

## Local News Of Juliaetta

Larry and Janice Groseclose of Lewiston were Sunday dinner guests of Pearl Groseclose and Phillip.

Eldon and Jean Jordan of Pendleton, Oregon were Friday overnight guests of John Cuddy at Kendrick and visited Saturday morning with Jack and Caroline Brown and Anna.

Janice Groseclose visited with her parents, Lawrence and Nell Heimgartner several times this past week. Friday afternoon Don and Barbara Benscoter of Sweetwater visited with Lawrence and Nell. Saturday Shawn and Karen Hasenoehrl and daughters of Lewiston called on Lawrence and Nell, and Art and Lois Fraser of Lewiston were Sunday afternoon visitors.

Wally Fraser and Maxine Fry visited with Olean Cuddy recently at Moscow.

Maxine Fry accompanied Art and Connie Kammers to the dinner and open house Saturday at the Kendrick Fire Hall honoring David and Kathy Shove on their 25th anniversary.

Tony and Kelli Henson and Jordan visited with Grandma Grace Groseclose at her home Saturday.

Saturday morning, Morris and Inez Mattoon, and Fred and Margaret Wallace visited with Viola Johns where they attended the dinner for David and Kathy Shove. After the open house, the Mattoons and Wallaces plus George and Dorothy Mattoon, and Merrell Mattoon and his wife returned to Viola's home where they had a very enjoyable time of visiting.

Sunday, Diann Groseclose and Viola Johns enjoyed the special program on local history at the Heritage House then toured the Luna House Museum afterwards. They enjoyed having dinner out before they came home.

Adaline Jassman accompanied Sonja Lohman to Lewiston Wednesday and spent the day visiting with Dixie Porter and her family. Thursday Edna Magee visited Adaline and they went to the home of Bob Kimbley for a visit.

Thea Metcalf drove to Bonners Ferry to get her mother, Maude Strom, and take her to the home of Roy and Bonnie Mitchell and family at Sandpoint for four days, where they all had a very nice visit.

Saturday Juanita Craig and her brother and sister, Cecil Flesher and Vi Erickson arrived home after a vacation visiting family in California. They drove to Bakersfield, Ca. first where they visited with Vi's daughter, then drove north to Crescent City and spent time with their brother and sister-in-law, Elwin and Ann Flesher. Cecil spent Saturday night with Juanita and left for his home at Camas, Wash on Sunday morning. It was a good trip.

Jeanne Wadford of Pullman is spending the week visiting with Juanita.

Marie and Milton Grant went to Lewiston on Monday to keep dental appointments. They visited with her father Wm. Briere who treated them to lunch out. They also called on Marie's sister, Ilene Jean Bridges in Clarkston.

Vera Hutcheson visited last Tuesday with her mother Ruth Ulinder in Potlatch.

Shari and Ed Pea and children Kayla and Kyle enjoyed the weekend with family at the Harris cabin on Lake Coeur d'Alene. They worked on projects and enjoyed the company of family.

Thursday evening Jim Woods and Wendy Allen visited with Buddy and Alice Henson and family. Tony and Kelli Henson and son Jordan of Moscow visited the Hensons on Sunday. Ila and Marvin Henson of Lewiston were Monday evening callers.

Nancy and Bill Fey and Kelli and Eric attended the open house for David and Kathy Shove Saturday at the Kendrick Fire Hall., Bill and Nancy attended the Gun Show at the Nez Perce Fairgrounds Sunday afternoon. Sunday evening Nancy and Kelli attended the "Circuit Riders Concert at the Orchards Community Church which was most enjoyable.

Laughter is a tranquilizer with no side effects.  
—Arnold Glasow

## KENDRICK-JULIAETTA MEAL SITE MENUS

Friday, Nov. 24—  
Thanksgiving Vacation. No Meal.

Wednesday, Nov. 29—  
\*\*\*BIRTHDAY DINNER\*\*\*  
Chicken Steak  
Potatoes & Gravy  
Green Beans  
Jelled Citrus Salad  
Buttered French Bread  
Cake and Ice Cream

DATES TO REMEMBER:  
Nov. 24: Remember, No meal today.  
Nov. 29: Meal. Show off Christmas Crafts & Ideas!

## Holiday Feasts: Myths and Misconceptions

Thanksgiving is a time for tradition. Roast turkey with stuffing and cranberry sauce. Football games. Family members gathering from far and near. It's also a time for strongly held beliefs, but some ideas associated with the big meal and holiday eating in general are just so much gobbleygook.

Take the popular post-feast custom of dozing off in front of the TV. One familiar bit of folk wisdom holds that it's the turkey itself that leaves holiday diners snoring. Armchair scientists explain the phenomenon this way: turkey, like some other protein foods, contains the amino acid tryptophan. In our own bodies, tryptophan is a precursor to serotonin, a substance associated with sleep regulation. Before its sale was banned in the United States several years ago, the dietary supplement L-tryptophan was often taken to induce drowsiness. Thus, the belief that eating a few helpings of turkey leaves one hungry for a nap.

But while some research has suggested that tryptophan has a sedative effect, there's no evidence that the amount found in a slice of turkey breast can leave a person drifting off to la-lad land, according to Dr. Jonathan Q. Purnell, senior fellow in the University of Washington School of Medicine Division of Metabolism, Endocrinology, and Nutrition. "That's not the conventional wisdom in the medical community," he says. "I think it has more to do with the amount of calories you eat."

After all, any big meal can leave us feeling sluggish. Wolf down a plate of fettucine alfredo at lunch, and you might find yourself nodding off in the middle of afternoon meetings. Purnell says various theories have been proposed to explain why a heavy feeding session sometimes induces sleepiness. Here's one: as you eat, your stomach produces acids and generates bicarbonate and other nutrients, which are absorbed in the blood; the sudden flood of chemicals and nutrients in your system is thought to affect cognitive function. But, Purnell says, it's impossible to say for sure why overeating makes us tired.

Eating a big meal often makes us feel something else: guilt. But while many people think of the Turkey Day dinner as the ultimate diet-buster, Purnell says that's a misconception: "A typical Thanksgiving meal is fairly healthy. It features lean fowl—as long as you take off the skin—lots of vegetables, and potatoes, which are high in carbohydrates." Even that peculiar and decadent-seeming holiday concoction, baked yams with marshmallows is low in fat and rich in potassium. It's the "extras," Purnell points out that load fat grams on to a Thanksgiving dinner, such as gravy, buttered rolls and mashed potatoes made with whole milk.

There are lower-fat substitutes those savory accompaniments, but even if you can't resist splurging, Purnell says it's pointless to feel guilty for enjoying the feast. "Part of our culture is to eat until you burst on Thanksgiving. The big meal provides us with some of the most pleasant memories we have about the holidays," he explains to his patients, many of whom struggle with obesity and high-cholesterol levels. "I tell them: Look, you've got to enjoy life, too. At Thanksgiving meals—or Christmas and Hanukkah, or weddings and birthdays—go nuts. Have fun. Enjoy it. But then go back to your usual good habits, of exercise and low-fat intake."

As long as you aren't altering your normal body weight by actively dieting, any weight you gain by living it up over the holidays or while on vacation is probably temporary. "If you go back to eating your usual diet, over time, you'll lose that added weight," says Purnell. He explains that our bodies have efficient systems for regulating our normal body weight. Just as most people who put on a few pounds from over-indulging will naturally adjust their eating habits and, in time, return to their usual weight.

## Cedar Ridge News

By Darlean Wilson

Cecil and Jo Brammer drove to Osborn, Idaho Thursday where they visited with Hap Brunstiek, returning home on Saturday.

Flo Lyons attended the meeting of the Evergreen Friendship Club at Zoe's Cafe Thursday. Saturday Clem and Flo attended the card party at the VFW Hall.

Guests of Rod and Linda Davis and children over the weekend were Rod's brother and sister-in-law John and Becky Davis of Portland. They enjoyed an early Thanksgiving dinner together on Sunday.

"Bobbies"—the British term for police officers—get their name from Sir Robert Peel, the statesman who organized the London police force in 1850.

## Local Merchants Joined Seniors at Meal Site Nov. 17

By Marjorie Cobb

"Fantastic Yellowstone" was the title of the November movie shown at the Senior Center by Jan Welles, Juliaetta librarian. These pictures are furnished by the State Library at Boise, and are much appreciated.

Local merchants were invited to the annual feast of Thanksgiving served on November 17. Cornucopias filled to overflowing with autumn produce were arranged by Christine Clayton to decorate the tables, along with lovely nutcup favors from Delores Olson of Juliaetta.

Entertainment featured LenaBelle Morgan on piano, and the "Lard Bucket Brigade" rhythm band under direction of acrobatic Norman Olson. Colorful costumes included pilgrims and farmer garb and even a turkey. "America" by sung by the large crowd to close the day's program.

Lucky numbers were drawn for Phyllis Berg, Maxine Fry, Bob Huffman, and Pearl Groseclose. Attendance average numbers were 35, with ten receiving meals at home.

## Tiger Girls Top Deary 63-29 for 4th Win

Kendrick girls posted their fourth win of the young season Monday night, rolling to an easy 63-29 victory over the visiting Deary Mustangs. Coach Lisa Wolff's Tigers are now 3-0 in league play and 4-0 on the season.

Janel Silflow and Rachael Eberhardt each scored 14 point to pace the Tiger offense. Eberhardt's 14 rebound effort led both teams. Kendrick jumped out to a 12-4 first quarter lead and stretched it out to 20-12. In the third quarter the KHS team racked up 22 points to put the game out of reach.

Tuesday night the Tigers will face a tough test as they go against the Lapwai Wildcats at Lapwai.

Kendrick scoring:  
Ferris Dudunake 6, Shannon Simmons 6, Rachael Eberhardt 14, Katie Rush 8, Steph Ackerman 1, Darbi Kechter 6, Janel Silflow 14, Alyssa Heier 8, Cindy Chase 0.

Deary	4	8	8	9	29
Kendrick	12	18	22	11	63

## Brownie, Junior Troop Girls Visit WSU

On Monday, Nov. 13, Brownie Troop 370 and Junior Troop 379 of the Juliaetta/Kendrick area went on a trip after school to Washington State University. Accompanying the thirty girls were Patty Steigers, Martha Cook, Melissa Pierce, Shari Pea, Lori Nagle, Lori Warner and Terri Smith.

While there they went to Ferdinand's where they had some of their famous ice cream and saw how they made ice cream and Cougar Gold cheese. The girls were able to look through the glass observation stations and see the actual facilities. They went to the Planetarium and heard a talk on the display of constellations and galaxies that were shown on the planetarium ceiling. It was as though you were seeing them on a clear night looking at the sky. The final stop was at the Veterinary Medicine Museum where a student guide showed the girls the collection of interesting animal bones and answered questions.

## Meal Site News

By Marjorie Cobb

Dick Gihler of Kamiah entertained seniors Nov. 8, accompanied by Lucille Magnuson. Using his musical carpenter's saw, Dick played popular songs of the 30s and sang some of the humorous vaudeville songs of that period.

Leanne Thomas, activity director of the Pullman Senior Center, brought eighteen senior citizens to Kendrick and they expressed enthusiastic approval of Kendrick's delicious dinner and interesting program along with renewing old acquaintances and warm conversations at the Kendrick Senior Center.

Veteran's Day was observed with patriotic songs and a salute to education youth at Lewis-Clark State College by Robert Wilson and Bill Kramer, who are staff members at the Lewiston College.

Louise Pea welcomed new volunteer David Walner of Juliaetta who will be assisting with home deliveries.

## Latah County Courthouse Closed November 24

The Latah County Courthouse, main building, will be closed on Friday, Nov. 24, due to the construction/window replacement taking place on the second floor. The Sheriff's Dept. and Driver's License and Auto Licensing offices will be open at the East Side Market Place.

The Courthouse will re-open for regular business on Monday, Nov. 27. County officials regret any inconvenience this may cause. All questions should be directed to the Board of Commissioners.

## David and Sharyn Curtis Honored on 25th Wedding Anniversary

David and Sharon Curtis of Juliaetta were honored on the occasion of their 25th wedding anniversary with a surprise reception at the new Christian Family Fellowship Hall in Juliaetta (formerly the Chicken Coop building), Sunday, Nov. 19.



Dave and Sharyn were married at Moscow November 6, 1970. Dave was a special education teacher at McSorely Elementary School for five years and serves as pastor of the Christian Family Fellowship in Juliaetta. He is also an elder at the Fifth Street Church in Lewiston. Sharyn has been an art instructor at the Northwest Children's Home in Lewiston for nine years and is also an elder at the Fifth Street Church.

The surprise anniversary observance was hosted by the Curtis' two sons, Adam and Aaron and Aaron's wife Alison.

## News from the Don Brocke Family

On Friday, November 17, the Don Brocke children, Gene, Kelly and Robin went to Moscow to visit with Priscilla Noble and Joshua Brocke. Saturday morning Don attended an ATV safety training session in Moscow at the Latah County fairgrounds.

Later that afternoon Don and Joyce drove up to Coeur d'Alene to visit Don's sister, Cindy Brocke Olson and her housemate Candyce DeLasocio and Cindy's fifteen-year-old daughter, Dawn Olson. Don and Joyce spent the night in Coeur d'Alene at Cindy's new home which is a large rambler that Cindy is having extensively remodeled and the house looks beautiful. It was a very enjoyable visit. Don and Joyce heard some of the music that Cindy is putting on her latest recording tape. This was Don and Joyce's first visit to Cindy's new home since she purchased it last year.

Don and Joyce plan to spend their Thanksgiving in Coeur d'Alene with Cindy, Candyce and Dawn since the boys will again be going to Moscow for their Thanksgiving holiday this year.

During the visit it was also learned that Don's nephew Taunn Sabina Hamilton, the oldest son of Rob and Vickie (Brocke) Hamilton, is currently living in Tennessee and is pursuing a career as a country/western singer and that Kerry Hamilton, Vickie's youngest son has recently become engaged to be married. A long engagement is planned.

The Brocke children erected their artificial Christmas tree before the weekend began and claim to be very eager to get the holiday started. This is the favorite time of the year for the Brocke children.

The Brocke family's kitten have been climbing the artificial tree almost every day, making it impossible to decorate the tree, but they are having loads of fun and are so amusing that it doesn't matter. The kittens seem to be constantly after a silver bell and a particular plastic bluebird attached to the top of the top of the tree.

The Brocke children plan to spend the first week of Christmas break in Moscow, but will spend the second half of vacation in Kendrick.

## EXPRESSION OF THANKS

We want to thank all who sent cards, letters, flowers, food and called us at the time of our loss. Friends from near and far gave us support and love which we treasure and will always remember.

Brothers and Sister of Joseph Candler, Ada Westendahl, Charlie and Effie Candler, Jim and Hazel Candler, Gilbert and Mary Candler and nieces and nephews

## Methodist Church Hours

The Kendrick United Methodist Church will have its worship hour at 9 o'clock November 26 and Dec. 3. They will resume regular 11:00 o'clock hour on December 10.

The thoughtless are rarely wordless.

## Boyd Leland, 75, Passes November 17

Funeral services for Boyd (Buster) Leland, 75, were held Monday morning at Our Savior's Lutheran Church at Clarkston. He died of respiratory failure at his home in Clarkston on Friday, November 17.

He was born November 2, 1920, at Britton, S. D., to Melvin and Emma Leland. When he was 6 the family moved to Clarkston, where he attended schools, graduating from high school in 1941.

In August 1942 he joined the US Army 201st Signal Depot Co. and served in the South Pacific. He was discharged in November 1945.

After his discharge he returned to Clarkston, where he married Helen Halseth Dec. 26, 1945.

He was employed by various automobile dealerships as a mechanic until retiring in 1985 from McKiernan Hardware and Implement at Pomeroy.

## VFW Post, Auxiliary Observed Veteran's Day

Baker-Lind Post 3913, Veterans of Foreign Wars and Auxiliary members were again invited to conduct a Veteran's Day program at the Deary High School and participate in a wreath laying ceremony at the Deary Veterans Memorial. Those taking part in this observance on November 13 were Post 3913 members Stan Cox, Robert Rollins and Frank Dammarell.

It's great to see that there are schools in the area that take time to respect this day to honor the community veterans.

In our Kendrick community, at the Veteran's Memorial, the flag was raised on the 11th of November and the lights were turned on in the memorial to honor all the veterans.

## V. F. W. DUES ARE DUE !!!

Yearly \$18 or go for LIFE \$115. This way I won't have to come in and bother you each year!  
Frank D.

## Another Good V. F. W. Card Party Nov. 18

There were six tables of pinochle played at the November 18 series of card parties hosted by Baker-Lind Post 3913, Veterans of Foreign Wars Hall.

Dorothy Stockman won the door prize. Ladies high went to Lillian Howerton, men's high went to Gordon Heath. Ladies low went to Peggy Bateman and men's low to Clem Lyons. Roberta Bingham took home the goose.

The next card party will be at the Hall Saturday, Dec. 2 at 7:00 p. m.

The next meeting of the V. F. W. Post and Auxiliary will be Thursday, November 30 at 8:00 p. m.

Ladies—there are still a few of you who haven't paid your dues. Dues were delinquent after October 30 and after November 30 you will be considered a member not in good standing, so let's get those dues in, please.

## NEW ARRIVALS—

### Lohman—

Steven and Gina Lohman of Lewiston are pleased to announce the birth of a girl, born to them Sunday, November 5, at St. Joseph Regional Medical Center. The young lady weighed 7 lbs., 4 ozs., and was 20½ in in length. She has been named Rayla Janae and joins a brother Hayden at the family home.

Grandparents are Fred and Opal Lohman of Kendrick and Rex and Wilma Crookes of Orofino.

## In Loving Memory of Bob Fry

Thank you family, neighbors and friends for all the kindness shown us during the loss of our brother Bob.

The flowers, phone calls, cards and other acts of kindness were truly appreciated.

Jean Wegner  
Don and Lois Johnston  
Nellie Millard  
Maxine Fry

## From Crystal Gruell

Thanks to all who came to the open house celebration of my 90th birthday given by son Ken, his wife Alice, and their family. The cards (77), flowers, gifts, phone calls and lunch were greatly appreciated, so thanks to each one who made this a very special birthday. Being 90 is really fun!

Crystal Gruell

## Fleming Truck & Equip. Will Be Closed Saturday

Fleming Truck & Equipment Co. will be closed this Saturday, Nov. 25, owner Wayne Harris said this week, as he and his staff wished a Happy Thanksgiving to all.

Infant care has to be learned from the bottom up.  
—Laurence J. Peter

## Kendrick to Conduct Survey as Part of Water, Sewer Project

The city of Kendrick will conduct another financial survey next week to help determine if it qualifies for financial assistance from the Rural Economic and Community Development Agency to improve its water and sewer system. A similar survey was conducted last summer as part of an application from the Idaho Department of Commerce for a block Grant. Another survey is now needed for the REEDA, the agency that would purchase the water and sewer revenue bonds. Mayor Jerry Brown said the survey will be conducted by volunteers from the K-J Community Development Association and will be made Thursday, Nov. 30 and Friday, December 1. Mayor Brown stressed that THIS STRICTLY A CONFIDENTIAL SURVEY. No names will be recorded and the information will be used only for this survey.

Just three questions will be asked:

1. Your household status: That is, if you own or rent your home.
2. The number of members in your household.
3. What was the total combined household income for all family members for 1994. (Total household income is the same as the gross income stated on IRS Form 1040. Self-employed persons are asked to list net business income).

Survey personnel will start going from house-to-house at 1:30 Thursday and Friday. Evening calls will also be made if needed.

Voters approved the issuance of revenue bonds to raise funds to improve the city's water and sewer lines by an 84% margin Nov. 7. If the funding is obtained, the work will begin next spring in coordination with the State Highway Department's project to rebuild that portion of Highway 3 that serves as Kendrick's Main Street.

Again it is stressed that this survey is vital to the water and sewer project and is CONFIDENTIAL.

Christina is a former resident of Kendrick with several grandparents in the area, grandparents Mark and Loujuana Reid, Pete and Clara Ware, and great-grandparents, Worthan and Vera Rawson and Don and Ula Cantrill.

A wedding shower for Christina was held at the home of Darlene Reid in St. Maries November 18. Area residents attending were Clara Ware, Georgia Gillis, Vera Rawson, Loujuana Reid and Connie Reid.

## Kimball-Minier Wedding Vows Exchanged Nov. 4

Rona and Carl Ware of St. Maries have announced the marriage of their daughter, Christina Kimball to Mike Minier, son of Francis and Crystal Minier of Santa on November 4.

Christina is a former resident of Kendrick with several grandparents in the area, grandparents Mark and Loujuana Reid, Pete and Clara Ware, and great-grandparents, Worthan and Vera Rawson and Don and Ula Cantrill.

A wedding shower for Christina was held at the home of Darlene Reid in St. Maries November 18. Area residents attending were Clara Ware, Georgia Gillis, Vera Rawson, Loujuana Reid and Connie Reid.

## KCK to Meet Nov. 27

The Kendrick Campers will hold their regular monthly business meeting Monday, Nov. 27 at the Kendrick Senior Center. The evening will begin with the usual potluck and the annual election of officers will be held at the business meeting. Card Bingo will be played after the business meeting.

## School Lunches Juliaetta & Kendrick

Thursday and Friday, Nov. 23, 24—  
Thanksgiving Vacation. No School

Monday, Nov. 27—  
Breakfast:  
Cereal, Toast, Juice, Milk  
Lunch:  
Taco Salad  
Cheese Bread  
Fruit Cup  
½ Pint Milk

Tuesday, Nov. 28—  
Breakfast:  
Breakfast Pocket, Orange Slice, Milk  
Lunch:  
Chicken and Noodles  
Fresh Vegetables  
Applesauce  
Cornbread  
½ Pint Milk

Wednesday, Nov. 29—  
Breakfast:  
French Toast, Applesauce, Milk  
Lunch:  
Burrito  
Corn  
Peaches  
Cookies  
½ Pint Milk

Thursday, Nov. 30—  
Breakfast:  
Cereal, Muffin, Juice, Milk  
Lunch:  
Submarine Sandwich  
Tater Tots  
Jello & Fruit  
½ Pint Milk



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**Local News  
Of Kendrick**  
 Lucille Magnuson enjoyed an early Thanksgiving dinner Saturday evening with Robin and Cindy Magnuson in Moscow. Lucille's granddaughter, Lanea and her husband Paul Pierczanowski were home

from his duty station in Japan. Dana and Ellen Magnuson, Anna and Robert were also present. The Pierczanowskis left on Monday to return to their home in Japan.  
 Visitors during the week with Fred and Betty Arnett were Jim Candler, Don Brown and Marge Freytag.  
 Sunday Resi Brown had breakfast brunch with Jim and Jeanette Thiel at Zoe's Cafe.  
 Bob and Judy Callison attended the anniversary reception for David and Kathy Shove Saturday afternoon. Following the reception the Callisons drove to Moscow for dinner out to celebrate Bob's birthday.  
 Sunday Dick and Velma Benjamin were dinner guests of Rick and Janelle Benjamin, Loren and Tia at Moscow.  
 Elma and Laurine Hazeltine attended a birthday party for Elma's aunt, Edna McMillen in Clarkston on Saturday.  
 Sunday Laurine and Dareld and Julie Hazeltine and Wyatt and Jenny took Elma out to dinner at the Mandarin Pine in Lewiston to observe her birthday.  
 Friday Gladys and John Wilson

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enjoyed the delicious Thanksgiving dinner at the meal site. On Saturday Stan Wilson of Clarkston helped his parents cut down a tree and spent the day with John and Gladys.  
 Elmo and Marjorie Eldridge returned Thursday from visiting with their daughter and son-in-law Janet and Jay Olsen in San Diego, Calif.  
 Sunday Phyllis and Ted Fey hosted an anniversary dinner for Tim and Charlotte Parsley. Jessica and Erik Parsley were also present.  
 Thursday Maxine Foster accompanied Flo Lyons to the monthly meeting of the Evergreen Friendship Club held at Zoe's Cafe. Thursday afternoon Patty Brown and children Nicholas and Taylor of Bovill called on the Fosters.  
 Last Monday LenaBelle Morgan enjoyed the luncheon of the Golden Sunset at the Senior Center. After the meal LenaBelle took Erna Nelson to Lewiston to keep a medical appointment. Ruby Craig accompanied LenaBelle to Lewiston Tuesday for a medical check. The ladies had lunch and shopped together. LenaBelle was a Sunday luncheon guest of Dave and Shirley Morgan. Scott Morgan was a Tuesday evening supper guest with his grandmother LenaBelle. On Monday LenaBelle drove to Pullman where she had lunch with her brother and sister-in-law Delbert and Sally Hoffman.

Wayne and Kaye Harris enjoyed the weekend at their cabin on Lake Coeur d'Alene with family. It was a working holiday with much being accomplished.  
 Friday Theresa Balistier accompanied Beverly Rollins to Moscow to keep a medical appointment. They had lunch out and shopped. Theresa visited with Helen and Walt Zelinsky Friday afternoon. Wednesday Theresa went to Lewiston on business.  
 On Saturday Melissa Eichner and Mercedes and Jon visited with Alberta Turner in Lewiston. Sunday Mercedes and Jon participated in their piano recital in Clarkston with family Melissa and Tim, Nathan and Megan attending. After the recital they all went to the Roger Witt home to help celebrate Drew's birthday.  
 Bob Bain of Berkeley, Calif., arrived Tuesday to spend Thanksgiving with his grandmother Ada Westendahl.  
 Saturday dinner guests of Mildred Johnson were Mr. and Mrs. Alan Rode and Megan and Erica. They helped Mildred with raking leaves for which she was most grateful.  
 Boband Audrey Schutte and daughter Sharon of Clarkston, Pat Moroy and Darlene Phillip of Lewiston, visited with Kathlyn Morey on Sunday.  
 Ross Armitage is looking forward to spending Thanksgiving with his daughter Joyce Clemenhagen. The Max Armitage family and Jerry Armitage are also planning on being present.  
 Sunday Marilyn and Bud Eichner went to Lewiston where Bud took in the Gun Show at the Fairgrounds while Marilyn visited with her mother Alberta Turner at the Royal Plaza.  
 Marilyn joined the Tim Eichner family in Clarkston where they attended a piano recital in which Jon and Mercedes Eichner participated.  
 Sunday evening Bud and Marilyn helped celebrate Drew Witt's birthday at his home in Juliaetta. Also present were Elvine Wilson, the Steve Eichner family, the Tim Eichner family, and Roger and Becky Witt and Alexia.

Jon Fey of Worland, Wyoming and his daughter Jessica Fey of Shelton, Wash. are visiting this week with Helen and Bob Heidenreich.  
 Sunday Esther Shreffler visited with Sharon Harris. Tuesday Esther accompanied her son-in-law Bob Hansen to the Thanksgiving dinner served to the Deary senior Citizens at the Deary Fire Hall. It was a lovely time and a delicious meal.

What might pass for Indian Summer has raised the spirits of area residents.  
 Clinton and Ethel Smith attended the championship football game at the Kibbie Dome Saturday, and followed the game with dinner with Eric Johnson, Eric Hisaw, their roommates and their families at the

young men's apartment. That evening they enjoyed watching the U of I volleyball team win its league championship.  
 Monday evening Jody Smith attended the M&M's (Ladies Aid) meeting at the Deary Community Church annex, where the group planned their up-coming silent auction of bazaar items and singspiration to be held Dec. 1 at the church. The silent auction will start at 5 p. m., with the singspiration at 7 and refreshments to follow. The public is invited to attend both functions.  
 After a business trip to Lewiston Tuesday, Jerry and Jody Smith stopped for a visit with Alan and Rosetta Lockman at Helmer and ended their Friday trip with an enjoyable visit with Ruthie Wilson on Bear Ridge. Their son Jim, grandson Scott, and Pete Lenz from Coeur d'Alene area stopped in for a brief visit at their home between hunting drives Saturday.  
 Wishing everyone a happy Thanksgiving. And, after Thanksgiving, why not practice Thanksliving?

If God wanted us to be brave, why did he give us legs?  
 —Marvin Kitman

Language is the light of the mind.  
 —John Stuart Mill

Style is effectiveness of assertion.  
 —George Bernard Shaw

**Park News**  
 By Jody Smith

What might pass for Indian Summer has raised the spirits of area residents.

Clinton and Ethel Smith attended the championship football game at the Kibbie Dome Saturday, and followed the game with dinner with Eric Johnson, Eric Hisaw, their roommates and their families at the



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## Big Bear Ridge News

By Ariyae Clemm  
and Betty McInahan

The residents of Big Bear Ridge were saddened to learn of the passing of Boyd "Buster" Leland. Our thoughts and prayers go to his family and friends at this time of loss.

The Big Bear Ridge Happy Homemakers Club will meet Wednesday, November 29 at noon for potluck. Plans will be made for the coming community Christmas dinner.

Kathy's cousin, Fred Huggins, a chef from Alaska, came to visit and prepared an Hawaiian Rib Dinner last week for Ron and Kathy Jones. Ron and Kathy also attended their church's harvest dinner Saturday night in Clarkston.

Leland Slind of Longview, Wash. and son Eric Slind of Wenatchee, Wash. were weekend visitors of Ruth and Oscar Slind.

Elaine Galloway visited the Entmclaw schools this past week to see their computer program system.

## Classifieds

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FOR SALE BY OWNER: Kendrick 4 + 1/2, 2 story home, almost 3 acres, creek & canyon views, out-buildings, terraced garden & fruit trees. \$70,000. 289-5555. 3t26p

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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

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. 1t16nc

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## Valley Hunger Action Council Elects Chairman

Idaho Hunger Action Council (IHAC), the political voice for Idaho's low income residents, recently held elections at their local chapter called Valley Hunger Action Council (VHAC), based in Lewiston. Among the new officers elected to represent the local chapter, is the new chairman, Tony Shipman of Juliaetta. "IHAC is about feeding people and giving those same people a voice with law and policy makers," Shipman explains. "We have no formal PACs (Political Action Committees). The vast majority of our members are, in fact, those same low-income families we serve. We hold letter-writing campaigns, telephone campaigns, as well as workshops to teach people how to empower themselves, politically and otherwise. Our Board of Directors, by virtue of the by-laws, is at least 51% low-income. I myself am low-income as is our Board Chairman who lives in Kamiah."

The Idaho Hunger Action Council is a non-profit membership organization coordinating anti-hunger activities throughout the state of Idaho. Organized in 1979, the Council prides itself on being able to

get a lot done with a little money (from membership dues, private donations and foundation grants).

Components of the IHAC are: GLEANING: The gleaning program organizes teams of low-income people to salvage edible food which might otherwise be wasted from fields, orchards, and back-yard gardens and farmer's market for themselves, elderly and/or handicapped partners. IHAC brought gleaning to Idaho in 1980. Since then gleaning programs have started in every region of the state. Over 1,000 low-income families and numerous food banks, soup kitchens and other non-profit feeding programs receive a share of this bounty.

EMERGENCY FOOD: Between 1979 and 1984 IHAC assisted local groups in setting up new food banks, networking and increasing local donations of food. In 1984, IHAC established an Idaho Surplus Warehouse to accept and store large donations which are then redistributed to food banks, soup kitchens and other non-profit feeding programs throughout the state. In 1984, this became an independent organization called the Idaho Food Bank Warehouse. IHAC is still coordinating its efforts with IFW to meet our mutual goals.

CHILD AND ADULT CARE

FOOD PROGRAM: IHAC is an umbrella sponsor for this USDA program. It is similar to the school lunch program in that it provides reimbursement to certain licensed child care providers who meet USDA requirements for nutritious meals. The program encourages child care providers to become licensed and requires nutrition training for all participants. These providers are required to serve high quality food. Some day care providers would not bother getting a license at all if not for this program.

DEMOCRACY EDUCATION: Greater involvement of Idaho's low-income citizens in the state's political process is facilitated through workshops, newsletters and statewide telephone trees. During state legislative sessions there is a toll-free hot-line which any citizen can use to inquire about any bill of interest. This hot-line was the brain child of IHAC members and is currently being funded by the State of Idaho. IHAC monitors state and national issues and educates members in a regular statewide newsletter.

ADD IHAC STORY  
FARMER'S MARKET: Local have been assisted in organizing community markets at which growers can sell their produce directly to the consumer at a low enough price to enable low-income families to afford fresh fruits and vegetables on a regular basis.

INFORMATIONAL AND REFERRAL: Individuals and organizations seeking information on food banks, gleaning teams, and other private and public programs can obtain this information through IHAC leadership and members.

Hunger is a complex problem. No one person or one organization can eliminate hunger alone. Working together as a group will strengthen us so that we can become more effective in dealing with issues on poverty and hunger. Some must work on emergency needs through food banks and warehouses, some must work on longer term maintenance through the Child and Adult Care Food Program, gleaning, and farmers' markets yet others must work on causes of hunger and poverty through democracy education programs. IHAC builds bridges among income classes and seeks long term solutions to the problems of poverty and hunger. IHAC is instrumental in developing and coordinating efforts throughout the state.

We at IHAC see ourselves growing in the years to come. As hunger and poverty grow, those effected need an active voice—their own! Under new leadership and guidance,

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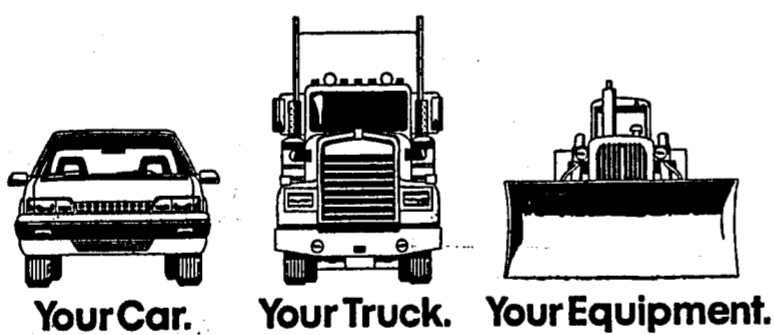
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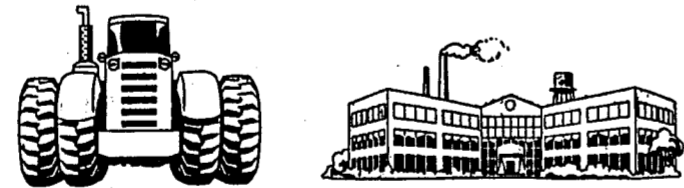
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**Talk With Doctor About Certain Blood Pressure Medicines If Concerned**

Don't stop taking your blood pressure medication without checking with your physician first, cautions a Stanford University cardiologist.

Dr. John Schroeder, professor of medicine and director of outpatient cardiology services, says millions of Americans taking calcium channel blockers, or CCBs—a type of blood pressure drug—may be needlessly frightened by recent reports that drugs in this class may pose a greater risk of heart attack when compared with other blood pressure medications.

"The bottom line is that only one particular drug, a short-acting CCB called nifedipine, has raised serious issues," says Schroeder. The National Heart, Lung and Blood Institute issued a warning Aug. 31, 1995, that nifedipine should be used with "great caution (if at all)."

"Patients taking this drug should indeed talk with their doctors about

changing to a similar, potentially safer and longer-acting channel blocker that will accomplish the same objectives," Schroeder says.

However, the cardiologist cautions that stopping medication altogether is far more risky than continuing to take CCBs, even if the recent warning turn out to be well-founded.

News accounts were numerous after the "Journal of the American

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**GODD STOCK OF ANTI-FREEZE**

Medical Association (JAMA) published an Aug. 23 report about nifedipine and other short-acting CCBs based on one of many studies. "Other studies have drawn different conclusions," notes Schroeder. "We simply need more information, and a larger study is in fact under way to answer further questions about blood pressure medications."

"The study in JAMA didn't look at currently available one-a-day CCBs which are now used for treatment of hypertension (high blood pressure) and angina (chest pain caused by a blockage of blood flow to the heart): These agents have gained widespread use because of their effectiveness, their safety and lack of adverse side effects. Therefore, the current findings do not apply to how we're practicing medicine now, even if the reported find-

ings were conclusive," say Schroeder.

"CCBs and another class of drugs, called ACE inhibitors, have become the drugs of choice for many patients with high blood pressure, because of their remarkable freedom from the adverse side effects that for years have plagued many patients taking other blood pressure drugs, including diuretics and beta blockers," says Schroeder. CCBs and ACE inhibitors help patients avoid the fatigue, lethargy, sexual dysfunction, nightmares and adverse effects on blood cholesterol that sometimes result from these other medications, he adds.

"There are no simple answers when it comes to choosing high blood pressure medication. That's why it's important to talk to your physician about the potential risks vs. benefits—including comfort and convenience—of the drug program that best for you," Schroeder says.

**Cameron, Southwick News**

by Sonja Lonman and Opal Lonman

Saturday evening Arlie and Priscilla Armitage were dinner guests of Doug Armitage at his cabin at Freeman Creek.

Sunday, Gladys and Jim Whiting-er visited with Jim's cousin, Nina Reed at Kamiah and also with Marilyn and Dick Reed, also of Kamiah.

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**Thoughts at Thanksgiving**

Thanksgiving is an almost exclusively American holiday, dating back to the early 1600s when the first settlers paused in their struggle to survive in a new land to give thanks for the blessings and gifts they did have. They were grateful for their freedom, their right to worship as they wished, grateful for the harvest, no matter how small it was, for their friends and the love of their family. If we stop to think about it, these are the same blessings we will be giving thanks for in 1995, almost four-hundred years later. Of course our world has changed. Our lives are more complex and while we've solved many of the basic problems of survival, other problems and worries confront us.

That is why we need and do observe this traditional day of Thanksgiving—to remind us that we have so many things to be grateful for. We have our faith, our security, our family, and our good friends.

We at Juliaetta Market are very grateful for the good friends who patronize and support our business throughout the year. May your Thanksgiving be a most enjoyable one.

Thank you from  
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**Wishing You a Happy Thanksgiving**

When the Pilgrims celebrated the first Thanksgiving almost four hundred years ago they had, by our standards of today, little to be thankful for. The small group had endured and survived a year of hardship in a strange, hostile land. Food was not plentiful and conditions were still grim. But these early settlers were still grateful: they had survived, they had enough to sustain them, and above all, they had their faith and beliefs. For these blessings they were grateful.

As we gather with our family and loved ones this Thanksgiving Day of 1995, we have a life those early Pilgrims could not have imagined—a strong nation at peace, a secure society, comforts and privileges that are the envy of the world, and bountiful quantities of food for all.

If our forefathers wanted to thank God for those first few meager blessings, we should most assuredly be grateful for all we have today.

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