

The Kendrick Gazette

Volume 102

Kendrick, Latah County, Idaho, Thursday, January 12, 1995

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No. 31

Local News Of Juliaetta

Visitors during the past week of Lawrence and Nell Heimgartner have been Priscilla Armitage, Wayne and Ruth Heimgartner, and Vera Hutcheson. Janice and Dick Groseclose were Sunday evening callers.

Bo Flatt of Southwick visited with Clarence and Aldeana Polumsky this week. The Polumskys received phone calls and enjoyed visiting with Aldeana's sister, Eva Tantzia of Newman, Calif., and niece Jeanette Sawyer of Ceres, Calif.

Krystal Hogan, Tandace and Sarah of Monroeville, Alabama were visitors of Gerie Pederson last Tuesday. Verlin and Marilyn Benjamin joined them for lunch and Ken Pederson was an afternoon visitor. Krystal is the granddaughter of Gerie and had spent the holidays in Ephrata and Lewiston visiting with family. They returned to their home in Alabama on Thursday.

Pearl Groseclose was a Friday afternoon visitor of Gerie Pederson. Lee and Nancy Swanson of Moscow visited with her mother, Grace Groseclose, last Friday.

Adaline Jassman accompanied Sonja Lohman to Moscow on Wednesday to keep a medical appointment. Sunday, Adaline enjoyed lunch with Leila Hazeltine, Edna Magee, and Margaret Craig at the Diner in Kendrick. The group returned to Adalines home and were joined in the afternoon for a good visit with Lee and Nancy Swanson.

Viola Johns enjoyed visiting with Doug and Jeanie Johns at their home Sunday afternoon. Viola attended the Golden Sunset meeting in Kendrick on Monday, and in the evening enjoyed a birthday party at Orofino honoring her granddaughter Teresa Kinder. Tuesday Viola attended the Kendrick Canyon Klub meeting at the home of Erna Nelson in Kendrick.

Ted and Theda Metcalf enjoyed Sunday dinner with Jeanine and Don Cook in Riverside.

Last Sunday Alice and Buddy Henson, Marnie, Chelsie and Bryce, and Chad and Tiffany Henson and Jared and Jacob enjoyed ice fishing at Elk River.

Friday Marvin and Ila Henson of Lewiston, Grace Groseclose, Tony & Kelli Henson of Moscow, Mike Ogle, and the Chad Henson family were dinner guests of Buddy and Alice.

Saturday evening, Jimmy Woods, Jason Butler and Wendy Allen stopped by to visit with Chad and Tiffany. Sunday Lee and Nancy Swanson of Moscow were callers. On Sunday, Chad and Tiffany and boys left for their home in San Diego after spending a week visiting with family. They arrived early Tuesday morning having driven through rain, snow and hazardous conditions.

Jeanne Wadford of Pullman has been spending her holiday break with her mother, Juanita Craig. Pastor Steve Harris called on Juanita and Jeanne on Thursday. Saturday afternoon Jeanne and Juanita called on Marge and Elmo Eldridge.

Students of the Month Named at KHS

For the month of November, Jr. High "Respectful" students of the month (tie) were Mercedes Eichner, daughter of Mr. and Mrs. Tim Eichner of Kendrick, and Laura Nye, daughter of Mr. and Mrs. Lloyd Nye of Juliaetta.

November High School "Respectful" student of the month was Chelsea Kenyon, daughter of Mr. and Mrs. Robert Kenyon of Kendrick.

December's "Motivated" students of the month, for Jr. High are Jody Brown, son of Mr. and Mrs. Don Brown of Kendrick and for Senior High, Leslie Hutechson, daughter of Mr. and Mrs. Cameron Walker of Kendrick and David Hutechson of Juliaetta.

A favor well-bestowed is almost as great an honor to him who confers it as to him who receives it.
—Sir Richard Steele

KENDRICK-JULIAETTA MEAL SITE MENUS

Friday, Jan. 13—
Vegetable Beef Stew
Carrots, Potatoes
Creamy Cole Slaw
Bread and Crackers
Cinnamon Rolls
Applesauce

Wednesday, Jan. 18—
Lasagna
Seasoned Green Beans
Tossed Green Salad
Dry Fruit & Nuts
French Bread Buttered
Peach Cobbler

For Home Delivered Meals: 289-5031

DATES TO REMEMBER:

Jan. 13: Meal. Recipe Exchange, Candy Testing, Crafts.
Jan. 18: Meal. Movie: "Idaho the Gem State". Art Class.

Nez Perce National Park Schedules Public Workshops

The public is invited to express its opinion on the future of Nez Perce National Historical Park at a series of local workshops beginning Tuesday, January 17, in Spalding, Idaho. Public input from the workshops will be used to develop a General Management Plan that will guide the management and development of the park for the next 15 to 20 years.

Three workshops are scheduled for the Lewiston, Idaho area the 3rd week of January. The first will be held at the Spalding Visitor Center auditorium on Tuesday, Jan. 17, from 2 to 4 p. m. The second workshop will be held in the multi-purpose room at Lapwai Elementary School on Wednesday, January 18, from 7 to 9 p. m.; and the third workshop will take place at the Williams Conference Center, Lewis-Clark State College, on Thursday, January 19, from 7 to 9 p. m.

In developing the General Management Plan, more than 20 public workshops will be held in Idaho, Washington, Oregon, and Montana to enable people to attend a workshop that is most convenient for them.

Nez Perce National Historical Park is a unit of the National Park System and consists of 38 sites in four states. The purposes of the park is to preserve and interpret the culture and history of the Nez Perce people as well as the history of the Lewis and Clark Expedition, the fur trade, missionaries, gold mining and logging, the Nez Perce War of 1877, and the role of the Nez Perce country in the westward expansion of the nation. Only 5 of the 38 sites are owned by the National Park Service, the remaining sites are cooperatively managed with other agencies and individuals. The authorized park sites in the Lewiston area include: the Spalding Site Complex, Fort Lapwai, St. Joseph's Mission. Buffalo Eddy, Hasotino Village, Coyote's Fishnet, Ant and Yellowjacket, Donald MacKenzie's Post and Craig Donation Land Claim.

"This park is unique in the National Park System because it is a park as much about ideas as it is about physical places. It has always been, and will continue to be, a cooperative effort among many different agencies, tribes, and individuals. Public input really is a crucial part of the planning process," said Frank Walker, Superintendent of the Nez Perce Historical Park.

Progress reports will be distributed throughout the planning process. An Environmental Impact Statement and Interpretive Prospectus will also be prepared in conjunction with the General Management Plan.

HOSPITAL NOTES—

Abrams—

Leasel Abrams has returned to her home following heart surgery in Spokane. Frank reports she makes progress each day and is happy to be home. She would enjoy phone calls and appreciates all of the cards and expressions of concern shown. Due to the high incidence of flu and colds in the community, personal visits should be restricted.

Frank also stated that the many gifts of food are appreciated, but they have an abundance.

Wegner—

Jean Wegner returned home on Monday from a week's stay in Gritman Memorial Medical Center in Moscow.

Jean would like to thank everyone for their prayers, flowers, cards, and kind deeds while in the hospital and upon returning home. Jean says these kindnesses will never be forgotten and "God Bless all of you."

NEW ARRIVALS—

Eckman—

Lester Lee and Daleesa Eckman of Boise are the proud parents of a son, Lenn Lee, born Dec. 28 at St. Luke's Hospital in Boise.

Lenn Lee weighed 6 lbs., 15 ozs. and was 19 inches in length. Grandparents are Leonard and Kathy Eckman of Orofino. Great-grandparents are Jim and Edna Bower of Lewiston, formerly of Juliaetta.

NEWS FROM THE MEAL SITE—

By Marjorie Cobb

The ground was covered with snow Friday, Jan. 6, as we started the New Year sessions at the Meal Site. We must remember to be extra careful on sidewalks and streets in this slick winter weather.

Assistants in the kitchen prepared a fine meal for the small but happy group.

Lucille Magnuson was in charge of the program that day. Reports were heard concerning attendance and donations for the month of Dec. Sorry, winter cuts us short on the news.

Hoadley to Explain Orchid on Pillow

George Hoadley of Cavendish will try to explain at next week's meeting of Kendrick Grange exactly why there was an orchid left on his pillow every night in Bangkok, Thailand, while he was on assignment there monitoring telephone cable installation.

That and other amenities that George enjoyed could have been the reason that wife Linda visited him there and shortly after came home with him (or possibly even brought him home).

Seriously, all fun aside—and Grangers will enjoy some laughs—George was exposed for a while to America's role in the global economy. We read a lot about it, but here's a chance to hear someone report from the front lines how Americans fare abroad as international firms flex their muscles.

The program will be followed by an appropriate lunch prepared by Virginia Jacobson. (Grangers, bring your chopsticks. You too, George!)

At the last meeting of the Grange on January 3 discussion ranged from the significance of a pig's spleen in weather forecasting to the difficulty politicians face when they move beyond rhetoric to the active business of trying to reduce the Federal deficit.

Discussion of a recent David Broder column also touched on the critical need to develop civil awareness and also touched on the discussion of public policy issues. The Grange as a community service group actively promotes these goals in its activities at all levels—the subordinate, the Pomona, and the national.

The meeting that evening was preceded by the annual dues-paying pancake feed, for which we thank Marge and Elmo Eldridge and Ross Armitage.

Christmas Music Trivia

Winners at Juliaetta

During the month of December students at Juliaetta Elementary School participated in a Christmas music trivia contest sponsored by the Chapter 1 Program. Each day one class listened to a portion of a Christmas song and had to guess the title of that song.

The following winners received candy canes for their correct answers:

Kindergarten:

Kasper Harvey
Lindsay Sohmkiny
Kevin Walk
Rex Ireland
Erica Lambert

First Grade:

Derrick Quigley
Pety Leras
Keri Groseclose
Alyssa Johns
Casey Lohman
Kendra Cook

Second Grade:

Amy Smith
Kari Dammerman
Garet Brammer

Third Grade:

John Carlile (2)
Ken Lindsay
Shana Boyer
Leona Cluff
Savanah Clemenhagen

Fourth Grade:

Jenna Brahm-Lindberg
Becky Carlile
Richard Vincent

Fifth Grade:

Amber Brocke
Tara Nelson
Josh Ehl
Kim Julius
Drifter Nibler
Chelsie Henson

Gene Heath is Also

A Great-grandfather

In the "New Arrival" item in last week's Gazette announcing the birth of Kristen Marie Heier to Mr. and Mrs. Maury Heier (the jr.), the announcement failed to include Gene Heath of Juliaetta as a proud (very) great-grandfather. We regret this unintentional omission.

Juliaetta Centennial

Committee Meets Jan. 16

The Juliaetta Centennial Park committee will hold its monthly meeting Monday evening, January 16, at 7 o'clock at the Juliaetta Community Church.

New officers will be elected at this meeting. Anyone interested in this project is most welcome to join.

Potlatch Ridge Workers

4-H Meets January 16

The Potlatch Ridge Workers 4-H Club will hold its first meeting of the year on Monday, January 16 at 7 o'clock at the Cameron Lutheran Church.

Members will be choosing projects for the year. Anyone interested in knowing more about the 4-H programs or joining is encouraged to attend.

For more information contact Patti Silflow, 289-5881 or Ann Parks, at 289-3607.

Cameron, Southwick News

By Sonja Lohman
and Opal Lohman

We would like to wish Jean Wegner a speedy recovery. She returned home Monday after undergoing surgery in Moscow. Doris Silflow is spending the week with Jean.

The Southwick Homemakers Club will meet Tuesday, Jan. 17, at the home of Julie Cooper. Lunch will be served.

Visitors at the home of Bill, Mary and Ken Wills Saturday evening were Ron and Sonja Lohman.

Henry and Chris Tschantz of Lewiston, Joel and Sarah Marshall and Nevada and Justin Moore, also of Lewiston, Mary Wills, Ray and Stella Lohman, Fritz Lohman, and Joe and Seth Greer have all been visitors of Ron and Sonja Lohman.

Ron, Sonja and Connie Lohman enjoyed a crab dinner Tuesday at the home of Adaline Jassman at Juliaetta.

Big Bear Ridge News

By Arlyne Clemm
and Betty McMahan

Monday Keith and Donna Ingle and family of Waitsburg, Wash. enjoyed snowmobiling at the home of Jerry Ingle.

January 4th, Nels and Alana Sneve took son Chad to the Spokane airport where he boarded a plane to return to Navy duty at San Diego, Calif.

New Year's Eve Nels and Alana enjoyed an evening of pinocle with Ken and Jeannie Wilson.

Valerie and Kris Mandellos of Moscow visited Sunday with Jerry Galloway.

Barbara and Orville Halseth of Lewiston and Dick and Vicki Witt of Juliaetta were Sunday dinner guests of Gerald and Lee Halseth.

Ron and Kathy Jones were Monday evening dinner guests of Lee and Gerald.

Gerald and Lee will be attending the card party Saturday night at the VFW hall. They hope to see many friends there, too.

Wendy Erman's friends Chris and Mandy spent one afternoon last week at Maycelle Emmett's. Sonny Speidel of Seattle was a weekend visitor of the Jeff Mahans

Parenting Class Begins Jan. 12 at Juliaetta

A Parenting Class offering training for those who want to become more effective parents. become more knowledgeable, more confident, and more successful as parents (particularly with young children), will begin Thursday, Jan. 12, from 6:30 to 8:30 p. m. at Juliaetta Elementary School. The class will be facilitated by Karen Kirkham and Suzanne Brammer.

Material used will be from "Systematic Training for Effective Parenting".

The other sessions will be held Thursdays: Jan. 19, 26, and February from 6:30 to 8:30 p. m.

If questions please call Karen Kirkham at 289-8332.

Ross A. Says Thanks—

I wish to thank our Lewiston Tribune carrier for getting me awake and telling me my water faucet was broken and water was pouring over the porch. I took my wrench to the scene. The carrier took my wrench and turned off the flow of water. He offered to help more after his delivery.

I borrowed a piece of pipe connection from neighbor Hoogland and with the aid of Joyce Clemenhagen we repaired the break. I purchased the broken pipe connection and repaid neighbor \$1.05 to replace the damage.

Thanks to all who helped out.
Ross Armitage

Kendrick School Board

Meets Thursday, Jan. 12

The board of trustees of Kendrick Jt. School District No. 283 will meet in regular session Thursday, Jan. 12 at 7:30 p. m. in the library room at Kendrick High School.

School board meetings are open to the public and all interested persons are both invited and encouraged to attend.

Memorial Services Held

For Mrs. Metzker Jan. 11

Memorial services for Alverta Mae Metzker were held Wednesday, Jan. 11 at the Juliaetta Seventh-day Adventist Church. Mrs. Metzker, a former Kendrick resident died on December 22 at Cottonwood, Ariz.

Diane Keaton, the star of Annie Hall, was born Diane Hall.

The first auto race was held in Paris in 1894.

Science Club To Begin Soon

Join the Juliaetta Grade School Science Club! The first session will be Monday, Jan. 23. The topic is "simple machines". The club will learn how to change a tire on a car. Bring your parent(s) and a car if possible.

All ages are welcome at this first session. It will be at 3:30 at the high school because of the flat parking lot that is available.

Sign up sheets and schedules for future activities will be available at the school and at the first meeting. The second session is on Feb. 6 with the subject "stars", featuring a night time field trip as a follow-up on Feb. 10.

Call Miss Cozart at home or the school with questions/suggestions. The current plan is to have grades 1-3 on the first Monday of the month, grades 4-6 on the second and high school on the last.

This is a great opportunity to learn valuable lessons from scientific principles. Do you know how to change a tire? Parents: drive your kids or let them ride the bus to the high school and then car pool home.

See you for a "wheel" of a good time at Science Club.

Lower Fat In Diet

Without Food Boredom

If you've started a New Year's diet but are still gaining weight after replacing your favorite foods with lowfat or nonfat equivalents, you're not alone, says Stanford dietitian JoAnn Hattner.

Lowering overall fat in the diet can be beneficial for the heart and general health, as well as reduce calories. But, says Hattner, people who switch to lower fat versions of the same food are apt to increase the quantity they eat—thus ending up with the same or more calories and an expanding waistline.

"Nonfat foods clear out of your stomach more quickly, and you're hungry faster. So you may eat more. Products such as nonfat yogurt are often rapidly digested and contain lots of simple sugars which pack lots of calories per ounce," she notes. "If you love ice cream, you may eventually love nonfat yogurt just as much. In that case the substitution is healthy. But you can't put your mind and appetite in neutral when you make out the switch."

So watch out for boredom that prompts you to eat more than before.

"A food like a simple pasta with no sauce may be so boring and unsatisfying that you may end up eating more than if you had sprinkled a bit of cheese, oil or sauce on top. For example, three cups of plain pasta can add about 500 calories to a diet. Now, if you cut the pasta down to two cups but add a teaspoon of olive oil pesto, you would not only have a tastier meal, but you would have about 115 fewer calories than three cups of the pasta plain," Hattner says.

Nevertheless, lowfat or nonfat choices can be helpful in slimming down, "but stay in touch with your own hunger and need for satisfaction. The most prudent food choices won't help if you are so frustrated and bored with your diet that you increase quantity inappropriately," says Hattner, who works for the Department of Nutrition at Stanford Health Services.

Hot Water Heaters Can Be

A Hazard for Young, Old

A hot bath or shower, particularly on a chilly winter day, is a pleasure for many people, but a Stanford Medical Center emergency medicine specialist warns that potential danger—especially for the very young and old—lurks when the hot water heater is turned up too high.

"Turn down your water heater and be especially alert when your youngest and oldest family members are in the tub," says Dr. Robert L. Norris, clinical director of Stanford's Department of Emergency Services.

Toddlers, as well as older persons suffering from illnesses preventing them from sensing or reacting quickly to heat, are particularly vulnerable to injury, says Norris.

"Babies can't tell you they're burning, and toddlers can accidentally burn themselves by turning on the hot water spigot," says Norris. Also persons suffering from nerve and blood vessel diseases, or those with skin damage caused by diabetes, may suffer burns before they feel any sensation, he says.

The National Safety Council recommends setting thermostats no higher than 120 degrees F. But that is easier said than done, notes Norris, because the controls on most home heaters show only "high" and "low" ranges, not temperatures. So Norris recommends setting the dial in the middle. If the water isn't warm enough, gradually increase the setting to a level that provides comfortable, safe water.

London's famous Big Ben is actually the bell that makes the sound.

County Establishes Bulkily Waste Site In Juliaetta

Juliaetta is one of the four bulky waste sites that have been established in Latah County. The site is located near the Lewiston Grain Grower ware houses. According to Kendrick mayor Jerry Brown the site at Juliaetta will be open the first and third Saturdays of each month from 8 a. m. to 4 p. m. and will be attended.

Other locations of the new bulky waste sites are at Genesee, Potlatch and Deary.

Bulky waste items that cannot be put into garbage cans. Each site will have an attendant to assist in sorting waste.

The attendant will have a recycling collection trailer at the site for convenience in dropping off recyclables. The attendant will also have educational material and will answer questions regarding recycling and composting.

The Board of County Commissioners is seeking the help of all citizens using the sites to keep them clean. The Commission asks that the sites NOT be used at any time other than the scheduled hours and days of operation. It was emphasized that contractors are not permitted to use the bulky waste sites.

Kendrick Closes Burn Site on Little Bear Road

As of January 1 the City of Kendrick closed what has been known as the Kendrick Burn Site located just past the high school on Little Bear Road, reported Jerry Brown, mayor.

Because of the difficulty in monitoring of the site, abuse and complaints, the council felt it necessary to clean up and close the site, Brown said, especially with the removal of the county dumpsters which were located next to the site.

VFW Public Card Party Saturday, January 14

A reminder that Baker-Linn Post 3913 and its Auxiliary Unit will host a public card party Saturday evening, Jan. 14 starting at 7:00.

V. F. W. ladies attending are asked bring finger food.

Meetings Jan. 12—

Both the Post and Auxiliary of 3913 will meet in regular session Thursday, Jan. 12 at 8:00 o'clock at the hall.

Blood Pressure Clinic In Valley January 17

The monthly blood pressure clinic will be held Tuesday, Jan. 17 at the Kendrick Senior Center from 10:30 to 11:30. The clinic will be at Johnson Manor in Juliaetta from 1:00 to 1:30.

Ed U. Is Doing Well

A short note from Helen Ulrich this week informs us that Ed is doing "great". He will go to the doctor's on the 23 for a blood check. They both wish friends in the area a very good new year.

Juliaetta & Kendrick School Lunches

Thursday, Jan. 12—

Breakfast:
Cereal, Toast, Juice, Milk
Lunch:
Soft Taco
Corn
Cherry Crisp
½ Pint of Milk

Friday, Jan. 13—

Breakfast:
Sausage Gravy, Biscuit, Orange Slices, Milk
Lunch:
Fish Sticks
Potatoes
Carrot and Celery
Whole Wheat Rolls
½ Pint of Milk

Monday, Jan. 16—

Breakfast:
Cereal, Toast, Juice, Milk
Lunch:
Cook's Choice

Tuesday, Jan. 17—

Breakfast:
Cook's Choice
Lunch:
Sausage Pizza
Salad
Pears
½ Pint of Milk

Wednesday, Jan. 18—

Breakfast:
Waffle Stick, Applesauce, Milk
Lunch:
Stew
Cornbread
Celery and Peanut Butter
Orange Slice
½ Pint of Milk

The Kendrick Gazette

Published Weekly at Kendrick, Latah County, Idaho 83537-0177
Post Office Box 177
Second Class Postage Paid at Kendrick, Idaho
Telephone: (208) 289-5731

William A. Roth, Publisher
Nancy Van Houten, News Editor

Wm. A. Roth, Editor

Subscription Rates: \$10 per year in Latah, Nez Perce, and Clearwater County, Idaho
All other addresses: \$13.00 per year Single Copy: 25c

POSTMASTERS: Send Address Corrections to:
The Kendrick Gazette, P. O. Box 177, Kendrick, Idaho 83537

**Local News
Of Kendrick**

Friday dinner guests of Hazel and Jim Candler were Ron and Jimi Kay Mael of Bovill, Roger Candler

and Shirley Prince of Lewiston were Sunday visitors with Jim and Hazel. Marge and Elmo Eldridge enjoyed a Chase family reunion Sunday at the Richard Zimmerman home in Belmont, Wash. They had a great day visiting and remembering with their family. Approximately thirty-five relatives attended.

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Drew Witt spent the weekend with his grandparents Bud and Marilyn Eichner. Megan and Melissa Eichner visited with Alberta Turner in her home at the Royal Plaza in Lewiston on Wednesday. Saturday afternoon Tim and Melissa and family enjoyed viewing the movie "Little Women" shown in Pullman.

Thursday Hazel and Jim Candler visited with Ada Westendahl and Quentin Carlson. Friday Jim Bain, Ada's grandson stopped by for a visit. Jim is a longhaul truck driver and was enroute to Billings, Mont. Gertrude Snaeve and Hulda Clem-

enhagen enjoyed the potluck at the Senior Center Monday with the Golden Sunset Seniors.

Thursday evening Lucille Magnuson visited with Robin and Cindy Magnuson in Moscow. She enjoyed sharing time with Marguerite Kelter, Cindy's mother, who has been a houseguest over the holidays. Lucille attended the Epiphany dinner at the Kendrick Methodist Church on Sunday. The Lewiston First Methodist Puppeteers presented a dramatic production which was well received. Monday Lucille attended Golden Sunset potluck dinner at the Senior Center.

Friday afternoon Jim Candler visited with Fred and Betty Arnett. John Hedler visited Sunday afternoon with Fred, Betty and Rick Arnett. Jim helped Fred in the shop on Monday.

Sunday LenaBelle Morgan was a dinner guest of Dave and Shirley Morgan. Jan and Ralph Colwell, Evesee were also guests. Monday evening Dennis and Jan Weaver of Cavendish were visitors of Lena-Belle.

Heather and Dustin Brocke and Lexi and Adam Hines were Friday overnight guests with their grandparents Darrel and Rose Brocke.

Last Wednesday, Walt and Helen Zelinsky returned home from a trip to California where they visited with their family. They experienced both sadness and joy. Helen's sister passed away and they rejoiced at the birth of a new great-grandson.

Helen and Walt helped at a butchering bee on Thursday with Dale and Marvin Silflow. Walt and Helen enjoyed attending a Tiger girls basketball game Friday evening. On Monday the Zelinskys were in Lewiston on business. Phil and Terri Zelinsky were callers several times during the week.

Sunday afternoon Fred and Jean Clemenhagen enjoyed spending time with Hulda Clemenhagen playing cards and games.

Jack and Judy Haley went to Post Falls to visit Jack and Paula Haley and children Jacklyn and Reno on Saturday. It was a belated Christmas celebration and rich family time. Saturday evening they enjoyed eating at Tomato Bros. Italian restaurant in Coeur d'Alene. Judy and Jack returned home Sunday night.

Monday morning Marge Eldridge called on Nell Crocker bringing a plate of home-baked cookies. Tuesday evening David and Norma Crocker called on Nell helping her with chores.

Last Tuesday Roland and Carrie Lekander of Lewiston spent the afternoon visiting with Esther Shreffler. Marlene Millard and Lynda Brocke called on Esther during the week. Esther was a Sunday overnight guest with Doris and Bob Hansen in Deary. Esther accompanied Bob to Lewiston on Monday on business.

Theda Metcalf visited Esther Souders on Sunday afternoon. Tuesday afternoon Resi Brown called on Esther.

Monday afternoon Theresa Balistier took gifts to her great-granddaughter Samantha Rishling to help her celebrate her 6th birthday. Also present was brother Jake. The children were visiting with their mother, Theresa Rollins.

Bob Rollins took his wife Beverly to Moscow Monday to keep a medical appointment.

Last Monday David and Joanne Johnson were dinner guests with Mildred Johnson.

Ruby Craig, Ross Armitage and Millie Corkill enjoyed the yearly pancake feed at Kendrick Grange. Resi Brown visited with Millie last Tuesday. Ed and Scott Corkill have visited several times and helped Millie with chores. Monday Millie accompanied Ed to Lewiston to keep a doctor's appointment. They met Pat Heimgartner and enjoyed lunch out together.

Joyce Clemenhagen celebrated her birthday on Monday, Jan. 9th by taking the day off from work. Ross Armitage treated his daughter to dinner out at the Diner. Joyce said that her birthday was good for the phone company as she received many greetings from family and friends. Happy birthday, Joyce!

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Cedar Ridge News

By Darlean Wilson

Ted and Jana North and Cody visited with Rose Ann Holt Sunday afternoon.

Clem Lyons and Bill Wilson attended the memorial service for Lee Proctor Thursday at Deary.

Howard and Diane Holt of Bovill were Sunday dinner guests of Flo and Clem Lyons.

Mabel Syverson of Minnesota is a guest of Roy and Donna Syverson. Joining them Sunday were Carmen and Matt Engberg of Moscow.

Russell and Suzanne Brammer and family hosted a family dinner Fri-

day night. Guests were Cecil and Jo Brammer, Gary Brammer, Mildred Brammer and Lucille Schmieder. Suzanne's father, Kyle Westland of Bellingham, Wash. returned home on Tuesday after spending the holidays with the family.

Thelma Cuddy attended the baby shower for Anna Heier Saturday at the firehall.

Robert and Lisa Lindberg and family hosted a supper Saturday for Ted and Jenna North and family.

Sunday dinner guests at the home of Mr. and Mrs. Jake Jacobs were his uncle Jerry and a friend Meg, and their four cats from Sandpoint.

Cecil and Jo Brammer, Mildred Brammer and Lucille Schmieder drove to Orofino to meet Bob Brammer and Lisa Klinger at Konkerville for lunch, then on to Bob's home for a visit. On Sunday they were at Russ and Suzanne's for dinner.

Butch and Kathy Earl of Lewiston were Saturday visitors of Bob Kimbley. Polly and Artie Henderson took a load of cattle to the Saturday sale for Bob.

Classifieds

FOUND: young cat, white w/dark tail. Healthy. Found Main St. of Juliaetta. Contact Gazette. 2t31nc

FOUND: single key in Kendrick. Inquire at Gazette. 2t29nc

FOUND: Male Black and White Cat; also Grey male kitten, about 3 months old. Call 289-5056. 2t28nc

POSTAL JOBS: Start \$11.41/hr. For exam and application info. call (219) 769-8301 ext. ID520, 7 a. m. - 7 p. m., Sunday-Friday. 4t24p

FOR RENT: Store space in Kendrick. Approximately 35x60. 289-4611. 1t23c

FOR SALE: Registered Quality baby Llama. Ready for Christmas. 4-H project or packing. 208 276-3772. 4t23c

BEAUTIFUL Lab puppies, 8-weeks old to give away to good homes. 3 chocolates, 3 golden, and 1 black. Call 289-5088. 2t31nc

HERBALIFE Independent Distributor Call for products or business opportunity. 289-5607. Bonnie Bernstein. 2t31p

WANTED: someone to till and sow fourteen acres (located south of Juliaetta) to red clover and timothy hay. Hugh B. White, HC 03, Box 8362, Palmer, Alaska 99645. 1t31p

NOTICE

INFORMATIONAL meeting on NIKKEN Products, a 20-yr. old company. Local representative. Demonstration & presentation of products 4:00 p. m., Friday, Jan. 13 at Kendrick Senior Center, sponsored by Bud Hammond. Public welcome. 208-276-3650. 1t31p

TOTALLY TROPICAL INTERIORS. Expanding to all areas in Idaho. Fabulous opportunity to start your own business selling silk, plants and trees through a home party. et your own hours. For more information please call Lee at 306-634-9294. 2t31p

4 ALL STEEL ARCH Buildings. New, never erected, can deliver. 40x30 was \$5990 now \$2990; 40x62 was \$10,850 now \$5975; 50x76 was \$13,500 now \$9800; 50x150 was \$21,000 now \$14,900. Endwalls available. 1-800-320-2340. 2t30p

KENDRICK FIRE HALL is available to rent for family gathering during the holidays. \$15 for meeting room; \$35 for kitchen and meeting room. Contact Aaron or Scott Heinen at 289-5957. 6t23c

ALATEEN ON THE PALOUSE for teenagers who have a parent, friend, or relative with a drinking problem. Meets Sunday eves from 7 to 8 p. m. at St. Augustine's Church, 628 Deakin Ave. Moscow. For more information call Rick at 883-1471 or Kathleen at 509-332-5160. 1t19nc

LOCAL AVON REPRESENTATIVE is Christine Clayton. Call 276-7455 or Red Cross Pharmacy at 289-5941. 1t19c

AL-ANON: A group of family and friends of problem drinkers meet Tuesday evenings at 8:00 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 289-4694 after 6. 1t15nc

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apple contains. Cultural practices and storage conditions may decrease them even more.

One concern of the research team is that the search for more colorful mutations of some of the popular new varieties of apples, like Fuji and Gala, may also lead to less flavorful apples.

Proper rate and timing of fertilizer application is all-important to good flavor development in apple. "Some of the aroma and flavoring compounds in apples are based on amino acids," Fellman said. These chemical building materials must have adequate amounts of available nitrogen to develop. Too much or too little and poor timing can result in apples lacking the expected flavor and storage qualities.

"The really neat thing about the work we are doing is that we are able to provide information to growers and apple marketing firms that puts money in their pocket. At the same time we add to the body of knowledge about apple flavor chemistry."

The biochemistry of apple flavor and what affects it, is poorly understood, he noted. "Our program and one in Spain are the only ones I know of studying the enzymology of apple flavor."

Even the age of the fruit-bearing wood in the tree appears to have significance in flavor development for some varieties, especially the Fuji, which bears fruit at the branch tips. Fuji trees don't produce the best tasting apples until the fruit-bearing wood is three years old. Modern equipment and techniques

U. of I. Scientist Studies Apple Flavor

Did you ever wonder just what makes that crisp, juicy apple taste so good?

John Fellman, University of Idaho associate professor of plant science, probably knows the answer.

He and Scott Mattinson, senior scientific aide, with some help from Ben Bostick, a UI student, study the compounds responsible for flavor in apples trying to determine, what genetic, cultural, harvest and storage factors may affect them.

Advances in fruit storage technology over the past 30 years have made it possible to offer crisp, juicy, good tasting apples nearly year round. Now producers and marketers would like them to taste even better.

Among the things Fellman's team has learned is that selection for deep red color, at least in Red Delicious apples, reduces the amount of important flavor compounds the ripe

have made it possible to scientifically investigate questions people have been asking about apples for 50 years or more, he said.

Aspects of storage that may result in changes or loss of flavor in market apples are being studied by following the fruit through varying periods under different storage conditions.

"As global competition increases, our stored apples face fresh apples from producers in the southern hemisphere," Fellman said, "making retention of flavor and aroma in stored apples of even greater importance."

The means by which stored fruit loses and regains aroma and flavor are not well known, he said, making studies to relate good qualities in these areas even more important.

One of the things he hopes to learn from his research is what genetic material in apples control flavor and aroma. "Then we can give our information to the bio-technology people and let them see what they can develop."

He said that timing of harvest is very important to ensure crispness, color and freshness of stored apples. It can also be crucial to flavor retention in stored fruit.

"You can't do this kind of research

The Kendrick Gazette, Thursday, January 12, 1995 3

without access to apples grown, harvested and stored under known conditions. This requires an extensive infrastructure found only at land grant universities."

The work is exciting to Fellman, because there is always a new question to be answered. Finding answers for one set of questions often uncovers another gap in knowledge about the apple, one of the world's most universally enjoyed fruits.

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Not All Headaches Are Created Equal

Headaches usually aren't dangerous, and home remedies and rest are often the answer for this annoying but nearly universal problem.

But sometimes headaches are a sign of serious illness, a Stanford University neurologist warns. When telltale signs do appear, Dr. Martha J. Morrell, a trip to a hospital emergency department or a physician's office can often make a lifesaving difference.

In rare but crucial instances, headaches can be a warning sign of a cerebral hemorrhage (bleeding affectin gthe brain), severe infection or a brain tumor, says Morrell, an associate professor of neurology and neurological sciences, who directs Stanford Medical Center's Comprehensive Epilepsy Center and EEG labs.

A serious headache that comes along with any of the following symptoms could indicate a stroke or a related illness requiring immediate attention:

- A severe headache that starts almost instantly, especially if it's "the worst headache of your life," says Morrell.
- Slurred speech or blurred vision (not just simply sensitivity to light, which is a common sign of

scription drug called isotretinoin (Accutane) is helpful, because it causes major changes in the oil glands which trigger acne. "But isotretinoin is expensive and needs to be monitored carefully for potential side effects, so it shouldn't be used until simpler remedies have proven unsuccessful and never by women who are pregnant or plan to become so," says Lane.

non-life-threatening migraine headaches).

- Loss of balance or coordination.
- Weakness or loss of sensation in a body part.
- Loss of alertness and extreme sleepiness.

If you have any of these problems along with your headache, you should be seen in an emergency department where appropriate treatment can begin immediately, says Morrell.

Also, pay close attention to a headache that feels worse when you lie down, since usually, resting will relieve the pain of uncomplicated headaches. In rare cases, a headache that becomes worse in the reclining position could be a sign of a brain tumor, Morrell says.

When accompanied by high fever, headaches can signal a serious infection, such as meningitis or encephalitis. An adult's headache with a fever or more than about 102 degrees

A difference of taste in jokes is a great strain on the affections.

—Nathaniel Hawthorne
Every cause produces more than one effect.
—Herbert Spencer

Fahrenheit requires prompt medical attention, notes Morrell.

The nation's first commercial ice-making machine was built in 1851 by John Gorrie, a Florida surgeon. He used the ice to make his patients more comfortable by cooling their rooms.

There is nothing permanent except change.
The world's horse population is estimated to be 75 million.

Teens Shouldn't Blame Themselves for Acne

Teenagers shouldn't blame themselves for acne, a major cause of lack of esteem that almost always is treatable, says a Stanford University pediatric dermatologist.

"While it's always a good idea to eat healthy meals and keep your face clean, you can't blame diet or lack of zealous face washing for acne," says Dr. Alfred T. Lane, associate professor of dermatology and pediatrics. "Bacteria is a contributing cause of acne, but the most aggressive face washing in the world won't keep the bacteria at bay for more than 20 minutes or so." Diet also appears at best to be a very minor contributor to acne, he says.

A survey released by the American Medical Association last fall disclosed that between 30 and 40 percent of 1,000 teens surveyed nationally felt frustrated, embarrassed, anxious or lacked self-confidence be

cause of their complexion. "Encouraging your teens to find appropriate treatment for acne can do as much for their mental health as for their skin," Lane says.

Lane, director of pediatric dermatology at the Lucile Packard Children's Hospital at Stanford, says common nonprescription acne treatments such as benzyl peroxide creams often help teenagers and adults, who can also suffer from acne. "These over-the-counter remedies can reduce bacteria and open skin glands, preventing bacteria from building up," he says. But if symptoms persist after two or three months, victims should look for stronger medicine.

A physician, Lane said, can judge whether a prescription benzyl peroxide gel (more powerful than the over-the-counter creams) is the best solution, or whether an oral or skin cream antibiotic or tretinoin (Retin-A) may be useful.

In the most serious cases, a pre-

Antelope Inn

CALENDAR OF EVENTS

MONDAY NITE: Football on big screen TV. TACO NITE!

TUESDAY NITE: Is Nacho Nite!

THURSDAY NITE: Peanut Nite!

FRIDAY NITE: Is Live Entertainment with the KARAOKA Machine!

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CALENDAR OF COMING EVENTS:

Thursday, Jan. 12:
J-K Community Development Assoc. meeting. 12 noon at T&C Diner.
VFW and Auxiliary meeting.

Friday, Jan. 13:
Boys Basketball, Genesee here
Wrestling. Kamiah Tourney

Saturday, Jan. 14:
Girls Basketball, CV here
Wrestling. Kamiah

Monday, Jan. 16:
Martin Luther King Day. (Holiday).
Potlatch Ridge 4-H Club meets.

Tuesday, Jan. 17:
Kendrick Grange
Girls Basketball, Kamiah there
Boys Basketball, Troy there

Wednesday, Jan. 18:
Kendrick Firemen meet

ESPRESSO OF THE WEEK AT PHIL'S FAMILY FOODS

Butter Pecan Latte

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A Salute to Teachers

School has resumed after the holiday season and our thoughts turn not only to the many school activities but also toward the students and teachers who are such an important part of the community. It is hoped the teachers enjoyed their well-deserved time off and are ready to meet the challenges that must be overwhelming at times. Being an educator carries a great responsibility and is certainly not an 8 to 4 job. Often it found that an educator has more of an influence on a student's life an even a parent or peer group.

This community is fortunate to have many devoted, caring teachers, and Phil's Family Food believe it is fitting to recognize the teachers in Kendrick Joint School District No. 283 for the important part each of plays in the community's life.

In the coming weeks we would like to recognize some of the teachers and staff who make an important contribution to community and it's quality of life. To begin his series we can think of no one more deserving than

GALE VALLEM



In August of 1968 a new face appeared at Kendrick High School. It was that of Gale Vallem, then a teacher and now the principal of the school. So in the last quarter of a century Mr. Vallem has been making a difference in the lives of students and teachers at Kendrick.

Mr. Vallem has been responsible for teaching, coaching, discipline, planning and policies at KHS for as long as some people can remember, and yet he manages each day to come to work with a smile for the students and the teachers. Mr. Vallem has attended extra-curricular activities, taken college courses, set class schedules, organized in-service activities for the teachers, and attended the school board meetings as principal since the mid-seventies. He has done all this and still had time for his family: wife Mary Jo, children Lisa and Dallas, son-in-law Dale Wolff, and grandchildren Morgan and Colin. As a principal he has helped new teachers prepare their classes and greeted new students to help register them for their classes.

Even when Gale was seriously ill three years ago, he was at the school when he wasn't receiving treatment for his illness. The school missed his calm management style and his leadership. Students and teachers are relieved that Mr. Vallem is feeling better and that they can look forward to his dedicated service, advice, patience, kindness and to his smiling face for many more years at Kendrick High School.