

# The Kendrick Gazette

Volume 104

Kendrick, Latah County, Idaho, Thursday, January 23, 1997

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No. 35

## Tiger Girls Romp To 3 More Wins

The scoring machine known as the Kendrick High School girls basketball team walked over three opponents last week bringing its record to 15-1 overall and 8-1 in league competition. Falling victim to the Tigers were Genesee on Tuesday, Jan. 14, Culesac Jan. 16, and Highland Saturday night.

Last Tuesday night at Kendrick the Tigers used Ferris Dudunake's 33 points to blow away Genesee 79-26. Ferris was 12-for-18 from the floor, including a 6-for-7 effort from 3-point territory. In addition to scoring, she made 11 steals and nine assists.

The whole Tiger team was shooting well that night. As a team the Tigers hit 52 percent from the field and 67 percent from behind the 3-point line.

Katie Rush had six assists for her team.

Kendrick scoring:  
Mercedes Eichner 0-0-0, Ferris Dudunake 12-3-4 33, Rachele Eberhardt 7-1-4 15, Katie Rush 4-0-0 8, Stephi Ackerman 0-0-0 0, Darbi Kechter 0-0-0 0, Janel Silflow 4-0-0 6, Alyssa Heier 7-3-4 17, Marie Eckroth 0-0-0 0.

Genesee 4 7 4 11-26  
Kendrick 26 22 16 15-79

## WOLVES ROUTED 81-29

The Tigers continued their demolition derby Thursday night blowing away the Culesac Wolves 81-29 on the KHS court in a Whitepine League contest. All of Coach Lisa Wolff's team played and scored in the top-sided contest. Dudunake and Alyssa hit 18 and 16 points, respectively to lead the blitz. Rachele Eberhardt pulled down seven rebounds during the game.

Kendrick scoring:  
Mercedes Eichner 1-0-1 2, Ferris Dudunake 8-1-3 18, Rachele Eberhardt 4-3-4 11, Katie Rush 5-1-4 11, Stephi Ackerman 2-5-6 9, Darbi Kechter 1-0-0 2, Janel Silflow 4-0-0 8, Alyssa Heier 7-2-2 16, Marie Eckroth 1-2-2 4.

Culesac 4 4 13 8-29  
Kendrick 24 31 9 17-81  
Kendrick won the JV game 58-26.

## TIGERS OVER HUSKIES

Kendrick's Rachele Eberhardt had a triple-double Saturday night to shine in the Tigers 56-30 victory over the Highland Huskies at Kendrick. Rachele had 14 points, 10 rebounds and 10 steals in a Whitepine League game that was a make-up contest.

Dudunake had 20 points, Alyssa Heier scored 12 and Eberhardt 14.

Kendrick scoring:  
Mercedes Eichner 0-0-0 0, Ferris Dudunake 8-1-3 20, Rachele Eberhardt 5-4-7 14, Katie Rush 3-0-0 6, Stephi Ackerman 0-0-0 0, Darbi Kechter 0-0-0 0, Janel Silflow 2-0-0 4, Alyssa Heier 5-2-2 12, Marie Eckroth 0-0-0 0.

Highland 6 4 10 10-30  
Kendrick 17 5 17 17-56

## J-K Senior Mealsite Provides Good Food, Good Times, and Information

Local senior citizens are reminded that the Kendrick-Juliaetta Mealsite continues to be a source of good food (served Wednesdays and Fridays at noon), food fellowship in a warm atmosphere, and being a source of valuable information on nutrition, health and other topics of interest and concern to senior citizens. LenaBelle Morgan plays a variety of songs on the piano during the mealsite days and there are other music programs as well as movies.

The attendance and meals served so far this month are:  
Jan. 3: 31 seniors present and 13 home deliveries,  
Jan. 8: 33 seniors present and 13 home deliveries,  
Jan. 10: 38 seniors present and 11 home deliveries,  
Jan. 15: 41 seniors present and 11 home deliveries.

## Juliaetta-Kendrick MEAL SITE MENUS

Friday, January 24—  
Chicken Parmisan  
Green Rice  
Buttered Beets  
3-Bean Salad  
French Bread  
Banana Pudding w/Topping

Wednesday, Jan. 29—  
\*\* BIRTHDAY DINNER \*\*  
Turkey w/Cranberry Sauce  
Potatoes and Gravy  
Peas with Onions  
Fench Fruit Salad  
Cranberry Muffin  
Cake and Ice Cream

DATES TO REMEMBER:  
Jan. 24: Meal. Mary Belle at the Piano. "Sing-a-Lang"  
Jan. 29: "Birthday Dinner". Old Time Fiddlers.

## Spring Came Early for Juliaetta Community Church

Spring cleaning came early this year at the Juliaetta Community Church. Right after Christmas the church's furnace backed up and blew oily black dust on everything inside. For the past four weeks the congregation has met at the Senior Citizen's Center in Kendrick, for which they are grateful.

After weeks and cleaning and painting the church is ready to return to a squeaky clean building and resume regular services: 8:30 a. m. Sunday School for all ages and church services at 9 a. m. There is Jr. Church provided during the 9 a. m. service for small children.

Sunday, Jan. 26, the Youth group will be meeting at the parsonage, home of Pastor Mark and Denise Fischer, for kids Jr. High and High School age for a Superbowl party.

Any questions? Call 276-4510.

## Tiger Boys Top Deary in OT; Lose To Nezperce

The KHS Tigers boys' team went 1-1 in hoop play last week, defeating Deary 63-62 in an overtime thriller Tuesday night at Deary and then dropping a 62-41 game at Nezperce Friday evening.

Kendrick edged Deary 63-62 in overtime Tuesday, Jan. 14, the Tigers second OT victory in four days. Kendrick had defeated Highland in double overtime Jan. 11.

Last Tuesday, the regular time ran out with the score tied at 50-50. In the overtime session Kendrick outscored the Mustangs 13-12 to win. With less than a minute left in the overtime, Richie Hitchcock hit a free throw to boost Kendrick's lead to four, 63-59.

With 20 seconds left, Deary's Derzchica sank a 3 pointer from about 30 feet out to pull the Mustangs within, 63-62. With six seconds on the clock, Kendrick missed a free throw and a Deary player went the length of the court but the clock did not start. The officials said they were keeping a manual count of the time, and the game was declared over.

Nick Silflow led Kendrick with 23 points and Tony Howerton added 11.  
Kendrick 8 15 12 15 13-63  
Deary 8 16 14 12 12-62

## KENDRICK LOST 62-41

The Indians from Nezperce HS used a 23 point second quarter outburst to roll over the Tigers 62-41 last Friday night at Nezperce. The Tigers are now 4-5 overall and 3-4 in league play.

With the game tied 10-all at the end of the first quarter Nezperce pushed out to a 33-24 point lead at the half and then added to its margin with a 19 point fourth quarter.

Matt Tefft scored 14 points to lead the Kendrick attack.

Kendrick Scoring:  
Nick Silflow 3-2-2 9, Cam Wallace 0-0-0 0, Tim Fischer 4-0-0 9, Tony Howerton 1-5-3, Tony Cappa 0-0-0 0, Matt Tefft 7-0-0 14, Richie Hitchcock 0-0-0 0, Bryan Carter 2-4-6, Josh Fletcher 0-0-0 0, Alfonso Sahagun 0-0-0 0.  
Kendrick 10 14 9 9-41  
Nezperce 10 23 10 19-62

## VFW Card Party Saturday Was Well-Attended

The first pinocle party of the new year was well-attended with nine tables in play... High score prize winner for the ladies was Sonja Lohman with Mary (Martin) Wells winning high for the men. Ladies low went to Sharon Gephart and men's low to Bob Heidenreich. Sonja Lohman also took home the "goose" and Bea Burch won the door prize drawing. Everyone seemed to have a good time despite having to wear their coats at times when the furnace was being temperamental. For this inconvenience the Post apologizes and thanks all who attended and so graciously accepted the situation. The post would also like to thank all who brought snacks.

The next card party will be held February 8 and the proceeds above cost will go to Gladys Whittinger's cancer project. By that time it is hoped we will have the furnace repaired, so put this date on your calendar. Let's have a good turnout and aid in the fight against cancer!

## Campers to Meet Jan. 27

The Kendrick Campers Klub will hold its monthly meeting Monday, Jan. 27 at the Kendrick Senior Center beginning with the 6 p. m. potluck supper.

Installation of officers and card bingo will follow the dinner.

On caring for new woodwork: rub linseed oil into new woodwork once a day for a week, once a week for a month, once a month a year, and once a year from then on.

## If I Could Do It All Over Again

By Jim Fay  
Of Cline/Fay Institute, Inc.  
Golden, Colo.

### Reduce the Number of Rules

If I were raising kids today, I would replace a lot of our old rules with enforceable limits:  
"My car will be leaving at 7:30. I can't wait to see if you go with your clothes on your body or in a bag."

"Dinner will be served for the next 30 minutes. Get all you need to make it to the next meal."  
"I'll be glad to listen to you when your voice sounds like mine."  
"Everyone whose room is clean will be going to the game with us on Saturday."

"I give out allowance every Saturday at 9 a. m. I hope you can make it last for a week."

My house rules would be:

1. Treat your parents with the same respect they treat you. Mistreatment of the parents will be known as an "energy drain." The child can restore this energy loss by doing some of the parents' regular chores for them.

2. Kids do their fair share of the work around here. This gives the kids an opportunity to feel a sense of importance to the family.

3. Don't cause a problem. This means that if the kid causes a problem for the rest of the family, there will be appropriate consequences. If the child causes a problem for himself, the parents will allow that problem to remain on the back of the child. Advice for solving the problem will be offered and appropriate sadness will be expressed by the parents.

### Responsibility for Meals

If I could raise my kids again, I'd have each one become responsible for one family meal per week. This would start when each child reached 8 or 9 years of age and would include planning, cooking and serving the meal. Granted, this requires some training. However, this training is quality time for both parents and kids and is soon offset by the amount of additional time parents will have for other activities as the years go on.

Kids who feel this responsibility and the resulting appreciation expressed by the parents have a special sense about their importance to the family and are far less likely to feel the need to join a gang. They have one at home.

I wish I had known these ideas when I was raising my children. Their lives and mine would have been better. However, I want you to know that my kids turned out great anyway, which shows how much kids can do for themselves. Kids are very resilient and adapt to a wide range of family and parenting styles as long as the parents well-meaning and loving.

Tapes and books on the above topics are available for loan or purchase at the elementary school by calling Mrs. Fredenburg (276-3422), or at the high school by contacting Mrs. Kirkham (289-8332).

## Trailblazers 4-H Club Plans Fundraising Dinner Feb. 8 at Southwick Hall

On Saturday, Dec. 14, we wrapped presents at Corral West in Lewiston as a fundraiser.

On February 8 from 5 to 7 p. m., the club will have a fundraiser dinner at the Southwick Community Hall. We will also draw the winning ticket for our quilt raffle. It's not too late to buy a ticket!

A student from Potlatch High School will speak of his experience as a foreign exchange student in Germany, and we will also have some German music for entertainment.

The menu will include chili dogs, haystacks, salads, breads and dessert. Cost: 8 and under: free. Seven and over: \$3.50. Come and enjoy!  
Garrett Brammer, Reporter

## Stony Point News

On Jan. 15 Wanda Hoskins and her brother Ivan Johnson of Lewiston, went to Kendrick, Wash., where Ivan had cataract surgery. They stayed all night with Wanda's daughter Gloria Richards and family. They had a good visit and returned home the next day. Ivan is doing well.

Wayne and Wanda enjoyed Sunday dinner with son Vic in Lewiston. After they returned home Mr. and Mrs. Mike Boswell and Bryce of Clarkston stopped in for a visit. Rick and Wanetta Heimgartner and family also came for a visit. They brought a copy of granddaughter Misty's lovely senior picture for Wayne and Wanda. How quickly they grow up!

On Monday, Wayne and Wanda and sisters Pearl Wolfe of Troy and Joye Swan of Lewiston attended the funeral for their cousin Charlie Stevens. It was good to see many relatives that they hadn't seen in years.

## Dee Shepherd, 92, Dies January 13

DeLance (Dee) N. Shepherd, a Juliaetta resident and former longtime Troy, Idaho, area farmer and businessman, died Monday, Jan. 13, from complications of pneumonia at Gritman Medical Center at Moscow. He was 92.

He was born March 8, 1904, at Troy to Nimrod and Maude Herbert Shepherd. He was raised on the family's farm near Troy. His father died when he was a boy, and helped his mother raise his four brothers and two sisters.

He married Blanche Atkins when he was a young man. They later divorced.

During the depression he worked at the Troy brickyard. In the early 1930s he owned and operated the Conoco gas station at Troy. From 1940 to 1950 he owned the Shepherd Lumber Co. sawmill at Kendrick.

He married Pauline G. Keith Sobaski Dec. 11, 1948, at Asotin.

From 1957 to 1967 they owned and operated the Smoke House Tavern at Troy. In 1969 they moved to Juliaetta. His wife died March 23, 1995.

He enjoyed the outdoors, especially hunting and fishing.

He is survived by one daughter, Marian Tunnicliff of Clarkston; two brothers, Reynold Shepherd of Troy and Harvey Shepherd of Potlatch; and two grandchildren.

He was preceded in death by two sisters, Virginia Shepherd and Mary Blaine; and two brothers, Paul Shepherd.

A joint graveside service for Shepherd and his wife was held Monday at the Juliaetta Cemetery. The Rev. Robert Novak of the Kendrick Assembly of God Church will officiate.

Memorials may be made to the Juliaetta-Kendrick Ambulance Fund, in care of Juliaetta City Hall, Box 229, Juliaetta, ID 83535.

## Big Bear Ridge News

By Arlyne Clemm and Betty McMahan

Tuesday luncheon guests of Grace Ingle were Norman and Alcie Nethken of Lewiston.

Rudolph Smith of Troy visited A. C. Wilson last Wednesday morning.

Saturday, Larry Clemm visited Margaret Johnson and Myrtle and Luke Lacoek in Orofino.

Gerald and Lee Halseth, Ron and Kathy Jones and Elaine Galloway were among those attending the VFW card party Saturday night.

Gerald and Lee Halseth, Jeff, Betty and Brandon McMahan and Maycelle Emmett enjoyed homemade chili and live music at Glen La Zella's on Sunday.

Eddie and Elaine Galloway and Jeff, Betty and Brandon McMahan attended the Ag Fair in Spokane last week.

Kathy Emmett visited with Ruth Slind on Sunday.

Wendy Erman and Maycelle Emmett had dinner with Richard and Norma Abrams Saturday evening.

## HOSPITAL NOTES—

### Cuddy—

Olean Cuddy had the misfortune to fall and crack her hip. She underwent surgery and is recovering at St. Joseph Regional Medical Center in Lewiston.

### THANKS FROM THE DICK BENJAMINS

We want to thank everyone who sent cards, made phone calls, and gave memorials in memory of Dick's brother, Murray.

Each kindness was greatly appreciated.

Dick and Velma Benjamin

### THANK YOU

Thank you to all the people who helped me through my bad week, especially my problem with the big yellow thing.

Thank you Kendrick School District for nothing as usual.

Polly Koepf

## Cedar Ridge News

By Darlean Wilson

Rose Ann Holt and her grandson Keith Harris returned home Saturday from a visit with family in Post Falls.

Rose Ann Holt called on Olean Cuddy and Ruby Craig who are both hospitalized in St. Joseph Regional Medical Center in Lewiston on Tuesday.

You can turn your pet into a fussy eater by treating him to every new pet food on the market. Experts agree that a dog or cat should only be given only one basic food that it likes. New taste sensations can confuse the animal.

## Western Farm Service Grower Meeting Jan. 30

Western Farm Service of Kendrick will have its annual grower meeting for area farmers Thursday, Jan. 30, at the VFW Hall in Kendrick.

The agenda includes:  
9:00-9:30: Coffee & donuts.  
9:30-10:00: Dean Brocke of Geo. F. Brocke & Son, "Spring Market Outlook".

10:00-11:00: Larry Smith, U. of I., "Application Drift Stewardship".

11:00-12:00: Chad Shelton, Western Farm Service, "96 Research & Development Updates Physiological Leaf Spot."

12:00-1:00 Lunch, prepared by the VFW Auxiliary.

1:00-1:30 Jeff Zeller, Idaho Dept. of Agriculture, "Questions on Professional Applicator License."

1:30-3:00: Chad Shelton, Western Farm Service, Kendrick "Research & Development Results, Chloride & Disease Interactions."

3:00-4:00: Mike Crane — AmCy Representative, '97 Product & Label Review.

Professional applicator credits will be given.

## Cameron, Southwick News

By Sonja Lohman and Judy White

Friday Arlie and Priscilla Armitage visited with Phil Southwick, who is recovering from surgery at Gritman Memorial Hospital in Moscow. Sunday May and Edwin Hanks of Lewiston visited with Priscilla and Arlie.

Mark Mustoe and Molly and Marie were Sunday evening supper guests of Jack and Betty Mustoe. Monday morning Caroline Nilsson picked up Molly and Marie and they returned to Moscow. Sunday Betty and Jack visited with Barbara Halseth and Thelma Colwell in Lewiston.

Frances Peters returned home on Sunday evening from St. Joseph Regional Medical Center after having surgery last Tuesday and is reported as feeling much better. Bev Rollins stayed with Frances Tuesday while Gordon and daughter Wanda Mosteller went to Lewiston where Gordon had a doctor's appointment.

Visitors of Bob and Judy White have been Bob's brother and wife, Don and Dorothy White of Oregon, Wis. They returned to their home Sunday. Other visitors have been Bill and Mary Wills and Ron and Sonja Lohman.

Friday evening dinner guests of Bill and Mary Wills were Ron and Sonja Lohman.

Saturday evening, Roy and Doris Silflow, Connie Lohman, Bill and Mary Wills and Ron and Sonja Lohman attended the VFW card party.

Sunday Gary Lohman of Lewiston visited with his mother Connie Lohman. He also took his mother and Ron and Sonja out to dinner.

Sunday morning Glen and Tia Pierce stopped in at the Ron Lohmans.

Roy and Doris Silflow attended the Ag Show in Spokane Thursday and were overnight guests of their daughter and family, Diane and Dale Imes at Newman Lake. They returned home Friday.

Friday, Melissa Pierce, Bonnie Silflow, Sandy Patnode and Martha Cook enjoyed a trip to Lolo Hot Springs. They also enjoyed shopping in Missoula and returned home Sunday after having a wonderful time.

Visitors at the home of Ron and Sonja Lohman have been Dale Olson, Don and Dorothy White of Oregon, Wis., Dixie Porter, Bob and May Tschantz and Pete Tschantz, all of Lewiston; Bill Tschantz of Littleton, Colo., Adaline Jassman Bill and Mary Wills and Bob White.

## Late But Sincere Thanks

I'm either a day late or a dollar short, or the circuit to my brain is not functioning. But now that I'm halfway functional, I just want to say "thank you" to whoever managed to sneak into the yard and leave the gift box and the back porch.

Thank you and God Bless for making our Christmas wonderful!

Love,  
Clark, Shannon,  
James, Dean and Kody

## THANKS FROM SWEDE C.

I want to thank the members of the J-K Ambulance crew who responded and transported me to the hospital Jan. 10.

I appreciated your care and concern.

Quentin Carlson

A large, wild river hippopotamus may weigh as much as 5,800 pounds.

## Kendrick Council State Confer on Drain Problem

Kendrick's City Council and State Transportation Dept. engineers met in Kendrick Wednesday, Jan. 9 to talk about a solution to the storm drain problem that became apparent early this month in west Kendrick, resulting flooding on the highway and into some basements in the lower end of town. The problem was caused when a storm drain that was installed in the Main St. reconstruction last summer failed to carry water from a man hole in the middle of Main over to Mill St. and into the Potlatch River. The 48 inch drain line carried the water over Mill and to the Potlatch, but then the river was running high, the outlet of the line was below the water line and the runoff had no place to go and it just backed up overflowed the manhole and flooded out on the street. Several local people pointed out this defect to the state engineers while the construction was in progress in July and August, but the state personnel assured city officials and other skeptics that the plan would work. At the Wednesday meeting, arranged by Kendrick Mayor Jerry Brown, the state engineers admitted they had been wrong.

The state and the city are now studying the options to correct the problems. Tuesday morning Mayor Brown told the Gazette that there are several options: The first would be to turn and run the present 48-inch line that now enters the river and run it down stream several hundred yards downstream until the elevation is lower and then turn the drain into the river; another plan would extend the drain in the street further on down Main (or Hwy 3) to a point where it can make a lower elevation connection for routing into the river; or put a valve on a storm drain that drains run off coming off Highway 99 down into a ditch back of some residence on Wheeler Street. (this is not favored by most).

Brown said he and the council were assured that correction of the problem is a high priority item and it hoped to begin at least by February. This project will be at no cost to the city.

From the Tschantz Family  
We want to thank friends Jack Haley and Tim Parsley who came by Jan. 9 and found Henry and did all that could be done for him. To Pastor Jim Miller for the graveside service at Southwick; Amy Lohman for the two beautiful songs; the Southwick Community Church ladies, the Homemakers Club ladies, and the Juliaetta Nazarene Church ladies for the delicious dinner; and for the many relatives and friends who braved the cold weather to attend the service.

God Bless you all.  
The Family of Henry Tschantz

Kendrick-Juliaetta School Lunch Menus

Thursday, Jan. 23—  
Breakfast:  
French Toast Sticks, Juice, Milk  
Lunch:  
Soft Taco  
Corn  
Peaches  
Chocolate Cake  
½ Pint Milk

Friday, January 24—  
Breakfast:  
Cook's Choice  
Lunch:  
Submarine Sandwich  
Oven Fries  
Orange Slices  
½ Pint Milk

Monday, Jan. 27—  
Breakfast:  
Sausage Egg Bar, Toast, Juice  
Milk  
Lunch:  
Pepperoni Pizza  
Green Salad  
Pears  
½ Pint Milk

Tuesday, Jan. 28—  
Breakfast:  
French Toast  
French Toast, Juice, Milk  
Lunch:  
Spaghetti  
Italian Bread  
Fresh Broccoli  
Orange Slice  
½ Pint Milk

Wednesday, Jan. 29—  
Breakfast:  
Cook's Choice  
Lunch:  
Turkey Gravy over Potatoes  
or Rice  
Celery w/Peanut Butter  
Whole Wheat Roll  
Apple Wedge  
½ Pint 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  
 Wm. A. Roth, Editor Nancy Van Houten, News 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

**Legal Notice**

**ORDINANCE NO. 667  
 AMENDMENT TO CITY OF  
 KENDRICK BUILDING CODE  
 ORDINANCE**

AN ORDINANCE OF THE CITY OF KENDRICK AMENDING THE BUILDING CODE ORDINANCE (ORDINANCE NO. 658); EXEMPT-REPLACEMENT OF WINDOWS, DOORS AND SIDING FROM PERMITS REQUIRED BY THE UNIFORM BUILDING CODE; PROVIDING EXCEPTIONS FOR FOOTING DEPTH ON SPECIFIED DECKS; PROVIDING FOR SEVERABILITY; AND PROVIDING AN EFFECTIVE DATE.  
 WHEREAS, the Mayor and City Council find that the replacement of windows and doors with the same rough opening and replacement of siding should be exempted from the permit requirements of the Uniform Building Code, and that exceptions

for footing requirements for small decks on some manufacturer homes will benefit the public while ensuring adequate protection for the health and safety of the citizens of the City of Kendrick;  
 WHEREAS, this ordinance is adopted under authority of Idaho Code §50-901 et seq., and applicable provisions of the Constitutions of Idaho and statutes of the State of Idaho.  
 BE IT ORDAINED by the Mayor and City Council of the City of Kendrick:  
 SECTION 1: WORK EXEMPTED FROM PERMIT REQUIREMENTS Amending Section 5 of the City of Kendrick Building Code Ordinance (Ordinance No. 658) by adding:  
 That Section 301 (b) of the Uniform Building Code, 1991 Edition, shall be amended by the following addition:

12. Replacement of existing windows and doors on R-3 dwellings, when the area and shape of the rough opening of the window or door is not changed.  
 13. Replacement of existing exterior siding on R-3 dwellings.  
 SECTION 2: EXCEPTIONS FOR FOOTING REQUIREMENTS ON SPECIFIED DECKS  
 Amending Section 5 of the City of Kendrick Building Code Ordinance (Ordinance No. 658) as follows:  
 That Section 2907 (a), of the Uniform Building Code, 1991 Edition shall be amended by adding the following exception:  
 Exception: Uncovered decks on manufactured home which are not set on permanent foundations may be placed on footings that do not extend below the frost line under the following conditions:

**Jeanette I. Thiel**

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**Nature Valley Granola Bars 2 for \$3**  
 Kellogg's 20 oz.  
**Raisin Bran Cereal 2 for \$5**  
 Hunt's Assorted 4 Pack  
**Snack Pack Pudding or Juick Gels .99**  
 Regular or Mini 10 oz.  
**Western Family Marshmallows .69**  
 Mild, Medium or Hot 16 oz.  
**La Victoria Salsa 2 for \$3**  
 Assorted Varieties 19 oz.  
**Campbell's Chunky Soups 2 for \$3**  
 Campbell's, Assorted Varieties 16 oz.  
**Healthy Request Soup \$1.39**

Dixie Livingware Pkgs  
**Dixie Cups or Plates \$1.79**  
 Anti-Freeze 128 oz.  
**Prestone II Anti Freeze \$5.59**  
 Microwave Popcorn, Assorted 9 to 10 oz.  
**Pop Secret Popcorn 2 for \$3**  
 Hershey's Assorted Bags  
**Snack Size Candy Bars 2 for \$5**  
 Frozen, Assorted Varieties Pkg.  
**Inland Valley Potatoes \$1.59**  
 Assorted 9 oz.  
**Hot Pockets or Croissant Pockets 3 for \$5**  
 Assorted 10 oz.  
**Baked Lays Potato Chips \$2.39**  
 Assorted Flavors Box  
**Nabisco Snack Crackers \$1.89**

Market Pack lb.  
**Fresh Lean Ground Beef \$1.09**

Boneless, Market Cut lb.  
**Cross Rib Beef Roast \$1.89**  
 Boneless, Market Cut lb.  
**Cross Rib Beef Steak \$1.98**  
 Sausage 1 lb. Pkg.  
**Oscar Mayer Little Smokies \$2.39**  
 Breaded lb.  
**Bread Chicken Strips, Beef Fritters \$3.49**  
 Philadelphia, Reg. Light or Free 8 oz. Pkg.  
**Kraft Cream Cheese .99**  
 Kraft 2 lb. Pkg.  
**Velveta Loaf 2 lb. loaf \$4.99**  
 Red or Green, U. S. No. 1 lb.  
**Seedless Grapes \$1.19**  
**Fresh Green Cabbage 4 lbs. \$1**  
 U. S. No. 1 lb.  
**Ped Potatoes New Crop \$ .29**  
 U. S. No. 1 7 lbs for  
**Medium Yellow Onions 7 lbs. \$1**

1) The floor level of the deck is not more than 40 inches above grade.  
 2) The dimensions of the deck shall not exceed eight feet perpendicular to the home and twelve feet parallel to the home.

SECTION 3: SEVERABILITY  
 Should any word, clause, phrase, sentence, paragraph, subsection, or other part of this ordinance or any particular application thereof be declared unconstitutional or invalid by a court of competent jurisdiction, such decision shall not affect the validity of the remaining provisions of this ordinance.  
 SECTION 4: EFFECTIVE DATE  
 This Ordinance shall be in full force and effect from and after its passage, approval, and publication according to law.  
 PASSED by the City Council and approved by the Mayor, this 10th of December, 1996.

Jerry L. Brown,  
 Mayor,  
 City of Kendrick  
 C. Lynne Bruce, Clerk,  
 City of Kendrick  
 Published 1 Time: Jan. 23, 1997

The Sahara Desert has about 90 large oases, where people live in villages and grow crops.

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 Beauty Bar  
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 Tues., Thurs., Fri.  
 —  
 Connie  
 Wed., Thurs. Fri.

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Kendrick, Idaho

## Local News Of Kendrick

Thursday Elmo and Marge Eldridge and Juanita Craig visited with Frances Peters at St. Joseph Regional Medical Center in Lewiston.

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**FREE TO GOOD HOME:** 2-yr.-old spayed Shitzee dog. Shots up to date, friendly. Call Troy Vet. Clinic 208-835-3002. 2135nc

**FOR SALE:** 1969 3/4T Chev. Pickup. New seals. Also ask about cord wood. Phone 289-5553 or see Don Brocke. 2135p

**FOR SALE:** WESTINGHOUSE dryer \$25; 19" color RCA TV (needs repair), \$25; TV stand, \$20. single bed w/mattress and box springs. \$75. 276-7441, evenings. 2135p

**WANTED TO BUY:** Used office desk with drawers. Call after 4:30 pm. 289-5956. 2135p

**FOR SALE:** 3-bedroom, 1 bath, new custom oak kitchen, gas heat, new carpet & paint, fenced yard, in Juliaetta. \$89,000 OBO. 276-4422. 4133c

**LOST:** Black & white female Border collie w/long tail. About 18-mo. old in J/K area. Answers to name of "Chase". Phone 278-3958. 2133nc

**TO ORDER YOUR FAVORITE WATKIN PRODUCTS** or to try something new, please call Anna Bruce at 289-4473. 5132c

**FOR RENT:** 1 bedroom apartment, \$250 per month. Also 2 bedroom apartment available. Call 289-4611. 4127c

**LOVING CARE & Lot of Attention** for your child. Experienced. Referrals. Phone 276-4722. 4126c

**HOUSE FOR SALE** in Kendrick. 4+ bedrooms, 4 city lots, 2,000 ft. very private. Great view, car port and deck. Propane & baseboard heat. Small yard and garden. \$89,500. Owner finance w/large down. 245-5132 or 289-3521. 2118c

**ALATERN MEETINGS** will be held Friday at 8:00 p. m. for teenagers 12 years and older, at the Farm Bureau Insurance Bldg. in Kendrick. Call 289-3151 for info. 1127nc

**HERBALIFE** Independent Distributor. Call for products and/or opportunity. 289-5807. 115c

**WILL DO HOUSE CLEANING** and yard work. Dependable, reliable. Call Paula at 289-5283. 1139nc

**PROFESSIONAL CARPET CLEANING.** Contact Snyder's Home Center. Kendrick. 289-8061. 1146c

**KENDRICK FIRE HALL** is available to rent for family gatherings. \$18 for meeting room; \$25 for kitchen and meeting room. Contact Aaron or Scott Helms at 289-5987. 1146c

**AL-ANON:** A group of family and friends of problem drinkers meet Tuesday evenings at 8:00 in the back room of Farm Bureau Insur. Call 289-3151. 1146nc

**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. 1146nc

**LOOKING FOR A RENTAL?** We have them in and out of town. Buying or Selling? Compare our service before you commit to a contract. Need property management? We handle all types of property including farms. Call B & M Realty, 835-5173 or visit 102 W. A. St. Troy, ID for your real estate needs. 1146c

Marge and Elmo visited with Crystal Gruell Monday morning in Lewiston.

Jim Candler visited with Betty and Fred Arnett on Tuesday.

Melissa Eichner and Mercedes, Nathan and Jon visited with Alberta Turner in Lewiston on Sunday.

John and Carol Thomas of Moscow were dinner guests of John and Gladys Wilson on Sunday. John and Gladys attended the funeral service for Charles Stevens Monday morning in Moscow.

Erin Rishling and a college friend, Theresa May of Anchorage, Alaska, were Wednesday visitors of Marilyn and Bud Eichner. Friday evening Colette Cozart of Moscow was a guest. Marilyn visited with Flo Lyons Sunday at Gritman Medical Center. Flo is recovering from a broken hip.

Darrel and Rose Brocke and Terri Hines and Lexi went to Spokane on Saturday. Lexi is getting ready for the upcoming gymnastic competition.

Last Monday, Lloyd Arnett and Lena of Lapwai visited with Don and Ula Cantril. Bev Rollins was a Tuesday visitor and Fred and Louise Boyd of Clarkston visited the Cantrils on Wednesday.

Sunday evening Dave and Shirley Morgan visited with LenaBelle Morgan. On Monday LenaBelle and Shirley went to Moscow to shop and enjoyed lunch out. They drove to Pullman where they visited with LenaBelle's brother and sister-in-law, Delbert and Sally Hoffman.

Sunday Resi Brown enjoyed breakfast with Jim and Jeanette Thiel and Reba Toomey at Shari's in Lewiston.

Sunday, Dick and Velma Benjamin had brunch with Rick and Janelle Benjamin and Tia and Loren in Potlatch. The occasion was to celebrate Loren's eleventh birthday. Last Tuesday Dick and Velma visited with Alice and rvin Fry. Monday Velma and Dick called on Bid and Anna Fairfield in Lewiston.

Bob Bain of Berkeley, Calif, arrived Friday to spend the weekend with his grandmother Ada Westendahl. He left for home on Monday.

Amelia Reeves of Orofino was a Monday visitor of her parents, Pete and Clara Ware.

Last Monday Debbie Rode and Megan and Ericka of Post Falls called on Mildred Johnson. Sunday Mr. and Mrs. Scott Peterson, Jason and Melissa visited Mildred and Loeda Reil was a Tuesday caller.

Second gear is the best for driving in ice and snow.

**KENDRICK FAMILY DENTISTRY**  
289-3221  
JEFF SOWLE, D. D. S.  
MONDAY 9:00am-5:00pm  
TUES. 9:00 am-6:00pm  
WEDNES. CLOSED  
THURS. 9:00am-5:00pm  
FRI. 9:00am-3:00pm

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## Park News

by JOY SMITH

A mixed bag of weather has shrunk the snow cover to about 8 inches, with the main road nearly bare in Park. The road to Helmer is still snow covered and rutted, and a couple of brave (or foolhardy) souls have tried to break out the road across Boulder Creek. There's no word on their success. A bit of "bottle bravery" may have been involved!

Clinton and Ethel Smith were in Moscow on business Monday, meeting their daughter Leah after work for an evening of shopping.

Jerry and Jody Smith were in Deary Monday evening where Jody attended an M&M's meeting at the Community Church while Jerry visited Paul Kirk and Charley and Loretta Cadloni.

Jerry visited the Schroeders on Thursday and Steve Johnson Saturday. He was in Moscow Friday on business.

Karl and Wanda Enger celebrated her birthday Sunday. More on that next week.

## Area Churches Welcome You

**ASSEMBLY OF GOD**  
210 E. Main Kendrick  
Sunday School 9:30 am  
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

Church 9:00 am  
Sunday School 8:30 am  
Wednesday Bible Study 7:00 pm  
Pastor's home

**CHURCH OF THE NAZARENE**  
516 State St Juliaetta  
Sunday School 9:45 am

**MITCHELL CONSTRUCTION**  
Back Hoe & Dump Truck  
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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  
David Kappus, 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  
Elvane 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 — 289-4807  
Jim Miller, Pastor—289-4867

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

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National Society Public Account.  
Kendrick Lewiston  
289-3381 746-3681

810 E. Main Kendrick  
Sunday School 10 am  
Worship Service 11 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  
David Kappus, Pastor  
289-3471

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Compare a 1 minute 6 sec. call!

	call length	per min.	cost/call
AT&T	1 Min. 6 sec.	0.27	0.54
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SPRINT	1 Min. 6 sec.	0.22	0.44
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### FULLER-O'BRIEN CROWN COAT

INTERIOR/EXTERIOR LATEX FLAT WALL (802-10)

White or Pastel base.

Reg. \$11.95 gal. **SALE \$10.95 gal.**

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### LATEX SEMI-TRANSPARENT WEATHERED GRAY STAIN

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at competitive prices, too.

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Kendrick, Idaho

### Lose Weight The Right Way

Do you have an unwelcome reminder of the past holiday season? "A person's average weight gain from the end of October through the New Year is 8 pounds," says Libbie Fitzgerald, registered dietitian at the University of Washington Women's Health Care Center. "Because of this, many people want to start the year with new habits and new ways to look at controlling their weight."

While staying indoors and indulging in holiday goodies can result in a few extra pounds, Fitzgerald notes that for most people, weight gain occurs slowly and unknowingly. Gradual increases in daily calorie intake combined with decreases in exercise result in accumulation of weight and loss of muscle.

"Even an extra 100 calories each day, on average, will produce a weight gain of 10 pounds in one year," Fitzgerald notes.

Losing weight does not have to mean following a drastic weight loss program or buying expensive diet products. Simple changes in diet habits and increased exercise can be a much more successful way to lose those extra pounds and make sure they don't return.

The first step in making realistic weight loss goals is understanding your personal body makeup and diet habits. One way to assess your personal body shape is by calculating your waist-to-hip ratio, also called the Apple and Pear Method. To calculate this ratio, divide the measurement of your waist by that of your hips. Men with a ratio greater than 1 and women with a ratio greater than .8 should consider losing weight to benefit their health.

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Kendrick Family Medicine

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Kendrick, Idaho

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250 Watt Heat Lamp	\$ 2.79
6-Pack of Work Gloves	12.75
No. 12 Scoop Shovel	21.99
24" HD Pipe Wrench	35.95
Sump Pumps	starting at 70.49
3-Ton Floor Jack	89.99

We have a good stock of

Tire Chains — Electric Heater — Snow Shovels

ALL LOVE PEAK BAR PARTS  
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WILL RECEIVE AN 8% DISCOUNT  
OFF 1997 PRICE LIST!

(The goal is to become more pear shaped than apple shaped.)

Compiling a daily log of foods you eat can be a useful tool in assessing your eating habits. To do this, simply write down the types and amount of food you eat throughout the day for a one- to two-week period.

"Many people have no idea what they really eat in a day," Fitzgerald says. "Losing some weight may be possible by simply making a few alterations in your daily food habits."

A good eating schedule should include times and portions that utilize the body's metabolism. This means eating small meals and light snacks throughout the day instead of eating fewer, but larger, meals.

In addition, a healthy diet pattern should fit recommended daily food requirements from the food guide pyramid. This includes 6 to 11 servings of bread, cereal, rice or pasta; 3 to 5 of vegetables; 2 to 4 of fruit; 2 to 3 of milk, cheese or yogurt; and 2 to 3 servings of meat, poultry, fish, beans, eggs or nuts.

Important to following these requirements is understanding what constitutes a standard serving size. One ounce of cheese, for example, is equal in size to a matchbox. And a standard 3 oz. serving of poultry is approximately the size of a deck of cards. Reading food packages can help in determining serving sizes. Fitzgerald also recommends making it a habit to order smaller portions of food at restaurants or taking home leftovers if food servings are too large.

Extra calories and fat can also add up quickly during snack times. Make a point to examine your snacking and meal choices and think of healthier options. Replace a scone with a bagel, potato chips with pretzels, cookies with fruit. Other handy snack options include small carrots or unsweetened cereal.

While changing diet habits is a great place to start, Fitzgerald notes people should also remember a vital

### Local News Of Juliaetta

Marge and Elmo Eldridge called on Juanita Craig Wednesday evening, Juanita accompanied the Eldridges to Lewiston on Thursday and they visited Frances Peters at St. Joseph Regional Medical Center.

Verlin and Marilyn Benjamin have spent time this past week with Gerie Pederson who is hospitalized with pneumonia in Gritman Medical Center. Family members have come during the week to visit with her. She entered the hospital last Tuesday.

Friday afternoon Milton and Marie Grant went to Lewiston on business. The Grants hosted a family dinner on Sunday to observe Gene Bridges' birthday. Guests were his wife, Ilene Bridges and Wm. Briere of Lewiston, Randi Grant of Emida, and Duaine Grant. Milton and Marie went to Lewiston on Tuesday. They

ingredient of weight control—exercise. Since exercising does increase a person's metabolism, it can be helpful to schedule meals following exercise routines.

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Monday & Tuesday	5 am - 3 pm
Wednes. to Saturday	5 am to 9 pm
Sunday	6 am to 8 pm

### —Menu Specials—

Friday, Jan. 24	Prime Rib: \$ 9.95
Saturday, Jan. 25	New York Steak and Crab Legs: 10.95
Sunday, Jan. 26	Breakfast Buffet: 5.95 Spaghetti & Meat Balls : 5.95

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Western Family Chili . . . 89c

OREGON CHAI IS NOW AVAILABLE AT PHIL'S

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ALL OF THIS AVAILABLE IN OUR DELI

## Pepsi Family Sale

PEPSI DIET PEPSI PEPSI FREE  
DIET PEPSI FREE MT. DEW  
SQUIRT & RUBY RED SQUIRT

12 PACK — 12 OZ. CANS

**2 for \$7.00**

Single 12 packs \$3.99

enjoyed lunch out with Marie's father, Wm. Briere.

Bruce Sherman visited with Pearl and Phillip Groseclose on Thursday. Maxine Fry was a Saturday caller.

Saturday Bob Porter of Lewiston visited with Adaline Jassman and Dixie Porter. Dixie returned home after spending time assisting her mother. Monday Ron and Sonja Loh-

man and Connie Lohman visited with Adaline as they were enroute home from a trip to Lewiston.

Sunday Jeff Lohman and sons Nic and Marc enjoyed snowmobiling with Norman and Sharon Baugh in Orofino.

A bushel of apples will make slightly more than three gallons of cider.



### Lewiston Grain Growers

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289-5961

1 ton ATLAS WOOD PELLETS \$129.99

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## Valentine's Day

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Be sure to order your Roses and flower arrangements early!

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12 - 12 oz. Bottles

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## Espresso Special of the Week

VANILLA MINT LATTE

Short: \$1.75 Tall: \$2.00

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Short: \$1.50 Tall: \$1.75

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