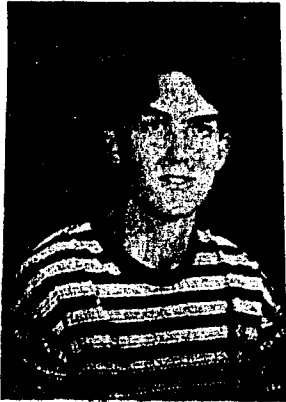


## KHS Wrestling Does Well at Pullman Tournament

The Kendrick High School wrestling team participated in its first official wrestling tournament last Saturday at Pullman. Pullman High's Grab Bag tournament consisted of approximately twelve schools from Washington and Idaho.



Patrick Hamilton

Patrick Hamilton's last round pin of his final opponent enabled him to take a second place silver medal in the 141-lb weight class. Josh Boyer also excelled in the 141-lb. class. He fought his way to a third place bronze medal.



Josh Boyer

According to Coach Anderson, the wrestling team is showing improvement each week and with experience should be a viable force in central Idaho. "I'm very proud of these young athletes. It takes a lot of determination and courage to enter a sport as physically demanding as wrestling, especially when you compete against athletes who've been in established programs for years," the coach said.

Other athletes in the wrestling program are: Ray Harrington, Seth Parks, Ty Jeppson, Matt Cole, Mike Gustofson, Luke Ogle and Brian Roetscoender.

## Cub Scouts of Pack 101 Prepared Holiday Cookies

What was going on at the Juliaetta Elementary School last Wednesday evening? At first glance one would think you were looking at a scene from Chicago Hope surgery room! Gloves on and knives in hand, over 35 Cub Scouts of Pack 101 and their families frosted over 400 cookies. The Cubs had much fun getting the cookies ready to give to the Senior Meal Site in Kendrick.

The Cubs and their leaders would like to thank Elaine Galloway for the use of the cookie sheets and to the Juliaetta Market for the donation of the Sprinkles for the cookies.

## Christmas Greetings

I would like to extend special thanks to all churches that ran prayer chains in the local vicinity and the Seattle area, as well as for the cards and letters, well-wishes, and all the encouragement from family and friends. I had surgery on the ninth of Dec., and was able to return home on the 14th, ready to begin my recuperation.

Christmas and New Year's Greetings to friends and family near and far.

Rudy and Glynes Meyer

## Anyone Interested in Ladies Basketball?

Ladies: Are you interested playing basketball? A ladies' team is being organized with plans to start the first week in January. Play will be at 8:30 Sunday evening at the Kendrick School gym.

Call Shari Pea at 276-3821 for more information.

The flag that was "still there" when Francis Scott Key wrote the "Star Spangled Banner" is still there today and can be seen at the National Museum of American History in Washington, D. C.

The distance from the heel to the articulation of the calf muscle is an indication of jumping ability. For high-jumping dancers and athletes, the distance should be equal to or greater than the length of the foot.

## Winners at Kendrick Turkey Raffle Saturday

Twelve lucky individuals received a very inexpensive Christmas turkey Saturday afternoon at the annual turkey drawing by the Kendrick Volunteer Fire Department.

Winners were:

Isabel Bruce  
Olive Dammarell  
Julian Sorrel  
Dareld Hazeltine  
Diamond Crawford  
Quentin Carlson  
Charles Deobald  
Ron Dammarell  
Clarence Alexander  
Elmo Eldridge  
Milford Osborn  
Tim Lockett

The Kendrick Fire Department thanks the community for its excellent support of this fund-raising project. The money from the sale is used to help purchase and maintain fire department equipment.

## Tigers Defeated by Orofino, Highland in Asotin Tournament

Coach Clarke Bradley's Kendrick Tigers were still looking for their first victory of the young basketball season after being defeated twice in the annual Asotin Christmas tournament Friday and Saturday. Friday night the Tigers were outscored by the Orofino Maniacs 75-49 and Highland High School ran over the Tigers 66-37 Saturday afternoon.

Friday the Maniacs, using a stiff defense, jumped out to a 23-6 first quarter lead over the Tigers and kept the pressure on the cold-shooting Tigers to win 75-49. Orofino led 44-23 at the half.

Kendrick scoring:

Matt Tefft 4 0-1 8, Nate Eichner 7 2-4 17, Tony Howerton 2-3-4 8, Andrey Heimgartner 1 0-0 2, Tim Silflow 4 0-0 8, Justin Clemenhagen 0 0-1 0, Bryan Carter, 2-2-3 6, Daniel Bunch 0 0-0 0.

Highland Wins 66-37

It looked as if Kendrick was going to turn things around Saturday afternoon in the consolation bracket as it jumped out to a 9-0 lead against Highland, but the Huskies recovered their composure later in the quarter and led 12-11 at end of the initial period and 25-15 at the half, on their way to a 66-37 win.

Kendrick scoring:

Matt Tefft 1 1-3 3, Nate Eichner 5 0-0 10, Josh Fletcher 0 1-1 1, Tony Howerton 4 1-2 10, Andrew Heimgartner 1 3-4 5, Tim Silflow 1 1-2 4, Justin Clemenhagen 0 1-2 1, Bryan Carter 0 0-0 0, Daniel Bunch 1 1-2 3.

The Tigers take a break for the holiday season and won't return to the court until Jan. 6 when they travel to Colton. The next home game is Jan. 9 against Timberline.

## Latah Sheriff Warns Against Drinking and Driving

On the weekend of December 19, the Latah County Sheriff's Office and the Idaho State Police began conducting a concentrated DUI enforcement program in Latah County. This took place in various areas in Latah County, on both state and county roads. This enforcement effort is being undertaken to remove intoxicated drivers from the road where they pose a hazard to all. The goal is to have a fatality free holiday season in Latah County.

In 1996 83 people were killed in Idaho due to alcohol-related accidents, 2 were in Latah County. From January 1996 until now the Latah County Sheriff's Office has made 92 DUI arrests. Additionally, other alcohol offense arrests are up from 22 to 49 for the same period. If you are going to drink, choose a designated driver, and always wear a seat belt. Have a safe and sober holiday. Keep the holiday spirit alive!

(Prepared by Jeff Crouch, Latah County Sheriff)

## New Year's Eve Card Party at V. F. W. Hall

Members of Baker-Lind Post 3913, Veterans of Foreign Wars and its Auxiliary cordially invited the community to observe the New Year in by playing cards at the V. F. W. Hall in Kendrick. The evening will begin at 8 o'clock and play will continue until midnight.

Prizes will be given for pinochle, and other card games are available. "Just come out and have a good time," say Post members. Snacks and coffee are furnished. Admission is \$2.00. Door prize tickets are \$1.00 and are optional.

Post members are asked to bring snacks.

The next regular meeting of the V. F. W. will be January 8 at 7.

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.

## Grange Memorial Service Remembered Those Who are Gone

On Tuesday, December 16, Kendrick Grange No. 413 held a memorial service to remember and honor the loyal Grangers who passed away over the past year. While all these members were faithful, long-time Grangers, they were also local residents who contributed their time, effort, and energies to the betterment of the community we live in and enjoy today.

We sometimes take for granted the organizations and facilities that we enjoy in our community. But the fact is that all of these blessings came about because some member or members of our community saw a need or problem and took it upon themselves to solve it. The seven Grangers that were remembered last Tuesday were all contributors to the community.

Lawrence Heimgartner was a long-time farmer and a loving husband to his wife Nell. His support of Nell allowed her to work with area youth as a 4-H and Cub Scout leader. He was also instrumental in construction of the Grange floats for each Locust Blossom Festival parade.

Millie Corkill was a reporter for the Lewiston Morning Tribune for 25 years and for the Kendrick Gazette for 35 years. She was also a 4-H leader, active in the Methodist Church at Leland, and an extraordinary cake decorator. Even into her 80's Millie was still making birthday and wedding cakes for many of our friends and neighbors.

The ball field that served Kendrick High School sports for so many years was the work of Art Poster and his wife Maxine. Generations of school children and local teams have practiced and played on the field that came about because of Art and Maxine's efforts.

Ruth White was responsible for saving the school lunch program at Kendrick when it was in danger of collapse. She organized and coordinated area residents to grow food in their gardens for the lunch program, got people to pick strawberries at Deary, and local farmers to contribute beef steers. Thanks to her effort the lunch program started to operate in the "black" to the benefit of the children. She also is one of the main reasons that Kendrick and Juliaetta has a senior center. She helped secure the building and equipment necessary to start a center for the area seniors.

Elsie Onstott was active in the Order of the Eastern Star, and the Methodist Church. She and her husband Manning donated a lot of time to area projects that we still enjoy today.

Mildred Johnson was a homemaker who found time for local youth and community projects. It was her support that helped get a number of community projects accomplished.

Ruth Heimgartner was involved in the Idaho Women for Agriculture and the Stony Point quilting Club. She was also a 4-H leader and taught many of the area youth how to sew. She was very active in the St. Joseph Hospital Auxiliary and made many toys for children who were in the hospital.

In this season of celebration it is fitting to remember and thank our creator for the many blessings that have been bestowed on us and our community as we enter the New Year, a remembrance of the people who improved our community and a resolution to continue their work would be a fitting tribute to their memory and the quality of life they built for us.

Bob Hassoldt,  
Master, Kendrick Grange  
No. 413

## Local Food Bank Thanks Community for Christmas Season Help

The Good Samaritan Food Bank which serves the Kendrick-Juliaetta area is most appreciative and grateful to the many who gave so generously to the Christmas appeal.

Thank you to the TDS TeleCom for the monetary gift. It enabled the food bank to purchase turkey and chicken.

Thank you to the Cedar Ridge 4-H Club for its gifts of oranges, apples, potatoes and canned vegetables and the time given to pack baskets.

The Ladies of the Zion Lutheran Church and others who baked the Christmas cookies—Thank you for giving of yourselves.

Many individual donations were received to make for a generous and beautiful Christmas dinner.

And, a thank you to all who gave of their time to carefully pack and prepare the baskets.

Christmas is a busy season of the year when time is precious. The monies, food products and hours given to make this gift a reality are one way of observing Christmas. Thank you to all who participated in giving a blessing.

## Copy Center Adds Color Machine

Color has arrived in Kendrick. The Kendrick Copy Center has just installed a Canon Laser Color Copier. After having requests for a quick color copier, Lynnette Johnson, co-owner, decided it was time that the Kendrick-Juliaetta area had a color copy capability. "We're hoping that the area has enough demand to cover the high overhead that a color copier requires," said Johnson. A laser color copier is costly to maintain and service. The service technicians for Canon said this is the smallest market area to have this quality of a laser color copier. Also noted, this is only public accessible laser color copier between Moscow-Orofino and Lewiston. This is the same model that is used in both Moscow and Lewiston.

Adding to the current installed equipment, the color copier will add a huge range of on-demand services not available before. Prior to this latest addition, the Kendrick Copy Center had to take some of its work to Moscow. Now the local shop has a high-output B/W copier with capacities of up to 11x17, lamination, custom imprinted stamps, custom labels, desktop publishing services, publishing and printing, public fax, office supplies, paper, bulk and direct mail service, and color copies on demand. Up to 11x17, enlargements, reductions, maps, photos, T-shirt transfers, color transparencies and custom color placement are all available with the new color copier.

In recent months the Copy Center has added in stock and overnight delivery of a full line of office supplies, furniture and equipment. Raised letter printing including business cards, announcements, stationery, thank you cards and more are available from the local firm. Computer supplies on a limited basis are also in stock, including Iomega Zips Disks, Inkjet cartridges and paper.

Business has really grown, according to Lynnette and the store is happy to be able to offer these services to the local area. "The community support and excitement over our services have been positive. It's fun to be able to offer the conveniences that I missed so much from the large towns," expressed owner Johnson. "We're grateful for the many people who have used our service."

The Copy Center is open Monday through Friday from 9 to 5:30, and Saturday by appointment during the winter, but if you see the light on after hours, everyone is welcome to come on in and the Johnsons will be glad to help you.

## Pre-Registration Recommended for History Workshop January 10

By Frank Jacobson

If you are planning on attending the History Fair and Workshop at Craigmont on Saturday, January 10, you are advised to pre-register for the event, which includes a catered lunch in the Community Center on Main Street. While registration may be completed at the door Saturday morning, know that there is a possibility that your name won't be in the pot for lunch.

The deadline for pre-registration is December 30. Registration forms may be picked up at the Juliaetta Library or at the Gazette. If you are currently involved in history projects, you are invited to bring handouts of your activities and/or a display, which should be on hand at 9:00 a. m. Those interested in learning about history and its preservation and those who would like to work on a regional history newsletter are also encouraged to attend.

Again, if you're planning to attend, pick up a registration form and get it in by December 30. Following some getting acquainted and set-up time, the session gets underway at 10 o'clock and will be concluding by 3 that afternoon. Individuals and groups from the Kendrick-Juliaetta area are encouraged to attend.

FROM OPAL L.—  
Thank you for all the kindness that everyone has shown me while in the hospital and since returning home. All the phone calls, flowers and cards, and your concern, have made me heal so much faster.  
Opal Lohman

## Juliaetta-Kendrick Meal Site Menus

Friday, Dec. 26—  
No Dinner

Wednesday Dec. 31—  
\*\*Birthday Dinner\*\*

Oven Fried Chicken  
Mashed Potatoes & Gravy  
Cranberries  
Green Pear Salad  
Buttered French Bread  
Cake & Ice Cream  
Nuts, Figs & Olives

## Heinen Infant Doing Well; Out of Intensive Care

Thomas Scott Heinen, the three-week old son of Scott and Helen Heinen, continues to amaze his doctors by showing such recuperative powers in Children's Hospital in Seattle. Donna Heinen, his paternal grandmother, said Tuesday morning that Thomas has been taken off his respirator and was taken out of intensive care Tuesday. His mother will now be able to spend the nights with him at the hospital. Thomas underwent surgery Dec. 8 to correct a congenital heart condition.

Thomas is recovering and gaining strength so well that his doctors are considering releasing him from the hospital to come home next week. Scott and Helen are undergoing training in his care, once he is home. Helen told Donna that she and Scott are so very grateful for the cards and letters they have received these past few weeks in support of Thomas. The family is most certainly convinced of the power of prayer. Helen said the doctors told her that Thomas Scott is the "best Norwood Baby" they had ever encountered. "Norwood Baby" is a name the doctors use to describe infants who have undergone the surgery Thomas has had. It is a procedure named after the doctor who perfected it.

Donna said she and Phil will drive to Seattle Christmas Day and hope to bring Helen's parents, Merv and Pat Cooper and Scott and Helen's older son Peter home with them this weekend.

## Christmas Day in Advent

By Pastor Bob Lambert  
Juliaetta Church of the Nazarene

### CELEBRATION—LIFE

Merry Christmas—Jesus is born. Jesus came to earth to give LIFE. He has come to give eternal life to all who will confess their sins, believe on Him as Savior. Christmas is a time of giving and receiving. Receive the greatest gift there is, ask Jesus into your heart and He will give you LIFE. He is only WAY, the only Truth, and the only real LIFE.

God bless you, and may the Christ of Christmas be in you.

### THE OPENING WORDS

Our hearts are filled with joy as we celebrate the birth of our Savior in Bethlehem's manger. We sing praises to God and glorify his name as the angels did on the night of his birth. We rejoice in the fact that the promise of long ago has now been fulfilled.

### THE READING OF THE LECTONARY TEXT:

In the beginning was the word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without HIM nothing was made that has been made. In Him was life, and that life was the light of men. The light shines in the darkness, but the darkness has not understood it.

There came a man who was sent from God; His name was John. He came as a witness to testify concerning that light, so that through him all men might believe. He himself was not the light; he came only as a witness to the light. The true light that gives light to every man was coming into the world.

He was in the world, and though the world was made through him, the world did not recognize him. He came to that which was his own, but his own did not receive him. Yet to all who received him, to those who believed in his name, he gave the right to become children of God—children not born of natural descent or a husband's will, but born of God.

The Word became flesh and lived for a while among us. We have seen His glory the glory of the one and only Son, who came from the Father, full of grace and truth.

John 1:1-14

### THE LIGHTING OF THE CANDLES IN THE ADVENT WREATH

Today we relight the four candles in our Advent Wreath, reminding us of the EXPECTATION, PREPARATION, PROCLAMATION AND REVELATION of his coming. Now, as we light the Christ candle, we rejoice that the promise of God has been fulfilled in the coming of the Babe in Bethlehem's manger.

### THE PRAYER:

O God, we celebrate your goodness to us as we join in the triumph and joy of Christmas. As your love has been revealed in all of its fullness, we pray that love may abound in our hearts during this special day. Grant that the Spirit of the Christ-Child may dominate our lives in every way, as in his name we pray. Amen

### FROM THE CROCKER FAMILY

The family of Nell Crocker wishes to express a sincere thank you for the kindness shown to us during our recent loss, for all the memorials, cards, flowers and calls.

All were deeply appreciated.

## Recent River Tragedy Underscores Risks of Winter Boating

Although most people are thinking more about snow skiing and snowmobiling right now, many Idahoans are still boating in frigid water. If they are unprepared for winter boating, too often the results are tragic.

What began as a steelhead fishing trip Dec. 13, along the Clearwater River ended in disaster for two men, and became a grim example of the risks of not being prepared. Both drowned in the icy water.

"Anglers and hunters often don't consider themselves boaters, and may not be as prepared for the extreme risk of cold water as they are for fishing or hunting," said Ann Van Buren, boating education specialist with the Idaho Department of Parks and Recreation.

There can be multiple causes in a single event, according to Van Buren. "This one, which claimed the life of a 40-year-old Lewiston man and a 46-year-old Clarkston resident is still under investigation. Regardless of the cause, the reason they didn't survive was they were in 37-degree water without life jackets," she said.

A similar incident happened to two waterfowlers on Hayden Lake in November.

"They weren't far from shore, either. In cold water, without life jackets, there is a very short window of time—ten minutes or so—before the victim suffers from cramps or exhaustion, making it difficult to swim or keep their head above water," Van Buren said.

Many adults have a false sense of safety in a boat, and think they can reach for a life jacket after they are capsized or rejected. Odds are, that just won't work. If you are wearing a life jacket before capsizing, you stand a much better chance of living to tell about it.

"It's a tragic subject for the holiday season," Van Buren said. "But this is when those accidents happen, when people go hunting or fishing during their holiday vacation."

Idaho has lost 20 people to recreational boating accidents this year, compared with only six last year. That is four times the 1996 national average per capita.

### Some Tips to Keep Winter Sport Fishing or Duck Hunting With Boats Safe:

- ◆ Make sure your equipment is in good operating condition before the day of your trip.
- ◆ To prevent being swamped: Check the boat's capacity label in advance and follow weight guidelines for people and equipment. The manufacturers determine a person to be about 150 pounds. If the capacity plate says the boat is rated to carry four people, that means four people who weigh 150 pounds.
- ◆ Cancel the trip if the weather is windy as boats capsize easily in large waves.
- ◆ Avoid being capsized. Have firsthand experience navigating the water where you are going. Post someone in the bow of the boat as a lookout for underwater obstacles. Avoid unfamiliar areas where there may be hidden hazards.
- ◆ Make sure no one stands up in a small boat. Take a container as a urinal, or go to shore.
- ◆ Survive cold water if you fall in: Have a US Coast Guard approved life jacket snugly fitted before ever getting in the boat. Never stow it under gear. You can wear it either under clothing or over clothing. It also helps preserve body heat.
- ◆ Get yourself out of the cold cold water immediately. It wicks away body heat 25 to 30 times faster than does cold air.
- ◆ Learn about the principles of self rescue from a course on boating safety. For more information, contact your nearest US Coast Guard Auxiliary unit or the Idaho Department of Parks and Recreation in Boise at (208) 334-4199. Self study courses and videos are also available.

## Children's Pictures With Santa May be Picked Up at Copy Center

The pictures of children taken with Santa Claus at the recent ice cream holiday social of the JK PTO are ready to be picked up.

They are now at the Kendrick Copy Center which is open from Friday from 9 to 5:30 Monday through Friday (excluding Christmas).

## HOSPITAL NOTES—

### Brocke—

Joyce Brocke was admitted as a surgery patient at Gritman Medical Center in Moscow Dec. 18. She remained there overnight before being released on the 19th. She is resting comfortably at home now but will have to return in the near future to have a minor procedure.



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**Changing Age, Changing Diet—Women's Nutritional Needs**

There's no denying that every woman can benefit from eating a well-balanced diet. Yet this diet should also meet a woman's special nutritional needs—needs that change with age.

"A woman's diet doesn't have to drastically change with age, but it should be altered to meet specific needs," says Gwen Atkinson, dietitian at the Women's Health Care Center at University of Washington Medical Center.

All women should have a diet

based on the food pyramid (emphasizing grains, pasta, fruits and vegetables) and drink eight, 8 oz. glasses of water a day.

In addition, women should note the following diet recommendations:

**Ages 25 to 50:** Women considering having a baby should begin eating a well-balanced diet before trying to get pregnant. Atkinson recommends daily folic acid supplements, which may reduce chances of birth defects such as spina bifida. A multi-vitamin with 400 micrograms of folic acid should be taken before becoming pregnant and during the first trimester of pregnancy.

**Women have higher iron needs due**

to menstruation and, thus, may need to supplement their diet with iron pills. This is especially advised for women who don't eat much red meat or are vegetarian.

Calcium is important to prevent osteoporosis. Since peak bone mass is reached at 30, women should consume adequate calcium early in life. After 30, calcium remains essential, as a woman's body constantly breaks down and builds bone. Approximately 1,000 milligrams (mg) of calcium a day is recommended, with an extra 300 mg if pregnant or nursing. Dairy products are the best source, with a cup of nonfat milk providing 300 mg of calcium. Taking calcium supplements with meals ensures best absorption.

**Ages 50 to 65:** Once menstrual cycle has stopped, women's need for iron decreases from 15 mg to 10 mg per day. A balanced diet, including lean meats and fortified cereals, can provide adequate iron for most women.

Since heart attack risk increases with age, a heart-healthy diet is important. It should include increased fruits, vegetables, grains, lean meats, non-fat dairy products and a moderate amount of fat. Emphasize foods high in soluble fiber, such as cooked dried beans, whole grains, fruits and vegetables which help keep cholesterol levels down, are low in calories and full of nutrients.

Increased calcium is important to ward off osteoporosis. Post-menopausal women who are not on hormone replacement therapy should take 1500 mg daily, while those on hormone replacement therapy should take 1000 mg.

Getting enough calcium may still not prevent the accelerated bone loss that happens during and for several years after menopause. Yet hormone replacement therapy can offset this. Women should discuss the risks and benefits of hormone replacement therapy with their doctor, Atkinson says.

Women should also watch what they drink—bone loss can be caused by heavy alcohol intake. A diet excessively high in protein and sodium can also increase calcium needs.

**Ages 65+:** Older women can be at risk for malnutrition, inadequate protein, fiber and fluid intake and vitamin B deficiency. Careful attention to the nutritional adequacy of a diet is essential. Keeping a food diary may help, and this diary can be shared with a doctor if the women begin to lose weight when they are not trying to do so.

Prescription drugs can make women susceptible to malnutrition by influencing how the body absorbs nutrients, causing appetite changes or having other side effects. Calcium absorption is also decreased by some medications, such as steroids prescribed long-term for rheumatoid arthritis, inflammatory bowel disease and asthma.

Recommended calcium intake is 1,500 mg daily. Since calcium is less well absorbed in the intestine in later years, it's important to get enough vitamin D, which is necessary for calcium absorption. It's found in fortified milk, cod liver oil and fatty fish, as well as from exposure to sunlight.

"A woman's diet remains important to her health throughout her lifetime," notes Atkinson. "Those with concerns may want to consult with their physician to make sure there are no deficiencies."

Viola Johns accompanied Dian Groseclose Sunday evening to the Christmas Cantata at the Emmanuel Lutheran Church. Monday Viola joined Phyllis Carlstrom to shop in Kendrick.

Friday evening Greg and Alice Broemeling were dinner guests of Lance and Kari St. Onge at Lapwai. Other family present were Karla and Dan Lambert and children and Larry Williamson of Weippe. It was a special time and an early Christmas celebration. Sunday Greg and Alice hosted a Christmas buffet for Greg's brothers and his parents, Earl and Louise Broemeling of Clarkston. In the evening Alice and Greg attended the special Christmas worship service at the Juliaetta Community Church.

Monday Alice, Sue Campos and Midge Dammarell enjoyed lunch in Lewiston. They also spent time with Paul Dammarell at Tri State Rehab. Center. Monday evening Greg and Alice were dinner guests of Dan and Karla Lambert and children.

Jake and Jarrod Mendez left Saturday for Colorado to spend the holidays with their father. Buddy and Alice Henson, Chad and Tiffany Henson and Alex went to Spokane on Monday.

The word "comedy" comes from the Greek word "komoida," which means "merrymaking."

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—Schedule for January—

Excel # 1	Jan. 8, 13, 15	6:30-9 pm
Excel # 2	Jan. 19, 21	8 am-12 noon
Introduction to PC's	Jan. 19, 21	7-9pm
Windows 3.1/PC Basics	Jan. 22, 23	8:30am-12:30pm
Windows 95	Jan. 12, 14	8-9:30pm
Windows 95	Jan. 26, 27	8:30 am-12:30 pm
Word # 1	Jan. 20, 22, 27	6:30-9 pm
Word # 1	Jan. 12, 14	8 am-12 pm
Word # 1	Jan. 26, 28, Feb. 2	6:30-9 pm

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Large and Small Animals, Offering Mobile Service

**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**

**Local News Of Juliaetta**

Visitors during the week bringing gifts and birthday wishes to Lura Butler were Virgil Groseclose, Howard and Peggy, and Larry Wunderlich, all of Lewiston, Denny and Carla Eggers and Deann of Deary. Karen and Gary Eggers of Bovill were Friday overnight guests. Jessica Fitzgerald baked a beautiful birthday cake for her neighbor Lura.

Sunday afternoon Lura and Elvina Wilson attended a family dinner party at the home of Greg and Jane Reed in Lewiston.

Sunday afternoon Verlin and Marilyn Benjamin visited with Don and Tracy Benjamin and children in Lewiston. Verlin and Marilyn went to Spokane Wednesday and returned home Thursday.

Saturday Pearl and Phillip Groseclose, Geneva Davis and Debra Marcelle were luncheon guests of Denise and Bill Hall and Justin at their Orofino home. Tina Fuller was a Sunday evening visitor with Pearl.

Saturday evening Ed and Shari Pea and Kyla and Kyle hosted a neighborhood dinner party. Guests were Bill and Nancy Fey and Kelly, Jim and Robin Sandino and Kelly, Deb and Lowell Cutshaw and Anderson and Christian, Patty and Dan Steigers and Brianna and Brandon. It was a fun evening with good food and games.

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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. tf15nc

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. tf16nc

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. tf46nc

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



**Local News Of Kendrick**

Tuesday morning Byron Chase of Clarkston came to visit Elmo and Marge Eldridge. Byron delivered to his sister Marge a beautiful Christmas basket that was won with her raffle ticket. It was filled with many beautiful items that will be enjoyed throughout the year.

Michelle Arnett visited Grandma Arnett Tuesday evening. Betty called on Ula Cantril Friday. Saturday visitors with Fred and Betty were Byrant and Elizabeth Stringer. Sunday morning Ula treated Fred and Betty to breakfast out in Deary. Sunday afternoon Fred and Betty attended Jeremy May's birthday party.

Saturday evening Bob and Judy Callison attended the wedding of Trish Jeffery and Rich Hill at the St. John's Methodist Church.

Sunday Ada Westendahl, Quentin Carlson and Jim and Hazel Candler took dinner to Effie and Charlie Candler to celebrate their wedding anniversary and Effie's birthday. Janet Edwards of Spokane was a Thursday overnight guest with her mother Ada.

Saturday afternoon John and Gladys Wilson enjoyed coffee and Christmas goodies with Hulda Clemenhagen.

Tim and Melissa Eichner and Mercedes, Nathan, Jon and Megan had an early Christmas with Melissa's mother, Jenny Winter, in Orofino Sunday. The Tim Eichner family also visited with Bud and Marilyn Eichner to help Marilyn observe her birthday.

Thursday evening Marilyn Eichner attended the Christmas concert at the Kendrick High School. Sunday visitors at the Eichner home were Becky and Roger Witt, Lexie and Drew, Steve Eichner, Jakob and Gus, and the Tim Eichners. Sally Manfull was a Monday afternoon guest.

Saturday Opal Hamilton and Ron and Carol Craig of Lewiston and Shelly Candler and Teala of Moscow were visitors of Jim and Hazel Candler.

Ted and Blanche Dorendorf of Deary were Thursday evening callers of John and Gladys Wilson. Stan and Jean Wilson were Sunday afternoon callers.

Maxine Foster joined Judy and Fred Foster Sunday at the Kendrick fire hall for an early Christmas dinner. Sunday evening Maxine accompanied Wayne and Kaye Harris to the Emmanuel Lutheran Church Christmas Cantata.

Shandra Hermann of Lewiston spent the weekend with her grandparents Marlene and Don Millard. Sunday Don and Marlene and Shandra and Brad Millard joined family members for birthday cake and ice cream at Shandra's home in Lewiston to observe her 14th birthday.

Sunday Resi Brown was a guest for breakfast at the home of Jim and Jeanette Thiel in Juliaetta.

Sharon Harris was a Wednesday luncheon guest of Esther Shreffler. In the afternoon Jane Ford and Helen Heidenreich were visitors and helped Esther with chores. Friday Esther called on Doris Nelson. Doris and Bob Hansen of Deary were Saturday evening guests.

White pepper comes from black pepper. The most popular of all spices—salt is not a spice—white pepper is not related to sweet, red, green, or hot peppers, but is the dried berry of a woody, climbing vine known as Piper nigrum L.

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**Cedar Ridge News**

by DARRIN WILSON

Thursday Jenny Ensley helped her family observe the 83rd birthday of her father, Omer Kries.

Granddaughter Lydia Ensley arrived Friday for a visit with Cliff and Jenny. She helped bake Christmas cookies which were delivered to the neighbor children on the hill. Lydia returned home Monday. She is the daughter of Mr. and Mrs. Clay Ensley.

Amy Lynn Holt and son Keith of Post Falls were Saturday overnight guests of Rose Ann Holt. Stephen Holt of Deary was a Monday overnight visitor.

Thelma Cuddy was released from Sacred Heart Medical Center in Spokane Tuesday. She is now residing at Juniper Meadows Retirement Home in Lewiston. Thelma is doing well and is making daily progress.

**Cameron**

**Southwick News**

by JONAS LOHMAN and OPAL LAMBERT

Joe Cuddy of Anchorage, Alaska was a Thursday dinner guest of Arlie and Priscilla Armitage.

Patty and Kaid McKay of San Diego, Calif., arrived a the home of Patty's parents, Fred and Opal Lohman on Monday to spend the Christmas holidays.

Opal Dickinson spent the week at Opal's home to help her daughter recover from her hospital stay.

**Park News**

by Judy Smith

Crisp and Cold, with a capital "C" would describe this week's weather. Not that 20 degrees is exceptionally cold, but when it hangs on for nearly a week it begins to penetrate. Add to that a lazy wind, one that "blows right through you" (as Jerry Smith quote), and you really feel it!

A smaller than usual group (14) gathered at the home of Clinton and Ethel Smith for the 41st annual Smith family dinner. Guests were Kay and Doug Stout, Nathan and Nicholas; Clem Smith and Betty Stone, all of Lewiston; Anna Hunter of Lenore; Don and Ennis Smith of Moscow; Lewis Smith of Palouse, and Jerry and Jody Smith of Park. Other family sent greetings and regrets from prior commitments.

Sunday Jerry and Jody Smith called on Alan and Rosetta Lockman. Also visiting were the Lockman's son and his wife, Ike and Maxine Lockman and three granddaughters from Fernwood and Charley and Chuck Beyer of Deary.

Visitors at the Smith place this week were Jake Beyer of Bovill and Duane and Cindy Brown and daughter Angela of Deary.

Steve and Tracy Johnson, Cody and Tyler paid several visits around Park Monday evening delivering Christmas greetings.

Our Best Wishes to all for a very Merry Christmas. Jerry and Jody

The most-visited house museum is Elvis Presley's Graceland, in Memphis, Tennessee. It's seen by more than 600,000 people per year.



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## Big Bear Ridge News

By Alyse Cieslak and Betty McManan

Gerald and Lee Halseth attended Bill and Mary Stockman's Christmas party Saturday evening. They also visited with Mike and Kathy Morey last week. The Halseths visited with Frank and Leasel Abrams on Sunday.

Dan, Nancy, Sarah and Andy Vako attended a Christmas party in

Pullman last week. Leroy Sorenson of Lewiston hosted his annual Christmas breakfast for family at Rowdy last week. The party included his children, grandchildren and great-grandchildren. About thirty people, including Ron and Kathy Jones, enjoyed the event. Jeff, Betty and Brandon McManan took Maycelle Emmett to dinner in Lewiston Friday and out to see the Christmas lights. Sunday evening Mr. and Mrs. Ray Long and Mr. and Mrs. Mike Morey visited Maycelle Emmett, Maycelle's daughter Alice Erman spent the weekend with her mother.

Friends of the Wild Rose Chapel recently gathered for its first annual holiday celebration.

Michael Culpepper of Pullman was a weekend visitor of Jerry Galloway.

Mr. and Mrs. Manley Waldron of Bovill visited Saturday evening with A. C. and Leona Wilson.

Charles Bower attended the memorial service for Steve Headrick in Moscow Saturday.

## Freezing Fingers? It May be Raynaud's Disease

Winter weather is bound to make anyone feel a little chilly. Yet if you are bothered by suddenly freezing fingers or toes, you may have Raynaud's disease, a condition which occurs in up to 30 percent of the population.

"The primary signal of Raynaud's is the cold, dead-looking pallor of the skin," notes Dr. Engene Strandness of Wash. Medical Center and professor of surgery at the UW School of Medicine. "It's more than just having cold hands momentarily from being out side or holding a cold drink."

There are two types of Raynaud's disease—primary and secondary. Primary Raynaud's occurs when, for unknown reasons, the blood vessels in the hands suddenly constrict in response to a drop in temperature. The actual temperature doesn't have to be that low and the exposure doesn't have to last a long time either. In some people this constriction, or vasospasm, can be triggered by a draft, by emotional distress or even just reaching into the refrigerator.

The onset of primary Raynaud's disease occurs most often in adolescence or early adulthood. It affects the hands and fingers most commonly, though some people may experience it in their feet as well.

Though primary Raynaud's may be uncomfortable, the condition is essentially benign. Strandness notes that while drugs are available to block vasospasm, the side effects can be more serious than the condition itself.

"The best way to minimize or revert attacks is to keep the entire body warm," says Dr. Strandness. "There's no reason for people to restrict their outdoor activities."

Secondary Raynaud's, in which unduly cold hands and feet are caused by other factors, can be a symptom of a much more serious disease process.

"In secondary Raynaud's, there can be an actual blockage, rather than just a temporary constriction, of the blood vessels," Strandness explains. "It may occur in just one hand, or even in just a few fingers and may also involve the feet. If

left untreated, this blockage can lead to ulcers, sores or even gangrene."

Often, secondary Raynaud's is the only initial symptom of a serious underlying disorder, such as scleroderma, rheumatoid arthritis, lupus, or other connective tissue disease, skeletal muscle disease or blood clotting disorders. Strandness notes that Raynaud's may precede any other symptom of these causes by years.

Secondary Raynaud's may also be associated with smoking or result from occupational conditions. People who run vibrating machinery for a living, such as loggers who use chain saws or construction workers who use air hammers, may develop occlusions in the small blood vessels of their hands due to repeated minor trauma. Strandness recommends that people who suffer from this type of secondary Raynaud's make an extra effort to keep their fingers and hands warm to avoid the damage that can come from reduced blood flow.

"People who suddenly develop freezing fingers, hands or feet and find them difficult to warm, even after prolonged application of heat, should visit their physician," Strandness advises.

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- Kid's School Folders (Goosebumps, Jurassic Park, Star Trek, Rad Dog) All Half Price at 25c
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### Thank You

The family of young Thomas Scott Heinen would like once again to thank you for the outpouring of kindness that has been shown to all of us. Scott and Helen have been overwhelmed by all the mail they have received. Your prayers and concern remind us us once again what a wonderful community in which we live.

As difficult as it has been on all of us as we anxiously await young Thomas to grow stronger, we are vividly aware of the many heartaches in our community and world for which there is hope. Spending time at Children's Hospital humble us in the realization that our young baby at least has a chance at life. Some families face situations that seem nearly impossible.

Our prayers continue, as do yours, we know, for the continued improvement of Thomas. Please know that they also are there for those of you in our community who are facing even greater challenges than ours.

Our grateful thanks to each of you.

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