



*Kettle Falls:
Ya Gotta Love It*
by Pat Elliot

Hi everyone.

While trying to fix my fixed income it occurred to me that others are going through the same period of adjustment that I am and may enjoy exchanging some ideas or strategies with each other. By fixed income I don't mean only those on Social Security or disability but those who will not be seeing a pay raise anywhere in the near future. This encompasses most of us. Many have less than fixed incomes because their income has diminished these past few years particularly the self-employed. So here I go with today's insight.

The first and most pressing area of concern for me is gas. I looked up on the internet how much gas it takes to start a car. The average car uses 1/8 of a gallon. That's about 50 cents. Well, I thought about that and started to count the times I start the car on an average trip to town. Let's see, I stop at the library, the post office, MacIntosh's, the food bank, Apple Warehouse, the bank, the gas station, and the market. That's eight starts, \$4.00. Plus the initial start at home. I spent more on starting the car than on the gas to get to town. This is a sobering insight that has definitely modified my shopping and parking behavior. Just multiply the amount you would save on a weekly basis by 52 (the weeks in the year) and you can see you can put a sizeable sum back into your fixed net income by parking and walking.

So, now I park in a central area of town and walk. This is a really healthy thing to do and in the process you can develop a closer relationship with the town and be more sociable because the need to rush is not as strong. (This does work better when the weather is nice and there is no ice).

We live and shop in Kettle Falls and only need to walk a few blocks in any direction to get to all of these places. We have new sidewalks and more are being added to help make it safer and easier for us. What else can I say?

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



For Men Only!

Whipping Cream Biscuits

2 cups self-rising flour and 1 cup whipping cream (do not whip)

Preheat oven to 450 degrees. Combine flour and cream in a mixing bowl. Stir just till blended. Transfer dough to a lightly floured surface and knead 10 times. Roll out in a square shape about 1/2 inch thick. Cut dough into 12 squares and place on a lightly greased baking sheet. Bake for 10 minutes.

Slow Cooker Beef Stew

1# Beef stew meat or 1# Hamburger, 1 medium onion, chopped, 1 cup chopped carrots, 1 cup chopped celery, 3 large potatoes, chopped, 1 can (15 oz.) green beans with juice, 1 can tomato soup (10 3/4 oz.), 1 cup water, 1 teaspoon pepper, 1 teaspoon salt, 1/2 teaspoon garlic powder, 1 tablespoon sugar and 2 tablespoons quick cooking tapioca.

Put in slow cooker in layers and do not mix. Cook on high setting for 5 hours or on low for 8 hours.

No slow cooker? Borrow one from one of the customers at Tj's Tavern!

ENJOY,
DELORES HALL



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