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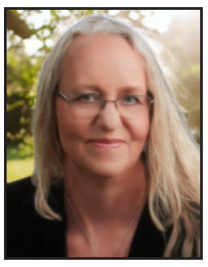
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FULL SIZE TRAIN CARS

A Tale of Two Novembers



by Kerry Schafer

When I first sat down to write this, my plan was to focus on gratitude, given that it's November, and the highlight of November is Thanksgiving. It seemed like the obvious choice, until I started thinking (one of my fatal flaws) and realized something I'd never thought about before: October is the "spooky season" month, but November, taken as a whole, might actually be the scariest month of the year. Hear me out.

First off, here in the north country, it is now officially winter. Yes, I know the calendar says winter starts on some ridiculous day like Dec. 21, but we all know that's a bunch of bull hockey. Halloween ends, and winter begins. Nobody ever wrote it down, but that is the rule. Some years we already have snow. The leaves have fallen, most of the birds have flown south, and everything green and growing has given up the fight for life and surrendered to the inevitable.

Also, it's dark. And cold. It's going to be both of those things for months. Also, we're looking at the reality of snow. Shoveling. Plowing. Roof raking. Or, alternately, there won't be very much snow, and the drought is going to continue.

We also get to "fall back" in November, as if that cute little slogan will make the process fun somehow, like a trust building activity at a team retreat. My dogs don't get the memo that the clocks have changed. They've got a wake-up time (4 a.m.), breakfast, and dinner built into their DNA. They know what they know. There will be huffing. Staring. Whining. Possibly a revolt. My own biorhythm won't behave much better. It knows when it's 8 p.m. and 4 a.m. (I did mention that's when the dogs wake up, right?) and it also strenuously resists any changes.

As for the clocks themselves, there ought to be a specific helpline devoted to changing the time in our vehicles. Last year I just didn't bother. Sooner or later, the clock in my truck will be right again.

And then, when we're trying not to be depressed about winter and we're disoriented and sleep deprived from the fun of falling back, obviously it's the perfect time for a polarizing election, and we all get to worry more than we already are about the state of the nation.

After all that comes Thanksgiving.

"Yes! That makes up for all of the other unpleasantness, surely? November's redeeming quality?"

Honesty compels me to point out that there is inevitably that one person at any gathering who pushes your buttons. Maybe a parent, a sibling, or your very own offspring. You've got a selection of people with a long history of unresolved differences all crammed into the same space. Add alcohol. Somebody is going to blow up. Alternately, someone you love, or even everybody you love, is absent from the celebration.

And then, there's Black Friday. Do we really have to call it that? Freebie Friday, or even Frenzied Friday would be better. On Thursday, we focus, more or less successfully, on being thankful for food and shelter and family and whatever, and then on Friday, instead of reveling in leftover turkey and pie, still basking in the glow of goodwill, we're supposed to drag ourselves out of bed early and go fight each other over material possessions. Riots and stampedes. Fights over parking spaces and merchandise. People have died over a Black Friday sale. Others have been injured. Personally, I feel I'd be permanently scarred just by encountering a crowd that early in the morning.

That's one way of looking at it. Let's try another.

I've always loved this quote from Shakespeare: "Nothing is ever good or bad but thinking makes it so."

How we experience any event depends on the filter through which we're looking.

Everything I've said about November is true. But I could have just as easily made a case for it being the best month of the year, by focusing on the things that I love.

I love the swish and crunch of walking through fallen leaves, and that delightful

...continued on page 5

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How Old is Old?



by Amy McGarry

November is my birthday month. I don't usually think much about my birthday unless it's a milestone year, which this year is not. But as this birthday puts me ever closer to my next milestone birthday of 60, I find myself reflecting on aging.

We've all heard that "age is a state of mind." But humor me, please, as I play devil's advocate with that one by starting with a personal anecdote.

In the past year or so, more than once, I have met someone new while I was with one or more of my sisters. These situations led to us sharing that we had six girls and one boy in our family. More than once, the new person has asked, "Who is the youngest?"

Ummmm….awkward silence, before a sister jumps in, "Oh, Amy is the baby of the family!" And then said sister adds what number she comes in the family order.

I am not only the baby, I am the youngest by a long shot. Double digits younger than all but one of my four living sisters. So, when someone asks, "Who is the youngest?" clearly, it is not obvious to them that I am the youngest. Either I look old for my age, or my sisters look young for their ages, or a combination of both.

So how does one come to terms with looking old, when in your heart you feel like a teenager? Is age just a state of mind when you look older than your 58 years but in your heart you feel like a spring chicken?

I was recently talking about this with my sister, Shannon, who is certainly the one suspected of being the youngest. At almost 70, she colors her hair a youthful shade of brown with shiny golden highlights. She even styles it every day. She doesn't have any wrinkles. She almost never leaves the house without at least some makeup on her face.

Meanwhile, I gave up on coloring my prematurely gray hair years ago and rarely style it. I lost some weight and got wrinkly. My youthful folly of daily sunbathing on the southern California beach has caught up to me. I chose my latest pair of eyeglasses based on comfort; after I got home, I realized they aged me 10 years. Except for the occasional splash of mascara, I can't be bothered with makeup. I might have the heart of a spring chicken, but my choices leave me looking over the hill. But what's really interesting, as I reflect on turning 58 this month, is how I'm starting to feel okay with being an old lady. In fact, I'm sometimes just a little envious of those women who came before me in the days before 70 became the new 50, and so on.

Take Edith Bunker, from the early '70s sitcom "All in the Family." Edith Bunker was played by Jean Stapleton. who was 48 when the show premiered in 1971. Didn't she seem like an "old" lady? Her character was clearly intended to come across that way, but my mom, aunts, grandma, and other women I knew in the 1970s definitely embraced being old ladies starting in their 40s. The way they dressed, their hair styles, their decidedly "un-coolness." You would never have seen them at a rock concert when they were in their 40s. But have you been to a rock concert lately? The older the band, the older the audience, and I swear sometimes the majority are in their 70s.

As a side note, I have a friend who is turning 70 soon and refuses to go see his favorite band live in concert because "they look like a bunch of skeletons playing instruments on stage." Maybe he's thinking of that Grateful Dead "Touch of Gray" video where the band members actually are skeletons playing instruments on stage.

I could digress down a rabbit hole here on the cultural revolution of the 1960s and how that can be traced to the change in attitudes toward aging. I won't. Because even though we age better these days, and are infinitely cooler than the elderly of 50 years ago, I will argue that some things remain the same about aging.

For example, the Progressive Insurance ad campaign called "Becoming Your Parents." It features a fictional "parenta-life coach" named Dr. Rick who helps young homeowners stop accidentally adopting the annoying, aging habits of their parents. I, for one, am 100% guilty of some of these annoying habits, such as struggling with TV streaming apps and live sports access. In fact, that was my greatest concern about my daughter moving away to college. Who is going to help me with streaming apps and find my football game on Sunday?

Speaking of my daughter, she literally cringes every time she hears me start a sentence with "When I was young, we…." I remember rolling my eyes hearing the same from my parents.

But that's the beauty of getting older. You get the pleasure of reminiscing about the "good old days." Which leads me to my new favorite hobby – reading Jim Kershner's "This Day in History" every morning in *The Spokesman-Review*. If you want some perspective on life as you age, looking back on history is a fun way to distance yourself from the turbulence of our world.

Speaking of the good old days, on this day 50 years ago "the Spokane Valley Chamber of Commerce officially expressed worry over the rise of pornographic businesses and adult-oriented enterprises in the valley." This was because the Dishman Theater was showing XXX movies. More surprising to me, two local drive-in theaters were showing X-rated movies. Grandma and the aunties were surely clutching their pearls and straightening their polyester at that news. The headline read, "Chamber opposed to porno." Another article a few months back reported that Spokane was investing taxpayer money in the fight against pornography, which, in 1976, was found in adult bookstores. Ah, the good old days. I wonder what the chamber in 1976 would think about the internet pornography of 2026.

Almost every headline from *The Spokesman-Review* 100 years ago details the evils of the "soda joints" or "soft drink establishments" in Spokane that were fronts for liquor "resorts" during Prohibition, which lasted from 1920-1933. But on Oct. 21, 1926, another moral affront was in the headlines – an undercover investigator had discovered "a large 'gambling resort' was operating within four blocks of Spokane police headquarters." The investigator left after losing $4. I wonder if his luck would have been better or worse at one of our legal local casinos. The good old days indeed.

The next day the headline read, "Seize $10,000 in Booze" and went on to detail that "bullets flew." Man, what it would have been like to live in Spokane in 1926.

When I think back on my youth, I never wanted to get old. Sure, I was vain. But mostly, it didn't look very fun to me. Meanwhile, my auntie Lavonna, one of those who seemed so old back in the '70s, just celebrated her 91st birthday. She has as much fun as anyone I know. Sometimes even in a casino. What's more, she's decidedly very cool.

Yes, it bothered me at first that I don't look like I am the youngest sister, that my much older sisters look younger than I. But maybe the best part of aging is a distinct loss in vanity. So, for insinuating that I don't look the youngest? In the famous words of my mother, may she rest in peace, "Tell someone who gives a (darn)."

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.

Huckleberry Press

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 of each month.

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Smartee's Indoor Golf Brings Year-Round Golf to Suncrest

By Sandi Strickland

A love of golf and a desire to bring more entertainment options to the local community inspired Chris and Candace Smart to open Smartee's Indoor Golf, a new indoor golf facility at the Suncrest Outpost.

The couple, who have called the Deer Park and Suncrest areas home for years, said they hope their business will give residents a place to practice their swings, play virtual rounds at courses around the world, and enjoy golf year-round. "We've always thought it would be great to have more options for entertainment without having to go into Spokane," Candace Smart said. "We hope to be a gathering place for both serious players and those just learning the game."



Candace and Chris Smart (back) pose with their three youngest children, (from left) Carlee, Caidee, and Carmen, as the family prepares to welcome golfers to Smartee's Indoor Golf, opening in Suncrest. Photo courtesy of Candace Smart.

Golf has long been part of the Smart family. Chris Smart said he grew up in the Spokane area playing with his father, and both he and Candace Smart come from families who enjoy the sport. Their two adult sons played golf in high school and continue to play, while their three younger daughters, ages 8, 5, and 5, are just beginning to learn the game.

The idea for an indoor golf business first came to Chris Smart around 2012-2013, when he played in a golf league and began thinking about the possibilities. Other businesses, work, and family life put the idea on hold for several years, he said. The couple began researching the market toward the end of last year and decided in January to move forward. Finding a suitable site took time because of the specific building requirements for indoor golf.

However, for the Smarts, the location choice was easy to make. "Deer Park and Suncrest are home," Candace said. "We want to help build up the community and feel that our business will help accomplish that."

The name Smartee's is a play on the family's last name. Chris Smart said he was nicknamed "Smarty" while growing up because of his involvement in sports, and the couple adapted the spelling for their golf business.

The result is a custom-built facility designed to combine advanced golf technology with a comfortable atmosphere. Candace Smart said they want visitors to feel as though they are entering a top-tier country club, with a little country-western style mixed in.

The facility features two golf simulator bays equipped with Trackman commercial overhead launch monitors, automated tee systems, and ball returns. Large impact screens, high-quality projectors, premium turf, and custom acoustic panels are among the features designed to enhance the experience, she added.

Candace Smart said the Trackman technology allows golfers to practice their swings, receive feedback on different aspects of their game, and play simulated rounds at hundreds of golf courses around the world. Visitors can also try golf-themed games, participate in leagues and competitions, and explore coaching opportunities as they become available. "We spared no expense," Candace Smart said. "We have top-of-the-line equipment and a custom-built facility that we hope everyone will enjoy."

Unlike a traditional round of golf, which can take several hours, indoor golf offers a shorter and more flexible option. Chris Smart noted that groups can play 18 holes in roughly an hour-and-a-half. Customers can also book time in half-hour increments, he said, making it easier to fit golf around work and family obligations.

The owners said they hope to offer club rentals in the future to make it easier for newcomers to try indoor golf without purchasing their own equipment.

Candace Smart said, "Lots of people have reached out or stopped by to express their excitement. We love all the comments and encouragement."

Getting the business ready has required a significant investment of time and effort. Chris Smart said he maintains a full-time job, while Candace Smart operates another business.

The project has involved custom design and installation, along with countless hours spent building, setting up, and cleaning the space. "We are exhausted but excited to finally open," Candace Smart said.

The couple said they are already looking beyond the initial location and hope to eventually open a second facility in downtown Deer Park if they can find a suitable space. They also have the option of expanding into the neighboring suite at Suncrest Outpost if demand warrants additional simulator bays.

In the meantime, the duo said they plan to offer leagues, tournaments, competitions, and other opportunities for the community to enjoy the facility. Trackman also provides access to leagues and competitions with players beyond the local area.

Their goal is to make Smartee's a place where people can enjoy physical activity, learn a new skill, or simply spend time together, Candace Smart said. "We want people to walk out saying, 'That was awesome!'"

Smartee's Indoor Golf is located at 5978 Highway 291, Unit 8, at Suncrest Outpost in Suncrest, WA. The business held a grand-opening open house in October. More information can be found at SmarteesGolf.com.



Adventures of a Small School Coach



by Ray Bilderback

I hadn't been in the Navy very long when I first heard the advice, "Never volunteer. If you do, you'll be sorry." I suppose it applies to the school business as well, but I was taught to be useful and, in a small school, such teachers were valuable.

For better than a decade I coached the Royal Middle School seventh and eighth grade tackle football teams (seventh grade games on Tuesdays, eighth grade games on Thursdays). We had our ups and downs, but mainly they were ups; that is why they called me the Silver Fox, I suppose.

That aside, one day we got a call from the Kittitas coach. He was short on players (a few players were not eligible due to disciplinary reasons). Could we play an eight-man game? Sure, why not? You just take one player from the backfield and two from the line, and redraw your plays to match.

Turns out, they were short on key players, so when we got a couple of scores ahead, we eased off. Some teams in similar situations will run the score up and tromp on them. I hated that. They were neighbors after all.

One afternoon, I had a team dressed and on the bus, ready to drive to Warden, when an unscheduled team pulled into the gym parking lot.

Oops! The athletic director had us playing two games on the same day and on different fields. Good thing teachers and coaches are flexible. The visiting coach and our assistant coach cobbled together a scrimmage which they would referee themselves. We hustled off to our scheduled game with Warden.

Curious about middle school football as we played it in our league? We used the same 100-yard field as the big guys. Mostly the same rules, but we had eight-minute quarters and a conversion after a touchdown was two points if kicked and one point if run. They were trying to encourage the development of kickers. We did not keep league standings.

One spring, the school couldn't find anyone to coach the high school track team. I held up my hand to ask a question and, just like that, I was the new track coach. Fortunately, I was always attracted to track and field.

On the boys' team, we had a good hurdler and a winning shot putter. On the girls' side we had a sprinter and a strong relay team. We were not going to win a big meet, but those kids needed to compete. That is why I got involved in the first place.

Toward the end of the season, about 30 of us took a trip to the Tri Cities for a meet. It was a nice spring day, a little cool but sunny. That changed drastically on our trip home. We were pushing wind all the way and as we approached the Vernita Bridge across the Columbia River, a stiff wind became a howler. To cross the bridge, we were no longer heading into the wind, we had to expose the full side of the bus to it. Our astute driver, Dorothy Lee, had us roll down the windows on both sides of the bus to reduce our exposure to the wind.

We crossed safely and were faced with a new problem: although Mrs. Lee had filled the bus with fuel while the meet was being held, we did not have enough fuel to make it home. Dorothy called the bus garage and asked for fuel (he'd been wondering where we were).

By now, everybody was longing for home, but instead of complaining, we rolled up our windows and waited it out. Team spirit.

Or maybe they were just used to chaos. Earlier in the season, it being our turn to host a meet, we had arranged to have it on the Othello High School facility.

Schools arrived on time, the weather was cool but sunny, and we got going smoothly. We had finished the hurdles and the short races, and the field events were underway (shotput, long jump, discus) and we were about to announce the distance running events, when the air smelled differently. It was subtle at first, but I didn't like it. Others noticed it, too. Then way down on the Saddle Mountains there was lightning. I got a mental picture of a kid leading the mile race and getting struck by lightning.

No way! There was a hurried huddle among the coaches and I called the meet over. We got the kids on their buses to wait out the storm front. Wind, lightning, thunder, driving rain - it was obvious, there was no waiting out this one. Soon there was 6 inches of rainwater running in the gutter at the side of our bus.

I don't remember any further discussion. One by one, the teams just went their separate ways. The only track meet I ever conducted and we had to fold our tents, call it quits.

Come the following spring, I spent my Saturdays fishing or gardening.

Ray Bilderback, creator of the Reuben Braddock novels, was born and raised in the Sierra foothills of California. He served in the U.S. Navy Seabees during the Korean War and taught for many years in the west. He makes his home in the mountains of eastern Washington with his archeologist wife, Madilane Perry. "In the 1930s and 1940s, where I lived, we still used horses and hand tools, canned and preserved what we grew or raised, lit our kerosene lanterns, stoked our woodstoves. In my writing, I draw from those times like water from a sweet well."





Hit the Trail with Soph



By Sophia Mattice-Aldous

Fall is the best time to hike – for me, anyway. Being a middle-aged marshmallow with the heat tolerance of said confection, I tend to crisp in the sun while sweating like I have to choose between bills and groceries at the same time. Besides the annoyance of woolly gnats getting stuck on your skin and hair like you're riding a motorcycle with no helmet, autumn provides more temperate weather and showstopping foliage before winter's hush falls over the forest. In celebration of the season, I've compiled a list of some of my favorite local hiking spots that pair well with your favorite pumpkin spice beverage. If I've missed one you think should be on this list, you know how to get in touch (if you don't, my email is at the end of this column).

John A. Finch Arboretum

Sometimes I think people get the impression that if you're not the lone trekker out on a dusty trail with a ridiculously steep incline battling the elements and blisters, then you're not doing it right. Obviously, if you've read any of these columns before, or if you've been to the John A. Finch Arboretum, you know I'm not that kind of rambler. Over 56 acres, the arboretum is a great green space in Spokane with maples and conifers that sport brilliant fall shades of yellow, orange, and red. One of the best features I've come across in any public outdoor space anywhere is the Touch and See Nature Trail, an 850-foot accessible path built in 1972 to help blind and visually impaired visitors experience the park. Whether you want to get your steps in or find a scenic spot to plop down with a blanket and a book, the arboretum is a great place to take in the changing of the seasons.

Peewee Falls Overlook

Near Metaline Falls in North Pend Oreille County, the Peewee Falls overlook will always take your breath away with the views while leaving you with plenty to hike the nearby Salmo Passage Trail that opened this last July. It's less than a mile-long walk on hardpacked gravel, so it's easy for those who want to take in the beautifully colored vistas but may not be able to hoof Salmo's 9- to 10-mile length and inclines. I have been fascinated with that part of the county since I was a kid, and the overlook is a fine way to take it in.

Abercrombie Mountain

It's been a while since I struck out for Abercrombie Mountain's peak, but it's well worth visiting again, especially in autumn. In Stevens County, it's a jewel of the Selkirks, overlooking Pend Oreille Valley with views all the way to Canada. Seeing the Larch sport their yellow needles is a good way to quiet the squeaky, spinning hamster wheel in your brain that always insists you're behind on something or not being "busy" enough. It's barely over a 7-mile round trip with a 2,350-foot elevation gain, so some cardio is to be expected if you like cheese more than pilates (I'm your people).

My mom introduced me to Abercrombie with a group hike when I was just a kid and it's one of my most nostalgic outdoor memories. Worth the climb and worth your time. As with all trails, consult the weather before you head out, especially ones on higher elevations.

Sophia Mattice-Aldous is not a doctor, dietician, extreme sports enthusiast, or a mini-Sasquatch, though some of her exes may disagree with that last one. She just enjoys the opportunity to be outside and hike. If you have any recommendations where she should go next, email sophiamatticealdous@gmail.com.

Two Novembers

...continued from page 1

crispness in the morning air. The smell of snow and the brilliance of stars in a winter sky. The bliss of reading or napping in the radiant heat from a fire. The crackling of the flames. Candles flickering in a dark window.

I love the first snow and the way it transforms the barrenness of November earth into something sparkling and magical.

Even falling back isn't all bad. It's a perfect opportunity to put new batteries in the clocks and fix the one in the kitchen that is currently running 15 minutes slow. And my body, and the dogs, can adapt. If I went on a vacation, I'd give myself a day to adjust to the time change and then I'd be over it already. I certainly wouldn't spend the next month complaining about my jet lag. No reason that falling back should be any different.

As for Thanksgiving, I love seeing family and friends that I don't often get to spend time with, and it's wonderful when they come to visit. Sure, sometimes we push each other's buttons, but that's a small price to pay for the pleasure of swapping old stories and laughing, maybe even crying, with the people I love who have known me since forever.

And the food. The mashed potatoes and gravy. The turkey, the ham, the fresh homemade rolls (my grandmother's recipe, made in her baking pans), and the pies; all of it tasting even better as leftovers the next day.

It seems I've come full circle and this article is about gratitude after all. I'm making a conscious choice to focus on all that is good and beautiful, on love and laughter and friendship and good food. Which November are you going to choose?

Colville resident Kerry Schafer (who also writes as Kerry Anne King) is the bestselling author of 15 novels, the co-host of The One Happy Thing Podcast, and a licensed mental health counselor. Find out more at www.allthingskerry.com.

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State of Art to an Amateur's Eye



by Bob Johnson

As a journalist, one is expected to know a little bit about a lot of things. Those who ultimately specialize in sports, government, the arts, etc. then are expected to pick up and retain extra knowledge in their field of choice. A reader can spot a fake — or perhaps "miscast expert" might be a kinder term — a mile away, and it does neither the writer nor the publication any good to have egg dripping down their face or front page. (Warning: Do not use raw egg as a do-it-yourself face mask. Dermatologists say that although it can provide temporary skin tightening, it also can present serious skin and general health risks. What type of risks? You'd have to ask your dermatologist. Remember, I know a little about a lot of things, not a lot about raw eggs as a face mask.)

With the "journalist as a generalist" in mind, I'd like to devote this month's column to the world of art. Specifically, public art in the Inland Northwest. My interest in public art can be traced to the 15 years I lived in Chicago at the beginning of the millennium.

Each day as I'd walk to work, I passed through Federal Plaza, which is home to a mass of metal arms that had been painted red. To my eye, it looked kind of like a giant, drunk spider that had fallen into a hundred spilled barrels of Cabernet Sauvignon.

Turns out the 53-foot-tall "spider" actually is a flamingo, which accounts for its official name: "Flamingo." According to the Choose Chicago website, "Flamingo" has "curved lines contrasting dramatically with the steel and glass Mies van der Rohe buildings that surround it. Though weighing 50 tons, 'Flamingo' features an open design that invites you to walk under and around it. 'Flamingo' was unveiled in 1974 and remains one of Chicago's most distinct icons."

Distinct? Certainly.

Icon? If they say so....

There are metal monstrosities — uh, I mean pieces of art — all over Chicago, and I can't say that I ever looked at one and thought, "Wow, that's pretty cool." More often, a look of bewilderment would take over my face.

Things changed for me in 2004 when Millennium Park opened just a block from the office building where I worked — ironically, right across Michigan Avenue from the Chicago Art Institute. The park was supposed to open in 2000 to coincide with the dawn of the new millennium and, as many were predicting, the end of civilization. But like so many construction projects in Chicago, it was delayed by late bribe deliveries to city officials and delayed under-the-table payoffs to union bosses. (Note: Nothing in the previous sentence is true, to my knowledge, but it's certainly within the realm of possibility.)

Millennium Park features two very cool pieces of public art. Because I am no art expert, I take you to the city of Chicago website for descriptions:

"Designed by Spanish artist Jaume Plensa, the 'Crown Fountain' is a major addition to the city's world-renowned public art collection. The fountain consists of two 50-foot glass block towers at each end of a shallow reflecting pool. The towers project video images from a broad social spectrum of Chicago citizens, a reference to the traditional use of gargoyles in fountains, where faces of mythological beings were sculpted with open mouths to allow water, a symbol of life, to flow out. Plensa adapted this practice by having faces of Chicago citizens projected on LED screens and having water flow through an outlet in the screen to give the illusion of water spouting from their mouths."

And while the "Crown Fountain" is cool, "Cloud Gate" — affectionately referred to by locals as "The Bean" — is even cooler. Back to the city of Chicago website:

"'Cloud Gate' is British artist Anish Kapoor's first public outdoor work installed in the United States. The 110-ton elliptical sculpture is forged of a seamless series of highly polished stainless-steel plates, which reflect Chicago's famous skyline and the clouds above. A 12-foot-high arch provides a 'gate' to the concave chamber beneath the sculpture, inviting visitors to touch its mirror-like surface and see their image reflected from a variety of perspectives. Inspired by liquid mercury, the sculpture is among the largest of its kind in the world, measuring 66-feet long by 33-feet high."

My only addition to that description would be: "Imagine being able to take a selfie of yourself taking a selfie."

Chicago was a place where I loved "The Bean" but felt ignorant about the other art. Always on the lookout to make a buck, I even considered developing a website on which people who are equally clueless about art could upload photos of pieces in their hometown or that they encountered during their travels. I may still tackle that project one day. My working URL is: "iguessijustdon'tgetart.com." Or, to provide an ironic twist, perhaps I'll use dot-art for the domain extension. How does "iguessijustdon'tgetart.art" sound?

I'm happy to say that the Inland Northwest has no shortage of public art. Better still, it's art that this art amateur can understand and enjoy.

For instance, the rural town of Chewelah is a designated "Creative District" – a "defined area where art, cultural, social and economic activity takes place."

One need not look far, or even exit their car, to enjoy the murals that can be found around the town. My favorite, for no other reason than I've written about wine for 40 years, is called "Wine Barrel Room," which was completed by Sherine Roth in 2016. During our drive through town, the lovely Michelle liked "Huckleberries," a Traci Manley work completed in 2021.

If you go to chewelahcreativedistrict.org, you can download and print a "Chewelah Mural Tour" map.

Spokane's Riverfront Park, which some have called "an urban oasis" with "the largest urban waterfall in the country," is known for its Bloomsday sculptures that cumulatively are called "The Joy of Running Together."

Kids flock to "The Childhood Express," a giant, absolutely not-to-scale Radio Flyer wagon that doubles as a slide.

If you happen to be into interactive art, "The Garbage Goat" is for you. Designed as an environmental statement for the 1974 World's Fair, it's a goat made from steel that will "eat" small pieces of garbage after one presses a button to its right.

That's just a sampling of the public art in Riverfront Park.

In North Idaho, there are several animal sculptures placed in front of businesses along Highway 41 in Rathdrum, and the city of Hayden just installed new benches on two main thoroughfares. They're made from repurposed wind turbines and feature themes developed by local artists. Not to be outdone, the city of Coeur d'Alene commissioned a new "Welcome to Coeur d'Alene, Idaho" mural downtown.

And how about those paintings on utility boxes all over the region? In this art amateur's opinion, it's some of the most colorful, vibrant, creative artwork around. It's like encountering a delightful surprise around every corner.

Wine. Fruit. Animals. Flowers. People. A red wagon.

These are all concepts an art amateur can understand. I'm always in awe of people who have talent in an area for which my genes were allotted none. The fact that these sculptures, murals and other pieces are pleasing to the eye is just a bonus.

Although he has no artistic talent, Bob Johnson has won 103 national awards for his writing, while his wife, Michelle, is an award-winning photographer. Bob welcomes criticism, kudos and general comments at bjibob@aol.com.



Taste Budz Review: Italia Trattoria



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

If you read this column often, then you know my favorite cuisine is Italian. Well, Zack decided to surprise me and take me to a spot I'd never been to before.

What we enjoyed:

- Bread Service
- Wild Boar Gnocchi
- Steak Tagliatelle
- Chai Espresso Martini

I started with their chai espresso martini, and, wow, it was divine. The chai foam was thick and sweet with strong notes of cinnamon. The martini had bold espresso flavors; it was perfectly balanced.

Zack and I always show up to dinner starving, so we started with their bread service. The house-made focaccia is served with balsamic and olive oil. The bread was delicious; they topped it with flaky sea salt. It's dense yet fluffy all at the same time. Needless to say, we scarfed it down quickly.

Onto our main courses. I was having such a hard time deciding between the lamb ravioli and wild boar gnocchi. Tomato-based sauces are my favorite, so I decided on the gnocchi. The boar was so tender; it was braised in red wine and practically melted in my mouth with each bite.





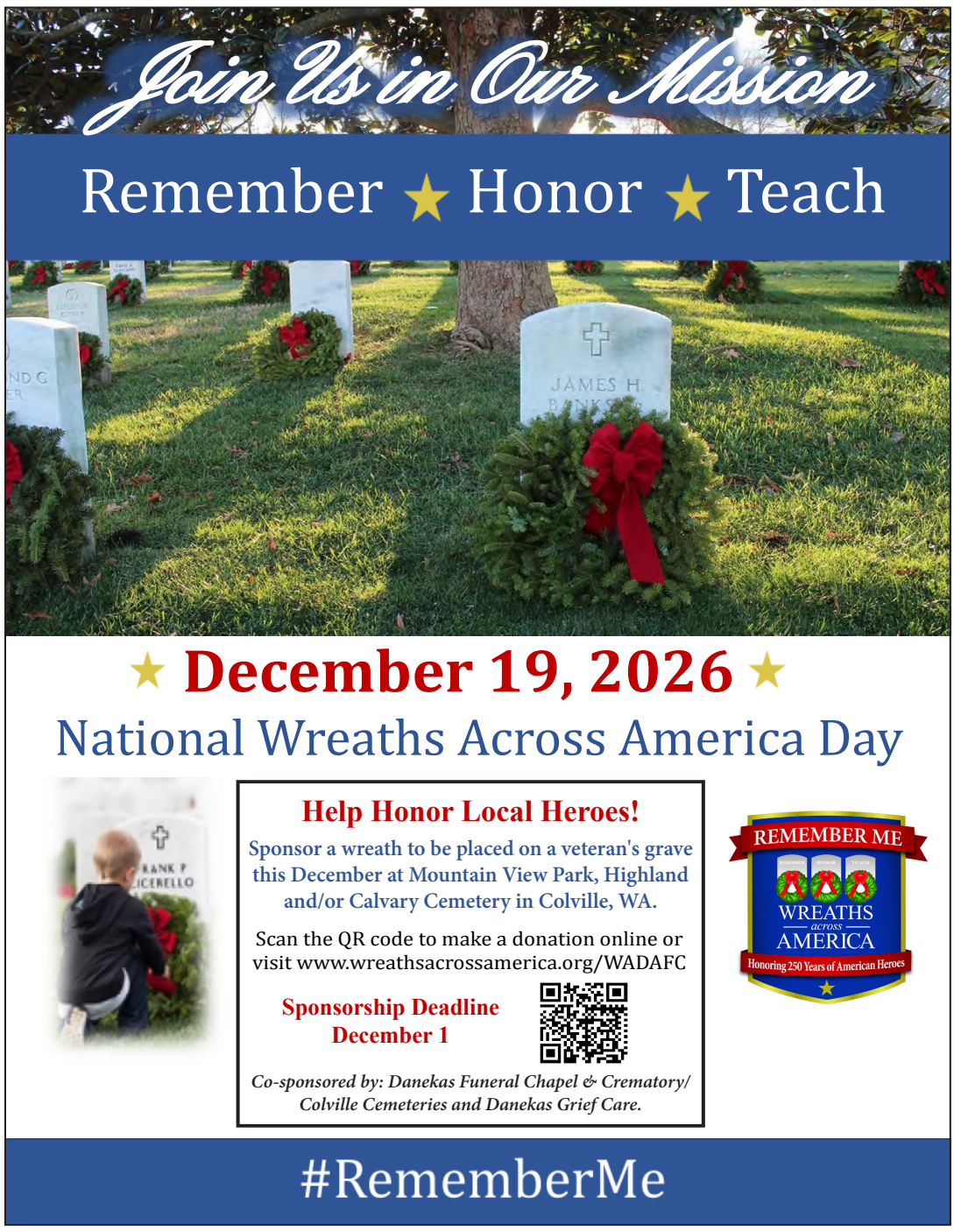
The tomato sauce was bright and acidic, and they topped the dish off with a cherry pepper and parsley medley. It was truly one of the best Italian dishes I've ever had; the richness from the fat was paired perfectly with the brightness from the tomatoes. The only thing that could've made it better was a little more cherry pepper topping.

Zack almost got the fettuccine but decided on the steak tagliatelle instead. They tossed house-made tagliatelle noodles in a rich, creamy sauce loaded with a variety of mushrooms. Then cook a tender, juicy steak to medium, slice it, and lay it on the bed of pasta. Zack devoured it, and I snuck a few bites in, as I always do. Everything was perfectly cooked; the noodles were soft but chewy; the mushrooms had so much flavor; the balance between creamy and earthy flavors was perfetto (as the Italians say).

Italia Trattoria is nestled in the charming, historic Browne's Addition. The ambiance is romantic yet casual. I wouldn't recommend bringing young children; however, it is a perfect date night or anniversary spot. They even have a lovely patio that will be perfect in the summer.

Next time you have a special occasion, consider spending the evening at Italia Trattoria.

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Q G N E R V Z C H R O D H G F A D Q I O T T A X Q
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	2				5			
1	8	7		2				9
					9	7		6
6		5	8					
4				1		9	6	2
			3				4	
					6		5	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!

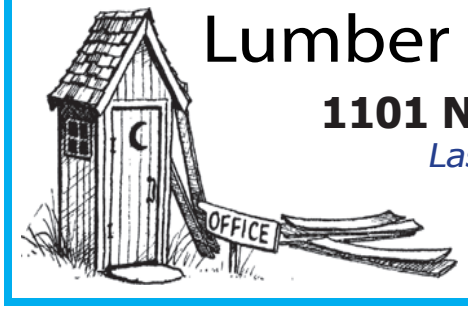
SUDOKU ANSWER

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

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Berry Funnies

Jokes curated from the Internet and books, and created by Thea Cruden

When does December come before November? In the dictionary.

What is the opposite of November? Yes-vember.

Why did the man decide to clean out his apartment? Because it was Throw-vember.

What is better than Black Friday? Sleep in Saturday.

What is a potato's least favorite TV show in November? M.A.S.H.

Why did the pilgrim's pants keep falling down? Because his buckle was on his hat.

What is the most popular college every four years in November? The Electoral College.

Why did the cranberries turn red in November? Because they saw the salad dressing.

In which month of the year are car mechanics the busiest? Tow-vember.

If you borrow money in October, what happens in the next month? You owe-vember.

What do you get when you divide the circumference of a pumpkin by its diameter? Pumpkin pi.

Why do birds fly south in November? Because it is faster than walking.

What is the most knowledgeable month of the year? Know-vember.

What is it called when snowfall comes early? Snow-vember.

What would be everyone's favorite season if money grew on trees? Fall.

What smells the best at Thanksgiving dinner? Your nose.

What comes at the end of November? The letter R.

Why are rutabagas so popular at Thanksgiving dinner? Because they know how to turnip a good beet.

Why didn't the turkey feel like eating in November? Because it was stuffed.

What do you call a month that is furry and thinks it lives in the woods? Novem-bear.

Why is November such an adorable month of the year? Because it is awww-tumn.

In which month of year do farmers buy new tools? Hoe-vember.

What did the tree say to the wind in November? Leaf me alone.

What do you call November 1st? Oct-over.

Why do so many people eat potatoes on Thanksgiving? Because they've got a-peel.

Why did the stuffing cross the road? To get to the other sides.

How do turkeys search the internet? They use Gobble.

What is stuffing's favorite song? "Hit Me, Baby, One More Thyme."

How did potatoes cross the ocean? On gravy boats.

Why is corn so popular on Thanksgiving? Because it's a-maize-ing.

What do turkeys use to serve wine? A gob-let.

What do you call a sad cranberry? A blueberry.

What do you call a turkey on the run? Fast food.

Why did the turkey become a percussionist? It already had the drumsticks.

What do sweet potatoes wear to bed? Yammies.

Did you hear about the turkey fight? He got the stuffing knocked out of him.

How do leaves get to Thanksgiving dinner? By autumn-mobile.

What do cows do on Thanksgiving? They go to the moo-vies.

Why did the turkey get detention? It used fowl language.

What kind of key doesn't open a door? A turkey.

How many cooks do you need to stuff a turkey? Just one, but sometimes they don't fit.

Did you hear about the turkey that plays baseball? He covers first baste.

Where do you find a turkey with no legs? Exactly where you left it.

What are turkeys thankful for on Thanksgiving? Vegetarians.

How do you hire a turkey? Put it on a ladder.

What's the best way to stuff a turkey? Serve it pizza and ice cream.

What's blue and covered in feathers? A turkey holding its breath.

What do you call a turkey the day after Thanksgiving? Lucky!

What should you expect at the end of Thanksgiving? The letter "g."



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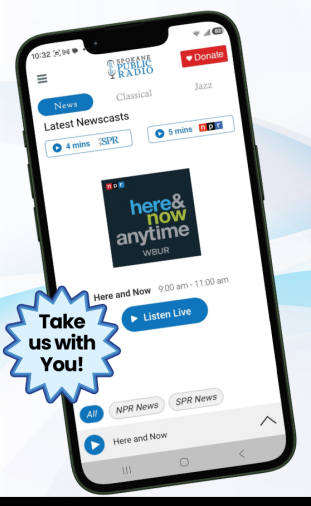
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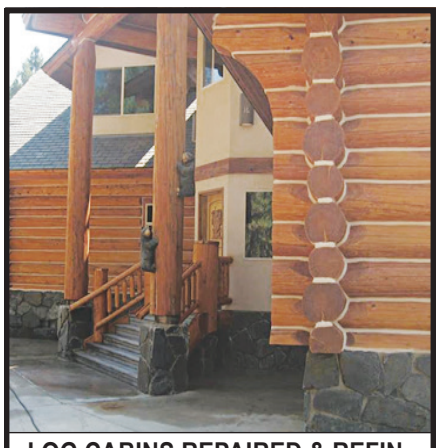
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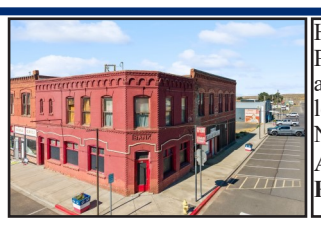
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The Last Harvest Before Winter



by Robin Milligan

By November, most Inland Northwest gardens have been put to bed and tucked in for the winter. The first hard frosts have finished off the tomatoes and peppers, annual flowers are drying in place, and the vegetable beds are mostly brown and dead.

Although just before winter may not seem like much of a time for gardening, it is worth taking a closer look. We can add amendments to the soil such as manure or compost for next season, add mulch to keep bulbous, woody, and perennial plants alive through the long cold season, trim back trees, and plan for next year. But there is something else. Some of those dried plants are holding on to next year's harvest.

Seed harvesting in this season can be simple and fun. Start with plants that already took care of most of the work for you and it is so easy that anyone can do it. Dry flower heads, mature pods, and seed stalks can often still be collected now if they had time to ripen before the frost.

Snapdragons, lupin, marigolds, cosmos, zinnias, sunflowers, and calendula are good places to look. Columbine, chive flowers, clover, pansies, and violas all set seeds that are usually still hanging out in their casings this time of year.

If you left flowers standing after they finished blooming, check their seed heads. Some may have already scattered their contents, while others are still holding plenty of seed. Collect the dry heads, shake or rub the seeds loose, and spread them out indoors on a paper towel, cloth, or napkin if they need a little more drying.

Be careful with damp seed heads. Our fall weather can turn wet quickly, and seeds put away before they are completely dry may mold or try to sprout in vain while in storage. A paper bag or open tray in a dry room is better than sealing them in a jar while they are still holding moisture. Label each variety as you collect it. Once several kinds are sitting on the counter, it is easy to lose track of what is what.

Dill and cilantro are also worth checking if they flowered and set seed earlier in the year. Their dry seed heads can be gathered and stored for next season. Lettuce is another possibility, along with other leafy plants such as Swiss chard, mustard greens, and spinach. Plants allowed to bolt during the summer produce tall stalks topped with fluffy seed heads. Many of us who have tried growing spinach in the spring know this all too well. If those stalks are still standing, cut them into a paper bag and finish drying them indoors before separating the seeds from the chaff.

Beans and peas are worth saving if some pods are left on the plants to dry. Ideally, the pods should have matured and dried before the fall rains set in. If you brought mature pods inside earlier, they can finish drying in a well-ventilated spot. Once the pods are crisp and the seeds are firm, remove the shells and store them in labeled envelopes. Envelopes store easily and are convenient to write on.

This is where timing matters in the Inland Northwest. November is not the time to expect immature seeds to finish developing outdoors. If a pod is still green and the seeds inside are soft, it may be too late to save that crop. Seed saving often starts in late summer, when you decide which plants to leave standing rather than harvesting every last pod or flower. If you really want to save it, I have had some small successes moving plants from the garden to my patio where they have a little more shelter, giving them a bit more time to mature.

Winter squash and pumpkins offer another option. If you have mature fruit in storage, you can scoop out the seeds, separate them from the pulp and spread them out to dry. But there is a catch: squash varieties can cross-pollinate. Seeds from a squash that looked and tasted exactly right may produce something different next year, particularly if other varieties were flowering nearby.

The same is true of many vegetables. Seeds saved from hybrid varieties may not grow true to the parent plant. Gardeners hoping to preserve a particular variety should look for open-pollinated seed and learn which plants can cross with one another. Washington State University Extension's "Pacific Northwest Gardener's Handbook" and the University of Idaho Extension guide "Seed Saving for Beginners" explain the differences and offer practical advice on choosing plants and storing seed.

Even with careful planning, however, your neighbor's gardens may have other varieties that can get intermixed in the wind and impart their genetic traits on next year's crop.

Some vegetables need a little more planning in general. Carrots, beets, onions and many cabbage-family crops are biennials, which means they tend to grow during their first season and flower to produce seed during the next. If you want to save their seed, November is more likely to be the time to choose plants for overwintering than to collect seed. Simply leave those plants in the ground and watch them turn into huge flowering giants the following year, producing an abundance of seed.

There are also seeds worth considering beyond the vegetable garden. Native grasses, wildflowers, shrubs and trees may be grown from seed, but the requirements vary considerably. Some species germinate readily; others need a period of cold, freezing temperatures, and moisture before they will sprout. For beginners, learning to propagate a few native plants already growing on their property can be a good starting point.

Correct identification is important, too. If collecting from the wild, check land ownership and collection rules, and leave enough seed for the plants to reproduce naturally. Also check your local noxious weed list to see if that flower you love is actually a noxious weed, as many gardeners discover after planting something they found out in the world. The state of Washington has a noxious weed control board. Its website is nwcb.wa.gov.

Whatever you collect, it is always best to make sure it is dry and labeled with the plant name, variety (if you know it), and the year it was collected. Keep the envelopes somewhere cool, dark and dry. Seeds do not last forever, and how long they remain viable depends on the species and the conditions in which they are stored.

Seed banks store seeds for generations, but they have specific climate-controlled environments to make sure those seeds stay viable for as long as possible, preserving seeds that may no longer otherwise exist.

This is especially important when so many seeds have been altered genetically or crossbred, either by accident or intention. Some heirloom and other non-GMO varieties are becoming almost impossible to find.

Seed saving does not require a large garden or elaborate equipment. It takes a little observation, some patience and the willingness to leave a few plants standing past their prime. Even when the garden looks finished, there may still be a little harvest left to bring inside.

Knowing what to leave, when to collect it, and which plants are worth growing again is part of the learning process that makes gardening so fun.

Robin Milligan is an 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.

Quitting smoking or vaping is a process.

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Spokane Regional Health District srhd.org

November 2024

Winter is Coming – Don't Be Left in the Cold!

Call or Text to BUY, SELL or get your FREE Market Analysis!

Absolutely stunning house/shop completely updated on 5 acres with private well and patio. Beautiful lake and mountain views add to the charm of this property. Incredible views from the primary bedroom that leads to an amazing ensuite bathroom with soaking tub and sauna. Large ''Rebath'' shower and bath area for the main bathroom. Top-of-the-line kitchen with quartz counter tops, large island, and lots of cupboards. Beautiful views from the expansive windows and slider from the kitchen, living room and dining area. Radiant floor heat will keep you warm all winter. Shop has additional living area and upper loft for entertaining and guests. Completely insulated for your comfort. Deluxe covered RV set up with deck and water, Power and septic hook ups. Easy access from public roads Only 10 minutes away from the Hunters boat launch with year-round boating, fishing and kayaking. This property has a small open covered cabin for hunting on the lower part of the property.





MLS# 46441 **$459,900**

Small town living at its finest. This 3 bed 2 bath 1,680 sq ft home sits on almost a 3rd of an acre with a fenced yard and a 30x40 shop split in 2 with half man-cave/she-shop with pellet stove and cold room for food storage, and half for 2-car/toy parking. Covered front and back patios, plus hot tub for relaxation. This home is just minutes away from the beautiful Lake Roosevelt and Marcus Campground and boat launch.



MLS# 45910 **$334,900**



Extra-large lot with fenced backyard. Bring your tool belt, this home has been partially updated with finishing work to be completed. 3-bed, 2-bath, separate laundry and storage room. Large open living room, dining room and wood insert to keep you warm. The primary bedroom needs a few finishing touches. The new windows are at the house ready to be installed, along with the new doors. Currently cash only.

MLS# 46497 **$299,000**

Comfortable, updated 2-bed, 2-bath on the main floor and 2 rooms upstairs, in the heart of Kettle Falls. New flooring and paint, updated kitchen and bathrooms, large dining area with a coffee bar and appliance counter. Large corner lot with fenced-in front and side yard. Detached garage with carport just needs a little TLC. Close to all amenities.



MLS#46434 $299,000



Over 3,000 Sq. ft. 4 bed/3.5bath on a large corner lot - within an hour of Spokane, with golf course & ski hill as a part of your new community. This home highlights custom craftsman build including a theater stage and full screen wired for sound, lights and projector for all your family and entertaining possibilities. Chewelah's Peye Creek babbling through the front yard, under your very own bridge, lighted pathway and established native and elaborate landscaped yard. Fully fenced back and side yard in addition to a 2-car attached garage with workshop. This home has it all and the room and design to accommodate a multitude of living enjoyment and options! Come see it today.

MLS# 44403 **$535,000**

Utilities? Done!

This lot is ready for your new home! There is a 2-car garage, plus power, water and septic and concrete pad are installed. (The old home was removed.) Last home was 23'x44'.



MLS# 44032 **$99,900**

Waterfront at its Best!

Mission Lake waterfront at its best. This custom-built home has everything you need. Beautiful gourmet kitchen with open dining that lets the views of the lake inside to enjoy while you're cooking or dining. Huge primary ensuite with screened in porch for your outdoor pleasure. Large laundry room, covered deck with access to the lake, daylight basement has 3 bedrooms and full bath plus additional storage area. Walk out and fish from your private dock. Extra-large 2-car attached garage. The house sits down from the road for extra privacy.



MLS# 45774 **$629,000**



Custom-built Gourmet Kitchen

Well-cared for daylight basement home located minutes from the Lake Roosevelt Marina, boat launch, campground and parks. 3-bed, 2-bath, open kitchen, large living and dining room, main floor laundry, and a nice deck for watching the sunsets. Basement has a separate bedroom with walk-in closet; there is an extra room located by the large living space and a walkout door to the carport. Located on almost an acre of land. Easy access from the main road. Recently painted, there is a garden shed and it's close to all the amenities of Kettle Falls and 10 minutes from Colville.



MLS# 46498 **$389,000**



Completely remodeled to perfection! Everything is new inside and beautifully done. New carpets and flooring throughout, 2-bed, 2-bath, large open dining and living area. Updated kitchen and appliances. Ceiling fans will help keep you cool in the summer. Extra side entry room and additional sunroom located off the kitchen. This home sits back off the main road and has beautiful trees and open area for lots of parking, animals and expansion.

MLS# 46499 **$329,000**

Stunning Views

Stunning views from this more than 30-acre property. Build your dream home or use as a recreational getaway. Road access was just made easier this summer. Power is close, so come take a look. Showings are by appointment.

MLS# 46353 **$250,000**

30+ Acres!





46+ acres of quiet beauty, varied terrain with pastures, trees plus a seasonal pond that brings in an abundance of wildlife. Many possibilities to develop your homestead. Beautiful views if you build on the high point of the property. All of "Spirit Ridge Ranches" parcels have water, power, and phone available. Sensible CCR'S and a road maintenance agreement to protect your investment. Secured locked gate for all the parcels. Community water system $250/yr per 20 acres.

MLS# 45567 **$309,000**

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Ara Bush
Broker
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MLS# 43880 **$155,000**

Parcel N-2 is 21.34 acres with great Lake Roosevelt and territorial views. See listing above for more about Spirit Ridge Ranches parcels. Owner financing now available.

