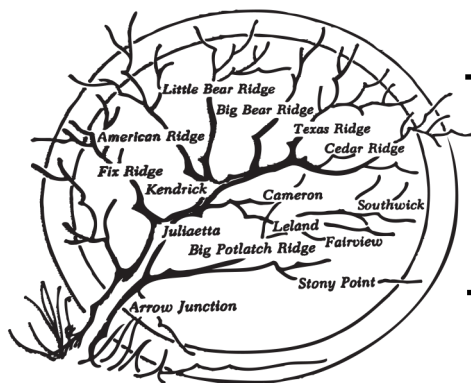




Here's What's Happening

Kendrick-Juliaetta & 7 Ridges Community News

kendrick-juliaetta.com, kj7newsletter3@gmail.com

A New Chapter for Our Library!

After more than 50 wonderful years in Juliaetta, our library has turned the page and moved to a new home in Kendrick!

Our new location at 501 Main Street, right next to Phil's Food City, offers a brighter, more accessible space for everyone to enjoy. The building features ADA-accessible restrooms, push-button entry doors, a public meeting room, a separate computer room and improved parking, making it easier than ever for community members of all ages and abilities to visit and enjoy.

We want to extend our heartfelt thanks to the amazing volunteers who made this move possible: Teresa Cortese, Patrick Wharton, Alice Campbell, Jayne Weber and Dana Kelly along with a hardworking crew from Moscow who helped us with the heavy lifting. Their time, energy, and dedication helped ensure a smooth transition into our beautiful new space.

We invite you to stop by, explore, and make yourself at home! Our new hours are:

Monday–Wednesday: 2–6 PM

Thursday: 10 AM–4 PM

Come see what's new, check out a good book, and celebrate this exciting new chapter with us in Kendrick!

Find us on Facebook: Friends of the Kendrick-Juliaetta Public Library
Erin Davis



Community Listening Session

Please join a group of your friends and neighbors for a Community Listening Session on **Monday, November 10th, 6:30p at the Juliaetta Community Center, 214 State St, Juliaetta**. Spaghetti dinner with salad, bread and dessert will be provided...so come have dinner with us and discuss what concerns you have to bring to the table...whether it's the community pool, grocery store, schools, or Medicaid. We want to hear from you while we break bread together!

We care about local commerce and businesses, but also state and national issues, and we know that you do, too. We're proud to support each other and want to work together to keep our community strong and viable, regardless of party affiliation. Let us hear what matters to you and your family and get a free meal in the process!

Contact either Andrea Masom at 208-289-5949 or Justin Cope at 208-816-3244 for more info. Hope to see you in November! *Kari Galloway*

Be a Friend!

Now that the dust has settled from the move, the Friends of the Library group is gearing up for a fabulous end of year at the Kendrick Juliaetta Library!

Take a peek:

December 6th - Book giveaway for younger readers during Santa's visit to Kendrick!

December 16th - Sugar Cookie decorating fun from 3-5pm

January 16th - Movie Night at the Library from 7-9pm

Love the community? Love books? Why not join the FOL and learn how you can support the Library?! Reach out to our facilitator, Alice Campbell at 208-413-3123 and discover what volunteer opportunities might be available. All are welcome! *Nicole Seegmiller*

City of Juliaetta News

Brush Bin: A friendly reminder that the brush bin located near the Juliaetta Fire Station is available to all Juliaetta residents. The brush bin will be available until hopefully after the New Year, weather permitting. Please remember this bin is only for yard waste and not household garbage items. If you have any questions, please contact City Hall.

Garbage Cans and Winter: Please remember to move all garbage cans off the City right-of-way during snowy weather to ensure the City can safely and effectively plow and perform other necessary maintenance.

Centennial Park Dumpster: The dumpster at Centennial Park is ONLY for park garbage and is not to be used as a personal dumpster. Illegal dumping is a crime and violators will be prosecuted.

New Online Account Access and Payment Portal: Juliaetta has a NEW payment portal! The best part is there are **NO SERVICE FEES** whether you pay with a debit/credit card or link your bank! A few additional perks include:

- Easy login and user friendly
- Set up auto-pay – set it and forget it!
- Go paperless – no more clunky postcard bills!
- View account balance, usage, and payment history
- Email and text message reminders when utility bill is due

If you have any questions, please contact City Hall at 208-276-7791. You can sign up for the portal by going to <https://juliaettaid.ourcommunityconnect.com> or scanning this QR code:



Cheyane Nelson , City Clerk

City of Kendrick News



Light the Park Event Information: The Annual Light the Park event will be held on December 6th. Festivities begin at a bit before 5 p.m., with **Santa** arriving via the parade and being delivered to the Park Gazebo. The Kendrick Park will light up along with festivities in the Kendrick Park. If you are interested in joining in on the parade fun contact City Hall at 289-5157. If you would like to make a monetary donation for the Lighting of the Park event for supplies, please donate to Kendrick City at PO Box 195.

The Lion's Club will be holding raffles for two cords of red fir firewood and a gun. They will also be selling chili by the cup to help replace the clock in front of the post office. The Hill and Valley Garden Club will be having their annual wreath sale from 10 a.m.-4 p.m. and will be raffling off a wreath that evening. The Friends of the Library, in coordination with the City of Kendrick, will be giving out free books for children that evening. Local businesses will be open all day and into the evening. Check them out: Furry Tales, Sticky Kitchen, Hardware Brewery, Coffee Stop, Old Towne Tavern. Participating Sponsors for the evening and city raffle include Bun Buns, Latah Credit Union, Hardware Brewery, Kendrick Grange 413, City of Kendrick, Kendrick AG, Furry Tales, Kendrick Fire, Coffee Stop. Tap Dancers are Aubrey Patterson, Emree Schwecke, Zoey Surber, and Raychel Tefft.

Important request Please remove all garbage cans from the street after pick up; it makes it easier for plowing and street sweeping. Thank you. *Rose Norris*

J/K Good Samaritan Food Bank

Traditionally the Food Bank serves approximately 45 families and individuals for Thanksgiving and Christmas holidays. If you can donate turkeys or make a monetary donation, it would be greatly appreciated. Money donations can be dropped off at the Latah Credit Union in Kendrick. Turkey donations can be made by calling Jerry Galloway at 208-301-7634.

We still need volunteers either weekly to pick up food in Moscow or Lewiston and/or monthly. Whatever time you can give will be so gratifying both to you and to your neighbors in need in our community. Please contact Jerry if you have time and skills to share. *Kari Galloway*

Cameron Lutheran Church News

By the time this newsletter is in your hands, the annual turkey dinner and bazaar will be history, but at this writing we are excited about its 103rd version! The turkeys are thawing, the tables are getting set up, the sale items are coming in and being put on display, and by Saturday we will be ready. We anticipate a good crowd and hope everyone enjoys the dinner and auction. One of the stars of the show is the hand-pieced and hand-quilted 'Nine Sisters' quilt. Countless hours of planning, cutting, piecing, sewing and quilting went into this beautiful treasure, and we anticipate it going to a good home! We would like to thank all those who contributed their time, food, crafts, ideas, and hard work to make this event a success. We could not do it without you!

We recently took our fall load of Lutheran World Relief supplies to Spokane, where supplies gathered from all over the region are shipped to Baltimore, then sent for needs all over the world. We are grateful to those who brought supplies, donated money for buying items, sewed school bags and baby blankets, and who helped assemble the kits and pack them for shipping.

On October 8th, we enjoyed lunch and a visit with two pastors from our sister synod in Tanzania. They helped us assemble school kits so they could see what went into them, and during lunch we got a report of the work they're doing. They are associated with the Tumaini School for girls, in which we have a special interest because we have sent funds to help build it. The school is basically finished now and there are wonderful stories of what is accomplished there.

We are still searching for a new pastor, but are enjoying some wonderful pulpit supply from pastors around the area, plus a great team of worship leaders who fill in on the rest of the Sundays. There will be a special Thankoffering service on Nov. 16, to which all are welcome. All are also welcome to worship all Sundays: Adult Bible Study is at 9:00 and worship at 10:00. Call Ann or Don Parks at (208) 289-3607 for questions or to get contacts for emergency help. *Ann Taylor*



Big Bear Ridge Community Club/Hall Holds Meeting

Current and former Big Bear Ridge community members gathered on the evening of Tuesday, September 29th to discuss the future of the Community Club/Hall. A new roster of board members were elected, as follows: Chris Mattoon, President; Jerry Galloway, Secretary/Treasurer; JayC Hardin, Mike Halen, Beth Price, General Members

Two new committees were created: Building/maintenance and Marketing/publicity/membership.

Everyone in attendance appreciated the willingness of the new board to serve and are excited about upcoming events and preservation work at the Hall.

October 25, 2025 - Fall Hwy 3 Cleanup will occur prior to the newsletter publishing. Thank you to all who donated their time to help keep our highway clean.

January 10, 2026 - The Winter Celebration (formerly the Christmas/Holiday Party) and silent auction fundraiser will be held at the Hall in the early afternoon (more info to follow in the January newsletter). If you have a silent auction item or idea, please contact a board member

Future preservation and improvement projects: 1) Removing old and installing newly donated kitchen cupboards. 2) Exterior painting (spring project), roofing and fascia preservation. 3) Upgrading the indoor restroom. This is a major expense project and several options were discussed. Several community members offered to research the cost and logistics of each option.

If you're interested in becoming more involved in the Big Bear Ridge Club/Hall we would welcome you...and we promise, the community is actively volunteering for all of the projects, so you won't get overused!

If you have any questions or comments, please contact either Chris Mattoon at 208-669-9581 or Jerry Galloway at 208-301-7634. *Kari Galloway*

Annual Wreath Making!



Mark your calendars and join us for a fun filled day of wreath making, on Saturday, November 22nd from 9am to 1pm at Southwick Bible Church. We'll have sweet breads, coffee and tea during the morning; and soup, crackers and bread for lunch. Everything will be provided to make your Christmas wreath. All you need to bring are wire snips, scissors, and gloves. If you have a wire frame from last year, please bring that as well. Looking forward to seeing you! If you have any questions, please contact Sharlene at 208-827-1337.

The Kendrick Juliaetta 7 Ridges Education Foundation

Board Members welcomes our students back to an exciting school year. The KJ7 Education Foundation was established by several very generous, dedicated and concerned community families such as the Benscoter, Lyle, Galloway, Parks and Lesley Gold-Kopp families. Without their initial donation, the Foundation would not exist. These families believe in supporting the children in our community and believe that further education is vital to be successful.

Last year our seniors were awarded over \$80,000 in scholarships. The Benscoter, Lyle, Galloway Scholarships amount awarded was \$71,250. The Park's Scholarship amount awarded was \$4,950. The Lesley Gold-Kopp amount awarded was \$6,000.

The KJ7 Education Foundation welcomed the Kindergarten Class with KJ7 T-shirts.

As the school year begins we want to encourage teachers to apply for grants for educational materials, student projects, tools and other materials that can assist the learning opportunities in the classrooms. This year we have already approved two grants. One was submitted by students to establish a school newspaper to connect with students and the school. The other was for the Physical Ed class to introduce and teach students about unicycles and to establish a club. This will encourage students to be more physically active.

Senior projects are required for completing graduation requirements. The Foundation provides grants that will assist seniors in complying with the requirements. We are encouraging seniors and juniors to start planning projects early that support our community. We are also offering other grants to students that will support our community such as life-guard, EMT and CNA training and certifications. These grants will provide our community lifeguards, EMTs and CNAs

Parents encourage your seniors to start planning early for graduation. It is never too early to gain access to incredible funds available for our students.

The Foundation is sponsoring monthly guest speakers' forum at the high school on the 2nd Friday at noon. Speakers will be representatives from various career fields to expose seniors to possible career paths. Kendra Cannon was our first guest speaker who was well received by our students. The next forum will be November 7th.

If you are interested in donating any amount it will directly benefit our students in furthering their education. Remember the funds can be used for trade schools, internships, college or other possibilities. Your donation will allow the Foundation to continue to award substantial scholarships to graduating seniors. <https://www.kj7educationfoundation.org/>



Juliaetta-Kendrick Fire News

With the close of summer fire season, the firefighters would like to thank everyone for their cooperation in identifying fire locations and being safe this past summer. July was a busy month with half of our calls (13) for the year in that month alone.

The Kendrick Firefighters would like to thank the Blackberry Brew & Pub for the Charity Bingo's held for a fundraiser to assist us. We greatly appreciate it.

In October we took the Fire Engines to the Elementary School for Fire Prevention.

We are actively recruiting firefighters

Juliaetta meets on the 2nd and 4th Wednesday of every month at 7:00 pm.

Contact Chief Heimgartner or a member of the Juliaetta department.

Kendrick meets on the 1st and 3rd Wednesday of every month at 6:30 pm. Contact Chief Norris or a member of the Kendrick department.

Have a safe and happy holiday season. *Rose Norris*

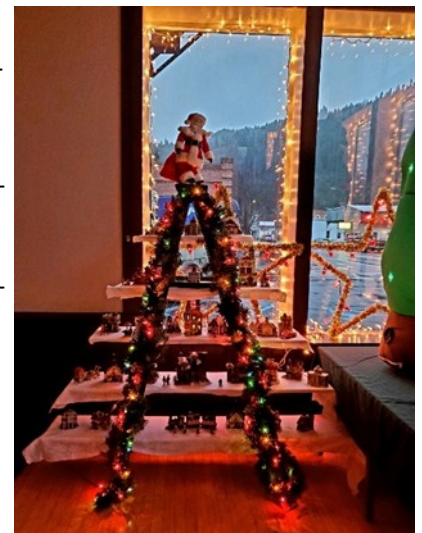


At the Grange

Now is the time to reserve the Community Center for your holiday events. Contact Rose (208-816-6116 or Jan (208-289-4844 to secure your reservation. The hall is already decorated for the season.

Jan and Rose have prepared a beautiful Christmas display for the front window for your enjoyment over the holidays.

Sharon Harris



KHS Teachers Are Awarded \$9411 Grant from The Nez Perce Educational Foundation

KHS teachers Eric McDowell and William McFall have been awarded \$9411 for KHS science and math educational opportunities. The grant will purchase a fermenter and several distillation chillers as an effort to further an ongoing project where Mr. McDowell's KHS science students will test the viability of different feedstocks in the production of bioethanol (in accordance with the district's federal distilling license). In addition, Mr. McFall will purchase modern surveying equipment that will be used by students to learn the basics of land surveying as part of their KHS math classes. Mr. McDowell and Mr. McFall would like to thank the Nez Perce Educational Foundation for their generosity and commitment to furthering education in the state of Idaho.



New at the Museum

The museum has been closed while A Touch of Glass, a Lewiston company, installed the new windows. (This was supposed to be an August project, but it has turned into a end-of-year project. The project included replacing three windows at the Garden Club House. There was also one window replaced at the Grange. The original windows are now pushing 120 years of age.

I found a precious little wooden scooter to purchase at the Southwick Fall Event. It will go on display at the museum when we reopen.

It is time for our fall funding drive. We so appreciate your yearly donations to the museum. You can sponsor an exhibit for \$100.00 a year. Many people like that form of sponsorship. We are grateful for every donation, be it a large one or a small one. We have established a museum that any small town would be proud to call their own. If you feel like giving \$500.00 or more, we will display your photo in our group of top givers for perpetuity.

Sharon Harris

HILL AND VALLEY GARDEN CLUB NEWS

Are you planning your decorations for the Christmas season? You can't go wrong with a festive Christmas wreath or swag for your door, an elegant outdoor planter or a fresh evergreen arrangement for your holiday table made by your hometown Hill and Valley Garden Club.

The HVGC Annual Wreath Sale to be held on **Saturday, Dec. 6 from 10:00am to 4:00pm**. This is a change from the usual Friday day and time. We want to give Saturday a try for the sale so folks that work on weekdays can attend on Saturday. The club wants to support the community "Light the Park" activities that same evening.

The HVGC ladies are master wreath makers and turn out some unique and beautiful wreaths, table arrangements, swags and outdoor planters with lots of thematic and color variety so there is something for everyone!!!

HVGC is happy to take **custom orders** in your preference of color and theme ahead of the sale day. You can contact any club member or Jayne Weber for custom orders. Proceeds from the sale support the club and our projects: KHS scholarships, JES & youth projects, community flower gardens, and Grange building improvements.

If you have **evergreen boughs** that we could use for our wreaths, please give us a call so we can put them to good use! We need: cedar, red fir, white fir, grand fir, juniper, white pine, laurel, holly, Oregon grape, grape ivy and boxwood. The club will pay for a large pickup load of greenery, either bagged or larger boughs. You can contact Patty Silflow at 208-289-5881 or Jayne Weber at 208-790-7079. *Joanne Gertje*



There is some exciting news!! Our location is moving!! 1 November we will officially be in Kendrick, Idaho. The office will be closed 30 October to 6 November to make the move happen. 607 Main Street, Kendrick.

SAME NUMBER: 253-241-3183



7 Ridges Holistic Health

Republican PCO

Election: Tuesday, Nov. 4, 2025 — Polls Open 8:00 AM to 8:00 PM

Inspired by *Your 5 Duties as a Christian Citizen* by Bill Bright

As the election draws near, we are reminded that freedom is not something to take for granted, it's something we must protect, preserve, and participate in. Our nation was built on the voices and convictions of everyday people who were willing to stand up and be bold for what was right.

Bill Bright's pamphlet challenges each of us to integrate faith with action. We are called to pray for our leaders, stay informed, speak truth with love, live faithfully in our public life, and vote. Voting may seem like a small act, but it is one of the most powerful ways to make your faith visible in the public square.

If you have questions, whether about registering, what's on your ballot, absentee or early voting, or where to vote - reach out to any of your PCOs (Precinct Committee Officers). We are here to help you make your voice heard.

This November 4, let's each stand up, be bold, and vote. Pray. Prepare. Participate. Let your ballot be a reflection of your faith, your convictions, and your love for our community and nation.

Lori Warner – Kendrick PCO, 208-791-5208
Rick Lawless – Juliaetta PCO, 208-305-6516
Becky Loomis – Linden PCO 360-359-1628

Kendrick Senior Center News

Senior Mealsite will be closed the whole week of Thanksgiving and also Christmas. Sorry, we don't know yet if there will be any special meals for either occasion, as we sometimes get things (or not) from the warehouse that force us to change meals at the last minute!

Remember to join us for FUN at monthly Bingo. And if there are any changes to the holiday meal schedule or monthly menu, you can find it on our Facebook page. Please go to J K Senior Meals (space between J and K) to follow us and to see the coming weeks' menus and activities that are happening. *Kari Galloway*

Lions at Your Service

Lions Club members have a new president, Dave Klatt.

One of their first projects this year was a litter pickup between Kendrick and Juliaetta. The crew pictured collected litter from Brocke's Plant to J-K Storage Units. They netted over 30 bags of trash. Julietta Elementary School, under the direction of Dorie Nelson, picked up trash from the Juliaetta Water Plant to the storage units.



Shari Pea, Teresa Cortese, Amber Broke-Cady, and Lori Brocke

Right before Halloween on October 23rd Darrell Brocke, who we affectionately call "Our Vampire," collected 12 units of life-saving blood in the blood drive.

The club has no use for the booths that we have used for many years at Locust Blossom Festival and wants to sell them. There are many substantial 2x6's and 2x10's. If you have a use for them, make us an offer.

Lions will be selling tickets soon for their raffle featuring a gun, and tamarack wood. The proceeds will benefit the George Brocke Memorial Clock on Main Street.

At each meeting, there is a drawing for a raffle to bolster the Lions Sight Project. It was won last week by Shari Pea. This week's winners were Doug Harris, who won a Halloween Witch. (He says he now has two at his house.) Erin Hosley won the decorative pumpkin. Erin was just welcomed into our club as a new member.

The Lions Club is making sure Santa will arrive in Kendrick armed with candy for the children on December 6th. *Sharon Harris*

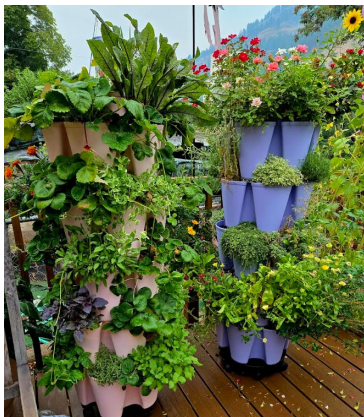


Young volunteers doing their part to clean up our community.

Plant Corner

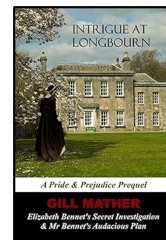
As the hills around our valley turn crisp and the mornings carry a hint of chill, it's time to start thinking about putting up the fall harvest. The gardens, fruit trees, and wild patches of summer offer their final bounty. With a little care and effort, these foods can be put up and enjoyed during the cold months ahead. Canning days are a tradition in many kitchens. The smell of simmering tomatoes, apples, and pickles fill jars waiting for the lids to pop. Whether it's salsa, sweet peach jam, or a vegetable soup, canning keeps that taste of summer alive through the winter. Not everything needs to be sealed in glass. Freezing is a quick and dependable method as well. Items like corn, berries and blanched garden greens freeze perfectly. Root crops like onions and potatoes along with apples and squash find their place in cool cellars and basements where steady temperatures keep them fresh for months. Drying and dehydrating are also great ways to save space and store herbs, apple rings and tomato slices to add to winter soups and breads.

There is pride knowing some of the food you preserve and put up and the hard work that goes into it will pay off this winter. When the snow comes down and the nights grow long, there's nothing quite like opening a jar of home preserved peaches or stew and tasting the memory of summer's warmth. *Rich Tackett*



Book Nook

If you are the kind of person who enjoyed *Pride & Prejudice* by Jane Austen, and perhaps longed to follow more of Elizabeth Bennett's life, here is a series you will love written by Gill Mather. There are five books: *Menace at Pemberley*, *Easter at Netherfield*, *Intrigue at Longbourn*, and *Northern Peril*. They begin where *Pride & Prejudice* left off. Liz-zie, Jane, and Lydia have all married and left home. The books do not lack excitement as you follow the lives of the Darcys, the Bingleys, and the Wickems.



The American Girl by Rachael English is a heartbreaking, yet captivating, story of a young woman's teenage pregnancy and her Bostonian parents shipping her off to Ireland to have the baby born in secrecy. This book exposes the cruel treatment of unwed mothers within the Catholic Church in the late 1960s. The storyline follows Martha, the baby given up for adoption against her mother's will, and her search for the truth and her birth mother.

And finally, I would recommend Gregg Olsen's *The Amish Wife*. It is a book about lies, secrecy, and conspiracy within the Amish community that let a killer go free and continue murdering others. *Sharon Harris*

Here are some of the latest books I have read and would recommend to fellow bookworms:

Finding Grace, by Loretta Rothschild. With an opening that is sure to grab the readers attention, this novel has suspense, a love story, emotion, family, and a plot twist not expected at the end.

Don't Let Him In by Lisa Jewell. The ultimate conman has left a trail of broken hearted and broken women in his wake. He finally meets his match only to disappear, expecting to "get away with it all," but could there be an unexpected ending? Great suspense-building novel!

Softly I Love You by Priscilla Beaulieu Presley, This book was open and honest not only about her former husband, "The King", Elvis Presley, but also gives plenty of formerly unknown insight into the many tragedies that her family has gone through over the years.

Billion Dollar Ransom by James Patterson & Duane Swierczy. The story is the type of thriller expected by James Patterson! He does not disappoint with the plot twists and turns that keep a reader up late at night until the end is finally reached - and another WOW moment is experienced!

Happy Reading!

Cheryl Rumbolz



Furry Tale Mercantile Events

The holidays are quickly approaching and here's what we have planned for the next couple months.

- Nov. 22nd – Closed for a private event at 3pm
- Nov. 26th – Closing at 3pm
- Nov. 27th – Closed for Thanksgiving
- Nov. 28th & 29th - BLACK FRIDAY & Small Biz Saturday Sale! Drinks, Snacks, and Giveaways!
- Dec. 6th – Just For Men Shopping Day! Ladies, send your hubby or significant other with a list of ideas and we'll help them shop. FREE wrapping will be provided. As they wait, we'll have complimentary drinks and snacks.
- Dec. 21st – 23rd – We'll be OPEN!! We are extending our days for any last-minute shopping.
- Dec. 24th through Jan. 6th – CLOSED for the holidays! We'll re-open Jan. 7th.

Be sure to follow us on facebook@furrytalemercantile, for updates.

BUNCO is back! We meet on the 3rd Monday of the month. If you'd like to join us, please contact us at 986-289-4009. Due to the holiday, we will not meet in December.

Just a reminder of our open days and hours. We are open Wed. through Fri. 10a – 5p and Sat. 10a – 3p. Thank you all for supporting our little shop! Have a wonderful Christmas and Happy New Year!!
Sharlene Mitchell

Only 600 tickets sold!

RAFFLE!

Tickets \$10

Three chances to win!

Drawing #1

Henry Golden Boy

choose caliber

(.22 S/L/LR, .22 MAG, .17 HMR)

Drawing #2

Cord of split firewood

Drawing #3

Cord of split firewood

Drawing May 23
2026 Locust Blossom Festival!

Proceeds benefit the
George F. Brocke Memorial Clock

Kendrick Lions Club

Juliaetta Street Market

A heartfelt thank you to all the incredible businesses and vendors who joined us for the Juliaetta Street Market — thank you from the bottom of our hearts.

Cynthia Nye - Jewelry & charms, Serena Walton, Jean Banesemer, Gayle Marek, Julie Watkins, Kirby & Michelle Heutt, Debbie Grant, Denise Behler, Thomas & Tamar Zachary, Nadia Flores-Estra, Randi Nicholson, Valerie Warren, Susan Camino, Gary Bricker, Michelle Evans, Paul Inman & Larry Zehner, Kimberly Brumley, Audrey Netz, Rich & Stephanie Tackett, Don, Polly Taylor-Dennler, Dorie Nelson, Aubrey, Dorothy Lohman

Your time, energy, and creativity brought our community together and made this event truly special. We are so grateful for your support, your smiles, and the wonderful goods and services you shared with everyone who came.

We're already looking forward to next year and can't wait to make the Juliaetta Street Market even bigger and better with your help!

With appreciation and community spirit,
Juliaetta Street Market Team



Blackberry Brew & Pub, Bottoms Up
309 MAIN ST. JULIAETTA, ID
208-276-3122

NOVEMBER & DECEMBER EVENTS:

Mon. – Weds. – Happy Hour 4 to 6 PM, Extended Happy Hour **Thurs. 4 to 7 PM**
Tues: Taco Tuesday 12 to 8 PM, Rotating Meat Selection
 Pinochle at 5 PM, Valley Pool League 7 PM
Wed: Wing Wednesday \$1.25 a wing w/ carrots & dressing. Regular sauces & rubs, look for featured sauces too! 12 to 8 PM
Thurs: Rotating events, cook-off's, Nacho Thursday, Special Meal Thursday
Fri: Game Night – 4 PM & Fireball Friday, 2 Shots for \$5
Sat: Rotating Events - Live Music, Vendors Fairs
Sun: Sunday Funday – All Day 16 oz. Bloody Mary's, Clam Diggers, & Mimosa's \$4, Pinochle 3 PM, Double Elimination Pool Tournaments, – starts at 6 PM

SPECIAL EVENTS

1 NOV – *Karaoke* 7 to 10 PM Pastor Dave – All Kinds of Music to sing to!!
6 NOV – *Spaghetti Cook-off* drop-off spaghetti 6 to 6:30 PM. Judging starts at 6:30 PM.
9 NOV – *Charity Bingo* (Benefits Baker-Lind VFW Post 3919) – 3 to 5 PM.
FREE POOL TOURNAMENT ENTERIES FOR VETERANS

11 NOV – Happy Veterans Day! Free Appetizer & Drink //OR// Free Meal all day for Veterans.
13 NOV – Nacho Thursday. 12 PM to 8 PM
15 NOV – *LIVE MUSIC* 5:30 PM – The Lukenbills
20 NOV – THURSDAY Cribbage – 6:30 PM
21 NOV – *Charity Bingo* (Benefits Baker-Lind VFW Post 3919) – 6 to 8 PM
27 NOV – THANKSGIVING POTLUCK – 1 PM Appetizers & 3 PM Dinner, sign-up @ the bar
29 NOV – SMALL BUSINESS SATURDAY – Vendor Fair, Shopping, Punch-cards, Gift Wrapping partnered event for Juliaetta & Kendrick Businesses **10 AM to 3 PM**
4 DEC – *Soup Cook-off* drop-off soup 6 to 6:30 PM. Judging starts at 6:30 PM.
7 DEC – *Charity Bingo* (Benefits 4H) – 3 to 5 pm
11 DEC – Nacho Thursday. 12 PM to 8 PM #2 Idaho Potatoes & all the fixings!!
19 DEC – *Charity Bingo* (Benefits 4H) – 6 to 8 pm
20 DEC – *LIVE MUSIC* 5:30 PM – The Lukenbills & 4th Annual Ugly Sweater Contest

Written By: Christine Prokay, Blackberry Brew & Pub

Spotlight on the Grangeville Smokejumpers

Stretching from Alaska to California, smokejumper bases protect the Northwest from wildfires in some of the most rugged terrain. The Grangeville Smokejumper Base (GAC) in Idaho is the closest base to our area—and one of the nine across the nation. Known as the most centrally located, it plays a crucial role in wildfire response when fires break out in remote areas without road access.

The GAC facilities include a parachute loft, parachute tower, paracargo area, ready room, administrative offices, saw shack, and physical training space. Each area supports a specific part of the smokejumpers' mission. The parachute loft is where gear is made, repaired, and parachutes are carefully packed. The tower allows for full inspection and maintenance of parachutes before they're used in the field.

The paracargo section stores and prepares supply boxes that are parachuted in after jumpers land. These boxes contain enough food, water, tools, and chainsaws to sustain crews for near weeks without extraction. When an alarm sounds, jumpers report to the ready room, where they gear up and must be loading onto the plane within two minutes. Crews of up to eight jumpers depart with their supplies, often supporting fires in neighboring states or bases.

The administrative office coordinates flight dispatch and communication, ensuring jumpers reach fires quickly. They are described as the most vital part of the base to keep the flow of the base very upbeat. The saw shack houses, maintains, and prepares saws ranging from small electrics to large Stihl 500i models used for cutting through dense trees. Finally, the base's training area keeps firefighters in peak condition, featuring weights, racks, multiple machines, mountain bikes, and running routes through the hills of Grangeville.

The Grangeville Smokejumpers stand as a vital part of our nation's wildfire defense, they respond nationally, locally, and sometimes globally. Smokejumpers are a global resource for the most intense and ruggedly placed wildfires, they respond to anything and adapt to all. In the words of my mentor Jacob Stomack, "The biggest attribute is adaptability. Being able to adapt to any situation, because you're trained for anything but you never really know what you're going to get into." *Tanner Clemenhagen*



Dehydration in Women: A Hidden Factor Affecting Menopause, Joints, Hormones, and Muscles

Dehydration is more common than many women realize—especially in the United States, when busy lifestyles, caffeine intake, and hot weather can contribute to daily fluid loss. Dehydration can affect anyone, women face unique challenges, particularly during and after menopause. Proper hydration plays a key role in maintaining hormonal balance, joint health, muscle function, and overall well-being.

During menopause, estrogen levels naturally decline, which can affect the body's ability to regulate temperature and retain moisture. Dehydration can worsen common symptoms like hot flashes, night sweats, headaches, fatigue, and mood swings. Adequate hydration supports hormone transport in the bloodstream and helps regulate body temperature—making symptoms less severe and improving daily comfort.

Water is a critical component of joint cartilage, which cushions bones and allows smooth movement. When hydration levels drop, joints may become stiffer and more prone to pain or inflammation. For women already experiencing age-related joint discomfort, dehydration can amplify stiffness and make physical activity more difficult.

Muscles are about 75% water, and even mild dehydration can lead to cramps, weakness, and slower recovery after exercise. For women, maintaining strong, hydrated muscles is essential for mobility, metabolism, and balance. Dehydration also decreases blood volume, making the heart work harder to deliver oxygen and nutrients to tissues, which can lead to fatigue.

Hydration affects more than just estrogen. It supports adrenal health and cortisol regulation, which influence stress response and energy levels. Chronic dehydration can contribute to hormonal imbalances, making it harder to manage weight, sleep, and mood during menopause and beyond.

Some simple hydration tips:

1. Aim for at least 64 ounces (about 2 liters) of water daily, or more if active.
2. Add electrolytes for better absorption, especially in hot climates.
3. Eat hydrating foods like cucumbers, celery, strawberries, watermelon, mushrooms, bell peppers, zucchini, other squashed, radishes, and leafy greens.
4. Limit alcohol and excess caffeine, which can increase fluid loss.

Hydration isn't just about quenching thirst, it's a key piece of women's health, particularly during menopause. Supporting the body with proper fluids can ease symptoms, protect joints, balance hormones, and keep muscles strong. Making hydration a daily priority can have lasting benefits for long-term health and vitality.

Christine A. Prokay, MESS, BA, RA, LMT

Priscilla's New Book

Our community is blessed to have such a fine writer in our midst. Priscilla Benscoter Armitage is a compassionate soul, and a keen observer of the world around her. In her new book of poetry, *Raindrops on a River*, you will find the work of a creative writer who is just slowing down a little bit at the age of 90 years.

Within minutes, her book takes me back to a time of reflection and even humor. Writing poetry has been a lifelong love (her beloved hobby).

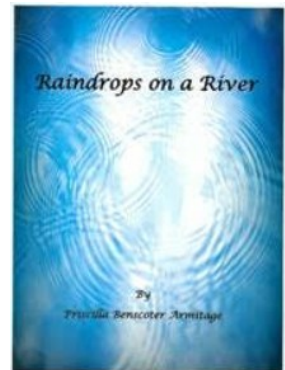
She published her first book of poetry *Homespun Reflections* in 1999. It was a fifty-year collection of her writing and dedicated to her Lord and Savior, Jesus Christ. She wants her readers to be "touched, challenged, comforted, and encouraged" with the sharing of her life and thoughts. She also co-authored a history entitled *American Ridge, the Land and the People*.

Priscilla was raised on American Ridge. She married Arlie Armitage. They lived their entire married life in Southwick where they raised two children, Nick and Tammy.

She has touched many lives and many hearts with her faith, gentleness, and kindness. She has found solace and beauty in writing her poetry. I find those same things in reading what she wrote. She brings beauty and peace through her poetry into a world starved for those qualities.

RAW NATURE

Velvety soft upon a rock, And misted by a stream
Musty moss green and gold, In evening's sunlight beam.
Soft are the Springtime watery sounds, Of the nearby waterfall
While a distant thrum on a long log drum Sounds a pheasant's call.
A butterfly comes flitting by To sit by the stream and sip,
While high above a soft gray dove Lights on a fir bough tip
A movement slight puts birds to flight Disturbing the peaceful scene,
And a startled deer out of fear Bolts across the stream.
A chipmunk bold begins to scold As he scampers up a limb.
Then I'm drawn away at end of day As evening light grows dim,
And the scene serene by the woodland stream, implants upon my mind,
That time can cease for a moment's peace When we raw nature find.



You may see a copy of her latest book at the new Kendrick Library where she has donated a copy. Or if you would like a copy, please contact Priscilla on Facebook. *Sharon Harris*



Meet Kammi Rimel

Kammi is a new stylist at Humm Salon in Kendrick. She is anxious to serve you.



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