

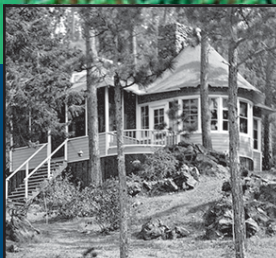
THE Splash

LIBERTY LAKE'S COMMUNITY NEWSMAGAZINE
JANUARY 2015

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15 for '15

Liberty Lake landmarks
to check out in the
new year **PAGE 12**



A HISTORIC
RETREAT TO THE
'LAKE PLACE'
PAGE 26

HUGE CROSSFIT
FACILITY OPENS
IN LIBERTY LAKE
PAGE 31



INCREDIBLE 12
MONTHS FOR CV
GIRLS SPORTS
PAGE 33



Transplanted trail guide

Specht helped carve community's network of pathways

By Craig Howard
SPLASH CONTRIBUTOR

To say that Tom Specht played a part in developing Liberty Lake's world-class trail network is like saying Meriwether Lewis and William Clark pitched in on the early trek west of the Mississippi.

A native of Lawton, Okla., Specht has called the Liberty Lake area home for the past 29 years. Prior to Liberty Lake incorporation, he served as the inaugural chair of a committee formed in 1995 that rallied support for local trails through a state-facilitated program called the Transportation Benefit District. In September 1999, the TBD — which generates funds for public improvements through a self-imposed property tax — earned a super majority at the ballot, clearing the way for \$650,000 toward trail construction.

Specht led a trails committee that originally consisted of around



Newsmaker Q&A

50 residents and operated under the umbrella of an established civic group, Friends of Pavillion Park. Over the past 15 years, the movement has led the charge to establish Liberty Lake as one of the most pedestrian-friendly communities in the state.

Specht wound up in Liberty Lake after applying for a position with Hewlett Packard. At the time, he was working for Boeing and living in the Puget Sound area with his wife, Kathy, who had family in the Spokane area. HP hired Specht and soon the couple was headed east of the Cascades.

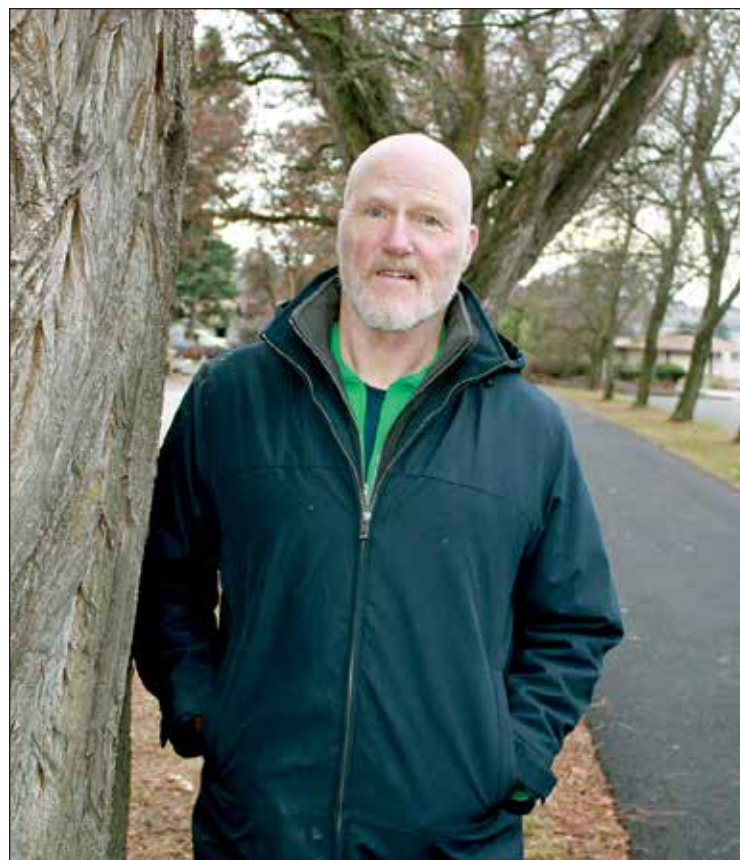
Specht helped HP move into its new building on Molter Road, a

site that would serve as the forerunner for an influx of high-tech companies to the area. Specht's background includes a master's of science in engineering from the University of Washington and bachelor of science in industrial engineering from the University of Oklahoma.

Specht grew up in southwest Oklahoma, where his father owned the largest tire shop in the region. One of seven children, Specht thrived in the outdoors throughout his youth, learning to appreciate the environment and aspiring one day to live near abundant forestland and water. An avid reader, Specht was also a senior patrol leader in Scouts. If video games had been around when Specht was growing up, he would have opted for a book or hike over Atari.

Tom and Kathy have a grown daughter, Jessica, who lives in the area. Now retired, Specht said he

See SPECHT, page 4



SPLASH PHOTO BY CRAIG HOWARD

Tom Specht, a transplant to the Inland Northwest from Oklahoma, is recognized as one of the pioneers of the Liberty Lake trail system. Specht's work with a community committee paved the way for a trail network now considered one of the best in the state.

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Are your hormones in balance?

Your health depends on expert treatment — not guesswork



By Jan Nelson
MSN, NP-C, ABAHP

Hormones serve as powerful chemical messengers (communicators) sent to specific cells throughout your body to orchestrate many of your body's internal functions as well as how your organs behave. There are many different hormones your body produces in order to achieve a balance. Even small fluctuations in levels can cause big changes in cells or even disrupt the balance throughout your entire body.

This is one of many reasons to be cautious when selecting hormone replacement therapy. The goal should

always be hormonal balance based in science rather than experimentation or guessing. Many therapies merely attempt to replenish estrogen and/or progesterone and testosterone but never achieve homeostasis. Too many physicians lack the expertise or knowledge to attain the proper outcome.

Conventional hormone replacement therapy (HRT) consists of standard doses of synthetic hormones without considering each person's individual hormonal profile. Bio-identical hormone therapy is individually customized through labs and clinical signs/symptoms. Bio-identical hormones mimic hormones produced by the body, meaning they have the same chemical structure as the hormones created naturally in the human body.

Hormones really are a symphony, and in a symphony everything needs to be playing in tune. Balanced hormones are key to optimal health. They protect against memory loss, maintain a healthier heart, aid in bone reproduction and generally promote growth and repair in the body.

My goal is to help you keep your own personal symphony in tune. One size does not fit all. Hormone replacement therapy should be individually customized for each and every person.

For more information on this subject, contact Jan Nelson at Balanced Wellness Medical Clinic, jnelson@balancedwellnessmed.com, 509-919-4575.

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SPECHT

Continued from page 2

and Kathy are officially “in training for senioritis or is it geezerhood?” He proudly talks of completing his basement after 29 years. When not putting up drywall, Specht helps coordinate a free concert on the shores of the lake each summer and works with FOPP on its summer concert series.

Specht not only helped build the trail system; he utilizes it regularly. Daily walks are part of the daily agenda for him and Kathy along with crossword puzzles and yoga. Their travels in recent years have taken them from the San Juan Islands to Italy, while Tom stays active with soccer and road and mountain biking. When not pedaling or striding down a path, Specht can be found scaling a peak. He has climbed Mt. Hood, Mt. Adams and Mt. Rainier — twice, the last time when he was over 60.

The Splash caught up with Liberty Lake’s trailblazer recently to talk about pre-incorporation Liberty Lake, the politics of building trails and the community he has discovered and cherished on foot.

Q. You worked for Hewlett Packard when the company was one of the first major employers in the Liberty Lake area. What role do you think HP played in the development of the community, particularly on the commercial side?

A. HP helped fund a sewer system that could support more development. It served as a model that high-tech companies could thrive at Liberty Lake. Its downsizing supplied talent to many of the local companies and start-ups.

Q: You live just outside the city boundaries but have been involved in a number of municipal initiatives. What was your impression of incorporation before it went to ballot and how do you think the idea of Liberty Lake as a city has worked out?

A: I was for including the area around Liberty Lake in the city. I thought we have a lot of talented people and leaders at the lake, and they would be a valuable asset to the city. The lake area is classified as rural, yet I see little difference in the type of community north of Sprague or just south of Sprague. Many people were sure that “another layer of government” would increase property taxes. The city property taxes are lower (in 2014 County residents paid \$14.50 per \$1000 of assessed value and Liberty Lake residents paid \$14.12 per \$1000). Liberty Lake rates will be lower in 2015 (\$14.07) but I don’t know what the county rates will be. The city residents pay 3 percent utility tax on gas, electricity, phone, garbage and cable and county residents will pay higher garbage rates that

NEWS

could offset the utility tax. So, overall, the cost is probably lower. Some people said there would be high-rises on the lake. I think the likelihood of high-rises on the lake is the same as high-rises on the golf courses. I think the city has allowed more local representation of the area and instead of much of the property tax being spread throughout the county, it is used to upgrade and provide services for the city of Liberty Lake.

Q: Do you think the area south of Sprague will ever become part of the city?

A: I don’t know. I do believe that the community of Liberty Lake does not stop at Sprague. The trails do not stop at Sprague. We are joined by schools, community organizations, celebrations, families.

Q: How did the trails committee get its start?

A: It started for me when the Liberty Lake Property Owners Association did a survey of what the people of Liberty Lake wanted. We got a high response for trails. In 1995, I and a group of citizens at Liberty Lake started a committee to find a way to connect the community with trails. Our dream was to provide user-friendly trails within Liberty Lake. We worked under the umbrella of the Friends of Pavillion Park. In April of 1999, we held a three-day design meeting working with the Washington Society of Landscape Architects, and on the last day we had an open house for the citizens of Liberty Lake. We put together a Liberty Lake trail plan, which was adopted by the county.

Q: Was there support for the Transportation Benefit District and the idea of a self-imposed tax when it was first introduced?

A: There was support for trails, for finishing paths started, for making loops, for making it safe for children to access the park and school. The Transportation Benefit District was the best path to get there. In the fall of 1999, we held an election to form the Liberty Lake TBD — 60 people helped in the campaign. We had people going door to door, standing on the corner waving signs, and making telephone calls. We needed 60 percent of the vote and the people of Liberty Lake responded to increase their property taxes to fund trails. Our slogan was for the price of a pizza dinner you can afford to pay for trails for your community. That worked in 1999. Now they have \$5 pizzas, so I don’t think that slogan would work as well. It was very gratifying to see nearly 70 percent of the people of Liberty Lake vote to increase their property taxes to fund trails. I feel that this investment has more than paid off. For the money raised has acted as seed money so that with city, county and state funds we have been able to use it to fund trails costing four times as much. By working with our partners and getting grants, we extended our

\$650,000 to provide trails and enhancement for \$2.3 million dollars. Pat Harper from Spokane County served not only as a liaison with the county commissioners, but also had been a major guiding force for us. The county involvement has been great. Since the city started, Steve Peterson, city mayor, was a leader and proponent for trails and crucial to getting the pedestrian bridge. The city was a valuable partner, not the least of which is financial. The sewer district commissioners have always supported the trails.

Q: The pedestrian bridge took a considerable amount of time, effort and funding to complete. Do you consider this the crowning achievement of the TBD and the committee?

A: When we had the community meeting on the trails, we had everyone with three self-stick dots to mark on the maps what they thought was the most important piece of the trail. The pedestrian bridge was covered with dots. I thought, “Oh no, they had to pick the most difficult to achieve.” But working with the city, county and Department of Transportation, we did get it done. But I thought that the most important achievement was getting the people of Liberty Lake and all the other organizations working as one to a common goal is the crowning achievement.

Q: When you moved here back in the 1980s, did you ever imagine Liberty Lake would develop into what it has become today?


A: No. When we bought a lot in 1982, I thought that Liberty Lake was terrific. Close to nature, close to work. Kathy thought the only thing it needed was a gas station, a grocery store and a hardware store. I am amazed at how the community has developed. We have had great leaders in development, the city, organizations and the sewer district — Jim Frank, Lud Kramer, Steve Peterson, Ross Schneidmiller, come to mind. The sewer district has always been up front about protecting the lake and aquifer.

Q: Finally, what is your favorite part about living in the Liberty Lake area?


A: I love the lake and being able to go up in the hills running and mountain biking — that “near nature, near perfect” thing. But what I really love is how Liberty Lake is such a community. The people of Liberty Lake volunteer, help their neighbor, get together to celebrate. They work together in community groups, lake beach organizations, Friends of Pavillion Park, Kiwanis, history group, the library group, fireworks, parades and in so other ways. This summer I was camping on Lopez Island — it’s called the “Friendly Island.” Everyone waves to you as you bike ride or drive by. I think we also have such friendly people here at Liberty Lake. Many people wave or talk to you as you walk or drive by. I would call Liberty Lake the “Friendly Community,” and I love it here.

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NEWS

Council approves 2015 budget with no shortage of debate

By Craig Howard
SPLASH CONTRIBUTOR

The proposed 2015 budget that entered December looked a bit different than the version that eventually was approved Dec. 16. A pair of City Council meetings full of debate and discussion made sure of that.

Perhaps no line item received as much whiplash as a proposal to construct a permanent concession stand at Pavillion Park, which was voted out of the budget Dec. 2 only to receive a bit of a lifeline Dec. 16.

The decision to delete the \$85,000 project drew sharp criticism from several citizens on Dec. 2, including Charmaine Peterson and Mike Kennedy, who both urged council to reconsider the idea. Reconsider it the Council did on Dec. 16, but not without a chippy interchange and split vote on a compromise measure. Ultimately, council voted 5-2 to set aside \$5,000 in the 2015 budget for a consultant to offer insight on the project.

City Administrator Katy Allen reintroduced the concession stand concept on Dec. 16, apologizing for not providing more details on the \$85,000 project when it came before council earlier in the month. Allen and Police Chief Brian Asmus met with several council members in the days after the decision on Dec. 2.

“We realized that we, as a staff, needed to do more work and bring something back to council for consideration,” Allen said. “We haven’t done a great job of providing information.”

Allen said the revised plan could include additions like a storage facility and increased restroom space, additions that Langford found problematic.

“It’s amazing that this can happen,” Langford said. “Now we have all these add-ons. I’m very sure we’ll get something back that is much more expensive than what was originally proposed.”

Kopelson, who spoke out firmly against the capital expenditure on Dec. 2, asked Allen who had brought the topic back for discussion and why.

“I’ll take responsibility for that,” Allen said. “I don’t think we developed enough of a project for what was being proposed.”

Mayor Pro Tem Cris Kaminskas said she was aware of the need for improved facilities at the park, adding that her vote against the project on Dec. 2 was “based

on a lack of information and a lack of previous meetings on the project.”

Council Member Hugh Severs said he had heard a considerable amount of support from residents over the past two weeks.

“Since that came up at the last meeting, there has been a lot of community involvement,” Severs said.

Questioning the way the project was organized and presented, Langford said he was disappointed in the lack of transparency from city staff.

“There was no openness,” Langford said. “Not once, if this was such an important project, did anyone do the research on how it was going to be built.”

Peterson, who included the project in his original budget, said council could have raised more questions going back to the time he submitted his outline for 2015 spending on Oct. 21.

Council Member Shane Brickner referred to the example of Town Square Park in his perspective on the concession stand. After originally opposing the park idea, Brickner said his opinion changed after talking with residents at a city booth set up at the Liberty Lake Farmers Market.

“I think the main reason we voted no on this one is lack of information,” Brickner said.

Allen said staff would return with a more detailed proposal on the concession stand at a meeting in January.

Of course, the concession stand wasn’t the season’s only budget deliberation. A few changes had already made the list prior to December, including the reduction of the wage for a part-time city planner by \$12,000 and the transfer of \$60,000 from a building/planning fund to the administrative/facilities account in anticipation of projects that might include a community center, aquatic facility or an upgrade to the aging building on the grounds of Trailhead Golf Course. The final budget shift included the addition of another \$85,000 to fund a restroom/storage facility at the Liberty Lake Ballfields, a project with an overall pricetag of \$245,000.

Kopelson proposed the city set aside \$10,000 in the budget for causes that would benefit the community. Kopelson’s campaign began with a request for \$2,500 toward the Greater Spokane Substance

IN THE BOOKS, ON THE DOCKET

A look back and ahead at news from City Hall

By Craig Howard
SPLASH CONTRIBUTOR

In the Books (December)

- City Council authorized the mayor to move ahead with a three-year agreement for snow removal with longtime city contractor Peplinski Construction. Several council members had expressed concern at the Nov. 18 meeting with the lack of a competitive bid process. City Engineer Andrew Staples reported on Dec. 2 that Peplinski’s prices for sanding and de-icing are lower than the rates charged by Spokane County. The city did reach an understanding with the Newman Lake company on a contract that will be 5 percent higher, as opposed to the 10 percent increase that was originally proposed. “This is why I and other members of the council brought this up,” Council Member Keith Kopelson said.

- City Administrator Katy Allen reported on a pre-construction meeting held Dec. 2 regarding the 2015 Appleway Avenue reconstruction project. The \$1.85 million agenda will include pavement overlay as well as the addition of medians and vegetation. The city will be responsible for 35 percent of the overall cost following a grant from the state Transportation Improvement Board (TIB).

- In other street improvement news, the city received approval of its application to TIB for a grant that will support repaving, new signals, lighting improvements and landscaping on Liberty Lake Road from Appleway to Country Vista, a project scheduled for 2016. The grant will cover \$1.4 million of the \$1.8 million cost.

- Allen said the Department of Ecology has given the OK stamp to the city’s solid waste management plan. Liberty Lake is now one of only three cities in Washington to have its own plan in place. Allen gave credit to City Clerk Ann Swenson “for leading the charge” on the process.

- Linda Thompson, executive director of the Greater Spokane Substance Abuse Council, gave council an overview of the agency’s mission on Dec. 2. GSSAC was founded in 1982 and facilitates programs such as the DUI Victims Panel and Washington Drug Free Youth. Thompson thanked the city for its “thoughtfulness in looking very effectively” at the impacts of Initiative 502.

- Members of the Fallen Heroes Circuit Course committee provided an up-

date to council on Dec. 2. Bob Wiese, the former Marine who has led the group, expressed appreciation to the city for stepping up with funding for the first three installments at Rocky Hill, Pavillion Park and Town Square. The final two stations will honor Fallen Heroes from the Army and Coast Guard. The Army site will be located at the trail channel outlet near the Trailhead golf course with a target completion date of Memorial Day 2015. The Coast Guard location will be at the arboretum near City Hall and should be finished by fall of next year.

- The city distributed its annual awards to staff on Dec. 16. City Horticulturist Joice Cary was honored with the Mayor’s Recognition Award. “If you look around, you see her work everywhere,” Peterson said. “She is very deserving of this award.” Trevor Ragan was recognized for five years of service with the city on the grounds maintenance side. Georgette Rogers of the Liberty Lake Library earned her 10-year recognition.

- The Liberty Lake Police Department also handed out accolades for 2014 on Dec. 16, with Officer Jeff Jones earning both the Sergeant’s Award and Officer of the Year. LLLPD Chaplain John Thompson was named Volunteer of the Year, and Sgt. Darin Morgan emerged with the Chief’s Award. Shane Brickner, who serves on a part-time basis with LLLPD in addition to his City Council duties, was named Reserve Officer of the Year.

- Dan Wilson, formerly of the Spokane Police Department, was sworn in as a reserve officer with LLLPD.

- Council awarded a \$1.66 million contract for the renovation of Appleway Avenue to Poe Asphalt Paving Inc. on Dec. 16.

- Council authorized staff to purchase bleachers to be installed at Liberty Lake Ballfields in 2015. The set of half-a-dozen stands — three for each field — will run \$12,600.

- Council unanimously adopted a solid waste management plan related to the contract with Waste Management Inc.

On the Docket (January)

- Council will discuss a resolution on Jan. 6 to take an affirmative stand on the Central Valley School District capital bond initiative scheduled for the Feb. 6 ballot.

- Council will vote on an agreement with Gregg Dorhn and Associates to assist in updating the city’s comprehensive plan and authorizing Mayor Peterson to finalize the agreement.

- The council agenda on Jan. 6 includes a first-read ordinance implementing additional buffer zones banning the processing, producing and retailing of marijuana related to I-502.

See COUNCIL, page 7

NEWS

COUNCIL

Continued from page 6

Abuse Council, a nonprofit founded in 1982 that facilitates programs to raise awareness about drug and alcohol abuse, impaired driving and other issues.

Ultimately, council moved ahead with the \$10,000 inclusion with the understanding that criteria would be clearly defined for groups and causes who wished to apply for the funds.

By a vote of 4-3, council voted to retain a different \$10,000 for an electric car charging station, despite concerns by Langford that the idea “was not going to benefit the majority of the community.” Funding for a new backlit sign at Liberty Lake Library also made the cut.

Another building project at a different greenspace was more fortunate on Dec. 2. Council gave its blessing to a shade and seating structure at newly constructed Town Square Park. The project will run \$45,000 and resemble a scaled down version of the picnic structure at Rocky Hill Park.

The city will keep funds on hand next year for the possible addition of a full-time employee who would help facilitate the new waste management plan, among other duties. Council also approved the appropriation of \$125,000 in a contingency fund for issues that arise such as roof repair at the library earlier this year.

The addition of a pair of police vehicles was also included in the expenditures for 2015. Also earning council endorsement on Dec. 2 was \$30,000 for a staff vehicle. It appears the summer celebration known as Liberty Lake Days will make a triumphant return next year after a hiatus in 2014. Council unanimously supported funding in the amount of \$30,000 for the event that could be expanded from two days to three.

Several last-minute additions made the 2015 budget at the Dec. 16 meeting, including \$3,000 for the lodging tax fund and \$10,000 for public health services.

Council also approved a budget amendment to move \$430,000 from the general

fund to the Local Infrastructure Financing Tool (LIFT), a funding mechanism for public infrastructure improvements in the River District development on the north side of the city. An increase in sales tax and permitting revenue accounted for the shift.

Along with \$61,000 from the storm-water fund and aquifer protection fund and \$100,000 already budgeted in 2014 from the general fund, the city will write a check to the LIFT fund, facilitated by Spokane County, for \$591,000. Add in another \$409,000 from the Tax Increment Financing (TIF) fund and the city will reach the \$1 million plateau that qualifies for a match from the state.

Sign code deliberation

The community development committee reported at the Dec. 2 meeting that it has reviewed recommendations from Studio Cascade regarding changes to the city’s sign code. City Administrator Katy Allen said the proposed shifts would include allowing electronic changeable message signs in certain areas such as along Interstate 90. Signage along the Appleway and Country Vista business corridors could also utilize electronic messaging. A community-oriented sign of the same ilk has also been recommended as has a clarification of the policies for wall signage.

The document will go the planning commission next for review. It will then be forwarded to council for final approval. The city has until next April to make any changes to the signage portion of the comprehensive plan.

At the Dec. 16 council meeting, Allen provided an update on potential revisions to the sign code, telling council that the planning commission met on Dec. 10 to discuss the proposed changes but would likely not reach a decision until its next meeting on Jan. 14. A workshop on the city sign code is scheduled for Jan. 20 with Studio Cascade. Council will then have an opportunity to evaluate the recommendations and make its own decision, which will be binding.

“I want this change to be thorough and thoughtful,” Allen said.



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NEWS

■ ■ ■ Police Report

The following items were reported by the Liberty Lake Police Department from Nov. 17 to Dec. 22. They are listed in chronological order.

Incidents and arrests

• **Stolen property** — A 36-year-old Spokane man and 28-year-old Spokane Valley man were arrested at 6:49 a.m. Nov. 17 at the 1200 block of North Liberty Lake Road after a caller reported two males sitting in a vehicle arguing. After contact, it was found the vehicle was stolen and had stolen plates. Both males were booked into the Spokane County Jail. After the owner of the vehicle arrived, officers were given permission to enter the vehicle and found numerous Xbox One and Playstation 4 video games still in their lock boxes. Also found in the vehicle were various packaged tools that looked to have been stolen recently. Overall, the property in the vehicle was estimated at close to \$6,000.

• **Tool theft** — At 8:18 a.m. Nov. 18, LLLPD received a report of a theft at the 1600 block of North Cirque. The complainant reported multiple tools belonging to his employer were stolen from his vehicle the night prior. The estimated loss was \$1,200.

• **Camera recovered** — At 4:33 p.m. Nov. 19, LLLPD responded to a recovered stolen property call at the 1300 block of North Liberty Lake Road. A man advised he was purchasing a camera on Craigslist and believed it was the same camera that had been stolen from him the month prior. Officers arrived and found the camera was the stolen item. However, the subject selling the camera had purchased it from Craigslist and was not the suspect of the theft.

• **DUI plus endangerment** — A 41-year-old Liberty Lake man was arrested at 8:25 p.m. Nov. 21 at East Appleway Avenue and North Eagle Lane for DUI and two counts of reckless endangerment as his child was in the vehicle.

• **Burglary** — At 3:26 p.m. Nov. 23, LLLPD responded to the 25000 block of East Hawkstone Loop for a burglary. A woman reported someone broke into her storage unit and stole her compound bow and other items totaling \$400.

• **Shoplifter easy to ID** — At 1:40 p.m. Nov. 23, LLLPD responded to the 1200 block of North Liberty Lake Road for shoplifting. A female suspect reportedly entered the store and picked up Western Union money. She then proceeded to the alcohol aisle and stole a total of \$75.96 in liquor. Luckily, the store had all of the female's information from when she retrieved her Western Union money.

• **Burglary** — At 7:30 a.m. Nov. 25, LLLPD responded to the 4300 block of North Harvard Road for a burglary. A woman reported waking up after hearing a loud

noise and finding an unknown male standing in her hallway. Upon seeing the woman, the subject ran out of the home and escaped in a vehicle with temporary plates. The door of the residence had been kicked in and the woman's vehicle broken into. The incident was placed under investigation.

• **Hotel theft** — At 2:44 p.m. Nov. 25, LLLPD responded to a theft at the 1800 block of North Pepper Tree Lane. A male reportedly walked into the hotel and checked each floor for an unlocked room. After finding a room that was left open, he entered and stole a television.

• **Bicycle theft** — At 11 a.m. Nov. 26, LLLPD received a report of burglary at the 1800 block of North Aladdin Road. A man reported someone had entered his open garage and stolen a bicycle estimated at \$4,500.

• **Equipment theft** — At 11:11 a.m. Nov. 26, LLLPD responded to the 21000 block of East Country Vista Drive for a theft. The complainant reported someone had entered the exercise room and stolen \$200 in weight equipment.

• **Gasoline theft** — At 10 p.m. Nov. 27, LLLPD responded to the 22000 block of East Appleway Avenue for a gasoline theft. An officer responded, and the license plate was recovered. A total of \$29 in gasoline was taken.

• **Phone theft** — At 2 p.m. Nov. 28, LLLPD responded to the 1500 block of North Liberty Lake Road after a man reported he left his vehicle unlocked while inside the store, and a Galaxy S4 phone estimated at \$600 was stolen from inside.

• **Theft** — At 1:15 p.m. Nov. 30, LLLPD responded to the 22000 block of East Country Vista Drive for a theft. The complainant reported he had left his vehicle open, and items totaling \$390 were taken from inside.

• **Camper theft** — At 3:30 p.m. Dec. 1, LLLPD responded to the 19000 block of East Cataldo Avenue for a theft. The complainant reported someone had entered a recently traded-in camper through the window and taken an estimated \$2,500 in items from inside.

• **Phone theft** — At 5:30 p.m. Dec. 2, LLLPD responded to the 1300 block of North Liberty Lake Road for theft. The complainant reported while walking through the grocery store someone had stolen his cell phone from the shopping cart. The phone is estimated at \$150.

• **Ladder theft** — At 10:23 a.m. Dec. 3, LLLPD responded to the 1200 block of North Liberty Lake Road for a theft. The complainant reported seeing two males take a fiberglass ladder off of a parked vehicle. The ladder is estimated at \$200.

• **Extortion** — At 1:50 p.m. Dec. 8, LLLPD responded to North Malvern Road for a report of harassment/extortion. The

complainant reported a family member is alleging sexual abuse at the hands of the complainant and demanding funds in return for silence. The incident was placed under investigation.

• **Business theft** — A 27-year-old Spokane Valley woman was arrested at 10:45 a.m. Dec. 9 on an outstanding warrant at the 6800 block of East 3rd in Spokane Valley. The woman is charged with the theft of more than \$25,000 from Liberty Lake Veterinary Center, where she was previously employed.

• **Fraud** — At 6:21 p.m. Dec. 11, LLLPD responded to the 900 block of North Tanglewood Lane for a report of fraud. A woman said someone used her debit card to purchase 18 video games totaling \$1,120.32.

• **Trespassing** — At 3:52 a.m. Dec. 12, LLLPD responded to the 19000 block of East Cataldo Avenue for a trespassing call. The complainant reported an RV at the location was open with the lights on and the television tuned to the gospel channel. The gate was also open along with the padlock hanging open on the gate. A K9 unit was called to check the location. However, there was no evidence anyone had been at the location, and it was believed the gate and RV were left open prior to the end of the previous work day.

• **Hit and run** — At 7:04 p.m. Dec. 12, LLLPD responded to the 1400 block of North Liberty Lake Road for a hit and run. The complainant reported coming out to his vehicle and finding damage estimated at \$2,000 along the side rear quarter panel.

• **Accident** — At 8:35 a.m. Dec. 15, LLLPD responded to a traffic accident at the 20000 block of East Mission Avenue. A vehicle traveling eastbound started to fish-tail due to weather conditions and struck a vehicle traveling in the westbound lane. The driver of the vehicle traveling westbound suffered a broken ankle. The driver of the vehicle that caused the accident was cited for speed too fast for conditions and no proof of insurance.

• **Turning out the lights** — At 4 p.m. Dec. 15, LLLPD received a report of malicious mischief at the 24000 block of Marti Court. A man reported someone had cut the wires on his Christmas lights.

• **Trespassing** — At 4:07 p.m. Dec. 15, LLLPD responded to a theft at the 23000 block of East Mission Avenue. The complainant reported medication had been stolen and replaced with a diuretic. The incident was placed under investigation.

• **Trespassing** — At 8:43 p.m. Dec. 18, LLLPD responded to the 20000 block of East Baldwin Avenue for a suspicious person. A woman reported an unknown subject was in her backyard. She later reported the subject was seen jumping the fence in an unknown direction.

Calls for service

Reported by Liberty Lake Police Department, Nov. 17 to Dec. 22

Abandoned vehicle	1
Agency assist	7
Alarm	5
Animal problem	1
Assault	2
Burglary	3
Citizen assist	3
Citizen dispute	2
Commercial vehicle inspection	5
Domestic violence	1
DUI	4
Fraud	2
Fugitive	7
Harassment	1
Juvenile runaway	2
Lost or found property	2
Malicious mischief	1
Message delivered	1
Missing person	2
Not classified	4
Property theft	11
Recovered stolen property	1
Suspicious person/circumstance	3
Traffic offense	19
Trespassing	1
Vehicle prowling	1
Welfare check	6

Citations

Reported by Liberty Lake Police Department, Nov. 17 to Dec. 22

Assault	1
Defective headlights	2
Defective muffler	1
Driving without license	3
DUI	3
DWLS	17
Expired registration	6
Failure to obey traffic control	1
Failure to report accident	1
Failure to stop at red light	2
Failure to yield to emergency veh.	3
Following too close	1
Ignition interlocks	1
Liability insurance	15
License in possession/display	3
Obstructing law enforcement	1
Open container	1
Operating violations (off road)	1
Reckless driving	1
Reckless endangerment	1
Speeding	8
Texting while driving	1
Theft	1
Unsafe/improper backing	1

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NEWS

Bond aims to ease LL school crowding

Eastside CVSD capacity issues join modernization and safety as key components of February ballot measure

By Treva Lind
SPLASH CONTRIBUTOR

Moriah Quimby never anticipated problems enrolling two of her three children at Liberty Lake Elementary School in late November, when her family moved into a house just down the street.

Quimby and her family returned here after living nearly three years in the Seattle area. She and husband Luke Quimby have sons, Kallon, a fourth-grader, and Parker, a second-grader, as well as daughter, Averly, a kindergartner. During a stop by the school office to register her sons, she learned LLES had no room.

“When we moved, I never assumed overcrowding was an issue,” said Quimby, who grew up attending Central Valley schools. “All I was told is, ‘We don’t think we have room for either of them.’ A couple of days later, I was told my second-grader could go there, but Kallon would have to be bused to Broadway.”

Broadway Elementary is located nine miles west of Liberty Lake Elementary School — beyond at least five other Central Valley elementary schools with crowding issues of their own.

Projects to ease overcrowding, renovate aging structures and provide better security are at the forefront of a Central Valley School District bond measure being considered by voters in the Feb. 10 special election.

Ballots arriving by mail later this month have the CVSD request to approve a \$121.9 million bond for a number of district-wide facility improvements. Unlike prior requests, this bond doesn’t call for an increase in taxes. The tax rate would remain at \$1.96 per \$1,000 assessed value, because the current bonds that paid for Central Valley and University high schools

are about to be paid off.

One bond proposal specific to Liberty Lake includes a plan to build a K-2 school east of LLES on district property that shares a site with newly constructed ball fields. The site would provide space for up to 624 students to attend their neighborhood school, rather than being bused to the Barker-area Kindergarten Center or to Broadway Elementary School, the district said.

Quimby said it was important to have Kallon in a school within walking distance because he has a peanut allergy and asthma. To prepare for his first day at school, Quimby said she and Kallon met with a Broadway teacher and nurse, but her son soon became very withdrawn and anxious.

“My husband and I were careful not to let our disappointment show, but he wasn’t buying it,” she said. “Just before what would be his first day at Broadway, Kallon didn’t sleep half the night. He was nervous being that far away and not with his brother.”

After one last check with LLES, a slot for Kallon opened up at the last minute, she said.

“Now Kallon and Parker can walk home together. I was one of the lucky ones. My heart breaks for a family that moves in down the street, and they’re not able to get their kids in. How would they know?”

CVSD Superintendent Ben Small said that in addition to the Liberty Lake K-2 school construction, other bond projects affecting Liberty Lake-area residents would include:

- Expansion and renovation of Evergreen Middle School to allow for up to 750 students. The district plans to adjust Evergreen’s boundaries to in turn give Greenacres Middle School room for the students it draws. Today, approximately 100 students out of the GMS attendance area are overflowed to Evergreen.
- Expansion and renovation at Greenacres Elementary School, for up to 624 students.
- Safety and security features planned at

all schools, but also enhancements for LLES, GES, GMS, and Central Valley High School to provide card-swipe access control and quick lock-down mechanisms.

“The K-2 facility has a huge impact on Liberty Lake families being able to go to their neighborhood school,” Small said. “By building the K-2 elementary, it will keep us from busing approximately 300 students out of Liberty Lake.”

Building the K-2 school wouldn’t disrupt the community’s new ball fields, which will remain intact, Small said. LLES would convert to serve grades 3-5.

“The other thing that’s important, as Evergreen is expanded, it will relieve pressure on the Greenacres Middle School attendance area.”

Melanie Rose, district spokesperson, said finding room for fifth-graders transitioning to GMS is becoming increasingly more difficult, to the point of asking for more volunteers to go to Evergreen.

“It used to be just the students who moved in during the summer,” she said. “The growth is such that we’re digging into ones who live in the district and have for some time.”

The bond request to improve facilities also considers room for full-day kindergarten at all schools and anticipated growth, Small said. “As soon as buildings are finished, we’d be able to transition all the kindergarten students back to their home schools.”

All district schools would get security upgrades, Small said. Renovation of Greenacres Elementary in itself would provide for much greater safety, he added. Greenacres Elementary is an open-concept school, and that means classrooms are built in pods and have no doorways or walls. The school has blind entryways where visitors can move past the office without being seen, and many access doors.

Renovation would correct the design for secured access and removal of portable classrooms, he added.

Other projects as part of the bond pro-

IF YOU GO ...

The Central Valley School District will host three informational open houses about the 2015 bond and levy measures. Voters are encouraged to bring questions for informal conversation at these events. School tours will be available. All open house events run from 5:30 to 7 p.m.

Jan. 13 — Evergreen Middle School, 14221 E 16th Ave.

Jan. 14 — Opportunity Elementary, 1109 S. Wilbur Road

Jan. 15 — Liberty Lake Elementary, 23606 E. Boone Ave.

ABOUT THE LEVY

The Central Valley School District will also be asking voters to consider the extension of a school levy currently in place. Central Valley voters will be asked on the Feb. 10 ballot to approve a three-year School Programs & Operations Replacement Levy, at estimated \$3.56 per \$1,000 of assessed property valuation. About 22 percent of the district’s annual budget comes from this voter-approved levy, including state matching funds.

posal include:

- Renovate and expand Opportunity and Sunrise, each for 624-student capacity, and Chester Elementary, for 502-student capacity.
- Renovate and modernize Ponderosa for a 502-student capacity.
- Move Summit School from Keystone facility to the old Blake school, and add four classrooms.
- Renovate the old Yoke’s building on Sprague Avenue, recently purchased by the district, partly to house Barker High School, after it vacates Blake. The former grocery store also would hold the Early Learning Center, currently located at the old University High School.
- Land acquisition to expand North Pines Middle School in the future, and to do early specification work for a new high school at 16th and Henry.
- Construction of a new gym roof for Horizon Middle School to replace one that leaks.

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- Local Stewardship
- Invasive Plants and Animals

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COMMUNITY

Community Briefs

Tickets on sale for dance

Tickets are now on sale for the 10th annual Father Daughter Dance to be held 7 to 9 p.m. March 7 at CenterPlace Regional Event Center in Spokane Valley.

Presented by Liberty Lake Kiwanis and the city of Spokane Valley, the theme for the night is Alice's Evening in Wonderland. Tickets are \$45 per father/daughter couple and \$20 for each additional daughter.

To purchase tickets, call 688-0300 or visit www.spokanevalley.org/recreation.

Rabideaux completes basic training

Army Pvt. Chance A. Rabideaux recently graduated from basic combat training at Fort Benning, Ga.

In addition to learning about Army history, traditions and core values, Rabideaux received instruction in drill and ceremony, weapons, chemical warfare, combat, military courtesy and justice, physical fitness and first aid during the nine-week training.

Rabideaux, who is a 2014 graduate of Central Valley High School, is the son of Ticha Rabideaux of Spokane Valley and stepson of Shannon Rabideaux of Liberty Lake.



Does my mom have options besides dentures?

A patient of mine who wore dentures once told me how she chose what to order from a restaurant menu. Her question was not, "What looks delicious?" It wasn't even, "What would be healthy for me?" Instead, she was looking to order the few limited items that she knew she could chew. Her life changed dramatically when we were able to replace her dentures with dental implants instead. While dentures give you about 25% the chewing power of normal teeth, implants provide an actual replacement for natural missing teeth and restore over 90% chewing power. Secured in the gum or jaw, this method of placement makes them the most natural tooth replacement system. In short, they look and feel like your own teeth. You even care for them as you would your natural teeth. While dentures can be initially more affordable, their removable nature not only makes them less reliable, but less functional as well. Dentures require maintenance and care that is both time-consuming and potentially costly over time. We would be happy to visit with you or your loved ones about whether dental implants are right for you.

— Dr. Timothy J. Casey
Liberty Lake resident
Member, American Dental Association



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Heritage Hall of Fame

Liberty Lake landmarks celebrate area's history, culture

By Craig Howard
SPLASH CONTRIBUTOR

When Time magazine released its list of the nation's "Top 50 Roadside Attractions," the sole selection from Washington state highlighted a unique marketing ploy from the 1930s that put the now-defunct Benewah Dairy Co. on the map. A towering milk bottle, visible from Interstate 90 on the drive through downtown Spokane, made the odd, but distinguished roll call, along with a similar jumbo decanter just to the north that is now home to a café known for milkshakes.

The next closest site on the Time's top 50 can be found in Driggs, Idaho, where a 2-ton concrete facsimile of a potato rests comfortably in the back of a 1946 Chevy truck.

From the bizarre to the revered, signature destination points dot towns and cities all over the world map. Visitors to the Midwest make the pilgrimage to the Gateway Arch in St. Louis, symbol of westward migration, while travelers to the quaint southern California village of Cabazon are just as enthused to walk alongside life-sized dinosaur replicas frozen in time, or at least multi-colored plaster.

Can't foot the bill to Wiltshire, England, to visit Stonehenge? Try the kitschy spin-off in Alliant, Neb., that salutes the genuine version with 38 vehicles assembled in a captivating formation known as "Carhenge."

In Liberty Lake, noteworthy sites are numerous, going back to the traditions of the Native Americans who first inhabited the region. History books chronicle the festive annual feeds hosted by Chief Andrew Seltice of the Coeur d'Alene Tribe on the shores of the lake that coincided with horse races staged on the surrounding plains. One of Chief Seltice's neighbors, Etienne Eduard Laliberte, arrived in 1871 from Canada and homesteaded on 25 acres, later changing his name to Stephen Liberty and becoming the namesake of the reservoir once known as Lake Grier.

While plaques and monuments might not mark the site of every former farm or tribal habitation in the area, the city of Lib-



SPLASH PHOTOS BY CRAIG HOWARD (UNLESS OTHERWISE NOTED)

The Legend Tree, which overlooks the Liberty Lake community from atop Legacy Ridge, has held a prominent place on the local skyline for decades. The tree can be spotted in several photos taken in the early 1900s.

erty Lake has done its part to prioritize the historical landscape. A section in the city's comprehensive plan characterizes such properties as "finite and endangered" while emphasizing the importance of "policies and a course of action for the preservation and treatment of our historic and cultural resources."

As a New Year dawns, the Splash has compiled a list of 15 notable sites for 2015 that celebrate both the distant past and more recent heritage of Liberty Lake. As with any subjective collection, there are exclusions that arguably deserve similar recognition. So, with apologies to the monarch butterfly garden in Pavillion Park, the cedar grove in Liberty Lake County Park and the bench in Rocky Hill Park in honor of the late Ethernet pioneer Bernard Daines, we present the inaugural list of Liberty Lake's leading landmarks.

No. 1 — The Legend Tree

Seattle has the Space Needle; Paris has the Eiffel Tower; Liberty Lake has the Legend Tree.

If you ever lose your bearings in Spokane County's easternmost city, just look to the tallest peak where this majestic Ponderosa Pine has stood watch over the basin for parts of three centuries. Perched high atop Legacy Ridge in the city's western section, the Legend Tree can be spotted in several black and white pictures from the early 1900s.

In the 1970s, the tree was part of a unique

backdrop for a winter resort known as Holiday Hills, where a ski lodge and restaurant rivaled the slopes and hospitality of nearby Mt. Spokane. During the Christmas season, proprietors of the resort would decorate the tree with an illuminated star.

"This tree has been growing in our community since the 1800s," said Ross Schneidmiller of the Liberty Lake Historical Society. "Some members of our community believe this tree may have had significance to some of the earliest inhabitants of our area."

Over the years, the Legend Tree has survived a lightning strike and the encroachment of construction on the hill it calls home. Understanding the importance of a natural monument that could not be replaced, the city has stated that "as development occurs on the site, this tree should be included as part of a park or open space area and preserved for future generations."



No. 2 — The pavilion at Pavillion Park

English majors will tell you that the signature pavilion at Liberty Lake's most rec-

ognizable greenspace is spelled correctly, unlike the name of Pavillion Park itself.

Spelling quirks aside, the distinctive structure was patterned after what may have been the most famous landmark in the region's history — the dance pavilion at Liberty Lake Park. The venue was the social hub of the recreational area around the lake that had its heyday in the early 1900s.

Spanning out over the water, the original pavilion became what Haystack Rock is to Oregon's Cannon Beach or Wrigley Field is to the north side of Chicago. Construction was completed in 1909, right around the time a railroad spur line was built off the main tracks between Coeur d'Alene and Spokane. At its peak, up to 22 trains a day were dropping off passengers at the lake on weekends and holidays.

In addition to dancing at the pavilion, motor boating, wading and a tour around the lake for a quarter were popular among visitors. A genuine Rhode Island Red chicken dinner at the MacKenzie Hotel ran 35 cents. The pavilion was eventually torn down in 1962 after being damaged by fire a few years earlier.

The modern version of the pavilion was designed by architect Gary Johnson, a long-time Liberty Lake resident. Each summer, thousands migrate to the sloped amphitheater as the building is transformed into a stage, hosting an array of quality entertainment sponsored by the Friends of Pavillion Park.



No. 3 — Lud Kramer Memorial Plaque

Near the eastern corner of the pavilion at Pavillion Park stands a small monument resembling a podium. The flat part of the marker features an engraved photo of the late Lud Kramer.

Kramer's efforts were vital in mobilizing support for the transition of the Liberty Lake area from an unincorporated patch of Spokane County to an official jurisdiction. The plaque itself acknowledges Kramer, who passed away in 2004, as a leader in the incorporation campaign. The vote itself passed in November of 2000 with nearly 65 percent of the ballot, while cityhood became official on Aug. 31, 2001.

A native New Yorker, Kramer brought political savvy to the new city. He was a

See **LANDMARKS** page 13

COVER STORY

LANDMARKS

Continued from page 12

member of the Seattle City Council before serving as Washington's secretary of state from 1965 to 1975.

In addition to the salute of Kramer, the etched surface includes a photo of Steve Peterson, accompanied by his wife, Charmaine, taking the oath of office as Liberty Lake's first mayor. The inaugural City Council is also pictured taking their oath in well-ordered line.



No. 4 — Marian J. Schneidmiller Rose Garden

Dedicated in October 2000 on the western fringe of Pavillion Park, the Marian J. Schneidmiller Rose Garden pays tribute to one of Liberty Lake's distinguished matrons.

Ross Schneidmiller and his brother, Rod, were catalysts in the project to honor their mother after she passed away in 1998. The memorial is shaped in a half circle with a rock border recalling the stone wall that once served as a backdrop to Marian's cherished roses.

"My mother had climbing roses, and she loved tending to them," Ross said. "At sunrise, when my father would leave to work on the farm, my mother would go outside to work on her roses."

Joice Cary, Liberty Lake's horticulturist, has begun the process of adding a variety of roses to the site featuring a range of types, colors and fragrances. All of the roses are now labeled for identification.



No. 5 — Liberty Lake Golf Course clubhouse

Liberty Lake Golf Course is the oldest of three golf venues that currently sit within Liberty Lake municipal boundaries. The land just north of the lake was purchased in 1955 by members of the Spokane Country Club and sold to Spokane County a year

later for just under \$20,000. By 1958, the county had opened a golf course.

While changes have occurred over the years, including a multi-million dollar renovation that began in 2008, the location's idiosyncratic clubhouse has remained intact. Award-winning architect Warren C. Heylman designed the Mid-Century Modern building with original slopes and rocky facades that blend seamlessly into the forested background and nearby lakefront vistas.

When it premiered, one architectural reviewer described the clubhouse as having "a concrete center with walls of glacier rounded stone from the Spokane Valley floor."

The Spokane International Airport and the Parkade Plaza parking garage are just a few of the other local sites that reflect Heylman's unique approach to building design, though most don't look out over a practice green.



SUBMITTED PHOTO

No. 6 — Sprague Avenue Black Locust trees

A chip shot away from the clubhouse, a double-sided row of Black Locust trees line Sprague Avenue.

Native to the southeastern U.S., the genus known as Robinia Pseudoacacia has been widely planted and naturalized in temperate parts of North America. Those in the know date the small grove on Sprague back to the early 1950s with the original leafy promenade winding down to the shorefront of Sandy Beach.

In late spring, flowers emerge and fall from the overhanging branches, blanketing the street in a fragrant floral carpet. While there is little argument that the natural archway gives the southern border of Liberty Lake a noble, layered look, some who live in the shade of the trees say they also present a safety issue.

In 2010, several residents along Sprague appealed to the city after part of a tree fell and damaged a home. In response, then Liberty Lake Mayor Wendy Van Orman said the city had consulted with arborists who advised removal of two trees and hazardous pruning of 22 others.

"It's our task to keep the neighborhood

See LANDMARKS page 14

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COVER STORY

LANDMARKS

Continued from page 13

intact and try to keep that canopy intact, but safety is our first concern," Van Orman said at the time.

City Engineer Andrew Staples said the city has not received any recent complaints about the trees. Municipal crews sweep the section of Sprague regularly for stray branches and gravel.



No. 7 — Bench commemorating "Shirley's Trail"

At the Nov. 4, 2014, Liberty Lake City Council meeting, Mayor Peterson presented Ron Schoenberger with a plaque proclaiming a section of the municipal trail system as "Shirley's Trail."

The honor was bestowed on Ron's late wife, Shirley, one of the founding members of the Liberty Lake Trails Committee, first established under the umbrella of the Friends of Pavillion Park in 1995. The group provided the initiative for the formation of a Transportation Benefit District in 1999 that drew upon a self-imposed property tax to raise money for a trail system now recognized as one of the best in the state.

Tom Specht, longtime chair of the committee, said Shirley frequently mentioned the need for a paved trail to the east of the Liberty Lake Golf Course. The city completed the work down the slope in 2013.

"She was worried about the safety of people walking down there," Specht said.

The plaque presented to Ron now adorns a bench between the Schoenberger home and the golf course near the crest of the hill. The city attached a concrete base to the bench, which once sat in Shirley's yard.



No. 8 — Pedestrian Bridge

Another collaboration between the Transportation Benefit District and the city led to the construction of a pedestrian

bridge that spans I-90 and links the municipal trail system with the Centennial Trail while providing a gateway for motorists entering Washington from Idaho.

The long-awaited project broke ground in February 2005 at an estimated cost of \$1.5 million. Funding was provided by the city, TBD and state Transportation Improvement Board as well as Greenstone Homes, ACI Construction and the Liberty Lake Sewer and Water District, which each provided in-kind contributions.

"The bridge is an integral link between the southern portion of the city and the northern portion," said former Liberty Lake Community Development Director Doug Smith shortly before the project broke ground.

At the dedication ceremony, the city distributed special commemorative T-shirts. Addressing the crowd, Mayor Peterson acknowledged the vision of trail advocates who championed the idea of the bridge for over a decade.

"This bridge is a culmination of events and efforts from people in our community," Peterson said.



No. 9 — Marines Fallen Heroes installment at Rocky Hill Park

As a former U.S. Marine, Bob Wiese understands the sacrifice made by his fellow soldiers. As a resident of Liberty Lake, Wiese hoped to help his community appreciate the commitment it takes to protect the freedoms many take for granted.

On Sept. 21, 2013, Wiese was among a group that dedicated the first installment of the Fallen Heroes Circuit Course in Rocky Hill Park. The outdoor exercise station honored the memory of Joshua Dumaw, a West Valley High School graduate who was killed in 2010 at the age of 23 while serving as a Marine in Afghanistan.

"We want people to see these stories and know these stories," said Wiese, who lives not far from Rocky Hill Park.

Over 250 people — including several of Dumaw's family members — showed up for the dedication ceremony on a sunny early autumn day. Wiese, who formed a committee to support the project in the spring of 2012, said the Rocky Hill site and four accompanying installments would only add "to an already amazing parks system in Liberty Lake." When finished, the circuit course will cover 5.5 miles and pay tribute to each branch of the military.



No. 10 — Red Barn at Rocky Hill

When discussions about a park in the Rocky Hill neighborhood were taking place in fall of 2006, landscape architect Will Sinclair described the opportunity to create an atmosphere honoring a time when farms and orchards dotted the area.

In referring to grounds that included a vintage barn built in 1948, Sinclair called the future park site "one of the most historic places in Liberty Lake." A well house near the barn has been traced back to the early 1900s.

Today, the Red Barn has become the iconic symbol of Rocky Hill Park, a 14-acre greenspace that broke ground on its first phase in 2008. While ideas like an amphitheater, fishing pond and baseball diamond never made the final cut, the park is home to a playground, tennis courts, soccer field, picnic shelter and basketball court. A community garden similar to one at the arboretum is also part of the terrain.

In 2006, Sinclair said the addition of a communal patch of plants and vegetables near landmarks like the barn and well house would "put gardeners in an historic area that would offer a look back at the agricultural aspect of the community."



No. 11 — Nature's Place at Meadowwood Arboretum

When it officially opened in September 2011, the city's arboretum, Nature's Place at Meadowwood, was said to have the capacity to house 3,665 plants from 100 different species.

The 2.88-acre space near City Hall was donated by the Meadowwood Homeowners Association in 2005, beginning a six-year process to establish a refuge for foliage and contemplation.

"Supporters of the arboretum should be proud of creating such a legacy," said city horticulturist Joice Cary. "An arboretum states that a city sees beyond the immedi-

ate into the future and chooses to provide a beautiful place of permanence and respite for its citizens."

Liberty Lake has received its official "Tree City" status from the Arbor Day Foundation. In the arboretum and throughout Liberty Lake, Cary says the local tree inventory represents a special branch of the community, providing biodiversity, shade, learning opportunities, water filtration and an aesthetic layer that emphasizes a commitment to the environment.

"The arboretum will continue to grow with the city of Liberty Lake, not only in height but also in the number of species," Cary said.



No. 12 — Trailhead in the winter

The frozen days of early February are not typically the time of year when media outlets in Spokane provide updates from local golf venues.

Yet the crew from KXLY-TV figured there was a story in 2013 when the Trailhead at Liberty Lake Golf Course had been open for several days despite "the hills in the distance still covered in snow." With the turf below the slopes clear, Trailhead was seeing familiar faces like Edgar Shields, 84, break out the clubs.

The course itself remains open throughout the year — as long as the snow stays away. Temporary greens and the exclusion of golf carts protect the grounds.

Part of Trailhead's year-round appeal has to do with a covered driving range that features 10 covered and enclosed stations, half of which are heated. The range is open seven days a week, 362 days out of the year and regularly draws winter golfers who can work on their game despite conditions more closely resembling Antarctica than Augusta.

Trailhead pro Chris Johnston told KXLY that it was not uncommon for the range to be utilized "even when the entire course was covered in snow."

No. 13 — Air Force Fallen Heroes installment at Pavillion Park

The second Fallen Heroes Circuit Course installment was dedicated in Pavillion Park on Memorial Day in 2014 in honor of Air Force Capt. Victoria A. Pickney, who died in an airplane crash on May 3, 2013, during a refueling operation in Kyrgyzstan.

See LANDMARKS page 38

Scenic photos receive top slots in LL directory

Winning photos to be featured in 15th annual edition

FROM STAFF REPORTS

Local photographers submitted a variety of photos featuring the great outdoors and natural wildlife for the annual Liberty Lake Community Directory photo contest. For the contest, the public was asked to submit photos representing Liberty Lake to be considered for use within the directory.

Susie Middaugh's photo of a rainbow was selected as the winning shot and will be featured on the cover of the 2015 directory. An owl photo by Michael Hassett received second place, and Sarah Doll was awarded third place for her scenic shot of the Saltese Flats area.

The top three finishers will receive gift cards to a directory advertiser of their choice. Selected photos from runners

up are featured throughout the community and residential sections of the directory.

The contest was sponsored by Peridot Publishing, the Liberty Lake-based company that also distributes The Splash newspaper, The Current news-magazine and the One Valley Business & Community Directory. This is the fifth year the photo contest has been offered allowing photographers to submit their work for consideration in the directory.

The 2015 Liberty Lake Community Directory will be distributed by mail at the end of December and beginning of January to every home with a Liberty Lake ZIP code. Residents who do not receive a copy by the end of the month are asked to contact 242-7752 or directory@libertylakesplash.com.



SUBMITTED PHOTOS

Susie Middaugh's photo of a rainbow was selected as the winning image of the 2015 Liberty Lake Community Directory photo contest. Michael Hassett claimed second prize with his photo of an owl. A Saltese Flats photo by Sarah Doll was awarded third place.

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2015 Bond & Levy Open House

January 13 • 5:30–7pm
Evergreen Middle School
14221 E. 16th Avenue

January 14 • 5:30–7pm
Opportunity Elementary
1109 S. Wilbur Road

January 15 • 5:30–7pm
Liberty Lake Elementary
23606 E. Boone Avenue

School tours will be available.

For more information, call 228-5405 or visit www.cvdsd.org



On February 10, Central Valley voters will be asked to consider approval of a \$121.9 million construction bond and a three-year replacement levy. Voter approval will not raise the tax rate.

Construction bond projects:

School renovations:

- ♦ **Evergreen Middle School** – renovate and expand original 1974 building, increasing student capacity from 600 to 750
- ♦ **Opportunity Elementary** – renovate and expand original 1968 school building, increasing student capacity from 408 to 624
- ♦ **Greenacres Elementary*** – renovate and expand original 1978 school building, increasing student capacity from 515 to 624
- ♦ **Chester Elementary*** – renovate and expand original 1974 school building, increasing student capacity from 310 to 502
- ♦ **Sunrise Elementary*** – renovate and expand original 1980 school building, increasing student capacity from 467 to 624
- ♦ **Ponderosa Elementary*** – renovate and expand original 1979 school building, increasing student capacity from 344 to 502
- ♦ **Barker High School & Early Learning Center** – renovate former Yoke's grocery store building (16 N. Progress) to serve 220 students currently attending Barker High School (located in former Blake Elementary) and more than 380 preschool students currently located in the old University High School

*schools with open-concept floor plan

New schools:

- ♦ **New Elementary School** – expand elementary capacity by 624 students in the eastern portion of the district. Build new elementary school adjacent to Liberty Lake Elementary to serve students in grades K-2. Transition Liberty Lake Elementary building to serve students in grades 3-5.
- ♦ **Preliminary Planning for New High School** – develop educational specifications for future comprehensive high school to be located at 16th & Henry

Additional projects:

- ♦ **Safety and Security upgrades** – improve school entry points and communication infrastructure to strengthen school safety and security
- ♦ **Land acquisition for North Pines Middle School** – purchase additional land for future relocation of school on same site
- ♦ **Four additional classrooms for Summit School** – expand capacity of Blake Elementary (currently Barker High School) to accommodate Summit School relocation
- ♦ **New gym roof for Horizon Middle School** – remove and replace failing gym roof system

COMMUNITY

Calendar of Events

COMMUNITY EVENTS

Dec. 29-31 | Game Week Liberty Lake Municipal Library, 23123 E. Mission Ave. All ages welcome to play board or card games and put together puzzles. Leap Motion equipment and YA tablets will also be available, and patrons are welcome to bring their own. Snacks provided. For more: 232-2510

Dec. 29-31 | Puzzle Challenge Liberty Lake Municipal Library, 23123 E. Mission Ave. The fairy tale puzzle challenge returns for all ages. Put together the big puzzle during Game Week and then identify as many fairy tales as you can. Prizes will be awarded for those who can find the most. For more: 232-2510

Jan. 1 | New Year's Day

Jan. 3-4 | Christmas Tree recycling 9 a.m. to noon, Central Valley High School, 821 S. Sullivan Road, Spokane Valley. Boy Scout Troop 400 will be accepting Christmas trees for recycling at this location. They will also come pick up trees. Requested donation is \$5 for drop-off or \$10 for pick-up. For more: www.troop400.net/trees

Jan. 6, 13, 20, 27 | Create Space: Canvas Art 4 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. Open to first through fifth graders; registration required. To register or for more: 232-2510

Jan. 8 | Tweens book club 4 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. Interested tweens ages 9 to 12 are invited to discuss book lists and dates for the year. Food and drink will be provided. For more: 232-2510

Jan. 12-16 | Lego Mania Liberty Lake Municipal Library, 23123 E. Mission Ave. Entries can be brought anytime during library hours. New size limit is 24 inches high by 15 inches wide. Voting will take place Jan. 20-28; winners will be announced on Jan. 31. For more: 232-2510

Jan. 15 | CV Bond & Levy Open House 5:30 to 7 p.m., Liberty Lake Elementary School, 23606 E. Boone Ave. Residents are invited to bring questions and engage in informal conversation about the Central Valley construction bond and replacement levy that will be brought before voters Feb. 10. Open houses will also be held Jan. 13 at Evergreen Middle School, 14221 E. 16th Ave., and Jan.

14 at Opportunity Elementary, 1109 S. Wilbur Road in Spokane Valley. For more: www.cvsd.org

Jan. 16 | Winter Reading Challenge concludes Liberty Lake Municipal Library is encouraging kids to read for four hours and youth through adults to read four books. Participants are asked to return qualifying read records for prizes by Jan. 16. For more: 232-2510

Jan. 19 | Martin King Luther Jr. Day

Jan. 26 | Financial Peace University begins 6 to 8 p.m., Liberty Lake Municipal Library, 23123 E. Mission Ave. This nine-week financial course created by Dave Ramsey will help attendees learn how to manage finances and become debt free. Cost is \$93; space is limited. For more: www.daveramsey.com

Recurring

Friends of the Liberty Lake Municipal Library 4 p.m. the last Tuesday of every month, Library, 23123 E. Mission Ave.

Kiwanis Club of Liberty Lake 6:45 a.m. Wednesdays, Liberty Lake City Hall, 22510 E. Country Vista Drive. For more: www.libertylakekiwanis.org

Liberty Lake Centennial Rotary Club Noon Thursdays, Meadowood Technology Campus Liberty Room, 2100 N. Molter Road. For more: 922-4422

Liberty Lake Lions Club Noon on the second and fourth Wednesdays of each month, Barlow's Restaurant, 1428 N. Liberty Lake Road. For more: 869-7657

Liberty Lake Municipal Library 23123 E. Mission Avenue. 10:30 a.m. Tuesdays, toddler story time; 4 p.m. Tuesdays, Create space for kids; 10:30 a.m. Wednesdays, preschool play; Noon Thursdays, Baby lap-sit story time; 4 p.m. Thursdays, Teen makers; 7 p.m. Thursdays, pajama story time; 10:30 a.m. Fridays, preschool story time; 4 p.m. Fridays, Lego club; 10:30 a.m. Saturdays, Knitting Club; 1:20 p.m. Saturdays, kids craft. For more: 232-2510

Liberty Lake Toastmasters 5:45 to 7 p.m. Wednesdays, Liberty Lake Sewer and Water District building, 22510 E. Mission Ave. For more: 208-765-8657

Pancreatic Cancer Action Network 6:30 p.m. the first Monday of each month, Liberty Lake Municipal Library, 23123 E. Mission Ave. For more: www.pancan.org

Senior Lunch 11 a.m. to 1 p.m. Monday through Friday, Talon Hills Senior Complex, 24950 E. Hawkstone Loop. Seniors age 60 and older invited; recommended donation \$3.50.

Spokane Valley Writer's Group 6:45 p.m. the first and third Thursdays of every month, Lakeside Church, 23129 E. Mission. This supportive critique group welcomes adult writers. For more: 570-4440

MUSIC & THE ARTS

Jan. 4 & 5 | "American Idle: Murdering the Music" auditions 6 to 9 p.m., Liberty Lake Community Theatre, 22910 E. Appleway Ave. Roles available for males and females ages

16 and up. The show performs Feb. 27 through March 15. For more: www.libertylaketheatre.com

Recurring

Spokane Valley Camera Club 7:30 p.m., third and fourth Monday of the month (September through April), Liberty Lake Sewer and Water District building, 22510 E. Mission Ave. Those with an interest in photography are invited to arrive at 7 p.m. for socializing. For more: 951-1446 or www.sv-cc.org

• *Digital night is Jan. 19; print night is Jan. 26.*

CIVIC & BUSINESS

Jan. 9 | Women Executives of Liberty Lake (WELL) 12:45 a.m. to 2 p.m., Liberty Lake Portal, Mica Peak room, 23403 E. Mission Ave. Guest speaker is business coach Ulrike Berazu. For more: womenexecutivesoflibertylake.com

Jan. 31 | Gem of the Valley Awards of Excellence 5:30 p.m., Mirabeau Park Hotel, 1100 N. Sullivan Road. Hosted by the Greater Spokane Valley Chamber of Commerce, the public is welcome for this night of dinner, awards recognition and auction. Tickets are \$55. For more: www.spokanevalleychamber.org

Recurring

Central Valley School board 6:30 p.m. on the second and fourth Mondays of each month, CVSD administration building, 19307 E. Cataldo, Spokane Valley.

Liberty Lake City Council 7 p.m. on the first and third Tuesdays of each month, City Hall, 22710 E. Country Vista Drive.

Liberty Lake Library Foundation Noon the first Wednesday of each month, 23123 E. Mission Ave.

Liberty Lake Merchants Association 11:30 a.m. Tuesdays, Liberty Lake Portal, 23403 E. Mission Ave., Suite 120. For more: 999-4935

Liberty Lake Municipal Library board 10:30 a.m. the first Thursday of each month, 23123 E. Mission Ave.

Liberty Lake Planning Commission 4 p.m. on the second Wednesday of each month, City Hall, 22710 E. Country Vista Drive.

Liberty Lake SCOPE 6:30 p.m. on the first Wednesday of each month, City Hall, 22710 E. Country Vista Drive

Liberty Lake Sewer and Water District board 4 p.m. on the second Monday of each month, 22510 E. Mission Ave.

HEALTH & RECREATION

Dec. 31 to Jan. 1 | Year End Countdown 9 p.m. (Wed.) to 8 a.m. (Thurs.), HUB Sports Center, 19619 E. Cataldo Ave. This New Year's Eve Party for high school and middle school students is presented by Revolution-Shaken-HRC Ministries. Cost is \$10 and includes food, activities, live DJ and more. For more: www.hrcministries.com/nye2015

Jan. 4 | Frost Fest Volleyball scrimmages 8:30 a.m. to 4:30 p.m. HUB Sports Center, 19619 E. Cataldo Ave. Cost is \$100 per team. For more: www.hubsportscenter.org

Jan. 7 | Special Olympics Unified Sports Basketball 3 to 5 p.m. HUB Sports Center, 19619 E. Cataldo Ave. This inclusive sports program partners with Special Olympics athletes on teams for training and competition. Competitions carry on Wednesday afternoons throughout January. For more: pbryant@sowa.org

Jan. 18 | Winter Warm Up Volleyball Tournament 8 a.m. to 6 p.m. HUB Sports Center, 19619 E. Cataldo Ave. U14 and U16 teams are invited to participate. For more: www.evergreenregion.org

Jan. 19 to 22 | USA Boxing National Championships HUB Sports Center, 19619 E. Cataldo Ave. Preliminaries will be held at the HUB while semifinals and finals will be held at Northern Quest Resort & Casino. For cost and more: www.teamusa.org

Jan. 20 | Healthy Living seminar 6 p.m., 2207 N. Molter Rd Ste. 203. A presentation on the CoolSculpting procedure will be made by Healthy Living Liberty Lake. To register or for more: 924-6199 or www.healthylivingll.com

Jan. 25 | Winter Warm Up Volleyball Tournament 8 a.m. to 6 p.m. HUB Sports Center, 19619 E. Cataldo Ave. This is a U14 tournament. For more: www.evergreenregion.org

Jan. 25 | Futsal Fest Adult Tournament 8:30 a.m. to 6 p.m. HUB Sports Center, 19619 E. Cataldo Ave. Men's, women's and co-ed divisions are available in this 4-v-4 tournament. Registration is \$175 per team if registered by Jan. 7. For more: www.hubsportscenter.org

Recurring

KidFIT Spokane HUB Sports Center, 19619 E. Cataldo Ave. This children's movement and fitness program offers classes in dance (ballet, tap, jazz, hip hop), gymnastics and cheerleading for girls and boys ages 3 and older of all levels. Join anytime. For more: 953-7501 or www.kidfitspokane.com

Realistic Wellness 8:30 a.m. Saturdays, Lakeside Church, 23129 E. Mission Ave. This co-ed exercise class is for all levels. For more: 210-9779

HUB Sports Center 19619 E. Cataldo Ave. Various activities and events occur throughout the week including:

- *Badminton open gym: 7 to 9 p.m. Tues., \$5/person*
- *Basketball open gym: Noon to 1 p.m. Tues., \$4/person*
- *Pickleball drop-in: 12:30 to 2:30 p.m. Mon. through Thurs.; 6 to 8 p.m. Sun. \$2/seniors (\$4/non-seniors)*
- *Table Tennis: 7 to 9:30 p.m., Mon. and Wed.; \$3/player*
- *Classes including Bootcamp Fitness Training, Keno Karate, Modern Farang-Mu Sul, Wing Chun Kung Fu and Sushu Kung Fu. See website for cost and times.*

All calendar listings were provided to or gathered by Splash staff. If you would like your event considered for the community calendar, please submit information by the 15th of the month to calendar@libertylakesplash.com.

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'Like I got in a time machine'

Weight loss, improved fitness proved life-changer for LL man

By Lauren Campbell
SPLASH CONTRIBUTOR

In the summer of 2013, Tom Coffin was on the cusp of 40 and weighed 267 pounds.

"I just thought, I better do something about this or I won't be around for long," he said.

Coffin, who played baseball in college, never paid much attention to fitness in the intervening years. The weight crept up on him, until the day he found himself running late for a meeting and had to catch his breath outside the room so he wouldn't embarrass himself in front of a client.

"It just all caught up with me," the Liberty Lake resident said. "I was probably on the path to diabetes, and my doctor told me I might need blood pressure medication."

Determined to get his health back, Coffin purchased Insanity, a 60-day workout program developed by Beachbody LLC. The program, which requires no special equipment and is done at home, includes workout videos and a nutrition plan.

"My wife said, 'I hope you didn't just waste \$100.' So I guess that kept me motivated to stick with it," Coffin said.

When he started the program, his body was in shock. It was hard on his joints, he said, and he wanted to quit just about every day.

"I used to be an athlete; there was plenty of physical challenge there," he said. "But it was nothing compared to this."

Transitioning from rare gym visits to exercising intensely for an hour six days a week meant that the results came fast. In two months, he lost 35 pounds and nine inches from his waist. Now, at 41, he's in better shape than he was as a college athlete.



SUBMITTED PHOTOS

Liberty Lake resident Tom Coffin said his health made a dramatic improvement a little over a year ago when he decided to take on the Insanity workout program, as pictured here before and after.



Coffin expected to see results from the workout plan, but in retrospect says that the nutrition plan made an even bigger impact than the exercise.

"I used to be addicted to fast food and Mountain Dew — I would drink a 24 pack in a week," he said. "Now, I think I'd get sick if I ate fried food."

Coffin cut out soda, bread and most sugar. Now, he focuses on eating lean protein and keeping his metabolism high by eating five or six small meals in a day.

His wife, who is a nurse, always hoped he would improve his health, especially his diet.

"You can only say so much," Christy Coffin said. "At some point, they have to do it themselves."

The two-month program turned into a complete lifestyle change for Coffin. He doesn't crave sugary desserts anymore. He liked the results he got from Insanity so much that he did it again — and lost another ten pounds. He also did the follow-up program to Insanity, which is called Asylum, and Beachbody's other programs, Body Beast and P90x. Now, Coffin weighs 215 pounds and is working on building muscle.

For the first few weeks, nobody else seemed to really notice his weight loss, but it wasn't long before everyone was asking

profiles:

TOM COFFIN

Age

41

Day job

Financial advisor

Words of wisdom

Your life can be completely transformed just by putting in the effort.

Favorite hobby

Watching his daughters play sports and riding bikes as a family

Favorite healthy meal

Multi-grain tortilla pizza with turkey pepperoni and turkey sausage

He's inspired by

Shaun T, the creator of Insanity, and Tony Horton, the creator of P90x

Favorite place he's traveled

Cancun, Mexico

what he had been doing. Now, people are always asking him for advice, and he loans his programs to friends regularly. His advice to anyone looking to get back in shape is simple: just do it.

"Getting started is always the hardest part," he said. "Getting up and doing something for 30-60 minutes is."

The impact of the whole process on his life has been a lot bigger than toning up.

"Insanity completely revamped me as an individual," he said. "I feel like I got in a time machine, and I'm 20 years younger."

He used to be tired all the time, and now always has enough energy. He's more efficient at work, a better husband, and a better father to his three daughters, ages 10, 7 and 3.

"This transformation was amazing to watch," Christy Coffin said. "I was skeptical at first — I thought he'd do it for a month. I was surprised he stuck with it, and then in awe, and now I'm just so impressed he's stuck with it. He has way more energy — he's constantly doing something — and his whole demeanor is different."

Coffin is thrilled to have succeeded, and thrilled with his newfound vigor. He's more confident and has the energy to enjoy his life.

"I got in a rut of accepting that this was how my body was," he said. "But it didn't have to be."

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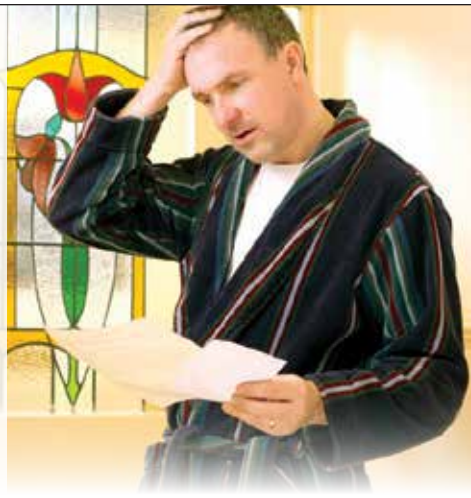
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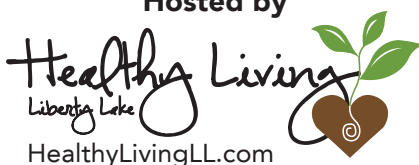


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Photos courtesy of Grant Stevens, MD (no weight change)

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A special section
just for kids

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Celebrating 16 with a twist

Teens pass on gifts to hospitalized kids

By Tammy Kimberley
SPLASH STAFF WRITER

Although Hannah Windhorn doesn't turn 16 until Jan. 22, she smiles when talking about the celebration she and her friend Aarika Merrill pulled off in the fall.

Aarika's 16th birthday was at the end of September, so the duo decided on a date in the middle to host a joint party... with a twist. The Central Valley High School sophomores transformed their birthday bash into a giving gala for children at their Nov. 8 "Gatsby Girls Give Back" party.

The idea came about last summer while the girls were working with younger children at a church Vacation Bible School program.

"We wanted our party to not just be about us, but something that could help the community," Aarika said.

They eventually settled on helping children at Sacred Heart Hospital. It was something Aarika had personal experience with since she remembered receiving gifts as a younger child during a hospital stay when diagnosed with Type 1 diabetes.

Then came the party planning. Since Hannah loved "The Great Gatsby," a novel by F. Scott Fitzgerald, the girls decided the roaring 20s would be a great theme for the celebration. With a lot of help from their parents, the girls booked a DJ, created a food list and planned games and prizes.

They also handed out Gatsby-themed invitations with ideas of toys that party

attendees could donate—in lieu of gifts for the girls—to be given to children staying at Sacred Heart.

"Our friends thought it was really cool, something different than just us receiving gifts," Hannah said.

When the night came, decorations turned a plain meeting room at the Spokane Valley Library into a Gatsby-inspired, sparkly venue. And the girls' friends jumped on board to make the night a success. Over 40 teens dressed up in 20s attire and brought board game, art supplies, books, nail polish, Legos, gifts cards and other presents for kids.

One of the girls' friends, Brooke Cline, said she thought collecting toys for children was a "very giving and selfless idea." Shannon Edwards, another friend, said she was glad to attend the party and it inspired her to make a difference.

"While I first saw the fundraiser idea on their invitation, I thought it was really generous of them," Shannon said. "It's not something most 16-year-olds would think of doing for a party... and The Great Gatsby theme was very clever and made the party unique."

Sheryl Merrill, Aarika's mom, said she was encouraged by the generosity of the girls' friends.

"They brought a ton of toys. It was such a good group of kids who had a great time at the party," she said. "They felt good about doing good."

On the Monday after the party, Aarika and Hannah delivered 40 gift bags to a child life specialist at Sacred Heart Children's Hospital. She assured the girls that the presents would be used to uplift the spirits of kids who are undergoing treatment, waiting for results or just needing a distraction from their illness.

It's important for people of all ages to look for ways they can help out others, Hannah said.

"We're all together in a community," she said. "Helping each other out by even the slightest thing, even one toy, can make a huge difference. It's important for kids to see what they can do to make a difference."

Lisa Windhorn, Hannah's mom, said she was proud of the girls and all the friends that showed up to support them.

"Giving is always, always better than receiving," she said. "The kids all dressed up in roaring 20s attire and had a great time for a great cause. Kids giving to kids—it's very touching."



SUBMITTED PHOTOS

Hannah Windhorn and Aarika Merrill hosted a 1920s-themed "Gatsby Girls Give Back" party in honor of their 16th birthdays. In lieu of birthday presents, guests brought toys (shown below) that were donated to kids at Sacred Heart Children's Hospital.



COMMUNITY

Snack on this

By Tammy Kimberley
SPLASH STAFF WRITER

Even though January can be cold, dark and dreary, the month has a bright spot in that it recognizes some tasty comfort foods. National Popcorn Day is Jan. 19, National Pie Day is Jan. 23 and National Peanut Butter Day is Jan. 24, not to mention that National Pizza week is celebrated the second week of January.

This activity will test your knowledge on each of these largely popular food items. Using the key, write down the letter corresponding to your answer for each of the statements in order to answer the question: What was the first vegetable grown in space? If you get stuck, the answers can be found at the bottom of the page.



- _____ 1) If you lined up the number sold at U.S. stores in one year, it would circle the globe and then some.
- _____ 2) 94% of Americans eat this at least once per month.
- _____ 3) During Colonial times, housewives served this item with sugar and cream for breakfast.
- _____ 4) The U.S. produces and eats more of this than any other country in the world.
- _____ 5) It has more iron than eggs, peanuts and spinach.
- _____ 6) Saturday night is the most popular time to eat this food.

15 ways to help others in 2015

Compiled by Tammy Kimberley
SPLASH STAFF WRITER

Many people make resolutions this time of year. These ideas are often ways individuals can improve themselves, but we are challenging kids to think about ways they can help others in the coming year.

Serving others doesn't always take a lot of time. Many of the activities listed below take 15 minutes or less. While you could do many of these things alone, it's always more fun with a friend or family member—so invite them to come along!

1. Be a good neighbor by bringing up neighborhood trash cans to houses or shoveling driveways and sidewalks on a snowy day.
2. Create a homeless care kit in a sock. Include items such as toothbrush, snacks, hygiene items and the other sock, of course.
3. Leave a note of gratitude/thankfulness in your mailbox for the mail carrier, especially on rainy or snowy days when their job is most difficult.
4. Go through your toys and clothes and donate them to a charity or group that can use them to assist others.
5. Offer to run errands, walk a dog or cook a meal for someone who is injured or sick.
6. Plant individual flowering plants in pots to take to a nursing home or assisted living facility in the spring or summer. Stay for a while and ask residents to share stories from their lives.
7. Make encouraging cards to be sent overseas to military personnel. Many groups do this during the holidays, but it can be done any time of the year.

8. Pick up litter or trash at a local park, or adopt a town landmark or monument and keep it clean.

9. If you're an animal lover, research ways to help a local animal shelter, whether it be by putting on a pet food drive, walking animals or participating in awareness events.

10. Volunteer to deliver Meals on Wheels to older citizens in the community. (Your parents have to be on board for this activity, since you'll need a driver.)

11. Leave a happy sidewalk chalk message on the driveway or sidewalk of a friend or someone who needs encouragement.

12. Buy gift cards or deliver special treats to the local police or fire station to show appreciation for the services they provide.

13. Sign up for a run or activity where the proceeds go to others in need. A couple local events include the CV Heart in Hand run in the spring benefitting local homeless families and the Sugar Rush in the fall to raise funds for Inland Northwest Baby.

14. Participate in a local food drive. Several school service organizations typically send groups to local grocery stores around the holidays to collect food for families in need.

15. If acting is your thing, volunteer at your local theater or organize neighborhood kids to put on a play or movie for parents and friends. Bringing entertainment to others is a valid way of serving!



Welcoming in the new year

While you're waiting for the big ball to drop indicating the start of 2015, celebrate with these games and ideas that can be done with family and friends. And if you have fun prizes for the winners, it adds even more to the excitement!

Resolutions: Ask everyone to write down their resolutions on pieces of paper that are placed in a basket. Then read them and have everyone guess who made the resolution. Or you can have people write down three resolutions—two that are real and one that is fake—and party-goers have to guess which is the fake resolution.

Scavenger hunt: Hide items related to New Year's Eve throughout your house and provide party-goers with a list of items to find. Possible items to find include a party hat, noise makers, a clock, balloon and calendar—be creative to come up with your own ideas!

Time capsule: Place your resolutions along with any other mementos from the past year in a container. Hide it and decide not to open it until next year.

Word games: See how many words people can make from the letters in "New Year's Eve." Or scramble the letters of words that have to do with New Year's Eve and see who can guess the most correctly.

Source: www.howdoesshe.com/15-fun-new-years-eve-activities-for-kids-or-adults/

Answer: 1) R 2) O 3) T 4) A 5) T 6) O. In October 1995, NASA and the University of Madison (Wis.) created the technology to grow a potato. Coincidentally, the top producers of this vegetable include Idaho, Washington and Wisconsin.



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'More than just a class'

Body Fit members bond through life's stages

By Sarah Robertson
SPLASH CONTRIBUTOR

It's 7:45 a.m. — no longer night but too dark to possibly be morning. Most people are rushing out the door to work or school. Perhaps the lucky ones are enjoying a cup of coffee with the morning paper.

But at the Liberty Lake Athletic Club, a dedicated group of ladies has their mats out and exercise balls and weights ready for a great workout.

This is no ordinary group. Most of the women are a bit gray, and there is one using a walker. It's the former "Fit After 50" class. Though it has been renamed "Body Fit" and open to all ages and genders for a while, the demographic has remained much the same.

It's obvious that it is a tight-knit group. Everyone chats before class begins. No one sits silently on her mat looking awkward like in some fitness classes.

"The reason is we all stick together. It's not just a class," long-time member Ginger Brooker said. "When somebody doesn't show up, we call."

Nancy Brubaker, an American Council on Exercise (A.C.E.) certified trainer, has been teaching the class for more than three years. She has special training to work with the elderly and also leads Cluster Fit sessions for seniors.

But Brubaker, 54, also is much more than an instructor—she is part of the group. When she shared that her husband had cancer and was expected to only live for months, the group banded together to support Brubaker.

"We all pitched in," said Molly Hilby, who has been attending the class for the past decade. "We've all been through something."

Even though Brubaker's husband has been in remission for three and a half years, the members of the class still ask about every doctor's appointment and ailment.

"They want to know everything that goes on," Brubaker said. "Because it's my passion,



SPLASH PHOTO BY SARAH ROBERTSON

Members of the Body Fit class gather every Tuesday and Thursday morning at the Liberty Lake Athletic Club. Nancy Brubaker, pictured third from right in front row, leads the class.

I open myself up to them and they open themselves up to me."

Most of the ladies have been through an illness, injury or death of a spouse. One member recalled how the class helped her laugh when her husband was very ill. Their unique bond also provides comfort and support as they step into the golden years.

After Linda Doyle retired two years ago, she had bad knees and a shoulder replacement. The class helped her get into shape and gave her a "great support network."

"Aging isn't easy. But when you have friends like this, it's fun!" Doyle said.

Cindy Jonz said the group functions like a family.

"We all help each other so much," she said. "You spend time around these people, and you feel better."

The class is all about functional fitness, Brubaker explained, and it includes Pilates, yoga, strength training, core exercises and stretching.

"It's a very good beginner class and all the equipment is provided," she said.

Julie Kienbaum said she appreciates the tailored workouts that allow participants to do exercises suited to their abilities. For example, one member with a walker attends regularly and does the same exercises modified to her ability.

IF YOU GO ...

Body Fit

7:45 to 8:30 a.m., Tuesday and Thursday
Liberty Lake Athletic Club

You don't have to be a member of the Liberty Lake Athletic Club to join the class; punch cards for classes can be purchased. All equipment is provided.

Cluster Fit is also offered exclusively for seniors. During four sessions a group of five seniors is shown how to use gym machines, weights and other equipment.

For costs and more: 891-2582 or www.libertylakeathleticclub.com

"She is an inspiration to us all," Hilby said, "because she comes and works hard."

Brubaker said she loves to see people of all ages and abilities staying fit. While her position at Liberty Lake Athletic Club isn't specifically dedicated to seniors, she tends to work with older people—something she has enjoyed doing from a young age.

"Ever since I was a little girl, I worked with seniors," she said. "My mother took me to the senior homes, and we would take them out in their wheelchairs around the neighborhood... my mother taught

me to care for older people."

The seniors Brubaker works with now are in much better shape, but she still enjoys their company and helping them stay active and healthy.

"Because I am older, people find me less intimidating," Brubaker said.

The ladies who take her class certainly don't find Brubaker intimidating. They have become a tight-knit group of friends. Brubaker even organizes a girls' night out once a month that is hosted by a different lady every month and includes a theme, games and food.

"It's more than just a class," Brubaker said, "it's a group of people that care about each other."

— King Crossword — Answers

SCOTT	DUKAS
CLOCHE	ERICAS
AUSTIN	MARTIN
RIM	STEELILO
ICON	HRS
BESOT	ANGLERS
BUT	EEL
AMALGAM	TORSI
LONE	LAC
PHD	LLLOYD
HARVEY	CARELL
AWEIGH	LIEGES
KAZOO	ESTER

COMMUNITY

Trivia Test

- ANIMAL KINGDOM:** What would a group of emus be called?
- SCIENCE:** What is the only known metal that turns to liquid at room temperature?
- MYTHOLOGY:** In Greek mythology, what was the name of the ship that Jason used in pursuit in the Golden Fleece?
- AD SLOGANS:** Which company's ads claim its services are "So easy a caveman can do it"?
- FAMOUS QUOTATIONS:** Which ancient philosopher once said, "If you do not change direction, you may end up where you are heading"?
- MEDICAL:** What is the condition called cyeis?
- TELEVISION:** Who used to sign off his program with the words, "Good night and good luck"?
- LANGUAGE:** What is the American equivalent of the British term "braces"?
- MOVIES:** In which film is "The Children's Marching Song" performed?
- LITERATURE:** What is the subject matter of the book "Ten Days That Shook the World"?

— 2014 King Features Syndicate Inc.

Identifying value of dishes, Star Wars figures

'Collecting' by Larry Cox
KING FEATURES SYNDICATE

Q: Although I don't collect Fiesta Ware, I spotted a coffee creamer, sugar and tray set at a local thrift shop and bought it. I paid \$25 for the set, which is turquoise in color. A neighbor of mine, who does collect, has offered me \$150 for the four pieces, but I thought I would check with you first. — *Barbara, Rio Rancho, N.M.*

A: This set was a special promotion, made from 1940 until 1943, and is a unique design, different from the earlier stick-, scroll-, and ring-handled pieces. The standard color combination was Cobalt Blue for the tray (stamped "Genuine Fiesta") and Yellow for the creamer and sugar (marked "Made in USA") but other colors including both turquoise and red also were issued.

According to "Warman's Fiesta Ware: Identification & Price Guide" by Mark F. Moran and published by Krause Books, you made quite a good buy. Moran believes the pieces in turquoise are rare, \$4,700 to \$5,000 for the creamer, \$400 to

\$425 for the sugar and \$500 to \$600 for the tray.

Q: I have some Star Wars action figures from "The Empire Strikes Back" movie. I purchased them during the early 1980s. Can you recommend a good price guide for me? — *Herb, Great Falls, Mont.*

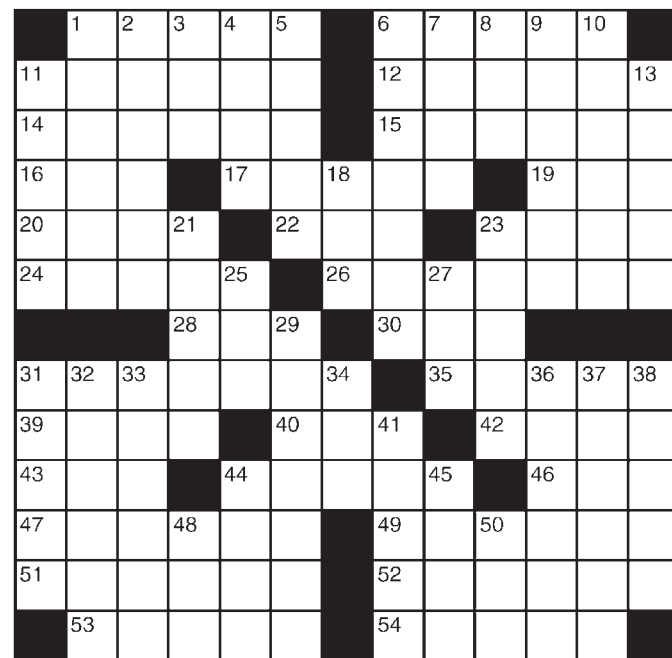
A: There are several excellent price guides for Star Wars memorabilia. One of the better ones is "The Official Price Guide to Star Wars Memorabilia" by Jeremy Beckett and published by House of Collectibles. This guide features thousands of items with current values, including books, action figures, posters, comics and trading cards. There is even advice on where and how to sell, along with a condition and grading guide. As I often state in this column, condition is always extremely important when it comes to antiques and collectibles, whether it be a Civil War-era newspaper or an Admiral Ackbar action figure.

Write to Larry Cox in care of KFWS, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to questionsforcox@aol.com. Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor do appraisals. Do not send any materials requiring return mail.

King Crossword

ACROSS

- "Great —!"
- "The Sorcerer's Apprentice" composer
- Woman's snug hat
- Jong and Kane
- Steve of the WWE
- Steve of "The Jerk"
- Edge
- Bessemer material
- U.N. workers' org.
- Screen image
- Day divs.
- Acknowledge
- Muddle with liquor
- Fishermen
- However
- Moray, e.g.
- Combination
- Trunks
- Unrivaled
- Fond du —, Wis.
- Garden intruder
- Third degree?
- Frank — Wright
- Aye undoer
- Steve of "Family



- | | | |
|-------------------------------|----------------------------|----------------------|
| 49 Steve of "Evan Almighty" | 7 Kazakh river | 33 Tenor Bocelli |
| 51 Just off the ocean's floor | 8 Creme de cassis cocktail | 34 Long March leader |
| 52 Feudal lords | 9 Hardly idle | 36 Break a promise |
| 53 Buzzing instrument | 10 Tar | 37 Caulking matter |
| 54 Perfumery compound | 11 Antillean tribe member | 38 Pastoral pieces |
| | 13 "The — of Kilimanjaro" | 41 Washer phase |
| | 18 Historic time | 44 Toy block name |
| | 21 Aristocratic | 45 Speaker's spot |
| | 23 Let | 48 Namely (Abbr.) |
| | 25 Yank | 50 Pensioned (Abbr.) |
| | 27 Understand | |
| | 29 Fox hunt cry | |
| | 31 Socially dominant | |
| | 32 Punk rocker's coif, | |

DOWN

- Floodgate
- Carl Sagan topic
- Autumn mo.
- Not that
- First extra inning
- Legal possession of

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Answers to Trivia Test 1. A mob 2. Mercury 3. The Argo 4. GEICO 5. Lao Tzu 6. Pregnancy 7. Edward R. Murrow 8. Suspenders 9. "The Inn of the Sixth Happiness" 10. The Russian Revolution



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Library asks patrons to take survey

By Mary Kate Koch
SPLASH CONTRIBUTOR

The Liberty Lake Municipal Library has its New Year's resolution in mind. In fact, the library has its next 10 in mind with the launch of its long-range planning survey. The survey will run throughout the entirety of January and all Liberty Lake residents are encouraged to answer the six-question survey.

"We hope that this survey will start our community thinking about the possibilities beyond the traditional view of what a library does," Director of Library Services Pamela Mogen said. "We hope for feedback on some of our ideas about the future and to encourage the Liberty Lake community to bring their ideas into the discussion. Let's start talking about the future, thinking beyond merely aisles of books."

The brief survey asks basic information, such as how frequently residents visit the library and for what purpose. One question gauges the desirability of future services or improvements the library could offer, like added Sunday hours and new educational programs.

"We wanted some basic information about current library use and combined it with thought-provoking requests for feedback in some key possibilities for future library services," Mogen said.

Mogen said the January questionnaire will be followed with more short surveys

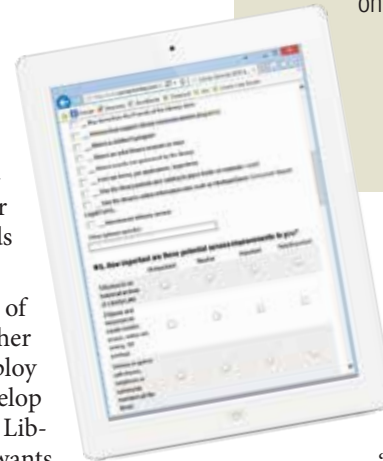
"Let's start talking about the future, thinking beyond merely aisles of books."

**PAMELA MOGEN,
DIRECTOR OF LIBRARY SERVICES
LIBERTY LAKE MUNICIPAL LIBRARY**

throughout 2015 and possibly a longer, more detailed one. These surveys are aimed at improving the library and better calibrating its services for the community's needs in the coming decade.

"This is the purpose of these surveys and other methods we may employ during 2015: to develop the vision of what the Liberty Lake community wants and needs the library to be in the next five, 10, 20 years and how that vision might be implemented," Mogen said. "We will be asking for volunteers to form a study group to meet in the spring and the fall to help us prioritize and explore the responses we gather."

Although it may be inconvenient, Mogen implores everyone to take the few minutes to fill out the short survey sometime



THE LIBRARY WANTS TO HEAR FROM YOU!

Liberty Lake Municipal Library is requesting residents to complete a six-question survey by the end of January. The survey can be accessed online at www.surveymonkey.com/s/3R82FMT. Paper copies are also available at the library.

For more, call 232-2510.

during the month.

"Technology has forever changed the nature and possibilities of the thing we have been calling 'the library' for hundreds of years," Mogen said.

"These great changes impact how we plan for the future in terms of resources we purchase, programs we facilitate, design and allocation of space to accommodate those programs and resources, staff we hire and more. The future is coming quickly and we need to know how you want us to proceed."

Residents can access the survey online at www.surveymonkey.com/s/3R82FMT. Paper copies are also available at the library.

Book Review: New books coming to the library



By Melanie Boerner
LIBERTY LAKE MUNICIPAL LIBRARY

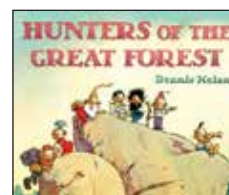
We are always excited about adding new materials to our collection. Here are six books to be looking out for soon.

Picture Books



"What If?" by Anthony Browne

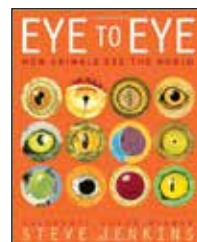
Joe worries that things may go wrong at the first big party he is attending. As he walks down the street with his mother, he imagines and wonders about the event. All is reassured in the end when Joe realizes there was nothing to worry about.



"Hunters of the Great Forest" by Dennis Nolan

A wordless picture book illustrates the story of a group of hunters on a journey toward a mysterious goal that will surprise you in the end.

Juvenile



"Eye to Eye" by Steve Jenkins

This non-fiction picture book is about the importance of eyes in the animal kingdom.



"Rain Reign" by Ann M. Martin

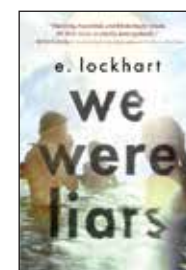
This is the story of Rose who suffers from mental and emotional challenges and the dog she loves.

Young Adult



"I'll Give You the Sun" by Jandy Nelson

This story of first love, loss and betrayal is told from different points in time and from different perspectives. Lovers of John Green and Rainbow Rowell will adore this novel.



"We Were Liars" by E. Lockhart

This story of a friendship stems from a distinguished upbringing and turns toxic because of a generations-old secret.

Melanie Boerner is children's and youth services librarian at the Liberty Lake Municipal Library.

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PLEASE KEEP UP TO DATE WITH ALL OF OUR HAPPENINGS
BY VISITING WWW.PAVILLIONPARK.ORG

Summer cabins reflected early lake lifestyle

'Lake places' offered respite from everyday life

By Ross Schneidmiller
LIBERTY LAKE HISTORICAL SOCIETY

The saying "Going to the Lake!" is often heard in the Inland Empire. It is commonly used when heading to a lake place. Today, we might call these a second home or a vacation home. So when, historically, did this saying include going to your cabin or cottage at Liberty Lake? The first homes at the lake were permanent residences. They usually started out as farms and sometimes evolved into resorts. Others came with the specific intent to build a resort as a means to their livelihood.

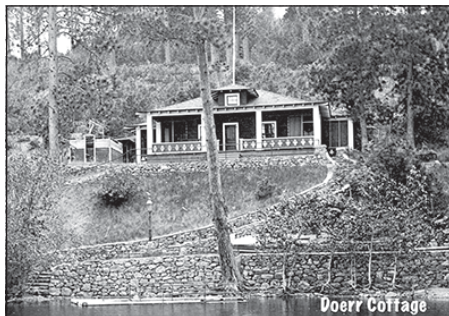
For the purpose of this article, we are looking at the lake cabin or cottage as the respite from everyday life — not the permanent residence. Through my research, I have concluded that Roderick MacKenzie's cabin in the bay bearing his name was either the first or second of its kind at the lake.

MacKenzie owned considerable holdings on the lake's west side. What had started out as a ranch developed into much more, including a hotel and a restaurant. He also sought a cabin just for his family to have a place to get away. At the Rockaway Café in Spokane, MacKenzie met with his friend, renowned architect Kirkland Cutter. He told Cutter of his plans to build a cabin on the lake's east side and asked for some suggestions. The architect, well known for his designs including the Davenport Hotel, Spokane Club, Spokesman-Review and many of Spokane's most distinguished homes, took a napkin from the table and started drawing. He drew a rustic cabin to be adorned with logs and rough-cut wood and featured a large, covered patio supported by sizable log posts. Recognized for elaborate detailing in his work, Cutter gave extra attention to the railing design.



MacKenzie Cabin

Over the next nine years, lake places started to appear on some of the more favorable locations on the lake. George Doerr, a jeweler from Spokane, had a cottage built on the hillside above Dreamwood Bay. There were stylish verandas around this Japanese-influenced Craftsman design. From the edge of the water, a gracefully curved flight of steps extended up the steep



Doerr Cottage

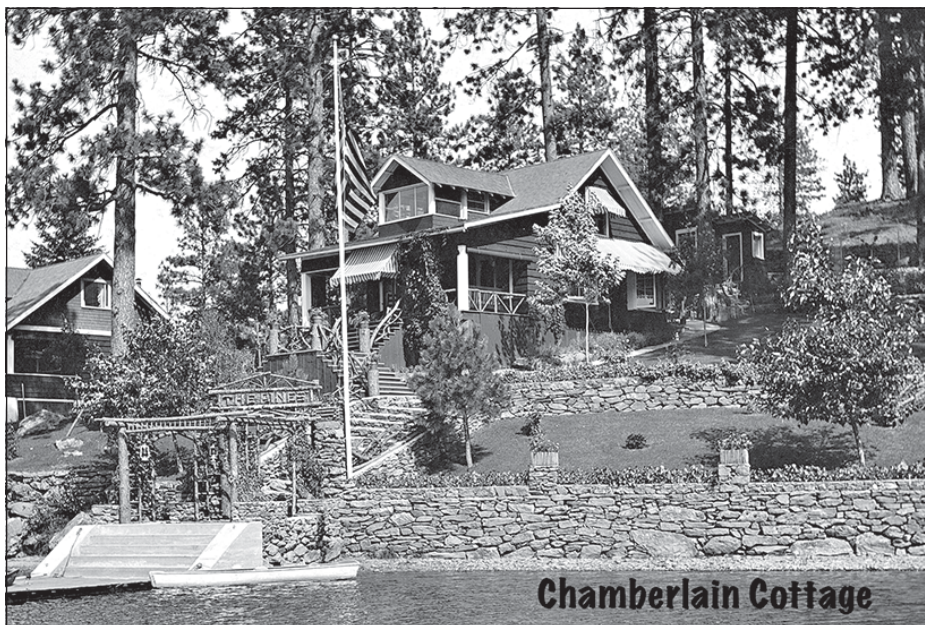
front of the lot.

The Chamberlain Real Estate and Improvement Company built two homes at Liberty Lake just after the turn of the century. Chamberlain, which started building homes in Spokane in 1899, built more than 500 homes in its first 12 years of business. Known for their Craftsman-style homes, the company built two of its models from the company catalogue. "The Killarney," which was built on the eastern tip of Dreamwood Bay, was sold to A.E. Gallagher, an attorney and apple grower from Opportunity.



Gallagher Cottage

"The Pines," one lot to the west, was built for company president G.L. Chamberlain. The living room in this cottage was finished in naturally stained, charred, curly fir on both the walls and ceilings, accented with a soft green trim. This area became known as "The Point of the Pines" because the cottage's name was spelled out in pine branches on the pergola structure which was located



Chamberlain Cottage



Seiffert Cottage

PHOTOS COURTESY OF LIBERTY LAKE HISTORICAL SOCIETY

on a pier extending into the water. The location became a regular stop for the touring boats.

Across the small cove also to the east of Dreamwood was another point on which William Seiffert, Spokane's Olympia beer distributor, built a cottage. An attractive feature in his cottage was a circular sun-parlor with a large fireplace.

These first cottages built to the east of the Dreamwood Bay Resort had extensive lake frontages, with some built on double lots. Their grounds were beautifully landscaped with lawns, rock walls and flowerbeds. The Killarney had water on two sides of the grounds, which gave great opportunity for picturesque effects. The owners, taking advantage of the natural landscape, added a substantial amount of rock walls incorporating the large boulders that existed on the property.



Neighbors & Neighborhoods

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LIBERTY LAKE HISTORICAL SOCIETY

Liberty Lake as a residential summer colony was under way. The Spokane businessman could leave his office by 5 p.m., run out to the lake in his automobile and still have time to water the lawn or dig in the garden before dinner.

Ross Schneidmiller is president of the Liberty Lake Historical Society.

DID YOU KNOW?

- G. S. Allison, one of Spokane's first physicians, built a cabin on Crown Point near the turn of the century.
- D.K. McDonald built a summer home around 1908 on the northern tip of MacKenzie Bay. At that time, it was said to have the finest fireplace on the lake.
- Fellow 'lake place' owners G.L. Chamberlain, A.E. Gallagher and D.K. McDonald were also business associates.

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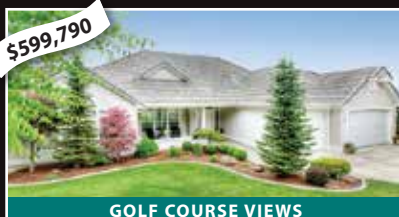
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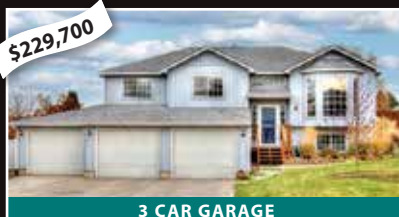
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Outshining the competition



SUBMITTED PHOTO

Adam Siler's home at 2040 N. Wolfe Penn Street received the Mayor's Choice award for the 2014 Christmas Light Tour contest.

Getting into the spirit



SUBMITTED PHOTOS

Staff decked the halls and parking lot of City Hall for the annual Winter Festival and tree lighting that was held Dec. 5. Kim Carmichael of Bugaboo Images was on hand to take photos with Santa, including one of Santa with Police Chief Brian Asmus (at left).



Turning candy into cash



SUBMITTED PHOTO

Liberty Lake Elementary School came in first place during a PTO/PTA coupon contest that KIDDS Dental held in conjunction with the 7th annual Great Candy Buy Back. Dr. Jared Evans presented \$150 to go to the school's PTSA.

Having a ball



SUBMITTED PHOTOS



From left, Kathy and Howard Whybrew, Shanna Dunne, Elaine Koga-Kennelly and Paul Kennelly all enjoyed time at the Davenport Hotel in early December for the Holiday Ball, a fundraiser for Friends of Pavillion Park.

The merits of climbing



SUBMITTED PHOTO

Members of Boy Scout Troop 413 worked on earning their climbing merit badge during a recent outing to Wild Walls in Spokane.

Celebrating the season



SUBMITTED PHOTO

Liberty Lake Children's Academy staff gathered Dec. 13 for a Christmas party. Pictured are Miss Brie, Miss Amber, Miss Teri (owner), Miss Yolande, Miss Tammy, Miss Chelsea, Miss Meghan, Miss Kathy S., Miss Becky and Miss Kathy W. (Not pictured are Miss Shakra, Miss Kristian and Miss Robin.)

LOCAL LENS/COMMUNITY

Shutterbug snapshots



SUBMITTED PHOTOS
During the past month, Michael Hassett photographed many feathered creatures in the area, including (clockwise from left) a sharp-shinned hawk, a downy woodpecker, an American kestrel and a great horned owl.



Rick Fredericksen captured a photo of the fall colors along Country Vista drive and caught this Cooper's hawk having lunch along the road.



Something to be thankful for



Kathy Whybav took a shot of this view of Liberty Lake on Thanksgiving Day.

SUBMITTED PHOTO

Loving the lights



SUBMITTED PHOTO

Amber Englehardt took this photo of her cat, Jasper, in front of the Christmas tree.

Stroh crowned national queen



SUBMITTED PHOTO

Liberty Lake resident Hailey Stroh poses by the National Princess Queen trophy she recently received for winning the title of National American Miss Princess in November. In addition to this, Hailey received the national achievement award, national top finalist trophy, spirit stick and national outstanding program participation trophy.

Hailey will be heading to Texas in February for the national photo shoot, actress training and makeover by a Hollywood stylist and will be traveling all over the country this year to help at the NAM state pageants.

CCA Christmas drama



SUBMITTED PHOTO

The 8th grade class and a few seniors at Classical Christian Academy performed the play "Angels on High," written by CCA teacher Phil Thompson, during the school's annual Christmas chorus and drama. Pictured are Ricky Thomas, **Austin Huang** and **Sterling Croswhite**. (Liberty Lake residents are in bold.)

Education Brief

CV students earn AP awards

Over 100 students in the Central Valley School District earned the designation of "AP Scholar" by the College Board. Eight-two students at Central Valley High School were named based on the results of 2014 college-level Advanced Placement exams.

According to a press release, the College Board recognized several levels of achievement based on student's performance on the exams. The students honored are listed below by designation.

National AP Scholar Award

Average score of 4 or higher on all AP Exams taken and scores of 4 or higher on eight or more exams
Jacob Conant, Karl Ellingson, Philip Howard, Donggyun Kim, Joshua Ross, Curtis Schmitz, David Yuan

AP Scholar with Distinction Award

Average score of at least 3.5 on all AP Exams taken and scores of 3 or higher on five or more exams
Oscar Arreguin, Samantha Bullock, Jacob Conant, Carlin Coulson, Katelyn Dolan, Karl Ellingson, Anusha Gollapalli, Hailee Herbst, Philip Howard, Corey Hunter, Gabrielle Ilenstine, Andrew Keeve, Donggyun Kim, Kelsey Mccune, Melissa Morgan, Mara Orenstein, Sidney Orr, Tyler Pichette, Joshua Ross, Curtis Schmitz, Dennis Schmitz, Austin Seely, Nicholas Shaber, Brady Simmelink, Elena Townsend, Jaclyn Urbanec, Tyler Valentine, David Yuan

AP Scholar with Honor Award

Average score of at least 3.25 on all AP Exams taken and scores of 3 or higher on four or more exams
Laura Arpin, Brock Benzel, Trevor Brown, Danielle Calcaterra, Rachel Casey, Spencer Cole, Sophie Kaatz, Jessie Kunz-Pfeiffer, Andrew Matheison, Emily McCarty, Frank Petrilli, Noah Rhodes, Alexander Thorson, Matthew Troxel

AP Scholar Award

Completed three or more AP Exams with scores of 3 or higher
Ryan Baker, Elizabeth Bernbaum, Sarah Cable, Jacob Childers, Madisen Degeest, Tyler Duquette, Natalie Ford, Avery Frank, Gabriel Grabowski, Alec Grebe, Natalie Harrington, Hailey Hawkins, Matthew Hays, Foster Hockett, Matthew Hommel, Jared Johnson, Courtney Lauer, Clarisa Martinez, Mitchell McCarty, Mathew Merrick, Collin Nelson, Kennedi Newman, Jacob Nolan, Mackenzie Odea, Courtney Owens, Courtney Petrini, Brendan Reimer, Tyler Ribail, Christopher Salisbury, Chad Samuelson, Caitlin Shirley, Lauren Simpson, Ryo Smith, Abigail Stolp, Landon Toth, Jenna Vasquez, Rachel Wight, Bryan Wilson, Briton Woolf, Davis Young

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John L. Scott - Pam Fredrick
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Liberty Lake Athletic Club
Liberty Lake Centennial Rotary Club
Liberty Lake Children's Academy
Liberty Lake Church
Liberty Lake Community Theatre
Liberty Lake Community Yard Sales
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*Happy New Year
from The Splash
and The Current!*

Partners bring CrossFit to Liberty Lake

Largest local facility for the popular workout program opened Dec. 3

By Valerie Putnam
SPLASH CONTRIBUTOR

The founding of CrossFit Liberty Lake is a story as intense as the workout itself.

Just 72 hours after deciding to open the largest CrossFit facility in the area, Chris DiCicco, one of the four founders of the business, moved his family and entire CrossFit business to Liberty Lake from Wyoming.

"It was quick," co-founder and CrossFit Coach Jennifer Richey said of the entire process. "The thing about us is we make a decision and go."

A CrossFit Coach, DiCicco's desire to return to the area prompted the idea to open the gym, or what is referred to as a CrossFit "box." He approached his good friend, Luke Richey, the founder and CEO of Gravity Jack in Liberty Lake, about his idea this October.

"I've always wanted to start a gym," said Richey, who is an amateur MMA fighter, skydiver and sport bike racer.

DiCicco, Richey and Richey's wife, Jennifer, quickly began flushing out the idea. Their research showed that of the 12 CrossFit facilities in the area, none were in Liberty Lake.

"There is a gap from Post Falls to Pines without a box," DiCicco said. "It's a window of opportunity."

DiCicco started looking for a facility on Craigslist, doubting the possibility of locating a facility large enough.

"We needed a big, giant, tall warehouse space — not attached to any other tenant so they're not annoyed by the stereos," DiCicco said.

While searching "Liberty Lake warehouse," the first ad in his Craigslist search was for a large facility off of Appleway Avenue.

"I tell Luke to look at this building, not



SPLASH PHOTOS BY VALERIE PUTNAM

From left, Chris DiCicco and Luke and Jennifer Richey are three of the four founders of Liberty Lake CrossFit. Along with Joel Thomas, they opened the facility Dec. 3.

The new 10,000-square-foot Liberty Lake CrossFit is referred to, using CrossFit-speak, as the "box."

The founders boast that it is the largest box among the dozen or so locations in the region.



realizing it's two blocks down the road from Gravity Jack," DiCicco said. "He talks to the Realtor and — this is the hilarious part — the name of the person who owns the facility is Luke's partner."

Richey contacted his partner to explain what he was doing and was able to work out a deal.

"We got a facility; we got the deal," DiCicco said. "I tell Luke, you say 'go,' and it's done."

Within 72 hours of Richey giving DiCicco the go-ahead, DiCicco closed his CrossFit box in Cheyenne, Wyo., packed his family and started out for Liberty Lake.

"I went into my box, stripped it down and

threw it into the truck," DiCicco said. "The next call is I'm just crossing Coeur d'Alene with 29,000 pounds of equipment."

"It's no joke," Jennifer Richey added. "I get a text from Luke: 'Get to the warehouse we need to unload the moving truck.'"

On Dec. 3, two and a half months after DiCicco's initial call to Richey, the facility opened.

"We probably would have launched two weeks earlier, but I was working on the website," said Richey, who handles the marketing and business side of the box.

DiCicco said the 10,000-square-foot facility is the largest CrossFit facility in the area.

ABOUT THE 'BOX'

CrossFit Liberty Lake is located at 22808 E. Appleway Ave., Suite C. It was founded by Luke and Jennifer Richey, Chris DiCicco and Joel Thomas.

Classes run weekdays at 6 a.m., 10 a.m. (ladies only), 11 a.m., noon, 4:30 p.m., 5:30 p.m. and 6:30 p.m.

There are also classes Saturdays at 9 a.m. followed by an open gym from 10 a.m. to noon.

An unattended child care area is also provided.

Prices are \$20 for a drop-in class, \$150 per month or a punch card of ten sessions for \$175. Anyone is encouraged to try the program at no cost, as the first class is free.

For more, call 893-4115 or visit www.crossfitlibertylake.com.

He noted that while a number of CrossFit facilities take activities outdoors, this facility gives athletes indoor space to endure the toughest challenge, including flipping 500-pound tractor tires.

"There is nothing outside of running longer distances we can't do in the box," Jennifer Richey said of the size of the facility. "Our ability to expand inside this box is huge."

Currently, there are seven weekday classes and one class offered on Saturday mornings, along with open gym from 10 a.m. to noon.

The hour-long, high-intensity programs consist of a warm up, a skill set and the notorious workout of the day (WOD). The 8- to 15-minute WOD consists of variations of CrossFit's nine foundational movements to build cardiovascular and respiratory endurance, strength, speed, power, balance, agility, stamina, coordination, accuracy and flexibility.

See **CROSSFIT**, page 32

ON THE HORIZON

The founders of CrossFit Liberty Lake said many new classes and programs will be offered in the coming months.

Next year, Chris DiCicco plans to start the On Ramp Program, which is an introduction to CrossFit.

"It's a foundational exposure to the sport," Jennifer Richey said.

Over three weeks, participants attend nine classes. Each class breaks down one foundation movement and a couple secondary movements. Participants get a manual and a T-shirt for \$99.

Richey also plans on introducing a Saturday morning yoga class in January.

CrossFit Kids is tentatively scheduled to begin March 1, featuring two independent programs — one for children 3 to 5 years of

age and another for kids 5 to 12. After these two programs get established, DiCicco, who has earned a CrossFit Kids certification, plans to start a program specifically for teens.

Starting next year, a clinic-style course on Olympic lifting will be offered every other Sunday. The course will be three hours of intense training on the mechanics and art of Olympic lifting.

"It will be open to nonmembers too," Richey said. "We will have a sign up, and once class fills we can start it."

Eventually, the founders plan to host multiple classes working at the same time in different parts of the facility.

As the weather warms, Friday Fun Days will begin. On these occasions, members are encouraged to bring family and enjoy BBQ food outside of the facility.

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BUSINESS

■■■ In Biz

Haggen to acquire LL Safeway

Bellingham-based grocery store chain Haggen announced in December an agreement to acquire 146 new stores, including the Liberty Lake Safeway. The Liberty Lake location is the only Safeway in Spokane County included in the agreement.

The company release said all store employees "will have the opportunity to become employees of Haggen as their individual stores are transitioned to the Haggen banner," including plans to retain store management teams.

In a separate press release, Albertsons and Safeway confirmed the agreement. Divestiture of these stores is being undertaken in order to gain Federal Trade Commission approval of the companies' proposed merger, which was announced last March and expected to close this month.

For more, go to www.haggen.com/press-releases/haggen-expands.

Chamber hires new director of membership



WETZLER

The Greater Spokane Valley Chamber of Commerce recently announced the hiring of Dusty Wetzler as director of membership. After serving eight years in the banking industry and the past few years as a Chamber ambassador, Wetzler started his new role on Dec. 16.

"Dusty comes to us with a wealth of knowledge and experience only eclipsed by his abundant passion and enthusiasm for the Greater Spokane Valley that will serve our community well," Chamber President and CEO Katherine Morgan said.

Wetzler graduated from Spokane Community College and is currently enrolled in Leadership Spokane.

Telect receives award

Telect was honored with the 2014 Family Business Award for Transformation during the Nov. 18 Washington Family Business Awards at Bell Harbor Conference Center in Seattle.

Bill and Judi Williams founded Telect in Spokane in 1982. Their son, Wayne Williams, became President in 1994 and continues to lead the company as President and CEO. Bill and Judi Williams are now retired but serve on the Telect board.

Caring Transitions opens to serve area seniors

Michael Begley recently opened Caring Transitions of Spokane, a resource for managing senior relocations, downsizing and estate liquidations. In addition to providing organizing, packing and moving oversight, Caring Transitions handles on-site and on-line estate sales and liquidations.

The local franchise serves Liberty Lake, Spokane, Spokane Valley, South Hill, Millwood Veradale and other surrounding areas. For more, visit www.caringtransitions-spokane.com.

CROSSFIT

Continued from page 31

"I like the variety (of the WOD)," said Jennifer Richey, who also coaches a ladies-only class weekday mornings at 10 a.m. "It's not stagnant. You don't know what's coming."

Classes are structured in a group setting of 10 to 12 athletes and are open to any age and fitness level.

"It creates like this brotherhood you can't describe until you've all suffered together," Luke Richey said. "People get really close."

A certified coach is present at all times, ensuring each participant is using the proper technique. Every movement can be scaled back to the athlete's performance level.

"The biggest misconceived notion about CrossFit is scaling," Jennifer Richey said. "What I mean is if I can't do a full push up, then drop to your knees. Every workout can be scaled back to the needs of the athlete."

DiCicco gave an example of an 88-year-old woman who joined CrossFit. When she started the program, she was unable to perform a squat without using assistance.

Within a four-month period, she was able to perform a full-depth squat.

"How more rewarding is her life," DiCicco said. "We can't completely reverse age, but we can slow the needle down."

Utilizing the Wodify App, each CrossFit workout is tracked on the computer or smart phone. With the app, athletes track progress, what weight has been done in the past and what to do in the future, and improvement over the course of time. According to Luke Richey, the facility is the only gym using a software system to track workouts.

Just 10 days after opening, 27 people have already joined the facility.

"It's over double what I projected," Luke Richey said. "I expected 10 at this point."

Richey projects membership to potentially reach 200 by the end of the first year.

"You give us at least three days a week for 30 days, and I guarantee you the person you are at the end of 30 days will be absolutely nothing in comparison with the one you started with," DiCicco said. "You're never going to be better than the person you can create here."



SUBMITTED PHOTO BY ERIK SMITH; FACEBOOK.COM/ERIKSMITHPHOTOGRAPHY

The Central Valley girls soccer team celebrated its second consecutive state championship in November. The win capped an incredible 12 months for female sports teams at CV.

CV's Lady Bears celebrate banner year

By Mike Vlahovich
SPLASH CONTRIBUTOR

"Man works from sun to sun. Woman's work is never done."

That old saw may well be correct, but during the calendar year from November 2013 through this past November, there was little work Central Valley's women left unfinished.

The Bears captured their first State 4A soccer championship and bookended that milestone with their second last month. Sandwiched around and in between were the school's first volleyball trophy in the fall; two trips to state cross country, placing fourth in 2013; track and field league, district and regional titles in the spring; a Greater Spokane League softball title, second place in basketball, top three GSL gymnastics finish, undefeated tennis season and this fall they shared the GSL slowpitch softball title and won the district title in a rout.

Soccer: Two years ago, the onus was on a group of underclassmen, nine of them juniors at the time, who, coach Andres Monrroy believed, had the talent to challenge for a state title. His faith was well-founded, and they worked even harder to repeat. It came to pass. Central Valley became one of just three schools to win back-to-back State 4A girls soccer championships. Over the course of two years, they compiled a 38-3-1 record, outscored their foes 135-29

and pitched 25 shut-outs.

Track and Field: The regional title showed the level of all-around female talent CV possesses to make it all happen. Coach Geoff Arte was unabashed when he admitted poaching from other sports, a reason the Bears had such success. You need look no further than Madison Hovren as an embodiment of these gifted multi-taskers.

Hovren, who will attend Army after graduation this spring, was the league's leading scorer for the second-place basketball team last winter, averaging nearly 23 points per game. She came off the bench as a contributor to the volleyball state trophy winners.

And she was one of the GSL's top two hurdlers in track and field.

AMAZING FOUR-YEAR RUN FOR SOCCER TEAM

During the end-of-season banquet, soccer coach Andres Monrroy cited a four-year litany of his girls' accomplishments:

- ▶ Three-time GSL league champions (2011, '13, '14)
- ▶ Two-time district champions ('12, '13)
- ▶ Two-time regional champs ('12, '13)
- ▶ Four-time state placers (quarterfinalists '11 and '12, champions '13, '14)
- ▶ Ranked 12th (2013) and 13th (2014) in nation
- ▶ Five GSL MVP, 10 All-GSL first team, six second team and four honorable mention players, and one Washington Gatorade Player of the Year (Kelsey Turnbow).
- ▶ During the four years, the Bears compiled a 66-10-1 overall win-loss record.

She was not alone.

If there had been a track MVP in the spring, it likely was basketball All-GSL teammate Mariah Cunningham, who won the state high jump, placed in the long jump and anchored two medal-relays for the league, district and regional team champions. Cunningham has taken her basketball talents to Eastern Washington University.

Then there is sophomore Kelsey Turnbow. The national age-group soccer team member is a remarkable talent, someone you have to watch to believe. She scored an unheard-of 31 goals for the state champs,

giving her 51 in her first two seasons at CV. Thirteen of those came during the postseason this year alone! Small wonder she was soccer MVP — and one of the region's fastest sprinters in track.

Soccer All-GSL defender McKenna Stocker was the second-best javelin thrower in the GSL behind teammate Liz Adams, with a throw in excess of 121 feet (she does come from a baseball family, after all).

Volleyball: It was a season of firsts — first Greater Spokane League championship, first district title, first regional crown, eighth-place trophy in the school's third state appearance, two under second-year coach Amanda Bailey.

It all began with power hitter Kazlyn Roullier, who was GSL MVP, joined by Sasha Montgomery, Keann White and Jade Rockwood on the all-league first team.

All-GSL: The list runs long. In track and field besides the aforementioned were Kearan Nelson in the 3,200; Anna Fomin, Savannah Hoekstra (also soccer on the 2013 champs), Brielle Crump and Briegan Bester in the relays.

Gymnasts McKinzie Carter and Izzie Erdem were All-GSL state participants.

Softball MVP Carli Riordan, now pitching in college, was one of three Bears all-league selections. Shortstop Shayla Vegas and catcher McKynzie Adams were the others. Vegas and Makenna Wasteney were major cogs for the slowpitch district champions. Gabrielle Ford was All-GSL in her first cross-country season and tennis player Kyra Harames was All-GSL.

To get there meant working sun-to-sun.

SPORTS

CV hoops off to another solid start



By Mike Vlahovich
SPLASH CONTRIBUTOR

When University and Central Valley meet for the first time in basketball, it's merely a taste of things to come — the annual Stinky Sneaker spirit game Jan. 22.

The Dec. 19 meeting found the girls tied with 3-1 records behind defending state champion Gonzaga Prep. The Bears' boys shared second place in a wide-open

league at 3-1 a game ahead of the Titans, who were part of a four-team logjam for fourth at 2-2.

So what happened? The doubleheader between district rivals was a wash. U-Hi's boys extended CV's losing skid to two games with a 59-45 result that further muddled a league in which there is no unbeaten team and seven of 10 are separated by one game a third of the way through the season.

CV's girls won handily, 70-49.

In the boys game, an uncharacteristically slow start doomed the Bears. They trailed 16-2 and 24-5 before cutting the

margin to 28-19 at halftime. Cold shooting was the main culprit, with CV making just 5 of 31 shots in the first half and 14 of 69 for the game.

Meanwhile, U-Hi's Spencer Matt enjoyed a career game with 24 points and 10 rebounds.

In the girls game, the roles were reversed, with CV shooting out to a 46-27 halftime lead. Last year's league scoring leader, **Madison Hovren**, scored 34 points, the third straight time over 30 this year. She also pulled down 17 rebounds.

Freshmen twins **Lexie** and **Lacie Hull**

combined for 22 points in the victory. So far this season, Lexie had scored double figures in four games and Lacie in three.

Girls, meet the champs

If they are going to catch up with defending state champion Gonzaga Prep, CV's girls have a ways to go, but fortunately much of the season to get there.

In a basketball game between the GSL's consensus top two teams, the Bears came out flat in the first quarter and never re-

See **NOTEBOOK**, page 37

LOCAL LENS

Father/daughter fighters



Luke Richey and daughter Abigail Richey participated in their first cage fight Nov. 29 at the Proving Grounds Fight event held at The HUB. Luke, who is CEO of Gravity Jack, started training to fight in his first MMA Cage Fight to help promote the mobile app Fight-eBonus, which was developed by Gravity Jack. Abigail Richey has been cross training in Jui Jitsu and MMA for years and did her first kick boxing match in the cage.



SUBMITTED PHOTOS

Runners embrace winter with holiday events



SUBMITTED PHOTOS

Despite the colder weather, the Liberty Lake Running Club hosted two recent runs. The Turkey Trot took place on Thanksgiving morning from Twisp Café (above and at left). Runners gathered at Corkhouse Restaurant on Dec. 13 for a Jingle Bell run (at right and below).



SPORTS

Predictions sure to go wrong – part 7



By Chad Kimberley
SPLASH COLUMN

I am intrigued by numbers. Whether it was jersey numbers when I was a kid, the meaning of numbers in literature and popular culture, or even the “deeper” meaning of numbers in religion or numerology, all of these intrigued me as a kid and now as an adult.

According to numerology, the number seven represents the thinker, the seeker and the searcher of truth. Biblically, the number seven means completeness and perfection. In Hollywood, the number seven means “we have no new ideas,” so they keep pumping out sequels to bad horror movies such as *Saw*, *Friday the 13th*, and *The Nightmare on Elm Street*. And, of course, some of the more famous wearers of jersey No. 7 include John Elway, Mickey Mantle and Pistol Pete Maravich.

Now, why all this fascination with the number seven, you may ask? Well, this is my seventh year of compiling my “predictions sure to go wrong” column for *The Splash*, and I am feeling like this column will result in two options. Option one is, as the searcher of truth who seeks perfection, I clutch up and nail all my predictions similarly to John Elway marching 98 yards down the field against the Cleveland Browns in the playoffs. Option two: I murder these picks in horrifically cheesy horror movie style and fail to nail even one correct prediction.

Bold Prediction No. 1

After nailing my January picks from last year (Florida State winning the BCS and the Seahawks beating the Broncos in the Super Bowl), I am feeling confident, if not a bit cocky. The first-ever college football playoff system is in place and will feature Oregon and Alabama moving onto the National Championship — and the “Ducks Will Fly Together,” as Oregon wins the title. On the professional side of things, the Seahawks make their way back to the Super Bowl behind a dominant defense, but this time face off against Tom Brady and the Patriots. Patriots win.

Bold Prediction No. 2

As March rolls around, the NCAA tournament creates another opportunity for prediction failure as I have a wonderful tradition of picking the wrong top seeds to advance toward the Final Four.

This year, I am feeling good about the depth of Kentucky, the defense of Virginia, the experience of Wisconsin and the balance of Gonzaga. While many years I pick GU on the basis of a local homer pick, to be honest this year they have a great balance of perimeter and paint players, length and quickness, scoring and defense. This really could be the year.

Bold Prediction No. 3

The Seattle Supersonics return. Despite it only being seven (there is that number again) years since K.D. and the Sonics left, it seems like the city has been constantly talked up as a location for either expansion or relocation. I would be against expansion, as it further dilutes the talent base of the league, but relocation seems a better possibility. The prime candidate would be the Milwaukee Bucks, so Washingtonian basketball fans can get excited about their new hero: Giannis Antetokounmpo (try to say that seven times real fast).

Bold Prediction No. 4

The movement toward legalized sports betting takes a giant step forward on a national level. With NBA commissioner Adam Silver speaking out in support of betting on professional sports, it seems the time is ripe to move toward legal sports gambling in various states. The naysayers may be concerned that this will negatively impact society and contribute to a further shrinking of family values, but at the same time there can be a potential windfall of monies into state budgets (see the state lotteries) while providing entertainment and excitement for sports fans. This will also allow me to bet every year on the Cubs to win a World Series. Speaking of that idea ...

Bold Prediction No 5

The Cubs win the World Series! Now, this is not that bold and crazy of a prediction as it has been the last six years I have made it, as the Cubs added a great manager, picked up a staff ace, and have a bounty of young hitters working their way toward Wrigley Field. But most importantly, Michael J. Fox supports this prediction. In the fairly solid sequel to *Back to the Future*, a prediction is made in the movie that the Cubs will win the World Series in 2015. It is fate. This must happen. And for good measure, I would love to see them face off with the Seattle Mariners, who would make their first ever World Series appearance.

Bold Prediction No. 6

The Central Valley High School sports year will feature a bounce-back season from the football team, potential state runs for the boys and girls basketball teams, multiple grapplers placing at the Mat Classic and, most impressively, the

girls soccer team becomes the first 4A school to win three consecutive state titles.

Bold Prediction No. 7

Allow me to move away from the world of sports for a final prediction that will debunk my previous thoughts on Hollywood sequels. On Dec. 18, I will be in line somewhere to watch the seventh edition of the Star Wars universe. As a kid growing up, I longed to have a lightsaber and own an Ewok. As a young adult, I sorely wanted to see Jar Jar Binks attacked by Freddy Krueger. Now I have hope that the latest installment will be phenomenal and will become the highest grossing movie of all time.

For those who may be spending their Christmas vacation heading down to Vegas for some legalized sports gambling, let me say that these picks are made for entertainment purposes only and should not be used to try to make personal wagers. Unless, of course, you are betting the Cubs. That WILL HAPPEN in 2015.

Chad Kimberley is a local teacher and coach. He lives with his family in Liberty Lake.

Sports Briefs

Nania hosts TV show

Sweetwater Fishing TV, a show co-hosted by Liberty Lake native Joey Nania, will air its first episode Dec. 29 on the Sportsman Channel, Dec. 30 on NBC Sports and Jan. 3 on Destination America.

The show is a new, cutting-edge approach to outdoor experiences and is about two up and coming young anglers — Nania and co-host Miles “Sonar” Burghoff — as they fish their way across America. For more, search Sweetwater Fishing TV on Facebook.

Robinson receives award

Brooklyn Robinson, a junior at Scripps College in Claremont, Calif., was recently recognized by the National Fastpitch Coaches Association for being an exceptional scholar-athlete. According to a press release, NFCA presents the award to women who show academic excellence while maintaining their sports in-season.

The Liberty Lake resident attended West Valley High School and previously played for Spokane Storm, Spokane Diamonds and Liberty Lake Lightning.

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Life's not fair, but you can do something about it

By Ian Robertson

SPLASH GUEST COLUMN



Life's not fair! We've said that many times to our children when they came with a complaint that something was not fair, or right, or what they expected. So often, there are two sides to every question.

Headlines abound. "Union pays only 1.7% of income in taxes yet demands corporations 'pay their full share.'" "Affirmative action: can it make life fair?" "Income taxes and fairness."

Fairness means to be free from bias or injustice. We expect that from our legal system, as it balances mercy with justice. Evenhandedness. Every person should be treated equally. No problem so far.

But what about everyday life? We can be really biased on many things. Pecan pie is much better than apple pie. My high school is better than yours! My dad is better than your dad. That's OK.

How do we accept tough situations? Real prejudice against minorities, or immigrants, or poor people, or rich people for that matter. Author Sonia Ricotti said, "Accept what is, let go of what was, and have faith in what will be."

Writer Paula Bostrom suggested these five steps (TinyBuddha.com):

1. Recognize the problem
2. Do something about it
3. Let others help
4. Take ownership
5. Change what you can and accept the rest.

Remember the old Serenity Prayer! "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wis-

dom to know the difference." Here's a new twist: "God, grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know... it's me."

With this new year, perhaps one resolution could be tackling a community challenge, making the world better for another human being. Perhaps the biggest change will be in each one of us.

Remember last year's Ice Bucket Challenge? Donations to fight Lou Gehrig's Disease went from \$2.7 million to \$94 million. Don't underestimate your ability to make a difference — even a small one.

So follow those five steps above.

How can I make life a little bit better for someone else? What's the problem? Here's one challenge that can make life a little fairer for homeless families and children.

Millard Fuller, the founder of Habitat for Humanity and the Fuller Center for Housing, once said, "If large masses of people were starving there would be a swift public reaction to feed them. Similarly large masses of people without housing should be immediately helped."

Today, this is one of the challenges in Spokane County. Last year, over 1,600 homeless children were registered with four school districts (Central Valley, East Valley, Spokane Public Schools, and West Valley). Between Thanksgiving and Christmas, it seemed that all the poor needed were turkeys and toys. Those things are nice Band-Aids, but the real need is affordable housing. Tiny houses may be the next big thing. Permanently affordable, owned not rented. Yes, that's what I'm working on in 2015.

The prophet Isaiah's words are my promise for 2015. "I'll give you a full life in the emptiest of places. ... You'll use the old rubble of past lives to build anew. ... You'll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community livable again." Isaiah 58:11,12

Yes, life doesn't seem fair for most people around the world. But let's make "OUR" world a little bit better.

Ian Robertson is a retired Spokane Valley pastor. He is on the PACE board, was named "Citizen of the Year" by the Greater Spokane Valley Chamber of Commerce, was a founding member of the HUB Sports Center in Liberty Lake, and is now working with the Inland Northwest Fuller Center for Housing, providing "decent homes for decent families." He wrote this column as part of a series highlighting the PACE trait of the month. The trait for January is "fairness."



Letters to the Editor

Fire extinguisher lesson learned

I get home from work, mind wandering through the day, thinking of maybe having a beer. Get out of the truck, hear a girl talking loudly — "Get here fast. I'm home alone! Hurry!"

I go across the street and see her on the phone with 911. She is hysterical. I hear the word "fire"!

I go in the front door thinking a pot on the stove is on fire. The pot on the stove IS on fire, the stove IS on fire, the microwave above it IS on fire, the side of the fridge IS on fire, the cabinets ARE on fire!

The adrenaline starts pumping. The fire extinguisher under my kitchen sink pops into my head. I run my 270 pounds across the street — a feat I'm still wondering about — through the front door of my house, family all enjoying dinner. I grab the extinguisher and take back off with a yell, "Grab some fire extinguishers!"

Back across the street and into the house afire. The flames, alive; I see them colorful, beautiful, blue, yellow, orange, licking the cabinets, feeding on the fuel. I point my weapon and pull the trigger. The pot fire dies, the microwave fire dies, the cabinet fire dies. The microwave starts burning again; I pull the trigger. I'm out of ammo!

I turn to leave and meet my daughter's boyfriend at the door; he has more ammo. Pull the pin, pull the trigger, nothing — it's dead! I turn around; there's my daughter with another ammo can. I pull the pin and trigger; this time, success! All fires out.

The smoke is thick, black — so thick you can't see past the front door. Wife and daughter are caring for the girl.

Where's the fire department? We wait what seems like forever.

Then the lights start coming, and coming and coming! The firemen do their thing — assess, evaluate, ventilate. I find out that from the time of the call to firemen on scene was five minutes. Seemed like a lifetime to me!

All I can do is thank the department for their wonderful response. My wife says this weekend we are getting more extinguishers and making sure alarms are working in our own home. I think this time I will get more than two extinguishers, and I will make sure they are in good shape.

Randy Walker
Liberty Lake

Vandalized nativity reveals need for the featured baby

My husband and I took great pleasure in setting up a nativity set in our front lawn. Little children, including our grandchildren, would tell us how much they enjoyed the display.

On Dec. 20, someone vandalized the scene, tearing it apart.

I just want to say to the person or persons who did this that our dear child Jesus loves you very much, and I suspect you do not know him but need him.

Terry Lundrigan
Liberty Lake

Liberty Lake raising visibility for pancreatic cancer

It is unacceptable that there is a cancer for which the relative five-year survival rate is still in the single digits at just 6 percent, particularly when you consider

About the Opinion Page

The Splash opinion page is intended to be a community forum for discussing local issues. Please interact with us by sending a letter to the editor or Liberty Lake Voices guest column for consideration.

Letters to the editor of no more than 350 words or guest columns of about 700 words should be emailed to editor@libertylakesplash.com.

Views expressed in signed columns or letters do not necessarily reflect the views of this newspaper or its staff. Editorials, which appear under the heading "Splash Editorial," represent the voice of The Splash and are written by Editor/Publisher Josh Johnson.

THE Splash

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Pedestrian bridge in Liberty Lake;
Splash photo by Craig Howard

About

The Liberty Lake Splash
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Submitted materials

Announcements, obituaries, letters to the editor and story ideas are encouraged. Submit them in writing to editor@libertylakesplash.com or bring them by The Splash office. Submissions should be received by the 15th of the month for best chance of publication in the following month's Splash.

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The Splash strives for accuracy in all content. Errors should be reported immediately to 242-7752 or by email to editor@libertylakesplash.com. Confirmed factual errors will be corrected on this page in the issue following their discovery.

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SPORTS

NOTEBOOK

Continued from page 34

covered in 72-53 setback at home.

They fell behind 20-4 after a period and though it was relatively even thereafter, CV never posed a challenge.

CV was on the other side of its other games, winning 77-23, 78-40 and 79-25 over North Central, Shadle Park and Rogers, respectively. The team also topped Lewis and Clark 67-47 Dec. 22 to run its record to 5-1 at press time.

Bears have weapons

Pick your poison. Any one of seven CV boys basketball players will make you itch.

CV had seven players who have scored in double figures. Top among them was **Michael Hannon**, who had double digits every game, including 27 against Shadle Park during a 73-46 triumph. That was the closest a Greater Spokane League team had come until a stunning 56-54 loss to Rogers followed by the loss to U-Hi. The Bears rebounded Dec. 22 with a 54-42 victory over Lewis and Clark.

Cameron Tucker, Parker Bowden, Tanner Sloan, Landon Daines, Max Sykes and Justis Simmons are the other double-figure scorers.

IE Wrestling

Central Valley hosted the annual Inland Empire Wrestling Classic featuring 19 schools from Washington and Idaho. The Bears placed fourth with 150 points.

Braeden Orrino at 145 pinned twice, pulled out a 5-3 decision in the semifinals and won 5-2 for the title.

Blake Beard pinned his way to the championship bout at 138 pounds, where he won 8-0. His brothers, **Bryson** (126) and **Bridger** (132), took second and fifth respectively. Bryson pinned his way to the finals before losing a 4-3 heartbreaker. Bridger lost in the second and fifth wrestle backs of his weight classes.

Chauncy Garrigan at 182 pounds and **Bryce Gardner** at 106 both finished third. Each lost in the quarterfinals, then won four straight.

The Bears were unbeaten headed into the meat of the Greater Spokane League season this month.

Gymnasts shine

State veterans **McKinzie Carter** and **Izzy Erdem** took up where they left off when the GSL season began.

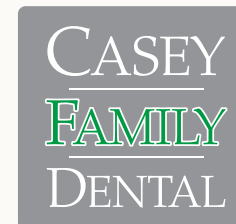
Erdem was second all-around with a 34.1 total score and Carter third at 33.975 in a match among three of the league's top four teams. Perennial champion Mead scored 167.025 points to the Bears 160.175 and University's 146.8.

Erdem was third on uneven bars and floor exercise. Carter won floor exercise at 9.125 and was second on vault.

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Amaculate Housekeeping	16	ForgivingPrayer.com	7	Liberty Lake Orthodontics	32
Anytime Fitness	27	Friends of Pavillion Park	25	Liberty Lake Sewer & Water District	10
Avista Utilities	7	Garden Plaza of Post Falls	9	Liberty Lube	17
Balanced Wellness Medical Clinic	3	Healthy Living Liberty Lake	19	Live Real Estate - Sandra Bartel	7
Banner Furnace & Fuel	25	Jimmy John's Liberty Lake	35	Northern Quest Resort & Casino	40
Barlows Restaurant	27	John L Scott - Pam Fredrick	27	Ott Knott Used Golf Carts	39
Casey Family Dental	11	K9 Country Club	11	Providence Health Care of Spokane	2
Central Valley School District	15	Karen Does My Hair	4	Quality Inn and Suites in Liberty Lake	9
Central Valley Theatre	5	KiDDS Dental	21	Russian School of Piano Art	18
Clark's Tire & Automotive	3	KiDDS Dental - No Cavity Club	19	S&L Handyman	32
Coldwell Banker - DuBos & Brickett	9	Kiwanis Father Daughter Dance	3	Sayre and Sayre	18
CONCEPTNET	4	Lakeshore Insurance	17	Simonds Dental Group	40
Cornerstone Pentecostal Church	25	Lakeside Vision PLLC	19	Simonds Dental Group - No Cavity Club	9
Crossfit Liberty Lake	17	Liberty Lake Athletic Club	13	The Floor Works	38
Cullings Family Dentistry	3	Liberty Lake EyeCare Center	5		
Edward Jones Liberty Lake	4	Liberty Lake Family Dentistry	5		
Evergreen Fountains	23	Liberty Lake Family Dermatology	27		
Exercise Institute	25	Liberty Lake Municipal Library	24	Service Directory	38

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OPINION/COVER STORY

LETTERS

Continued from page 36

that the overall five-year relative survival for all cancers is now 68 percent. Even more alarming, pancreatic cancer is anticipated to move from the fourth to the second leading cause of cancer-related death in the U.S. by 2020. This year alone, this terrible disease will claim the lives of 880 people who live in the state of Washington.

Pancreatic cancer patients and their loved ones cannot wait any longer. It is essential that we make research into pancreatic cancer a priority in this country so that real progress can be made toward better treatment options, early detection and a cure.

I am a volunteer for the Pancreatic Cancer Action Network and am grateful to the city of Liberty Lake for passing an awareness proclamation that recognized November as National Pancreatic Cancer

Awareness Month.

The proclamation will also raise awareness about this devastating disease and encourage our elected officials to make fighting pancreatic cancer a priority. We must support our fellow citizens who have been afflicted by this disease and advocate for greater awareness and more resources to fight pancreatic cancer.

Evelyn Torkelson

Pancreatic Cancer Action Network

LANDMARKS

Continued from page 14



Pickney was stationed at Fairchild Air Force Base and was active in the community and her church. A native of California, Pickney gave birth to a child while living in the Inland Northwest.

Fittingly, the Memorial Day festivities were hosted by the Liberty Lake Centennial Rotary as part of its annual pancake breakfast. The event raises funds for the Inland Northwest Honor Flight, a program that transports veterans to Washington, D.C. to visit memorials saluting the sacrifice and service of American soldiers from all eras.

No. 14 — Liberty Lake Sewer and Water District xeriscape garden

No list of Liberty Lake history would be complete without the Liberty Lake Sewer and Water District.



Established in 1973 in response to deteriorating conditions at Liberty Lake, LLSWD has been at the forefront of environmental protection and water resource stewardship for over four decades. Between 2001 and 2002, the district established a demonstration garden at its administration building on East Mission Avenue as an example of a "xeriscape" approach that emphasizes water conservation.

The site now features over 2,000 plants that, according to LLSWD General Manager Bijay Adams, "are low-maintenance, low-water consumers and grow well in the area."

When completed, the garden reduced irrigation at the site by 40 percent, utilizing the same water sensors the district makes available to property owners in the area. Adams said the garden provides visitors with an eco-friendly example "that demonstrates proper irrigation techniques."

No. 15 — Navy Fallen Heroes installment at Town Square Park

Nearly 50 years after he lost a friend in



Vietnam, John Kerr traveled across the U.S. to find closure in Liberty Lake.

Kerr served briefly with Navy Corpsman Greg Vercruyse as a fellow medic in southeast Asia as part of the Bravo Company, second platoon. On June 7, 1967, Vercruyse was killed on a hill battle in the Khe Sanh region at the age of 20.

Over the years, Kerr has kept in touch with the Vercruyse family, learning more about the soldier who hailed from Spokane and graduated from Rogers High School. When he was informed of a special honor being bestowed on Greg in 2014, Kerr pledged he would make the trip from his home in upstate New York to the Inland Northwest.

Kerr was at the podium in Liberty Lake's Town Square Park on Nov. 11, 2014, when the Navy Fallen Heroes installment was dedicated, describing the project "as a great way to honor Greg." Sub-freezing temperatures did little to deter the Veteran's Day crowd of nearly 100. Greg's brother, Dean, and mother, Hazel, were among those in attendance.

In 2015, the anthology of Liberty Lake landmarks will add two new Fallen Heroes chapters, honoring the Coast Guard and Army.

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Kids claim victory in Turkey Bowl XXVI

By Jim Nania
SPLASH GUEST COLUMN

This year's Turkey Bowl almost didn't happen. Several key adult team players borrowed a quote from the great fighter Roberto Duran and said "No Mas." Memories of too many injuries and too many days of post-game pain and stiffness resulted in a reluctance to, once again, "throw down with the 'Next Gen.'"

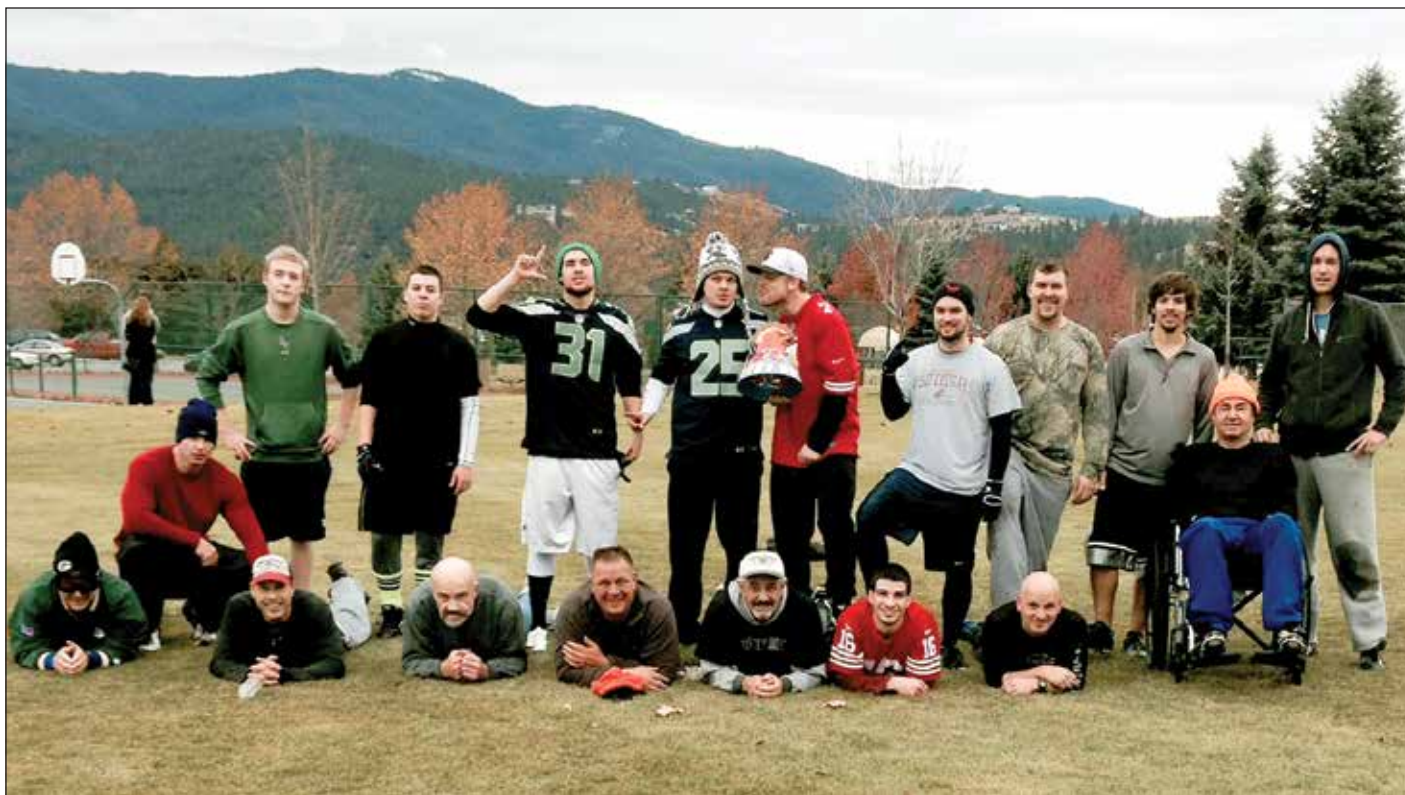
However, the "wisdom that comes with age" was overcome by the "thrill" of competition and the chance, just once more, to see if we "still had it."

And so a warm, windy day with a wet field greeted a good group of competitors. Extra emergency precautions were taken by positioning a wheelchair on the sidelines. To the widespread approval of all, the National Anthem as sung by Whitney Houston was played as the players doffed their caps and faced the waving flag above Pavillion Park.

The coin toss was won by the kids, who in keeping with the current trend in pro football elected to kick off to the adults. Kid player, Trevor Sharpe of the Spokane Shock organization, explained that it "was on account of the odds."

Early in the first quarter, it was apparent the adults were outgunned by the kids' speed, agility and cleats. Brian Dolan, arguably the best adult athlete on the field and adult team quarterback, is normally as unflappable as Aaron Rodgers. However, after the first few plays, he had to use very colorful language to express his concern for the athleticism demonstrated by the opposing kids. He was also immediately "picked" by the kids' Cory Smith, who went in for a touchdown. No less than nine interceptions by the kids' defense, including four by the Smith boys and three by Cory Wyatt alone, set the tone for much of the game.

Meanwhile, kid quarterback Chad Butler was able to find open receivers,



SUBMITTED PHOTOS

A longtime Liberty Lake family tradition, Turkey Bowl XXVI was played at Pavillion Park on Nov. 27.

most often Kyle Kallistad, who accounted for an incredible six touchdowns in the game. Brother David Butler was able to add a scramble, and at the end of the first half it was 21-0 in favor of the kids.

At halftime, while the kids were drinking pop and eating cookies, the adult team did serious strategic planning and developed a sophisticated offensive plan to have their receivers run long and try to get open. However, it was a key defensive play that provided the momentum, as Joel "Uncle Jello" Nania got a pick-six early in the third quarter to put the adults on the board.

Soon after, the adults followed up on a botched punt and scored the first recorded safety in many years of the Turkey Bowl. However, the adult resurgence was short-lived, and insult was added to injury when the kids scored on a devious flea flicker play: Chad Butler to Kyle Kallistad.

The adults did manage a few good plays late in the game, including touchdown passes to Johnny Dimmler and Bob Kaatz as well as a nice catch and sideline scamper by "Twinkle Toes" Al Smith. However, injury was added to insult as key adult defensive player, Travis "The Admiral" Prewitt was taken off the

field in the wheelchair with a torn plantaris tendon.

Final score: kids 42, adults 23.

MVPs

Kids' offensive MVP: Chad Butler, on one end of every kid offensive touchdown

Kids' defensive MVPs: Bret Balogh, 24 sacks, and Trevor Sharpe, 22 "tackles"

Adults' MVP: ?

Editorial comment: Population demographics clearly played a major role in this year's game. The kids team was composed of a wonderful group of age 20-something athletes who should, by now, be bringing a number of their own 4- or 5-year-olds to play on their team. Their tardiness in populating the next generation presents problems not just for the adult team, but for the funding of our Social Security as well.



"Give us some 5-year-olds to play against, and we'll show 'em!"

Jim Nania is a longtime Liberty Lake resident and veteran of the "adult" Turkey Bowl team. The Thanksgiving tradition among Liberty Lake families celebrated its 26th year Nov. 27.



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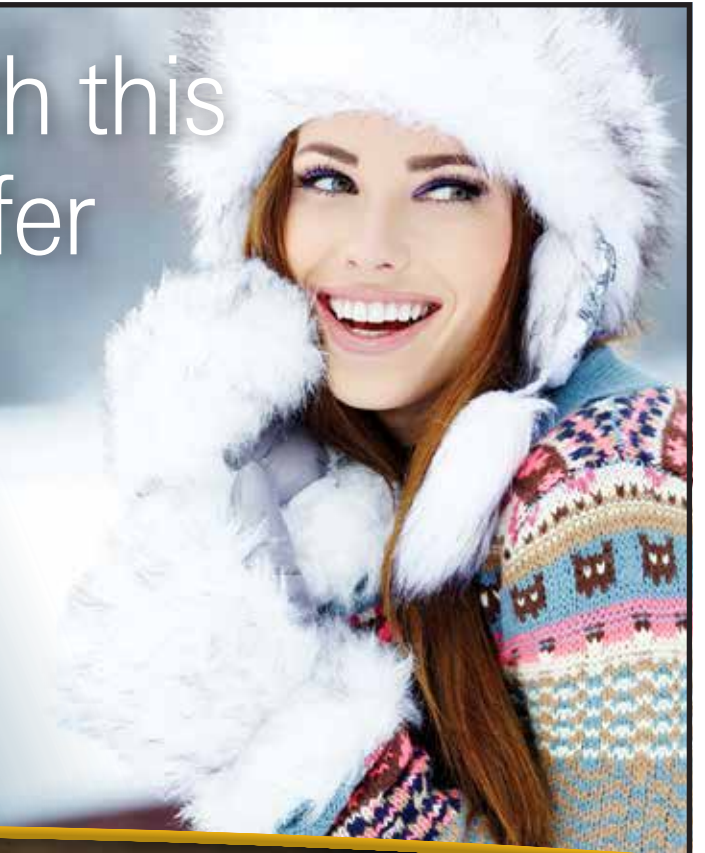
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