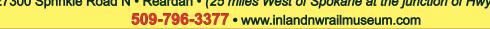
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The year was 1987. The season was spring, the season of graduations. We had rehearsals. Girls chose boys to walk with. We sent out invitations. As I collected my cap and gown, I wondered what all the hoopla was about. In my mind, graduation was simply acknowledging that we had met the requirements to earn a high school diploma; something I, fortunately, found quite easy. I had turned 18 months

by Amy McGarry

earlier with little fanfare, I don't recall telling myself, "Wow, now you're an adult." Nor did my parents or anyone else say this to me. That's unfortunate.

While I did have plans to leave home and start college that fall, at the time of graduation I was living in the moment. With friends planning to go separate ways, and not knowing what the future would hold, my goal was to make the most of the summer before going away to college.

Now, with a few years under my belt, and a child getting closer to her own graduation, I have a different perspective. I recognize high school graduation, and all graduations, for what they are: a rite of passage.

According to the dictionary, a rite of passage is a ceremony or event

marking an important stage in someone's life. I find that definition sorely lacking in describing the momentousness of graduation. Other sources get closer: "It involves a significant change of status in society." A rite of passage can involve leaving one group for another, entering a new world. Thus, graduation is the recognition that the graduates are leaving the group of youth, and entering the world of adulthood.

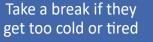
I thought that maybe it was just my family that failed to instill in me the significance of graduation as a rite of passage into adulthood. Rather than acknowledge that this was a big deal, I sensed that my parents were just relieved to kick their baby bird out of the nest. After 40 years of parenting, including raising seven children, that's understandable.

Some research into the topic, however, led me to see that it might not be just my family that neglects to honor this rite of passage. It might be a quirk in Western culture.

Anthropologists and social scientists have long noted the difference between cultures that value and emphasize the group (collectivist), and cultures that value the individual (individualist). Individualist societies include the United States and much of Europe. Collectivist societies include much of Asia, Africa, Latin America, and indigenous populations continued on page 3...









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...continued from page 1:

everywhere. There appear to be many more examples of cultural acknowledgement of the youth passing into adulthood in collectivist societies.

For example, the *quinceanera*, is a common celebration of a girl's passage into adulthood at the age of 15 in many Latin American cultures; it is both a religious and social event that emphasizes the importance of family and society in the life of a young woman. The *quinceanera* is celebrated by going to church followed by a festive, dance party. The dance party is a big deal. The girl's dress is as important as a woman's wedding dress. Participants spend weeks rehearsing the ceremony and dances.

Japan dedicates an annual public holiday to help young people recognize their passage into adulthood. Coming of Age Day includes ceremonies and parties among family and friends.

Indigenous cultures have countless ways to initiate youth into adulthood. One is the vision quest. The movie *Vision Quest*, filmed in Spokane in 1985, is one of my alltime-favorite movies. Ironically, when I first saw the movie as a teen, I didn't know what a vision quest was. I don't remember the movie explaining it. But I had a roommate in college who had chosen to go on her own vision quest, thus, I learned a great deal about this Native American rite of passage.

In some North and South American tribes, nearly all young people engage in some form of a vision quest as a ritual that marks the transition from childhood to adulthood. The vision quest usually involves fasting alone in a secluded or sacred place in hopes of receiving a vision, perhaps from an animal or an ancestor. Vision quests emphasize the role of spirituality and contemplative thinking in indigenous cultures. As a rite of passage, a vision quest helps develop survival skills, gain maturity, and connect with nature and one's self.

Similarly, Australian Aborigines have a long-standing rite of passage marking the transition from adolescence to adulthood for young men. The walkabout is a sacred experience and survival test where a young person leaves home on their own to demonstrate their ability to live off the land alone. It's also a time for learning about spiritual guides. Upon successful completion, the young person, from as young as 10 to 15, is given all the rights and responsibilities of an adult.

In Jewish tradition, families hold coming-of-age ceremonies for boys and girls at the age of 13. The Bar and Bat Mitzvahs recognize the time when the boy or girl





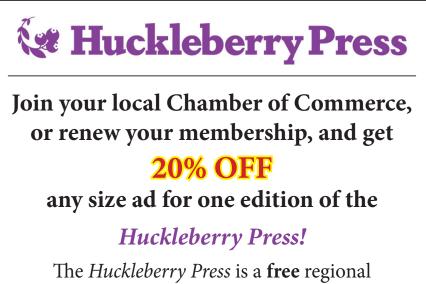
becomes a Jewish adult. They are now responsible for their own actions and can decide for themselves how they would like to practice Judaism.

Western culture has at least one similar version of these rites of passage: the debutante ball or coming out party. However, as this celebration has strictly been held for young women of aristocratic or upper-class backgrounds, I have no experience with it. Nevertheless, this is an elaborate, celebratory party with music and dancing, marking a young woman's maturity and entering "society."

My parents hosted a backyard picnic to celebrate my graduation.

Again, it felt more like a celebration of academic accomplishment than a formal transition into adulthood. When my own kid graduates in two years, I won't be sending her on a vision quest or walkabout, but I am thinking of ways to mark the significance as a rite of passage into adulthood.

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.



newspaper dedicated to **celebrating and connecting people in community** through stories on community contributors, new and expanding businesses, health & fitness, restaurant reviews, humor, small business advice, and more.

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Greater Bonners Ferry Chamber of Commerce P.O. Box X Bonners Ferry, ID 83805 visitbonnersferry.org | 208-290-1143 info@bonnersferrychamber.org

Chewelah Chamber of Commerce

401 South Park St., #E Chewelah, WA 99109 chewelah.org | 509-935-8595 Meeting: Fridays, 7 am, Mistequa Casino

Coeur d'Alene Regional Chamber of Commerce

105 N 1st St., Ste 100 Coeur D Alene, ID 83814 cdachamber.com | connect@cdachamber.com | 208-664-3194 Meeting: 2nd Tuesday, 7 am, Coeur d'Alene Resort

Colville Chamber of Commerce

986 S Main St., Ste B Colville, WA 99114 colville.com | 509-684-5973 Meeting: 2nd Tuesday, Noon, Eagle's Lodge

Deer Park Chamber of Commerce

316 E. Crawford St. Deer Park, WA 99006 deerparkchamber.com | 509-276-5900 Meeting: 3rd Tuesday, noon, call for each month's location

Harrington Area Chamber of Commerce P.O. Box 291 Harrington, WA 99134 harringtonbiz.com

Greater Hayden/Hayden Lake Chamber of Commerce 157 W Hayden Ave., Ste 103



Hayden, ID 83835 haydenchamber.org | 208-762-1185

Kettle Falls Area Chamber of Commerce 425 W. 3rd Ave. Kettle Falls, WA 99141 kfchamber.org | 509-738-2300 Meeting: 4th Tuesday, 5:30 pm, Kettle Falls Visitor Center

Newport-Oldtown Chamber of Commerce 325 W 4th St. Newport, WA 99156 newportareachamber.com | 509-447-5812 Meeting: Quarterly, January 17, rotating locations

North Pend Oreille Chamber of Commerce P.O Box 388 Metaline Falls, WA 99153 npochamber.org | info@npochamber.org

Northport Chamber of Commerce northportwa.us

Rathdrum Area Chamber of Commerce 8052 W. Main St., Ste 201 Rathdrum, ID 83858 rathdrumchamber.com 208-687-2866 Meeting: 3rd Thursday, 11:45 am, Shepherd of the Hills Lutheran Church

Republic Area Chamber of Commerce P.O Box 502 Republic, WA 99166 republicchamber.org | 509-429-1877 Meeting: 3rd Thursday, noon, 157 N. Clark Ave.

Ritzville Area Chamber of Commerce & Visitor Info





111 W Main Ave. Ritzville, WA 99169 ritzvillechamber.com | 509-659-1936 Meeting: 3rd Monday, 6 pm, Ritzville City Hall

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1202 5th Ave. Sandpoint, ID 83864 sandpointchamber.org | 208-263-2161 Meeting: 2nd Thursday, noon, Tango Community Room

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P.O. Box 772 Spirit Lake, ID 83869 spiritlakechamber.com | 208-428-1908 Meeting: 1st Tuesday, 8 am, Community/Senior Center

Greater Spokane Inc. 801 W Riverside Ave, Ste 100 Spokane, WA 99201 spokanechamber.org | 509-624-1393

Sprague Chamber 213 S. C St. Sprague, WA 99032 spraguechamber.com | 509-251-9165

Springdale Area Chamber of Commerce P.O. Box 275 Springdale, WA 99173 southstevenschamber.org | 509-703-0352 Not currently meeting – looking for volunteers

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Taste Budz Review: The Pickett Fence



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

After the gym, Zack and I decided to have a little late lunch date. We were in Deer Park and had seen some delicious looking pictures from The Pickett Fence so we decided to try them out.

- What we munched on:
- ~Sugar Free Peach Palmer
- ~Sugar Free Chocolate Americano
- ~Baja Club Sandwich
- ~Buffalo Chicken Wrap

I wanted to try something off their summer drink menu and one of the options was a peach flavored Arnold Palmer. Zack and I are both trying to watch our sugar intake and they were kind enough to make the drink sugar free for me. It was so refreshing! They used sugar free lemon syrup instead of lemonade which gave it the perfect subtle sweetness and didn't overpower the flavor of the tea.

Zack originally was going to order a sugar free chocolate milano Americano, but unfortunately they were out of that syrup so he went with just chocolate instead. They use Doma coffee which is a roasting company out of Post Falls, ID. The coffee was strong and velvety, the ratio of syrup and cream was just right, you could really taste each element.



Their whole menu sounded so delicious, I was having a hard time deciding so I kept it classic with the Baja club on sourdough. They use locally sourced turkey, ham, and bacon, and layer it with lettuce, tomato, and avocado. The vegetables were fresh and the lettuce was crunchy. The bread was nice and thick, the only thing I could've used a bit more of was sauce/mayonnaise. They serve every sandwich with chips and a pickle spear.

Zack went with the buffalo chicken wrap and it was SAUCY. A combination of chicken, lettuce, cheddar cheese, and celery get diced up and tossed with blue cheese crumbles and ranch. You were able to get every flavor in one bite, it was so yummy!

You can get any of their wraps as a salad and you can even build your own sandwich/ wrap. When we go back, I want to try their margarita grilled cheese, which is loaded with mozzarella, tomato, and pesto. If you are visiting in the morning, they had an amazing sounding breakfast menu with a variety of scrambles and burritos. They also offer soups, mac n cheese, and even ice cream!

The property is a beautiful home that was converted into a cafe. The yard has been turned into a wonderful outdoor seating area. The property is surrounded by trees and provides nice shade and privacy. When you go inside, there are plenty of private seating areas and they even have internet if you want to do some work while you're there. They also sell a variety of local products like handmade soap.

Whether you stop in or visit their drive-thru, you are sure to enjoy fun beverages and delicious food!

The Pickett Fence: 24 E Crawford St, Deer Park, WA 99006, 509-276-7366, facebook. com/pickettfencecoffee.

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!



The SBA Loan Option for Small Business Start-ups



Way back in February of this year, I wrote an article outlining the various options for funding a new business venture. If you want to explore, that article can be found here: https:// by Mark Pond, MILS huckleberrypress.com/

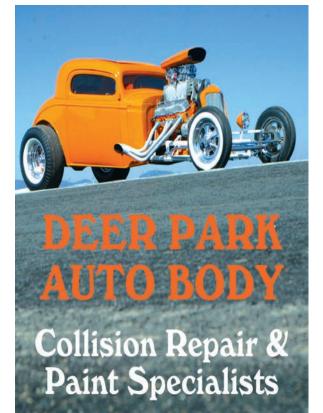
funding-your-business/

As I glanced over that article, I realized that I really glossed over the Small Business Administration (SBA) backed loan option, and that it might be helpful to take a deeper dive into that universe.

If you've ever heard of an SBA loan, it can be a little confusing as to where the money actually comes from. As it turns out, the SBA doesn't loan money. The SBA's role is to work alongside the bank making the loan, and then guaranteeing up to 85% of the loan. That means that if a business fails and isn't able to repay their loan, the SBA steps in and protects the lending institution from absorbing large losses.

You might wonder, "Why does the SBA need to use federal dollars to protect banks?" That's a fair question to ask. While there's probably a whole range of answers to that question, the one that I find most compelling is that SBA-backed loans allow lending institutions to take some risks on companies that wouldn't otherwise qualify for a commercial loan. The end result is that we all have more robust and resilient local economies with more competition, more choices for consumers, and more employment.

With a default rate of just over 1% for





SBA's most popular loan program in Fiscal Year 2021 (oversight.gov/sites/default/files/ oig-reports/SBA/SBA-OIG-Report-23-05. pdf), taxpayers should take some comfort in knowing that SBA lenders are still quite judicious and cautious when it comes to approving loans.

So that's the broad overview of the rationale for SBA loans. If you're a business owner and are considering taking the SBA path for funding, what does that process look like? Well, it's a long enough process that we don't have the space to cover every detail in this space but the following site is the best jumping off point: sba.gov/funding-programs/loans

The takeaway here is that you'll need to bare your soul in order to apply for an SBA loan. Be prepared to show multiple years of personal as well as business tax returns, financial statements, business licenses, articles



of incorporation, lease agreements, and so on. And so on.

If those hurdles don't sound insurmountable, it's still worth working through some of the pros and cons of the SBA lending world.

FIRST, THE UPSIDES:

Lower Interest Rates: SBA loans typically offer lower interest rates compared to conventional business loans, making them more affordable over the long term.

Longer Repayment Terms: SBA loans often come with longer repayment periods, which can lower monthly payments, leaving you with more cash on hand at the end of every month.

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209 E 5th Ave., Metaline Falls, WA



specifically to support small businesses, SBA loans can be easier to qualify for than conventional loans, particularly for businesses that might not have strong credit histories.

Lower Down Payments: SBA loans usually require lower down payments compared to traditional loans, making them more accessible for small business owners.

Assistance and Support: Borrowers can benefit from SBA's advisory services, including business counseling and training, which can help in managing and growing your business.

Flexible Use of Funds: Depending on the type of SBA loan, funds can be used for various purposes such as working capital, equipment purchases, real estate, and even refinancing existing debt.

If that all sounds too good to be true, here are **SOME DOWNSIDES TO CONSIDER:**

Lengthy Approval Process: The application and approval process for SBA loans can be lengthy and complex, requiring extensive documentation and time for review.

Strict Eligibility Requirements: SBA loans have strict eligibility criteria, requiring detailed financial statements, credit history, and business plans, which can be challenging for some to meet.

Collateral Requirements: Most SBA loans require collateral, which can be a barrier for businesses that don't have sufficient assets to pledge.





Fees: SBA loans come with various fees, such as guaranty fees, packaging fees, and servicing fees, which can add to the overall cost of the loan.

Personal Guarantees: Business owners are often required to provide personal guarantees, putting their personal assets at risk in case the business defaults on the loan.

Limitations on Loan Amounts: SBA loans have maximum limits, which might not be sufficient for businesses requiring large amounts of capital.

Assuming that an SBA loan [ital]still[end ital] sounds plausible, a good first step would be to get connected with an SBA lender, as not all banks fall into that category. For that bit of sleuthing, the SBA Seattle District Office (which serves all of Eastern Washington and Northern Idaho) has a list of SBA lenders that can be found here: sba.gov/document/ support-seattle-lender-list

While sometimes difficult to navigate, SBA loans can be a valuable financial tool for small businesses. It takes some perseverance, work, and focus, but the rewards can be significant. 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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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!

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- Why do Americans love celebrating the 4th of July? Because it's a blast!
- What did colonists wear to the Boston Tea Party? Tea-shirts that read. "Celebrate like it's 1776!"
- What did American colonists drink at the Boston Tea Party? Liber-tea!
- How did everyone celebrate the 4th of July in 1776? They did a little independance!
- What does the Statue of Liberty say when visitors leave? Stay in torch!
- What do you get if you combine Captain America and the Hulk? A star-spangled Banner!
- Where did the funniest American colonists live? In Pun-sylvania!
- What did the Lincoln Memorial say to Mount Rushmore when they got together for Independence Day? It's a hard rock life for us!
- What do you call a canine patriot? A Yankee poodle!
- What is a pyrotechnics expert's favorite 4th of July treat? Popsicles!
- When it comes to national monuments, fewer and fewer people are visiting Mount Rushmore. Sadly, I think they just take it for granite.
- What ghost haunted King George III? The spirit of '76.
- What do ducks love about the 4th of July? Fire quackers.
- Where was the Declaration of Independence signed? On the bottom of the page.
- Why are there no knock-knock jokes about America? Because freedom rings.
- Which flag is the most highly rated? The American flag. It has 50 stars.
- What do you get if you cross a stegosaurus with a firework? Dino-myte.
- Why should you research fireworks before purchasing them? To

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Four Fathers

A teacher was beginning her series of lessons on the Revolutionary War and stated, "More than 200 years ago, our forefathers defeated the British in the Revolutionary War. It is amazing to think that we would not be here as Americans today if it were not for them winning this war." It was obvious that little Johnny was in awe of what the teacher had just said. The teacher smiled at him and said, "Pretty amazing, isn't it Johnny?" Johnny replied, "Amazing for sure! They must have been pretty strong, four men defeating a whole army!"

Pies and Pennsylvania

When the influential writer William Penn first settled the area of what is now Pennsylvania, he brought his entire family with him. Two of his aunts became quite well known for their delicious pies and began selling them in their local town square. The pies sold like, well...hotcakes! This led the aunts to the realization that they could make a lot more money if the raised their prices. In the end, they got greedy and raised the prices so high that, in colonial Pennsylvania the only thing people were talking about for quite some time was the pie rates of Penn's aunts.

The Farmer and the Outhouse

One night, a farmer's outhouse was knocked over. In the morning, the farmer approached his son and asked, "Son, did you knock over the outhouse last night?" His son replied, "No Pa, I didn't." The farmer was pretty sure it was indeed his son. He said, "Son... let me tell you a story. When George Washington was a little boy, he chopped down his father's favorite cherry tree. It was a big, ole gorgeous tree that made so many cherries that they had pies all summer. Can you imagine that? It makes all the sense that his father was very upset it had been chopped down and asked his son whether or not he was the one that chopped it down. His son responded, 'Father, I cannot tell a lie. I chopped down the cherry tree.' George Washington's father was so proud of him, he didn't punish him for cutting down the tree. In fact, he rewarded him for being honest." The farmer then again asked his son if he had been the one to knock over the outhouse. The farmer's son, moved by this story, replied, "Okay Pa, I cannot tell a lie. I knocked over the outhouse." The farmer proceeded to give his son a big ole' spanking. When it was over, the son was incredulous and said between his sniffles, "But George Washington's father didn't spank him!" The farmer replied, "George Washington's father wasn't in the cherry tree at the time!"





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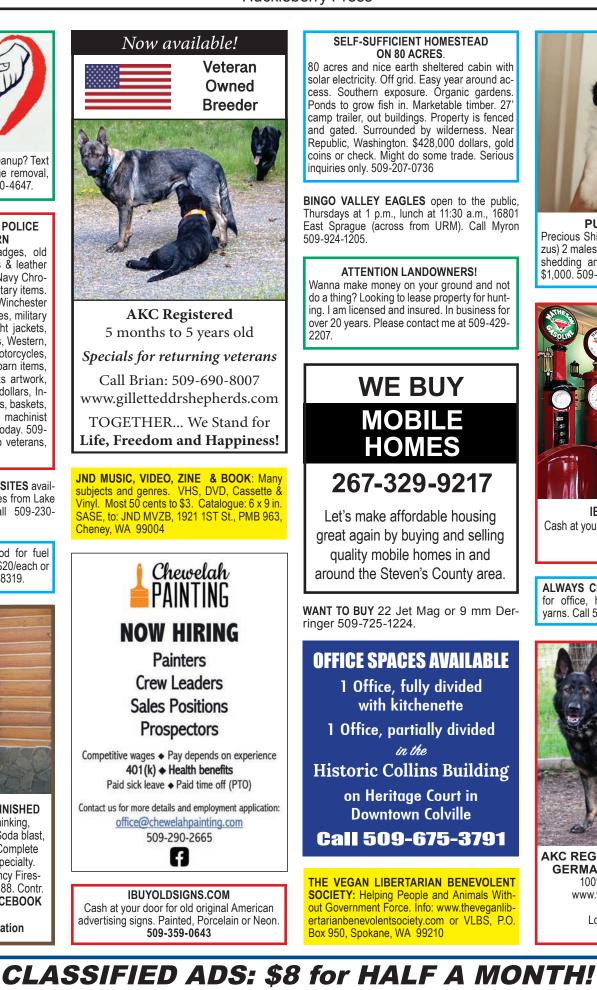
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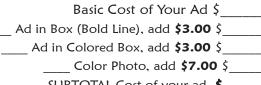


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My Two Biggest Fitness Secrets That DIDN'T Come From Fitness, Part 2



by Steven Hicks

sonal trainer with 15 years experience helping people, the two greatest contributors to fitness have come from evolutionary biology and from the world of business.

shared how innovations

most often come from out-

side the specific industry.

(Note: If you missed the

first part, you can always

read back issues online by

visiting huckleberrypress.

com). As an online per-

In my last article, I shared how I came up with the Thriving Body Focus by borrowing from the evolutionary winter hypothesis. But how can we get our body to be in a thriving state? And how do we easily elevate those thrive signals?

That innovation came from Jay Abraham whom *Forbes Magazine* has ranked as one of the top three business coaches in the world. He's consulted with each of the Fortune 500 companies, and he's the personal business coach for Tony Robbins and Shark Tank investor Daymond John.

Abraham has a "10/10/10" model he uses to help businesses holistically grow revenue, and decrease stress and cost. In short, greater results with less effort and burnout (which we want in fitness).

There are three ways for a business to make more money. Increase customers, increase how much they spend, or how often they buy. If a lemonade stand has 10 customers that buy \$10 drinks and they come in 10 times a year, then that lemonade stand is worth \$1,000.

Most businesses focus on doubling their customers, which does work. If you double customers, you double revenue.

The hard part about this though is that you now have to serve twice as many people. You have to pay another worker, you have to buy more lemons, you have to pay for more cups, you get those customers by buying more ads, and you have to do a lot more work. This can lead to increased costs, lower profits, and more stress.

Abraham instead recommends a small, holistic improvement. Maybe only a 30% in-

Retail Cafe by the Spring Wednesday - Saturday, 9 am - 3 pm

In my last article, I crease across the board.

13 customers x \$13 drinks x 13 purchases = \$2,197 business.

This holistic process leads to more revenue, more profitability, and more enjoyment while reducing expenses and stress. A holistic approach using three areas of business growth makes things happen faster, bigger, and more enjoyably.

But Abraham is limited to only three areas of improvement with business. Taking this Holistic Multiplier system over to health and fitness, we find six components that we can improve. My coaching focuses on Mindset, Activity, Nutrition, Sleep, Stress Management, and Support. All of which synergize and multiply the effect of each other.

Look at sleep and how it interacts with everything else. When you get poor sleep, you have lower energy. Where do you make up that energy gap? By snacking more and ruining your nutrition. When you're tired, you also have less effective workouts *and* you're less able to recover and get benefits from the workout. When you're sleep deprived, you become like a cranky baby who is less resilient to stress. That increases cortisol and increases fat stores in the body.

But flip it!

With good sleep, your ability to handle cravings and temptations increases, so your nutrition improves. You are able to exercise more consistently, fully, and recover from each workout. Your mindset tends to be more positive when you're well rested, so you make more positive choices that benefit your health. Your stress decreases when you're well rested, so now cortisol levels lower and fat can be burned.

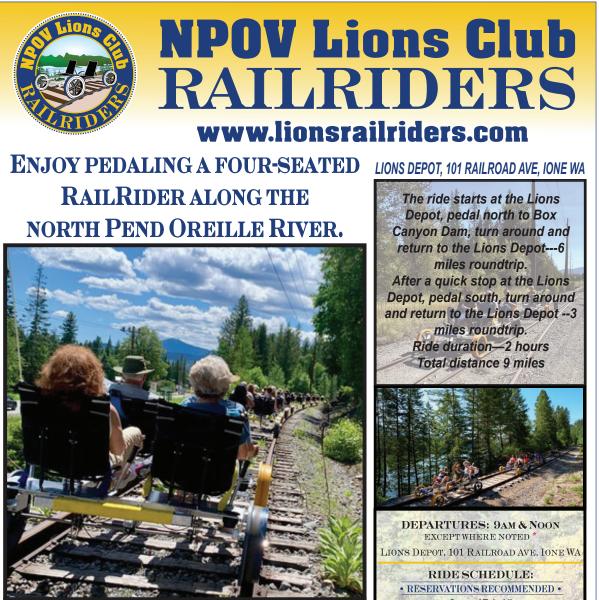
That's just one area! Imagine having all six areas helping each other.

Fitness may not be a top priority for you – it isn't for many of my clients. While fitness influencers on Instagram obsessed with fitness can show up as a 10-out-of-10 on their workouts, oftentimes my clients show up as a three or four. *And that's okay!*

If life makes you show up as a three with exercise, a holistic approach multiplies that. Nutrition comes in and bumps that to a four. Sleep comes in and bumps that to a five. Stress management improves biochemistry, and bumps that to a six. Mindset and support? They come in to bump it to an eight.

Using Holistic Multipliers is a great innovation that helps people get more results by making smaller demands in a few areas that support and elevate.

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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