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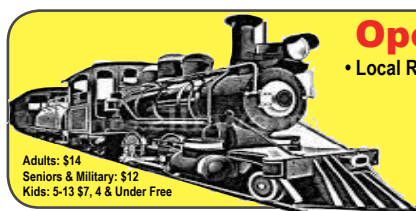
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The Community Paper of the Inland Northwest

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Reflections on Childhood Summers Past



by Amy McGarry

I'm looking at my calendar in disbelief. Mid-August already? My 15-year-old daughter is getting in shape for softball, practice starts August 21. That pretty much marks the end of summer for us.

As I tidy up in the living room, I pick up a notebook with columns of messy handwritten numbers on it. I flip through what seems to be countless pages. These numbers are the scores, written by my daughter, of hundreds of games of rummy. Sometimes there are two columns of scores, my daughter's and mine. Sometimes there are three columns, when my husband joined the game. Seeing these pages of numbers is bittersweet. They reflect hours of summer afternoons spent with my kid. They are a reminder of conversation and laughter. They

also warm my heart because they remind me how fortunate I am to have a teenager who longs to spend time with her parents. Every single game was initiated by her. They are bittersweet, because there's no guarantee she will ever want to spend so much time with us. Next summer, if all goes as planned, she will have her driver's license. Gasp!

The rummy games also remind me of summers from my childhood. I lived out in the country, in a railroad junction outside of Ritzville called Marengo. Our next-door neighbors had kids close to my age. Another neighbor across the railroad tracks was just a little older. The four of us clocked many hours playing rummy, five-card draw, blackjack, war, speed, or slapjack. With no cell phones or internet, we found plenty of ways to entertain ourselves; card games were just one.

My next-door neighbors had a ping-pong

table in their ramshackle wooden shed with a dirt floor. The shed was hot and dusty but we didn't care. We set up the plastic record player alongside the ping-pong table so we could listen to our favorite 45s while competing. Our 45s were the soundtrack to our summers. We learned the songs by heart. Only now do I realize how educational those songs were that we played over and over and over. We learned vocabulary from Supertramp's "The Logical Song." We learned similes from "Love is Like Oxygen."

When we weren't developing ping-pong swings, we might be honing our gymnastics' skills on the neighbor's lawn. Our "gymnastics" were mostly cartwheels and walking on our hands, counting how many "steps" we could take, competing for the highest number. We also mastered the back-bend, but try as we might, we could never kick our feet up

continued on page 3...



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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.

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...continued from page 1:

high enough for a walk-over. Living next to the railroad tracks, the tracks served as makeshift beams to practice our balance.

Back then, I prided myself on my courage; I was quite the daredevil. Often, lines of connected train cars were parked indefinitely in our junction. I was the only one brave enough to climb to the top of the train and leap from car to car. Did my parents know? I don't think so. It was a different time and kids had more freedom back then. But some activities were definitely not meant for parents' eyes.

Another way I displayed my courage was jumping the rocks at the base of the hill behind the tracks. From the magic of geology, a long row of huge, basalt rocks created a kid's dream for climbing, jumping and exploring. The adrenaline rush was exhilarating.



animal. My loss of courage was humiliating. Pride, indeed, cometh before a fall.

Val also had a three-wheeler,

had free-roaming chickens. We were always barefoot, so running around in the dark meant spending too much time scraping chick-

shower either. But country dirt is clean dirt. There was always the sprinkler to run through, or if we were really lucky, our parents would drive us to the city pool.

I don't know any country kids these days, but I'd like to think country kids still have summers like mine. I'd like to think, despite cell phones, despite the internet, despite the millions of channels and streaming platforms, kids are still jumping on rocks, riding horses and three-wheelers, or practicing gymnastics. And I really, really hope kids and teenagers, in the country or suburbs or city, are playing rummy with their parents.

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.



Apparently, I was an adrenaline junky before I ever heard the term.

One of the best weeks of the summer was when my parents made me go to bible study in town. Not that I loved bible study, but I got to go home with my friend, Val, after the morning class. Val lived just two miles outside of Ritzville, so it saved my mom a trip into town if I stayed the night with her and her family. Of course I enjoyed being with Val, but what's more, Val had horses!

Like some young girls, I begged my parents for a horse; their answer was always a firm no. But at least I could go to Val's! She taught me to bridle and saddle a horse as well as how to ride. I loved the times we wandered around the pastures on horseback. I worked my way up to a trot. Then to a gallop. Alas, brave as I was in all things jumping, I was shocked to learn I was afraid to ride a galloping horse! It felt too out of control. Then one day, I was bucked off my horse and I lost all trust in the

which was super fun to race around. Until it wasn't. One ride, Val let me sit in front to steer and control the speed. Sitting behind me, she told me she would tell me when to "let off" so she could shift gears. For some reason, I thought "let off" meant something like "push harder" on the speed lever. I don't know, maybe I was thinking something like "take off," as in take off faster? Needless to say, when she told me to let off, I pushed my hardest on the speed lever. The three-wheeler went vertical, and we both fell backwards off the seat. Luckily it was a soft landing, but it shook me up enough to develop a healthy fear. Considering my lust for adrenaline, this was probably a good thing. I was not invincible after all.

Back at home, in the evenings when the sun set and the night began to cool, we had the perfect environment for playing tag, or hide and seek. I insisted on playing in my yard, because the neighbors

en poo off the bottom of our feet.

I don't remember our parents calling us in, but they must have. I don't remember being told to

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Regional Chambers of Commerce

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

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

Spirit Lake Chamber of Commerce
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
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P.O. Box 228
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Taste Budz Review: The Chewelah General Store



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

One of the most unique things about small town living is all of the hidden talent; there are so many amazing craftsmen, artists, and more, but it can be hard to find them. That's where the Chewelah General Store comes in. Jill and Rob have created a beautiful space where local retail and delicious food come together.

What we enjoyed:

- ~Avocado Toast
- ~Breakfast Burrito

We were able to stop in on a Sunday when they serve brunch from 9 a.m. to 2 p.m. They serve a wide variety of food, from ribs to quinoa salad and even mimosas!

I ordered the avocado toast which was served



on thick slices of sourdough bread, SMOTHERED in mashed avocado, topped with fresh tomato and onion slices, and drizzled with a sweet, thick balsamic glaze. The bread was like biting into a cloud, it was so light and fluffy, the creaminess of the avocado with the acidity of the balsamic, tomatoes, and onion created the perfect harmony.

Zack ordered a breakfast burrito with bacon and fresh salsa. This thing was stuffed to the

gills with big chunks of buttery potatoes, perfectly scrambled eggs, bacon, and, of course, cheese. The tortilla was flaky on the outside but soft on the inside and the salsa (which was just made that morning) added a pop of freshness. Zack loves a traditional breakfast burrito and this hit the spot.

Their food is made from scratch, you can tell how much thought is put into each dish, both in ingredients and presentation. Zack and I weren't drinking that day, but we will absolutely be back to check out their phenomenal wine selection.

In addition to the restaurant area, they have a large retail section that is filled with products from over 40 vendors. They sell items like locally curated soaps, grocery foods like meats and fruits, and more. You may think there is no way they can fit any more into their shop, but they even have an ice cream corner in it. Zack and I have wanted an ice cream shop in Chewelah for so long and we finally have one!

Whether you are in the mood to do a little shopping, a sweet treat, or a delicious bite, there is truly something for everyone.

Chewelah General Store, 209 East Main Avenue, Chewelah WA, 99109, chewelahgeneralstore.com, 509-906-1147.

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

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

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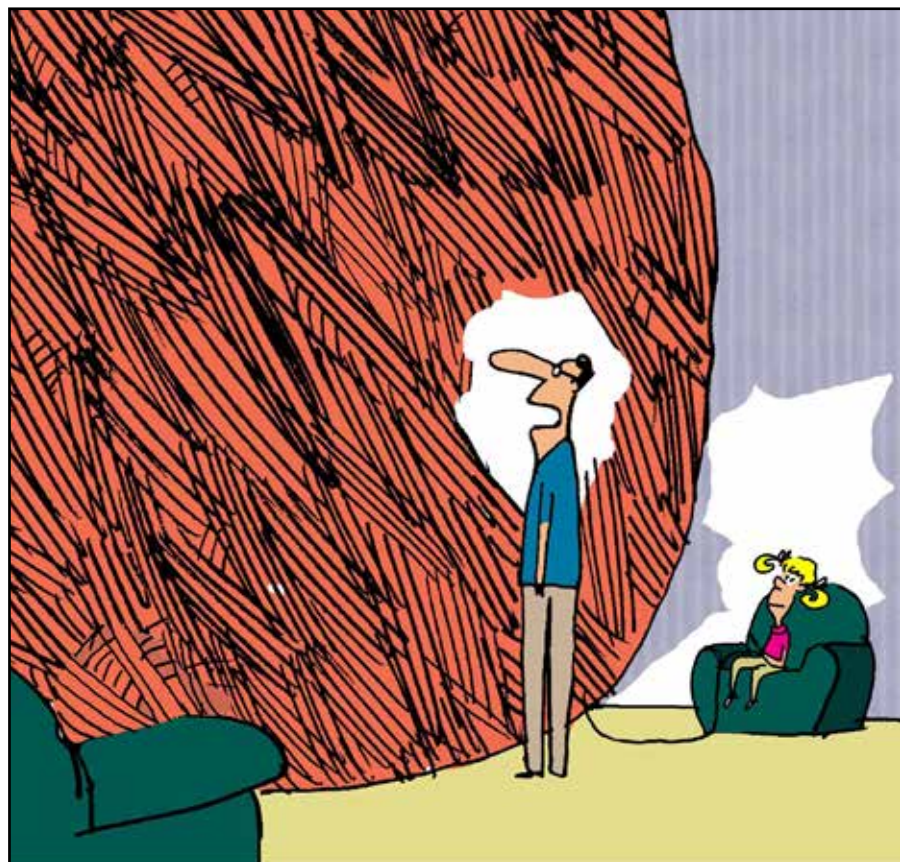


BERRY FUNNIES

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- Q: Did you hear about the ice cream truck accident?** It crashed on a rocky road.
- Q: Did you hear about the dog who wears a swimsuit?** Apparently, it looks quite fetching.
- Q: What happens when ice cream gets angry?** It has a meltdown.
- Q: What do you call an anxious mosquito?** A jitterbug.
- Q: What did the tree say when summer finally arrived?** What a re-leaf.
- Q: What can cause dry skin after being in a swimming pool?** A towel.
- Q: Why did the whale blush?** It saw the ocean's bottom.
- Q: What kind of sandals do frogs wear?** Open-toad.
- Q: Why did the watch go on vacation?** To unwind.
- Q: How do celebrities stay cool in the summer?** They have many fans.
- Q: Why didn't the sun go to college?** It already had a million degrees.
- Q: Did you hear about the killer whale that learned to play the flute?** He wanted to be in the orca-stra.
- Q: What do fish use to buy groceries?** Sand dollars.
- Q: What kind of witch goes to the beach?** A sandwich.
- Q: What letter in the alphabet is the coolest?** Iced T.
- Q: Why did the dolphin cross the beach?** To get to the other tide.
- Q: When do you go at red and stop at green?** When you're eating a slice of watermelon.
- Q: What is a frog's favorite summertime treat?** Hopsicles.
- Q: Where do sheep go on vacation?** To the baa-hamas.
- Q: Why did the robot go on summer vacation?** To recharge his batteries.

Jerry King cartoon printed with permission. www.jerryking.com



“The ball of yarn you’re making makes me a little curious about the size of the cat you picked up at the animal shelter.”

If laziness were an Olympic sport...I'd come in fourth so I wouldn't have to walk up to the podium.

Why isn't sun tanning an Olympic sport? Because the best you can get is bronze.

Two Olympic runners got married and began a family. They were delighted when their first child was born. She was a lovely little girl they named Onya. They were blessed two years later with a sweet son and named him Mark. Their final child completed their family. He was an adorable little boy whom they named Seth. One day tragedy struck as their home caught on fire. Over the loud blaring of their fire alarm, the father shouted up the stairs, “ONYA! MARK! GET SETH AND GO!”

Why is it so hot in the Olympic stadiums after the games? Because all the fans have left.

What is the best part of an Olympic boxer's joke? The punch line.

An Olympic athlete from New York was in training to run the 10,000 meter race. He had put in over a mile of jogging in Central Park when a madman started chasing him. The madman quickly realized he was never going to catch up with the runner and gave up. Around the next corner, the Olympian came upon one of NYPD's finest and explained his encounter. The officer listened to the story and then asked, “Where did you see him last?” The Olympian replied, “The last time I saw him he was on the psycho path!”

Why did the spotted jungle cat get disqualified from the Olympics? It was a cheetah.

What did the archer say when she nearly got shot at the archery contest? Wow, that was an arrow escape!

What do athletes do with a camera? Take Olympics.



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Bye-Bye Calorie Counting



by Steven Hicks

The weight loss industry EXPLODED to \$90 billion last year. As a country, we've spent enormous amounts of time, energy, and money on weight loss, so we must be the skinniest country in human history.

Well...we're not.

Quite the opposite actually. Despite all the money and effort, American obesity rates increase by 5% points each decade, according to Census data. What we've been doing, in my estimation, is very clearly broken and problematic. The biggest broken approach to weight loss, I believe, is through calorie balance.

First, I have to acknowledge that I see the physics behind calorie balance as undeniable. You can't get past thermodynamics unless you're a Hogwarts student. I think the theory of calorie balance is impeccable, but it's the practice that is broken and fails us.

What is Calorie Balance? Calorie Balance is defined by Calories In vs Calories Out (CICO). This is often thought of as the calories eaten versus the calories burned. CICO offers a very simple balance equation with a few suggestions. If you eat the same amount of calories as you burn, your weight will stay the same. If you eat more calories than you burn, or burn fewer calories than you eat, you will gain weight. If you eat fewer calories than you burn, or burn more calories than you eat, you will lose weight.

Simple...in theory.

The problem with Calorie Balance: CICO gives us only two numbers and two variables that control weight. The problem I see is that those two numbers are both incredibly unpredictable and impossible to control, short of what I would consider unhealthy, obsessive compulsive tendencies.

The truth about Calories In: Calories In seems really easy. How many calories are in the food you eat? Here's the dark secret. Nobody truly knows how many calories they eat.

Part of this is due to unknown and uncontrollable factors that affect the calories in your food such as: the soil the food grew in, the ripeness it was harvested at, the length of time it was cooked for, other ingredients added while cooking, and even what other foods it gets eaten with.

We also don't know specifically how many calories are in any particular food. The calorie information you find for a steak is based on the average of thousands of steaks. The problem is, the steak in front of you is not an average of thousands of steaks, it's just one steak by itself from some unknown (for most of us) cow.

Adding to this conundrum, multiple studies show that people are not good at counting calories. When people track their food intake, their estimates can be off by as much as 60%. That means someone who tracked a 2,000 calorie day for weight loss might actually be eating up to 3,200 calories.

The truth about Calories Out: Calories Out sounds like it's about the calories we burn through physical activity. That certainly is a part of it, but Calories Out refers to the entirety of your metabolism. Your metabolism is constantly changing and fluctuating to make either adaptations or compensations. There is a robust list of things that contribute to metabolism, but I'll try to keep it short. More than exercise, Calories Out is affected by: outside temperatures, hydration levels, immune function, sexual health, sleep duration, meal timing, what foods you eat, medications you take, body composition, stress levels, non-exercise activity, and many more.

Unfortunately, the body also tends to overcompensate. If you burn 200 calories through a hard workout, the body might turn off some other functions (digestion, sexual health, immune function, etc.) to save and make up the difference. Overall, burning fewer calories.

There's so much to Calories Out that it is impossible to estimate without heavy monitoring equipment on you 24 hours a day.

What should we do instead? CICO is a fantastic equation for understanding weight balance. Unfortunately, it is an impractical equation to try to measure and control. Instead of controlling CICO by closely restricting calorie intake and crushing calorie burn, I coach clients to influence the equations indirectly through healthy lifestyle changes that gently control Calories In while supporting multiple Calories Out factors, shifting the goal from mathematical purity to a holistic, supportive frame.

Steven Hicks has an exercise science degree from WSU and 15 years experience coaching people to fitness and weight loss through a focus on holistic wellness. To learn more, visit www.thrivingbody.fit or send an email Steven@Thrivingbody.fit.

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MLS# 43504 \$450,000

BACK ON MARKET - NO FAULT OF SELLER Just outside KF city limits - 2 usable acres with 3 bed/2 bath upstairs, full basement with 2 additional sleeping spaces and full bath. 36'x36' insulated shop with full roll up doors. 2 car attached garage electric 12'x7' door, and one 8'x8' manual. Basement is partially finished and ready for your final touches. Plumbed and wired for second kitchen space. Don't miss the root cellar just before going upstairs to outside from basement. Garden/greenhouse and small tack shed along with partial fencing. Some finish work still needed, but the square footage and usable 2 acres right outside city limits is outstanding.



MLS# 43205 \$429,000

Waterfront Property: Check out this fabulous log home situated right on the Kettle River. Two parcels totaling 22.14 acres. The home sits on 8.8 acres and the second parcel is separate and is 13.34 acres with power at the property line. 3 bedrooms with a walk in closet room, 2-bath, large living and kitchen areas and a mud room. Home has a murphy bed in the living area and under stairs storage. The is a large Quonset hut with a full 2nd story loft and separate rooms for separate projects. Large crawl space, backup generator, fenced garden area with shed, large deck/covered patio, all appliances stay. Property is maintained and has a park like setting. Lawn tractor and tractor may be included with the sale. The well was put in in 1993 by Fogle Pump and it was done at 60 ft @ 15 GPM.



MLS# 42502 \$670,000



Lot 5 - 2.41 acres with Colville River frontage. Easy access on public road and close to all schools, shopping, dining and parks. New city pool just opened this summer. Come take a look!

MLS# 43688 \$75,000



Ready to build and make it your own? Beauty, trees, acreage, seclusions all waiting for you to come build your dream home. This 20 acres is already set up with power, a drilled well that produces approximately 15 GPM, and a 4-bedroom septic system. It also includes a 30'x40' shop that has a wash-room started with a 12'x40' lean to, 24'x36' RV shed/out building that has power, an RV dump and an 8'x12' storage/bath house. There are so many extras on this property you don't want to miss out on this one. Designated Forest Land with 1 acre for building. DNR did a clean up a few years ago. Back on the market by no fault of the seller. PROPERTY IS OWNER OCCUPIED - APPOINTMENT IS REQUIRED TO ACCESS THE PROPERTY. This is the north parcel only.

MLS# 43414 \$355,000

4-bed, 3 & 1/2-bath with 95' of Peye Creek frontage, Chewelah's finest. Meander over your own bridge, with creek babbling through your fully-developed, landscaped yard. Fully fenced back yard. Charming details, wired and set up for big screen movies and stage plays. Boasting elegance and functionality. Lighting and ambiance in every room. Upstairs laundry, office or rec room as well as main bed, bath and 2 additional bedrooms with dormer windows. 2 car garage and street parking on 2 sides. Nothing was forgotten when this home was built.



MLS# 43201 \$595,000

Breathtaking 180-degree views of Lake Roosevelt and the Columbia River. Main floor living with master suite with walk in shower and large closet. Beautiful woodwork and ceilings throughout. Open kitchen, dining and living room with great views. You have to see this home to understand how comfortably elegant it is and great for entertaining. 1 additional bedroom on the main level and 2 bedrooms upstairs and a family room. 2 shops 36'x48' and 24'x40', 2 car carport, 2 car attached garage. Large patio for bird watching and enjoying the views. Upstairs has a relaxing balcony with views of the mountain and fields. Did I mention the views were outstanding? Close to all amenities and easy access off the hwy.



MLS# 43343 \$625,000



Absolutely a charming home with relaxing front and back porches. Huge landscaped fenced yard with alley access and a garden shed. You have to see this home to appreciate the open style and updated kitchen and bathroom. The upstairs is a large open area with the 3rd bedroom and plenty of extra space for hobbies and storage. Beautiful flower beds and garden area add to the beauty. Laundry is located in the sunroom with lots of storage space. Newer carport to protect you from the weather. Come see this home!

MLS# 43610 \$270,000



Cash or private lender on this Fixer home. 4 bedrooms 1 bath home with lots of living space, The Kitchen has been updated, and there is a wood stove to keep you cozy in the winter. Large shop and little cabin are included.

MLS# 42505 \$120,000

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