

Eat, Shop and Be Merry

Support
Our Local
Businesses!

WHERE TO DINE, WHAT TO
BUY AND HOW TO THRIVE
THROUGH THE HOLIDAYS

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through the season*

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Happy Holidays, Spokane Valley!

Welcome to the first-ever "Eat, Shop and Be Merry" holiday guide. Consider this a road map to spending the holiday season in the greater Spokane Valley. Check out the articles and advertisements on the following pages to be inspired with great gift ideas, practical tips and some succulent dining experiences that will help you pave the perfect road to 2013.

Where did we find 99 ideas?

Like a young boy writing his annual letter to Santa, the hardest part of putting together a guide like this is putting down the pencil. The list of great eats, buys and tips for the holidays in the Valley is truly endless, and this effort is in no way exhaustive.

What we did include was many of our own ideas and favorites, and we also sought help from friends around the community and on Facebook (thanks to those who responded to our recent inquiries with feedback). As this special guide is an advertising supplement, we also worked to connect our partner businesses with local consumers by asking them for ideas to share with you.

As such, there will be no plugs on the following pages for amazon.com. As much as online commerce has its place, we always encourage readers to support local merchants, restaurants and organizations first. We share a common goal of maintaining and building upon the amazing community that is the greater Spokane Valley, and we can't forget how important support from one another is to that pursuit.

We hope you put this inaugural guide to good use. And as always, share your feedback and ideas at the email address below.

Wishing you a season of wonder, joy, peace and love,



Josh Johnson

Publisher, *The Splash* and *The Current*
josh@valleycurrent.com



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33 TASTE-BUD PLEASERS

A terrific Thanksgiving, a merry Christmas and a happy New Year may mean different things to different folks, but there are a few ingredients to a winning holiday season that are universal. Spending time with loved ones is likely one of them. Spending time with loved food has got to be another.

Whether they are already holly-jolly staples of your diet or fresh concepts for your palate, you owe it to your stomach to consider the following 33 taste-bud pleasers.

1 Chicken Tortilla Soup

Description: A delicious way to warm up the winter, this popular menu item is an everyday bargain for \$7.95 at Palenque Mexican Restaurant. The restaurant's famous margaritas represent another attractive option.

Where to find it: Palenque Mexican Restaurant, 1102 N. Liberty Lake Road

2 Monte Cristo Sandwich

Description: Old European left the Valley, but when Little Euro returned this year, so did the famous Monte Cristo sandwich: thin sliced ham, turkey and Swiss melted between slices of French toast.

Where to find it: Little Euro, 517 N. Pines

3 Parmesan Crusted Halibut

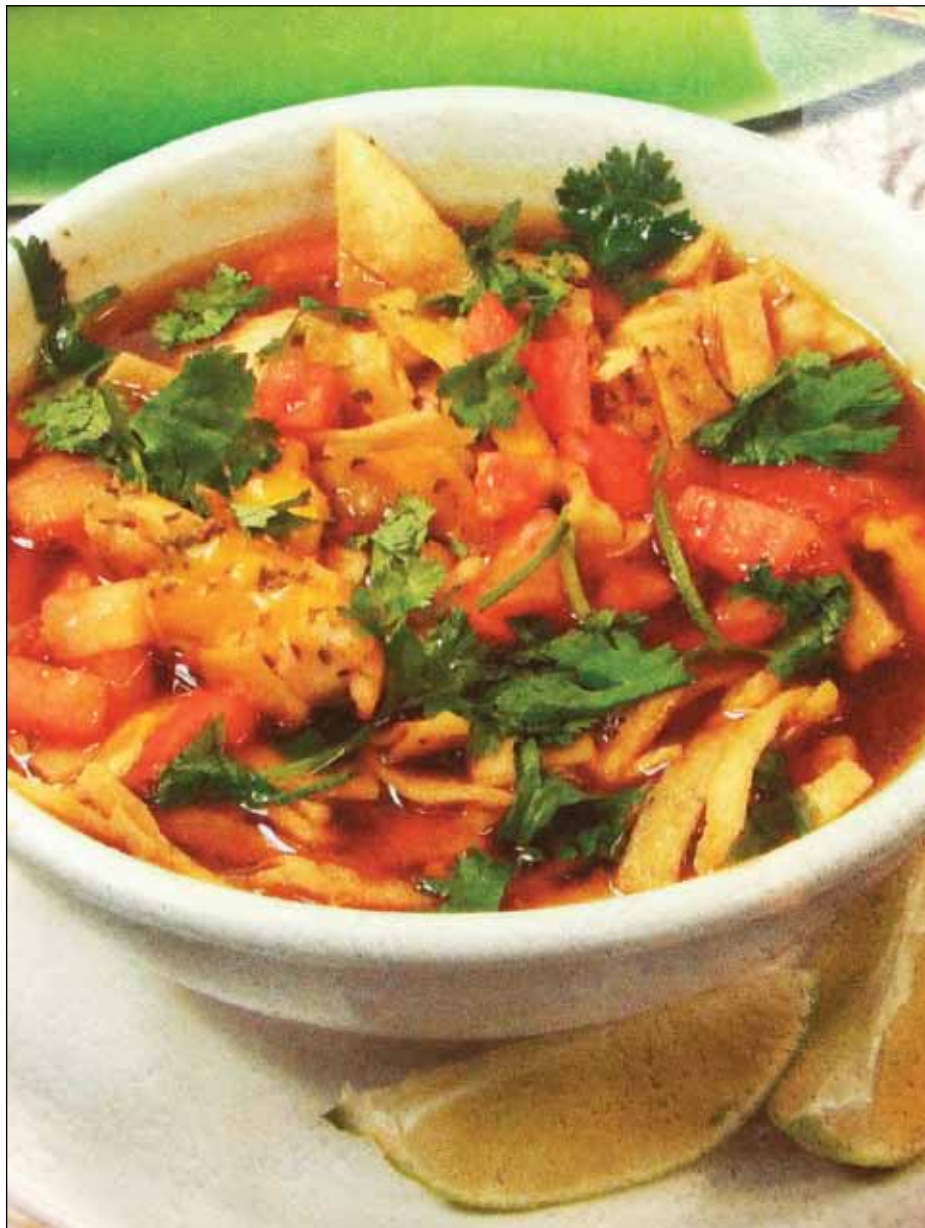
Description: Delicious dish at a place where it's hard to find anything else: Hay J's Bistro in Liberty Lake. Several Facebook folks gave a shout-out for this place that famously succeeds despite sharing a parking lot with a gas station. The halibut was a consistent top-tier selection among many suggestions, so the hunch here is to go with your hunch.

Where to find it: Hay J's Bistro, 21706 E. Mission Ave.

4 Argentinean Fish Tacos

Description: Another suggestion from Facebook-land, this item from the appetizer menu serves up enough to be the main course, standing out from an already robust and taste bud-pleasing menu.

Where to find it: Twigs Bistro and Martini Bar (Spokane Valley Mall)



CHICKEN TORTILLA SOUP/PALENQUE MEXICAN RESTAURANT

5 Tullamore Dew Whiskey Steak

Description: Take an 8-ounce sirloin and smother it with mushrooms sautéed in a homemade Irish Whiskey sauce. The result (with salad, mashed potatoes and garlic toast) is a fine O'entrée.

Where to find it: O'Doherty's Irish Pub, 11723 E. Sprague Ave.

6 General Tso's Chicken

Description: This staple of the Chinese menu served up a Facebook battle, with both Ding How (along with some sushi) and Peking Palace suggested. Let the battle of the Asian-inspired taste buds begin.

KFC may have the Colonel, but the Chinese will forever keep us coming back — and fighting — over the General.

Where to find it: Ding How, 1332 N. Liberty Lake Road; or Peking Palace, 11110 E. Sprague Ave.

7 Crab Ravioli

Description: This is chive pasta stuffed with crab and ricotta. This is tossed with sherry cream sauce with caramelized red onions. This is highly recommended order at a classy Spokane Valley establishment.

Where to find it: Ambrosia Bistro and Wine Bar, 9211 E. Montgomery Ave.

8 Chicken Teriyaki Rice Bowl

Description: A great dish for taking your time or eating on the "express," this can also be ordered as a "party pan" for a family gathering or holiday get-together.

Where to find it: Noodle Express, 707 N. Sullivan Road

9 Eggs Benedict

Description: This classic eggs served with sliced ham and overlapped with Hollandaise sauce is one of many can't-go-wrong breakfast items at this four-year-old morning stop.

Where to find it: Cottage Café, 6902 E. Appleway Blvd.

10 Wings

Description: Lovers of the chicken wing are passionate about the best spot to net them, and our informal Facebook survey suggests you try out Flamin' Joes.

Where to find it: Flamin' Joes, 11618 E. Sprague Ave.

11 Grilled Salmon

Description: Still a bit of a whipper-snapper in the U-City Shopping Center,

Darcy's has already won over many regular diners with dishes like this filet of King salmon they grill over an open flame and tuck onto a bed of rice pilaf. They also have daily food and drink specials during a 3 to 7 p.m. happy hour.

Where to find it: Darcy's, 10502 E. Sprague Ave.

See EAT, page 6



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EAT

Continued from page 4

12 The Caruso's Club

Description: Fresh sliced turkey breast, hickory-smoked ham and bacon with Swiss cheese, served on a fresh baked "Caruso's Loaf" with your choice of fresh vegetables and condiments. Caruso's does other things well, too — pasta, pizza, catering, etc. — but the sandwich is its go-to work of art.

Where to find it: Caruso's, 2314 N. Argonne Road

**THE CARUSO'S CLUB/CARUSO'S****13 Restaurant Cheeseburger**

Description: OK, OK, so this one is hard to pin down a favorite place, and it comes in many varieties. Three standouts from our informal polling are below, but ask enough folks and you'll get answers ranging from the McDonald's Happy Meal to the backyard grill. But since you might prefer to stay indoors this time of year ...

Where to find it: Dave's Bar and Grill, 12124 E. Sprague Ave.; Frednecks Bar and Grill, 130 W. Emma St., Rockford; Barlows Family Restaurant, 1400 N. Meadowwood Lane, Liberty Lake

14 Fast-Food Cheeseburger

Description: Clearly, there are many players in this game, too, but we have to tip our hats to a couple of local establishments mentioned among the recommendations. Zip's Papa Joe is a value burger served with ham often found on special at two for \$3. And Ron's Big R is Spokane Valley classic.

Where to find it: Zip's (multiple Valley locations); Ron's, 12502 E. Sprague Ave.

15 Philly Cheesesteak Sandwich

Description: A longtime friend of ours (and of the Valley), Sam Abrams, suggests this sandwich goes down best with a peanut butter milkshake and clam chowder.

Where to find it: Chattee's Café and Drive Thru, 11923 E. Trent Ave.

16 Garlic Green Beans

Description: It's just one of many items to sample along the buffet line, but

these green beans have been mentioned by several as a standout.

Where to find it: Avocado Buffet, 328 N. Sullivan Road

17 Country Fried Steak

Description: The classic dish smothered in white gravy with potatoes,

vegetable, garlic toast and a salad. It fills you up just thinking about it, and Otis Grill is known for great portions and reasonable prices. They also do a free annual Thanksgiving meal, an incredible tradition started by a special lady. Ask them about it.

Where to find it: Otis Grill, 21902 E. Wellesley Ave., Otis Orchards

18 Evan Williams Peppermint Chocolate Egg Nog

Description: Not for serving at the kids' table, this Southern-style egg nog blends tradition, holiday flavors and heritage in a special treat for the holidays. Made with genuine Kentucky bourbon, it offers



an inspired take on a holiday staple.

Where to find it: Liberty Lake Liquor and Wine, 1326 N. Liberty Lake Road

19 Jenny's Kitchen Sink

Description: For the breakfast diner with an appetite, this one is a scramble of hash-browns, eggs, cheese, green pepper, onions, sausage, bacon ... you know, the kitchen sink.

Where to find it: Jenny's Café, 9425 E. Sprague Ave.

20 Cow Catcher

Description: You gotta love a sandwich with a catchy name. This one, believe it or not, could be made with chicken or roast beef and is grilled with red pepper, onion, garlic, mozzarella and teriyaki. Makes for a fine, fine lunch.

Where to find it: Iron Horse Bar and Grill, 11105 E. Sprague Ave.

21 Black Diamond Chicken Salad

Description: Add a kick to the traditional chicken salad at a place known for serving up some pretty great wings. The salad, topped with diced tomato, bacon

and cheddar jack cheese, includes the option for the chicken to be tossed in buffalo sauce. Take the option.

Where to find it: The Black Diamond, 9614 E. Sprague Ave.

22 Sicilian Sandwich

Description: This is another one of those sandwich shops where, being a sandwich shop, they seem to have the concept down. This one is served hot and features pepperoni, ham, provolone, pizza sauce and mayo on French bread.

Where to find it: Casey's Place, 13817 E. Sprague Ave.

23 Beef Yakisoba

Description: This is a bit of a trick selection, because the real reason to go to Sushi Sakai is for, you know, sushi. A smart move is to bring someone who doesn't like sushi — a child with a small appetite comes to mind — and have them order this. While you eat your sushi, help them with their yakisoba. Best of both worlds.

Where to find it: Sushi Sakai, 11520 E. Sprague Ave.

See EAT, page 7

EAT

Continued from page 6

24 Wood Fire-Roasted Coffee
Description: The espresso drinks are truly made to order at this Valleyford attraction that also boasts “Cowboy Roast” drip brew. Also on site: Gift items, groceries, a breakfast and lunch menu and even a Christmas on the Palouse Craft Fair Dec. 1.

Where to find it: On Sacred Grounds, 12212 E. Palouse Highway, Valleyford

25 Gourmet Latte
Description: One Spokane Valley latte may stick out above the rest after a long morning of holiday shopping – one that can be accompanied by a massage or spa treatment.

Where to find it: BrickHouse Massage and Coffee Bar, 14222 E. Sprague Ave.

26 Thanksgiving or Christmas Rolls
Description: Sure, you could make your own. Unless it’s your culinary expertise, however, you might leave it to the crew who has mastered the art by baking every morning.

Where to find it: Great Harvest Bread Co., 21651 E. Country Vista Drive, Liberty Lake

27 Seafood Omelet
Description: Came across this one in a recent post from a guy who knows as much about dining out in Spokane Valley as anyone: Craig Swanson of the Spokane Valley Scoop. You can’t find a seafood omelet just anywhere, let alone one that receives high marks from someone who has eaten his share.

Where to find it: The Black Pearl, 2104 N. Pines Road

28 Frosted Orange Scone
Description: How to choose, how to choose. Those who have stared through the glass at the tasty options at Rocket Bakery understand: too many choices, not enough room in tummy oven. If you can’t choose, may we recommend this favorite.

Where to find it: Rocket Bakery, 3315 N. Argonne Road, Millwood

29 Azteca Party Platter
Description: The person who shows up at a party with a platter of mini-chimichangas, quesadillas, flautas, taquitos rancheros and chicken tacquitos is a popular person indeed. You could be that person.

Where to find it: Azteca, Spokane Valley Mall

30 Dessert Empanada
Description: A huge dessert stuffed with choice of apples, bananas or cherries, the staff likes to point out it’s an old Pig Out in the Park favorite.

Where to find it: Aracelia’s II, 7905 E. Trent Ave.

31 Stromboli
Description: Advertised as the original Stromboli, Mike’s Burger

Royal has long been known for the popular order. It’s also a worthwhile destination because of its staying power, having seen many similar establishments come and go through its decades in business. If you haven’t been, it’s definitely worth a trip to the northwest corner of the Valley.

Where to find it: Mike’s Burger Royal, 6115 E. Trent Ave.

32 Huckleberry Baby Back Pork Ribs
Description: It’s no secret that eating at MAX at Mirabeau is for special occasions. If you aren’t already celebrating one when you go in, order a dish like this one and it will feel like a special occasion by the end of the meal.

Where to find it: MAX at Mirabeau, 1100 N. Sullivan Road

33 Cobb Salad
Description: Greens topped with grilled chicken, bacon, bleu cheese crumbles, tomatoes, olives, sliced egg and avocado — and you can watch the game on a 160 square-foot HDTV.

Where to find it: True Legends Grill, 1803 N. Harvard Road, Liberty Lake

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By Bruce Weaver, MPA, PA-C
BORESHA INTERNATIONAL, INC.

“Never in a million years did I think I would ever lose 96 pounds of fat in a year-and-a-half and keep it off just by drinking a great tasting coffee every day!”

This statement by a 30-something was told to me recently as, near tears, she shared a story of being overweight most of her young life and gaining even more weight during a very unhappy marriage. The absolute elation she has felt since losing those extra pounds has driven her to share her story of finding out about a fat-burning coffee called B-Skinny™ Coffee and simply drinking 2-3 cups of it every morning. From a size 20, she is now a slim size 6 and happily remarried.

My son dropped off an individual packet of Boresha International's B-Skinny™ Coffee on my desk several months ago and asked, “Dad, this coffee says it's the ‘world's only fat-burning coffee.’ Can that be true?”

Skeptical but intrigued, I researched the company carefully and discovered that the products the company offered were FDA “safe,” that the majority of them had special patents allowing them to be called “low-glycemic” and “diabetic-friendly,” and several were approved by the Human Sports Performance organization to assist individuals in improving exercise, no matter the level of intensity. And most importantly, the B-Skinny™ Coffee and NuvoGene Tea® were FTC-approved as “fat burning.”

The claim turned out to be true. Over the space of three months, both my wife and I lost stubborn inches and pounds that we had been working hard to lose for at least the past 10 years — just by drinking one or more cups of coffee (in my case, the ice tea) 30 minutes before breakfast and at least one cup/glass 30 minutes before lunch each day. It was effortless, and we purposely changed nothing else in our daily routines (our way of testing the products). We ate no special foods, drank no special shakes and continued to eat our regular foods. I continued my daily 3-mile walk. (My wife does not exercise at this point in her life.) None of these habits had changed my weight or hers by one pound until we started drinking the coffee (or tea) at least twice daily.

My wife lost more slowly, typical of many women, but went down one dress size and has been ecstatic. She hasn't been that particular dress size in over 10 years! I went below a full pant size loss to a size I haven't been in 25 years. I've since met many individuals like the young lady above who have reported burning 50 or more pounds of fat

Boresha.

within one year simply by consuming two (or more) cups of B-Skinny™ Coffee or NuvoGene Tea® each day. This was previously unheard of when I was in clinical practice at Fairchild AFB.

During my research into Boresha International's products, I discovered that the B-Skinny™ Coffee is unique in its class. Not only are the coffee beans organically grown and harvested by indigenous Ethiopian farmers, the coffee beans are infra-red roasted in small batches by Boresha International here in the U.S. to preserve many healthful antioxidants. The thermogenic and fat-burning formula is added to the coffee during its roasting process. Thermogenesis is the body's way of generating heat from the calories it consumes or has stored in fat cells. The B-Skinny™ Coffee's most dramatic effect is on an individual's ability to utilize stored fat in generating heat and energy. In essence, sitting in front of a computer during the work week can result in a higher rate of burning fat as an individual consumes the B-Skinny™ Coffee or NuvoGene Tea®, thus helping to lose unwanted inches while preserving muscle mass and other cells.

This is the reason behind the many success stories of individuals using Boresha International products who have tried many, many other ways of losing fat with temporary results at best. Now they have been successful in reducing dress and pant sizes dramatically using a habit they've already had for years — drinking a cup of coffee in the morning before breakfast and again just before lunch.

Orders can be placed online at www.bcweaverbfreesystem.com or by calling 509-464-3562 or 208-699-0657 for more information on the products or how to become an Independent Distributor to obtain the products at wholesale pricing. Boresha International offers a 30-day, money back guarantee to all retail customers.

Lt. Col. (ret) Bruce Weaver was a Family Practice & Emergency Room Physician Assistant for over 25 years in the Air Force. He remains active as President and CEO of AAgging Better In-Home Care, providing care to the elderly and disabled of North Idaho. In addition, he's also a full-time Independent Marketing Consultant for Boresha International and a resident of Liberty Lake.

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33 'FOUND IT' GIFT IDEAS

Finding the “just-right” gift for every person on your list is a daunting challenge. Each individual is unique, meaning the one-size-fits-all approach isn't going to cut it.

Fortunately, merchants in the greater Spokane Valley understand that fruitcake isn't for everyone. They are here to help, and so are we with our next set of 33.



1 Texting Gloves

Description: Baby, it's cold outside, but that doesn't mean you have to shed your gloves to send a text message or swipe a smartphone. The metal wire woven into the thumb and pointer finger of these gloves works with any touch-screen device.

Where to find it: Treasure Trove, 12415 E. 1st Ave.

2 Custom Upholstery

Description: Restore that favorite chair, formal sofa or vehicle seat to its original glory, or check out a wide selection of other gifts and accessories.

Where to find it: Jacobs Upholstery, 16023 E. Sprague Ave.

3 Terra Firma Massage

Description: Pomegranate hot stone massage treats deep muscle tissue and relaxes the body. Currently on special for \$50.

Where to find it: Human Touch Massage Therapy, 807 N. Sullivan Road, Suite 2

4 A Good Book

Description: Rather than be specific with a title, simply the reminder that there are literally books written for everyone makes this idea a reliable standby.

Where to find it: Barnes and Noble (Spokane Valley Mall area) or similar book stores

5 Debit Gift Card

Description: Want to give a cash gift? This is a step better, as it's replaceable if lost or stolen. This Visa card can be filled with any dollar amount.

Where to find it: Numerica Credit Union, 722 N. Sullivan Road

6 LEGO Friends

Description: For those who are still under the assumption that LEGOs are a boys' domain, this series following the adventures of five LEGO girls are sold in purple boxes a safe distance away from the Ninjago sets.

Where to find it: Toy stores everywhere

7 MINDS-i All-Terrain Robotics

Description: Hands-on, interchangeable construction kits allow kids and hobbyists to create and modify extreme vehicles and robots. The system is the invention of Mike Marzetta, who owns Altek in Liberty Lake.

Where to find it: www.mymindsi.com



8 5-Bottle Sampler

Description: Only available during the holidays, give five of Latah Creek's most popular wines in half-bottle sizes.

Where to find it: Latah Creek Wine Cellars, 13030 E. Indiana Ave.

9 Goodie Basket

Description: Customize a gift basket with bread, cookies or other baked goodies.

Where to find it: Great Harvest Bread Co., 21651 E. Country Vista Drive, Liberty Lake



10 KidFIT Gift Certificate

Description: Want to treat a special child in your life with a gift that won't tie them to the couch? Connect them to ballet, tap, jazz, hip hop, gymnastics or cheerleading during the free registration holiday promotion. Classes are at the HUB Sports Center.

Where to find it: KidFIT Spokane, www.kidfitspokane.com or 953-7501

11 Peanut Butter Buckets Gift Box

Description: If your shopping for someone who likes peanut butter cups, wouldn't it stand to reason they would love peanut butter buckets?

Where to find it: Rocky Mountain Chocolate Factory, 506 N. Sullivan Road

12 Ski Passes

Description: The season is upon us, and the Inland Northwest is blessed with a plethora of first-rate resorts.

Where to find it: Your mountain of choice

13 Note Cards

Description: Many shops feature cards created by local artists, or you can find the work of Valley residents online through their websites. ([\[gink.com\]\(http://gink.com\) and \[www.etsy.com/shop/brushworkdesigns\]\(http://www.etsy.com/shop/brushworkdesigns\) are two examples.\)](http://www.hugabu-</p>
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Where to find it: At your favorite gift store or online.

14 The Avengers

Description: The third-highest grossing movie of all time was the hit of the year, and it's not only on Blu-ray, but it's still in the action figure aisle, too.

Where to find it: Pick a store, any store (pretty much)

15 Time

Description: Sometimes, it can be easy to forget that non-material gifts are even more important. Ellen Martin suggested via Facebook that the time we spend shopping can be redeemed for this purpose. “Bring a friend or two or three with you. Enjoy the journey as much as completing your gift list,” she said.

Where to find it: With a loved one.

16 Quelf Jr.

Description: Perfect for family game nights, this junior version of the popular and nonsensical board game brings out your creative side.




Where to find it: Uncle's (Spokane Valley Mall) or other toy stores

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GIFTS

Continued from page 10

17 A Cozy Sweater

Description: 'Tis the season to warm up fashionably, and sweaters

are just the tip of the iceberg at Jema Lane Boutique for the "fashionista" on your list. The shop specializes in clothing, handbags and jewelry for "real women" from petite through extended sizes.

Where to find it: Jema Lane Boutique, 613 S. Pines Road

18 Theater

Description: Many local theater groups, such as Interplayers and Spokane Civic Theatre, offer gift packs for future shows. Most, such as Liberty Lake Community Theatre, have scheduled December performances.

Where to find it: www.spokanecivictheatre.com, www.interplayerstheatre.com, www.libertylaketheatre.com or your performing group of choice

19 Lafonn Chantily Heart Necklace

Description: Chic and glamorous, yet personal and unique, say "I love you" with this necklace, available in white or yellow.



Where to find it: Tracy Jewelers, 106 N. Evergreen Road

20 Shock, Indians or Chiefs Tickets

Description: Off-season ticket promotions are going on for the Arena Football Shock and the baseball Indians, while the Chiefs are off to a great start in their season.

Where to find it: spokaneshock.com, spokaneindians.com or spokanechiefs.com

21 Skin Care Gift Card

Description: Available throughout the season, picking this item up on

Nov. 23 or 24 pays the greatest dividends. That's when you can double your purchase power with a buy one service, get a second one free promotion.

Where to find it: European Diva Studio, 807 N. Sullivan Road, Suite 2

22 Gift Donation

Description: Every December, the Greater Spokane Valley Chamber of Commerce's monthly breakfast

focuses on area nonprofits, and businesses make gift donations to support our local charities. There are any number of worthy charities that could use gift donations. This is truly a gift "for the person who has everything."

Where to find it: Your charity of choice

23 LiBrow

Description: Purified serum transforms eye-brows into youthful, natural eye-catching arches.

Where to find it: Riviera Tan & Spa Boutique, 1235 N. Liberty Lake Road

24 Northern Quest Concert

Description: The Airway Heights resort has concerts scheduled Dec. 27-29 and 31. Add an overnight and a meal and turn the event into a holiday getaway.

Where to find it: Northern Quest Resort and Casino, 100 N. Hayford Road, Airway Heights

25 Gift Cards to The Habitat Store

Description: Provide both that handy person on your list and Habitat for Humanity-Spokane with spending power. Gift cards \$50 or greater are 20 percent off.

Where to find it: The Habitat Store, 3808 N. Sullivan Road, Building 10

26 Eclectic Home Decor

Description: A hidden gem of gifts housed in a historic downtown building, this self-proclaimed "unique and thoughtful gift mall" is stocked and ready for the

holidays.

Where to find it: Hurd Mercantile and Company, 30 S. First St., Rockford

27 Zags Red Wine & Glasses Gift Set

Description: A big red for a big school, the set

includes two Riedel stem wine glasses made of no-lead crystal hand etched with the Gonzaga mascot. All packaged in an attractive gift box.

Where to find it: Liberty Lake Liquor and Wine, 1326 N. Liberty Lake Road



28 Latah Creek Gift Baskets

Description: Customized or ready-to-purchase, a large assortment of baskets and other gifts are available at the Spokane Valley winery.

Where to find it: Latah Creek Wine Cellars, 13030 E. Indiana Ave.

29 Photo on Canvas

Description: Turn your favorite family photo into a canvas print.

Custom sizes available.

Where to find it: Mountain Dog Sign Co., 24001 E. Mission Ave., Suite 40, Liberty Lake

30 Poinsettia Planter

Description: Celebrate the season

with a gift for yourself or a loved one featuring vibrant red poinsettias seated

in a metallic-embossed ceramic container. A great gift for the hosts of your holiday gatherings you can pick up at a Spokane Valley business that turned 60 this year.

Where to find it: Appleway Florist and Greenhouse, 11006 E. Sprague Ave.

31 New Living Room

Description: Transform your living room with a complete selection of

customizable furniture in a 20,000 square feet showroom. Special holiday sale pricing Nov. 23-25.

Where to find it: Spencer's Furniture, 6404 E. Sprague Ave.

32 Dominion Trading Coffee

Description: Give some of the best coffee

in the world and support a local effort to invest in the long-term sustainability of the Ethiopian communities where the coffee beans are harvested. Dominion Trading Coffee is a Liberty Lake-based effort that works with its nonprofit arm, the New Covenant Foundation, to build relationships and find solutions that change lives in Ethiopia's coffee-rich but economically poor Rift Valley. Coffee can be purchased online.

Where to find it: www.dominiontrading-coffee.com

33 MushABellies

Description: What do you get when you cross your stuffed

animal with cutting edge Augmented Reality technology? The answer: MushABellies, a toy that is powered by the brain trust at Liberty Lake's Gravity Jack. Check out the online video for how it works.

Where to find it: www.mushabelly.com





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IF YOU GO ...

WHAT: The Habitat Store, a place to buy new and used building and home improvement materials at discount prices

WHERE: 3808 N. Sullivan Road, Building 10, Spokane Valley

WHEN: The store is open 9 a.m. to 6 p.m. Monday through Saturday

WHY: There are countless reasons to shop at The Habitat Store. Here are a few:

- **Give back:** Since its inception in 2000, The Habitat Store has raised enough money to build 15 homes and has diverted more than 3,000 tons of building material from the waste stream. All of the store's proceeds support Habitat for Humanity-Spokane, which has built 214 homes (and counting) for local families.

- **Great inventory:** The always updating inventory usually includes doors, windows, cabinets, plumbing fixtures, appliances, paint, tile, hardware, roofing, fencing and much more.

- **Steep discounts:** Purchase new materials at about 50% and used materials at about 25% of retail value.

- **Holiday specials:** This season, score a gift card of \$50 or more for the handy person on your list at 20% off.

Home improvement shoppers give and receive at **Habitat Store**

A Spokane Valley store is making it possible for shoppers to help build homes for deserving neighbors while improving their own.

Using an innovative and community-friendly model, The Habitat Store offers a place for shoppers to find great deals on building and home improvement supplies that have been donated to the store.

"We have builders and contractors who donate leftover supplies and corporations who give us discontinued items," explained Lisa Hamm, communications manager with Habitat for Humanity-Spokane. "From tile, lumber, windows, doors — if it has to do with building, we've got it."

All of the proceeds from the store, which moved in April 2011 to its current location in the Spokane Industrial Park at 3808 N. Sullivan Road, Building 10, support Habitat for Humanity efforts.

The Spokane affiliate of the international organization has been in existence for 25 years, during which time it has built homes for 214 families. That number will increase when two more families receive keys to new homes in a special ceremony in Deer Park on Dec. 10.

Hamm said the recipients of Habitat homes enter into a partnership with the organization. The families are responsible for closing costs, must agree to give 500 hours of volunteer service to Habitat and pay off the cost of the home interest-free through a long-term loan. Far from a handout, Hamm said Habitat homes increase property values wherever they are built through pride of ownership.

Habitat homes are also Northwest Energy Star rated, and The Habitat Store follows a similar model of environmental stewardship. Through donations to the store, Habitat steers good, reusable materials out of landfills — to the tune of 3,000 tons of building material reused rather than wasted since 2000.

Whether it's building a home or helping out at the store, the need for volunteers is year-round, said Hamm, who is also the volunteer coordinator for the local Habitat.

"You really do not have to have any type of building experience," she said. "We have contractors, and we have people who have never picked up a hammer before, so it's a wide range. We want everybody."

The store, which also features some thrift store items, is a great destination for everyone from the person needing to do a small fix around the house to a "weekend warrior," Hamm said.

Gift certificates are available, and those \$50 or more can be purchased at a 20 percent discount through Christmas Eve, she added.

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TO DONATE OR VOLUNTEER: The store accepts donations of new and used building materials that are clean and in 100 percent working condition. Call 535-9517 to schedule a free pick-up.

Volunteer opportunities include customer service, sales, warehouse and office/clerical. To learn more about this and other local Habitat for Humanity volunteer opportunities, call 534-2552 ext. 24.

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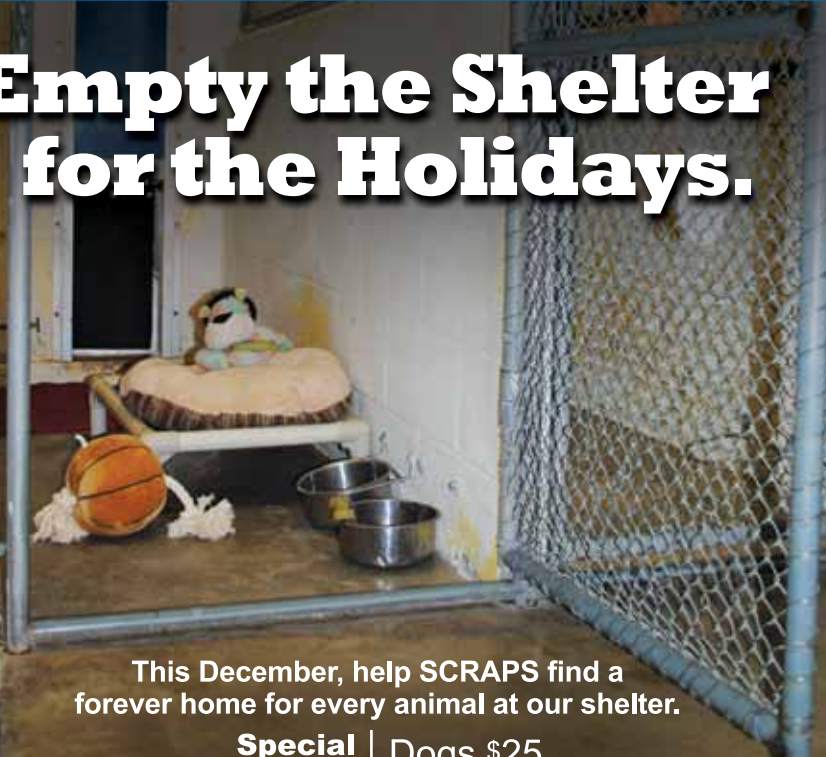
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33 TIPS TO ~~SURVIVE~~ THRIVE

Contrary to popular belief, it's possible to make it through the holidays not only intact, but revitalized. Pick and choose from the following tips for ways to refresh and enrich your Christmas season.



1 Indulge in the Christmas music

"It's the most wonderful time of the year" for music, and if that's not your tune there are plenty out there in all genres. Customize a new playlist for the season and you'll find yourself swinging into the spirit.

2 Pick up the tab for someone else's latte

Random acts of kindness are appropriate any time of year, but there are certainly ample chances to buy the coffee for the person behind you in the drive-thru during the month of December. Like the holiday spirit itself, generosity is a happy contagion.

3 Get a makeover — for your car

This isn't the time of year to attack your vehicle with the garden hose and a bucket of suds in the front yard, but places like Mega Wash Express, 17316 E. Sprague Ave., are still in season. Don't allow the upkeep and tidiness of your vehicle to slip over the winter months.

4 Plan a Staycation

Description: See Spokane Valley through the eyes of a visitor and stay a night in the Oxford Suites, 15015 E. Indiana Ave. Walk across the street to do some Christmas shopping at the Spokane Valley Mall, or just relax in a suite or soak in the hot tub. You don't have to go away in order to get away.

5 Take the family out to carve a Christmas tree

Not to get all Clark Griswold on you, but cutting down a Christmas tree for the season is a fun and fresh-smelling family activity. If it's not already a tradition, consider heading over to Carver Farms, 9105 N. Idaho Road in Newman Lake, to cut down a tree — and enjoy free hayrides, hot cocoa and cider while you're at it.

6 Utilize that gym membership

The weather, the food, the hectic schedules — all of it can add up to a recipe that has negative effects on your personal health. Combat that by utilizing a gym membership, setting goals and maybe even hiring a personal trainer at a place like Anytime Fitness, 23505 E. Appleway Ave. in Liberty Lake.

7 Attend a church service

Many local churches will be hosting special Christmas services for the season, and even the non-religious can appreciate the beauty and timelessness of the original Christmas story. When we asked Facebook followers for tips, Jean Simpson shared a simple response that received at least one amen: "Put Jesus first."

8 Go golfing — virtually

Some of the world's best courses can be played with your own set of clubs right here in the Valley — rain, snow or shine. Indoor Golf, 19223 E. Appleway Ave., has a realistic setup for serious and recreational golfers alike.

9 Throw an eco-friendly spa party

Spa party packages make a fabulous holiday get-together, and Spokane Valley's K Salon, 16823 E.

Sprague Ave., Suite A, makes sure the experience is not only natural, but friendly to nature. The organic, eco-friendly salon specializes in products and processes that make Mother Nature happy.

10 Evaluate your health

Peace of mind is a valuable commodity, so as you close out a hectic 2012, consider taking steps to make sure the new year will greet a healthy you. A stop at the Liberty Lake Medical Center, 2207 N. Molter Road, could include a thermography scan at Empire Digital Imaging and a stop to consider the health and wellness options available at Healthy Living Liberty Lake.

11 Schedule silence

Allow yourself 5-10 minutes each day to be silent. Whether it's in prayer, meditation or simply choosing to disengage from the chaos around you, the silence will help ground you in the other activities you engage in.

12 Get a haircut

Speaking in unfair but typical generalities, the ladies don't need to be reminded to be at their best during the holidays. That means guys, listen up. Chances are, you need a haircut. Seriously, when was your last one (self-trimming doesn't count)? Here's a tip: SportClips at Sprague and Sullivan is a great option.

13 Get a dog (or cat)

The SCRAPS shelter, 2521 N. Flora, may be currently housing your future best friend. Break him out and bring him home for the holidays.

14 Got milk?

No need to run to the store for milk or butter. The freshest milk and tastiest butter for baking holiday treats can be delivered to your doorstep. Call Spokane Milk at 724-0120 or visit www.spokanemilk.com.

15 Moderate the appetite

Think moderation when it

comes to eating and drinking during the holidays. If you need help getting control of your appetites, check into Weight Watchers, 12510 E. Sprague Ave., or find a coach through Take Shape for Life (www.tsfl.com).

16 Be aware of your vitamin levels

With the short days of winter, many people living in the Northwest do not get adequate vitamin D that normally comes through sun exposure. On sunny winter days, bundle up and go outdoors to soak up vitamin D or consider a vitamin D supplement.

17 Tour with your toothbrush

With a lot of sweet treats and holiday goodies, it's especially important to take care of those pearly whites. Keep a toothbrush and travel-size toothpaste handy for a quick cleaning after holiday parties.

18 Factor in the deductibles

Perhaps you've spent all year building up deductibles for your health or dental insurance, or maybe you have money remaining in a flex spending account that must be utilized. Schedule those appointments before the end of the year to take advantage of the savings.

19 Sleep in heavenly peace

Get plenty of rest. If sleeping is a problem, consider consulting with your doctor, acupuncturist or massage therapist to evaluate options.

20 Combat dry air

Break out the humidifier and keep the lotion handy, because your skin is likely drying out.

21 Give back

Volunteer at Spokane Valley Partners, Meals on Wheels, Blessings Under the Bridge or a similar organization.

See TIPS, page 18

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TIPS

Continued from page 16

22 Support a cause you believe in
 Whether its SCRAPs or a local art commission, your church or your college, a local nonprofit or Hurricane Sandy relief efforts, make a year-end gift to invest in something you are passionate about.

23 Whiten the whites
 With all the parties and gatherings, smile brighter with teeth whitening from an office like Simonds Dental Group, 22106 E. Country Vista Drive.

24 Get a handle on your budget
 For instance, one great place to start is to have a budget for your holiday shopping — and stick to it. Or attend a seminar like those put on by STCU to get a better grasp on your personal finances.

25 Invest in the care of a loved one.
 The holiday season represents an appropriate time to explore the gift of loving and compassionate care for a loved one. Taking a tour of facilities such as Sunshine Adult Family Home, 10410 E. 9th Ave. in Spokane Valley, or Guardian Angel Homes, 23102 E. Mission Ave. in Liberty Lake, is a great place to start.

26 Check your tires
 Clarks' Tire and Automotive, 16010 E. Sprague Ave., is a great option for making sure your tires — and the rest of the vehicle, is ready for winter.

27 Choose gratitude
 This is a perfect time to take the advice of the hymn writer and "count your blessings, name them one by one."

28 Enjoy seasonal treats
 The supply of egg nog and gingerbread houses greatly diminishes by July. Enjoy them while they last.

29 Appreciate your surroundings
 You live here, so you have likely already experienced the outdoor beauty this time of year offers. Pause. Take it in, and don't take it for granted.

30 Watch a classic
 From It's a Wonderful Life, to the Grinch, and everywhere in between, take the opportunity to enjoy a holiday movie favorite.

31 Drink in warmth
 It's the season for cider and cocoa, of holiday teas and coffees. Enjoy a warm mug on a cold day.

32 Learn to say 'no'
 Don't accept every party invitation or attend every activity. Set boundaries, then prioritize your commitments and refuse to feel pressured into extra obligations.

33 Pay attention
 2013 will be here in a blink. Redeem every moment by keeping your mind engaged by what's most important: the people you love.

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