

The Kendrick Gazette.

Volume 105

Kendrick, Latah County, Idaho, Thursday, February 19, 1998

U. OF. I. Periodical Dept.
University of Idaho
Moscow, Idaho 83843

No. 39

'Celebration of Excellence' Students Named at Juliaetta School



Students were honored as January's "Celebration of Excellence" students recently. The students are: From left to right:
Front row—Adison Shannon, Zac Cook, Keasha Matchey, Kara Weiss-Helmgartner, Tristan Poesy, Whitney Vincent, Ariana Davis, Jeremy May, Morgan Wolff, Jordyn Candler.
Second row—Ashley LaBolle, Breanna Steigers, Ashley Matchey, Tess Gillispie, Brittany Nagle, Jay Miller,

Jaime Miller, Rachel Berg.
Third row—Samantha Rishling, Cody Cooper, Dustin McFarland, Blake Broyles, Talan Hadley, A. J. Renfrow, J. C. Fliger.
Fourth row—Leona Cluff, Chelsy Leras, Scot Carpenter, John Brown, Jessica Brown, Derik Crawford, Lindsey Liedkie.
Fifth row—Brandi Gustafson, Chelsea Christopher, Ryan Rogers, Amanda Brown, Sierra Candler,

Tracy Cooper, Nic Lohman.
Sixth row—Erick Parsley, Josh May, Desmond Groseclose, Kacie Colston, Savannah Clemenhagen, Joanna Brammer, Kim Silflow, Keri Groseclose, Jaclyn Lohman, Megan Eichner.
Seventh row—Amy Smith, Heather Brocke, Tyler McFarland, Ashley Johns, Jaycee Paffile.

Despite MIRA Disappointment Rural Partners Hang In There

By Frank Jacobson

North Central Idaho applicants for the Kellogg Foundation's MIRA grant were disappointed to learn on February 9 that while they had made it through the first cut, they did not reach the site visitation stage at which final decisions regarding funding are made. According to their adviser, Dr. Mary Emery of Lewis-Clark State College, the local application "fit pretty well . . . what they were looking for." It's Emery's guess that Rural Partners may have missed "something obtuse" or that the review committee "knew the other communities better than us."

MIRA Energy Not Lost

Questioned whether the disappointed applicants have learned anything from their frustrated attempt,

Circuit Breaker Senior Tax Exemption Signup Deadline April 15

It is time to sign up for the Circuit Breaker, Senior Citizen Tax Exemption, reminds Latah County Assessor Steve Fiscus, who said the deadline for this sign up is April 15. If your income does not exceed \$18,920 and you are a widow or widower, 65 years old or older, disabled or a disabled veteran, you may qualify for the exemption. This exemption must be applied for every year.

You will want to bring the following: A copy of your Federal Income Tax Form 1040, if you filed one. Your Social Security Benefit Statement Form SSA-1099 stating the amount you received from Social Security. All medical expenses you paid for and were not reimbursed by Medicare or insurance.

There will be a representative from the Assessor's Office at the Kendrick Senior Citizen Center on Wednesday, April 1 from 10:00 to 12 a. m. and the Juliaetta City Hall the same day—Wednesday, April 1, from 2 to 4.

Even if your drinking water is fluoridated, many dentists recommend children under 13 have fluoride on their teeth every year as their enamel is still forming.

Juliaetta-Kendrick Meal Site Menus

Friday, Feb. 20—
Vegetable Beef Stew
with carrots, potatoes
Creamy Coleslaw
Slice Wheat Bread
Crackers
Applesauce
Cinnamon Roll
Nuts & Flgs

Wednesday, Feb. 25—
** Birthday Dinner **
Oven Fried Chicken
Mixed Broccoli Casserole
Fruit Cup/Apricots
Buttered French Bread
Cake & Ice Cream
Nut Cup

DATES TO REMEMBER:
Feb. 20: Meal. Music by Joanie and Tracy Wilken
Feb. 25: Birthday dinner. Music by Old Time Fiddlers

Emery indicated that she doesn't feel that the MIRA energy is lost. She points to Troy's Mayor John Blom and his Gem Community team as an example of how that energy can be incorporated into facing existing community challenges in new ways, including the management of communication. Emery agreed that the MIRA experience also illustrated the truth of there being "too much to do, and too little time" in community development efforts.

So Where Do the Partners Go Now?

One disappointment is not reason enough for Rural Partners to toss it in, however. There is to be a special meeting of the group this Friday, February 20, in MLH Room 110 in the Science and Nursing Building at Lewis-Clark State College, beginning at 12:30 p. m. The agenda begins with some networking and announcements concerning new loan funds for businesses, training programs, prevention program resources, etc.

At 1:00 p. m. participants will learn the latest on facing community facilities, a service of the United States Department of Agriculture rural development program. At 2:20 the topic will be the Northwest Economic Development Network: Who, What, Where, When. Following this, a popular subject—grant possibilities, including 21st Century Learning Centers, Technology Challenge grant for Education, Virtual Incubator, Community Access and Asset Mapping, and Forest Service joint grant applications.

This relatively short meeting is scheduled to end about 3:30. See next week's paper for the final place on networks and networking, their history and applicability locally.

Lenten Services Begin Soon

Lenten midweek services will begin with Ash Wednesday, February 25 at Zion Lutheran in Juliaetta. Services will be held each Wednesday night during Lent and will alternate between Zion and Cameron Emmanuel Lutheran Church.

The theme for all our services during Lent is, "Great Encounters with Christ."

Sunday services are 8:45 a. m. at Zion and 11:00 a. m. at Cameron with Lenten midweek services at 7:15 p. m. beginning at Zion on the 25th. You are invited to join us.

HOSPITAL NOTES—

Shreffler—
Esther Shreffler has been discharged from St. Joseph Regional Medical Center and is continuing her recovery at Life Care. She hopes to return to her home shortly.
For those wishing to send a card, the following is her address:
Esther Shreffler
Room 313
Life Care of Lewiston
325 Warner Drive
Lewiston, ID 83501.

V. F. W. PUBLIC CARDS PARTY IS FEB. 21
Another in the winter series of public cards parties will be held Saturday eve, Feb. 21 at the Kendrick V. F. W. Hall beginning at 7. Members are reminded to bring finger food.

KHS Music Students Attended Dist. II Solo, Ensemble Festival

January 31, twenty-two Kendrick High School and Jr. High students participated in the District II Solo/Ensemble Music Festival held in Kootenai. The students had prepared solo or ensemble music which they played before an adjudicator. They were critiqued and given a number rating. A "I" is superior, "II" is excellent, "III" is good, "IV" is fair, and "V" is poor.

Alison Breckon and Silas Parks both received "I" rating for their piano solos. Chelsie Middlekoop also received a "I" rating for her vocal solo.

Receiving a rating of "II" were: Julia Gertje, alto sax solo
Katie Carpenter, alto sax solo
Brian Heimgartner, alto sax solo
Bryan Jones, trombone solo
Chris Blair, snare drum solo
Ray Vincent, trumpet solo
Tara Nelson, trumpet solo
Drew Brammer, Clarinet solo
Jessica Silflow, flute solo,
Chelsie Middlekoop, Melissa Clemenhagen, Brandi Harrington, vocal trio.

Students receiving a "III" rating were:
Bryan Nelson, trumpet solo
Karen Kimbley, violin solo
Justin Cohee, flute solo
Mysti Solberg and Kelly Sandino, vocal duet
Kelly Sandino, Chelsie Henson, Shannon Simmons, and Sarah McDowell, vocal quartet.

All the students did a great job and learned a little bit more about their instrument or voice.

NEW ARRIVALS—

Prendergast—
Jon and Angie Prendergast of Coeur d'Alene are rejoicing over the birth of a baby boy, J. Braxton, born to them Tuesday, Feb. 10 at 11:25 a. m.

Braxton weighed 7 lbs., 13 1/2 ozs., and was 21" in length.

He is welcomed by grandparents Keith and Jane Ford of Juliaetta, Jim and Sandra Munds of Naperville, Ill., and Johann and Janet Prendergast of Post Falls. Local great-grandparents are Helen and Bob Heidenreich and great-great-grandmother Esther Shreffler.
Braxton joins sister Janyl and brother Jeffrey at the family home.

Kendrick Council Meeting Changed to March 17

The regular March meeting of the Kendrick City Council will be held on Tuesday, March 17, a week later than the usual date.

Conflicts of scheduling forces this one-time change and the council hopes it will not interfere with anyone's plans.

Campers to Meet Feb. 23

The Kendrick Campers Klub will hold its monthly meeting Monday, Feb. 23 at the Kendrick Senior Center.
The evening begins with a 6 p. m. potluck followed by card bingo.

According to the N. C. A. A. 29, 997 women competed in collegiate sports in 1971-72. By 1994-95, that number had increased to 110,524.

Brushing your hair one hundred strokes is no longer recommended. It only pulls hair out at the roots.

Grant Writing Workshop can Help Many in Community

A grant writing workshop that is available to interested persons in the community can be of help to many persons, reminded Lillian Lillian Howerton, who will coordinate the project if enough people are interested. The requirements are simple: A minimum of 5 participants are needed (with a maximum of 15). The cost is \$15 per person for the materials to be used in the one-day session and the community, either Kendrick or Juliaetta, must provide a meeting place and a no-host luncheon.

This one-day, hands-on, practical grantwriting workshop is designed for persons who are interested in improving their grantwriting skills, said Mrs. Howerton. Ralph Marshall, Clearwater Economic Development Association (CEDA) Executive Director, has over twenty years of practical grantwriting experience. His track record of successful grants is in the millions of dollars. Using a typical grantwriting model, he vigorously supplements the basics with understanding, insights, resources and "tricks of the trade."

Mr. Marshall's style is sometimes humorous, often provocative and concerned with producing a quality grant application which will receive the most serious consideration by the funding agency.

The workshop is designed for people at every level. Persons with less experience will become familiar with an effective grantwriting model that works. Persons with more experience will be challenged to improve their skills and understanding.

This workshop is a practical tool to assist communities in developing much needed resources.

The workshop will be scheduled on demand. Call Lillian Howerton at 289-4567 or 276-3401 or sign up or for more information.

Rodney Shaw, 76, Passes February 13

Rodney Shaw, 76, a recent Kendrick, Idaho resident, died of age-related causes Friday, Feb. 13 at Latah Health Services in Moscow, Idaho. He was a resident of the center since August.

He was born April 28, 1921, to John Kerns and Helen Greenfield in Council Bluffs, Iowa, where he was reared and educated.

He served in the 9th Armored Division of the U. S. Army during World War II.

He married Pauline Mary McDonald in Reno, Nevada.

Shaw moved to Klamath Falls, Oregon where he worked for the Weyerhaeuser Co., as a warehouseman for many years.

He was a longtime resident of Klamath Falls. He moved to Kendrick in 1992. He was a devoted father whose hobbies included hunting and fishing.

He is survived by two sons, Terry Shaw of Kendrick and Randy Shaw of Klamath Falls; three brothers, Rob Shaw of Bellingham, Wash., Les Shaw of Eugene, Ore., and Robert Shaw of Klamath Falls; one sister, Wanda Robison of McDoel, Calif.; and four grandchildren. He was preceded in death by his wife and a sister, Hope Shaw.

A memorial service will be held at a later date in Klamath Falls. The family suggests memorials be made to Latah Care Center, 510 W. Palouse River Drive, Moscow, ID 83843.

Short's Funeral Chapel, Moscow, is in charge of the arrangements.
Last Friday Clara Ware and Georgia Gillis of Clarkston went to St. Maries where they attended a Tupper Ware party at the home of Rona Ware. They had a fun time visiting with all the family.

Paul Dammarell spent the weekend at his home, returning to the Tri-State Rehab Center Monday.

A Thank You from Pastor Bob Lambert

A sincere thank you to my dear friends and neighbors who have shown their love and support during my illness and hospitalization. Your prayers, cards, calls, and many kindnesses are appreciated.

God Bless you all,
Pastor Bob and Joyce Lambert

Urban Tree Committee Meeting Thursday, Feb. 28

There will be a meeting of the Kendrick Urban Forestry Committee Thursday evening, Feb. 28 at 6 o'clock in the Kendrick Fire Hall. Among the topics of discussion will be tree selection, planting and trimming scheduling.

All members of the committee are urged to attend and other interested persons are most welcome to be there.

Most finished diamonds have 58 facets.

Valentine Day Theme At Lions Club Meeting

Kendrick-Julietta Lions Club observed Valentine's Day with a guests' night. Lions and their guests welcomed entertainment by Destinee Roberts, who sang beautifully for the assembled group. The Club also watched an informative video presentation concerning the Lions International Sight Foundation, which receives, processes, and distributes donated corneas for transplant. This is one of the primary activities of Lions Clubs all over the world, and the Northwest Lions Eye Bank in Seattle is one of the most active.

Lions from the Troy and Whitepine (Deary-Bovill) Clubs will be distributing white canes at this year's Locust Blossom Festival in recognition of worldwide White Cane Days.

In other business, planning for this year's Festival continued, with the presentation of a proposal from Ellen Magnuson and Kari Galloway of the K-J Arts Committee for afternoon entertainment on Festival Day. The Club voted to encourage and support the Committee in its efforts.

It was reported that the grant application to Lions International for assistance with funding for improvements to the Kendrick City Park is nearly ready for submission. If approved, the grant would permit the club to assist the City with renovation of the gazebo and other enhancements.

Following a delicious Valentine dinner prepared and served by Doris Ellis assisted by Harold Ellis, the meeting was adjourned.

Singspiration Feb. 22 At Zion Lutheran Church

An evening of fellowship for all ages is planned for Sunday evening, February 22 at Zion Lutheran Church in Juliaetta. The evening begins at 5:00 p. m. with an activity for individuals and families centered on the beginning of Lent. A light supper will be provided around 5:45 p. m.

Singspiration begins at 6:30 in the sanctuary. Snacks and fellowship time will follow. We invite you to join us for all or part of the evening.

KHS Students Participating in Congressional Awards Programs

Students at Kendrick High School are participating in a Congressional Award Program. This program was created through a bipartisan congressional initiative in 1979, aiming to create qualities of self-reliance, initiative and social awareness in American young people ages 14-23.

The following participants: Crystal Coletti, Steve Fuller, Trevor Groseclose, Chelsie Henson, Kimberly Julius, Lacy Lockett, Sara Parks, and Tim Silflow, in consultation with volunteer adult advisors, set and achieve their own goals in four areas: Volunteer community service, personal development, physical fitness, and expeditions. Upon fulfilling their goals, they will receive recognition for their efforts from the U. S. Congress through the presentation of a Congressional Award. The minimum amount of time to complete these goals is seven months.

Each young person possesses a unique combination of talents and interests. Individuals are not selected for the award; they earn it. The quality of life within our communities will be enhanced through the efforts of these young people. In the process, the program engenders civic responsibility, physical challenge, teamwork, intergenerational interaction and life skills which guide participants throughout their adult lives.

Some of the projects that these students will be taking on include: highway clean-up, park and city clean-up and maintenance, school beautification, lunch time supervision, tutoring, and helping teachers with younger students.

Julietta-Kendrick School Lunch Menus

Thursday, Feb. 19—
Breakfast:
Cheese Pizza, Juice, Milk
Lunch:
Burrito
Corn
Applesauce
Peanut Butter Bar
1/2 Pint Milk

Friday, Feb. 20—
Teacher Inservice, No School

Monday, Feb. 23—
Breakfast:
French Toast Sticks, Juice, Milk
Lunch:
Corn Dog
Nachos
Veggies & Dip
Mixed Fruit
1/2 Pint Milk

Tuesday, Feb. 24—
Breakfast:
Cinnamon Roll, Juice, Milk
Lunch:
Chicken Sandwich
Tater Rounds
Strawberry Shortcake
1/2 Pint Milk

Wednesday, Feb. 25—
Breakfast:
Cereal, Muffin, Juice, Milk
Lunch:
Breakfast for Lunch

Thursday, Feb. 19—
Breakfast:
Cheese Pizza, Juice, Milk
Lunch:
Burrito
Corn
Applesauce
Peanut Butter Bar
1/2 Pint Milk

Friday, Feb. 20—
Teacher Inservice, No School

Monday, Feb. 23—
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French Toast Sticks, Juice, Milk
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Lunch:
Chicken Sandwich
Tater Rounds
Strawberry Shortcake
1/2 Pint Milk

Wednesday, Feb. 25—
Breakfast:
Cereal, Muffin, Juice, Milk
Lunch:
Breakfast for Lunch

THANKS FROM JEAN W.
Thank you to the J-K Ambulance crew, Pastor Dave Kappus, and all my friends for all the help I received following a fall last Sunday. You are all just great!
Jean Wegner

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Local News
Of Juliaetta

Verlin and Marilyn Benjamin called on John and Olean Cuddy Sunday afternoon.
Last Tuesday morning Pastor Mark and Denise Fischer called on Juanita Craig. Tuesday afternoon Juanita attended the Kendrick Canyon Klub meeting at the home of Gladys Wilson. Juanita visited with Harold and LenaBelle Larson Thursday morning. Saturday morning Juanita visited her sister Vi Erickson in Lewiston. In the afternoon they attended a cooking school at Lewiston High School. Jeanne Wadford of Pullman spent the weekend with her mother. Pearl and Phillip Groseclose went to Moscow Monday. They returned to Moscow Tuesday accompanied by Geneva Davis.
Milton and Marie Grant attended

the wedding of Cathy Hawkins and Eric Beck Sunday afternoon at the Carriage House in Lewiston. Monday the Grants, accompanied by Bob Grant, attended the Ag Show at the Nez Perce County Fairgrounds. They also visited with Marie's father Wm. Briere. Marie and Milton stopped for supper before returning home.

Gale and Mary Jo Vallem were dinner guests of Lisa and Dale Wolff and children Monday evening to celebrate Mary Jo's birthday. Mike Metcalf and Lila Weaver of Lewiston were dinner guests of Ted and Theda Metcalf Tuesday.

Esther Nye visited Viola Johns Wednesday and Rob Clemenhagen was a Friday caller and assisted Viola with chores which she greatly appreciated.

Saturday Ed Groseclose brought a box of sugar-free chocolates to his grandmother Viola.

Ed and Shari Pea, Kayla and Kyle went to Spokane Saturday for a Valentine's Day outing. They stayed overnight and had a fun weekend together.

Cynthia Griffin of Coeur d'Alene visited with Pastor Bob and Joyce Lambert last week helping care for her father during his illness. Pastor Robert and Lisa Lambert, Rob and Courtney of Union Gap, Wash., are visiting with Pastor Bob and Joyce this week. Bob has been released from the hospital and continues to grow stronger each day.

Tony and Kelli Henson and Jordan of Weiser were Saturday and Sunday guests of the Buddy Henson family.

Grace Groseclose hosted a birthday celebration to honor Kassay MaLand on her 17th anniversary Sunday. Cake and ice cream were served.

Loanne Meyer of Genesee visited her parents, Glynes and Rudy Meyer Saturday. Lois Kane of Lewiston was a Monday caller.

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

Dame Agatha Christie is the world's top-selling author of fiction, with her estate generating royalties of \$4.25 million a year.

1. Citizen Input—
This is the time for the public to contact their legislators concerning key bills coming up for committee hearings and possible votes on the House and Senate Floor. Legislators will respond on a first priority basis to citizens in the districts. Those of you who feel strongly about an issue should contact your legislator by phone, fax, e-mail or letter. Communicating with members of the committee where legislation will be introduced is also a good strategy. I'd also recommend communicating with your local elected officials to contact their legislators.
Phone: (208) 334-2000
Fax: (208) 334-5397
My Office Desk Phone: (208) 332-1216
E-mail: infoctr@lso.state.id.us
I can also be reached by e-mail at night at:
mjmaxwell@juno.com

2. Smart Growth
There has been some recent discussion about Smart Growth. I've been utilizing analysis and discussion of key issues from this source for more than a year. Much of the information has assisted me in getting into about issues not available anywhere else. An example is Rep. Kempton's "taking bill." I have forwarded this information to other grassroots groups, legislators, and House Committee members and also our own elected officials.

3. HB 538 and HB 606
These takings legislation bills will be introduced tomorrow in House State Affairs Committee. I've already discussed my objections to both bills in previous newsletters. The bills are a threat to our local, county, and city zoning codes and orderly community development. The bills will provide lawyers and developers with money enhancing opportunities and will severely restrict community development. The price to cities and counties will be very high. I will be voting against both bills.

4. HB 448: Budget Reserve Bill
This is a bill that would automatically divert \$15 million from revenue available for state budget to be set in 1999 and probably another \$15 million in the succeeding two years. It would take a 2/3rds majority in both Houses to modify the diversion, no matter how much school enrollments grew and no matter what education needs are. The primary function of the bill will be to hurt Idaho's education system and take more money from students and property tax payers. People need to speak up for Idaho's schools, universities, and colleges. I will oppose the bill.

5. Term Limits
There has been continuing discussion about the negative impact of term limits in Idaho especially in regard to local elected officials and members of city councils and school boards. Republican leadership is considering putting the issue up to voters in the next general election as an advisory vote. Voters would be asked if, since the term limits law cannot be applied to members of Congress, it should be repealed for other public officials. Let your legis-

lators know your position.
6. Highway 95
Apparently when the Moscow Chamber of Commerce asked Governor Batt his stand on proposed legislation to upgrade highway 95 and other byways of the state, his response was, "We've already spent enough money on 95." The bill that Senator Jack Riggs will introduce is an all Idaho approach aimed at upgrading our transportation infrastructure throughout the state—with a major emphasis on 95. Funds from the Federal Government and increased taxes of 1/2 cent on gasoline and an increase in car registration would raise \$370 million. Cars nine years or older—no registration fee and new cars would pay upward to \$30 more a year.

7. Truck Weight Update
Legislation will be passed to allow trucks to increase weight loads from 105,500 pounds to 129,000 pounds. The bill will be introduced in the House transportation Committee on Feb. 16. The legislation calls for a 10 mph reduction in top speeds allowed on interstates. A demonstration route from Grangeville to Moscow has been recommended. Personally I have no problem with this legislation if it is restricted to Southern Idaho which has a much better road infrastructure. But until our north Idaho roads are upgraded to meet the south Idaho standards, I am opposed to this legislation based on (1) safety problems: 95 is 2 1/2 times more dangerous (more deaths) than any other major Idaho highway, and (2) we don't have the infrastructure in our road system to handle these increased weights. I'm opposed to this legislation as it now stands.

8. Gifted & Talented Legislation
Representatives Miller, Boe, and I introduced this bill to the House Tax and Revenue committee. Everyone liked the idea; however, the funding mechanism we proposed was severely criticized. We proposed 5% of each year's budget surplus go to a dedicated fund to build to a total of \$500,000. After this point, grants would be made available to school districts .60% district and 40% state) to enhance gifted and talented programs. These programs have suffered in recent years. About 25% of the school districts have no gifted and talented programs, and only 8% of the districts meet the state mandate. Only 2.9% of the estimated 10% of gifted and talented students now participate in gifted and talented programs. We are working on the funding aspects early this coming week.

The average one year old needs about 16 hours of sleep in every 24. Two to 3 hours of this sleep will be during the day.

Park News

By Joey Smith

Intermittent sunny days have Park folks looking for, but not spotting, the first buttercups. Snow drops have been in bloom for a couple of weeks.

Several power outages have been experienced by Clearwater Power patrons in the Texas Ridge and Park areas as deteriorated poles and insulators are replaced on the ridge. Thurs. Jerry Smith received a call warning of such an outage after having spent most of the night helping three sows bring new litters of pigs into the very cool world. When he told the CP representative he had 32 piglets under heat lamps, they promptly loaned the Smiths a portable generator, thus saving all the babies. Thanks to Stan Vannoy, CP employee from Lewiston for delivering the generator.

Twenty-three Smith family mem-

bers and friends gathered at the home of Clinton and Ethel Smith Saturday evening to enjoy a combination Valentine, Birthday, and Pinochle party. High mens' prize went to Clinton, who melded his first-ever 1500 pinochle. Since it was his birthday anniversary the next day, he had double reason to celebrate. Close behind Clinton in score was cousin Jim White, who also melded 1500. These scores were remarkable in that they were the first such melds in several winters of parties. Low mens' prize went to Clem Smith. High lady was Paulina White and low was Ethel Slatter. Kay Stout won pinochle.

To protect your back, keep it straight when lifting heavy objects. Bend your knees and let your legs do the work. They are most likely stronger than your back.

The bald eagle is not really bald, it looks bald because its head is covered with white feathers.

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THINK.
DON'T JUST DRINK.



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If you have a cold, don't shake anyone's hand if you can avoid it. Shaking hands is one of the common ways cold germs are spread.

Cameron, Southwick News

By Sonja Lonman and Opal Lonman

Sandi Flowers and Gayle Marek traveled to Boise Friday, returning home on Sunday. They delivered a horse to Kuna, Idaho and Gayle attended the State 4-H Leaders meeting at Boise. They saw several mule deer, a red fox and other wildlife. Monday Gayle and son Ben Marek attended the Farm & Ranch Show at Lewiston. Ben judged cattle for the FFA at the livestock judging contest.

Arnie and Priscilla Armitage visited with Jay and Carol Armitage in Lewiston Thursday.

Big Bear Ridge News

By Arlyne Coonin and Betty McMahan

Ron and Kathy Jones attended a Valentine dinner at their church on Saturday.

Kristen, Justin and Jordan spent the weekend with Ron and Kathy. Shane Smith and Katrina Carlson of Cheney, Wash., spent Sunday night at Ron and Kathy's and on Monday Ron and Kathy took in the Ag Show and cattle sale in Lewiston. Gerald and Lee Halseth enjoyed Valentine dinner out in Lewiston Saturday evening.

Ruth Slind visited Betty McMahan Monday afternoon.

Area Agency on Aging, Adult Services Relocating

The Area II Agency on Aging & Adult Services is relocating. As of March 2, the new address will be: Community Action Agency, 124 New 6th Street, Lewiston, ID 83501.

Ph: 743-5580 or 1-800-877-3206. The Area II Agency on Aging is a program of Community Action Agency. As the designated planner of aging services in north-central Idaho, the Area Agency on Aging and Adult Services designs and implements aging programs to keep older Idahoans and vulnerable adults as independent as possible, while making their lives more meaningful and productive. The Agency offers access to programs and services at no charge.

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For further information, you may contact Jenny Zorens, Director of the Area II Agency on Aging and Adult Services.

Escape Attempt Thwarted At Latah County Jail

On Feb. 9 a cell search was conducted in cell A-1 of the Latah County Jail. This cell was occupied by three inmates at this time. (This is a 4-person cell). During the cell search a sharpened toothbrush, a large flat steel washer, 2 steel screws and a conduit clamp were discovered hidden in the cell. Interviews of the occupants of the cell and further investigation has revealed inmate David Pettit had used the flat washer as a chisel chipping away at the concrete wall which frames a window in the cell. This wall is steel reinforced concrete approximately 10 inches thick. Only superficial damage was done to the wall and window frame. Mr. Pettit is currently awaiting trial on first degree murder charges.

Evidence (including written notes) indicates inmate Pettit was planning this escape attempt and had planned to stab a Detention Deputy with the sharpened toothbrush to further the escape. It is anticipated the Latah County Prosecutor will be filing attempted escape charges on Pettit.

Free Colorado Blue Spruce Trees

Ten free Colorado blue spruce trees will be given to each person who joins the National Arbor Day Foundation during February, 1998. The free trees are part of the non-profit Foundation's Trees for America campaign.

Colorado blue spruces have silver-blue-green color and compact conical shape. They can be used as individual ornaments, an energy-saving windbreak, a privacy screen, or as living Christmas trees.

The trees will be shipped postpaid at the right time for planting between March 1 and May 31 with enclosed planting instructions. The six to twelve inch trees are guaranteed to grow, or they will be replaced free of charge.

To become a member of the Foundation and receive the tree trees, send a \$10 contribution to "Ten Free Colorado Blue Spruce Trees", National Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by February 28, 1998.

Zzzzz... How to Get A Good Night's Sleep

Did you sleep well last night? Or did you wake up feeling fatigued and sluggish—perhaps even wondering if you really slept at all?

Getting a good night's sleep requires more than crawling to bed and closing your eyes. Understanding your sleep behavior and preparing for a sound slumber can help make sure every night is a good night for sleeping.

"Sleep is a behavior and, like all behaviors, it varies greatly among people," explains Dr. Carol Landis, sleep researcher and associate professor in biobehavioral nursing and health systems at the University of Washington School of Nursing. "The greatest differences occur in the timing of sleep and the amount of sleep—the factors which are most important in determining whether you will wake up feeling rested."

Research has found that people sleep better at different times during their daily cycle. For example, some people function better if they go to sleep early and rise early, while others feel more rested if they stay up late and sleep in.

"Many people don't pay attention to the timing of their sleep," Landis notes. "Yet delaying or altering the time you go to sleep can have a major impact on how you feel when you wake up."

The amount of sleep the average adult needs each night also varies. Some people may be fine with six hours sleep, while others need up to nine hours per night. Landis points out that those who follow a regular sleep schedule are more apt to function better on fewer hours, but she adds that most adults need at least six hours of sleep each night.

Work schedules and other commitments can make it difficult for many to follow their optimal sleep pattern. While employees may clock in at the same time, some may be more productive working later or earlier in the day.

"Unfortunately, most people don't have the flexibility to set their own working hours," Landis says. "We haven't found a good way to integrate these issues of sleep timing to make them optimal for humans to function."

So what can a person do if their work schedule can't be changed?

Fortunately, while sleep behavior is variable, it is also modifiable.

"A person's sleeping patterns are not set in concrete," Landis stresses. Gradually altering the timing of sleep can help change sleep patterns. An "evening person" who needs to get to work early in the morning can try upping the time they go to bed by 30 minutes every few days. Within a few weeks, this slow adjustment will help "reset" the internal body clock. Light therapy and melatonin can also be helpful in adjusting sleep timing.

In addition to maintaining a regular daily sleep schedule, Landis offers the following tips on practicing good sleep hygiene:

- Avoid stimulants—including cigarettes, caffeinated beverages and food such as chocolate—in the late afternoon and evening.
- Avoid alcohol in the evening. This can have a rebounding effect, causing a person to wake up a few hours into sleep and disturb sleep patterns.

- Finish exercising at least two hours before going to sleep. Exercise increases body temperatures and has an arousing effect, making it more difficult to easily fall asleep.
- Don't sleep in a warm environment. A drop in a person's body temperature is important at the onset of deep sleep. People who sleep in a well-heated room or use an electric blanket may not sleep as soundly.

- Catch up on missed sleep when you have the opportunity. Busy work schedules or weekend activities often make it difficult to get as much sleep as we'd like each night. To reduce this sleep debt, try taking a 30-minute nap during the day before 4 p. m. or sleeping in on weekdays when you have a chance.

"Instead of getting a coffee during a work break, people can get energy by taking a 15 or 30-minute nap instead," Landis points out. "You'll feel better in the long run."

Actress Marlene Dietrich was born Maria Magdalene Dietrich in Berlin, Germany in 1904.

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GARAGE SALE: 2011, Hwy 3, Feb. 19 thru 22nd. Lots of everything! 6 a. m. to 5 p. m. 1139c

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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. tt15nc

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. tt16nc

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KENDRICK FIRE HALL is available to rent for family gatherings. \$15 for meeting room; \$25 for kitchen and meeting room. Contact Aaron or Scott Helnen at 289-6887. tt46c

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Big Bear Ridge News

By Arlyne Coonin and Betty McMahan

Ron and Kathy Jones attended a Valentine dinner at their church on Saturday.

Kristen, Justin and Jordan spent the weekend with Ron and Kathy. Shane Smith and Katrina Carlson of Cheney, Wash., spent Sunday night at Ron and Kathy's and on Monday Ron and Kathy took in the Ag Show and cattle sale in Lewiston. Gerald and Lee Halseth enjoyed Valentine dinner out in Lewiston Saturday evening.

Ruth Slind visited Betty McMahan Monday afternoon.

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Local News Of Kendrick

Sunday Elmo and Marge Eldridge drove to Orofino where they attended the reception honoring Rosella Snyder on her 90th birthday. Betty Arnett accompanied Margie Freytag to Mors Lake Feb. 6 where they visited with Margie's family, Keith and Lynn Mealhouse. They returned home Feb. 10. Betty visited Gayle Horton Thursday. Thursday Bud and Marilyn Eichner went to Lewiston where they visited Marilyn's mother Alberta Turner. Gus Eichner was a Saturday overnight guest with his grand-

parents. Marilyn accompanied Melissa, Megan and Jon Eichner to Neperce where they attended a boys' basketball game. Nate is a member of the Kendrick squad. Saturday Hulda Clemenhagen accompanied Betty Jean and Cliff Swanson of Troy to a family reunion at the home of Hulda's sister-in-law, Hazel Olson in Clarkston. They had a great time visiting and sharing memories. James Wilson of St. Maries visited with his grandparents John and Gladys Wilson. Darrel and Rose Brocke were Sunday dinner guests of Rose's mother Bessie Kaufman in Orofino. Sunday Gertrude Sneve accompanied her family to a Valentine din-

ner at Granny's Buffet in Lewiston. Those present were Nels and Alana Sneve, Kevin and Shannon Sneve and Maia, and Ada and Heather Sneve and Ashley. Sunday Resi Brown enjoyed breakfast with Jim and Jeanette Thiel and Reba Toomey. Friday Dick and Velma Benjamin visited with Bid and Anna Fairfield at the Regency in Lewiston. Anna and the Benjamins went out to eat with Anna treating. Erma Fairfield and Lyle Brown joined them for the meal. Saturday evening Bob and Judy Callison and Mary Jo and Gale Vallem enjoyed Valentine's Day dinner in Clarkston. Last Sat., Janet and Carl Edwards of Spokane were luncheon guests of her mother Ada Westendahl. Last Monday granddaughter Alyson Edwards was a visitor and Janet was an overnight guest. Quentin Carlson and Ada called on Lois Granlund of Troy last week. Maxine and Clarence Smith were Saturday visitors. Jim and Hazel Candler have visited several times during the week.

Cedar Ridge News

By Darlean Wilson

The Cedar Ridge community extends condolences to Terry and Annette Shaw at the passing of Rodney Shaw. Rodney, Terry's father, had been a resident of the community since 1992. Russ and Suzanne Brammer and Joann and Garrett, went to see the movie "Titanic" on Saturday. On Sunday Suzanne and Drew went bowling at Clarkston with their church class. George and Dolores Lyons enjoyed lunch with Lisa and Cameron Walker Sunday. Last Monday Rose Ann Holt attended the Clearwater District of State Garden Clubs board meeting

in Lewiston. Stephen Holt and daughter Kristi of Deary visited Granny Holt Saturday and helped with some chores, which was appreciated. They were also luncheon guests. Monday morning Rose Ann visited Aunt Viola Holt who is a patient at St. Joseph Regional Medical Center in Lewiston.

The oldest coins are from Lydia, Turkey and date from about 670 BC.

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 Saturday, Feb. 21 Rib Eye Steak: 9.95
 Sunday, Feb. 22 Fried Chicken Dinner: 5.95
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