

Local News Of Kendrick

Sunday Fred and Betty Arnett and Jim and Hazel Candler visited with Ted and Phyllis Fey.

Hulda Clemenhagen entertained dinner guests at her home Sunday evening. Guests were Roy Clemenhagen and Jean and Fred Clemenhagen. After dinner they enjoyed an evening of pinocle.

Saturday morning Marge and Elmo Eldridge called on Crystal Gruell at her home in Lewiston.

Marilyn Eichner took her mother Alberta Turner to Chehalis, Wash. for eye surgery on Tuesday. They returned home on Thursday. The surgery went well and Alberta is recovering nicely.

Sunday Walter Zumhofs and Betty Cowger were dinner guests of her son Lonnie and his wife Nancy Cowger in Lewiston. It was a special day as Betty's great-grandson, Logan La Doux, was visiting with his grandparents and his first birthday was celebrated by all.

Deb and Dave Klatt helped the EMTs and firemen move the vehicles, gear and all the contents from the old fire station into the new facilities on Saturday.

Lucille Magnuson attended the public dance at the Juliaetta Elementary School gym on Saturday evening. A live band, Santa Fe, from Genesee provided the music for the dancers. It was a most enjoyable event.

Wayne and Kaye Harris left Friday for Boise where Wayne attended the Idaho State Auctioneer's Convention. Kaye enjoyed spending time with Bret and Jill Gertje and the two grandsons. Kaye and Wayne returned home on Sunday.

Sunday evening Ula and Don Cantrell were guests of Bob and Beverly Rollins.

Roger Nelson of Moses Lake, Wa., spent Saturday with his parents, Ed and Erna Nelson helping them with chores and odd jobs.

Monday Ervin Halseth took Ed and Erna to Lewiston to keep a medical appointment for Ed.

Visitors this past week with Vivian Craig have been Albert Westendahl, Danny Westendahl, Unis Helmgartner, Jon and Cindy Arnett and Theresa Lares and Angie.

Elma Hazeltine and Laurine Hazeltine were in Moscow on Saturday for shopping and business. Elma advised she enjoyed the picture of Bill that appeared in the weekend edition of the Daily News.

Jenny Brown visited her mother, Rest Brown on Monday, helping her with odd jobs. They were joined at the Diner for dinner by Esther Souder.

Dinner guests of Nellie Millard Wednesday evening, Jan. 5th, were Walter McCall, Mr. and Mrs. Richard McCall, Mr. and Mrs. Robert McCall, Mr. and Mrs. Rod Uglem, Jeff and Jennifer, all of Lewiston, and Mr. and Mrs. Stan Rines, and Brenden Millard.

George and Helen Brocke attended the wedding reception at the VFW Hall Saturday night in honor of Mr. and Mrs. Brian Ward (Traci Anderson).

Saturday evening Marie and Harlan Fey enjoyed visiting in the home of Jim and Glenda Kress of Lewiston.

Weekend guests of the Feys were Linda and Lance Nelson of Post Falls.

Sunday, Harlan and Marie went to Deary to Gerald and Lorraine Wood's home. Gerald had just returned home from Sacred Heart Hospital and was doing much better. They also visited with Eva Rosenau, and Sunny and Todd Bogar in the evening.

Max and Cindy Armitage and boys Chad and Tom, Winchester, visited with his father Ross Armitage on Saturday. They hauled a load of wood and called on Joyce Clemenhagen in the evening.

Saturday Beverly and Bob Rollins hosted a birthday party for their granddaughter Samantha Rishling's fifth birthday. Guests were Theresa Rollins, Theresa Balestier, Jacob Rishling, Mike Rollins and Samantha. They enjoyed a delicious meal, cake and the giving of gifts.

Darrel and Rose Brocke visited her mother Bessie Kaufman in Orofino on Sunday.

Maxine and Art Foster went to Lewiston on Monday where they visited her mother, Mattie Allen, who was a patient at St. Joseph Regional Medical Center. Mattie was returned to the Lewiston Care Center following her stay in the hospital resulting from a fall.

Tim Eichner attended the Ag Show in Spokane on Tuesday.

Norma Crocker took Nell Crocker to Pullman last Wednesday to keep a doctor's appointment. On Thursday Dave and Norma visited with Nell. Gwen Deobald called on Nell Saturday.

Sunday visitors with Mildred Johnson were David and Joanne Johnson of Lewiston and Theresa Balestier.

Last Tuesday Kathlyn Morey and Fay Sherman enjoyed dinner at the Diner together.

Gladys Wilson attended the Kendrick Canyon Klub meeting Tuesday afternoon at the home of Juanita Craig in Juliaetta.

Sunday afternoon visitors with John and Gladys Wilson were Lottie and Ray Jordan of Mead, Wash., and Ed and Erna Nelson.

Saturday Jack and Judy Haley and her father, Clarence Thornton went for a drive to the Camas Prai-

rie, visiting Craigmont, Grangeville, and Winchester. They stopped off in Winchester and visited with Rick and Debra Farrington. They found only three to four inches of snow on the prairie. Upon their return to Kendrick, they enjoyed dinner together at the Town and Country Diner. It was a most enjoyable outing.

Saturday evening Bill and Rita Blewett enjoyed attending the annual banquet of the Vintage Valley Street Rods at the Bridge Street Connection in Clarkston.

Visitors this past week with Ada Westendahl and Quentin Carlson were Maxine and Clarence Smith of Troy, Dorothy and Ray Todd of Lewiston, Dennis Carlson of McCall, Jim Bain of Moscow, Ernie Brammer, Jim and Hazel Candler and Unis Helmgartner.

Pete and Clara Ware attended funeral services for Dennis Abrams in Orofino.

Clara was admitted to the Pullman Hospital January 4, suffering from a severe case of the flu. She was released Jan. 9. Sunday visitors were Amelia and Jim Reeves of Orofino.

Mike and Kaye Morey were Friday evening dinner guests of Gary and Margaret Bostick in Lewiston.

Monday evening Ruby Craig entertained Millie Corkill with dinner at her home.

Wednesday of last week Pat Helmgartner of Clarkston spent the day with her mother, Millie Corkill assisting her with chores. Ed Corkill joined them in the afternoon, lending his assistance with the tasks.

Let us not go over the old ground, let us rather prepare for what is to come.

—Clereo

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—Alfred North Whitehead
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—Ralph Waldo Emerson

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JAN. 11: Troy (here)	6:00-8:00
Jan. 14: Culesac (there)	6:00-8:00
JAN. 15: Nezperce (here)	6:00-8:00
Jan. 21: Timberline (there)	6:00-8:00

BOYS BASKETBALL

JAN. 7: Highland (here)	6:00-8:00
Jan. 11: Prairie (there)	6:00-8:00
Jan. 13: Culesac (there)	6:00-8:00
JAN. 15: Nezperce (here)	4:30-8:00
Jan. 18: Genesee (there)	6:00-8:00
JAN. 20: Kamiah (here)	6:00-8:00
Jan. 22: Highland (there)	6:00-8:00

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Stonypoint News

The Stonypoint Friendship Club

A group of ladies met at Gert Heimgartner's home on Thursday to quilt on our "Children's Home Quilt". Those present were Mabel Steigers of Gifford, Marie Zenner of Genesee, Delores and Ruth Heimgartner and Marjorie Stevens.

Gerald Heimgartner of Clarkston was a Sunday afternoon visitor of Dad and Mom, Eldon and Gert.

On Wednesday Eldon and Gert were in Lewiston for a medical appointment for Eldon. He has suffered complications from the flu, but is finally on the mend.

Mabel Steigers was a Sunday afternoon guest of Nellie Steigers.

Delores Heimgartner was a Saturday afternoon visitor of Wayne and Ruth Heimgartner.

Saturday evening Wayne and Ruth attended Shirley's School of Dance recital in Lewiston. Granddaughter Kylee was a participant.

Delores Heimgartner visited one day this week with Lawrence and Nell Heimgartner.

On Sunday Joanne and David Johnson of Lewiston arrive at the Heimgartner home bringing goodies and to visit.

Darrell and Janet Kerby attended the Kendrick-Highland basketball game on Friday.

Saturday Darrell and Janet, Don and Terry, and Pat, Georgie and Andrea Kerby, and Steve, Karen and Kristin Kirkham met at Dave and Christy Anderson's for birthday

cake and and ice cream in celebration of Dave and Georgie's birthdays which were Saturday and Sunday.

Wednesday Darrell and Janet watched gymnastics at Clarkston School. Justin and Lynnae participated.

Later they attended a basketball game at the Lewiston Valley Boy's Club to watch grandson Justin play.

Jeanne Black spent Wednesday and Thursday in Clarkston with her mother, Helen Hungerford, who has been ill.

Jami and Lacey Heimgartner arrived at the home of grandparents Wayne and Wanda Hoskins Sunday morning. They attended Sunday school at Cottonwood Creek Community Church in the morning and enjoyed the rest of the day visiting.

Mr. and Mrs. Raymond Hawkins of Lewiston, and children came out Sunday for dinner and a visit. Wanda and Rick Heimgartner also stopped in for a visit in the afternoon and took Jami and Lacey home with them. Ray and Karen had just returned from a vacation in Jamaica and had many interesting stories to tell.

Park News

By Jody Smith

"If winter comes, can spring be far behind?" With a winter like the one we are having, who knows? The snow may be holding off 'til April! Area roads have been slick only a few times so far, but drivers can still find something to complain about—namely chuck holes and wash boards!

The Jerry Smith place has been the scene of many butcherings and meat cutting bees lately. Those taking part have been Jake and Mildred Beyer of Bovill on Tuesday, and Wednesday, Mark LaBolle of Texas Ridge, and Victor Haag of Lewiston on Friday.

Wanda Enger paid a brief visit to the Smiths on Thursday. Saturday Jerry and Jody Smith, accompanied by Debbie LaBolle and sons Danny and Andy went to Lewiston to attend the livestock market and do some shopping. They enjoyed a brief department store aisle visit with his uncle and aunt, Lloyd and Ethel Slatter and called on Faith Osborn on the return trip.

Clinton and Ethel Smith were Kendrick visitors on Thursday and continued on to Juliaetta for a lunch time visit with Allen Chilberg. Leah Smith was home from Moscow for visits with her parents on Tuesday and Saturday.

Volleyball was invented in 1895 by William G. Morgan, a physical-education instructor at the YMCA in Holyoke, Mass.

The first Red Cross Christmas seals, for a campaign against tuberculosis were sold in December 1908.

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Parsonage: 276-3641
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Morning Worship 11:00 am
Children's Church 11:00 am
Evening Worship 6:00 pm
Wednesday Bible Study 7:00 pm

ZION LUTHERAN CHURCH
Juliaetta, Idaho
Rev. Robt. Kenyon, Pastor
Phone 289-3472
Winter Hours:
Sunday School 9:45 am
Worship Service 8:45 am

SEVENTH-DAY ADVENTIST
Juliaetta, Idaho
Ron Schultz, Pastor
Phone: 746-3840
Saturday Sabbath School 9:30 am
Worship Service 11:00 am

KENDRICK UNITED METHODIST
Susan Butts, Pastor
Phone 743-0375
Sunday School (all children) 10:00 am
Worship Service 11:00 am

KENDRICK ASSEMBLY OF GOD
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Robert Novak, Pastor
Phone 289-4590
Parsonage: 289-4597
Sunday Bible School 9:30 am
Sunday Morning Service 10:30 am
Children's Church 10:30 am
Sunday Evening
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CAVENDISH UNITED METHODIST
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Worship Service 8:30 am

COTTONWOOD CREEK COMMUNITY CHURCH
Steven S. Smith, Pastor
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Sunday School 10:00 am
Worship Service 11:00 am
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Wednesday Prayer and
Bible Study 7:30 pm

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Sunday School 9:30 am
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Leg Pain May Signal Clogged Arteries, Cardiologist Warns

Pain that causes limping may be more than a sign of advancing years or arthritis—it may be the sign of poor blood supply to the legs caused by hardening or clogging of the arteries in the lower body, says a Stanford University cardiologist.

Dr. John P. Cooke, who directs the vascular medicine section at Stanford University Clinic, says there are some important symptoms that help distinguish this generally treatable condition—called intermittent claudication—from other maladies that cause limping and pain.

"Generally, folks with intermittent claudication feel cramping, fatigue or tightness when walking. Unlike people with arthritis or some other afflictions of advancing years, people with intermittent claudication usually don't have to sit down or take the weight off their legs to find relief. The discomfort goes away when they stop walking."

"One real risk if intermittent claudication is that because it becomes painful to walk, many sufferers stop moving before they notice angina—a tightening in their chest, which is a sign of a heart condition," Cooke says. "Therefore, their underlying heart condition may go undiagnosed, so it's important to evaluate patients' cardiac condition before developing a treatment plan."

Diagnosis is also important, says Cooke, because persons with intermittent claudication have about five times the risk of dying in any given year, more often than of stroke or heart attack, than the general population of the same age. About 2 percent of the U. S. population over age 55 has intermittent claudication.

"If the condition is limited to the lower body, a first step is to reduce risk factors—lower blood pressure and cholesterol levels if these are problems, stop smoking, or regulate blood sugar if diabetes is a problem." Medication, he says, is another option, "and there are some really promising new drugs on the horizon which offer the potential to help the blood-starved muscles function

more effectively with less oxygen." Some patients may require surgery, or they may find help from a procedure called angioplasty, in which a balloon-type device is threaded through the artery to the narrowed area, and then inflated slowly to reduce the blockage and restore the blood flow.

While dramatic solutions are possible, Cooke says many sufferers can find relief through a simple walking program to help improve circulation in the arteries.

Cooke says for patients without serious complications can often start with a 25-minute daily walk, which can be increased by five-minute increments about once a week. After about six weeks on a good exercise program, most patients will double their pain-free walking distance. Cooke says it's important not to give up exercise at the first sign of discomfort ("no pain, no gain") but he warns people to stop exercising if pain becomes moderate or severe.

Also, people with poor leg circulation should be especially careful to wear good shoes, because blisters develop more easily and harder to heal, says Cooke.

And because it helps people remember the malady, Cooke likes to mention that the term claudication is derived from the Roman Emperor Claudius, who had (among other problems, both physical and metal), a limp.

When choosing between two evils, I always like to try the one I've never tried before.

—Mae West

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Big Bear Ridge News

By Arlyne Clemm
and Ruth Sund

Dec. 26, the Ingle family was notified of the death of the Roziland Jackson a step daughter of Allie Kremmins of Sedro Woolley, Wash.

Alcie and Norman Nethken have twice been visitors of Grace Ingle this past week.

Thursday, Arlyne Clemm drove to Orofino to visit her mother Margaret Johnson and her aunt Myrtle Bell. Arlyne also had a chance to visit with John Allen and Dee Stedman,

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Cedar Ridge News

By Darlene Wilson

Lloyd Davis was a guest of Bob Kimbley one day last week. Sunday callers of Bob's were Roger Syveron and Don Balls of Lewiston.

Clem and Flo Lyons and Darlean Wilson attended a District V. F. W. meeting at Kendrick Sunday.

Jack and Donna Parsley and Mr. ad Mrs. Vern Fowler drove to Spokane Saturday to visit Jack, Nadine and Randy Shepperd. Sunday dinner guests were Rick, Lynese, A. J. and Ashley Steigers, and houseguests

Dave and Jenifer Curry and son Dylan.

Henry Holt of Potlatch spent Saturday and Sunday with Grannie Holt. Sunday evening Grannie was a supper guest of the Stephen Holt family at Potlatch.

Tuesday Rose Ann visited friends at the Latah Care Center and also called on Margaret Craig at Moscow. Rose Ann enjoyed lunch with Flora Little at the Care Center.

Nature gave men two ends—one to sit on and one to think with. Ever since then man's success or failure has been dependent on the one he used most.

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Western Family	250 Count
Facial Tissue	99c
All Varieties	15 Oz. Tin
Nalley's Chili	89c
Old El Paso	16 Oz. Tin
Picante Salsa	\$1.59
Old El Paso	16 Oz. Tin
Refried Beans	69c
Selected Varieties	20 Oz. Jar
Pregro Spaghetti Sauces	\$1.69
Franco-American	15 Oz. Tin
Spaghetti & Spaghetti O's	59c
Fabric Softener Sheets	20 Count
Purex Toss-n-Soft	69c
Dry Dog Food	40 Lb. Bag
Sunshine Dog Food	\$8.39
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