

The Greatest Man I Ever Knew

Non-fiction Biography
Copyright 1997
By Steven C. Parks

The muscles in his forearms stood out like steel cables as he clamped the board against the floor with one hand, and trimmed the width of the hand saw blade from one end of it. Ted Mielke did all of his carpentry from floor level. He had been a paraplegic since age five, when he was stricken with polio.

Stories relatives told made Ted a heroic, almost legendary figure to me when I was six years old. It was my privilege to work with him as his "go-fer" during the remodeling of our trailer house at this age. He lived up to his reputation. Now I had my own uncle Ted tales to tell my family around our supper table. The colorful jokes, the almost super-human upper body strength, the seemingly limitless knowledge about any subject.

He had one foot stepped on and crushed by a horse at age two, then polio, a ruptured appendix, diabetes, cancer, then finally as an old man, severe arthritis. H. T. "Ted" Mielke's body was bent, but his spirit was never broken. He was too tough for everything except old age. He died peacefully in his sleep, one month short of his 73rd birthday. He worked right up to the day before he died.

It's funny in a way, but we never thought of him as being crippled. To all who knew him, he seemed merely inconvenienced by not having the use of his legs.

In his younger days he climbed ladders hand over hand, helped put on roofs, wired houses for electricity, rebuilt car engines, and drove a crawler tractor with hand controls he designed and built. Ted was never beaten at arm wrestling as a young man.

He drove a car without hand controls. I think he used his right leg as sort of a push stick on the pedals. I know he was always eager to have someone else drive him if possible, and he never drove in larger towns. As each of his younger relatives came of driving age, we each got a turn as Ted's unofficial chauffeur.

He was a big man, handsome in a rugged sort of way. Ted radiated a sense of greatness, or purpose, much the same as Franklin Roosevelt, or Babe Ruth. Women succumbed easily to his natural charm. Waitresses always fussed over him, and his school yearbooks are filled with somewhat embarrassing notes from female admirers.

In every wolf pack there is an alpha wolf, or natural leader. Ted was the alpha male in our family during his entire adult life. He was a successful and respected insurance executive, skillful electrician, avid fisherman, expert carpenter and mechanic. He was easily one of the most intelligent people I have ever known. Ted was all these things, and much, much more.

The twinkle in his eye, his hearty laugh, the many interesting stories he readily shared with all. He was the steady hand at the helm of his whole extended family. His courage and strength of spirit still inspire all of us who knew him.

Hill and Valley Garden Club Meets Nov. 19

Hill and Valley Garden Club will meet Wednesday, Nov. 19 at 1:30 at the club center. Roll is to be answered with, "an herb I'd like to grow and why." Barbara Hepler will present the program and Joyce Brammer will give the book review. Hostesses are Terri Henderson and Barbara Paulson.

This is the day we will prepare the club rooms for Christmas work days, so grubby attire is in order— as well as knee pads and liniment! Guests are always welcome.

Shop with Your Local Merchants

Julietta-Kendrick

Meal Site Menus

Friday, Nov. 14—

Beef Stew with Onions, carrots and potatoes with crackers
Sliced Bread
Peach, Lettuce, Coconut Salad
Cinnamon Rolls
Applesauce

Wednesday, Nov. 19—

Meatloaf
Potatoes and gravy
Seasoned Corn
Whole Wheat Rolls
Carrot, Pineapple, Coconut
Raisin Salad
Peach Pie with topping

DATES TO REMEMBER:

Nov. 14: Meal. Video of Lyle and Louice Pea's 50th wedding anniversary.
Nov. 19: "Meal. Movie. Blood Pressure check at 10:30.

Seniors Thank Community For Supporting Pancake Feed

Golden Sunset Senior Citizens had a winner again in its pancake feed on November 2. Having served approximately 155 hungry folks, the seniors took in nearly \$1,050. Divide that income by 155 and you can see that each meal served generated about \$6.75—much more than the price of the breakfast for adults. Obviously there were many outright contributions that raised the total that much.

Contributions was certainly the name of the game that Sunday. From Phil's Family Foods contribution of the turkey for the raffle right on to the contributions of time (and talent!) of those serving out in the kitchen and in the dining area. And then there were the cash contributions! What a generous community.

Golden Sunset Seniors thanks the following members of the kitchen crew: Bob Hassoldt, Dick Benjamin, Frank Jacobson, Harold Silflow, Marvin Silflow, Bill Stockman, Charles Bower, Harold Larson, Don Chrystal, Jerry Brown, Harry Burmeister, Dennis Hamilton, and Ross Armilago.

Thanks, too, to those serving out in the dining area: cashier Willard English, Erna Nelson, Shirley Richey, Marie Grant, Vera Hutcheson, Juanita Craig, Pat Asplund, Jane English, Helen Heidenreich, and LenaBelle Larson.

Clearing over \$825.00 on this horoscopically auspicious fund raiser, Golden Sunset is in a stronger position economically to meet the costs of maintaining the Senior Center. Alan Greenspan would be encouraged by their success. Speaking of success, Dick Benjamin made off with the turkey. Congratulations, Dick!

Having eaten before undertaking his egg scrambling duties, Don Chrystal remarked that it was a good breakfast. "And it's even better now that I'm here," he added. Not only you, Don, but all the other 154 who enjoyed the meal and the good company. They made it the success it was!

Cameron, Southwick News

By Sonja Lohman and Uptal Lohman

The community would like to extend its condolences to Ken Wilken and family, and Marlene Meyer and family at the death of their mother, Martha Wilken.

Sunday Jean Wegner and Roy and Doris Silflow enjoyed a drive and the beautiful fall scenery. They had dinner in Deary. They spent the evening playing cards at Jean's.

Tuesday, Nov. 11, Bill and Mary Wills celebrated their 37th wedding anniversary and Bob White observed his 54th birthday anniversary.

Tuesday Bill and Mary Wills traveled to Puyallup, Wash., to visit Mary's father Joe Kuchynka, in the hospital. He had fallen and hit his head Saturday evening and is in progressive care at the hospital. They returned home Thursday.

Recent visitors of Frances Peters were Sandy Henriksen of Troy and Ron and Sonja Lohman.

Visitors at the Don and Julie Cooper home were Julie's mother, Jean Wilty, her brother Travis Wilty, and nephew Brian Wilty and friend Jennifer, all of Corning, Calif., and Julie's uncle, Bill Childs of Corning. They spent five days visiting family.

President Julie Cooper of the Southwick Homemakers Club reminds members that club will be held Monday, Nov. 17, at the Southwick Community Center. Lunch will be potluck.

Visitors of Bob and Judy White have been Bob's son and family, Jim and Shelia Ayers and daughters Allora and Melina of Seattle, Judy's sister Bonnie Lovett of Nyssa, Ore., and Ron and Sonja Lohman.

Bill and Mary Wills and Ron and Sonja Lohman were Sunday dinner guests of Gordie and Karen Singer of Troy. The evening was spent playing cards.

Connie Lohman enjoyed having dinner Sunday with Gary and Janice Lohman and Sharon Parks at the Quality Inn in Clarkston. Connie spent a couple of days at the home of Sharon Parks in Lewiston.

Egg Toss—

I didn't know it was time for the carnival to be in town again. Do you toss eggs at all rigs on the hill—or just little red sports cars? Think about it. It causes a lot of damage. What goes around, comes around!

Local News Of Kendrick

Charles and Effie Candler of Lewiston visited Jim and Hazel Candler Thursday. Arnold and Lois Mae of Deary were Friday callers. Travis Schuit of Lewiston spent the weekend with his grandparents.

Sunday Marilyn and Bud Eichner were guests of Roger and Becky Witt. Elvina Wilson was also a guest. Granddaughter Erin Rishling was home and they all helped her celebrate her 21st birthday. Bud and Marilyn went on to Lewiston where they visited with Alberta Turner.

Julie Hazeltine was a Friday afternoon visitor of Elma Hazeltine. Friday Elmo and Marge Eldridge went to Oakesdale where Marge's sister, Frances Zimmerman joined them for a trip on to Spokane. They all visited with Don and Eunice Mundstedt while in Spokane.

Marge and Elmo visited with Lillian Eldridge and Thomas and Maxwell of Spokane who were houseguests with the Leonard Eldridge family. Sunday Elmo and Marge had a fun day fishing with Leonard on his boat in the Clearwater and Snake River confluence.

Saturday Roger Nelson of Moses Lake, Wash., spent the day with his mother Erna. He helped her with chores and they had a good visit.

Saturday evening Bob and Judy Callison and Wally and Bonnie Butler enjoyed supper out at the Lone Jack in Pottlatch.

Ruby Craig and Maxine Foster accompanied Marjorie Alexander to the supper and bazaar at the Methodist Church Saturday evening.

Sunday Wally and Betty Fraser visited Hulda Clemenhagen and helped with chores which Hulda appreciated. They enjoyed coffee and a good visit.

Barbara and Ted Deobald of Richland, Wash. visited Helen and Geo. Brocke. Friday Kirby Treherst of Spokane called on the Brockes.

Dick and Vicky Benscoter were among those attending the dinner and bazaar at the Methodist Church Saturday evening. Denny Driscoll was a Sunday morning visitor at the Benscoters.

Allison and Naomi Breckon accompanied their grandparents, Dr. and Mrs. Danzig on a trip to Florida, leaving Nov. 7. They took idyllic Cape Canaveral, Disney World, M. G. M., and other points of interest.

Wilma and Dale Uhlenkott of Lewiston visited with Joyce Clemenhagen Sunday.

Kathlyn Morey was among those attending the Methodist Church supper and bazaar Saturday evening.

Last Monday Alison Edwards of Spokane spent the day with her grandmother Ada Westendahl. Vivian Craig and Daniel and David Arnett of Fernwood and Billy Arnett were Sunday visitors. Janet Edwards was a Monday overnight guest. Quentin Carlson and Ada met Janet in Moscow for lunch on Tuesday.

Midge Dammarell spent the weekend in Lewiston with her brother John Parsons. They visited with Paul Dammarell several times at State Rehab Center.

Rose Brocke attended the volleyball game in Troy Saturday morning. In the afternoon she accompanied Terri and Lexi Hines of Lewiston to a gymnastics clinic in Coeur d'Alene.

Sunday morning Gary Gertie, Rick Gertie, Ed Pea and Wayne Harris drove to the Harris cabin on Lake Coeur d'Alene where they did some landscape work. They returned home to enjoy a roast beef dinner prepared by Kaye. Also present were Pam Gertie and children, Shari Pea, Kayla and Kyle and Joanne Gertie and girls.

Tim and Melissa Eichner and Megan attended the dinner and bazaar at the Kendrick Methodist Church Saturday evening.

Lynda Brocke and Jane Ford visited with Esther Shreffler Wednesday. Granddaughter Shelly Cannon and sons of Deary spent Thursday afternoon with Esther. Doris Nelson was a Friday luncheon guest. Sunday Esther accompanied Bob Hansen to Deary where they attended the birthday celebration honoring Eva Fors on her 99th birthday. It was a lovely day. Monday Esther accompanied Helen Heidenreich to Lewiston.

Mark Reid visited his mother Ula Cantril Saturday and Sunday morning.

Friday Resi Brown went to Lewiston where she met her daughter Jenny Brown. They shopped and enjoyed lunch out. Sunday Resi joined Jim and Jeanette Thiel and Reba Toomey for breakfast at Zoe's.

School Board Meets Thursday, Nov. 13

The board of trustees of Kendrick Joint School District No. 283 will meet in regular session Thursday, Nov. 13, at 7:30 p. m. in the high school library.

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

Elma Hazeltine to be Honored on 80th Birthday Sunday, November 16

Elma Hazeltine will be honored on her eightieth birthday anniversary at a reception Sunday, Nov. 16 at the Kendrick Fire Hall between the hours of 1 and 3.



Mrs. Hazeltine is a retired housewife and farmer who has made her home in the Kendrick area for the past 56 years, most of them spent on Big Bear Ridge where she and her husband, the late Pearl E. Hazeltine, farmed. Following his death in 1981, she moved to Kendrick where she and her daughter, Laurine, now live.

Pearl was born Nov. 19, 1917 at Cloverland, Wash., the daughter of Arthur and Grace McMillan. She married Pearl E. Hazeltine at Cloverland Nov. 19, 1937. She is a member of the Happy Home Club on Big Bear Ridge and the Auxiliary Unit of Baker-Lind Post 3913, Veterans of Foreign Wars.

Her hobbies include painting, embroidery, crocheting and raising roses.

She has a daughter, Laurine and a son, Darel, and two grandchildren, who will serve as hosts for the November 16 reception. "No Gifts, please," is the request.

Cedar Ridge News

By Darlean Wilson

Our small community would like to welcome new neighbors Jonathan and Joshua Morse from Texas, who now live on the John Cuddy place. The two brothers have moved here and work in Lewiston.

Guests of Roger and Sue Syverson were daughter Erin and her husband Randy Palmer who arrived Saturday evening. With them was Randy's father, Bill Palmer of Port Orchard, Wash. They were overnight guests and left Sunday.

Clint Wilson of Lewiston was a guest of Bob Kimbley one day last week.

Thelma Cuddy enjoyed lunch in Lewiston with Arlene Neumann last Monday.

Clem and Flo Lyons drove to Frasier Thursday to the home of Dale and Orita Stuart where she and Orita attended the Hill Top Club meeting. Saturday evening Clem and Flo were among those attending the dinner and bazaar at the Kendrick United Methodist Church.

Cub Scouts Thank Community for Support of Food Bank Drive

Cub Scout Pack 101 would like to thank the community for its support of the recent food bank drive. If anyone wishes to donate or was missed last Saturday morning, donations may still be left at the local food bank or at Phil's Family Foods. Thank you again for helping in this worthy cause.

THANK YOU TO OUR BIG BEAR RIDGE FRIENDS

We would like to thank the Big Bear Ridge Happy Home Club for the dinner following our sister Diane's funeral service. A special thank you to Elaine Galloway and Ruthie Wilson for your thoughtfulness and time in preparing the dinner. It was very much appreciated. God Bless, Keith and Donna Ingle, Karen and Chuck McGehee, Nancy and Terry Colwell

THANK YOU FOR YOUR SUPPORT

I would like to thank those of you for your support and votes in the recent municipal election. I will do my best to justify your support. Thanks again, Ron Johnson

Community Open House Saturday at the Grange

This an invitation to attend a community open house on Saturday, Nov. 15, at the Kendrick Grange Hall. Plan to come early and enjoy all the events that will be available from 10 a. m. to 2 p. m.

The Kendrick-Julietta Arts Committee will present a skit, "Cooperation Works," at 11:30 and the Historical Slide show at 1. Refreshments will be served and door prizes will be given away. Activities for kids will be provided as well as information on community "happenings." It is hoped that many in the community will be present.

Tables will be set up at 8:30 a. m. Participating organizations are asked to set up between 9 and 10 a. m. Remember to bring refreshments along with display and information items.

Contact numbers: Lynnette 289-5502 and Phyllis 289-5302.

Local News Of Julietta

Marilyn Benjamin spent Saturday with her daughter and grandsons Lori Bogar and Kristopher and Kyle in Lewiston.

Dan and Kathy Johnson and Josh of Spokane were Saturday overnight guests of her parents Everett and Freda Farrington. Brian Johnson and Patricia Beraud, both of Boise, were visitors. Saturday evening they were dinner guests of Betty and Golden Steele. Joining the family for dinner were Tony Howerton and Megan Gammond, Brian Carter and Andrew Twiet both of Lewiston, and Angie Lee of Deary.

Marie Grant attended the ham dinner and bazaar Saturday evening at the Kendrick Methodist Church. Monday Marie and Shirley Richey shopped in Lewiston and Clarkston. Marie joined her friends of the Kendrick Canyon Klub at their monthly meeting hosted by Juanita Craig.

Sunday Pearl and Phillip Groseclose joined their family at Granny's in Lewiston for dinner. Those present were Janice and Larry Groseclose, Denise and Bill Hall and Justin, Geneva Davis, Russell Cromer, Melissa Groseclose and Debra Marcell. The group surprised Pearl by singing "Happy Birthday" and celebrating her birthday which was Saturday. Theda Metcalf was a Monday afternoon visitor of Pearl.

Saturday visitors with Harold and LenaBelle Larson were Roger and Linda Morgan of Orofino and Mike and Keydren Morey. LenaBelle and Harold treated Keydren and Mike to breakfast at Granny's Buffet Sunday to celebrate Keydren's birthday. Scott and Tona Morgan of Cavendish and Ron and Melissa Morgan of Lewiston were Sunday afternoon visitors. The Larsons called on Mike and Keydren Monday evening. Lena Belle attended the Kendrick Canyon Klub meeting Tuesday afternoon at Juanita Craig's home.

Sunday visitors at the Buddy Henson home were Nancy Swanson of Moscow, Fred and Marcy Swanson, Whitney and Brandy of Post Falls, Tony and Kelli Henson and Jordan of Weiser. Monday Buddy and Alice and Chelsie and Bryce and Mark Maland and Marnie Henson of Coeur d'Alene and Jake Marek attended the Joe Diffie concert in Lewiston.

Wednesday Inez and Morris Mattoon of Lewiston visited Viola Johns. Thursday Viola accompanied Dian Groseclose to Lewiston to keep a medical appointment. Vanessa Clemenhagen too Viola to Kendrick Tuesday morning. Louise and Adam Boehm of Olympia, Wash., were houseguests of Ted and Theda Metcalf for several days. Louise is Ted's sister.

Rob and Aaron Clemenhagen attended the Joe Diffie concert in Lewiston Monday evening. Marsha Schroeffler of Moscow visited Muriel and Lowell Hubbard on Saturday. They all attended the supper and bazaar at the Kendrick Methodist Church. Fonda and Richard Wilson of Genesee were Sunday callers. Joe and Betty Tiedt of Spokane were also Sunday visitors.

Julietta Elementary Talent Show Nov. 14

The 2nd annual Julietta Elementary Talent Show is this Friday, Nov. 14 at 7:00 p. m. in the Julietta Elementary School gym. You won't want to miss this year's "Little Town Talents." Many students have been preparing great talents such as tap dance, piano solos, violin and cello selections, vocals, a youth choir and some fancy fiddling. Donations will be accepted at the door and will benefit the Elementary music program. Please join us for a great night of music and dance!

EVERGREEN FRIENDSHIP CLUB MEETS NOV. 20

The Evergreen Friendship Club will meet Thursday, Nov. 20 at 1:30 at Johnson Manor in Julietta. Flo Lyons is hostess.

Martha A. Wilken, Longtime Cameron Resident, Dies at 100

Martha A. Wilken, 100, a retired farmer and longtime resident of Cameron and Kendrick, died Sunday, Nov. 9, 1997, at the Good Samaritan Village in Moscow of causes related to age.

She was born Feb. 19, 1897, to the Rev. George and Margaret Tamke Finke at LeMars, Iowa. Her mother died when she was 5 and they moved to Astoria, Oregon. The family lived in several places in the Northwest before they settled at Cameron.

Her father was pastor at the Cameron Emmanuel Lutheran Church for 17 years.

She married George A. Wilken June 20, 1923, at Lewiston. The couple farmed at Cameron until 1951, when they moved to Kendrick. He died in 1967 and she lived at Kendrick until 1994, when she moved to Good Samaritan Village.

She was a member of the Cameron Emmanuel Lutheran Church for 90 years. She played the organ for the church in her early years and was a member of a Bible study group and the church's Ladies Aide group. She was a member of the Kendrick Golden Sunset Senior Citizens and the Cameron Homemakers Club.

She enjoyed crocheting, sewing and reading. She had translated several books from German to English.

She is survived by a son, Kenneth Wilken of Kendrick; two daughters, Margaret Kerbrat of Mission Viejo, California, and Marlene Meyer of Kendrick; a sister, Alma Betts of Cour d'Alene; six grandchildren—eight great-grandchildren.

Three sisters and two brothers died previously.

Visitation will be from 10 a. m. to 7 p. m. Wednesday at Malcolm's Brower-Wann Memorial Chapel at Lewiston. The funeral will be at 10:30 a. m. Thursday at the Cameron Emmanuel Lutheran Church and burial will follow at the church's cemetery. The Revs. David Kappus and Kim Kirkland will officiate.

Memorials will be given to the Cameron Emmanuel Lutheran Church or the Julietta-Kendrick Ambulance Fund, P. O. Box 182, Kendrick, ID 83537.

FROM THE FAMILY OF DIANE INGLE MORGAN

We would like to thank the J-K Ambulance and the Kendrick clinic for the care and transport of our sister Diane to St. Joseph Regional Medical Center in Lewiston. A special thank you to Shari Silflow for her diligence in locating Diane and her follow up concern. And an extra special thank you to Leona Wilson for everything you did for us.

Sincerely,
The Family of
Diane (Ingle) Morgan

V. F. W. AND AUXILIARY MEET THURSDAY, NOV. 13

Baker-Lind Post 3913, Veterans of Foreign Wars and Auxiliary will meet in regular session Thursday evening, Nov. 13, at 7:30 in the hall. A good attendance is urged.

Julietta-Kendrick School Lunch Menus

Friday, Nov. 14—
Breakfast:
Cereal, Toast, Juice, Milk
Lunch:
Soft Taco
Corn
Peaches
Peanut Butter Bar
½ Pint of Milk

Monday, Nov. 17—
Breakfast:
Cereal, Fruit Bar, Juice, Milk
Lunch:
Ham & Cheese Pizza
Potato Slices
Orange Slices
½ Pint of Milk

Tuesday, Nov. 18—
Breakfast:
Eggs, Sausage Patty, Juice, Milk
Lunch:
Haystack
Green Salad
Pears
½ Pint of Milk

Wednesday, Nov. 19—
Breakfast:
Cereal, Muffin, Juice, Milk
Lunch:
Toasted Cheese Sandwich
Potato Wedge
Mixed Fruit & Jell-O
½ Pint of Milk

Thursday, Nov. 20—
Breakfast:
Cinnamon Bar, Juice, Milk
Lunch:
Burrito
Fresh Vegetables
Applesauce
Oatmeal Cookie
½ Pint of Milk

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Be Prepared: What to Stock in Your Home Medicine Chest

When illness or injury strikes at home, your first line of defense is often the medicine chest. To make sure you're well prepared, it's important to take an inventory of your medicine supplies and stock up on basic necessities.

"There's no substitute for prompt, professional care when serious medical problems occur, but it's always wise to have a well-stocked medical kit that can help you effectively handle a number of minor medical problems," says Jeanelle Lund, a

registered pharmacist at the University of Washington student health center.

To start, you should first take a careful look at the medicines you have on hand and get rid of any that are past their expiration date or are missing labels. Lund warns that you should never guess at something as important as the identity of a medication.

Next, look for signs of deterioration in medicines: sediment or cloudiness in a previously clear liquid; chipped, cracked or discolored tablets; sticky capsules; runny or unusual-smelling creams or ointments.

"The safest way to dispose of un-

wanted medicines is to empty the contents into the toilet," Lund says. The quantity of drugs discarded in this way is too small to harm the environment.

For a properly-equipped medical chest at home, Lund suggests having the following supplies on hand:

- Ipecac syrup for forcing vomiting in accidental poisonings (use only on the advice of your nearest poison control center)
- Hydrocortisone cream for minor itches and rashes
- Pain relievers such as aspirin, ibuprofen or acetaminophen (avoid giving children aspirin; studies show a link between aspirin and Reye's syndrome, a potentially fatal condition that can follow childhood viral infection.)
- Adhesive bandages and sterile gauze pads
- Elastic bandage and chemical ice pack for sprains
- Antibacterial soap for disinfecting minor cuts
- Clean wash cloth for cleaning scrapes and cuts
- Antibiotic cream or ointment
- Wound-closure tapes such as Steri-strips
- Sunscreen (factor of at least 15) for skin protection.
- A decongestant such as Sudafed
- Benadryl, an antihistamine, for allergic skin reactions and itching; also useful as a cough suppressant
- Tweezers and scissors
- Thermometer (rectal for children; oral for adults)
- Disposable gloves
- Sanitary napkins for emergency compress on severe wounds
- First-aid handbook
- List of emergency phone numbers, including police, fire, doctor, ambulance, hospital and poison control center.

Where you store these supplies is important, Lund notes. "Avoid humid places like the bathroom or kitchen," she advises. "Keep all medicines locked away, not just on that 'high shelf' you think young children can't reach."

Big Bear Ridge News
 by Arlyne Clemm and Betty McManan

On Thursday, Nov. 13, the Community Club will meet at 7 o'clock at the hall. All the community is invited to attend. There will be election of officers.

The Happy Home Club met Oct. 28 and officers were elected for the coming year.

They are:
 President: Elaine Galloway
 Vice President: LoriAnn Wilson
 Secretary: Kathy Jones
 Treasurer: Nancy Vakoeh.

Jerry Galloway attended a conference in Boise from Wednesday to Friday. Saturday dinner guests of Jerry were Michael Culpepper of Pullman, Kristina Torasky of Chicago and Greg Twoo of Spokane.

Jerry Galloway enjoyed Sunday breakfast with Kari Galloway and Tutti Sandmeyer.

Saturday evening Grace Ingle and Arlyne Clemm attended the Kendrick Community United Methodist Church annual home dinner and

bazaar.

Sunday afternoon Grace Ingle, Alecie and Norman Netken attended the annual dinner of the Latah County Historical Society.

Friday Glenda Wilson met her sister Sandy Grotzinger of Grangeville and her nephew Eric Williams of Lewiston for a good visit and supper in Lewiston.

Saturday Brenda Halen received a surprise baby shower at her home from her mother Gretchen Hermann and sister Staci Harper.

Wednesday Charles Bower and Dortha Headrick attended the Latah County Grain Growers dinner in Moscow. Friday they attended the Clearwater Power dinner in Lewiston. Saturday afternoon they went to Tensed for a 50th wedding anniversary reception for Dortha's cousins. There was a dinner and dancing.

Gerald and Lee Halseth attended the Methodist Church dinner and bazaar Saturday evening.

Justin, Christen and Jordan were weekend visitors at the home of Ron and Kathy Jones. They all attended a harvest dinner at their church in Clarkston Saturday evening.

Grandsons Autrey and Kole spent Monday night with Ron and Kathy. A big "Happy Birthday" to Jordan, who turned five this week.

Park News
 by Joey Smith

Jerry and Jody Smith visited her mother Betty Stone briefly on a Tuesday business trip to Lewiston.

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Jeff Schroeder of Troy joined them for lunch on Wednesday. Thursday evening the Smiths attended the Latah County Grain Growers annual business meeting and banquet in Moscow.

On Friday Clinton and Ethel Smith and Jerry and Jody Smith attended the Clearwater Power annual business meeting and dinner at Lewiston. Saturday Blaine and Cheryl Sutton of Lewiston shared lunch with the Jerry Smiths.

Nineteen Smith family members and friends gathered at the Lewiston home of Aunt Ethel Slatter to help her initiate her new garage with a pinocle party. Winners were Ethel Slatter (who was a gentleman for pinocle only), men's high; Tom Weber, men's low and pinocle, Eniss Smith, ladies' high, and Debbie Dickie, ladies' low.

The ancient Romans played marbles 2,000 years ago.

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- Grapevine Wreaths 2" to 24"
- Grapevine Hearts 12" to 22"
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- Wire
- Satin Ribbon (country colors)
- Christmas Ribbon
- Silk Flowers & Dried Roses

THIS WEEK

Pumpin Floral Arrangements \$18.95
 Carnation Bud Vases (2) 5.25

★ **New Arrivals at the Drug Store**

Bone China Teapots from England
 Victorian Print Flue Covers
 Sachets a& Note Cards
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Pharmacy Open Saturdays Until Noon.

A species of seaweed, the Pacific giant kelp, can grow 18 inches in a day.

Shop with Your Local Merchants

Classifieds

NEED YOUR LEAVES RAKED?
Call Adrian or Destinee at 289-4597.

2t23p

FOR SALE: Queen Size Orthopedic Mattress set, brass headboard and frame. Never used, still in plastic, cost \$1,000. Sell for \$300. Call 509-758-7226.

1t25p

FOR SALE: Gentle saddle horse for anyone, 17 years. \$800. Marvin Sillnow, Kendrick.

2t24p

HELP WANTED: Substitute cafeteria workers at Kendrick Jr. School Dist. No. 283. Application deadline: 4:00 p. m., Friday, Nov. 14. Phone 289-4211.

2t24c

FOR RENT: Small house 1 mi. from Cherrylane Bridge. No dogs. \$350 a month. Call 276-7401.

4t24c

FOR RENT in Juliaetta: 2 bedroom duplex. Call 276-3661.

2t23c

FOR SALE: 2 16" studded snow tires, \$150.00. Call 289-5553 or 289-3506.

4t23c

COMPLIMENTARY FACIAL
Personalized skin care program customized for your skin type. Dermatologist-tested. Call today for a free consultation and discover the ColorLogis Glamour System from Mary Kay. Lori, Independent Mary Kay Beauty Consultant, 276-4357.

9t24p

FOR SALE: 1980 Nashua 14x70 2 bedroom, 2 bath with sunken bath tub. Completely re-modeled with new carpet, linoleum, paint and wall paper. Excellent condition. \$19,000. Call 208-289-4510 evenings or leave message.

4t22c

FOR STUD SERVICE: Registered male Dachshund. Call 245-2343.

5t20p

FOR SALE: FORD PARTS & TRUCKS. Call 208-245-2343.

5t20p

FOR SALE: Brother LX-1500 printer, \$50 or best offer. 289-5391.

1t18c

ALATEEN 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.

1t15nc

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.

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.

1t16nc

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

8t12c

KENDRICK FIRE HALL is available to rent for family gatherings. \$18 for meeting room; \$25 for kitchen and meeting room. Contact Aaron or Scott Helnen at 289-4887.

1t46c

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, 633-5173 or visit 103 W. A. St. Troy, ID for your real estate needs.

1t46c

ST-R-E-T-CH

Squeezing physical activity into your hectic daily schedule can be a challenge. So why waste precious time with warm ups and stretching when you can be out on the sports field, tennis court or golf course instead?

"A common cause of non-traumatic sports injuries is good flexibility," says Dr. John O'Kane, attending physician at the University of Washington Sports Medicine Clinic. "If people stop and take a few minutes to prepare their bodies before and after exercising, they can increase flexibility and help avoid being sidelined by an injury."

Many people abandon warm-ups and stretching after they finish organized sports in school. Yet since flexibility decreases with age, stretching is much more important in later years, especially for preventing tears in muscles and tendons.

O'Kane notes that stretching can be for naught if performed incorrectly. For example, bending over and touching your toes is not an effective stretch, since it places too much force on the hips and back. Altering this stretch by raising one leg, and flexing at the hips helps stretch the hamstring and not the back.

"The key to stretching is making sure it isolates specific muscles and avoids compensating movement," he explains.

A warm-up (such as a brief walk or jog) and gentle stretching should be performed before exercising. Since it's difficult to stretch a muscle when it's cold, it's best to stretch after exercising, when muscles have warmed up and are more flexible.

O'Kane offers the following additional tips for proper stretching:

Don't bounce—Stretching should be performed slowly and gently, without jerking motions or bobbing that may place undue stress on muscles.

Avoid pain—Painful stretching can result in injury to muscles. Stretches should be performed to the point where a person feels it, but not to the point where it hurts.

Relax—Breathing deep and slowing down can help warm-ups and stretching be more enjoyable and beneficial.

Hold in place—For maximum benefits, each type of stretching exercise should be performed at least three times and held in place for 20 to 60 seconds.

Establish a pattern—To make sure you find time for stretching each day, O'Kane suggests associating it with a regular activity. This may include stretching after dinner or before going to bed.

Choose the right stretches—Just because there are an abundance of stretching exercise doesn't mean you have to do them all. Select those which work the upper and lower

body and focus most specifically on the areas you will be utilizing during your physical activity.

Pay attention—it's important to take note of the muscle area you're trying to stretch. O'Kane notes that people may avoid stretching tight muscles by "stretching around them."

For help in selecting proper stretching exercises, people may wish to consult with their physician or a physical therapist. Numerous books, and other resources that outline stretching and warm-up activities are also available.

"A lifelong stretching program can have great benefits in preventing musculoskeletal problems and in maintaining balance and mobility," O'Kane says.

Compost Happens!

This fall, instead of bagging your leaves and yard wastes, use them to start a backyard compost pile that will become a valuable fertilizer you can use for seasons to come. The newest publication from the University of Idaho's College of Agriculture, *Composting at Home*, will tell you how.

"Anyone can learn how to compost," said co-author Bob Rynk. "All you need are some basic guidelines and a little space."

Composting is a simple and rewarding way to turn leaves, grass, and food scraps into a rich, organic fertilizer that will nourish lawns, gardens, and potted plants and reduce household solid wastes by up to 20 percent.

Composting at Home, by University of Idaho Cooperative Extension specialists Bob Rynk and Michael Colt, is a complete guide to the composting process. It covers all the essential information in 48 pages and uses clear illustrations to show the reader how to construct composting bins. Any organic materials piled together will naturally begin to compost, but Composting at Home gives detailed, easy-to-follow directions on how to make the most of this process and achieve a high-quality compost by controlling the location and design of the pile, the temperature, the moisture level, and the combination of materials in the pile.

For more information about the book, please contact Bob Rynk at (208) 885-7626.

Composting at Home can be ordered directly from Agricultural Publications, University of Idaho, Moscow, ID 83844-2240. The cost per copy is \$3.00 plus 50c postage and handling and 5% Idaho sales tax if applicable. Bulk orders of two or more copies can be purchased at a 50% discount and are not returnable. Buy 20 copies at a discounted price of \$20 and get a counter-top display free.

Help your hamburgers have added zip by mixing two tablespoons of horseradish to the ground beef before cooking.

The largest of the 88 usual constellations is Hydra (Sea Serpent), which contains at least 68 stars visible to the naked eye.

During the summer a grizzly bear, which can weigh between 350 and 500 pounds, may eat between 80 or 90 pounds of food a day.

The Metropolitan Opera House in New York City is the largest opera house in the world. It has a standing and seating capacity of 4,065.



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MONDAY	9:00am-5:00pm
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THURS.	9:00am-5:00pm
FRI.	9:00am-5:00pm

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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.

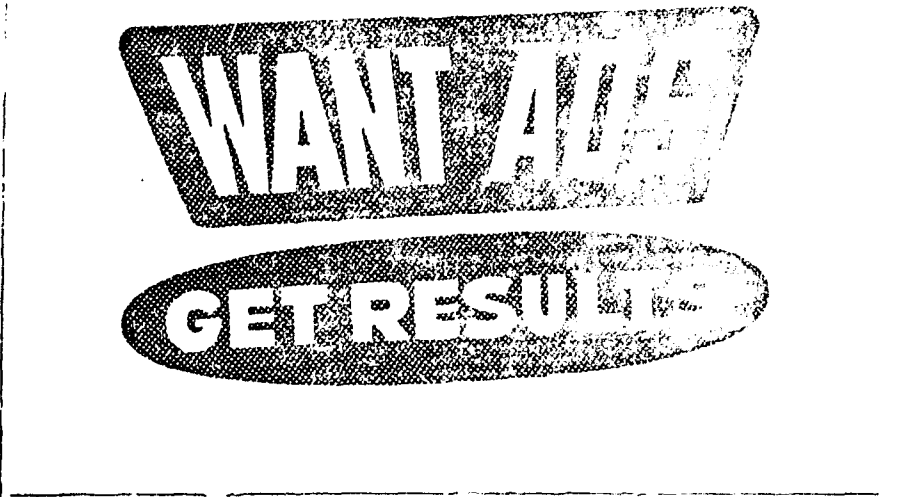
Here is what is being accepted at this time:

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



Mann and Stanke
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January 1 - April 15
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Moscow Office: 334 N Jackson St. P. O. Box 8114 Moscow, Idaho 83843 (208) 883-5555/FAX 883-3059

Kendrick Office: Main St., P. O. Box 69 Kenarick, Idaho 83537 (208) 289-3555/FAX 289-289-8558

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Vincent Fibelstad, PA-C

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Kendrick, Idaho

Pork Industry Reflects On Decade of Pork: The Other White Meat®

It's been 10 years since consumers in 15 metropolitan areas of the United States first heard about Pork, The Other White Meat®. In the decade since, pork has virtually gained a brand name, and it's recognized by 86 percent of consumers from coast to coast, according to the most recent Meat Attitude and Perception Tracking Study.

The nationally representative survey of 1,000 households also indicated consumers who are familiar with pork advertising view the product more favorably than those who are not.

But who wouldn't be familiar with the landmark campaign? The pork promotion has sponsored Super Bowl telecasts and Barbara Walters'

television specials, not to mention its advertisements in such diverse magazines as People and Atlantic Monthly or on numerous cable television programs.

"Consumer awareness is there. Pork is on their shopper's mind, but the challenge is for pork to be a regular entry on the weekly shopping list," said Robin Kline, Assistant Vice President of Marketing Communications for the National Pork Producers Council (NPPC).

When asked to name a white meat,

Looks Better, Lasts Longer.

Costs Less — at

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Kendrick, Idaho

November Specials

- 99-pc. Black Hawk Socket Set \$99.99
- 30-pc. 3/8" Dr. Black Hawk Socket Set \$30.99
- 1-Ton Cable Hoist (Reg. 29.95) Sale \$22.95
- Emerg. Service Kit (Reg. 28.99) Sale \$19.95
- Stanley Claw Hammer \$ 7.99

We have a good stock of
**REG. & R. V. ANTI FREEZE
ENGINE HEATERS**

pork is mentioned more often than turkey and second only to chicken. Studies indicate 61 percent of consumers regard pork as a white meat.

The number of people who give pork the highest rating has grown steadily for the past five years. Ratings for beef, chicken and fish remained about the same, Kline said. Since the campaign began, positive perceptions of fresh pork have increased by an average of 20 percent.

Pork producers realize promoting their product enhances profit potential. With this in mind, the National Pork Board, a group of pork producers appointed by the U. S. Secretary of Agriculture to oversee investment of the pork industry's checkoff funds, allocates approximately two-thirds of its annual budget for promotion at the national, state and local levels.

"The campaign has been a wonderful boost for our industry," said Lynn Green, a Morgan, Minn., producer and chairwoman of NPPC's Demand Enhancement Committee.

"It represents a great investment for us—one that's paid off tremendously."

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Monday & Tuesday 5 am-3 pm
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Sundays 6 am to 8 pm

—Menu Specials—

- Friday, Nov. 14 Prime Rib: \$ 9.95
- Saturday, Nov. 15 Chicken Fried Steak: 6.95
- Sunday, Nov. 16 Barbecued Beef Ribs: 5.95
- Breakfast Buffet: 5.95

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PIES: Desired Date Approx. Time Desired No.

Lemon Meringue			
Apple			
Cherry			
Apple Huckleberry			
Peach			
Blue or Blackberry			
Washington Nut			
Mincemeat			
Pumpkin			
Banana Cream			
Chocolate Cream			
Custard			
Coconut Cream			
Strawberry Rhubarb			

ROLLS:

Butter & Egg Rolls			
Butterflake Rolls			
Wheat Rolls			
Potato Rolls			

MISCELLANEOUS BAKERY:

Donuts			
Banana Bread			
Cheesecake			

OTHER:

SALADS & ETC. (please specify):

Rotisserie Chicken			
Barbecued Ribs			
Meat & Cheese Tray			
Fruit Tray			
Vegetable Tray			

SALADS: (Specify)

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MEATS:

	Desired Date	Approx. Time	Desired No.
--	--------------	--------------	-------------

Turkey: Tom Hen

Fresh Frozen

Approx. Weight

HAM: Bone-In Boneless

Approx. Weight

Prime Rib Approx. Wgt

Shrimp Amount

Oysters Amount

Other Meats:

Espresso Special of the Week

SUGAR DADDY LATTE
Short: \$1.50 Tall: \$1.75

or
IRISH CREME MOCHA
Short: \$1.75 Tall: \$2.00

Pepsi Family Sale

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12 PACK — 12 OZ. CANS

1/2 cases 3 for \$10

Single 12 Packs \$3.99

Western Family	12 oz. Pkg.
Real Chocolate Chips	98c
For Your Holiday Needs	5 lb. bag
C & H Granulated Sugar	5 lbs. \$1.49
Assorted Baby Food	Jars
Gerber 2nd Food	4 for \$1
Assorted Varieties	Bars
Candy Bars	3 for 99c
Laundry Detergent	Large Box 92 oz. Liquid 100 oz.
Tide Detergent	\$5.99
Assorted Varieties	each
Banquet Frozen Dinners	99c

—Meats—

Washington Grown	1b.
Fryer Hindquarters	69c
Lean and Tender	1b.
Sirloin Tip Roasts	1.89

—Produce—

Sweet and Juick	1b.
Navel Oranges	39c
Fresh, Green	1b.
Broccoli	79c
Fresh Crisp	1b.
Golden Delicious Apples	69c

COUPON SPECIAL

MEDIUM EGGS

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59c dozen

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Placing your holiday orders early will help guarantee that your meats, poultry, fish, bakery or deli requests will be here when you need them!

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