

The Gazette-News

(USPS 574-740)

A Consolidation of The Kendrick Gazette and The Genesee News

Published every Wednesday (dated Thursday) and entered as second class matter at the Post Office in Kendrick, Idaho 83537 and Genesee, Idaho 83832, Latah County, under Act of Congress of March, 1879.

The Official Newspaper of Genesee, Kendrick and Juliaetta, Idaho
 Jane L. Roth and William A. Roth, Publishers
 Wm. A. Roth, Editor Ferris Cuddy, News Editor
 Genesee—Telephone 285-1513 Kendrick—Telephone 289-5731

Subscription Rates: \$5.00 per year in Latah, Nez Perce, Clearwater Counties, Idaho and Asotin and Whitman County, Washington.
 All other Address — \$6.50 per Year Single Copy—15c
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POSTMASTERS: Send Form 3579 to Kendrick, Idaho 83537

5-Year Elk Management Plan

The Department of Fish and Game's plan designed to establish management guidelines through '85 for elk has been printed and it is ready for distribution, according to program coordination chief Monte Richards.

It will be sent to interested agencies, organizations and individuals, he said.

Next management plans scheduled for printing are those for white-tailed deer and mule deer, Richards said. The plans for deer and elk have been approved by the Fish & Game Commission.

Work is continuing on five-year plans for trophy big game species and they should be in draft form and available for public comment later this year, Richards said.

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Selective Service Urges Registration

Boise: Maj. Gen. James S. Brooks, Idaho Director of Selective Service, announced that the Selective Service System has published the listings of those who have registered through September 30, 1981. The lists include registrants born during the years 1960 through 1963.

According to Gen. Brooks, the Military Selective Service Act requires that the lists be posted in all draft board offices for public information. He said that "because there are no local board offices, we are mailing the appropriate lists to each county clerk for public posting at the county court house."

On January 7, 1982, President Reagan announced his decision to continue peacetime selective service registration. In announcing his decision the President declared a grace period which late registration would be accepted without penalty. That grace period extends through February, 1982. Anyone who was required to register previously, but has not done so yet, is reminded that he must register immediately to avoid any possible penalty.

Gen Brooks said the registration lists are printed in alphabetical order and include the name, date of birth and selective service number of each registrant within the local board jurisdiction. Eleven of Idaho's 12 local boards have multiple-county jurisdiction.

For People? Selenium

Selenium, a trace element found in some foods, has been well-documented as valuable for treating muscular diseases of animals. But because large amounts are poisonous, we have advised its cautious use.

More recently selenium has received a big boost from faddists seeking eternal youth. Their enthusiasm is fuel by studies indicating that selenium is an essential trace mineral used by the body to help preserve cell life. Since cells are kept from breaking down as we grow older, this element has been associated with youth.

Selenium has also been linked to prevention of heart disease and cancer. In one study, low selenium levels reduced enlarged muscle tissue around the heart.

Other research reveals its contribution to healing the body's connective tissue. When patients thought to be consuming selenium-deficient diets were given in small doses, their muscle discomfort and mobility problems disappeared.

However, further studies have not confirmed selenium's alleged role in combating heart disease. Nor have they established that high selenium levels can prevent cancer. Research either praises the mineral for deterring specific cancers, or condemns certain selenium compounds for causing cancer. Since these studies have been conducted with laboratory animals, value to humans is questionable.

Common sources of selenium are seafoods, kidney, liver, meats, dairy foods, fruits and vegetables. How much selenium is in food depends

Can Heart Attacks Be Prevented?

"Can heart attacks be prevented by lowering cholesterol?" This is the question asked by a team of researchers from atherosclerosis, (hardening of the arteries). Atherosclerosis gradually thickens and narrows the arteries until the flow of blood is slowed or stopped. When it affects arteries that supply blood to the heart, a heart attack may result. A clue to the cause of this disease may be that cholesterol is found in diseased arteries. Whether or not lowering cholesterol is actually beneficial is still uncertain.

The National Institutes of health are supporting a national cholesterol lowering study at four research centers across the United States. This study seeks volunteers who are the ages of 29 through 64 have had their first and only heart attack within the past 5 years, are free of diabetes, stroke and heart surgery. All research centers are currently accepting eligible volunteers. For more information, please call the western hyperlipidemia study center at (213) 482-5011 collect.

on its availability in the soil. Plants absorb elements from the soil as they grow and are, in turn, eaten by animals and humans. We continue the food chain and get more selenium by consuming animals and their by-products.

Depending on where we live, we ingest varying amounts of selenium. Most diets in the United States are safely within suggested selenium limits. An adequate intake range of 50 to 200 micrograms per day for adults is set by the Food and Nutrition Board of the National Academy of Sciences to guard against possible toxic overdose.

However, taking supplements of selenium is seriously questionable. Although evidence proves the benefits of added selenium for animal care, the best source for people is from the food we eat, in a normal balanced diet.

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Food Dollars and Sense

Spilled food means food waste. And food waste, of course, means money down the drain.

You can prevent most food spoilage by following four basic rules. Simply remember to keep:

- * moist foods moist
- * dry foods dry
- * frozen foods frozen
- * fresh foods as close to their original state as possible.

While these are the basics, they're not the only ways to safeguard against food spoilage. The smart shopper, for instance, knows that perishables should be the last foods purchased at the grocery store—and the first ones put away at home.

You'll also find that the meat you buy will stay fresher longer if you store it in the coldest part of your refrigerator. Remember to use it within two or three days. Otherwise you should freeze it.

It helps, too, if you rotate the foods in your refrigerator. Simply remember to put the freshest food items in the back. That way, the oldest foods will be up front, where they'll be used before they can spoil.

Preventing food spoilage—and waste—is one way to trim your food budget. Another is switching your snacking habits. Specifically, that means occasionally forgoing expensive sweets in favor of more nutritious—and economical—snacks from the four foods groups. Here are a few suggestions:

Cheddar cheese and whole wheat crackers,

Peanut butter on crisp celery sticks,

Plain yogurt mixed with chunks of fresh melon (or any other fruit you choose),

By learning to concoct your own snacks from the four foods groups, you'll discover a tasty, nutritious departure from the "sweet scene."

And you'll save money.

Do you have a nutrition question for Dr. Hirsch Write "Nutrition for Today," P. O. Box 721, Rosemont II 60018. Answers to questions may appear in future columns.



Growers Expected To Plant Too Many Potatoes In 1982

Moscow, Idaho—Prices for the 1982 potato crop are expected to decline below 1981 levels, agricultural economists of the University of Idaho, Washington State University and Oregon State University predicted in a year-end report.

Overproduction is likely because "growers are getting the false signal that they can increase acreage and still get good prices," the economists said.

Most growers in the Pacific NW earned profits in 1981 even though prices for the 1981 russet potato crop will average 15 to 20 percent lower than 1980 crop prices, the report said.

"Low yields are the reason for favorable 1981 crop prices. Pacific Northwest potato growers planted 12 percent more acreage in 1981. Because average yields for the region decreased nearly 6 percent 1981 production is only about 5.5 percent higher than production in 1980," authors of the report pointed out.

"After two good price years, potato growers will increase acreage again in 1982. With good growing conditions prices for the 1982 crop will probably fall below the cost of production," the economic forecasters said.

Milk Output 11 Percent Higher

Idaho's production of milk totaled 170 million pounds for January, according to the Crop and Livestock Reporting Service. Although down slightly from the previous month, the output from the State's milking herds climbed 11 percent from January of a year ago. The average number of milk cows during January grew from 160,000 head in 1981 to 170,000 in 1982. Higher productivity per cow also contributed to the larger milk flow. Production per cow was 1,050 pounds during January 1982 compared with 1,005 pounds for the same month a year ago. Final figures put Idaho's 1981 milk production to 2.16 billion pounds, up 11 percent from the 1.95 billion pounds produced during 1980.

January milk production in the U. S. rose 2 percent above the previous year to 11.0 billion pounds. Contributing to the increase were 1 percent gains in both cow numbers and production per cow.

Early Filing Means Quicker Refunds

"File early," said IRS Boise District Director F. R. Berria. By filing early you will receive your refund quicker. It also helps balance the workload for IRS, according to Berria.

Internal Revenue Service does not pay interest on refunds, as is currently being quoted from several sources. Under the law IRS is allowed to pay interest on refunds only if they fail to issue a refund after more than 45 days from the due date of the return or 45 days from the date the return is filed, whichever is later.

Filing tax returns early will not increase the chance of their being audited. All tax returns receive the same screening process, regardless of when they are filed. At present, about two percent of individual tax returns are audited.

Berria further advises taxpayers to review their returns carefully for accuracy before filing them. Over 33 percent of all errors on individual returns filed with the Ogden Service Center last year were math errors.

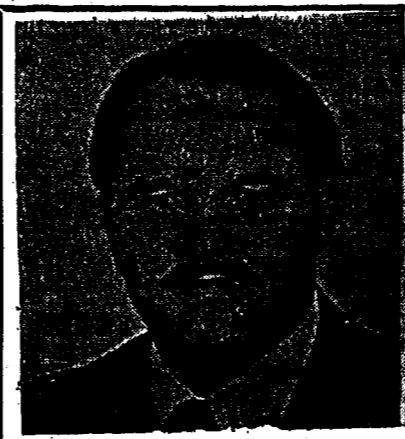
Pea and Lentil Yields Drop Below 1980 Levels

Moscow, Idaho—The Pacific Northwest's 1981 production of dry peas and lentils have dropped below levels of 1980, agricultural economists of the University of Idaho, Washington State University and Oregon State University said in a year-end report.

"Dry pea production fell 23.5 percent to 271 million pounds. Lentil producers planted 15 percent fewer acres than in 1980 but still produced a near-record crop of 197 million pounds," the report said.

Because growers have encountered serious disease problems with Austrian winter peas, acreage of this legume crop declined by 64 percent and production was down 40 per-

cent, to the lowest level since 1977. Looking at 1982 prospects, authors of the report said pea and lentil prices should strengthen in the spring and summer as export activity picks up.



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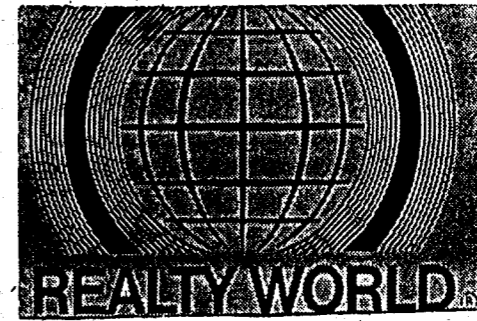
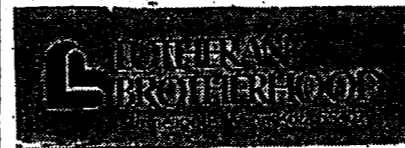
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Kendrick Grange Met February 2

The February 2nd meeting of the Kendrick Grange was called to order by Master Ross Armitage Ruth White, C. W. A. reported on the following dates:
 March 18: Farm Institute Evening card party. Also March 18th everyone that wishes to attend are welcome. March 27, jamboree at Moscow.

Grace Ingle advised that our next meeting, Feb. 16 would be a 6:30 potluck in honor of Rock Creek visitation. Members bring salads only. She also reminded us the 2nd meeting in April, the 20th will be citizen of the year night, also a 6:30 potluck.

Gerald Ingle gave a legislative report on National Grange. Ruth White added to this. Jessie Bateman was dropped per her request as she is unable to get to lodge.

Jo Bencoter to taking treatment for her sciatic nerve. Millie Corkill is in Tri State hospital. Lloyd Craig had surgery. Also Wayne Davls.

Report on winners for last meeting's pinochle are:
 High for men: Manning Onstott;
 Maxine Foster and Opal Draper tied for women's high.

Lloyd Heimgartner, men's low.
 Jo Bencoter, women's low.
 Jo Bencoter, 5 nines.
 Neil Heimgartner received the goose.

Grace Ingle read an article from the Idaho Stockman: Gem State notes.

Meeting adjourned for refreshments served by the Glen's, Betty May and the Cox's.

Three tables of pinochle followed. Roberta Manwaring, pub.

Have Talent?

If you dance, sing or play musical instruments or any type of talent, we want you for the 1982 Festival of the Arts Variety Show Saturday, March 27 at the Kendrick, High School. The acts will not be judged but strictly entertainment fun!

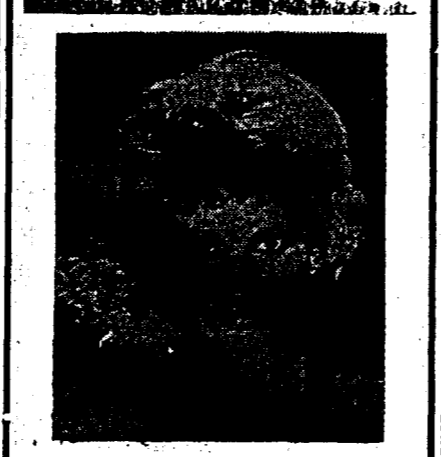
You may pick up a performer's entry form at K. H. S., Juliaetta grade school, Abrams Hardware, or several business establishments in Juliaetta and Kendrick. You may also return, your filled-out form to Miss Russell at the high school; Norma Abrams Box 52, Kendrick, Idaho or call 289-3151 or 289-4051.

We would like to have these forms by March 13th. So get in and spruce up your act and we will see you March 27th.

ENTRY FORM:
 Name: _____
 Address: _____
 Age: (if 18 or under): _____
 Phone: _____
 Brief description of entertainment: _____

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Weather

The subject becomes abomination, Monopolizing all conversation! Snow clouds cover the winter sky. Rain clouds follow, with river high. Potlatch is raging and might flood. Back yards are wet and full of mud. When the sun finally comes through, The best topic is sky of blue.
 —Lucille Magnuson

GENESEE HIGH SCHOOL February School Calendar

Feb. 20: Boys BB, Kendrick, 6:15
 Feb. 22: March 6: Boys' District BB tournament at Lewiston
 Feb. 26: In-Service, early release
 Mar. 11-12: Boys' State BB tournament: Moscow
 March 18: F. F. A. Parliamentary Procedure: Poultry Contest
 March 15-19: No School: Spring vacation

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