

The Kendrick Gazette.

Volume 104

Kendrick, Latah County, Idaho, Thursday, December 26, 1996

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No. 31

Nellie D. Steigers, Cherrylane Resident, Passes December 23

Nellie Dean Steigers, 91, who farmed with her husband in the Cherrylane area for many years, died Monday, Dec. 23, at the Lewiston Rehabilitation and Care Center of causes related to age.

She was born May 4, 1905, to Sam and Almada Dean at Dorena, Oregon. She lived at Creswell, Ore. until she was 13, then moved to Pine Creek, in the Cherryland area along the Clearwater River east of Lewiston.

She attended school at Leland, Kendrick and Moscow and graduated from Lewiston High School. She attended the Lewiston Normal School, now Lewis-Clark State College, for a time and then married Ernest Steigers October 21, 1925, in Lewiston.

They farmed in several places in the Cherrylane area, raising tomatoes, melons and potatoes to truck to market in surrounding towns into the late 1940s. They also grew grain, and sold cream and eggs. They built their home from materials from the old Webb schoolhouse.

She was a correspondent for The Kendrick Gazette for many years and wrote poetry all her adult life, much of which was published in a book titled, "Pencil Marks." She also was keenly interested in genealogy.

She was a member of the Stony Point Friendship Club and the Willing Workers of Lenore. She was active with her husband in the Latah Grange and the Idaho Old-time Fiddlers.

Her husband died Nov. 13, 1991. She is survived by four sons, Bill Steigers of Lewiston, Kenneth Steigers of Cherrylane, Keith Steigers of Missoula, Mont., and David Steigers of Juliaetta; a daughter Kathleen Ratliff of Bothel, Wash. 18 grandchildren; 36 great-grandchildren; and 12 great-great-grandchildren.

She was preceded in death by her twin sister at birth, three other sisters and three brothers. A memorial service will be held at 11 a. m. Friday at Brower-Wann Memorial Chapel in Lewiston with the Rev. David Curtis officiating. Burial was a Normal Hill Cemetery. The family suggests memorials be given to the Juliaetta Ambulance or the Cottonwood Creek Community Church.

A Very Unique Lady

It is a sad commentary on our modern world that a lady so simple, so unaffected and so good should be considered as unique. She never obtained, nor did she seek, greatness. Except within the confines of her own little world she was unknown. Talented, interesting, a truly good human being and a fine Christian spirit, she possessed the virtues that we all value, but unfortunately so few of us have. She was unique.

In a world that proclaims its love of "family values" and Christian charity, Nellie Steigers was one of the few who lived, loved and practiced them. She loved and cherished her husband and family, cared about and for her neighbors and friends, and appreciated the gift of life.

For many years Nellie was a faithful correspondent for the Gazette, filling her Stony Point News column with the everyday happenings of the people and things she cared about. Reporting the weekly news in her own special way, she was a favorite for many readers.

As birds are born to sing, Nellie was born to write. She used her talent of writing to express her sensitivity to the world around her in poetry. In 1980, with the encouragement and help of her daughter-in-law, Linda, she published a book of poems, "Pencil Marks" which was pure "Nellie." Among the verses was this one. I believe it captures a part of the spirit of this very unique lady.

FAR FIELDS

By Nellie May Dean Steigers

Could I steal but one hour from
this busy work-day,
And by some strange magic
be waffed away,
To see all the sights I am longing
to see,
And be all the things I am
longing to be—

Would I find that the hour had
lasted too long?
Would I want to return to the
place I belong?

Would I wish for the sights that
my eyes always see,
And my heart ache to beat
in the one that is me?

DEANA MCGARVEY THANKS FOR SNOW SHOVELERS

Deana McGarvey called Thursday evening to say she doesn't know who the person or persons were that shoveled out her driveway Wednesday evening but she wanted them to know she appreciated it very much.

Residential Repairs, Weatherization for Low Income Homeowners

Community Action Agency is taking applications from low-income homeowners who need residential repairs or weatherization. The types of repairs typically funded with CAA programs include new roofs, porches, electrical, plumbing, flood damage, furnaces, and insulation. CAA works with the owner and contractors to determine the repairs to be completed, obtain bids, and inspect the work. Owners do not usually have to put up any of their own funds or make any loan payments. The applicant and home must meet certain qualifications such as a maximum income and home value.

Applications and information are available at all Community Action Agency offices in North Central Idaho. Asotin County is also served. Applicants in Nez Perce and Asotin County can reach Renie Wachtel at 746-2601 or 1-800-326-4843 for other Region II areas. Funding is limited so applicants are encouraged to apply right away. This is an Equal Housing Opportunity.

Contractors interested in participating in the program may contact Larry Stamper, Weatherization Program Director. Small, minority, and women owned repair, contracting businesses are encouraged to participate.

Local News Of Juliaetta

Jeanne Wadford of Pullman arrived Friday to spend her Christmas vacation with her mother Juanita Craig. Juanita and Jeanne accompanied the English family to the Christmas Cantata at the Emmanuel Lutheran Church in Cameron.

Jeanne and Juanita were among those attending the funeral for Helen Hargis at the Zion Lutheran Church Monday morning.

Sunday, Randi Grant of Emida arrived to spend Christmas with her grandparents, Milton and Marie Grant.

Saturday evening Greg and Alice Broemeling attended the Broemeling Bros. Shop Christmas party in Lewiston. Alice and Greg visited with Paul and Midge Dammarell on Sunday.

Sunday Buddy, Alice and Bryce Henson attended the AAU basketball tournament in Lewiston. Bryce was one of the participants. Marnie Henson is home from her studies at Idaho State University for her Christmas break with her family.

Several Juliaetta residents have expressed their appreciation for the beautiful Christmas Star that sheds beauty and light in the Valley and across many miles. Thank you to those that each year faithfully to the work that makes the star shine and reminds us of that first star of Christmas.

Sunday Dorothy and Ray Knutson stopped by for a visit with Muriel and Lowell Hubbard.

Karla Lambert visited with Denise Fischer Thursday afternoon. On Sunday the Lambert family enjoyed the Christmas program at the Community Church. Erika was a participant. Saturday evening Dan and Karla and Josh and Erika were dinner guests of Jim and Lori Brocke and girls. It was a fun evening and they enjoyed playing pool.

Sunday afternoon Lura Butler and Elvine Wilson attended a family gathering at the home of Manly and Jesse McDonald in North Lewiston.

Tina Fuller visited with Pearl Groseclose Thursday afternoon. On Tuesday Carol Bireal was a caller.

Barb and Katie Twiet and Rex Robertson of Drewsey, Oregon arrived to spend Christmas with Everett and Freda Farrington and family in the area. Dan and Kathy Johnson and Josh of Spokane are also home for the holiday. Frankie and Ron Alfrey of Craigmont were Tuesday morning visitors with the Farringtons.

Sunday Gale and Mary Jo Vallem attended church at the Southwick Community Church where their granddaughter Morgan Wolff, was a part of the Christmas program. They enjoyed dinner with Lisa and Dale Wolff and family following the program.

Sunday evening Shari Pea, Kayla and Kyle, and Lori Warner and Molly attended the Christmas Cantata at the Emmanuel Lutheran Church.

Winter Blues

Finding the best way to beat the winter blues is the goal of a study being performed by researchers at the University of Washington. The research involves testing the effectiveness of two forms of light therapy—bright light box therapy and the dawn simulator—used for treatment of seasonal affective disorder (AD). Dr. David Avery, associate professor of psychiatry and behavioral sciences, explains SAD is related to the decrease in natural sunlight from summer to fall.

Tiger Girls Chopped Grangeville, Moscow To Win Tournament

While the KHS boys basketball team struggled, Coach Lisa Wolff took her Tiger girls up to Moscow over the weekend and chopped down the Grangeville Bulldogs and the Moscow Bears in the a winter tournament sponsored by Les Schwab Tire Co. Friday night the Tigers used a good second half effort to defeat Grangeville 48-42 and on Saturday night roared past the Moscow Bears 54-36.

Kendrick's all-around handyman, Ferris Dudunake, gave the Tigers two solid performances, scoring 16 points in the Grangeville game and 23 against the Bears. Alyssa Heier was there when she was needed and scored 20 points in the Friday night game and 9 Saturday.

Grangeville held a slender one-point lead at the end of the first half Friday night but Kendrick combination of Dudunake and Heier made its self felt down the stretch in the final period, scoring baskets when the Tigers needed them.

Kendrick scoring: Ferris Dudunake 7 0-0 16, Shannon Simmons 0 0-0 0, Rachele Eberhardt 3 0-0 6, Katie Rush 0 2-2 2, Stephanie Ackerman 0 0-0 0, Darbi Kechter 0 0-0 0, Janel Sillflow 2 0-0 4, Alyssa Heier 7 6-8 20, Marie Eckroth 0 0-0 0. Kendrick 14 12 12 10-48 Grangeville 15 12 9 6-42

Moscow Upended 54-36 Behind the 21 point performance of senior guard Ferris Dudunake the Tigers won the tournament Saturday night by defeating Moscow 54-36. Dudunake hit seven field goals and was a perfect 7 for 7 at the free throw line along with being credited for five assists. Ferris got 15 point assistance from Rachele Eberhardt who also pulled down eight rebounds.

Kendrick took a 12-7 first quarter lead and had pulled ahead 23 to 15 at the half. The Bears, having a bad night managed only five points in the third period, as Kendrick rolled to the win without trouble.

Kendrick: Mercedes Eichner 0 0-0 0, Ferris Dudunake 7 7-7 23, Shannon Simmons 0 0-0 0, Rachele Eberhardt 6 3-3 15, Katie Rush 0 1-4 1, Steph Ackerman 0 0-2 0, Darbi Kechter 0 0-0 0, Janel Sillflow 3 0-0 6, Alyssa Heier 2 5-6 9.

The girls now enjoy the holiday and will return in a game Jan. 4 at Prairie.

Cedar Ridge News

By Darlean Wilson

Merry Christmas to Everyone Happy birthday to Margaret Craig. Many of the hill attended Margaret's birthday party on Saturday. Those included brother Bob Kimbley, Elmer and Thelma Cuddy, Rose Ann Holt, Jack and Donna Parsley, Clem and Flo Lyons and Darlean Wilson.

Saturday night guests of Roy and Donna Syverson for an early family Christmas were Troy and Melissa Syverson and son C. J. of Lewiston, Matt and Carman Enberg and daughter Ashley of Moscow, Bill and Alice Searcy, and Roger and Sue Syverson.

Lloyd Davis was a guest of Bob Kimbley one day last week. Clem and Flo Lyons attended a family birthday party at the Helm for December birthdays. Present were Clem and Flo, Orita Stuart, Mitch Stuart and Dustin Calhoun.

The gathering was Saturday evening. Thursday afternoon at the Johnson Manor in Juliaetta Flo attended the Evergreen Friendship Club meeting and annual Christmas party. Tyler and Marci Watson of Arlee, Mont. were Saturday morning visitors of the Lyons.

Cliff and Jenny Enley were in Lewiston Friday to do some Christmas shopping and before returning home picked up granddaughter Lilla Ensley who stayed with them until her father, Clay Ensley, picked her up.

Firemen's Annual Christmas Turkey Raffle Winners Drawn

Twelve Kendrick area families are one Christmas turkey richer this week after the annual raffle sponsored by the Kendrick Volunteer Firemen Saturday afternoon following Santa's visit. Members offered a big "Thanks to All!" for excellent support the fund-raising project received. The winners were:

Kyle Pea
Larry Arnett
Herb Millard
Roger Kriesher
Marge Alexander
Ralph Mead
Mike Brocke
Rita Jones
Laverne Emmett
Barbara Cuddy
John Arnett
Eva Grinolds

This is one of the few money-raising projects of the firemen and they truly appreciate the support of the community.

Grange Christmas Party Was Held December 17

The Christmas party for Kendrick Grange No. 413 was a food and fun filled event surrounded by reminiscences of the winters and Christmas' past. Remembering the winters in the 30s and 40s that buried the fences in snowdrifts, sledding parties, skiing with barrel staves, (apparently they're really fast) and waking the family up at 3 a. m. because Santa Claus had arrived, were all part of the evening. Additionally popcorn ball were distributed to all present in the tradition of past Granger Mabel Glenn.

On January 7 the Grange will hold its annual pancake dinner and dues paying meeting. All Grangers are welcome to partake of the dinner and find out about projects and plans for the coming year.

On January 21 the plan is for an open meeting for the public and the sheriffs of both Nez Perce and Latah County to meet and discuss law enforcement in this area. More details will follow next week.

For this year the Grange would like to wish everyone a Merry Christmas, a Happy Holiday season and a safe and prosperous New Year.

Garden Club's Successful Green Sale Will Aid Future Projects

Hill and Valley Garden club would like to thank the community for supporting the Christmas Greenery Sale which was very successful in spite of the weather. This event has been going on the first week of December for some 20 years with proceeds going to various conservation, horticultural, and civic causes. This year the contributions will go to the University of Idaho Arboretum, a civic project in Kendrick, and the Club's annual garden tour.

The next club meeting will be Wednesday, the 22nd of January. Roll call will be on a gardening book or article you have read recently. Our guest will be Sharon Harris, president of the local Lions Club to tell us about plans for the Kendrick Park this coming spring.

Big Bear Ridge News

By Arlyne Clemen
and Betty McManan

Nate Harris is home from college for the Christmas holidays and is visiting with his parents, Steve and Sally Harris.

Last week Steve and Sally Harris went to Lincoln City on the Oregon coast and into Salem to watch Nate play basketball. They were observing their silver wedding anniversary.

The custom of kissing under the mistletoe dates back to at least the early 17th century. The correct procedure is for the young man to pluck a berry as he kisses the young woman. When there are no more berries, there is no more kissing.

HAPPIER NEW YEAR

Seize the opportunity of a brand new day.
Take a fresh approach, no stumbling blocks in the way.
Write with zest on clean slate for worthy quote.
Compose on blank staff a harmony note.
Face unblemished weeks for accomplishment,
With untarnished thoughts' accompaniment.
Offer prayer for the important things.
Acknowledge eternal hope New Year brings.

—Lucille Magnuson

A White Christmas Snow Buries Area

"But where are the snows of yesteryear?" the poet Francois Villon asked many years ago. He need not wonder any longer: the snows are still here and this week buried the Pacific Northwest and even the Kendrick-Juliaetta area under up to two feet or more of cover. The storm did give residents a "White Christmas" but it also snarled traffic, delayed the mail, overworked road crews, and caused the death of a North Bend, Oregon couple Monday afternoon on Highway 95 between Lewiston and Genesee. Fortunately most schools including Kendrick School District's were on

Tigers Fall to Bulldogs 50-21

Kendrick's Tigers basketball team was as cold as the weather last Tuesday evening and they fell victim to the Bulldogs from Genesee 50-21. Just how cold was the home team? Well, the Tigers failed to score a point in the first half that ended 21-0, which prompted Genesee coach Ozzie Kankkeberg to remark that he couldn't remember a team being held scoreless in the first half during his 41 years as a high school basketball coach. The Bulldogs did throw a tight defense on the Tigers who took only nine shots in the first two quarters. KHS scored 10 points in the third quarter and 11 in the fourth.

The scrappy Kendrick JV team salvaged part of the evening by defeating Genesee 44-40.

Cam Wallace led the Tigers in scoring with 6 points. Kendrick is now on a holiday break and won't return to back until Jan. 7 when they go to Troy. The next home game is Jan. 11 against the Highland Huskies.

Kendrick scoring:
Nick Sillflow 0 0-0 0, Cam Wallace 2 1-2 6, Tim Fischer 2 0-0 4, Tony Howerton 1 0-0 2, Tony Cappa 0 0-0 0, Matt Tefft 1 2-4 4, Richie Hichcock 1 1-2 4, Bryan Carter 0 0-0 0. Genesee 11 10 10 10-50 Kendrick 0 0 10 11-21

Mouthguard Project Launched by State Dental Association

Project Mouthguard, a statewide effort to protect youthful basketball players from mouth and facial injuries, is being launched this month by more than 100 Idaho dentists.

The volunteer effort, sponsored by the Idaho State Dental Association, will offer custom mouthguards to junior and senior high school boys and girls who play varsity and junior varsity basketball.

"As high as one third of all basketball injuries are to the face and mouth. Use of a mouthguard can prevent most of these injuries," said project director Dr. A. Riley Cutler, a Boise dentist.

"In football, where mouthguard use is mandatory, injuries to the teeth and mouth dropped from 50 percent of all injuries to less than one percent," Dr. Cutler said. He noted that mouthguards are like shock absorbers, preventing broken and knocked out teeth and jaw fractures, as well as cuts to the lips and tongue. Mouthguards may also prevent concussions. Custom mouthguards, which are more comfortable and better fitting than retail models, are made with a layer of plastic formed to a plaster model on an athlete's teeth.

The Idaho State Dental Association urges parents to make sure their children use mouthguards when they participate in basketball or other sports. "You never know when your child might take an elbow under the basket, a baseball in the face, or a fall while skating," Dr. Cutler said.

Dentists coordinating Project Mouthguard will work with local schools and athletic directors and coaches throughout Idaho to schedule custom fittings for basketball players. Ninety-four of 158 eligible Idaho schools are participating in the project. Parents or guardians must sign permission forms before the mouthguards can be made.

The project is co-sponsored by the Idaho High School Activities Association and the Idaho Department of Health and Welfare Oral Health Program.

Treatment for Emphysema

A new surgical procedure for emphysema will be tested during a nationwide clinical trial being conducted, in part, at the University of Washington Medical Center. In a new collaborative effort, the Health Care Financing Administration (administrator of Medicare) and the National Institutes of Health will fund the trial to determine the risks and benefits of the operation, called

Christmas vacation. This was easily the largest snow storm in a number of years. The weather system that produced the snow may not be over yet, said the region's weather forecasters.

The first of the storm moved into the area late Friday afternoon and continued with few interruptions. Several inches had accumulated by Monday and snow continued on through the night and into Tuesday. A white Christmas was assured to those who wished it by Tuesday and more cover came down all Christmas Eve and Christmas Day, forcing many families to cancel or to change holiday plans.

There was a temporary lull in the storm Wednesday evening, but the snow, at least in the Valley began again approximately at 7 a. m. Thursday morning and continued to fall until about 8 that evening.

The temperature never rose much above the mid thirties and the cover simply accumulated.

State, district and city road crews have fought a courageous battle, but in some cases just couldn't keep up with the amount of snow. Gordon Bunch, the Juliaetta rural mail carrier said Thursday evening that he was only able to complete approximately half his route. Gordon made it up to Leland and down into the lower Cherrylane section, but could not get up Fix Ridge later to make his deliveries. He reported that he had been stuck in the snow four times that day.

Kendrick's rural carriers Jane Ford and Barbara Foster couldn't complete some of their routes, said Postmaster Sharon Harris. Ford was able to get most of her route completed but had to miss part of American Ridge because of snow on the road and poor visibility. Foster couldn't make all her deliveries including the upper part of Cedar Ridge and some of Big Bear.

Estimating that there was at least two feet of snow in his area, Dale Sillflow was one of a number of farmers who were responding to travelers trying to fight their way through the drifts and stay out of the ditches. Dale said he had pulled two rigs out of ditches Thursday. Dale said the Nez Perce Highway District crews had plowed almost all the roads by Wednesday evening, but heavy snow on Thursday made efforts a losing one.

For Dale and other farmers, there was a bright side to the weather picture in spite of the storm. "Now we've got the wheat covered," he said. Fall grain not protected by a good cover can be severely damaged by cold temperatures.

On the lower portion of Big Bear Ridge, Frank Dammarell said he measured 9 inches of new snow on Thursday and estimated, "a good 2 feet or maybe even 29 inches" of total snow.

Park News

By Joey Smith

There's no doubt that winter is here, no! Over a foot of snow has accumulated as of noon Tuesday.

Jerry Smith was in Moscow on business Thursday. Saturday, Jerry and Jody went to the home of their son-in-law and daughter, Dean and Barbara Kinzer and girls, for the "little" Smith family Christmas dinner party. Other guests were Betty Stone of Lewiston, Lewis and Jodie Smith, Palouse; and Jim Smith and his children, Sarah, Kristen and Scott from Hayden Lake. Jim was also honored with a special cake as an early celebration of his Dec. 23 birthday.

In the evening Jim and family continued on to Park to spend a few days on the farm.

On Sunday Jim went out early and bagged a cow elk in a difficult location. Jerry and Scott stayed in Park to help bring it in, while Jody and the girls joined Clinton and Ethel in a trip to Moscow, where Don and Ennis Smith hosted the "big Smith family" Christmas dinner party for more than 30 family members.

Monday evening Jeff and Deanna celebrated her Christmas vacation from driving by playing Santa's elves, distributing home baked goodies and their holiday greetings to their neighbors in Park.

lung volume reduction therapy. The study marks the first time that federal government agencies are collaborating to fund a trial of a surgical procedure. "We are very pleased that HCFR and NIH are collaborating to advance knowledge of this treatment," said Dr. John Coombs, UW acting vice president of medical affairs and acting dean of the School of Medicine. "We hope this study will set a precedent and become a model for the future."

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If you don't use your mail slot, seal it up as it lets an enormous amount of draft in to your house. If a piece of holly from the church is kept in the house it's good luck year round. Legend has it that domestic animals thrive when they see a piece of holly hung on Christmas Eve.

No one knows when tattooing first started, but some Egyptian mummies of 1300 B. C. show blue tattoo marks under the skin.

In some countries, such as China and Japan, the study of genealogy is important to religion because people revere their ancestors.

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Snowmobile Lodge
Opens December 27

Mex Mountain Snowmobile Lodge open December 27 in the Clearwater National Forest east of Pierce. More than 40 inches of snow means that snowmobilers can enjoy over 300 miles of groomed trails maintained by the Ridgerunners Snowmobile Club based in Orofino and Pierce. Ungroomed play areas are nearly limitless.

Mex Mountain Lodge innkeepers Harlan and Barbara Opdahl host snowmobiling guests, and provide maps and information for those unfamiliar with that country. Harlan and Barbara also are local experts about the historic Lolo Trail, first explored by the Lewis and Clark Expedition nearly 200 years ago, and groomed for snowmobile explorers today.

The condominium-style lodge, that leased from the Clearwater National Forest, is located 35 miles east of Pierce, and accessible only by snowmobile. The Opdahls provide assistance hauling personal supplies from the parking area near Pierce. Rates are available with or without meals included (kitchen facilities are provided).

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2130p

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2130c

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2131c

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2129p

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4127p

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A. A. meets Tuesday and Friday evenings at 8:00 p. m. at the Kendrick Fire Hall. Call 289-3761 or 289-3151 after 6.
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Church 10:30 am, 6:00 pm
Mid-Week Wed., 7:00 pm
Robert Novak, Pastor—289-4590

CHRISTIAN FAMILY
FELLOWSHIP
305 Main Juliaetta
Church 8:30 am
Pastor Frank "Skip" Faulk,
Phone 276-3165

COMMUNITY CHURCH
402 Main Juliaetta
Mark Fischer, Pastor
Telephone 276-4510
Wednesday Bible Study 7:00 pm
Church 9:00 am
Sunday School 8:30 am
Pastor's home

CHURCH OF THE NAZARENE
516 State St Juliaetta
Sunday School 9:45 am
Church 11 am, 6:00 pm
Study & Prayer Wed. 7:00 pm
at the parsonage
David Waltner, Pastor—276-3640

EMMANUEL LUTHERAN
Cameron
Sunday School 9:45 am
Worship Service 11:00 am
Ron Martin-Dent, Interim Pastor
289-3471

GRACE BIBLE FELLOWSHIP
Kendrick Fire Hall
Church 10:00 am
Team Bible Study 7:00 pm*
Women's Bible Study 7:30 pm*
(*call for location)
Steve Harris, Pastor—289-8989
410 State St. Juliaetta

SEVENTH-DAY ADVENTIST
Sabbath School and
Church 9:30-12:00 am
Ron Schultz, Pastor
Elvene Wilson, Superintendent
276-4101

SOUTHWICW CHURCH
Southwick
Sunday School 9:15 am
Church 10:00 am
Wednes Kids' Club 4-5:30 pm
Bible Study 6:30-7:30 pm
Church 289-4867
Jim Miller, Pastor—289-4867

UNITED METHODIST CHURCH
Cavendish, On main road to Orofino
Church 8:30 am
Jerry Hemrich, Pastor—476-5617

UNITED METHODIST CHURCH
810 E. Main Kendrick
Worship Service 10 am
Susan Butts, Pastor
or 743-0375 (pastor's home)

ZION LUTHERAN CHURCH
214 State St. Juliaetta
Sunday School 9:45 am
Worship Service 8:45 am
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**Shedding Light on
Winter Depression**

Do rainy days get you down? For some people, the cloudy days and limited daylight of fall and winter mean the onset of winter depression, known as seasonal affective disorder (SAD). Characterized by changes in mood, sleep patterns, appetite and energy levels, SAD is primarily caused by seasonal decreases in natural daylight.

"Light is the main synchronizer of the body clock," explains Dr. David Avery, associate professor of psychiatry and behavior sciences at the University of Washington. "This (body clock) can get out of kilter in the winter months because of decreased exposure to sunlight."

People with seasonal depression feel normal during the summer but frequently become irritable and socially withdrawn beginning in the fall. They may also have poor concentration, crave carbohydrates, gain weight and sleep excessively. Some may even turn to alcohol, cigarettes or caffeine during winter months as a coping mechanism.

Those affected by lack of light exposure also experience delayed body temperature rhythms. A person's body temperature is usually at its lowest around 3 a. m. when in deep sleep. Yet those with SAD experience their lowest body temperature several hours later; usually around normal waking time.

"When the alarm clock goes off, a person may feel like it's the middle of the night," Avery explains. "Our data suggest that, physiologically, it really is the middle of the night."

The further one lives from the equator, the more likely he or she is to suffer from SAD. Up to 10 percent of persons living at the latitude of Western Washington are affected by seasonal depression, compared to 1 percent of those residing in Florida.

Avery says the best thing to do if you're feeling depressed is to get outdoors. Even a cloudy day offers light 10 times brighter than that of a well-lit office.

And though doctors can't change the weather, treatments are available to help SAD patients brighten their days. Light therapy—using a bright light box or dawn simulator—helps readjust body rhythms by mimicking sunlight exposure.

Bright light boxes contain special fluorescent-type lights 10 to 20 times brighter than an average well-lit home. To use, people simply sit in front of the bright light box each day, for about 20 to 30 minutes. Light boxes can be used while eating breakfast, reading or performing other stationary activities.

Dawn simulators used timed lights that gradually awaken patients in the morning. Since eyelids are translucent, light is able to enter the body while a person is sleeping, helping reset the body clock so a person awakes feeling alert and rested. Ultraviolet lights (tanning lights)

should not be used for SAD treatment since they may damage the retina. Bright light boxes should be purchased through a reputable dealer and patients should consult with a therapist to ensure proper usage.

Research by Avery and others has found both methods of light therapy effective. To better understand and identify any differences between the two treatments, Avery is currently conducting a study to compare the use of light boxes and dawn simulators.

Initial reports show that antidepressant medications may also be an effective treatment for winter depression. However, Avery notes that since SAD is common among women of childbearing age and some antidepressants may affect fetal development, light therapy offers a safer treatment alternative for women.

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The custom of decking the halls with holly probably dates back to the early Christians, who did so in imitation of the Romans in their celebration of the festival aturnalial, which celebrates the birth of the sun.

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The entire staff at **TDS TELECOM** would like to thank all of our valued customers in the Juliaetta, Kendrick and Troy area for their patronage, patience and support during all of the changes we have experienced over the past year. Some of the changes and challenges we faced during the past year will enable **TDS TELECOM** to offer state of the art telecommunications services as we start into 1997. It is our hope that the Advanced Calling Services, such as Caller ID, that we will be offering soon will help in making management of your lives and businesses easier and less stressful. These Advanced Calling services will be available at the end of January.

Due to the privacy issues associated with telephone numbers, we are unable to pass telephone numbers until all of customers are properly notified. Therefore, you may notified. Therefore, you may temporarily experience some difficulty in placing long distance calls if person or business you are calling already has Caller ID. If you should experience this difficulty, please dial *82 from a touch tone phone or 1182 from a rotary dial phone. After the tone, go ahead and dial the number as you normally would. Please do not hesitate to call us if you have any questions regarding his or anything else we can help you with.

MERRY CHRISTMAS and a JOYOUS NEW YEAR TO ALL!

Dan, Candy, Jeanine, Cindy, Bob and Mike

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An old Hanukkah tradition in some places was to light all eight candles on the Menorah on the first night, and reduce the lights by one each successive night.

The European goatsucker bird was so named because people believed they milked goats. In fact they feed on insects at twilight near grazing, domestic animals.

Baker-Lind Post 3913, V. F. W.

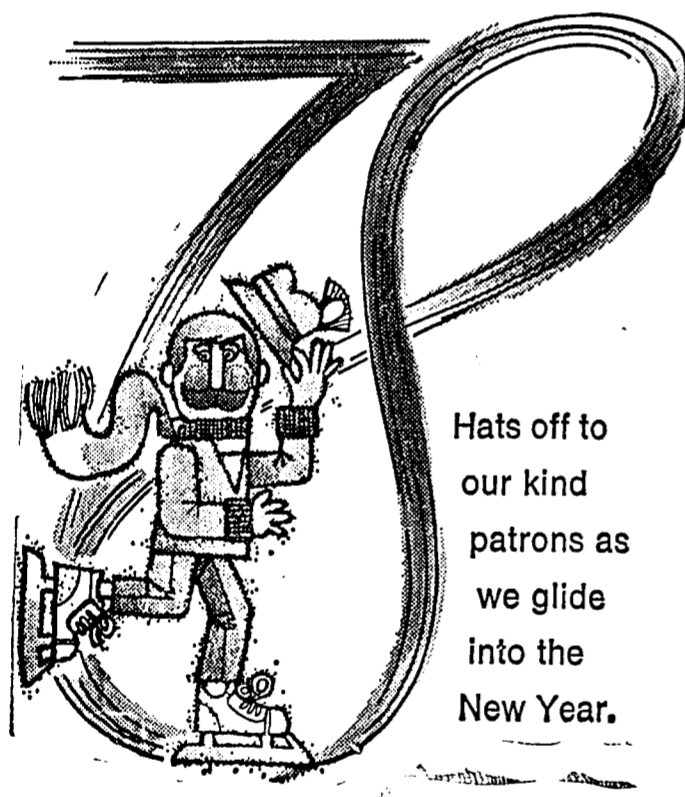
NEW YEAR'S EVE DANCE
TUESDAY, DEC. 31st

V. F. W. Hall in Kendrick
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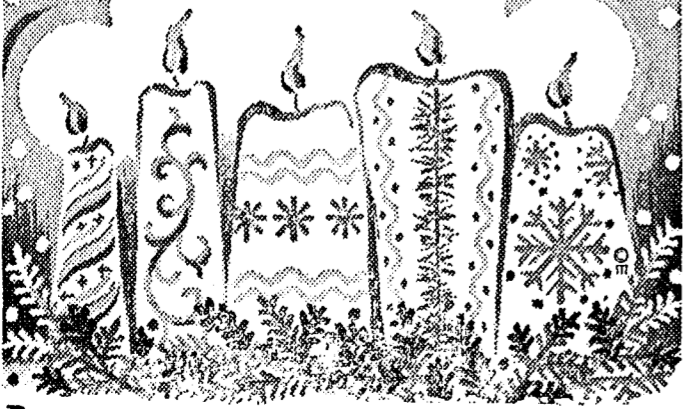


Hats off to our kind patrons as we glide into the New Year.

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GREETINGS



Best holiday wishes and sincere thanks to you all!

Local News Of Kendrick

Wednesday Marge and Elmo Eldridge visited with Crystal Gruell in Lewiston. Dee and Jerry Miller of Lewiston visited Thursday.

Megan Eichner spent Friday evening with her grandparents Bud and Marilyn. Marilyn and Bud were Saturday supper guests with Saturday supper guests of Becky and Roger Witt and family. Jakob Eichner spent Monday with his grandparents.

Sunday Jim and Hazel Candler took Charlie and Effie Candler of Lewiston out to dinner to observe Effie's birthday, their anniversary and Christmas. Jim and and Quentin Carlson went to Moscow on Monday where they met Janet Edwards. They then went to Gritman Medical Center to pick up Ada Westendahl who was released to come home. Janet will be staying with her mother to assist her as she continues her recovery following her knee replacement surgery.

Thursday evening, Jeff Lohman took his grandparents, John and Gladys Wilson to the Juliaetta school Christmas program. Following the concert they took a tour of Juliaetta-Kendrick area to view the Christmas light displays. Friday Glays and John enjoyed the Christmas supper and fellowship time at their church.

Sunday Laurine and Elma Hazel-tine and Jennifer Hazeltine and Tom Perrigo enjoyed dinner out and the music production of "Annie" at the Lewiston Civic Theater. It was a good evening and great entertainment.

Sunday morning Donald Lewis of Deary visited with Hulda Clemenhagen. In the evening Betty Jean and Cliff Swanson and Ara of Troy enjoyed a lefse dinner and fellowship.

Sunday LenaBelle Morgan joined Dave and Shirley Morgan in traveling to Orofino where they spent the day with Roger and Lynda Morgan. A special treat was visiting with

LenaBelle's great - grandchildren, Becky and Kyle Johnston, Ashley and Brandon of Mesa, Arizona. Also present were Scott and Tona Morgan of Cavendish and Jan and Ralph Colwell of Genesee. Monday morning LenaBelle and Erna Nelson attended the funeral service for Helen Hargis at Zion Lutheran Church.

Betty Arnett visited with Gayle Horton on Thursday. Sunday Fred visited with Jerry and Kathy Clemm. Ed Anderson of Deary was a Monday visitor with the Arnetts.

Teresa and Ernie Sorg of Clarkston visited with Art and Maxine Foster Sunday evening.

Sunday evening Helen and Geo. Brocke enjoyed a Christmas party at the home of Deena and Mark Gibbs in Lewiston.

John and Myra Deobald and J. R. and Alissa of Wright, Wyo. arrived Sunday for a week's vacation with John and Gwen Deobald and family in the area. They will spend two days on the coast with Lyle and Jessie Deobald in Seattle. Jan Franklin and family of Bainbridge Island, will be joining the family in Seattle for Christmas dinner.

Tuesday Bob and Judy Callison visited Judy's aunt and uncle, Cleo and Willie Whitney in Lewiston and then returned to Kendrick and had lunch with Nancy Van Housen at Zoe's Cafe.

Sunday Chris and John Callison of Meridian were visitors and overnight guests of the Callisons.

Sunday afternoon Marlene and Don Millard visited with Traei and Doug Hermann and children in Lewiston. They had cake and ice cream to celebrate Shandra's 13th birthday. On Monday, Shandra's actual birthdate, Don and Marlene joined family and friends for lunch to observe her special day.

Darrel and Rose Brocke spent Christmas eve with Jim and Lori Brocke and girls.

Tuesday afternoon Mildred Johnson enjoyed visits from her family. Her guests were Mr. and Mrs. David Johnson, Mr. and Mrs. Scott Peterson and children, Mr. and Mrs. Shawn Hasenoehrl and daughters

Jennifer, Sarah, Andrea, Loren and Kaylan and Dale and Clint Sullivan, all of Lewiston.

Resi Brown joined Jim and Jeanette Thiel and Reba Toomey for breakfast Sunday morning at Zoe's Cafe.

Pete and Clara Ware were dinner guests and visited with daughter and son-in-law Amelia and James Reeves on Sunday in Orofino.

Ada Westendahl is glad to be home following her knee replacement surgery. Her daughter, Janet Edwards is staying with Ada to give a hand. Carl Edwards and Allison of Spokane were Christmas guests.

A leg of lamb, though pricey, is a good buy. Cut some slices for steaks, cut up some for stew, roast the rest, then make soup with the bone.

Count at least ten seconds every time you press a video camera's start button. The biggest single error novice film makers make is tak-shots in very short spurts.

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