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# Finding the Lost Heritage of Apples



by Amy McGarry

Red Delicious, Golden Delicious, Gala, Granny Smith, Braeburn. How many more varieties can you name? Ten? Fifteen? How about 4,500? That's about how many varieties of apples grow in North America today. And yet, that's still only a slice of the 17,000 that once grew in North America. While the Inland Northwest boasts a nice variety of apples, many kinds of apples that used to grow here have gone extinct or are thought to be extinct.

However, these forgotten apples have a hero on the horizon. David Benscoter, founder of the Lost Apple Project, is on a mission to recover apple varieties that were prevalent in the region in the late 1800s and early 1900s. These "lost" apples are no longer propagated

by nurseries and are at risk of truly being lost forever.

Benscoter and the Lost Apple Project aim to "identify and preserve apple varieties in eastern Washington, northern Idaho, and Oregon that were once thought to be extinct." Since 2014, Benscoter and his volunteers have found over 29 varieties of these apples, with some of them dating back to the 1880s. Benscoter hopes to find more of these 100-plus-year-old heirlooms.

Why has Benscoter dedicated the last 10 years of his life to finding lost apples? Having worked in the FBI in the 1980s searching for criminals, perhaps investigation is in his blood. The passion for apple hunting, however, came later in life. (From bad apples to good apples?)

Back in the mid-2000s, a friend who's disabled asked Benscoter for some help in her

apple orchard. As he wandered around the orchard, he realized he wasn't able to identify any of her apples surrounding him. When he asked his friend, she could tell him just one variety, the Yellow Transparent. Her brother remembered some were called Wealthy.

The notion of mystery apples piqued his investigator's curiosity.

Benscoter read a book called *Old Southern Apples*, by Lee Calhoun, who coined the term "lost apples" for apples that couldn't be located. But he couldn't find any apple hunters in our region; almost all apple hunters were looking on the East Coast.

He did, however, find local folks who specialized in apple identification using old books and watercolor paintings – old-school sleuths. These folks gave Benscoter some guidance, and he was off!

In 2014, Benscoter discovered his first lost

*continued on page 2...*

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...continued from page 1:

apple on a tree at the bottom of Steptoe Butte. This dark red heirloom is called Nero. Shortly after finding Nero, Benscoter started the Lost Apple Project, a nonprofit funded by selling grafting shoots to fellow apple enthusiasts interested in cultivating their own lost varieties.

Since then, Benscoter dedicates each fall to detective work, logging hundreds of miles and countless hours hunting ancient apple trees. Benscoter and volunteers collect loads of apples from long-abandoned orchards that they find, using old maps, county fair records, newspaper clippings and nursery sales ledgers that can tell them which homesteader bought what apple tree and when the purchase happened. Winter requires a return to the trees to take wood cuttings for grafting to propagate new trees for them to make a comeback.

So what happened to all these apples? How did they get lost in the first place? In the case of this region's lost apples, we have to go back to the late 1800s in search of clues. That's when homesteaders arrived and started plant-

ing orchards as part of their subsistence farms. Different varieties ripened at different times, resulting in many months of fresh apples. Plus, they could be preserved or made into cider. Apple cider vinegar was invaluable in its ability to preserve other fruits. Fermented apple cider was popular for other reasons as well, especially during prohibition.

Shortly after, commercial orchards multiplied. With commercial orchards, refrigerated railroad cars and new storage methods, the heirloom varieties became less popular. Many varieties were displaced.

As decades passed, homestead orchards, which grew the old heirloom varieties, became neglected. While some varieties died out, some managed to survive, just waiting for someone to come along and find them. That someone is Benscoter and other folks from the Lost Apple Project who seek out old homesteads where trees have survived and lost apples can be found.

Using his sources like catalogs, nursery lists, newspapers, and old magazines, Ben-

scoter has created a spreadsheet with about 1,600 apples that used to grow in the region. He suspects about 250 of those were available in nurseries. From those, he thinks another 30 to 40 apple varieties are still out there.

**Some fun facts about apples:**

- These days, just 15 different varieties of apples make up nearly 90 percent of all apple production, according to the U.S. Apple Association.
- Gala, Red Delicious, Fuji, Honeycrisp, and Granny Smith are among the most popular types.
- Gala recently overtook Red Delicious as America's most-grown apple.
- Washington still grows more than half of the apples in America today.
- The oldest apple tree in the Northwest died a couple of years ago at almost 200 years old. It was in Vancouver, Washington.

Intrigued? Love a good apple detective story? Want to learn more? David Benscoter

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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 1<sup>st</sup> and the 15<sup>th</sup> of each month.

**Next deadline for articles and ad space reservations: Tuesday, September 24 at 5 p.m.**

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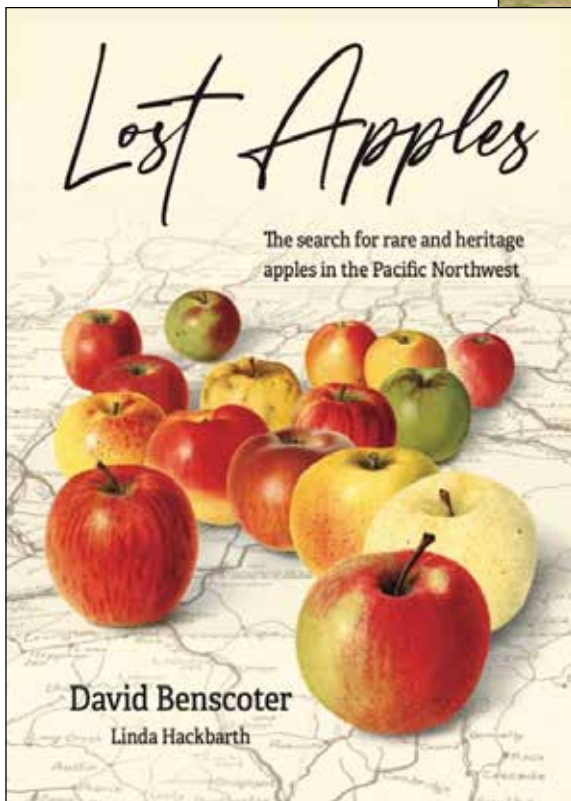
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has partnered with Linda Hackbarth to write a book, *Lost Apples: The Search for Rare and Heritage Apples in the Pacific Northwest*. According to the Keokee Books website, “Lost Apples dips deep into regional history and tells of the continuing search and the successes so far. It is beautifully illustrated with more than 50 classic color apple portraits painted by artists for the United States Department of Agriculture Division of Pomology from the late 1800s to early 1900s. It also includes an appendix of more than 1,600 known cultivars documented in historical



David Benscoter, photo supplied.



records of the region.”

*Lost Apples* will be available mid-September, but can be pre-ordered from the publisher on their website: <https://keokeebooks.com/products-page/coffee-table/lost-apples/>

If you have an old apple tree and you don't know the variety of apple, it may qualify for the Lost Apple Project. Go to the Lost Apple Project's Facebook page at <https://www.facebook.com/lostappleproject/>. Here you can also find updates from the project and information about apple grafting events.

You can also visit the Whitman County His-

torical society to order newly grafted apple trees of both heritage varieties and rediscovered varieties. You can also buy and pre-order grafting wood. <https://www.whitmancounty-historicalociety.org/projects>.

*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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# 'Queen of the 70s' is Bringing Out The Music in Deer Park



by Robin Milligan

Hazel McGillivray is a passionate woman with a deep love of music and her community. She is a veteran of the Air Force and has a vision for the future of Deer Park. She has created Deer Park Productions, an entity entirely run for the benefit of bringing music to everyone.

For years, she has been collecting a list of names and information of any musician or band that comes her way. She carries the list in both an electronic and paper form. It is her mission to promote musicians, which she does without asking for anything in return. McGillivray focuses on free events for the public, but that isn't all. She sends her list of local musicians to events, coordinators, and venues. Even wedding venues and people looking for musicians for their special day can have a copy of McGillivray's list. She even sent a copy to me! Although I'll probably just follow the bands and listen to their music from the comfort of my home, every bit of support is vital to a musician starting out on their journey, as well as those who have been doing it for years. I think that when you support your community, and the people who live in it, the world gets a little bit better. This is something that McGillivray does for free.

According to McGillivray, Deer Park Promotions is helping to support the community through service. She is connecting people, one smile and song at a time. By constantly updating and maintaining the list, and handing it out to anyone who wants it, McGillivray hopes to help musicians like herself to get more opportunities.

McGillivray explained, "I like to be that voice in the wilderness that says, 'Hey! It's fun here! We have music here!' We have such a need for that here."

At first, she thought that she wanted to promote her own music. "But there are so many phenomenal musicians in Deer Park and no one knows about them," she said. She shared that it is actually easier for her to promote everyone rather than just herself. "I love what I do, where I do it. Someone has to. I need music, I need to do this. It's necessary," she said.

In the past, McGillivray explained, the Deer Park Summer Concert Series had a lot of musicians from out of state; instead, she wanted to open up the series to the youth and showcase only local talent. Since running the concert series, she has staged the concerts in the park for the Deer Park High School Jazz Band, a local dance academy, garage bands, and even group and solo youth acts.

McGillivray is also the Entertainment Director of Winterfest, hosted by Kiwanis, and has served as the coordinator for music at the Clayton Fair for the last three years. She noted that, "Music should be integral to all fairs, according to the State Fair Board." Since she moved to the area 13 years ago, McGillivray said that Deer Park has lost amenities. "We used to have two grocery stores, a bowling alley, and a movie theater. We need things to do here. People need to be able to connect with their community." She added: "There has been some movement to build up the small town feel of downtown Deer Park. The Chamber of Commerce has been taking steps to rebuild the worn-down city center,

doing what can be done now, rather than trying to do all the huge budget projects all at once. We have to make sure we don't lose any more than we lost."

She reads the city ordinances for fun. She wanted to be part of the Arts Council, but when she called to join, she discovered that it had been discontinued. McGillivray decided to do the work herself, because she believes that people do care about the arts.

McGillivray played guitar for 40 years before she discovered that she could also sing. When she started taking singing lessons from Autumn Mackert of Sisters Song Studios in the Kelly Building on Main Street in Deer Park, McGillivray suggested to Mackert that the music series in the park may be ending and they both decided to try and keep it going.

Getting funding has been tough. They've been working on applying for grants, but she says they won't qualify for funding until at least 2026. She hopes to find more sponsorships from businesses in Deer

Park, Spokane, and surrounding areas to help support the Summer Concert Series. Beating the pavement and going door to door asking for funding took up most of their efforts to gain footing this past year. In the coming year, McGillivray plans on trying to get more funding via mail to save some steps.

McGillivray noted that the series has been a success this year, despite the rocky restart. "The shows with the largest attendance this summer were two local youth garage bands. One hundred percent successful – they won't be playing small fairs for long!"

When she began Deer Park Promotions, she felt that she was, "Trying to create a moving car from the concept of a wheel." Being an avid lover of the local music scene, she shared a sampling of fun events where talented, local people are being given the opportunity to shine through sharing their music:

Master's Brew House hosts an open mic night on Thursdays, from 6 to 9 p.m., run by Anthony Williams. McGillivray is usually there. She says that the number of talented people that show up is "out of this world." They also have live music on Saturdays, 6 to 9 p.m.

Vine Wine has live music every Friday night starting at 7 p.m.

The VFW hall has live music twice per month, usually from 5 to 8:30 p.m. on Saturdays.

McGillivray is hilarious, passionate, and determined. She inherited her real name from her grandmother. She got the name "Queen of the 70s" when her friend Anthony tried to make a joke of her love of 70s music. She's been known by that moniker ever since.

You can also find McGillivray selling vintage records at the Deer Park Saturday Market ([www.thedeerparkmarket.com](http://www.thedeerparkmarket.com)) from 9 a.m. to 3 p.m., the First Saturday of October.

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



Hazel McGillivray. Photo by Russell Valdez.

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# Taste Budz Review: The Rusty Putter Bar & Grill



**By Zack & Brooklyn Bolin, Facebook: Taste Budz, Instagram: tastebudz\_spokane**

As summer comes to a close, a great place to spend the last of our warm evenings is on the beautiful patio at the Rusty Putter Bar & Grill, located at 2357 Sand Canyon Road Chewelah, WA.

What we enjoyed:

- ~Fish & Chips
- ~½ Rack of Ribs

After some intensive contemplation, I decided on the fish and chips. They make their own batter with Mac & Jacks beer and vodka. They take thin, buttery pieces of cod, slather them in batter, fry them till they're golden brown and serve them with house made tartar. The

of course! Their coleslaw was just the right balance of fresh and sweet.

Zack decided to go with the half rack of ribs and chose a salad and fries as his sides. The ribs were dry rubbed and smoked to perfection. The meat was so tender it just fell right off the bone; he was actually able to eat it with a fork. The barbecue sauce was sweet and smokey with a slight tang. Oftentimes, restaurants throw some iceberg lettuce in a bowl and call it a side salad but this one was made with mixed greens,



cucumber, tomatoes, croutons, and a sprinkle of cheese.

The portions are extremely generous as are the prices. They offer different drinks, from beer and wine to tropical cocktails. We are always happy with the

ing with new tables and chairs, creating a nice indoor ambiance. We may even have to stop by for their weekend dinners in the winter!

Zack and I have been trying to get into golf for a while now, but we have yet to succeed. However, we always have a good time just coming up, hanging out, and eating. Whether

you are looking to golf the 27-hole course or just enjoy the beautiful scenery with a drink in your hand, you will be more than satisfied.

Make sure to stop in before summer is gone and take advantage of all that beautiful Chewelah has to offer.

*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!*

batter is perfectly crispy and the fish melts in your mouth. Their tartar was to die for; they use lots of dill, just the way I like it. The meal comes with a side of coleslaw and french fries,

customer service and, as I said before, nothing beats their patio seating. The outdoor area overlooks the pond and fountain on the ninth hole. They recently updated their indoor seat-

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# Community Connections

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## Regional Chambers of Commerce

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**Chewelah Chamber of Commerce**  
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[chewelah.org](http://chewelah.org) | 509-935-8595  
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**Coeur d'Alene Regional Chamber of Commerce**  
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**Colville Chamber of Commerce**  
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**Deer Park Chamber of Commerce**  
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Hayden, ID 83835  
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**Kettle Falls Area Chamber of Commerce**  
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[kfchamber.org](http://kfchamber.org) | 509-738-2300  
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**North Pend Oreille Chamber of Commerce**  
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**Northport Chamber of Commerce**  
[northportwa.us](http://northportwa.us)

**Rathdrum Area Chamber of Commerce**  
8052 W. Main St., Ste 201  
Rathdrum, ID 83858  
[rathdrumchamber.com](http://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  
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[republicchamber.org](http://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](http://ritzvillechamber.com) | 509-659-1936  
Meeting: 3rd Monday, 6 pm, Ritzville City Hall

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[spiritlakechamber.com](http://spiritlakechamber.com) | 208-428-1908  
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**Greater Spokane Inc.**  
801 W Riverside Ave, Ste 100  
Spokane, WA 99201  
[spokanechamber.org](http://spokanechamber.org) | 509-624-1393

**Sprague Chamber**  
213 S. C St.  
Sprague, WA 99032  
[spraguechamber.com](http://spraguechamber.com) | 509-251-9165

**Springdale Area Chamber of Commerce**  
P.O. Box 275  
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[southstevenschamber.org](http://southstevenschamber.org) | 509-703-0352  
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# Family Adventures Out!

Adapted and reprinted, with permission, from the September 2016 edition of the *North Columbia Monthly* ([www.ncmonthly.com](http://www.ncmonthly.com)).

## By Gretchen Cruden

Imagine walking into your front yard and realizing you are standing on a sheet of ice almost one mile thick! Not a tree, river or blade of grass in sight. As a matter of fact, the only thing you would see was the horizon where this sheet of ice met the sky, all the way from the North Pole and throughout much of northern Washington. You would be in the middle of the Ice Age!

Within the past 750,000 years, there have been at least eight Ice Ages, each separated by warmer periods called interglacial periods. We are living in an interglacial period right now. An ice age starts when the planet cools, which makes ice at the poles accumulate (grow) toward the equator. This means many parts of the world that we know today use to be covered in ice, including the Colville National Forest.

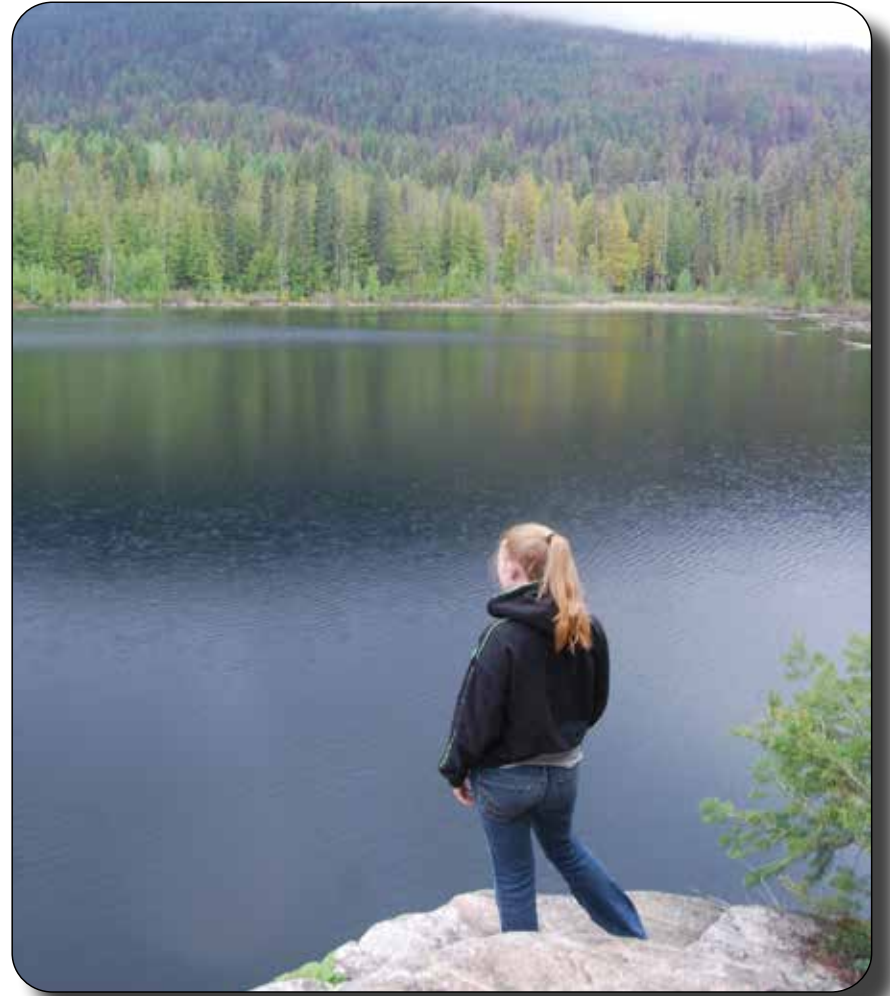
The last time our area was covered in an ice sheet was between 15,000 and 12,800 years ago. This was called the Cordilleran Ice Sheet. As this ice sheet melted, glaciers were left behind which carved out major valleys in the Colville National Forest. The three main valleys are the Columbia, San Poil-Curlew, and Pend Oreille River Valley. In between these valleys are the major mountain ranges left behind by the glaciers: the Kettle River Range and the Selkirk Mountains.

The glaciers that did this were smaller parts of the ice sheet. Glaciers have the ability to “move” slowly over the surface of the earth. One reason some glaciers move is because of gravity pulling on their sheer mass toward the bottom of the mountains. Another reason some glaciers move is that since they are quite heavy, their weight presses down with a lot of pressure on rock surfaces below. Sometimes this pressure creates a friction that actually melts the bottom layer of the glacier and creates a slippery surface for the glacier to slowly creep upon. Want to know what that friction might feel like? Lightly hold your hands together and gently rub them back and forth. Not a lot of heat is produced. Now try pushing them harder together and still rubbing them. A lot more heat! This heat is because of the increased pressure you put on your hands, creating more friction.

But how did the glaciers of these past ice ages move so much earth as to carve out valleys? Regardless of what is making a glacier move, they all break up rocks beneath them. This debris left behind when the glacier recedes by melting away is called moraine. Moraines can range from small boulders to deposits of sand. It is the moraine from previous ice ages that have helped our state have a lot of fertile soil and has provided our forest soils with a lot of nutrients. Sometimes even huge boulders get carried hundreds of miles with a glacier. A boulder like this is called glacial erratic. Keep a look out – you might see one in a farmer’s field in our region or in the middle of the forest.

Besides valleys, mountains and fertile land, the glaciers from the Cordilleran Ice Sheet also left behind many of the small lakes we enjoy today. As the glaciers melted, the moraine left behind trapped some of the water between the moraine itself and the ice of the glaciers. These puddles of water eventually grew and grew. Since the glacier had eroded the area to bedrock already, there was nowhere else for the water to flow and small lakes were formed.

Want to see a glacial lake in the Colville National forest? Renner Lake is a beautiful lake located off Hwy 395 near



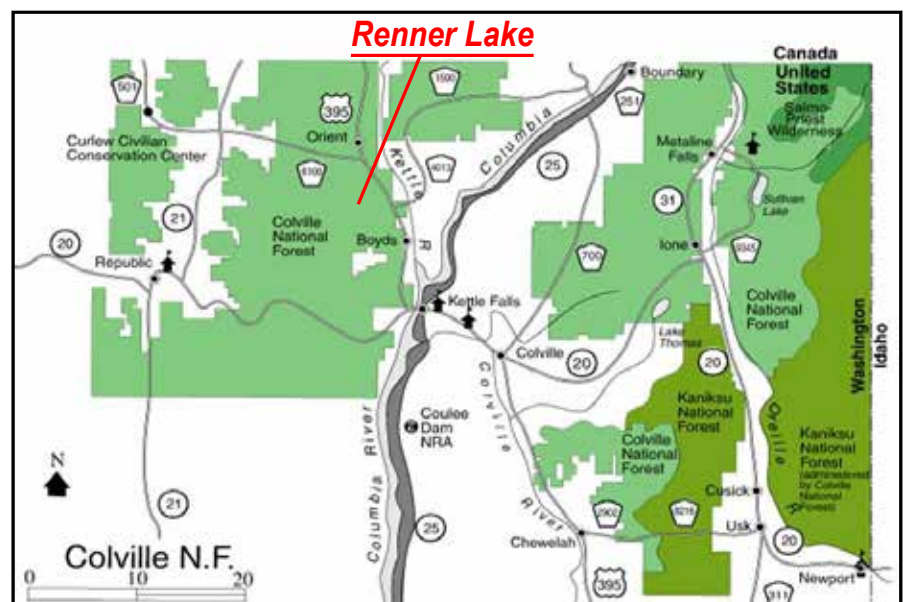
Barstow. To get to this lake, you have to be up for an adventure. Take a left at the Hodgson-Lakin Rd. off Hwy 395 as you are headed north. Follow the road to the left for 1.1 miles. At the fork, take another left and then stick to the immediate right that comes up. Continue for 1.8 miles. Take the dirt road on your left. At the bottom of a short hill is a small parking area with an obvious trailhead. There is no drinking water along the hike, or restrooms, so come prepared. The hike itself is kid-friendly, with just enough hills and valleys to make it a true hike of about three quarters of a mile into the lake. There is a primitive camp spot overlooking a gorgeous view! Due to this being a glacial lake, the sides of the lakebed are quite steep and not terribly swimmer friendly. But, the lake is stocked with Brook and Brown Trout for good fishing the second half of April through October.

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

The secluded lake, perfectly varied hiking terrain, length of hike and sense of geological history this hike inspires makes this a five-boot hike! Do come prepared though.



## FAST FACTS:

- Besides Alaska, our state has the largest area of glaciers, which provides us with enough glacial melt water to fill up 712,121 Olympic sized swimming pools!
- Part of the Cordilleran Ice Sheet blocked the Columbia River near present day Grand Coulee Dam creating what is called the Columbia Lake where Lake Roosevelt is to-day. This lake was much bigger and about 1,000 feet deeper than today’s Lake Roosevelt. It would have definitely covered some of the Colville National Forest!



# Word Power: It's Fall Y'all!

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

- |          |           |            |          |          |
|----------|-----------|------------|----------|----------|
| Acorns   | Cocoa     | Harvest    | Orchard  | Storm    |
| Apple    | Embers    | Hayride    | Overcast | Sweater  |
| Autumn   | Equinox   | Homecoming | Pecan    | Thermos  |
| Blanket  | Evergreen | Indigo     | Pumpkin  | Twilight |
| Bonfire  | Firewood  | Jacket     | Quilt    | Umbrella |
| Brisk    | Flannel   | Knitting   | Rain     | Vanilla  |
| Candles  | Foliage   | Maple      | Raking   | Velvet   |
| Caramel  | Frost     | Mittens    | Scarf    | Vests    |
| Cinnamon | Geese     | Nutmeg     | School   | Woods    |
| Cobwebs  | Gourds    | Orange     | Spice    | Wreath   |

## HUCKLEBERRY COUNTRY SUDOKU!

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

**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 "Medium." Good luck!

### SUDOKU SOLUTION:

Below is the Solution to This Week's Puzzle

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

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# BERRY FUNNIES

Jokes curated from the Internet by Thea Cruden

**What is a tree's least favorite month?** Sep-timber.

**How many seconds are there in one year?** 12 of them: January 2<sup>nd</sup>, February 2<sup>nd</sup>, March 2<sup>nd</sup>, April 2<sup>nd</sup>, May 2<sup>nd</sup>, June 2<sup>nd</sup>, July 2<sup>nd</sup>, August 2<sup>nd</sup>, September 2<sup>nd</sup>, October 2<sup>nd</sup>, November 2<sup>nd</sup>, and December 2<sup>nd</sup>.

**What did the tree say to autumn?** Leaf me alone.

**Why don't mountaineers like late September?** Because it is fall.

**What do you call a cold day in September?** Septem-brrrrr.

**Why did Humpty Dumpty have a great fall?** To make up for his miserable summer.

**Greg the farmer, had so many children that he ran out of names.**

So he started calling his kids after something around his farm. It was the first day of September and the first day the children had gone to their new school. The teacher greeted the children and asked each child their name. When he got to one of the farmer George's sons, the boy replied, "Wagon Wheel." The teacher said, "I need your real name boy, to which the lad replied, "It's Wagon Wheel, sir...Really." The teacher, rather annoyed, rejoined, "All right young man, take yourself right down to the Principal's office this minute." The youngster pushed himself out of his chair, turned to his sister and said, "C'mon, Chicken Feed, he ain't gonna believe you, either."

**Why did the boy keep tripping on September 22?** Because it was the beginning of fall.

**In September, you pick me when I'm good and ready.** In October, you cut me intentionally to make me look worse. In November, you trash me like you never knew me. What am I? A Jack-o-Lantern for Halloween

**If you have to schedule a meeting with a person or people you do not like...here are some days to offer to meet them on:** February 30<sup>th</sup>, April 31<sup>st</sup>, June 31<sup>st</sup>, September 31<sup>st</sup>, or November 31<sup>st</sup>.

**I really hate having to wait until September to drive my new car.** I shouldn't have bought an autumnobile.

**What did September say when June said it was the last day of the month?** Don't July to me.

**Why did the cell phone get glasses?** Because she lost all her contacts.

**How did the mobile phone propose to his girlfriend?** He gave her a ring.

**What's a ball that you don't throw, shoot, eat, spit, bounce, or catch?** An eyeball.

**What do turtles, eggs, and beaches all have?** Shells.

**What time of year do people get injured the most?** In the fall.

**Why did the musician throw away her table?** Because it would not B Flat.

**Why is Peter Pan flying all the time?** He Neverlands!

**Why do we tell actors to "break a leg?"** Because every play has a cast.

**Did you hear about the claustrophobic astronaut?** He just needed some space.

**Why don't scientists trust atoms?** Because they make up everything.

**What does a nosy pepper do?** Gets jalapeno business!

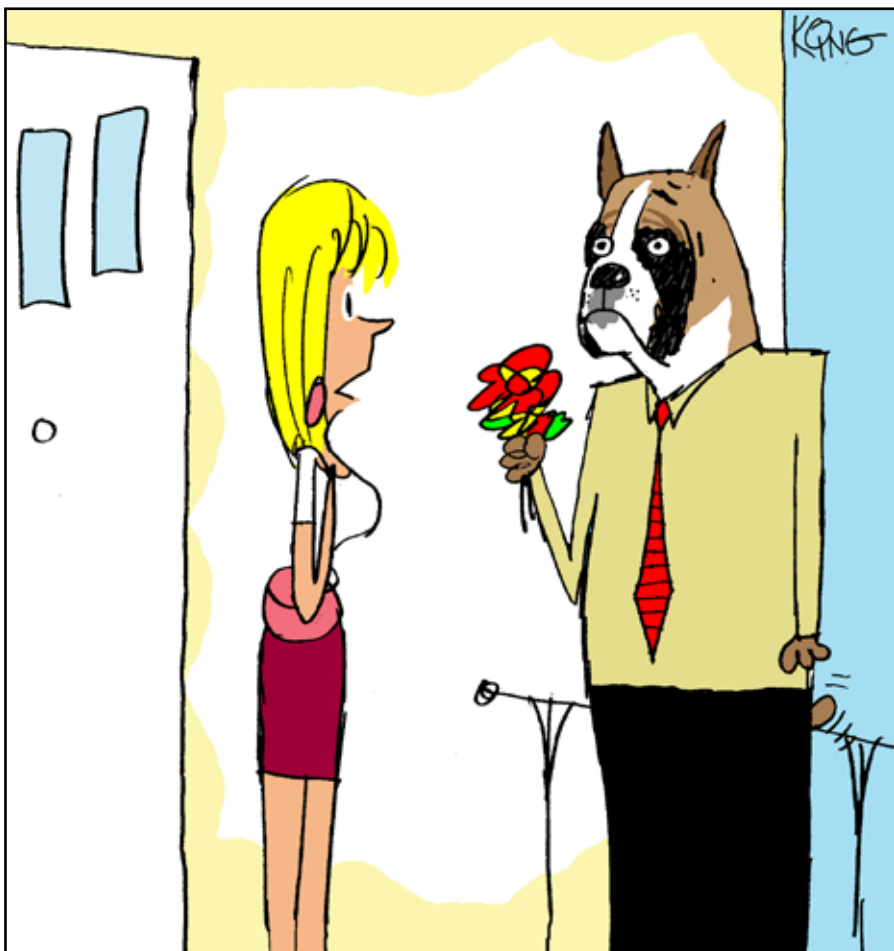
**How do poets say hello?** Hey, haven't we metaphor?

**Why did the Oreo go to the dentist?** Because he lost his filling.

**Why do bees have sticky hair?** Because they use honeycombs.

**A guy asks a girl to go to a dance.** She agrees, and he decides to rent a suit. The rental has a long line, so he waits and waits, and finally he gets his suit. He decides to buy flowers, so he goes to the flower shop. The flower shop has a long line, so he waits and waits, until he finally buys flowers. He picks up the girl and they go to the dance. There is a long line into the dance, so they wait and wait. Finally, they get into the dance, and the guy offers to get the girl a drink. She asks for punch, so he goes to the drink table, and there is no punch line.

Jerry King cartoon printed with permission. [www.jerryking.com](http://www.jerryking.com)



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**Time:** 12:00 pm - 4:45 pm (Pacific)

**Venue:** TEDD Conference Room

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# What is Healthy After All?



by Steven Hicks

I've been working in the health and fitness space for 15 years now and there's a ton of debate about what diet is the healthiest, what form of exercise is superior, is organic better than conventional fruit, blah, blah, blah. There's constant debate and wild

claims about what is and is not healthy. It's never ending and, oftentimes, it can be confusing.

How can you tell what's actually healthy?

For me, I use two filters to make "healthy" choices or decide the healthier option. I use a short-term filter and a long-term filter.

I can decide if something is healthy if, in the short term, it provides more energy without any crash. Obviously, stimulants like cocaine and sugar are eliminated here because of the crash. That outrageous example notwithstanding, I do use energy as a litmus test to decide if something is healthy.

The opposite is very obvious. Diseases, infections, sleep deprivation, etc., result in tiredness and low energy levels. In short-term views, energy levels can be used to figure out what is actually healthy.

This also helps my clients personalize their own journey. For some people, depending on their fitness levels, a bootcamp class or a run may be healthy. For others, they'll do the exact same classes and get crushed; they'll be so beat up they're barely able to get off the couch the next day. That workout would be more traumatic than healthy to that body at that time (fitness levels can change).

In nutrition, I use this with clients as well. Some meals help energize and perk people up. They're light and delicious. Some other foods (such as "McMeals") have people feeling sluggish and run down afterwards. Using the short term filter, we can see what nutrition habits are healthier.

Sometimes "healthy" is less obvious, and we have to turn to long-term research. In the long-term, the filter I use is, what choices are tied to longevity. On the whole, people who are healthy live longer, so it makes sense to me to use longevity as a stand-in measure for "healthy."

For a great list of things that lead to a longer lifespan, check out the book *The Blue Zones*, by Dan Buettner. But since you're reading this instead of that book, let me give some, perhaps, controversial takes on how this works. Currently in nutrition, there's a big craze

for the "carnivore diet." However, there is no culture in the world that I know of that eats an all-animal diet and lives long lifespans. For longevity, the longest lifespans seem to come from a diverse diet that is mostly plant-based. Another controversial take, using lifespan as a filter for good health, is that we can dismiss the keto diet. The diets of the longest lifespans tend to have a good amount of complex carbs.

When we talk about "healthy fats" we use that with the long-term lifespan reference. People who eat more "healthy" unsaturated fats than saturated fats tend to have fewer heart issues and longer lifespans. We can also use the short-term filter on that, as meals with high saturated fat content tend to make people feel sluggish shortly afterwards.

Healthy choices provide more energy now and lead to longer lifespans. If you ever have to pick between two "healthy" options or hear anyone making claims that something is "healthy," you now have two suggestions for how to judge it.

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](http://www.thrivingbody.fit) or send an email [Steven@Thrivingbody.fit](mailto:Steven@Thrivingbody.fit).

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**MLS# 43260 \$495,000**

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 2<sup>nd</sup> 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**



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**

4-bed, 3 & 1/2-bath with 95' of Peve 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**



**MLS# 43205 \$429,000**

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# 43504 \$450,000**

Well-built 2-bedroom home on 80 acres of pristine property. Beautiful flower gardens as you enter this rustic but modern cabin-style home. Wood stove and mini split keep this home warm and cool all year. Tile floors, newly remodeled bathroom and open kitchen living concept. Tongue and groove woodwork, bedrooms on the second level with pleasing views. New siding, metal roof, on-demand hot water, cellular blinds and a 2-car garage with a full-length attic for storage or living area. Fenced garden, gravity fed water system, outdoor root cellar, woodshed. A wonderful deck that's shaded by a healthy willow and English walnut trees. This is your peaceful and private living with beautiful pastures, trees and mountains.

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**



**MLS# 43800 \$679,000**

Beautiful Webley log home situated on 6 very private acres just 7 miles from Colville. This home is stunning! The open floor plan hosts a well-designed kitchen with open dining area and living room and a gas stove. Private large primary suite with a luxurious bathroom, walk-in shower, a jacuzzi tub and walk-in closet on the second level. The main level bedroom was 2 bedrooms and could easily be converted back. Currently it is a quilting room and bedroom with a built-in murphy bed. Main floor bathroom has an elegant slate shower and sauna, laundry is located on the main level. Basement bedroom has ingress egress window plus a gas stove and the storage area leads to the outside garden and yard. The barn was used for horses and has a tack room, Garage / shop has stacked slate landscaping.

10 private acres located next to state land with a 3 bedroom 1 bath cabin style home. Priced to sell as home needs some TLC and updating. Several outbuildings, garden space, fruit trees and open space for critters. Lots of potential with this property. Being sold: "AS IS" due to estate sale..



**MLS# 43802 \$179,000**



**MLS# 43849 \$499,000**

Updated 3,256 sq ft home on 1.55 acres. Located just out of town. A circular drive leads up to this beautiful home. Hickory hardwood floors throughout with open floor plan and vaulted ceilings, kitchen island, with expansive counter space. A total of 4 bdrms / 3 baths with primary suite on the main level, separate dining room, large laundry room on the main level. Finished basement with huge rec room & wet bar and 2 bedrooms 1 bath. French doors lead out to the lower patio and yard. There is a cement pad where the hot tub used to be. On demand water heater. Nice deck on the front and side of the house. Large 3 car garage/shop. It's all here!

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