eggs were so creamy and perfectly poached. The hollandaise sauce was a soft and velvety consistency without being too thick. The grilled greens and tomato added not only a pop

of color to the plate but a pop of fresh flavor. The breakfast potatoes had a crispy crust and were soft and fluffy inside. They were even served with caramelized onions.

Zack is never not going to get a country fried steak if it's on the menu. They used a thin layer of batter and fry it till it's golden brown. The steak was tender and succulent. They source everything locally, including their meat which comes from Lone Crow Ranch. The gravy was packed with flavor from the slightly sweet sausage and bits of

onion. Zack orders his eggs over hard and they did a flawless job of cooking the yolks all the way through without losing the fluffiness of the egg whites.

We loved our meal so much that we even went back and took advantage of their \$2 taco night. They had pork and shrimp tacos. The pork had been marinated and cooked for hours, it melted in your mouth with each bite. The shrimp were cut up into small chunks and were well seasoned and served with shredded cabbage and tomato. They also served \$5 margaritas so I had to do a taste test. They make their sour mix in house, which I love, because the margarita had a fresh flavor instead of being sickly sweet.

Whatever you order there, you will love it. Stevens County is lucky to have a fine dining restaurant that brings a farm to table menu at a reasonable price.

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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Family Adventures Out!

Adapted and reprinted, with permission, from the May 2016 edition of the *North Columbia Monthly* (www.ncmonthly.com).

By Gretchen Cruden

2015 was a record year for wildfire in Washington State with over 1,137,644 acres burned. That is an area nearly the size of the state of Delaware! Our state alone accounted for over 11% of all the land burned in the U.S. in 2015.

The Kettle Complex was the name given to a set of three wildfires that converged and burned over 73,000 acres in the Colville National Forest. This fire began in August after a lightning storm. It is no wonder that, with lightning causing about 10% of wildfires, many fauna (animals) and flora (plants) have evolved to cope with this natural phenomenon.

Every species of animal is unique and relies on its special adaptations to cope with fire. All of the winged creatures that are capable of flight, of course, fly off at the first sign of trouble. Large mammals often have an incredible sense of smell and will flee when they catch the first whiff of smoke in the air.



However, if they are caught off guard for some reason, they may take refuge in lakes or streams. Smaller animals, such as rodents or frogs may burrow deep under the dirt or in the mud if they cannot escape the flames. It is truly amazing how many creatures are able to survive wildfires.

Since plants cannot move to get away from fire, they have evolved in other ways to live through a fire. The ponderosa pine is a perfect example of flora that has adapted to live in a fire-prone area such as ours. Most important to the individual tree's survival is its extra thick bark, which can be almost four inches thick – that is as wide as the palm of your hand! This extra thick bark protects the live wood, or cambium, of the tree. If the cambium remains fairly untouched, the tree can survive, even if it appears burned on the outside. Another way the ponderosa pine has adapted to fire is by a trick called self-limbing, which means that their bottom branches naturally break off as the tree grows. This helps protect the tree from fire climbing up into the crown of the tree. Lastly, these trees have serotinous cones, which means the cones will stay tightly closed until the heat of a fire opens them and allows them to spread their seeds in the ash that remains after the fire. In some ways, the ponderosa pine can even thrive after a fire, if it manages to survive it.



The Kettle Complex was a severe fire and much of the Colville National Forest is still closed in that area for a number of reasons such as the danger of falling trees, unstable ground

ADVENTURE RATING

The rawness of seeing the forest burned so severely is something you will perhaps remember for the rest of your life. This intense sight, followed by a hike along Bull-dog Cabin Road, with its trickling creeks and bounty of wildflowers makes this hike a five boot hike for the fact it will make you appreciate the power of fire and rebirth in the forest.



SCIENCE TIPS:

Higher temperatures in spring can cause earlier snowmelt, which makes for a longer and more severe fire season. Roughly 90% of wildfires are caused by human activity. Make sure your campfires are out and do not play with matches!

and the possibility of flash floods when it rains. You can safely see the effects of the fire, however, by driving over Boulder Creek Road between Highway 395 and Curlew. It is hard to look out at the black sticks of trees and the forest floor that looks as barren as Mars, but it also makes you realize just how powerful nature can be.

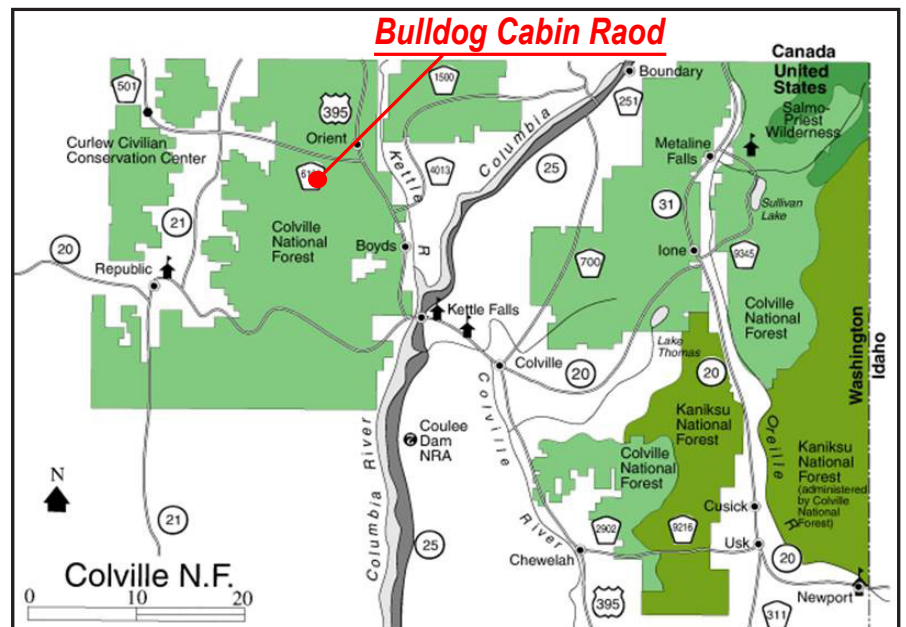
If, after the drive, you want to get a little closer look and see how the forest floor is recovering from the fire, you might want to take a hike along the Bulldog Cabin Road.



Our adventure began when we pulled over and just started walking along the road. This road is not paved, but still very suitable for bicycles or strollers. About a mile or so in, you will start to come across some delightful creeks and even some waterfalls along the road. At about two-and-a-half miles in, you will come to some burned areas. Take a close look at the forest floor and notice how the wildflowers and fresh spring grass seem strong and healthy against the blackened soil. After seeing the burn as you drive across Boulder Creek Road, it is good to see there is hope for the forest again.

For more information about family adventures in the Colville National Forest, visit <https://www.fs.usda.gov/colville>.

Gretchen Cruden has long loved nature, science, and teaching others about the world around them. No wonder she teaches an entire middle school at the Orient School and, in her free time, often finds herself outside, playing in nature with her family!



The Northern Lights, Explained

By Gretchen Cruden

Many people in northeastern Washington and north Idaho were treated to the celestial experience of the *Aurora borealis* beginning on May 10, and for several nights after. The *Aurora borealis* was named as such by Galileo in 1619 and is a combination of the words "Aurora" from the Roman *Aurora*, the goddess of the dawn, and the Greek name for the north wind *Boreas*. This natural light show is also called the "northern lights."

The phenomenon is a result of the earth's geomagnetic field interacting with solar winds released by the sun. According to the National Aeronautics and Space Administration, the geomagnetic field of the earth is due to the composition of the earth's inner and outer core;

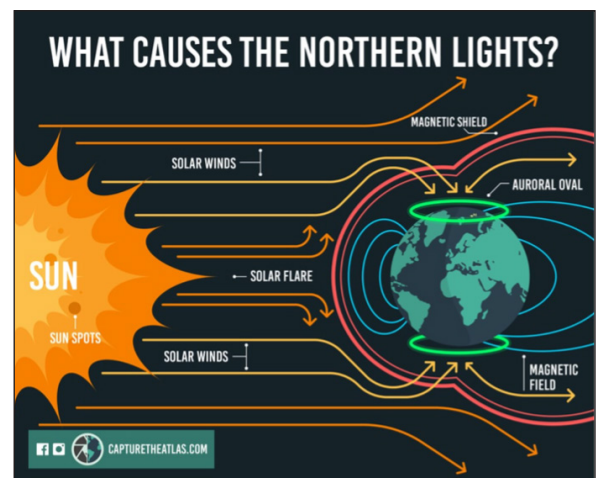
iron and nickel. The inner core is a solid mass and about as hot as the sun. The heat of the core causes the more fluid, outer core to heat and cool, creating convection cells. This rise and fall of iron and nickel create something similar to the straight bar magnets many people played with in elementary school. This magnet runs along the axis of the earth, with particles being absorbed and released from the northern and southern poles respectively. This magnetic field is called the magnetosphere. The magnetosphere normally interacts with particles released from the sun that are hurling towards the planet at over one million miles per hour in a fairly benign manner. These interactions go

largely unnoticed, and any light shows that accompany them are relegated to the north and south poles in an area called the auroral zone.

However, when the sun gives off a burst of extremely high levels of charged particles in a solar wind, the magnetosphere becomes overloaded by particles. In these high intensity solar winds, there are simply too many particles coming at the magnetosphere at once. This causes the auroral zone to shift to lower latitudes. The immense number of charged particles of the solar wind also begin to interact with the atoms in the atmosphere instead of being

absorbed by the magnetosphere. The atoms these charged particles most commonly interact with are oxygen and nitrogen.

There are four main colors to the *Aurora borealis* and all of them were seen over northeastern Washington. According to Maia Mulko of Interesting Engineering, the colors give an indication to the intensity of the solar winds. The color red is produced by the



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solar particles exciting oxygen molecules high in the atmosphere (above 150 miles from the earth's surface). Since there are very few particles of oxygen there, it takes an immense amount of solar wind particles collide with the oxygen. Green is another color given off by oxygen, but is usually closer to the earth's surface, as this is where there is a greater concentration of oxygen atoms. Purples and blues are a result of the interaction between the charged particles and nitrogen, with purples being viewed when the interactions are occurring 60 miles above the surface of earth and blues being viewed when the particles break through to within 60 miles of the earth's surface.

There are many legends surrounding the *Aurora borealis*. *Forbes Magazine* senior contributor David Nickel explored such legends in his article, "Myths And Legends About The Northern Lights." According to Nickel, some Native American stories depict the northern lights as torches held by ancestors leading the souls of the recently deceased as they crossed over into the lands beyond. To communicate with people on Earth, they believed the northern lights made a whistling sound, which was to be answered by humans with whispers. This last part can be attributed to the fact the *Aurora borealis* truly does make a whistling noise at times, as discovered by professor Unto K. Laine of Aalto University in Finland in



Publisher photo

2012, but researchers are still not exactly sure how.

Nickel goes on to describe how the Vikings believed the *Aurora borealis* were simply the reflections of the Valkyries' shiny armor as they led the warriors to Odin. Other Nordic legends claim the *Aurora borealis* was

the breath of brave soldiers who died in combat.

As rare as the *Aurora borealis* is, its appearance is at least becoming somewhat more predictable. The National Oceanic and Atmospheric Administration provides information on the likelihood of upcoming light

displays at <https://www.noaa.gov>.

Gretchen Cruden has long loved nature, science, and teaching others about the world around them. No wonder she teaches an entire middle school at the Orient School and, in her free time, often finds herself outside, playing in nature with her family.

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 Y T A T L E O D C I O R V S I L A O H N E Q H K O
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 S O C A Q G E C H A T E E H C E L P B A T P O B V
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 D E W H C E L C C I V M B R K U D U C W P E E X F

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

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

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

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BERRY FUNNIES

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What do you call the northern lights when they're not very interesting? Aurora Boringalis

What do you get when Sleeping Beauty gives a lecture on the Northern Lights to the people of Wonderland? Aurora boring Alice.

Why does Spiderman's calendar only have 11 months? He lost May.

Among all the months, there's one that leaves me doubtful. May.

Is there a month between April and June? May be.

I was just reminiscing about the beautiful herb garden I had when I was growing up. *Good thymes.*

Looking Good

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

I accused my wife of adding dirt to the garden. She denied it. The plot thickens.

I told my wife that what she's wearing isn't appropriate for gardening. But...she's digging in her heels.

Pink Floyd and Led Zeppelin agreed to take care of each other's gardens. This means Roger Waters Robert's Plants.

My mom said she's going to dig a hole in the garden and fill it with water...she means well.

Why did the snowman go to the vegetable garden? So he could pick his nose.

Sherlock was gardening when Watson came over and asked what he was planting. "A lemon tree, my dear Watson."

What's a gardener's favorite type of weather? Sunflower.

What's a gardener's favorite type of pasta? Spaghetti squash.

What do you call a gardener who's always punctual? Thyme"-ly.

What's a gardener's favorite type of footwear? "Croc"-us sandals.

What's a gardener's favorite mode of transportation? A "petal"-powered bicycle.

How do you jump higher on a waterbed? You fill it with spring water.

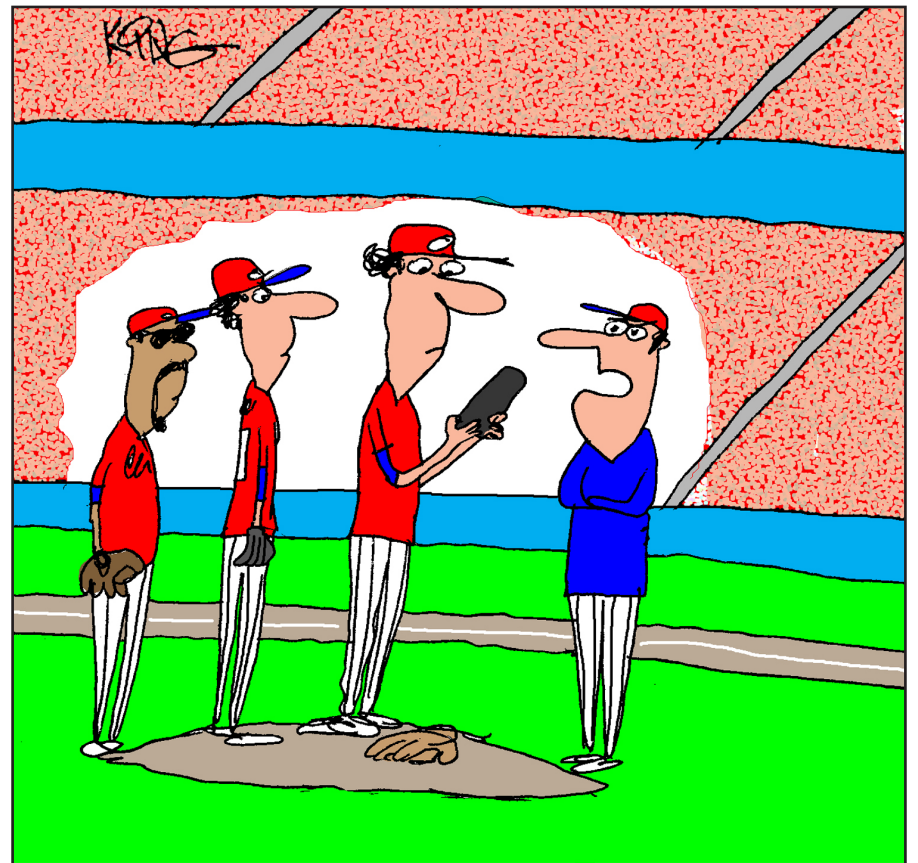
Finally, my winter fat is gone. Now I have spring rolls.

Why did the scarecrow become a gardener in the spring? Because he was outstanding in his field.

What did one spring flower say to the other? Hi, bud!

What's a bee's favorite flower in the spring? A bee-gonia.

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9 Ways to Progress an Exercise to Keep Getting Better



by Steven Hicks

Exercises produce the best results if they become more challenging over time. Most usually just think to increase the weight they use, but there are other approaches as well. Here, in no particular order, are nine ways to progress an exercise to

maximize results.

1. Number of Sets: This one is pretty easy. Research shows that beginners actually get the same positive effects from doing one set of strength exercises as they do with doing three sets. The group that does three sets gets more soreness for no extra benefit. Intermediate and Advanced lifters get more benefit from more volume.
2. Reps/Distance (Strength/Cardio): Again, this one is obvious. Doing 10 push-ups is harder than doing five. Riding five miles on the bike is harder than riding one mile.
3. Resistance: This is the most common way to progress exercises, but it's not always the best way. When the weight used is too heavy, or poor form is used, it can take off stimulus to the muscles and increase the risk of injury. Good form is necessary any-time resistance or weights are increased.
4. Range of Motion: In physics, Work equals Force multiplied by Distance ($W=F \times D$). So, if the range of motion is a little bigger, the work becomes bigger. For example, starting with half a push-up could eventually lead to full push-ups. Then, blocks or handles could be added to get extra range of motion. This is most common with yoga poses, deadlifts, and push-ups.
5. Tempo: For strengthening, slower movement can be tougher. On the flip side, for cardio, faster movement can be tougher. Changing the tempo can be a great way to make an exercise tougher and make progression without adding more weight to the joints and connective tissues. It's

also a good alternative for home workouts without having to purchase bigger dumbbells.

6. Time: How long does the set or workout last? Forty-five minutes on the bike is tougher than 20 minutes on the bike. Same with strength. When first starting, maybe the workouts only last 10 minutes, but over time they slowly extend to longer and longer workouts.
7. Rest: What is the right amount of rest time between exercises, sets, or intervals? Longer rest will be a little easier, shorter rests will make them feel harder and be more challenging on cardio and respiratory systems.
8. Variation: Some versions of exercises are easier than others. A TRX Assisted squat is easier than a bodyweight squat, which

is easier than a dumbbell squat, which is easier than a barbell squat.

9. Frequency: How often should one exercise? Twice a week will be an obvious progression over once a week. Three times is even more than that. Changes in the frequency of workouts can be applied in general or specific styles (strength, cardio, upper body, squats, etc.).

Before racing to slam bigger and bigger weights, or longer and longer cardio sessions, look to see if one of these options make more sense.

Force Multipliers plus Compounding Interest allows 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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