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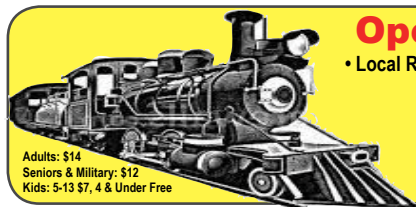
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The Community Paper of the Inland Northwest

July 15, 2024

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Summer Vacation in the Good Old Days



by Amy McGarry

Ahhh...summertime! The berries are ripe, the watermelon is sweet, the weather is hot and, for many of us, it's time for our annual vacation. Who doesn't look forward to that family trip to Hawaii or the Grand Canyon? Or even better, Disneyland! These vacations are the great memory-makers of a lifetime.

When I was a kid, my dad would save up his vacation days and put away some money so the family could take a vacation. Flying was too expensive for our family budget, so our summer vacation always meant a road trip. Sometimes a very long road trip.

This family tradition started long before I was born. My siblings tell me about one of their most memorable vacations, a drive from Ritzville, Washington, to Miami Beach, Florida. This story always makes me question my parents' sanity. Mom and Dad willingly drove in a car, for over 45 hours, with six kids in tow, from the ages of two to 15.

My father was a representative for his union with the Union Pacific Railroad, and a union convention in Miami was an opportunity to combine a family vacation with his commitment.

The year was 1963. No electronics existed for entertainment. Nothing to keep the troop of kids occupied but the state game, where they looked for other cars' license plates to see how many states they could gather. The car they drove



was a '61 pink and white Rambler station wagon, with a rear-facing back seat and no air conditioning. My dad chose the southern route, taking the family through Arizona, New Mexico, and Texas in the middle of summer. Let me emphasize: the car had no air conditioning. With windows down, the only worse hazard than the heat was sitting behind my dad in the driver's seat where he was smoking cigarettes. The ash from his cigarette would occasionally blow into the back window. Marcia recounts hot ash hitting her in the chest, leaving a burn.

When the kids inevitably began to fight, my Catholic parents had a unique and effective strategy. They would instruct the whole family

continued on page 3...



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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.

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...continued from page 1:

to recite the Hail Mary prayer. I laugh, imagining all those kids and my parents, speeding down the highway, reciting the Hail Mary, hundreds of times.

For the kids who were prone to car sickness, like Marcia, an empty coffee can was kept close at hand. Marcia said she dreaded putting her face in that coffee can. The smell of the can alone would quickly induce a spell of vomiting.

Money was very tight in those days, so hotels were a rare luxury. Instead, the family of eight camped every night of the drive down. My mom and the youngest child would sleep in the Rambler, while Dad and the other five kids slept in a huge, army-green, canvas tent. I'm told the odor inside of the tent left a lot to be desired.

The family stopped in Arizona and teamed together to pitch the old, stinky tent. They bedded down for the night with pillows and blankets; they didn't have sleeping bags. During the night, they all awoke to the loud crack of thunder and the tent collapsing from the strong wind and torrential rain.

"Wake up! Wake up!" my dad yelled. Of course, everyone was already awake. "Denny take that corner! Barbara, take that corner! Susan, take that corner!" At least they had enough people in the tent to haul it upright again and divert full catastrophe. That's what I call teamwork! Meanwhile, Mom and little Mary slept peacefully in the Rambler until morning, none the wiser.

Feeding a family of eight at restaurants was out of the question. Breakfast was always sweet rolls and bananas. Mom would buy big bunches of bananas at a time as they were nutritious and affordable. Those bananas ripened quickly in the heat of the car, exuding a strong ripe banana odor. To this day, at least two of my sisters cannot stomach the smell of a ripe banana. Sandwiches, either peanut butter or canned Spam, were a staple for other meals.

My siblings knew the family was poor. But driving through the deep south changed their perspective. In Alabama and Georgia, they saw ramshackle houses on stilts with no glass in the windows and no doors. They also saw workers picking cotton. The kids saw signs with slurs that they knew better than to read aloud. My dad had no tolerance for racism and certain slurs would result in quick punishment. Even in 1963, the family had seen nothing like this in the north. Indeed, travel opens up one's eyes to the world.

Upon arrival in Miami, the kids were rewarded with extravagance:

they stayed in a hotel! Imagine the joy and relief! Real beds. Clean sheets. A toilet. Even a shower! And the greatest delight of all: the hotel had a swimming pool.

These were the days before sunscreen. Their first day at the beach, the kids sunburned so badly they had blisters.

The trip back to Ritzville was far less eventful. To save time, my mom and dad alternated driving shifts while the other one slept so they could drive straight home without stopping to camp for the night. I'm assuming they took the most direct route back home.

I asked my sister, Shannon, who had always been hyperactive and had trouble sitting still, how she survived that long drive home. "It wasn't easy," she said. I can only imagine.

By the time my memories of family road trips kicked in, only one sibling was still at home to travel with me; Mary, who was eight years my senior. Finances were much better by this time, so we always stayed in a hotel when we stopped for the night. There was still no sunscreen, but I knew to wear a T-shirt when I swam in hotel pools. While we still didn't eat out as a family at home, my favorite thing about vacation was that we usually ate at restaurants or drive-ins. Restaurants had exciting food and drinks we didn't have at home, like grape juice.

I don't remember any bananas in the car. Dad had quit smoking,



so there was no danger of an ash burn. Plus, the car had AC so the windows were often rolled up.

Mary and I had a big, back seat to ourselves in the 1972 Cadillac, my dad's dream car that he could finally afford. Mary struggled with car sickness so she slept as much as she could while we drove. I don't remember a coffee can.


With Mary asleep, and still no electronics to entertain me, the radio was my best friend on road trips. On one trip I remember I had a pair of chopsticks with me. I would kneel facing the back window, no seat belt laws to restrict my position, and use the chopsticks as drumsticks. I tapped the panel under the rear window, proud of my ability to match the rhythm of the songs on the radio. I spent hours drumming along with the radio, lost in the music. I remember one particular song that was played frequently that trip: "Don't Stop Thinking About Tomorrow" by Fleetwood Mac. It was the summer of 1977 and I was eight years old.

I vividly remember once my music interrupted by breaking news: Elvis Presley had died. My mom was devastated. She had loved Elvis since she was a teenager.


Times had changed immensely since 1963. My family of four was like a whole different family from the family of eight that had a wild adventure driving to Miami. I am happy for my memories of family summer vacations, but I can't help feeling like I missed out on that Miami vacation. They just don't make vacations like they used.


Yet, I also have to appreciate my luck. That road trip we took in 1977? We were going to Disneyland!

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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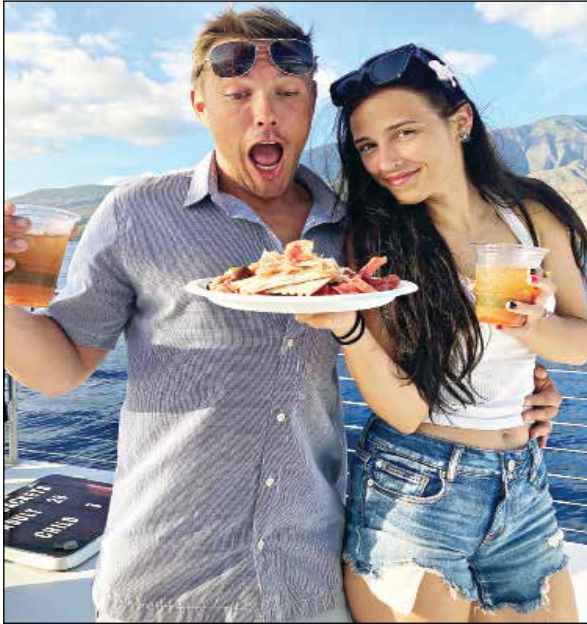


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Taste Budz Review: El Mirinda



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

Road trip season is here, and if you're passing through Moses Lake you won't want to miss the tacos at El Mirinda.

What we enjoyed:

- ~3 Marinated Pork Tacos with Rice & Beans
- ~3 Steak Tacos with Rice & Beans

Zack and I headed over to Western Washington and needed a snack



Zack ordered his meal with the steak; the meat was so juicy and packed with flavor, just the way he likes it. The tortillas were filled to the brim with toppings and perfectly toasted. All tacos get the same toppings of cabbage, cilantro, beans, and onion. Be prepared to get a little messy.

There were so many other things we wanted to try, but we had to get back on the road. Their fruit cups looked amazing, with huge slices of fresh mango and loaded with tajin. In addition to tacos, they also serve burritos, tortas, enchilada, and even sopes. You can buy each item individually or make it a combo with rice and beans.

The prices were very reasonable, our combination plates were only \$14.50 each. We would spend about that much on fast food, but it is so much better to be able to support local eateries. There is a little patio area with tables and umbrellas. It was the perfect spot to have a little lunch break. If you are traveling with kids, the drive-through would work great as well and there is not a very long wait time.

The shop is located about 10 minutes off the highway and is very quaint. The outside might not look like much, but the quality and flavor is out of this world.

El Mirinda: 504 W. Valley Rd., Moses Lake, WA 98837, 509-707-0123, facebook.com/ElMirinda7.

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!



on the drive. We were traveling with one of our pups, so we needed a dog friendly spot. We stumbled upon El Mirinda, a little taco shop where you could either walk up to the window or drive-through.

It was so hot out and we both wanted tacos. I ordered mine with marinated pork. The marinade had so much flavor and the pork melted in your mouth. The tacos were loaded with beans, cilantro, cabbage, and onion. It came with two different salsas – one was a spicy chile verde and I could not get enough of it. The other was a smoky chili sauce that I would've loved if it wasn't so hot out. The portions of rice and beans were very generous, and I was stuffed after eating my plate.



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Family Adventures Out!

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



By Gretchen Cruden

Want to hang out with creatures older than dinosaurs and watch as chemistry works its magic right before your eyes?

Well, then hang out in the zone – the riparian zone that is!

The riparian zone is the area where land meets river or stream. This zone is very important to the health of the surrounding environment and needs to be protected for the ecosystem to stay healthy.

If you have ever noticed, riparian zones tend to be more lush than any of the surrounding habitat, with a variety of flora, like trees and grasses. This is true whether in a desert or a forest. This vegetation is important for many reasons.

Imagine sitting under a birch tree on the bank of a river and watching as the white rapids of the river churn and flow over massive boulders in the middle of the river. The water is white because oxygen from the air is getting mixed into the river by the motion of the rapids. You are watching chemistry in action! The tall birch tree growing from the bank of a river shades the water, which keeps the water cooler. Cold water can hold more oxygen than warm water because the molecules in the water are moving slower and do not “bump” the oxygen out. Can you guess who likes all this oxygen? Fish! A healthy riparian zone supports a healthy fish population.

The grasses in a riparian zone also provide good nesting sites for waterfowl and are home to a massive variety and number of insects and amphibians. Some of these insects were around even before dinosaurs. Caddisflies are one such insect. Caddisflies are closely related to butterflies and moths and go through a similar metamorphosis, including an egg, larval, pupal and adult stages. Caddisfly larvae are quite the creative builders and use silk excreted from salivary glands near their mouths for building. Some types of caddisflies, like those found in the rivers and streams of the Colville National Forest, use their silk to cement bits of sand, rocks and small twigs around their bodies to make a protective case for themselves. These cases form a tube and allow the caddisflies to draw in water through their hind end, over their gills and out their head hole to be able to breathe underwater. Some caddisflies are able to move about the riverbed by crawling along as they poke their body out their head hole. Others cement themselves to rocks and wait for food to come to them. Eventually the caddisfly will completely seal itself into the casing and pupate into an adult form, at which time an air bubble will develop around the adult so it can rise to the top of the water and the new caddisfly can fly away. Seeing



Caddisfly casing

caddisflies in a riparian zone or on the river bottom is a sign of a healthy waterway.

It can be difficult to keep our riparian zones healthy. Rivers have long been used to navigate over land, which means many miles of rivers today have roads built along-side them. Water running off from these roads can wash many harmful chemicals into the rivers. Riparian zones can help prevent this runoff from reaching the rivers, if they are healthy, by absorbing much of the runoff, like a sponge, straining out the harmful chemicals. Soils in the flood plains of riparian zones have also been a source of fertile land for agriculture. Humans have to carefully balance the use of this area for farming with the chemicals they use to fertilize their crops. If too much fertilizer enters the river through poor riparian zone management, the river can become clogged with algae. This is called an algae bloom



and is not healthy for the other plants or animals in or around rivers. These are just a few of the challenges of helping keep the riparian zone healthy.

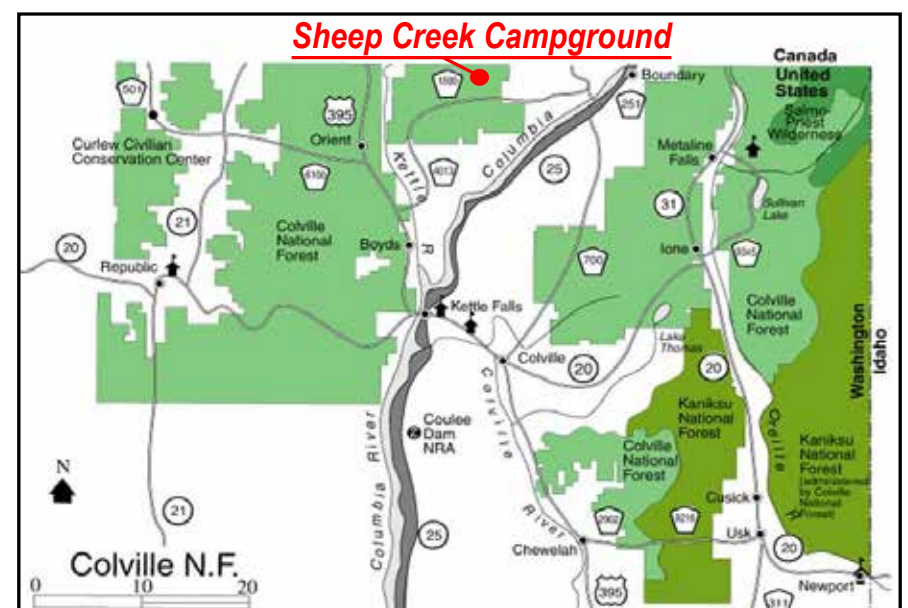
Want to take a hike in a gorgeous riparian zone? There are many options in the Colville National Forest. Our adventure found us at the secluded Sheep Creek Campground. This campground has a wide and wild creek flowing through it and a wonderful picnic area with an easy hike along the road and creek. There is a fun, old-fashioned water pump for kids to try their hand at “bringing up water” and many well-maintained bathrooms. It is an adventure to get there, as it is remote, but well worth your time to see such a healthy riparian zone.

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!

ADVENTURE RATING

Easy access to bathrooms, wonderful spots to picnic, off-road adventure and chance to see a pristine habitat give this a five boot rating!



SCIENCE TIPS:

- Many animals come to rivers at dawn and dusk to drink. Keep your eyes out for animals at these times or look for animal tracks during the day.
- Damselflies and dragonflies look a lot alike. Damselflies fold their wings along their backs when they land, while dragonflies keep their wings out. Both live part of their lives in water and indicate a healthy river.
- Stay together and be mindful of your surroundings and food. This part of the forest is home to cougars and bears.

Word Power: Bugs

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|-----------|-------------|-----------|-------------|------------|
| ANT | CATERPILLAR | DRAGONFLY | FROGHOPPER | HORNTAIL |
| APHID | CENTIPEDE | EARTHWORM | FRUITFLY | HORSEFLY |
| BEETLE | CICADA | EARWIG | GNAT | HOVERFLY |
| BOTFLY | COCKROACH | FIREFLY | GRASSHOPPER | LACEWING |
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	8				5		
		3			9	6	4
6					4	2	3
		9					2
			4	7			
8					3		
9		8	1				7
5		7	2			1	
		4					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

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

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BERRY FUNNIES

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Hot or Cold? Which runs faster, hot or cold? Hot, Everyone can catch a cold.

Why is hot friendlier than cold? Because heat waves, but cold snaps.

It's so hot....

I saw a bird pull a worm out of the ground with an oven mitt!

Cows are giving evaporated milk!

I saw a dog chasing a cat and they were both walkin'!

Ice Cube changed his name to puddle!

It was a blistering hot day as a man went to get his hair cut. During his cut, a young boy entered barber shop and the barber whispered to the man, "This is the dumbest kid in the world. Watch while I prove it to you." The barber called over the young boy and said, "Put out both your hands." The young boy did as the barber asked. The barber proceeded to put a dollar bill in one hand and two quarters in the other of the boy. Stepping back, the barber asked the boy, "Now, which do you want, kid?" The boy looked long and hard at both of his hands and then pocketed the quarters and gave the dollar back. "Thanks mister!" he cheerfully said as he left the barbershop. "What did I tell you?" said the barber. "That kid never learns!" Later, when the customer leaves, he saw the same young boy coming out of the ice cream parlor. "Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?" The boy licked his cone and replied, "Because the day I take the dollar, the game is over!"

What did the beach say to the wave?

Long time no sea!

Why do bananas use sunscreen?

Because they peel!

How do you prevent a summer cold?

Catch it in the winter!

On a brutally hot summer day, I was playing miniature golf next to a man and his two sons. Their was grumbling about their ice cream melting, about the green turf being too hot on their feet, and about how the sun was making it nearly impossible to see the hole they were aiming for. The dad was being incredibly patient through it all and I thought I would help lighten the mood by cheerfully asking, "Who's winning?" "I am," said the youngest boy among them, his face red from the heat of the day. "No, I am!" said his brother, as his ice cream cone melted down his fingers. The father just shook his head. "I'll tell you who is winning. Their mother is..."

What do you call a snowman in the summer?

A puddle!

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What does the sun drink from?

Sunglasses of course!

What is the best day to go to the beach?

Sunday!

The AC went out in our house and it was miserable. I decided to take a long drive with my wife to at least take advantage of the AC in our car. After a good 50 miles, we pulled over to fill up our car's gas tank when I noticed our tires were a little low. I popped my head in the car window and asked my wife is she had a five dollars to get quarters for the air machine to fill the tires. She was dismayed! "Five dollars for air! Why in the world do they charge so much for air, of all things?!" I couldn't help it, I replied, "Inflation."

Why didn't the sun go to college?

Because it already had a million degrees.

What do bees say in summer?

It's swarm, isn't it?

What is the hottest letter of the alphabet?

B...it turns oil into boil!

Three friends stranded on a hot, deserted island in the middle of the ocean. There was little shade and only fish to catch to eat. They were all miserable. That is, until one day when a magic lamp happened to wash up on the beach. The friends eagerly rubbed the lamp and sure enough, a genie emerged, ready to grant three wishes, one for each of the friends. "I want to go home," said the first friend. The genie granted her wish and poof! She was gone. "I want to go home, too," said the second friend. Again, a swirl of smoke and poof! She was gone! "Well, gee. Now I'm lonely," said the third friend. "I sure wish my friends were back here."

What kind of water can not freeze?

Hot water!

Why celebrities don't have to worry about the heat?

They have a lot of fans.

What kind of jacket makes you hot?

A blazer.

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Breaking the Vicious Loop of the Sleep Anxiety Cycle



by **Steven Hicks**

There's a wild study that was done on clinical insomniacs you need to hear about.

A clinical insomniac is an individual who has habitually slept fewer than four hours a night for three nights or more per week over a couple months. In

short, they're under 50% of the suggested sleep time.

In this study, the clinicians gave an intervention that helped the insomniacs feel more rested, have more energy, increase mental clarity and memory recollection, and generally have higher levels of self-reported life quality. Those are dramatic and life changing benefits to gain.

If the people were sleeping fewer than four hours a night before the study and got such dramatic improvements in their wellness outcomes, how much more sleep do you think they ended up getting during the study? Two hours more? Four hours more to get the full eight, recommended hours?

Remember at the start when I said this was a wild study? On average, they started by only gaining 10-15 minutes more sleep.

This study shows us that sleep *quality* – how well we sleep – drives a lot of the benefits we get from sleep, more so than how much sleep we get. Which is great news! Sometimes it's structurally hard to increase how much more sleep we get. We can't always just hit a switch and start sleeping three hours more each night. That takes time to retrain the circadian rhythm.

So how did the researchers improve sleep quality so well, and what can we do to replicate this?

If you look online for how to improve sleep quality, most of the results are going to be for various sleep products. Black out curtains, supplements, noise canceling headbands, eye masks, cooling bed pads, and so much more. Although some of those things may be helpful and nice bonuses (some are utter garbage as well), we don't need to rush out and buy stuff.

The researchers in the study used a psychological concept called "Cognitive Behavioral Therapy for Insomnia (CBT-I)." Now, as a brief disclaimer, this article is not a substitute for working with a mental health professional when needed, but I want to give a brief overview of this technique so we can try on our own before deciding we need professional assistance.

A couple years ago, I wrote an article for the *Huckleberry Press* that talked about the three systems that regulate sleep, one being your autonomic nervous system (ANS). Your ANS has two modes that it can operate in: a stimulated and alert mode, and a calm and relaxed mode. For sleep, you can probably guess we want the body to be in a calm and relaxed mode.

Now, there are two other systems that help promote sleep, so it is possible that the other two systems cause you to fall asleep, even when your ANS is in alert mode. When this happens, the sleep you get is of the lowest quality. We wake up feeling groggy and still sleepy. One of the biggest ways that insomniacs trigger their alert ANS mode is through



sleep anxiety.

The basis of Cognitive Behavioral Therapy is the concept that "thoughts create feelings, feelings create actions, actions create thoughts, etc."

Often, with sleep anxiety, we fall into this vicious loop. We miss sleep for a couple nights (action), we think that we are in trouble (thought), we worry that we won't be able to get through the day well (feeling), we drink extra caffeine to give us a boost (action) which makes it harder to sleep, we realize we're not falling asleep again (thought), we get anxiety about getting bad sleep two nights in a row (feeling), we toss and turn (action), etc., etc.

In the study, researchers used CBT-I to interrupt this loop and change course. We can interrupt the loop at any of the three levels.

Thoughts: 1) Being mindful that eight hours IS NOT necessarily necessary. It's a good bonus, but sleep *quality* is good enough for right now; 2) Making it so clocks aren't visible – prevents the mental math of how little sleep you're getting; and 3) Journaling before bed can prevent the turning over of thoughts in your head that keeps people awake.

Feelings: 1) Negotiate with feelings of worry or anxiety. Play a game of Devil's advocate; 2) Focus on breathing to relax and shift the ANS; and 3) Journaling before bed can help release some feelings that keep you up at night.

Actions: 1) Tossing and turning creates stress and stimulation. Aim to remain still and relaxed and move slowly if you do need to adjust your sleep position for comfort; 2) Having a pre-bed ritual can help facilitate a calm ANS mode.

You may be thinking, "Wow! Steve (pictured) knows a lot about sleep," and you'd be right. I'm actually a certified sleep coach (yes, that's a real thing) and sleep is one of the Health Pillars I coach in my Holistic Fitness program (The Holistic Thriving Body Method). If you're interested in how this sleep knowledge can help you live in a thriving body, please

shoot me an email at Steven@HealthREBELs.us. us with the subject line: Huckleberry Press.

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MLS # 43567 \$419,900

This great home in the woods on 110 pristine acres offers unmatched seclusion and privacy. The 3BR/1BA 2472 sq ft. home has a covered porch, wood cook stove, wood furnace, cedar siding, wood floors, metal roof, large kitchen w/propane stove/range & great views overlooking a park like setting. There's room for your equipment in the barn and an old outbuilding. Property has diverse topography and wildlife abounds. Water is supplied from a drilled well and part of year round Hope Creek flows through the property too. The sale includes six parcels total. Come see!



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A property that checks all of your boxes! This unique 3 BR/2.5BA home on 12.72 park-like acres features living & dining areas adorned w/wall-to-wall windows, fireplace & deck access. The galley style kitchen has solid cherry cabinetry, granite countertops, & an adjacent but separate "canning/utility" area equipped w/stainless steel counters. The primary bedroom w/ensuite & sauna has convenient ground floor access to a covered patio. Upstairs there's a loft, den/office & more bedrooms. Embrace the joys of outdoor living as you explore the expansive grounds, ripe with opportunities for gardening. Friends can stay in the separate 1BR/1BA comfortable guest house. This fantastic house is close to 49 Degrees Ski Resort, Chewelah's creative district & Art scene & the Chewelah Golf Course!



MLS # 43341 \$799,000

Motivated Sellers! Tremendous opportunity to own a 29-acre property w/unmatched view of Lake Roosevelt just a mile from the Hunters Campground public boat launch. Return from your day on the lake to your 2962 sq ft home w/the primary bedroom w/ensuite on the main floor. Entertain friends in the large kitchen & enjoy meals on the 1800 sq ft. arbor covered deck w/built in BBQ. Other features include laundry on the main, living room w/access to the huge wrap around deck & a half bath. Upstairs has a loft, 3 bedrooms & 3/4 bath. The separate ADU has beautiful, engineered wood floors, 9 ft ceilings in main living area & 14 ft ceilings in bedroom, mini split, & propane stove in kitchen. The property has a fenced garden area, fruit trees, grapes plus 4 fully fenced pastures.



MLS # 43315 \$1,025,000

Incredible opportunity to own your home on the lake! Located on the southwest shore of beautiful Deep Lake, this modern 1924 sq ft home features living room wood stove, real wood floors, large well-appointed kitchen w/slate tile, dining area w/direct access to large, covered deck overlooking the lake, one bedroom on main, full bath on main, large upstairs bedroom w/vaulted ceilings, huge bath w/jetted tub and a balcony looking out over the lake. There's a 2-car garage, a drilled well, and the property extends up the hill behind the home for a total of 19.7 acres with a nearby creek that is your own natural water feature. Home is just minutes from public boat launch on NE corner of the Lake.



MLS # 43331 \$525,000



Call or Text these fine Buyer Agents today!



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