

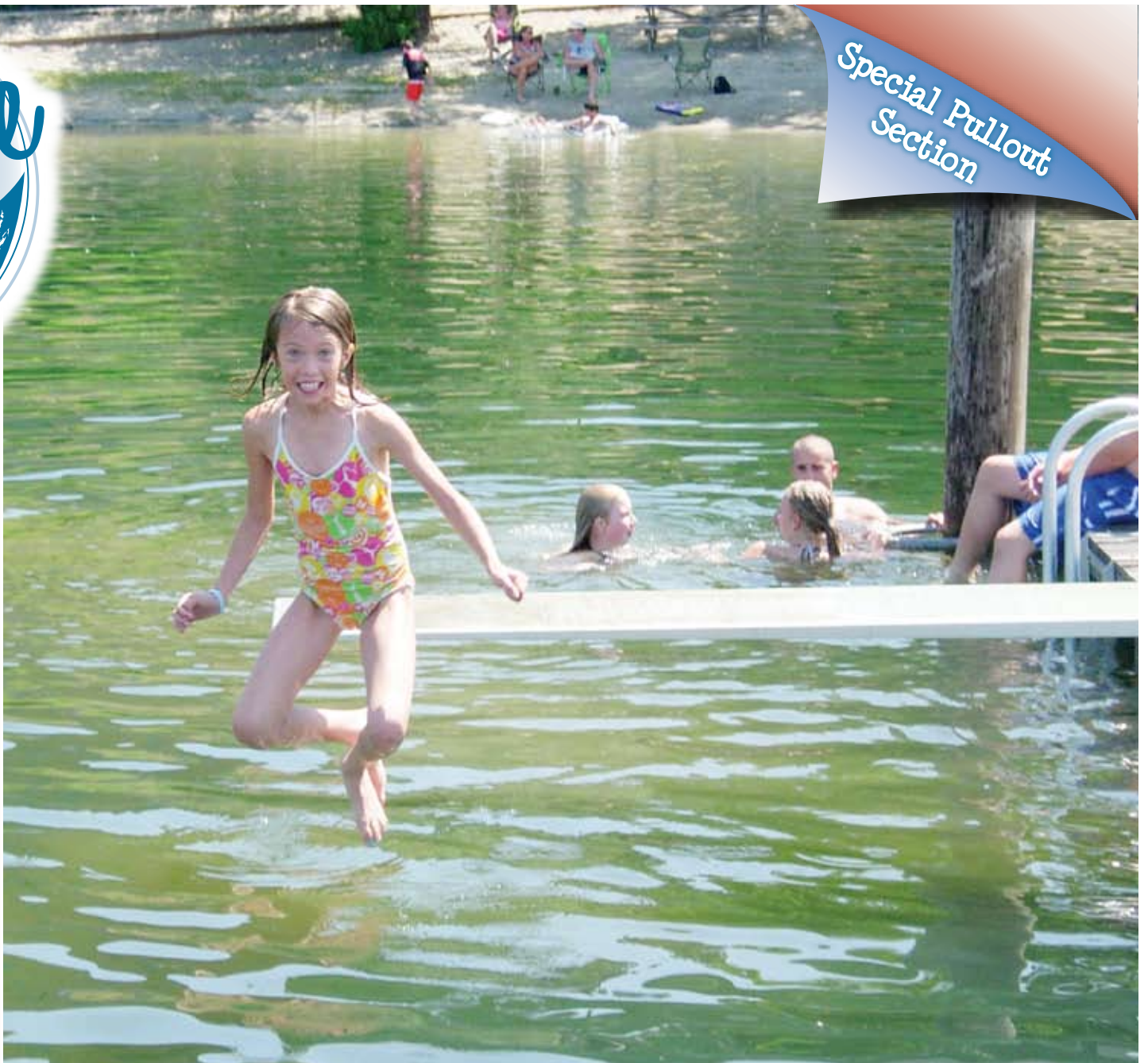


Special Pullout
Section

Quarterly Kids Paper
SUMMER 2010

A special supplement to
The Liberty Lake Splash

- Eating, exercise and sleep habits all play a role in your health. Learn more on page 6
- Find out how twin sisters stay physically fit. Page 3
- Don't miss out on all the fun our area has to offer! Check out the summer calendar on pages 4-5
- Do you know what you want to be when you grow up? Enter the Wave's essay contest. Details on page 8



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Kids Tell it Like it Is

Compiled by Tammy Kimberley

What is your favorite way to stay active during the summer?



"Swimming. You can jump off the diving board."
Alexia Krogh, 7, first grade, LLES



"Instead of watching TV at night, my family does things like play kickball."
Jacob Sattler, 8, second grade, LLES



"I play soccer in my pool."
Mady Simmelink, 9, third grade, LLES



"I jump on my trampoline into my pool."
Dylan Chamberlain, 9, third grade, LLES



"I like playing tag with my cousins. Sometimes I practice soccer with my dad."
Carlie Houn, 9, third grade, LLES



"I go outside and go on long bike rides with my brother and family. I do a lot of jump rope and pogo stick."
Amanda Hanson, 10, fourth grade, LLES



"Play with my neighbors, go on my trampoline and run around the neighborhood."
Andrew Ferrero, 10, fourth grade, LLES



"Run laps and jump rope."
Johnny Swager, 9, fourth grade, LLES



"Swimming in the swimming pool with my dad or mom."
Katherine Merrill Milner, 6, first grade, Prism School

ON THE COVER

SPLASH AND SUBMITTED PHOTOS

The Liberty Lake area provides lots of ways for kids to stay active including swimming, playing in the park and biking or running on trails.

Sisters push one another toward physical fitness

By Tammy Kimberley
WAVE EDITOR

With finishing times of just over an hour at Bloomsday and an undefeated record at Hoopfest the past two years, Lexie and Lacie Hull seem to match up on almost whatever activity they choose to engage in.

These 10-year-old twins not only participate in physical activities, but they both used their minds to place among the top six regional winners in the Math is Cool program.

Whether they're competing with or against one another, the girls said they can become over competitive at times. Their mom, Jaime Hull, described the girls' relationship as a kind of "perfect storm" where they push each other to the limit.

"It's sometimes painful, but it helps them get better," she said.

The Hull sisters recently spoke with The Wave about what it's like being a twin, how they stay physically active and ways they challenge one another.

Q: Tell me the good and the bad about being a twin.

Lexie: The good thing is that we can share each other's clothes. We're in the same grade so we know what each other is talking about.

Lacie: The bad thing is that the birthday is on the same day. Also, I get called Lexie a lot.

Q: Do you guys feel like you challenge one another?

Lexie: When we play one on one, sometimes it gets over competitive. But it's good because we're at the same level when we practice and it makes us better.

Q: How are you different from one another?

Lacie: We like to do the same stuff and have the

same taste in style. But in school, she likes different subjects.

Lexie: In sports or anything else, I'm more, "Let's do it and have fun!" Lacie really goes after it.

Q: What is the thing you like most about your sister?

Lexie: Lacie is very nice to everybody. When somebody gets hurt, including me, she really cares about it and doesn't shrug it off.

Lacie: The thing I admire about Lexie is that she likes to laugh and have fun.

Q: I understand that you two have participated in Bloomsday together.

Lacie: Last year was our first year and we did it again this year, along with Fit for Bloomsday at school.

Lexie: Last year we kind of walked/ran it. This year we didn't stop once. I finished in 64:59 and Lacie finished in 62:18.

Q: And now you're preparing for Hoopfest. How has your team done in the past?

Lacie: We've done it for three years, so this will be our fourth that we've played together on a team at Hoopfest.

Lexie: The last two years we were undefeated in our age group. Hopefully we'll do the same this year. It's just fun because there are so many teams and we like playing against our friends.

Q: Besides basketball, what other sports do you enjoy?

Lexie: Last year we learned how to water ski out on Lake Coeur d'Alene. We've played soccer since kindergarten. I like to play when it's raining and you slip around and get dirty.

Lacie: I like soccer because you have a lot of people on the field that you can pass to and play with. I also like running a lot. I just like being outside in the fresh air, just to relax and run.

Names: Lexie and Lacie Hull
Parents: Jason and Jaime Hull
Pets: Dog, Cloe
Age: 10
School: Fourth grade at LLES
Least favorite subject
Lacie: reading
Lexie: science
Favorite sport
Lexie: Soccer, basketball
Lacie: Basketball

SUBMITTED PHOTO

◀ Lacie Hull, who has been playing soccer since kindergarten, says she enjoys the team aspect of the sport.



WAVE PHOTO BY TAMMY KIMBERLEY

Lexie and Lacie Hull, 10-year-old twin sisters, say they love their neighborhood near Pavillion Park because there are so many kids to play sports and hang out with.

Lexie: We love to swim and play kickball with friends at the park. Sometimes we'll play tetherball at a friend's house. We like to play where you can't use your hands and you have to use your feet or your head.

Q: How do your parents encourage you to be healthy?

Lacie: My mom runs with me when I want to run. My dad's knee isn't very good, but he still plays basketball with me outside.

Lexie: We have a bedtime and when it's

time, we go to bed. We probably wouldn't be able to be healthy if our mom and dad didn't help us out.

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Summer Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August





The Wave: Your guide to summer fun!



Summer Recurring Events

- The City of Liberty Lake sponsors a variety of summer activities including golf lessons, river rafting, sports camps, group tickets to Spokane Indians baseball games, etc. For more information, go to www.libertylakewa.gov/recreation.
- The Liberty Lake Municipal Library offers regular story times, movie nights, and various activities during the summer. For more information, visit www.libertylakewa.gov/library.
- The 2010 Summer Festival of movies and concerts is offered by Friends of Pavilion Park, Greenstone Corporation and the City of Liberty Lake. For more event details, visit www.pavilionpark.org.
- The Liberty Lake Community Theatre has opportunities for all ages to be involved in plays and musicals. For details on auditions and show times, go to www.libertylaketheatre.com.
- The Spokane Valley HUB hosts many sports camps and clinics during the summer. To learn more, go to www.hubsportscenter.org.

Activities for July 4:
Fourth of July parade is at Alpine Shores Neighborhood; the concert is Columbia and Tuxedo Junction at Pavilion Park

The Liberty Lake Farmers Market is open every Saturday through the summer from 9am to 1pm at 1421 N. Meadowwood Lane.

Developing healthy habits

By Tammy Kimberley
WAVE EDITOR

Eat your fruits and vegetables. Get plenty of sleep and exercise. Visit the dentist regularly. All of these things play a role in your health so that you do well in school and can participate in your favorite activities.

Your body is an important thing to take care of. Eating a balanced diet is a big part of managing your health (see below). But there is more involved than proper nutrition. Developing healthy habits now will help set the foundation for your body as you grow into an adult. So what else can a kid do to stay healthy?

Remain active through exercise

Regular exercise gives your heart a workout. The heart is an important body part since it delivers oxygen to all parts of the body. Physical activity also strengthens muscles, which makes a person stronger and increases flexibility.

Besides making your body parts work better, exercise makes you feel good. When you work out, a chemical called endorphins is released which may make you feel happier. In order to remain at a healthy weight and do the things you want to do, consider these helpful hints.

- Choose to be active every day. Ask your parents or friends to do physical activities regularly.
- Find your passion and get involved with others who love the same activity by joining a soccer team, finding a running partner or

something similar.

- Be safe in whatever you do. Wear the necessary gear (like helmets or pads) and pay attention to the instructions of coaches and parents.

Take care of your teeth

It's no secret that you need your teeth for talking, chewing and a variety of other things. Most kids start losing their baby teeth around age 6 or 7, which are eventually replaced by 32 permanent teeth. Taking care of your teeth helps prevent plaque, which can lead to other problems such as cavities or unhealthy gums. In addition to visiting the dentist regularly, there are other things you can do from home to protect those pearly whites.

- Brush at least twice per day using toothpaste with fluoride. A thorough job takes a couple of minutes.
- Floss once every day since flossing can reach many areas that your toothbrush can't.
- Eat a well-balanced diet. Avoid snacking too much, especially on sweet, sticky items such as candy and soda.

Be sure to get enough sleep

Going to bed each night gives your body time to prepare for the new day. Experts say that kids need between 10 to 11 hours of sleep

each night. Sleep helps the brain concentrate better, aids in your memory and can affect your mood. During sleeping times, the body is also able to grow, fix injuries and fight off sickness in order to stay healthy. Here are some tips for a good night's sleep.

- Try to go to bed the same time every night and keep a bedtime routine. Relaxing things like a warm shower, reading or listening to quiet music give your body cues to know it's time for sleep.
- Keep your bedroom cool, dark and quiet.
- Exercise during the day and avoid big meals right before bedtime.

Protect your eyes

Your eyes are what allow you to read, enjoy colors and process information in your brain. It's important to take steps now to protect your eyes, because you've only got two of them!

- Wear goggles when working on projects where debris or chemicals could get into your eyes (like science lab or art projects).
- Use protective eyewear when playing sports like skiing or hockey that could cause injury to your eyes.
- Wear sunglasses. Not only do they look cool, but they can prevent damage to your eyes from too much light.

Sources: www.sleepforkids.org; www.kidshealth.org



Healthy Eating = Healthy Living

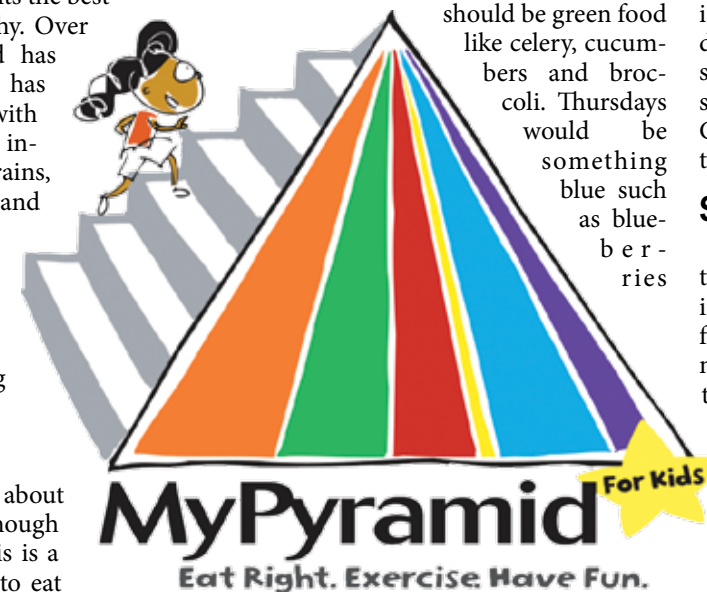
By Chad Kimberley
WAVE STAFF WRITER

The first-ever food pyramid was designed by the United States Department of Agriculture 93 years ago with the goal of teaching kids and adults the best foods to eat to be healthy. Over the years, the pyramid has changed slightly, but it has remained consistent with the same types of food individuals need to eat: grains, fruits, veggies, dairy and meat. Sometimes it is hard to remember all the right foods to eat, so here are a few tips to remember when reaching for a snack or during meal times.

Eat the Rainbow.

We're not talking about Skittles candy (although they do taste good). This is a simple reminder to try to eat

fruits and veggies each day from a different color of the rainbow. On Sundays eat something red like an apple or tomato. On Mondays grab an orange or carrots. Tuesday is yellow, so how about bananas and corn? Wednesdays should be green food like celery, cucumbers and broccoli. Thursdays would be something blue such as berries



and Fridays would be your purple day with grapes. On Saturday you can maybe have some sweets, like Skittles.

Get Your Grains.

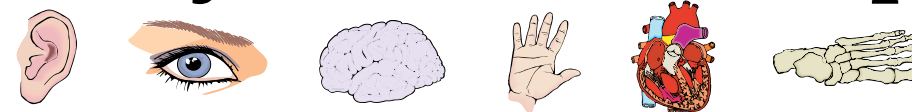
According to the food pyramid, a person is to get six to 11 servings of grains each day. That's a lot of grains, so here are some suggestions to help you reach that goal. Instead of salty potato chips, go for pretzels. Choose a bowl of whole-grain cereal over the candy dish.

Skip the Soda.

One of the best ways to stay healthy is to skip out on the pop. Instead of drinking down a can, have a glass of water or fat-free milk. Grab some real fruit juices, not the ones loaded up with sugars. But for those who really love their pop, make it only for special occasions like when you get A's on your report card.

For more information on healthy eating, visit www.mypyramid.gov.

Body Part Match Up



By Chad Kimberley
THE WAVE STAFF WRITER

The human body is an amazing work of art. It consists of hundreds of bones, feet upon feet of intestines and of course some feet to walk on as well. Each part of the body works together in harmony to keep

us healthy, keep us moving and keep us breathing.

While the whole body works together, each individual part has its own amazing aspect. Using the word bank below, match up the part of the body with the fact that describes it.

Word Bank

Heart	Liver
Ear	Small Intestine
Tongue	Bones
Eye	Hands
Brain	Feet

- 80 percent of this body part is water.
- Every human has a unique fingerprint, as well as a unique print of what body part.
- Each person is born with more than 300 of these but only have 206 as adults.
- The smallest bone in the body is found here.
- When unrolled, this body part can reach 22 feet long.
- This body part is as big as a ping pong ball.
- Kids under 6 are at the greatest risk for injuries to this body part.
- This body part keeps pumping about 100,000 times a day.
- This part of the body is made up of 52 bones – the most of any body part.
- This body part performs more than 500 different functions.

Turn to page 8 for Body Part Match Up answers.

Sources: www.sciencekids.co, www.funshun.com, www.yuckydiscovery.com, www.eaton-hand.com

May day at the market



SUBMITTED PHOTOS BY CASSIE LOUTHAN

Local shoppers go to the Liberty Lake Farmers Market to enjoy the delicious crepes, sweet honey and beautiful flowers.

Liberty Lake resident Cassie Louthan, 12, visited the Farmers Market last month to take some photographs for The Wave. She loves taking photos of nature and animals.



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Know what you want to be when you're older? Write about it.



Essay contest for kids

By **Tammy Kimberley**
WAVE EDITOR

Do you dream of someday helping others by becoming a doctor? Are you practicing your musical or theatrical skills with the hopes of being a professional performer one day? Or maybe you'd like

to use your hands to do landscaping or construction work?

The Wave is offering an essay contest to get you thinking about what exactly you want to be when you grow up. Some questions to consider are what makes you interested in the occupation, what skills you have that might make you good at this job and how you hope to make a difference by serving in this field.

Since the end of school is almost out, we realize that the last thing kids want to do is more homework. But we're offering an incentive for you to write this essay – a special prize for the winner with the best essay selected by our judges! We also will feature as many essays as possible in the next issue

of The Wave. Who knows? We might even introduce a few lucky kids to a person who works in the job they want to do.

So here are the rules. Kids in kindergarten through fifth grade who live or attend school in Liberty Lake are eligible to enter this contest. Essays should be at least 100 words but not more than 200 words. The deadline to enter is July 16.

Entries should include your name, age and phone number. You can either submit your essay via e-mail to tammy@libertylakesplash.com or drop it by The Splash office, 2310 N. Molter Road, Suite 305, in Liberty Lake. Contact Tammy with any questions at 242-7752 or tammy@libertylakesplash.com.

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Correct Answers to Body Part Match up on page 7

1: Brain; 2: Tongue; 3: Bones; 4: Ear; 5: Small Intestine; 6: Eye; 7: Hands; 8: Heart; 9: Feet; 10: Liver

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