



The other day I was talking to a friend and she was wondering if it would be better to arrange to send her children to Colville High School rather than Kettle Falls. She thought a high school in a larger town may have more advantages. I shared with her how special our schools in Kettle Falls are and the respect and high esteem they hold in the educational community. I thought it would be good to share with you some of the hidden perks that being part of the Kettle Falls school community gives to us. Our schools are part of what make Kettle Falls special.

One way that Kettle Falls Schools are special is that they have qualified for a unique partnership with a school reform company called Expeditionary Learning and the Bill and Melinda

Gates Foundation. The goal of the partnership is designed to bring adventurous learning to the classroom. The Gates Foundation pays for our teachers to attend training all over the country. This training shows teachers how to get the students excited about learning the state standards through expeditions. Teachers from other schools come to our schools to train as well.

Expeditions get the students out of the school and textbook, and the students into real life situations in the field. Some of the field situations involve snowshoeing to retrieve trail cameras studying predators. Some involve working with the fish hatchery. Others involve meeting veterans at the VA Hospital. They all involve student mastery of rigorous state standards in a fun way. There is more to learning than the 3 R's.

Student achievement is easily researched for any school in Washington State. Simply go to the Superintendent of Public Instruction's website. <http://reportcard.ospi.k12.wa.us>. Look for Kettle Falls on the drop-down menu.

Kettle Falls' students compete very well with most schools. In fact, no senior has been held back by the high stakes requirements for graduation.

High stakes tests are here to stay for all students in Washington. Kettle Falls' students have the advantage of achieving success on those tests in an adventurous learning environment. If your student learns best with hands on experiences, Kettle Falls is worth checking out.

Yep, Kettle Falls: Ya Gotta Love it

If you have a story about what makes Kettle Falls special to you feel free to submit it to: [kfyagottaloveit@yahoo.com](mailto:kfyagottaloveit@yahoo.com)



**Zero Soup:  
Low Fat and Low Down Good!**

- 4 cups nonfat vegetable broth,
- 2 cups diced onions,
- 1 cup diced celery,
- 1 cup peeled and diced carrots,
- 1 cup cut green beans ,
- 1 1/2 cups finely chopped green cabbage ,
- 1 cup diced red bell peppers,
- 4 garlic cloves, minced,
- 3 cups diced tomatoes in juice ( 28 oz. can),
- 2 tablespoons soy sauce,
- 1 tablespoon cider vinegar,
- 1 teaspoon dried basil,
- 1 teaspoon dried oregano,
- 1 teaspoon dried dill,
- 1/2 teaspoon dried thyme,
- 1/2 teaspoon ground pepper and salt to taste.

Heat the broth in a soup pot. Add the first seven vegetables one at a time, trimming and chopping as you go. Stir in the tomatoes, soy sauce, vinegar, basil, oregano, dill, thyme and pepper. Simmer for 15 or 20 minutes, until the vegetables are tender. Add salt to taste.

Serves 4 to 6.

97 calories per 12 ounce serving.

A variation : Mexican Zero Soup...Add zucchini and minced chilies, and replace the herbs with cumin, cilantro and coriander. Use lime juice instead of vinegar.

A good way to get more vegetables in your diet!

ENJOY,

DELORES HALL



130 E 3RD  
PO BOX 1104  
KETTLE FALLS, WA 99141  
  
LOCATED IN THE OLD APPLE WAREHOUSE  
  
SUSAN BROWN, OWNER  
Phone: 509-738-4848  
Cell - 509-675-3361  
E-mail: [susanr1949@yahoo.com](mailto:susanr1949@yahoo.com)

**RED APPLE TRADING POST**

- ANTIQUES
- COLLECTIBLES
- PRIMITIVES
- QUILTS
- LINENS
- SECOND HAND

KETTLE FALLS ARTS & CRAFTS GALLERY

*KF*

Specializing In Art  
From Near & Far

Mosaics, Jewelry, Acrylics in Several Styles, Fused Glass,  
Photography, Concrete Yard Art, Ink Art, Barn Wood Furniture,  
Handwoven Textiles, Classic Wood Cars, Pyrography, Charcoals,  
Watercolors, Crochet, Mixed Media & Soaps

Located in the Apple Warehouse on Hwy. 395

Always Looking for new Artists & Crafters

For class info go to  
[www.kettlefallsgallery.com](http://www.kettlefallsgallery.com)  
(509) 675~2484

**Protecting children from  
abuse and violence is  
everyone's  
responsibility**

**Call 1-866-EndHarm or 911**



**Kids First  
Children's  
Advocacy  
Center**

*Program of Rural Resources*