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The Community Paper of the Inland Northwest

October 1, 2024

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Celebrating Fall Harvest Around The World



by Amy McGarry

*Hooky, hooky, we have shorn,
And we have bound,
And we have brought Harvest
Townhome.*

This old English song was sung by farmers during the Harvest Home Festival, a celebration featuring games, rituals, and plays, and, of course, feasting on food. For centuries before the English were singing “hooky, hooky,” agriculture societies have celebrated and given thanks for successful harvests. Let’s take a tour around the world and discover these fall festivals. We’ll start in the German speaking world.

On various dates of September and October, Germany, and regions of Austria and Switzerland, hold Erntedankfest (Harvest Thanksgiving Festival). The festival begins

with a church service, followed by a parade where the Harvest Queen is crowned with a wreath of wheat. Next comes music, dancing, and food. In some places, an evening service is followed by a lantern and torch parade for the children – and even fireworks.

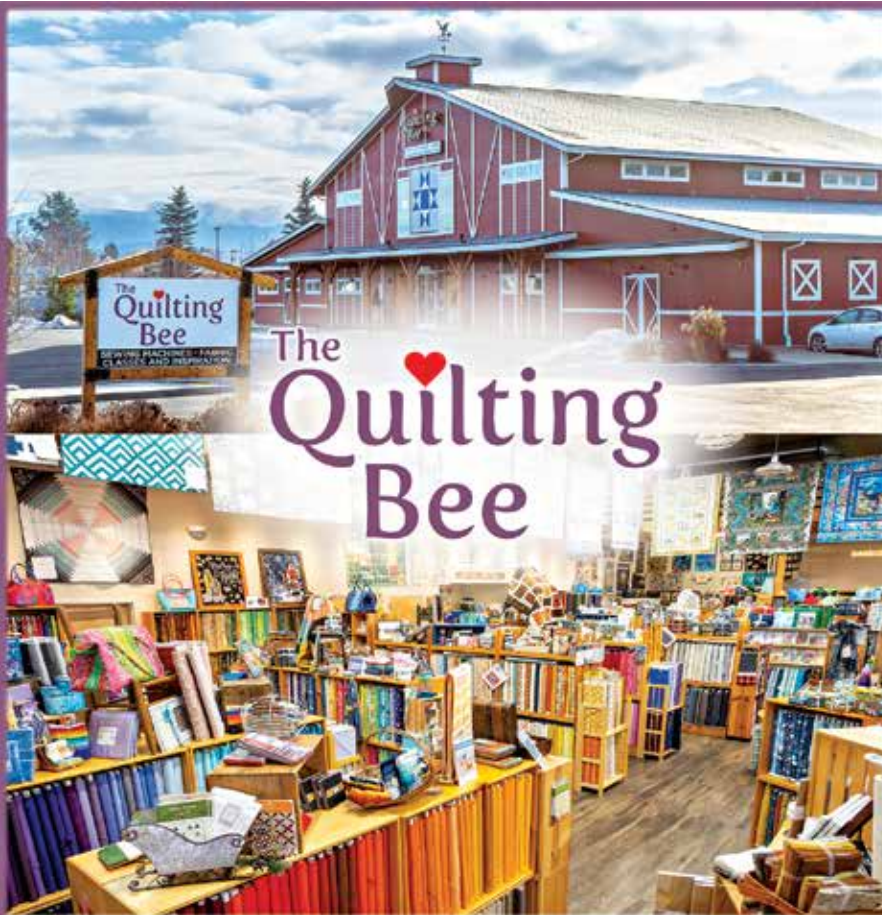
Our next stop takes us east for one of Asia’s most important holidays, the Mooncake Festival. Asians have celebrated this festival in September or October for over 3,000 years. The timing coincides with the harvest moon, the full moon near the autumn equinox. Celebrations include ceremonies to give thanks, spending time with family, and eating mooncakes, which are rich pastries filled with sweet-bean, egg yolk, meat, or lotus seed paste. Festival lanterns are another important symbol for this holiday. They represent beacons that light people’s path to prosperity and good fortune. Variations on the Mooncake

Festival are celebrated in China, Japan, Korea, Vietnam, Cambodia, Thailand, Malaysia, Singapore, and Indonesia.



Next on our fall festival tour is West Africa, where the New Yam Festival plays an important aspect of Idbo, Yoruba, and Idoma culture in Nigeria. The yam has been an essential part of the West African diet and is strongly tied to their spiritual beliefs and prosperity. The New Yam Festival gives thanks to a successful harvest and seeks blessings from deities and ancestors for the coming year. The vibrant celebration includes music, dancing, masquerades, and a feast for the community.

Heading back west, we land again in England. While the British probably don’t sing “hooky, hooky” these days, singing hymns at church is still an important tradition, as is praying, and decorating churches with baskets of fruit and vegetables. Parishioners

continued on page 2...



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October 2024

...continued from page 1:

bring in food which will then be distributed among those in need or sold to raise funds for the local church or chosen charity.

Also called Harvest Thanksgiving or Harvest Festival of Thanksgiving, this holiday is a time for showing gratitude for, not just a successful harvest, but all the good things in life. Early English settlers brought this idea to Plymouth where the first Thanksgiving was celebrated in 1621. However, like in Asia, in the U.K., the Harvest Festival is still celebrated on the Sunday nearest to the harvest moon. Before electricity, the harvest moon was a source of light bright enough to extend harvest into evening hours.

Closer to home, we can visit the southeastern United States to see the centuries old Green Corn Ceremony of the Indigenous nations. The ceremony is a celebration of thanks for the ripened corn that is ready to eat. Traditions vary from nation to nation, but they typ-

ically involve dancing, feasting, fasting, and religious observations. The festival not only commemorates harvest, but also celebrates the beginning of a New Year. To signal a fresh start, homes and public spaces are cleaned, all fires are put out, and old food is eaten. The Green Corn Dance has been an important part of the ceremony and is still performed by many nations today.

Specific to the Spokane region, we celebrate our harvest season with our amazing local Fall Harvest Festivals. If you have never visited the Fall Harvest Festival at Beck's Harvest House in the heart of Green Bluff, now is the time to go! Every Saturday and Sunday until the end of October, Beck's Fall Harvest Festival is open for fun for all ages.

This country festival features Family Farm Funland, including activities like the Hay Maze, Cow Train, Tire Mountain, Jump Pillow, Country Wagon, and much more.

Be sure to accompany your little ones in the

Giant Corn Maze, lest they get lost!

You can finish your visit by choosing your perfect pumpkin from the huge pumpkin patch. But don't leave before eating some of the world-famous pumpkins donuts! For details about visiting Beck's Harvest House Fall Harvest Festival visit: becksharvesthouse.com/fall-harvest-festival.

If you prefer a local urban festival experience, this year on Saturday, October 5th, Riverfront Park and River Park Square will partner with WSECU for Fall Fest. This festival features music, food, and vendors as well as activities for all ages. Starting at 11:00 a.m., the Central Plaza will feature a bounce house, face painting, and a kids corner for arts, crafts, and games.

At the Numerica Skate Ribbon you'll find an artist fair and a beer garden. Here, you can even catch a horse and carriage ride! This is also where you'll find the pumpkin patch. And don't forget to head over to River Park Square

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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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Erntedankfest (Harvest Thanksgiving Festival). Photo courtesy Wikimedia Commons.

for the petting zoo. I've only scratched the surface of the fun to be had at this Fall Fest so be sure to visit WSECU Fall Fest website at: <https://my.spokanecity.org/riverfrontspokane/calendar/2024/10/05/wsecu-fall-fest>.

Outside of Spokane, there are numerous

events scheduled throughout the month, including the Fall Festival in Chewelah and the CiderFest in Marcus, both also on October 5th.

Happy Harvest!

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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Evergreen Art Association, Bringing Art to Everyone



by Robin Milligan

“The club inspires me. We get together and take a break from our lives just to talk about art,” Gaye Oscarson, president of the Evergreen Art Association.

Oscarson always made art, since grade school. She helped with the first art show by Evergreen Art Association. The art club was officially formed in 1981, after a few years of meetings to share art, ideas, and lunch! Oscarson joined in 1984, but put her passion aside to work, giving up the club. She re-joined recently, after COVID, and has been the president since May. The association’s members are doing much more now, than back then.

“I like the art shows and art walks. I get excited about art. I want to help others to get excited about it too,” Oscarson said, “It’s always fun to teach kids, they get so excited to paint and they don’t fuss over the details like adults do.”

The Evergreen Art Association is a nonprofit organization. Their mission is to further member’s education, knowledge, and appreciation of art while promoting art and all of its facets. It also provides exhibits of member’s work and programs of interest for its members. It’s an art club for fun, fellowship, and to encourage each other.

Since 1988, every year the club has offered a visual arts scholarship to graduating seniors and homeschoolers in the area who plan to major or minor in any visual art field. They reach out to Newport High, Selkirk High, Cusick High, Priest River, and House of the Lord High School in Oldtown, ID. Last year, there were no applicants, so they gave the award to the art program at the Priest River Lamana High School instead.

In 1989, the members made a historical, local, black and white calendar that they sold to raise funds for their scholarships. Oscarson painted the old post office and the steamboat. She wants people to know their art club exists and that they are there to support the art loving community in Newport and the surrounding community. She said, “I want to give our members the ability to get their art out there and get appreciation for their work. But I don’t think calendars are the way to go anymore.”

Last March, Evergreen Art Association and the Newport Creative District hosted a community paint night at the high school in Newport. Clare Clark was the instructor. It was a huge success, and the proceeds went towards future scholarships. They are planning on doing it again in March of 2025 and hope to make it an annual event.

Last year, Evergreen Art Association applied for and was awarded a grant from the Kalispel Tribe of Indians so that they can afford to do art shows further away. They are planning to attend the Sandpoint fair, Spokane’s Art on the Green, and other shows that will benefit members and extend their audience.

Evergreen also has field trips for their members and guests. In August, they went to the Jundt museum at Gonzaga University and the Avenue West Gallery in Spokane. They also attended the Pend Oreille Art Council studio tour in Sandpoint, Idaho, which was held on Labor Day weekend. “They are always a lot of fun! I enjoy seeing what people are doing. I love to see creative spaces,” Oscarson said.

Oscarson says she wants to encourage the area to appreciate art and hopes for growth of arts and culture in the future. One of the ways Evergreen Art Association provides exhibitions of members’ work is through a program they call “rotation.” During business meetings, up

to five people can sign up to have their art distributed in the local businesses for five months by the rotation committee. Each artist’s work in rotation is moved to a new location each month. Currently, they hang the artworks in the Newport Library, Black Rose Salon, Newport Hospitality House, the Create Art Center in Newport, and more. “Businesses are really receptive to having our art in there,” Gaye said.

They also have regular group exhibitions, like the annual event at the Pend Oreille Winery in Sandpoint and the Newport Farmer’s Market once a year, usually in September. Members also participate in the Earth Day Art Walk in Newport where vendors sell their wares, and attendees can enjoy live dancing, and music.

The Evergreen Art Association is having a group exhibition open to the public at Wiley’s Downtown Bistro for the entire month of October. Wiley’s is a beautiful location with incredible food and the all-local art is changed every month. The address is 421 W Main Ave, Ste 104 in downtown Spokane.

The Evergreen Art Association also hosts plein-air painting events as well. Plein-air painting is simply painting outdoors. The club encourages its members to get out of their homes and studios, and out into the open air to paint life as it is. Field trips, like the one they recently held at Indian Creek State Park, allow members to see different places and paint together in nature.

On October 11, you can catch the group with their sketch pads, watercolors, pens, and ink in the Japanese Garden at Manito Park in Spokane. “I’ve got a backpack full of watercolor paint, brushes, and containers, ready to go,” Oscarson says. “In our group, there are people from all walks of life with all different styles. Some are professional artists and some are self-taught.”

“It’s great to try new things and learn about other styles,” she said. “Our next theme is to paint in the style of a favorite living artist.”

Oscarson’s favorite living artist is Turner Vinson. “I am inspired by people who can let go and you can see their hands in their work,” she said. “He is a plein-air painter. He uses thick oil paint, it’s impressionistic. He puts his hands in it.” She got to see his work at his gallery in Montana while she was there and would love to visit again, take one of his workshops, and plein-air paint with him.

As the president of Evergreen Art Association, Oscarson is responsible for the budget, bylaws, committee oversight, and she runs the meetings. She tries to keep the meetings short and sweet. She loves to facilitate creative people coming together. They plan the future activities, share their current work, and then they have a guest artist give a demonstration on how they make their art. Evergreen Art Association also has classes taught by their members sometimes. Oscarson recently gave a talk about how to prepare for an upcoming show, including proper handling to get artwork to the venue. She is a valuable resource for anyone wanting to get into the professional side of being an artist.

Their meetings are on the 2nd Monday of the month at 10 a.m. at the Rotary building in Oldtown, Idaho. Anyone interested in art is welcome and free to come in as a guest. For more information on the Evergreen Art Association, contact Gaye Oscarson at 208-290-8292 or orevergreenart1981@gmail.com.

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.



A fundraiser paint night at Newport High School in March, 2024 for visual arts scholarships. Photo by Autumn Kennedy.

Taste Budz Review: Farmhouse Froyo



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

Zack and I were not expecting the warm streak to come through last week and we decided it was so hot we better get some frozen yogurt.

What we enjoyed

- ~Cotton Candy & Cake Batter Swirl
- ~Chocolate, Strawberry Banana, Cake Batter
- ~Plain Chicken Teriyaki Rice Bowl

In all my years eating froyo I have never once seen cotton candy flavored. That is one of my all time favorite flavors for anything ice cream related. You can imagine my excitement when it was paired with low fat cake batter, my other favorite flavor. I got a swirl of the two and loaded it up with fruity pebbles, strawberry pop-



ping boba, gummy bears, whip cream, rainbow sprinkles, and of course a cherry on top!

Zack couldn't decide which flavor sounded

the best so he went with all the low and non fat options. He topped it off with some fruity pebbles and a cookie.

They had a great selection of toppings which is probably the most important thing at a froyo shop. In addition to what we got they had a variety of cookies like the chocolate dipped marshmallow cookies as well as chopped up samoa girl scout cookies. They even had out specialty halloween style treats! They had a total of 8 flavors available (one of the machines was down) and even had a dairy free pomegranate sorbet.

They also offer a surprising amount of food options. Zack wanted something simple so he got the plain chicken teriyaki rice bowl. The portion size was very generous, especially considering it was only eight dollars! The teriyaki sauce was sweet and there was plenty of it, it made for the perfect snack. We want to come back and try more from their food selection. They do lots of specials and will have more coming up in the winter. I almost ordered their grilled cheese with tomato soup but it was so hot I decided just to stick with froyo. They even offer dirty sodas and lotus drinks. If you're wondering what a dirty soda is, it's typically a combination of coke, coconut syrup, lime juice, and cream but there are many different variations.

Their outdoor seating area is HUGE and if you have little ones this would be the perfect place to take them, there is plenty of room to

run around and have fun in the sun. The shop is an old converted house so the inside has a super unique, cute layout. Just when we think we have been everywhere we find a new hidden



gem like Farmhouse Froyo. If your find yourself in Deer Park make sure to give it try!

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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Regional Chambers of Commerce

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Coeur d'Alene Regional Chamber of Commerce
105 N 1st St., Ste 100
Coeur D Alene, ID 83814
cdachamber.com | connect@cdachamber.com
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Meeting: 2nd Tuesday, 7 am, Coeur d'Alene Resort

Colville Chamber of Commerce
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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
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haydenchamber.org | 208-762-1185

Kettle Falls Area Chamber of Commerce
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Kettle Falls, WA 99141
kfchamber.org | 509-738-2300
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Newport-Oldtown Chamber of Commerce
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Newport, WA 99156
newportareachamber.com | 509-447-5812
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North Pend Oreille Chamber of Commerce
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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



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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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Common Financial Mistakes Small Business Owners Make – and Some Thoughts About How to Avoid Them



by Mark Pond, MILS

Running a small business can be an exciting journey, filled with thrills and the occasional flash of terror. One of the biggest challenges I see small business owners face is managing their finances effectively. In this article, let's look at some of the most common financial mistakes small business owners make – and more importantly, how to avoid them.

1. Neglecting Cash Flow Management

Cash flow is the lifeblood of any business, yet many small business owners overlook its importance. A business can be profitable on paper over the course of a whole year, but if there isn't enough cash on hand to cover day-to-day expenses, you can quickly find yourself in a pickle.

How to Avoid It:

Create a cash flow forecast that tracks both income and expenses by month. By predicting future cash needs, you can avoid surprises like coming up short on payroll or bills. Always have a buffer in your account to cover unexpected costs, and don't hesitate to pester those customers who are sitting on unpaid invoices. A tool such as LivePlan (available via StartUp Spokane), can help business owners paint the month-by-month financial picture of their business and plan for times when higher expenses might coincide with reduced revenue.

2. Mixing Personal and Business Finances

Many entrepreneurs start their businesses without separating personal and business finances. It's an easy mistake to make, but it can lead to serious financial headaches down the road. Mixing funds can make bookkeeping a nightmare, mess up your tax filings, and possibly make you personally liable for business debts.

How to Avoid It:

Open a separate business bank account and get a business credit card as soon as you start your company. Keep meticulous records of all business-related transactions and pay yourself a salary or owner's draw rather than dipping into business funds whenever you need money. By keeping things separate, you'll have cleaner financial statements and less stress come tax season. Side note: a secondary benefit of having a business credit card (that you diligently pay off every month) is that you are building your business credit as you go. If/when you ever need to apply for additional credit or a loan, you'll have a good credit history to point to.

3. Undervaluing Products or Services

I see this a lot. Especially for brand new businesses, it's common for small business owners to undervalue their products or services. The logic behind it seems sound: you want to attract customers and stand out in a competitive market. But pricing yourself too low can lead to financial strain.

How to Avoid It:

Be sure to account for all expenses, including overhead, travel, labor, materials, etc., when setting prices. It's essential to value your time and expertise appropriately. One of the problems with entering a pricing race to the bottom is that you might actually win the race.

4. Failing to Create a Budget

Budgeting might not be the most glamorous part of running a business, but it's crucial. Many small business owners operate without a clear budget, resulting in overspending or running out of money. Without a budget, it's difficult to make informed decisions about future investments, hiring, or expansion. Spending money that you don't (or won't) have tends to be a short road to a big headache.

How to Avoid It:

Create a detailed budget at the start of each year and update it regularly. Your budget should include fixed costs (like rent and utilities), variable costs (like supplies and marketing), and projected revenue. Review your budget monthly to track progress and make adjustments as needed. Again, a product like LivePlan can do the heavy lifting for you on this front.

5. Not Keeping Up with Taxes

Many small business owners dread tax season, but neglecting taxes throughout the year is a dangerous game. Whether it's underestimating how much you owe, forgetting about quarterly payments, or failing to track deductible expenses, tax mistakes can lead to hefty penalties... and a lot of stress.

How to Avoid It:

Stay on top of taxes year-round by working with an accountant or using accounting software such as QuickBooks. Make sure you're setting aside enough for tax payments, and if necessary, file estimated taxes quarterly. Keep records of deductible expenses so you're not scrambling at the last minute to find receipts.

6. Ignoring Professional Help

I can comfortably assume that you're an expert in your specific line of business. But if that expertise isn't focused on studying tax code, lean on someone who makes that their specialty! Many small business owners try to save money by doing everything themselves, including managing finances. While this DIY approach can work in the early stages, as the business grows, it's crucial to bring in professional help. Not consulting with accountants or financial advisors can lead to costly mistakes, missed tax breaks, or inefficient financial practices.

How to Avoid It:

Invest in professional help when needed. Hiring an accountant, tax advisor, or financial planner may seem like an extra cost, but their expertise can save you money in the long run. For decades, I did my own taxes and felt relatively competent in doing so. A few years back, I decided to hire a CPA to double-check my work. With his expertise, he ended up finding twice as much in tax refunds than I paid him. I've been a convert ever since!

Conclusion:

Managing the finances of your small business doesn't have to be a stressful ordeal, but it does require attention to detail, planning, a willingness to learn and a dash of humility. You don't have to be a superhero and do everything yourself!

Mark Pond, MILS, has been the Business Research Librarian with the Spokane Public Library since 2006, and, before that, worked in similar capacities for the Seattle Public Library and the University of Washington Libraries since 1998. Mark has led the effort to develop Spokane Public Library into a nationally recognized leader in the field of business research.

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HUCKLEBERRY COUNTRY SUDOKU!

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

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

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

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BERRY FUNNIES

Jokes curated from the Internet by Thea Cruden

Why did the man bungee jump on the first day of autumn?
Because he loved the fall.

What do you call a small pepper in the fall? A little chili.

What movie best describes Thanksgiving morning? The Hunger Games.

One day Max went to see Carl. Carl had a big swollen nose.
“Whoa, what happened, Carl?” Max asked. “I sniffed a brose,” Carl replied. “What?” Max said. “There’s no ‘b’ in rose!” Carl replied, “There was in this one!”

What was the Pilgrims’ favorite kind of music? Plymouth Rock.

What is the best fall fairy tale? Pumpelstiltskin.

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window. For a second, everything was quiet in the cab. Then the driver said, “Look, mate, don’t ever do that again. You scared the living daylight out of me!” The passenger apologized and said, “I didn’t realize that a little tap would scare you so much.” The driver replied, “Sorry, it’s not really your fault. Today is my first day as a cab driver – I’ve been driving a funeral van for the last 25 years.”

What did the ghost say on the first day of class? “I love going back to ghou.”

What do you call a bear in the autumn rain? A drizzly bear.

What’s a ghost’s favorite website? BooTube.

My boss was honest with me today. He pulled up to work with his sweet new car this morning and I complimented him on it. He replied, “Well, if you work hard, set goals, stay determined and put in long hours, I can get an even better one next year.”

What do you get when you cut a rectangular pumpkin pie in half? Pie R-squared.

What was the jack-o’-lantern doing at the gym? Pumpkin iron.

A wife got so mad at her husband she packed his bags and told

him to get out. As he walked to the door, she yelled, “I hope you die a long, slow, painful death.” He turned around and said, “So, you want me to stay?”

What do you call a pumpkin that whines a lot? A grumpkin.

Why did the apple join a gym? To work on its core.

What did the Granny Smith apple say as she was being diced up for a pie? “Honey, stand up straight while you chop! And fix your hair.”

My girlfriend and I are trying this whole “long distance relationship” thing. I have to stay 100 feet away from her at all times. Also, the police say I should stop referring to her as my girlfriend.

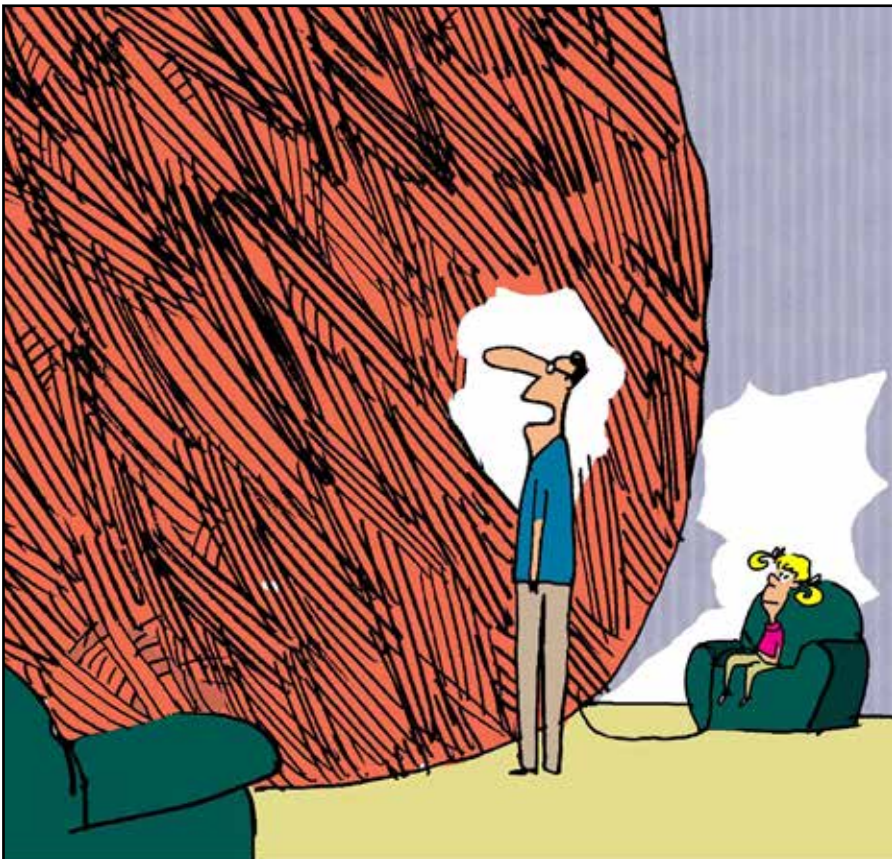
Why did the apple pie cry? Its peelings were hurt.

Why do trees hate going back to school? Because they get stumped on tests.

Why did the tree turn down the wedding proposal? Because it already had enough rings.

Four men are in the hospital waiting room because their wives are having babies. A nurse goes up to the first guy and says, “Congratulations! You’re the father of twins.” “That’s odd,” answers the man. “I work for the Minnesota Twins!” A nurse says to the second guy, “Congratulations! You’re the father of triplets!” “That’s weird,” answers the second man. “I work for the 3M company!” A nurse tells the third man, “Congratulations! You’re the father of quadruplets!” “That’s strange,” he answers. “I work for the Four Seasons hotel!” The last man is groaning and banging his head against the wall. “What’s wrong?” the others ask. “I work for 7 Up!”

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.”

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Please Don't Do Stupid Diets



by Steven Hicks

In my last article for the *Huckleberry Press* (which you can revisit anytime online at huckleberry-press.com), I talked about how I define healthy. One of the filters I used to determine what is and is not healthy was whether or not it could be linked to

longevity.

We've known for decades now that there is a strong relationship between the quality of someone's eating habits and their lifeline. On the other side, there is also a strong relationship between poor diets and premature death. I'm going to double down on that filter today.

I have to be honest with you, this is a vent post because I'm losing. Every day I go online and there are more and more promotions of some of the worst diets I can fathom. The internet is a loud, angry, echo chamber where reason goes to die, but maybe there's still hope for you as a reader. This is my plea for sanity and health in the last place I think reason can stand.

Please don't do a stupid diet that will take years off your life just because someone said it will help you lose weight.

In my coaching programs, I believe in supporting and nurturing the body. If we take care of the body, it will take care of us. Same with your car; if you run it like crap, it will break down. Unfortunately, in the fitness space, there's not a lot of supporting of bodies. There's a lot of fighting and battling of bodies, but very little supporting of bodies. More frightening, in nutrition, we rarely nourish the body. Instead, we default to starving and depriving.

These are grave mistakes, in my opinion.

We won't talk about all the fitness idiocy, but we really need to talk about bad nutrition

choices. And yes, I know I will probably upset people with this list.

For years, I've been bashing my head against the keyboard at all the keto advocates online. Keto, if you're lucky enough to not know yet, is a diet plan that aims to have zero carbohydrates (or next to zero carbohydrates). I don't have the word count to give the history of carb fear-mongering, but know this. It's mostly fear-based and a confusion of water weight fluctuation with body fat.

In my opinion, keto is a terrible idea, simply speaking for practicality. Something as absolute as keto rarely goes over well with celebrations. Each birthday party, holiday, retirement, and various other celebrations become a challenge to your diet. How long can you realistically go without carbs before giving up?

Worse, high quality complex carbohydrates are usually full of beneficial and vital nutrients that help nourish the body. They come packed with loads of B-vitamins that help us feel more energetic, and they are rich sources of dietary fiber. It's fiber that I'm most concerned with.

Over and over again, we find how beneficial fiber is for heart health, colon health, and longevity. Americans already get insufficient fiber intake, and keto just exacerbates the issue. To the point that cardiologist and heart health associations have made public denouncements of the keto diet.

As bad as keto was, we found a way to top it, recently. What I thought would be an obvious, short-term fad has weaseled its way into

zealous devotion. I'm talking about the carnivore diet, which relies only on meat and other animal products like dairy and eggs.

Carnivore takes all the shortcomings of keto, and then, not only are you deprived of the fiber nutrients, but with the reduction of vegetables and fruits, the diet lacks a whole host of vitamins, minerals, antioxidants, phytochemicals, adaptogens, and many more beneficial nutrients. Worse, there's not a single culture in the world that has a full carnivore diet and expects to live much beyond 70. In fact, modern day Inuits have the shortest lifespan of all Canadian ethnic groups.

There are a dozen other stupid diets I could highlight, but the page is starting to fill up. Let's shift gears and close with what works well instead.

The vast majority of nutrition research shows that having a diverse, non-restrictive diet is best for health. Research in the Blue Zones (where people have higher levels of "super-agers") shows that a high plant and high fiber diet leads to the best health outcomes. I have a simple nutrition system that focuses on three food groups (proteins, carbs, plants) and portion size. But with the last space I have, let me plead one last time. Please don't go on a stupid diet.

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

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.

Parcel N-2 of Spirit Ridge Ranches is a 21.34 acre parcel that has great Lake Roosevelt and territorial views. All of Spirit Ridge Ranches parcels have water, power and phone available. Sensible CCR'S and a road maint. agreement to protect your investment. Lots of wildlife, solitude. Beautiful property at a GREAT price. New access road and building site. Shared well.



MLS# 43880 \$145,000

A little country acreage offering fenced pasture area with a barn, garden area, outbuildings, a garage/shop with loft for storage and a cute house. The floor plan is a little unusual because the house was added on to. There is a large room that currently does not have any windows that could be made into another bedroom (for a total of 4) or would be great storage. Total sq ft with the additions is 1,100+ per seller. Lots of potential here for a hobby farm, or just comfortable living.



MLS# 41409 \$139,000



2.31 Acres with easy access in a Great Community Subdivision just outside Kettle Falls. Close to all amenities and just minutes from the Lake Roosevelt Marina. Possible River views depending on where you build. Water hooks up has been acquired.

MLS# 42197 \$99,995



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.

MLS# 43800 \$679,000

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.

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 ambience 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

Enjoy the view of the Columbia River, with access by trail to 1310 line/Lake Roosevelt shoreline. This property is located within 1/2 mile of French Rocks Boat Launch. Very nice building or recreation site. Property is divided up by Cline Rd. and Incheilium Hwy, providing easy access and power available. Eagles, turkeys and deer abound.



MLS# 43200 \$69,000



MLS# 43205 \$429,000

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.

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



MLS# 43849 \$499,000

Nice deck on the front and side of the house. Large 3 car garage/shop. It's all here!

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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