

The Kendrick Gazette.

Volume 105

Kendrick, Latah County, Idaho, Thursday, August 28, 1997

Idaho State Hist. Society
Library & Archives
450 N. 4th St.
Boise, ID 83702

No. 14

Snake Bite . . .

By Rosalie Blankenship

Clara Kuykendall was a dear lady and a good friend of mine. She once told me this true story (and I took notes). She is no longer living, but this is her story.

I was the housekeeper and cook for one of the families who operated the big BAKER WHITE Ranch in Texas, about 95 miles from Ft. Stockton. Small homes were located at various outposts on the ranch. We had no phone or electricity. Our nearest neighbors were the ranch foreman McKinnley's, 4 1/2 miles away.

I was 30, and I had a 7-year-old daughter who was away visiting relatives at this time. This was on a Friday in early April. The family I worked for had left for the weekend and wouldn't be back until Sunday. Spring was here, a beautiful day, the mesquite was covered with bright green leaves. I decided to do up the week's laundry in the gas-powered wringer washer and then have a quiet, restful weekend all to myself.

As the first load was agitating, I leafed through a magazine and read a short article about snakebite. It stressed, "Get a doctor immediately, but don't panic!" Well, I was used to being around rattlers, having seen and killed many in this area.

I soon had my first load done and was carrying the loaded basket to the clothesline when I stepped on a lariat rope that someone had left on the lawn (I thought) which immediately coiled itself around my ankle. This was NO ROPE and I instinctively gave a powerful kick, which sent the big snake flying. But then, with a feeling of shock, I could see where one fang had punctured my lower right leg! (The actual bite had not hurt, but had rather felt like dry weed rubbing against my leg.)

Panic started to grip me! Here I was alone with no phone and 4 1/2 miles from neighbors. I grabbed a bathrobe belt and tied it tightly above the bite. Now what? I remembered the article I had read—"Don't panic!" Should I try to catch a horse in the corral and struggle to get a saddle on it? No—this would take too much time and strenuous effort.

My only other choice was to stay calm and start walking toward the neighbors, thinking I would surely run onto some men working in the fields. At this time there was yet no pain. I tried not to walk too fast, alternatingly praying and hollering, hoping to be heard by someone nearby. My leg was swelling and starting to turn a dark color. I knew God was hearing me, and that He would send someone to my aid. At any other time I would have seen groups of men working the fields—but not today, I seemed to be getting nowhere and felt like I had walked for hours. My leg felt heavy. I was nauseous and weak. I must not lose consciousness. The leg started to hurt badly. I prayed very hard. I had a small child to raise. I just couldn't die! I stumbled on in excruciating pain, still yelling.

Finally, about 1/2 mile from the neighbors, a black man working in a ditch heard me. He came and carried me to the house. Mrs. McKinnley immediately called to Ft. Stockton for a car and a doctor to meet us, and a farm hand speed off with me at top speed. I was drifting in and out of consciousness. When we met, the doctor gave me two antivenom shots (the most painful I've ever had).

At Ft. Stockton I was kept flat on my back for 6 weeks. They forced fluids down me for 10 days. From my heel to my thigh I was black as tar, and as big around as a dinner plate. Family members came, but I was unaware of much going on. I also developed a big blood clot in the leg. It was tough and go for awhile, but my faith kept me fighting. The doctor wore rubber gloves when treating me, as a pin prick or scratch could have poisoned him, too. He said my 200 lb. weight had helped make it possible for me to walk that far and live. The more fat one carries, the slower the poison spreads through the system.

When the swelling and blackness were subsiding, a large patch of dead skin peeled off around the bite, which had clear diamond markings on it. After I was able to hobble around, I started out for Rathdrum, Idaho, by train, not knowing the bad time still ahead of me. I was still in a lot of pain, and got off at Amarillo, Texas. Infection had developed in the bone, which is not unusual following snakebite, as the venom actually deteriorates the bone. I had to be treated there. When I finally got to Rathdrum, I spent three more painful months in bed with daily soaks in hot epsom salts water. After that I was on crutches for a long time. It was actually eight months from the time I was bitten until my leg felt fairly normal. But every April for many years after, the area where I was bitten would fester and drain for

Kendrick Grange To Meet September 2

By Bob Hassholdt

Kendrick Grange No. 413 will meet in regular session on Tuesday, Sept. 2. We'll be discussing our fall agenda and finalize plans for the work party on Sept. 5 to cater the Garrott Auction on Saturday, Sept. 6. All members are welcome and encouraged to attend.

In more somber news, the Grange wishes to extend its heartfelt condolences to the family of Art Foster. Art was a longtime and ardent supporter of the Kendrick Grange. He served in a number of offices including Master and Overseer. He was always happy to offer advice to this writer on procedures and history of our Grange. The community has truly lost a very gracious gentleman and dedicated volunteer.

Rural Partners to Meet At LCSC September 8

By Frank Jacobson

Representatives of Gem Communities in North Central Idaho will be meeting at the Williams Conference Center at Lewis-Clark State College on September 8 to deal with a variety of topics.

Registration and refreshments are scheduled for 9:00 a. m., with introductions and a review of the agenda set for 9:30. The draft agenda released by Dan Pierce of the Clearwater Resource Conservation and Development Council promises a full schedule, with adjournment planned for 3:15.

A variety of topics includes discussion of business expansion and retention, one of the three major components of the Gem Community program and one which Idaho Department of Commerce hopes to see improved. Commerce Department representatives at the last Rural Partners meeting indicated they were planning a program that would be less threatening to small town retail and service business people.

Representatives of state and Federal agencies attending the meeting hope to get some first-hand reports on how the new state welfare program is doing in the rural areas. This topic drew considerable attention at the last meeting of Rural Partners.

Also scheduled for discussion is an Economic Development Network providing hands-on training for community development leaders. In addition, there will be discussion regarding how communities can become involved in the Lewis-Clark Trail. An oral history project will also be considered.

Lunch will be provided. Please call Cheryl at the Institute for Community Development office by Aug. 29 if you plan to attend and eat lunch with the group. The telephone number is 208-799-2460.

Thanks from Paul D.—

A sincere thank you to the ambulance crew that responded and transported me to the hospital on July 22. They were Connie Hedler, Jim Lohman, Andrea Keeney, Scott Corkill and Linda Lohman.

I am now residing at the Tri-State Rehab. Center in Clarkston and am feeling much stronger. I enjoy company and am thankful for the love and support of my friends.

Midge and I extend a special thanks to Greg and Alice Broemeling, Pat Asplund, Pastor Mark Fischer and family, and Phyllis Dorman.

Your prayers, cards, flowers and visits are treasured.
May God Bless you all,
Paul and Midge Dammarrell

From the Family Of Art Foster

The family of Art Foster would like to thank all our friends and family for all the kindness shown us after the loss of our husband, father, grandfather, and great-grandfather.

Thank you for all the wonderful food, cards, flowers and memorials, and a very special thank you to the Grange ladies for the beautiful lunch after the services.

Our Love,
Maxine
Marjorie and Clarence
Dorothy and Wayne
Gene and Jane
Janice and Ray
Fred and Judy

at least 6 weeks.
Thank the Lord, I lived to raise my daughter, and later married my second husband, Jack. I have had a good long life.
I had seen many rattlesnakes before I was bitten, but had never seen one of this color—creamy white with the black and brown diamonds. It was guessed that there could have been a den under the house, and the snake had just moments before emerged into the sunlight, but the color still puzzles me. I feel it was a miracle that I survived!

Arthur E. Foster, 88, Longtime Resident, Passes August 19

Arthur E. Foster, 88, a longtime Kendrick area resident and active community worker, died of congestive heart failure Tuesday, August 19, at St. Joseph Regional Medical Center in Lewiston.

He was born July 10, 1909, to Ira E. and Mary Alice Smith Foster at Burrell, Neb. The family moved to Southwick in 1912. He attended school at Gold Hill and graduated from Kendrick High School in 1930.

He started working in the sawmill at Elk River at age 15 in the summers.
He married Maxine Garner Nov. 1, 1934, at Lewiston. The couple farmed in the Gold Hill area until 1952, then moved to Kendrick. He started work as a custodian for the Kendrick School District in 1955 and worked in sawmills at Kendrick and Juliaetta at night. He retired in 1975.

He was a five-time past master and deputy grand master for two years for the Kendrick Masonic Lodge. He also was a member of the Order of the Eastern Star, the Kendrick Lions Club, Kendrick Volunteer Fire Department, Kendrick Campers Klub, Golden Sunset Senior Citizens and the Latah Old Time Fiddlers. He also was a past master and member of Kendrick Grange No. 413.

He enjoyed fishing and art. He was an avid sportsman and baseball was his favorite sport.

He is survived by his wife at their Kendrick home; three daughters, Marjory A. Alexander, of Kendrick, Dorothy D. Darby of Moscow and Janice E. Vaughn of Sutherlin, Ore.; two sons, Arthur Eugene Foster of Napa, Wash., and Fred L. Foster of Kendrick; a brother Frank L. Foster of Long Beach, Calif.; 13 grandchildren; and 14 great-grandchildren. Five sisters and two brothers died previously.

The funeral was held Saturday at Malcom's Brower-Wann Memorial Chapel with the Rev. Jim Miller of the Southwick Community Church officiating. Burial was at the Gold Hill Cemetery at Kendrick, with brothers of Deary Masonic Lodge No. 72 A. F. & A. M. conducting the graveside service.

Memorial gifts may be sent to the Juliaetta-Kendrick Ambulance Fund, P. O. Box 182, Kendrick, ID 83537.

Burger King Pulls Beef Patties from Nine Idaho Restaurants

Nine Idaho Burger King restaurants from Driggs to Twin Falls have voluntarily pulled from their supplies frozen beef patties that may have been contaminated with the bacteria E. coli 0157:H7, state health officials said Friday.

The USDA announced Thursday a recall of Hudson frozen beef patties that bear the Establishment Number 13569. No other Idaho restaurants or grocery stores are known to have received shipments of the frozen beef patties distributed by Hudson Foods.

"To our knowledge—and we will keep checking—the frozen patties discovered by these Burger King establishments are the only frozen patties identified in the recall that made it into Idaho," said Don Brothers, Food Protection Program Supervisor with the Idaho Department of Health and Welfare.

Proper cooking of the beef patties kills the bacteria and makes them safe to eat. "This may be the reason Idaho health officials have not identified any E. coli 0157:H7 cases associated with this recall," stated Roger Perotto, Chief, Bureau of Clinical and Preventive Services.

USDA is alerting the food industry and consumers nationwide to check labels of their frozen beef patties from Hudson Foods which bear the Establishment Number 13569 printed inside the USDA inspection seal. If found, these products should not be served, sold or consumed; and they should be returned to the place of purchase.

E. coli 0157:H7 is a potentially deadly bacteria that can cause severe abdominal cramps, bloody diarrhea and dehydration. The very young, the elderly, and persons with compromised immune system are most susceptible to food borne illness. Persons who ate at one of the Burger King restaurants and have any of these symptoms now or within the next nine days should immediately contact their doctor.

For questions about the recall, phone the toll-free USDA Meat and Poultry Hotline at 1-800-535-4555. The Hudson Foods Company consumer hotline number is 1-800-447-2670.

The winds that make up a tornado may swirl as fast as 400 mph. million passengers a year.

Kelly Sandino, J-K Junior Miss Says "Thank You"



I would like to thank the Jr. Miss Committee for all they have done. First of all for giving me the opportunity to participate in this great program and second for all of their support and encouragement during the State Jr. Miss Program. It is because of these dedicated people that I do. Thanks so much, I love new friends. I think it is very important for everyone to know how outstanding our Jr. Miss Committee really is. Without them I wouldn't have the courage and self-confidence that I do. hanks so much, I love you all!

Also, I would like to thank everyone who put a message in the program book. To those who sent me gifts while down south, you'll never know how much it means to me.

To the Hitchcock family—Thank you so much for all of your support and encouragement. Also thanks for letting us borrow your Jeep. Without it we probably would have lost half of our luggage. Thanks again! You'll always have a special place in my heart.

Last but not least I'd like to thank my mom and dad for all they have done. Thanks for everything! I love you!

Love always,
Kelly Sandino,
'97-'98 J-K Jr. Miss

A Message of Thanks

The families of Robert LeRoy Osborn would like to express their thanks to all of the relatives and friends who remembered them during the illness and death of our father and brother.

The flowers, cards, food, donations, prayers and kindness were very much appreciated. A special thank you to the Sun River Manor, nurses, aides, and other staff. We also thank Dr. Winters for his years of care. Thank you also to the wonderful people who furnished the delicious dinner at the Kendrick Senior Citizen Center.

Roberta K. Dennis and Angela Chandler
Patricia, Darrel and Rheaanda Moss
James, Barbara and Jennifer Osborn
Ronda Osborn and girls

FROM HERB AND LORRAINE

Thanks to all the friends and neighbors who helped fight the fire on the back lot at out place the other day. Without your help it could have gotten out of hand and threatened our home.

We really appreciate you!
Herb & Lorraine Gustafson

Did Your Kids Leave Towels, etc., at the Pool?

The staff at the Kendrick Memorial Swimming Pool have found several articles of clothing and some bath towels which were left at the pool. If you have items missing, please call Lori Warner at 289-8361.

The highest mountain in the U. S. is Mt. McKinley in Alaska, with a highest point of 20,320 ft.

Juliaetta-Kendrick Meal Site Menus

Friday, Aug. 29—
Cook's Choice

Wednesday, Sept. 3—
Beef Stroganoff with Noodles
Orange Juice
Steamed Broccoli & Carrots
Cornbread and Butter
Coleslaw & Carrots
Oatmeal Cookies

DATES TO REMEMBER:
Aug. 29: Meal Joanne and Tracy Wilken, singing.
Sept. 3: Meal Wanda Hoskins and Joye Swan "singing".
Golden Sunset Board meeting at 10 a. m.

Kendrick Quilt Show Friday, September 5

Quilters will be displaying their work Friday, Sept. 5, at the Kendrick Fire Hall from 10 a. m. to 4 p. m.

The show is in conjunction with the Juliaetta-Kendrick Community Market. All the quilt show participants are welcome to sell quilts or raffle tickets, provide in-progress demonstrations or share quilt information during the market, with a free booth, table or set-up area.

Prize sponsors include Fazzaris, Clarkston; Gambino's, Moscow; Highland Inn, Winchester; Nobby Inn, Moscow; Sacajawea, Lewiston, The Helm, Lewiston and Whitepine Cafe in Troy.

Quilts need to be at the fire Hall between 7 a. m. to 8:30, and picked up from 4 to 5 that afternoon. To register or for more information, call Phyllis Berg, 289-5302.

Tigers Open Football Season Friday Night Against Troy Trojans

"We'll be better this year," coach Kevin Driskill said this week as he prepares to send this year's version of the KHS Tigers football on the field Friday night at Troy against an always-tough Trojan squad for a Whitepine League conference game. Game time is 7 p. m. on the Troy gridiron.

Some of Driskill's confidence in his team's chances this season is in the fact that of the 23 young men who turned out this year, 12 earned their letters last year, and several were starters on the '96 squad.

Returning starters include: Tony Cappa, Eric McDowell, Matt Teff, Tony Howerton, Rich Hitchcock and Brian Carter.

The starting lineup for the Tigers Friday night is expected to be:

Matt Teff, tight end
Tony Cappa, guard
Eric McDowell, center
Tyson Steigers, guard
Tony Howerton, tight end
Rich Hitchcock, quarterback
Brian Carter, full back
Jody Brown, running back
Coach Driskill also likes the fact that there will be some competition for some positions on this year's team. Freshman Nate Eichner is expected to see action in the quarterback slot and Seth Parks is showing a lot of promise in the fullback position.

As for depth this season, Driskill said, "we're pretty solid for 10 or 12 men, but we go down quickly after that." Kendrick does have some weight this year, with Teff at 225 lbs., Cappa at 180, and Carter at 200.

Speed is another story, "I'd like to see us a little faster," the coach said.

Assisting with the coaching chores this year will be Bryce Meyer, who is also the new Vo-Ag teacher. Also helping will be former Tiger standout Ryan Blewett and Dean Diffins, who is a student teacher at the high school.

Former Resident Visits

Richard (Dick) Harris, a former Kendrick resident in the middle 1940s visited in Kendrick last Thursday afternoon. Dick's father managed the Kendrick Creamery and the family lived in the house now owned by Frank and Leasel Abrams.

Dick, who now lives in Rocklin, Calif., had a chance to visit with John and Chas Deobald and George and Helen Brocke. He was back in the area to attend a fiftieth year class reunion of the Lewiston High School class of '47.

From the Anderson Family

We wish to thank everyone who offered expressions of sympathy and showed us kindness at a time when we needed it most. Thank you also for your prayers, the flowers, cards and for the food brought in. Thank you to the ladies of the Assembly of God Church for the very nice dinner after the services, and to Pastor Robert Novak for the fine service.

Debbi Clemenhagen and family
Rick and Billy Anderson and family
Connie Anderson

From the Family of Joanne McAllister

The family of Joanne McAllister wish to thank all our friends for the hugs, cards, phone calls, flowers, food and memorials.

Many thanks to you who took time in this busy season to attend her memorial service.

We didn't realize how far her and our lives reach out.

Ralph McAllister and family
Dan and Gladys Sullivan and family

Shop with Your Local Merchants

Sunday Storm Didn't Delay Harvest Long

Harvesting of the 1997 small grain crops was back in almost full swing Tuesday afternoon despite a fierce thunderstorm Sunday morning that put down over a half-inch of rain. The storm was the first delay local farmers have received in what promises to be an outstanding harvest. Very little, if any moisture has fallen in August and the cutting of the crops under hot, dry conditions was moving along at a rapid rate. Even with the storm some farmers were able to begin cutting again by Monday afternoon.

Darold Hazeltine at Lewiston Grain Growers Kendrick warehouse said this year's harvest "looks real good." The wheat and barley cut and delivered to LGG has been of good quality and yielding well, Hazeltine said, adding, "lots better than last year." The wheat weight has been testing 60% and above, and the barley is plump and bright. All the spring crops look good, Darold said.

Hazeltine estimated that 95% of the wheat is harvested and about two thirds of the barley is finished. Peas and lentils are getting a good start and it also looks like the legumes are going to be outstanding this year.

George Brocke, Jr. at Brocke and Sons in Kendrick also reported the prospects of a good year for peas, lentils and garbanzos. He estimated that the peas expected at the Brocke warehouses were 75% in, lentils maybe 25% done and garbanzos at roughly 10% in or just getting a good start.

There were some threatening clouds Monday afternoon but the weather stayed dry.

NEW ARRIVALS—

Bruce—

Levi and Anna Bruce welcome the arrival of a daughter, born to them Sunday, Aug. 24, 1997, at Gritman Medical Center in Moscow. The little one weighed 7 lbs, 13 ozs., and has been given the name Isabell Lynne.

Paternal grandparents are Jerry and Lynne Bruce. David and Debi Klatt are maternal grandparents, all of Kendrick.

KHS Classes of '58, '59, '60 Will Gather Sun. at the Park

There will be an informal get-together of students of the KHS Classes of 1958, '59, and '60 at the Kendrick Park Sunday, Aug. 31. Friends and family are invited to join in this gathering for visiting and sharing a potluck lunch at noon on this Labor Day weekend. Those attending will probably start gathering about 11 a. m.

Juliaetta-Kendrick School Lunch Menus

Thursday, Aug. 28—

Breakfast:
Pancakes, Juice and Milk
Lunch:
Soft Taco
Corn
Applesauce
Peanut Butter Bar
1/2 Pint of Milk

Friday, Aug. 29—

Breakfast:
Cereal, Toast, Juice, Milk
Lunch:
Hamburger with pickles and lettuce
Potato Rounds
Fresh Fruit
1/2 Pint of Milk

Monday, Sept. 1—

Labor Day—No School

Tuesday, Sept. 2—

Breakfast:
French Toast, Juice, Milk
Lunch:
Chicken Nuggets
Potatoes & Gravy
Roll and butter
Peaches
1/2 Pint of Milk

Wednesday, Sept. 3—

Breakfast:
Cereal, Muffin, Juice, Milk
Lunch:
Pig-in-a Blanket
Green Beans
Apple Wedge
Chocolate Chip Cookie
1/2 Pint of Milk

Thursday, Sept. 4—

Breakfast:
Cheese Pizza, Juice, Milk
Lunch:
Spaghetti
Broccoli & Dip
French Bread
Fresh Fruit
1/2 Pint of Milk

The Kendrick Gazette

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

Angel Fall chest waterfall in the world has an unbroken drop of 2,648 feet.

Shop with Your Local Merchants

Steve A. Rishling
 Attorney at Law
 General Practice Emphasizing

- Wills
- Probate
- Estate Planning
- Business Law
- Real Estate

2 Convenient Locations

1801 Hwy. 3, Juliaetta
 511 S. Main St., Troy

(208) 276-3764
 or
 (208) 835-5351

Local News Of Kendrick

Dick and Velma Benjamin spent last week with their family vacationing in Yellowstone National Park and the Grand Tetons. They were joined by Randy and Kim Benjamin and daughter Kelsey of Castle Rock, Colo., and Rick and Janelle Benjamin and Loren and Tia of Moscow. The weather was beautiful with warm days and cool evenings that allowed for a camp fire.

Fred and Betty Arnett visited with Warney May and family on American Ridge one day last week Thursday afternoon Fred and Betty called on Marge Freytag. Marge was a Friday afternoon visitor. Betty spent time with Gayle Horton on Saturday.

Bud and Marilyn Eichner went to Spokane on Tuesday where they spent the night. Gus Eichner spent Friday with his grandparents.

Arnold and Lois Mael of Deary called on Hazel and Jim Candler Friday.

Friday Jenny Eldridge of Lewiston spent the day with her grandparents. Elmo and Marge Eldridge. After lunch they picked blackberries. Marge visited with Nell Crocker one day last week.

Sunday Rose and Darrel Brocke joined family at the home of Jim and Lori Brocke where they celebrated the birthdays of Amber and Alecia Brocke. Also helping the twins observe their special day were Terri and Rick Hines and family of Lewiston, Mike and Sonya Brocke and family, Jack and Carolyn Brown and Anna, John and Olean Cuddy, Matt Christensen and family and Lance and Diana Uppendahl and Chantell.

Esther Shreffler accompanied Bob and Helen Heidenreich to the funeral for Art Foster in Lewiston Saturday. Esther and Bob and Doris Hansen of Deary were Sunday evening dinner guests of Bob and Helen.

Elma Hazeltine joined her former classmates at Asotin High School on Sunday at the Quality Inn in Clarkston for their 60th year reunion. It was a fun time of visiting and remembering.

Don and Barbara Benseoter of Sweetwater were Saturday visitors of Dick and Vicky Benseoter.

Friday morning Herb Corkill of Mesa, Arizona called on John and Gladys Wilson. Herb was a neighbor on American Ridge. Saturday morning Lottie and Ray Jordan of Mead, Wash, spent the day with Glady and John. In the afternoon Annie Anderson of Troy and Midge Farrell of Pullman were callers.

Thursday Resi Brown met her daughter Jenny Brown in Lewiston for shopping and lunch out. Sunday Resi was a breakfast guest of Jim and Jeanette Thiel and Reba Toomey.

Dick Harris, former Kendrick resident now of Rocklin, Calif., visited with George and Helen Brocke Thursday.

Local News Of Juliaetta

Verni and Marilyn Benjamin enjoyed a family campout from Tuesday through Friday at Crooked River at the summer home of Dan and Sue Westrom and sons Dana and Drew. Ken Pederson and Larry Pederson of Anchorage, Alaska joined them on Tuesday and Wednesday. Bobbi and Jerry Pederson of Hayden camped the weekend. The scenery was beautiful and it was a good time of fellowship and fun. Marilyn spent Saturday with Lori Bogar, Kyle and Kristopher in Lewiston.

Juanita Craig attended the graveside service for Marvis Rowe Friday at Leland. Juanita and Ruby Craig called on Vivian Craig following the service. Kahlyn Morey and Ruby accompanied Juanita Saturday to Lewiston where they attended the Art Foster funeral. Sunday Ruby and Juanita attended the birthday reception for Ruby Philpot's 80th anniversary in Orofino. Vi Erickson of Lewiston joined Juanita Monday evening at the Kendrick Campers Klub monthly meeting and potluck. Vi was an overnight guest returning home on Tuesday.

Greg and Alice Broemeling spent the weekend in Missoula visiting Steve and Kim Roth and family.

The highlight was a surprise birthday party for Steve. Alice and Greg have visited Paul Dammarell several times during the week at Tri-State Rehabilitation Center in Clarkston.

Saturday Pearl Groseclose and Theda Metcalf joined their family, Willard and Colleen Swanson at their home at Steptoe for a barbecue. Sunday Pearl accompanied Louise and Lyle Pea to the 90th birthday party for Jim Bower in Avon. Pearl and Geneva Davis drove to Orofino Tuesday and were luncheon guests of Denise and Bill Hall and Justin.

Tuesday Viola Johns accompanied her daughter Dian Groseclose to Lewiston where they kept eye doctor appointments and did a bit of shopping.

Lowell and Muriel Hubbard were Sunday evening guests of Ray and Dorothy Knutson in Lewiston. Muriel and Lowell visited Marsha Schroeder, and Heidi and Mike Macdonald all in Moscow on Monday.

Friday Andrew Twiet and Katie Twiet of Lewiston and Heidi Draper and Sam Dowell, both of Burns, Oregon were dinner guests of Everett and Freda Farrington. Monday Katie, Eddie Cochran and Heidi Draper and Sam Dowell visited the Farringtons.

Wednesday Buddy and Alice Henson drove to Ephrata, Wash, where they were overnight guests of Tony and Kelli Henson and Jordan. Bryce Henson returned home with his parents on Thursday following a visit with the Tony Henson family. Saturday Buddy and Alice and Bryce went to Winchester to the Wolf Enclosure. They didn't see any animals, but it was an interesting trip. Karla and Dan Lambert went to

History Preservation Workshop in Lewiston At LCSC October 4

What you are doing and feeling right now is tomorrow's history. Your family events and feelings need to be recorded to define heritage for future generations. LCSC's Institute of Community Development is sponsoring an area wide history workshop scheduled for this fall at LCSC along with the Idaho Humanities Council and the Idaho State Historical Society. The workshop will be held on Saturday, October 4th, from 9 a. m. to 4 p. m. in the Clearwater-Snake River Room of the Williams Conference Center at Lewis-Clark State College. This workshop will help most people preserve local history in family stories that will otherwise become lost.

Classes will show participants how to journal, interview, record and transcribe living history and handed down family stories. Linda Morton-

Montana over the weekend where they visited with Dan's parents, Eric and Jamie Lambert in Tevenville. Josh and Erica Lambert had been staying with their grandparents and returned home. The Lamberts also attended the surprise birthday party for Steve Roth in Missoula.

Harold and LenaBelle Larson drove to Yellowstone Park, leaving on Wednesday and returning home Saturday. Friday evening they visited and were overnight guests of Alan and Jennifer Long and great-grandson Damen in Belgrade, Mont. It was a good trip and they saw many beautiful sights.

Keithly, Idaho State Oral History Center Historian will present an Oral History interviewing class. Dr. Mary Emery, director of the Institute of Community Development will show participants how to do research via the internet.

Other presenters include Carole Smolinski and Dale Tucker. Carole is a noted Clearwater River area author and LCSC history instructor. Dale Tucker, who has produced several history videos and a video interview documentary on the 30s Depression Era, will assist people learning to record family heritage. A genealogy class will also be presented.

Local promotion of the workshop is needed to result in preservation of happenings and landmarks for organizations and libraries in each community. Each community needs to encourage people to register and to bring displays of their organization and individual works so relevant history can be placed in local libraries. Communities are being assisted by the Institute of Community Development with organizing heritage teams to coordinate and assist community members as they work on individual history projects.

People are needed to help with this workshop and follow up newsletters. Interested persons are invited to contact the following for further information and workshop registration: The Institute of Community Development, LCSC, 500 8th Ave., Lewiston, ID 83501, Telephone 799-2460.

Shop with Your Local Merchants

Curb-Side Recycling in Kendrick each Thursday morning

In cooperation with the City of Kendrick, Dave Dean of Davey's Recycling, will be in Kendrick each Thursday morning to pick up recyclible items if placed at the curbside.

Here is what is being accepted at this time:

Newsprint
 Magazines
 Cardboard (corrugated & uncorrugated)
 Clear Glass
 Tin Cans
 Aluminum Can
 Plastics No. 1, No. 2 & Milk Jugs

THE FOLLOWING IS SUGGESTED:

- Please don't use plastic bags for recyclibles.
- Please have items out by 7:30 a. m. Thursdays
- It would help if you would rinse all cans and make sure they are empty. You do not have to take the labels off.
- Cardboard must be flattened. It would be very space saving if everything else was also flattened.

THANK YOU VERY MUCH

RICH - CLEAN TOP SOIL

BASE ROCK — CHECK OUR PRICES
 Backhoe, Dozer, Dump truck, Grader
 Gravel, Fill Dirt, Top Soil

Carl's Excavating
 Carl King, Owner • Phone 476-7848
 4382 Freeman Creek Rd. • Kendrick, ID 83537

WE'RE STILL HERE!

201 MAIN — KENDRICK

Same Telephone : 289-4913
 and same quality service.

Kendrick Upholstery
 Dennis and Deana Hamilton

FARM BUREAU INSURANCE

P. O. Box 284 289-3462 Kendrick, Idaho

Becky Britton, Agent

* HOMEOWNERS	* AUTO
* FARM	* BUSINESS
* CROP	* LIFE
* ANNUITIES	* RETIREMENT ACCOUNTS

* Loans through Farm Bureau Finance

LIVING BESIDE YOU, WORKING FOR YOU

BUY — SELL — TRADE

2nd HAND STORE

OPEN MONDAY TO FRIDAY

304 W. Main in Kendrick, Idaho

Saturday & Sunday by Appointment

Harold & Doris Ellis Phone 289-5606

Kendrick Family Medicine

289-3841

— HOURS : —

MONDAYS 8 a. m. to 5 p. m.
 Diane Kottkey, RN-C

TUESDAYS to FRIDAY 8 a. m. to 5 p. m.
 Vincent Fibelstad, PA-C

Jack Brown Excavating

★ Serving the area for 20 Years

Dozer — Backhoe — Excavator — Loader
 Grader & Dump Trucks

Home: 208-276-7081 Shop: 289-5081
 ROCK SALES: Crushed, Pit Run, Rip Rap

Jeanette I. Thiel

Attorney-at-Law
 GENERAL PRACTICE
 Bankruptcy — Wills & Probate
 Real Estate & Business
 Family Law & Divorce

1219 Idaho St.—Lewiston
743-3667

EVENINGS
 JULIAETTA—276-3667

Massage Therapy

• Stress • Headaches
 Work & Sports Related
 Pain

Carol Bradford
 CMT, IHIP
 Nationally Certified

By Appointment
289-8324


Mann and Stanke
 Certified Public Accountants

HOURS:
 TUESDAYS & THURSDAYS
 January 1 — April 15
 After that by appointment only.

Moscow Office: Kendrick Office:
 334 N Jackson St. P. O. Box 8114 Main St., P. O. Box 69
 Moscow, Idaho 83843 Kendrick, Idaho 83537.
 (208) 883-5555/FAX 883-8059 (208) 289-8555/FAX 289-289-8558

LET OUR TEAM WORK FOR YOU!

We can handle all your insurance needs
Serving Washington & Idaho
 Call us today for a free quote!



BRICKEY INSURANCE 1035 NW Nye, Suite A Pullman, WA 99163 509-332-1532	EMERY INSURANCE 1230 S. Grand Pullman, WA 99163 509-334-3710
---	--

800-556-6363

HELPING YOU TO SAVE ON YOUR INSURANCE NEEDS

- Life/Health
- Medicare Supplement
- Annuities
- Income Replacement
- Long Term Care

LEN SPREITER
 615 Main
 Kendrick, Idaho 83537

BANKERS
 LIFE AND CASUALTY CO.
 Chicago, IL 60654-2014
 S-5204

208-289-5433

Do You have a **BURNING** in YOUR neck or back, arm or leg?

NICHOLAS CHIROPRACTIC
 will be at the
KENDRICK FIRE HALL
 next on
WEDNESDAY, SEPT. 3

Call our Lewiston office TODAY to schedule an appointment.
 LET DR. NICHOLAS PUT OUT THAT FIRE!

Phone (208) 743-4567
 Please Tell Your Friends!

SHIRLEY'S Dance Studio
 of Juliaetta

currently accepting new students!

TAP JAZZ NOVELTY BATON
 Ages 3 & Up

Enroll your child today!

(509) 758-6510 or 751-9810

Instructor: Dana Seubert
 17 yrs. teaching experience

Questions: Cindy Fliger 276-7011
 "The Studios with Results!"

Cameron, Southwick News

by Sonja Lohman
and Upai Lohman

Jim and Gladys Whiting spent Monday night with Steve and Janis Reed and family at Spokane. On Tuesday they visited with a cousin, Helen Olmstead, at Bonners Ferry and went to Kamsel, Mont. where they looked up the former home of Jim's uncle Marvin Hotman. They also went to Whitish, Mont. where they rode the gonooia up the "Big Mountain" and on to Missoula for

Classifieds

FOR SALE: Large swap cooler.
Call 276-4211.

2114p

WANTED: Ranch hand to clean barn and work with exotic livestock. Parttime. Saturdays OK. 208-276-3772.

3113c

LOVING MOTHER OF 2 wishes to care for your children. CPR and First Aid certified. 6 yrs. previous exp. working in child facility. For info. Call Patty at 289-8210.

2112c

FOUND: Change purse. Identify at City Hall.

2114nc

FOR SALE: 2 bedroom home at 117 N. 9th in Kendrick. Make offer. Ph. 289-3321.

2114p

FOR SALE: 1987 Yamaha Warrior. Excellent shape. \$2,200 or best offer. 709 Wheeler St. Kendrick. Ph. 289-5171.

1114c

FOR SALE: Two Murray Mt. Bikes. Good condition, 24", 10-sp. \$55 each or best offer. Call 289-5071 or 289-5092.

2114p

FOR SALE: Large pillow-type couch and matching love seat. Neutral colors of blue and tan with wood trim. \$300 for both pieces. Call 289-3151 evenings to see or leave a message.

1114c

In TEARING MY HOUSE DOWN

Some things will be available later for sale: most were purchased in the 50s.

- 2 older refrigerations \$25 ea.
- 2 electric ranges \$75 ea.
- 2 pellet stoves:
- 1—Whitfield \$700
- 1 Treager \$400
- 1 wood heating stove
- Firelight \$500
- 20 old doors, 3 w/ glass
- 3 bathroom sinks \$20 ea.
- 2 kitchen sinks \$50 ea.
- 2 hot water heaters
- 50 gallon \$50 ea.
- door moldings, stair railings
- 2 screen doors wooden frame
- plain \$15 ea.
- 2 used toilets \$25 ea.
- 2 bath tubs \$75 ea.
- 2 medicine cabinets \$10 ea.
- 10 assorted 220 electric wall heaters \$15 ea.

Ione Calkins
276-3551

1114c

DRY WALL
HANG TAPE & TEXTURE
Re-Model & Patch Specialist
20 Years in the Business
Phone 276-3990

8112c

FOR SALE: Fresh Cucumbers, potatoes, & summer squash & more. Call after 3 p. m. for details and to place an order call 276-3553. Leave a message. Call will be answered.

8110c

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

1114c

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, 289-5178 or visit 109 W. A. St. Troy, ID for your real estate needs.

1114c

THERE'S BIG GAME...
IN THE WANT ADS



more sightseeing, coming back home on Thursday.

Our community would like to send its condolences to Fred and Judy Foster and their family at the death of Fred's father, Art Foster.

Did everyone happen to see AG-WEST Sunday? Horst and Loeda Reil were featured as they are Nez Perce County's Conservation Farmers of the Year. Congratulations to you from our community!

Betty Wegner returned to her home at Boise Thursday after spending several days at the home of Jean Wegner. While here Betty took Jean to Spokane for a medical appointment and while in Spokane they visited with Dr. Daniel Wegner who is studying anesthesiology at Sacred Heart Medical Center.

Linda Robert of Corvallis, Ore. was a Saturday afternoon visitor of Jean. Other callers have been Dan and Gladys Sullivan of Lenore and Randy Sullivan of Chehalis, Wash.

Connie Lohman and Janice Lohman of Lewiston were recent visitors of Connie's brother and wife, Ervin and Bea Conrath, at Spokane. Connie attended the funeral for Art Foster Saturday.

Harvesting is at a standstill until it dries out. Some farmers are done and others are halfway through.

Gordon and Frances Peters' grandson Ryan and Anna Stoker of Las Vegas arrived unday evening to spend a few days visiting. Tuesday Gordon, Frances and the Stokers enjoyed seeing Dworshak Dam and then traveled to Elk River. From there they went to Troy and they were dinner guests of Bob and Sandy Henrikson.

Mary Wills surprised Sonja Lohman Friday out in the field with a birthday cake and presents while the harvesters ate their supper. The cake was enjoyed by the guys, the guest of honor and Mary.

Friday dinner guests of Ron and Sonja Lohman were Shawni Stewart and Kimberly and George of Orofino.

Sunday dinner and supper guests of Ron and Sonja were Joel Marshall and daughter Sarah of Lewiston.

Monday Sonja and Connie Lohman visited with Dixie Porter at Lewiston.

Sunday afternoon Bill Cowger of Lewiston and Helen Cowger visited with Arlie and Priscilla Armitage.

Jack and Betty Mustoe and granddaughters Molly and Marie Mustoe went on a camping vacation at Lolo Hot Springs and Harrison. The girls returned home last Wednesday. Jack and Betty visited Ken Wilken Wednesday at Gritman Medical Center in Moscow. Sunday the Mustoes visited with Thelma Colwell in Lewiston. They took a drive and had supper out together.

M Dee's

PHOTOGRAPHY

Custom Matting
& Framing

- Special Assignments
- Stock Photography
- B&W Photo Repros.
- Weddings

289-5241

V. J.'s Beauty Bar

289-3291

We are pleased to welcome
TIFFANY HENSON
a recent graduate of
Leon's School of Hair
Design in Moscow
to our staff.
Tiffany is looking
forward to working in
the community

Doris
Mondays

Vicki
Tues., Thurs., Fri.

Tiffany
Tues. & Thurs.

Connie
Wed., Thurs. Fri.

Thursday evenings
by appointment.

Hours: 9 to 5

Cedar Ridge News

by Darlean Wilson

The community of Cedar Ridge expresses its sympathy to the family of Art Foster, a long-time resident of our hill, a good friend and a good neighbor.

Many on our hill attended the funeral on Saturday: Clem and Flo Lyons, George Lyons, Elmer and Thelma Cuddy, Rose Ann Holt, Bob Kimbley, Jo Brammer, and Bill and Darlene Wilson.

C. J. Syverson of Lewiston was a weekend guest of his grandparents, Roy and Donna Syverson. They returned the young man to his home Sunday morning.

On Sunday Bob Kimbley and his sister Edna Magee of Lewiston drove up into the mountains around Elk River.

Alfreda Hays of Coeur d'Alene arrived Friday to visit with Thelma and Elmer Cuddy. Thelma and Alfreda drove to Orofino Sunday to visit Faye Porter.

Delores Lyons spent eight days in Seattle attending a China Paint school, returning home Sunday. While Delores was in Seattle, visitors of George were daughter Chris and her husband Ron Croker of Vancouver, Wash., who arrived on Thursday and stayed until Sunday morning.

Mr. and Mrs. Omer Kries of Lewiston were Tuesday guests of their daughter Jenny Ensley. They also treated her to lunch.

Wednesday Rose Ann Holt and granddaughter Kristi Holt of Deary went to Cottonwood where Rose Ann helped judge at the Idaho County Fair. Kristi returned home on Friday after her visit with Rose Ann.

UI Celebrates Dad's Weekend September 5-6

University of Idaho students will be honoring their dads Sept. 5 and 6. Dad's Weekend will offer a variety of events, ranging from football to theater.

"We usually have several hundred dads take part in the event," said Tim Helmke, Alumni Office program adviser. Dads of UI students from as far away as Florida, Texas and Alaska have already registered for the event. "Most participants say they just want the opportunity to come visit their kids," Helmke said.

Besides visiting, the dads will be able to take in the Idaho Classic Volleyball Tournament in Memorial Gym, featuring Idaho, Butler, Portland and Wyoming. A golf tournament is also on tap, with a breakfast buffet prior to the tournament and a barbecue afterwards. The Idaho Repertory Theatre will be presenting "Forever Plaid" at Hartung Theatre both evenings. Football will also be featured, with UI taking on Portland State University at 3:05 p. m., Sept. 6, in the Kibbie Dome.

For more information, or to register for Dad's Weekend, contact the Alumni Office at 208-885-6154.

The oldest zoo in existence is the Schoenbrunn Zoo in Vienna, Austria, which opened in 1752.

A properly beaten egg white will more than triple its volume.

Shop with Your Local Merchants

MITCHELL CONSTRUCTION

Back Hoe & Dump Truck
General Excavation
Septic Installation
Licensed & Bonded in Idaho
JULIAETTA, IDAHO
Call
208-276-3028

Johnson Manor

426 Water Street
Juliaetta, ID 83535
A Community for
SENIOR CITIZENS
And/OR DISABLED
Phone (208) 276-7591
TDD (206) 335-3248

1 bedroom apartments
laundry facility
garden plots
community area for
community or
family events
patio

Many Apartments Have Been
Newly Renovated

Offering First Month Rent
Free for a Limited Time.

Call for Details or Stop by and
Our Manager will be happy to
Show You Around and
Answer Your Questions.

"Building Your Business" Workshop Starts Sept. 3

Are you an entrepreneur with a great business idea? Do you plan to start a business this year? Do you own a homebased business? Are you planning to expand your business within the next year? If you answered yes to any of the previous questions then you might benefit attending a "Building Your Business" workshop sponsored by the Self-Employment and Economic Development Council (SEED Council).

The next workshop begins Wednesday, Sept. 3 at 6:30 p. m. The location of the six-week workshop is at the Lewis-Clark Convention Center in Clarkston. Each Wednesday the workshop meets from 6:30 to 9 p. m. The workshop only costs \$75 and eligible participants may apply for partial scholarships and childcare costs. Call for details. Registration is limited and on a first come basis. To register or for more information call the SEED Council at 1-800-854-2469 or 509-758-5868.

The SEED Council is a non-profit organization committed to providing assistance and loans to start-up and operate small businesses in North Central Idaho and South East Washington, to achieve job creation, economic growth, and a trained and educated workforce as well as provide opportunities for innovation and creativity.

Big Bear Ridge News

by Arlyne Clemm
and Betty McManan

Sunday afternoon Alecie and Norman Nethken of Lewiston visited with Grace Ingle.

Dorthea Hedrick and Chas. Bower attended the 90th birthday observance honoring James Bower Sunday at the home of Lee and Linda Horning in Avon.

KENDRICK FAMILY DENTISTRY

JEFF SOWLE, D. D. S.

289-3221

MONDAY 9:00am-5:00pm
TUES. 9:00am-6:00pm
WEDNES. CLOSED
THURS. 9:00am-5:00pm
FRI. 9:00am-5:00pm

Cannon's Electric

Electrical Installation
and Service

— Call for Free Estimate —
Residential • Commercial

Kim Cannon

276-3314

Ron's Rocket Shop

Custom
Engine Rebuilding
and
AUTO REPAIR

912 E. Main
KENDRICK, IDAHO
289-5302

J and C Well Drilling

L. L. C.

* Domestic * Irrigation Wells
Quality Sand Free Wells
Pump Installation & Service
22 Years Experience
Licensed, Bonded, Insured

Joe Greer

289-5666

1-888-889-5666
(Toll Free)

C. H. BATTLES

Licensed Public Accountant

ACCOUNTING
BOOKKEEPING
TAX PREPARATION
ELECTRONIC FILING

Serving Your Community
For 26 Years

Member:

Idaho Assoc. Public Accountants
National Society Public Account.

Kendrick Lewiston

289-3381 746-3681



R. E. Magnuson Agency

OFFERING
ALL LINES OF INSURANCE

including:

- Personal
Auto, Home, Life
- Agricultural
Preferred Farms, Hobby Farms, Ranches
- Commercial
Businessowners, Vehicles, Bonds

—DANA MAGNUSON—

Your Independent, Local Agent
Representing Many Excellent Companies
Kendrick, Idaho Phone 289-4271

Marilou's School of Dance

Juliaetta - Kendrick's very own dance studio!

TAP, JAZZ, & BATON

ALL AGES!

Fun and friendly atmosphere! Two recitals every year! Novel and creative ideas!

Positive and patient instruction! Up-to-date & current teaching techniques!

Now Registering for
1997 - '98 Classes
CALL MARILOU AT 276-3661

40
YEARS OF
PROGRESSIVE SERVICE

FREE
Installation

\$199
COMPLETE SYSTEM

\$19.99 per month

No Upfront Annual
Subscription Required!

**There has never been a
better time to buy
DISH NETWORK**

Buy a DISH Network satellite TV System Now from
TDS TELECOM, and get a FREE Self Installation Kit or
\$100 off a professional installation.
All you need is a coupon—and TDC TELECOM has them!

Call 208-289-5701

Get 40 of America's favorite channels for only \$19.99.
And the equipment has never been more affordable—
only \$199!

Stop by TDS TELECOM today for your
on this special offer!

UP to 75% OFF on all In Stock Roll Ends

Many room-sized remnants just right for
**BEDROOMS, REC ROOMS, KITCHENS
OR BATHS**

ALSO SMALLER REMNANTS THAT WOULD
BE GREAT IN:

Campers, Dog Houses, Porches, Sheep Stands—
anything you can think of!

Snyder's HOME CENTER

If we haven't got it, we can get it!!
at competitive prices, too.

Phone: 289-8061

Kendrick, Idaho

A Little Advance Planning Helps Same-Day Surgery Go Smoother

The next time you have surgery, you may be part of the fastest-growing trend in health care: same-day surgery. You arrive at the hospital in the morning, have surgery, and return home later in the day.

While same-day surgery saves time and money, it also means patients—and their families or caregivers—must take greater charge of their recuperation.

"Some of the surgeries we did as inpatient procedures just a few months ago are now being handled in same-day surgery," says Heidi Keyes, assistant nurse manager in charge of Surgery Center Recovery at University of Washington Medical

Center. Much of this change can be attributed to new surgical techniques and faster anesthetic agents. People awaken more quickly from surgery, and are able to go home sooner.

Keyes cautions against underestimating a surgical procedure simply because you're released soon after. "Any time you receive anesthesia, there are risks involved," she explains. "It may leave you groggy for a good 24 hours after surgery—longer if you're taking pain medications—and you won't be functioning at full effectiveness."

It's important not to underestimate your recovery period. "Just because you go home just a few hours after surgery doesn't mean you're ready to resume your normal activities," Keyes cautions. "Think about what you would be doing if you had stayed in the hospital following surgery. You would not be cooking dinner, or strolling the supermarket aisles. You'd be in bed, resting, with people taking care of you. That's exactly what you should do at home."

Although pre- and post-operative preparation varies depending on the procedure, here are some steps anyone can take to prepare for same-day surgery:

1. Recruit someone to spend at least the first 24 hours with you. The anesthesia may make you groggy for at least that long, and you'll need someone to make sure you get ample liquids and nourishment, take your medication on schedule, and help you get to the bathroom. Your caregiver will be better able to notice any post-operative problems that you might miss in your groggy state.

2. Stock the pantry. You can generally eat whatever you can tolerate as long as your doctor does not restrict your diet, although it's best to steer clear of greasy or spicy food. Good choices are foods high in fiber, such as grains, fruits and vegetables. Drink plenty of water or juice, fluids are necessary to flush the anesthetic from your body and help in healing

and recovery.

3. Decide where you'll be resting, and set up a table or tray where you can keep food, ices and other supplies handy.

4. If your doctor recommends that can keep the surgery site above the level of your heart to reduce swelling, round up enough pillows to help with the elevation.

5. Pick up some books to read while you recuperate, or stop by the neighborhood video store and rent some movies.

6. If you have children or others whom you normally care for, find someone to pitch in while you recuperate. Not only will you be physically tired, you'll also be mentally "fuzzy."

7. If you'll be unable to walk unassisted after surgery, practice with crutches beforehand. Or, if the surgery will be on your dominant hand, you may want to practice writing with your other hand.

8. Do a safety check around your house. Make sure you have a clear path from your bed to the bathroom. Use a night light or leave a light on to help find your way.

9. Plan for some restrictions in your activities. You won't be able to drive for at least 24 hours, or longer if you're affected by pain medication. You may not be able to lift anything heavier than 10 pounds, and you may not be able to bathe or shower for a few days, depending on the site of the surgery.

Keyes warns that well-meaning family and friends can do more harm than good, especially if their constant calls and visits keep you from getting the rest you need. If friends really want to help, Keyes suggests asking them to bring you dinner, or to rent a movie for you. They'll feel good having helped and you'll be getting the help you really need.

Shop with Your Local Merchants
London's Heathrow Airport is one of the world's busiest with 47.7

about 11,000 miles twice a year. Scientists estimate that as many

The first known Christmas card was created in 1843 by John Calcott Horsley, an English illustrator.

SAATELLITE SYSTEMS Sales & Service

— CALL —

Chuck Lyons
Troy : 835-8944

RUSH Construction Co.

- New Construction
- Remodeling
- Vinyl Siding
- Vinyl Replacement Windows
- Roofing

CALL FOR ESTIMATE
289-4611

Paul Rush • Kendrick

ZOE'S CAFE

KENDRICK, IDAHO

PHONE 289-4781

Monday & Tuesday 5 am-3 pm

Wednesday to Friday 5 am-9 pm

Saturdays 6 am to 9 pm

Sundays 6 am to 8 pm

-Menu Specials-

Friday, Sept. 1 Prime Rib of Beef: \$ 9.95

Saturday, Sept. 2 Teriyaki Steak. 8.95

Sunday, Sept. 3 Breakfast Buffet: 5.95

Pork Chop Dinner: 5.95

Red Cross Pharmacy Gift & Floral

Doug & Christine Clayton Kendrick, Idaho
609 East Main "Old Fashioned Service for Your Modern Medical Needs"

**FLORAL SHOP NOW OPEN
AT NEW LOCATION
AT 609 E. MAIN**

WATCH FOR OUR GRAND RE-OPENING!

Pharmacy 289-5941
Floral 289-3456

Red Cross Pharmacy Will Be Closed Saturdays
from Memorial Day to Labor Day

Software Assistants Computer Classes

KENDRICK CLASSROOM

Call to register or for additional information

Rich & Nora Abbott, instructors
(208) 289-8378

Flexible scheduling, on-site training, and individual instruction also available.

—SEPTEMBER SCHEDULE—

ACCESS	Afternoon Class Sept. 22, 24 & 26
EXCEL No. 1	Afternoon Class Sept. 18 & 19
EXCEL CHARTS WORKSHOP	Morning Class Sept. 5
INTRODUCTION TO PC'S	Morning Class Sept. 2 & 3
Quicken	Evening Class, Sept. 15 & 22
Windows 95	Afternoon Class Sept. 8 & 15
Word No. 1	Evening Class Sept. 2, 3 & 4
Word Merge Workshop	Afternoon Class, Sept. 25
WordPerfect	Evening Class, Sept. 18, 23 & 25

Seven Ridges Veterinary

Dr. Randall Gutting, DVM

110 W. Main St.

KENDRICK, IDAHO 83537

289-5555

or toll free

1-888-289-3850

Hours: 8-5 M, T, TH, F; — W 8-8 — S 9-12

Large and Small Animals, Offering Mobile Service

PHIL's Family Foods

"Big Enough to Serve You—Small Enough to Know You"

Phone 289-5957

Kendrick, Idaho

OPEN 7 DAYS A WEEK—8 A.M. TO 7 P. M.

MEAT DEPT.

USDA Beef —	lb.
Baron of Beef	\$1.89
Draper Valley, Washington Grown	lb.
Whole Fryers	69c
Juicy and Delicious	12 oz. pkg.
Turkey Franks	69c

FRESH PRODUCE

Fresh and Tender	lb.
Red Seedless Grapes	79c
Fresh and Tender	ears
Sweet Corn	5 ears \$1
Assorted Varieties	Box
Nabisco Snack Crackers	2 for \$3
Thick and Flavorful	28 oz.
Heinz Ketchup	\$1.28
Early California Small Size	6 oz. can
Ripe Olives	79c
Everybody's Favorite	10.75 oz.
Campbell's Tomato Soup	2 for \$1
Assorted Flavors	Can
Pringles Potato Chips	99c
Soft and Absorbent	Rolls
So Dri Paper Towels	2 for 88c

WITH THIS COUPON

Western Family
**HOT DOG
OR HAMBURGER BUNS**
Packages of 8
2 pkgs. 88c

Assorted Flavors	1/2 Gal.
Western Family Ice Cream	3 for \$5
Frozen—Reg. or Pink	12 oz.
Western Family Lemonade	2 for \$1
Assorted Varieties	14 oz.
Lays Potato Chips	\$1.99
Kraft Cheese	2 lb. loaf
Medium Cheddar Cheese	2 lb. \$3.49
Assorted Types	each
Suave Shampoo and Conditions	99c

Espresso Special of the Week

MANGO LATTE

Short: \$1.50 Tall: \$1.75

or

BANANA MOCHA

Short: \$1.75 Tall: \$2.00

Antelope Happenings

at the Antelope in Kendrick, Idaho

Friday Nite is Steak Night

BARBEQUED RIBS

Come Enjoy the Barbecue!

FLEMING

TRUCK & EQUIPMENT CO,

Phone 289-4971 or 289-3311

Kendrick, Idaho

August Specials

24-pc. Wrench Set, Set SAE & Metric,	\$26.95
2-speed Electric Fan	14.49
6-gal. Rubberaid Water Container	12.49
Truck Kool Cushion	10.95
1,000 pc. Cotter Key Assortment	9.95
Spray Way Glass Cleaner	2.55

SEE OR CALL US
FOR ALL
YOUR HARVEST NEEDS