

The Kendrick Gazette

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Accidental Falls Leading Cause of Injury For Those Over 65 Years

Uncle Joe, who slipped on the stairs last week and took a tumble on the sidewalk the week before, is

M Dee

PHOTOGRAPHY

MILT PATTERSON

- Portraits
- Weddings
- Black & White Repros.
- Old Photos Reproduced
- Special Assignments

PHONE 289-5241

getting tired of falling. He doesn't know why he falls, but he suspects it is more than a lack of inborn grace.

He is not alone. Each year as many as one-third to one-half of elderly people fall, and nearly 5 percent of older adults experience an important fall-related injury. Falling, which usually occurs in the home, is the leading cause of accidental death for those over 65.

The most common injuries are hip fractures, wrist fractures and other serious musculoskeletal injuries, notes Dr. David Buchner, associate professor of health services and geriatric medicine at the University of Washington.

Environmental hazards, disease and other health problems are all factors that contribute to falling. By the same token, minimizing environmental risks and paying attention to health problems can help prevent falls.

In older adults, falls are often attributed to age-associated changes

in the neuromuscular system, which includes peripheral sensory nerves, vision, inner ear balance, cognition, motor nerves, muscles and joints. But falls are not a normal part of aging, says Buchner. He suggests that older adults who fall should discuss the problems with their physician.

Falls can also be a sign of new health problems or signal a need for an adjustment of medication, says Buchner.

Instead of accepting falling as part of growing older, think in terms of preventing falls:

—Get proper medical treatment of chronic diseases, which may contribute to neuromuscular problems.

—Exercise regularly. Exercise can improve balance, strength, endurance, coordination and general neuromuscular fitness. A properly designed exercise program is thought to strengthen bones, and also boosts emotional health and self-confidence.

—Minimize environmental risks. Keep stairs in excellent repair, with solid treads and full-length handrails on both sides. Put non-skid surfaces and grab bars in bathtubs and showers. Light walk areas. Apply non-skid coverings to floors. Keep clutter out of walk areas.

Avoid high-heeled shoes and shoes with slick soles.

—Don't restrict your activity to reduce your risk of falling. Lack of activity eventually further impairs neuromuscular control.

—Don't worry about falling. A lack of self-confidence tends to cause more falls.

—If you break a bone, get treat-

ment and stick to your prescribed physical therapy. The effort pays off in terms of a better quality life.

If you do fall, remember it has been said the difference between success and failure is getting up one more time than you fall.

For more information on falls prevention (including a home safety check-list), write to the Harbor-

view Injury Prevention and Research Center, c/o Barb Inglin, 325 Ninth Avenue, ZX-10, Seattle, WA 98104-2499.

Those who dream by day are cognizant of many things which escape those who dream only by night.

Success is a toy balloon among children armed with sharp pins.

THANK YOU

The Kendrick Chapter of the Future Farmers of America, and the members and leaders of the local 4-H clubs wish to express appreciation to the firms and individuals who support our groups, not only at the Latah and Nez Perce County Fairs, but throughout the year. The encouragement we receive makes us feel very special and proud to be a part of the community.

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We would also like to add a special note of thanks to Mr. Wally Butler for all the extra time he has taken with us. We appreciate it.

Cedar Ridge 4-H Club Potlatch Ridge Workers 4-H

Kendrick F. F. A. Chapter

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Agency

Dana Magnuson, Independent Agent

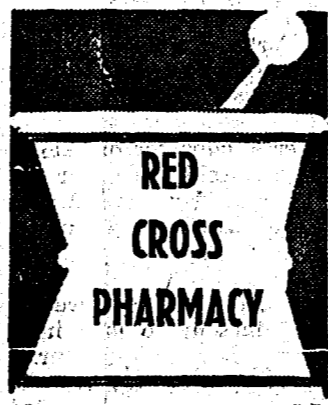
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RESOLUTION NO. 93-1

FAIR HOUSING RESOLUTION

A RESOLUTION OF THE CITY OF JULIAETTA, A MUNICIPAL CORPORATION OF IDAHO, PROVIDING FOR EQUAL OPPORTUNITY IN HOUSING.

LET IT BE KNOWN TO ALL PERSONS OF THE City of Juliaetta that discrimination in the sale, rental, leasing, financing or housing or land to be used for construction of housing, or in the provision of brokerage services because of race, color, religion, sex or national origin is prohibited by Title VIII of the 1968 Civil Rights Act (Federal Fair Housing Law);

NOW THEREFORE, BE IT RESOLVED BY THE MAYOR AND CITY COUNCIL OF THE CITY OF JULIAETTA AS FOLLOWS:

1. It is the policy of the City of Juliaetta to implement programs to ensure equal opportunity in housing for all persons regardless of race, color, religion, sex, or national origin.

2. That within available resources, the City will assist all persons who feel they have been discriminated against because of race, color, religion, sex, or national origin to seek equity under Federal and State laws by filing a complaint with the Idaho Human Rights Commission or the U. S. Department of Housing and Urban Development, Seattle Regional Office Compliance Division.

3. That the City shall publicize this Resolution and through this publicity shall cause owners of real estate, developers, and builders to become aware of their respective responsibilities and rights under the Federal Fair Housing Law and any applicable state or local laws or ordinances. SAID PROGRAM will at a minimum include, but not be limited to, the following:

A. The printing and publicizing of this policy and other applicable fair housing information through local media and community contacts.

B. Distribution of posters, flyers, and any other means which will bring to the attention of those affected, the knowledge of their respective responsibilities and rights concerning equal opportunity in housing.

4. This Resolution shall take effect upon its passage and approval. PASSED BY THE MAYOR AND CITY COUNCIL OF THE CITY OF JULIAETTA, IDAHO, ON THIS 12TH DAY OF JANUARY, 1993.

JEFF LOHMAN, Mayor
BECKY TEFFT, City Clerk
Pub. 1 Time:
Published, Jan. 21, 1993

CITY OF KENDRICK, IDAHO ORDINANCE NO. 639

AN ORDINANCE OF THE CITY OF KENDRICK, A MUNICIPAL CORPORATION OF IDAHO, PROVIDING FOR THE VACATING OF MAIN STREET BETWEEN BLOCKS 92 AND 103; PROVIDING THAT THE CITY SHALL RETAIN A TWENTY-FOOT WIDE UTILITY EASEMENT DOWN THE CENTER OF THE VACATED STREET; PROVIDING THAT TITLE TO SAID VACATED RIGHT-OF-WAY SHALL VEST WITH THE OWNERS OF THE PROPERTIES ON EACH SIDE OF MAIN STREET DIVIDED BY THE CENTER LINE OF MAIN STREET; PROVIDING THAT THIS ORDINANCE SHALL BE IN FULL FORCE AND EFFECT FROM AND AFTER ITS PASSAGE, APPROVAL AND PUBLICATION ACCORDING TO LAW.

WHEREAS, the owners of adjacent properties have petitioned the City for the vacating of a portion of the Main Street right-of-way; and WHEREAS, on the 12th day of January, 1993, the City Council, conducted a public hearing on the matter of vacating a portion of the Main Street right-of-way and determined that such action was in the public interest;

NOW THEREFORE BE IT ORDAINED BY THE MAYOR AND CITY COUNCIL OF THE CITY OF KENDRICK AS FOLLOWS:

SECTION 1: That the following, described street right-of-way be, and the same hereby is, vacated as of the effective date of this ordinance:

All of that portion of Main Street lying between and being contiguous to Blocks 92 and 103, northwest of Lots 1, 2 and 1/2 of 3, original Kendrick town site, said property being within the City of Kendrick, Latah County, Idaho; the City retains a utility easement as described herein.

SECTION 2: That the City of Kendrick retains a twenty-foot wide utility easement down the center of the vacated right-of-way.

SECTION 3: That ownership of the above-described property be, and the same hereby is granted to the owners of the property adjacent to the vacated right-of-way on each side of Main Street with the property dividing line being the former center line of Main Street.

SECTION 4: This Ordinance shall be in full force and effect from and after its passage, approval and publication according to law. PASSED BY THE CITY COUNCIL AND APPROVED BY THE MAYOR THIS 12TH DAY OF JANUARY, 1993.

JERRY L. BROWN Mayor
ATTEST: C. LYNNE BRUCE, City Clerk
Published 2 Times: Pub. Jan. 21 and 28, 1993

CITY OF KENDRICK, IDAHO ORDINANCE NO. 640.

AN ORDINANCE OF THE CITY OF KENDRICK, A MUNICIPAL CORPORATION OF THE STATE OF IDAHO, PROVIDING FOR ANNEXATION OF PROPERTY DESCRIBED IN SECTION 1 OF THIS ORDINANCE INTO THE CITY OF KENDRICK, PROVIDING THAT PROPERTY DESCRIBED IN SECTION 1 BE ZONED AS "SINGLE FAMILY RESIDENTIAL"; PROVIDING FOR THE AMENDMENT TO THE COMPREHENSIVE PLAN AND ZONING MAP TO REFLECT THIS CHANGE; PROVIDING FOR THIS ORDINANCE TO BE IN FULL FORCE AND EFFECT FROM AND AFTER ITS PASSAGE, APPROVAL AND PUBLICATION ACCORDING TO LAW.

WHEREAS the City Council deems it in the public interest that the real property described in Section 1 of this Ordinance, adjacent to the existing City boundaries, be annexed into the City; and, WHEREAS a public hearing was held before the City Council and it

was determined that said annexation is provided for under existing law, that the proposed zoning is suitable and compatible with surrounding land uses, that said land uses would fit in with the general development of the City, and that such zoning would be in the best interest of the citizens of the City.

NOW, THEREFORE, BE IT ORDAINED BY THE MAYOR AND CITY COUNCIL OF THE CITY OF KENDRICK AS FOLLOWS: SECTION 1. That the following described land be annexed into the corporate limits of the City of Kendrick, County of Latah, State of Idaho:

Commencing at the Southwest corner of Lot 6, Block 14, thence West 87 feet, thence North 100 feet, thence East 87 feet, thence South 100 feet to the place of beginning.

SECTION 2. That said property is hereby zoned "Single Family Residential" (R-1) and shall be so designated on the City Zoning Map. SECTION 3. That said property as annexed shall be and is hereby designated as "Single Family Residential" on the Comprehensive Plan and shall be so designated on the Comprehensive Plan Map. SECTION 4: That this Ordinance

shall be in full force and effect upon its passage, approval and publication according to law. PASSED BY THE CITY COUNCIL WITH A ROLL CALL VOTE AND APPROVED BY THE MAYOR THIS 12TH DAY OF JANUARY, 1993.

CITY OF KENDRICK By JERRY L. BROWN Mayor
ATTEST: (SEAL) C. LYNNE BRUCE, City Clerk
Published 2 Times: Pub. January 21, 28, 1993

A good book is the best of friends, the same today and forever. —Martin Farquhar Tupper

The Nobel Peace Prize was founded by Alfred B. Nobel who invented dynamite.

Employed women spend about seven percent of family income on child care for preschoolers.

Jeanette I. Thiel Attorney-at-Law
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9: Nezperce (Away) 8:00
14: Highland (Away) 7:45
15: PRAIRIE (Home) 7:45
16: Dayton (Away) 6:30
19: Genesee (Away) 7:45
22: Culesac (Away) 7:45
26: Troy (Away) 7:45
Feb. 2: DEARY (Home) 7:45
5: NEZPERCE (Home) 7:45
— GIRLS BASKETBALL —
Jan. 5: GENESEE (Home) 7:45
7: Deary (Away) 7:45
9: Nezperce (Away) 4:00
12: Garfield/Palouse (Away) 7:45
15: Dayton (Away) 6:00
16: HIGHLAND (Home) 7:45

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FOUND: small, female tiger-striped cat with a crooked tail. Please call 289-4881. 2t32nc

FOR SALE: Hay, no rain, in barn, \$4 ea. 4 tires 14" 2 M/S w-studs, 2 st. tread. Used 1 season \$120. FREE to Good Home: 3 mos old Chesapeake Bay Retriever female. Ph. 289-4329. 2t32p

TEXAS REFINERY CORP. needs additional person now in Kend area. Regardless of experience, write: W. H. Hopkins, Box 711, Ft. Worth, TX 76101 3t32c

FOUND: a small, brown, short-hair-female pup, has black nose, white spot on forehead and white chest, and long tail. There is a chain around her neck. Seems to be nice and gentle. Call Glen Stevens at 276-3312. 2t32nc

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AL-ANON: A group of family and friends of problem drinkers meet Tuesday evenings at 8:00 and Friday mornings, at 10:30 in the office behind Red Cross Pharmacy. Call 289-3151.

A. A. meets Tuesday and Friday evenings at 8:00 p. m. at the Kendrick Fire Hall on Main St. Call 877-1334 or 289-4894 after 6.

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Big Bear Ridge News

By Arlyne Clemm

Carl Powers, a nephew of Vicki Clemenhagen, was a Saturday overnight guest of the James Clemenhagen family.

Over the Christmas holidays Dan Budvarson was in California for a vacation and some scuba diving.

Jerry Galloway was a Monday visitor of Grace Ingle.

Gerald and Lee Halseth helped at the VFW and Auxillary card party at the hall Saturday evening, Friday night Gerald and Lee and Betty and Ben Chisholm enjoyed dinner together at the Quality Inn in Clarkston.

Ron and Kathy Jones of Lewiston visited with Gerald and Lee on Monday.

day. Brandon McMahan observed his seventh birthday this week by entertaining some little friends. Jenni Hazeltine helped with the affair.

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- "Stay Tuned" "Stranger Among Us"
- "Live Wire" "Baby on Board"

COMING JAN. 20:

- "Man Trouble" "Raising Cain"
- "Quicksand" "3 Ninjas" (3 copies)

MUST SEE VIDEOS:

- "Folks"
- "Thunderheart"
- "Power of One"
- "Article 99"
- "Honey, I Blew Up the Kids"

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January Citrus Sale

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- Tasty, Sweet lb. 39c
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- Fresh and Tender lb. 79c
- Broccoli 79c
- Full or Juice 5 lb. Bag \$1.98
- Oranges 5 lb. bag \$1.98
- Great for Breakfast 5 lb. Bag \$1.98
- Grapefruit 5 lb. bag \$1.98
- Fresh and Full of Flavor 3 for 99c
- Lemons 3 for 99c
- Crisp and Fresh 3 for 99c
- Cucumbers 3 for 99c

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- Minute Maid Orange Juice 99c
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