

January 26th, 2024

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- Garden Issue April 12th

Home Improvement May 17th

Outdoor Issue June 14th

Hunting Issue September 13th

Salute to Veterans November 8th

Local Shopping November 29th

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NW Jr. PG. 16
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Health & Wellness

Nickel's Worth Special Issue
Pages 17-18

MQS

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Vietnam Peace Day
January 27th
— National Day Calendar —



Every year on January 27th Vietnam Peace Day commemorates the signing of the Paris Peace Accords. This event ended America's involvement in the Vietnam War.

For eight long years, the United States was involved in the Vietnam War. The U.S. entered the war in 1965. However, the conflict in Vietnam started long before then. Tensions existed between communist North Vietnam and democratic South Vietnam in the mid-1950s. During this time, America's only provided funding and military training to South Vietnam.

In 1961, President John F. Kennedy expanded the military aid program. In 1963, Lyndon B. Johnson became president. Two years later, the first American combat troops entered Vietnam. By 1966, there were 400,000 U.S. troops fighting in the Vietnam War. This number increased through the years, as did the number of people protesting the United States' involvement. Due to backlash, President Johnson did not seek reelection. In November 1968, Richard M. Nixon became President. He promised to

restore law and order and end the draft.

By the time the United States pulled out of the war in 1973, over 58,000 military members had died. About 75,000 American Vietnam vets were severely disabled. People in this country still have strong feelings about the Vietnam War. Many feel our country should not have gotten involved. This is especially true since communist North Vietnam overtook South Vietnam. The communist takeover officially ended the war in 1975. Since then, North and South Vietnam has been known as the Socialist Republic of Vietnam.

How To Observe Vietnam Peace Day

On this day, people in our country are encouraged to study our involvement in the Vietnam War. In doing so, we can learn from past mistakes and encourage our leaders to make better choices in the present and future. Other ways to observe this day include:

- Learn more about what caused the Vietnam War.
- Watch one of the many documentaries on the Vietnam War, such as, "Winter Soldier," "Regret to Inform," "The Vietnam War," "The My Lai Tapes," and "Hearts and Minds."
- Make plans to visit the Vietnam Veterans Memorial in Washington, D.C.
- Thank a Vietnam veteran for their service by taking them out for lunch or coffee.

Share this day on social media with #VietnamPeaceDay.

Vietnam Peace Day History

On January 27th, 1973 President Nixon signed the Paris Peace Accords. This officially ended the United States' involvement in the Vietnam War. The North Vietnam accepted a ceasefire. However, the war did not officially end until 1975 after the Fall of Saigon.

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Going Out



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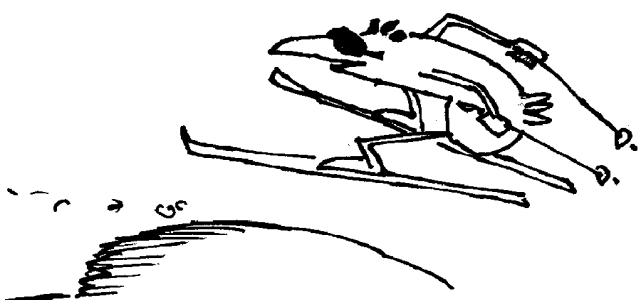
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January 'Wildlife Express' Dumpster Dives Into The World Of Raccoons

— Idaho Dept. of Fish & Game —



Each *Wildlife Express* issue features an Idaho wildlife species and articles related to science and ecological concepts.

Raccoons—the mysterious, nocturnal “trash pandas” often seen rummaging around in both wild and urban settings—are the subject of this month’s *Wildlife Express*.

Raccoons are animals that have done well living among humans. They are often one of the only large wild mammals living full-time in a city. The reason raccoons can live in towns and cities is because they are not picky eaters. Raccoons are omnivores; they will eat just about anything. They will eat fruits, nuts, insects, birds, eggs, small mammals, worms, snakes, fish or frogs. Anything they can get their paws on may be a potential meal.

Be sure to check out the January edition of *Wildlife Express* to learn more about raccoons, the roles (or niches) animals play in an environment, winter survival habits of some critters and how to identify various animal skulls in the wild.

Wildlife Express is a monthly newsletter for elementary school-age children that teaches lessons about wildlife species and subjects. Each issue features an Idaho wildlife species and articles related to science and ecological concepts. The articles are written in an educational and entertaining fashion that gets students excited to read and learn about wildlife and their environments.



Check out Idaho Fish and Game’s *Wildlife Express* webpage at idfg.idaho.gov/education/wildlife-express to learn more and peruse past issues.



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Holocaust
Remembrance Day
January 27th

— National Day Calendar —



International Day of Commemoration in Memory of the Victims of the Holocaust

Holocaust Remembrance Day - Each year on January 27th, the world remembers one of the most horrific events in modern history. This tragic event is known as the Holocaust. The holocaust occurred during WWII when Nazi Germany killed millions of innocent victims. The day is also known as Holocaust Remembrance Day.

Nazi Germany is one of the vilest regimes that ever existed. They persecuted and killed millions of people in just under four years. One group in particular that suffered were those of the Jewish faith. It is believed that six million Jews were killed during the Holocaust. The Nazis' persecution of the Jews became a genocide.

Genocide occurs when those of a particular ethnic group is deliberately killed. However, the Nazis killed more than just Jews. Hundreds of thousands of other groups of people died under the evil regime. These included:

- 7 million Soviet civilians
- 3 million Soviet prisoners of war
- 1.8 million Polish civilians
- 312,000 Serb civilians
- Up to 250,000 people with disabilities
- Up to 250,000 Gypsies
- Around 1,900 Jehovah Witnesses
- Possibly thousands of homosexuals

Most Jews died in concentration camps. The most notorious concentration camp is Auschwitz, where approximately one million Jews died. While some of the Jews in the concentration camps died from disease or starvation, others died in the gas chambers. Other groups of people were forced to live in ghettos where they died of sickness or starvation. Still, others were rounded up, shot, and buried in mass graves.

Many famous books and movies have been produced about the holocaust. One of the most famous books is *Anne Frank: The Diary of a Young Girl*. The book is a real-life account of the two years that Anne Frank and her Dutch family hid from the Nazis. The family was discovered and deported to a concentration camp. Anne was 15 years old when she died in the camp from typhus. Other books include *The Hiding Place* by Corrie Ten Boom, *The Boy in the Striped Pajamas* by John Boyne, and *Born Survivors* by Wendy Holden. Movies include *Schindler's List*, *The Reader*, *Denial*, and *The Devil's Arithmetic*.

There are many other works, such as theater productions, music, and poetry. Many of the works were created by victims and survivors of the holocaust. Other works commemorate the many heroes who helped save thousands of Jews and other victims from certain death.

How To Observe Holocaust Remembrance Day

Many events are held throughout the world to commemorate this solemn day. The United Nations hosts a Holocaust memorial ceremony. The ceremony includes testimonies by Holocaust survivors, special music, and memorial prayers. There are also photographic exhibits, panel discussions, film screenings, and book signings. Sadly, there are some that try to deny the holocaust ever happened. This is one more reason to take part in this day. If the holocaust is forgotten or denied, it will be easier for history to repeat itself. Share this day on social media with #HolocaustRemembranceDay or #NeverForget.

Holocaust Remembrance Day History

On January 24, 2005, the United Nations General Assembly marked the 60th anniversary of the liberation of the Nazi concentration camps. Later that year on November 1, the UN General Assembly designated January 27th as the International Day of Commemoration in Memory of the Victims of the Holocaust. It is also referred to as Holocaust Remembrance Day. It was on January 27th in 1945 that Soviet troops liberated the Auschwitz-Birkenau concentration camp.



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Blood Bank Turns Away Donor With High Iron Levels

DEAR DR. ROACH: Recently, I was rejected from donating plasma (not blood) because my iron that day was 57 mcmol/L, and the maximum allowable was 54 mcmol/L. I was rescheduled to get retested in a few days. The technician said to eat beans and similar foods to lower my iron levels.

I checked my own records and didn't find any results that fell below the cutoff. My red blood cell count was 5.15; my white blood cell count was 6.0; my hemoglobin level was 16.1 g/dL; and my hematocrit level was 48.5%, all within the healthy range.

Which test results could they be referring to, and how do I lower my iron? -- S.L.

ANSWER: Blood banks typically screen donors for anemia, which is frequently caused by iron deficiency, but I'm confused as to why they are screening you with iron tests because that is typically not done. Moreover, they are telling you that your iron is too high, which is the opposite of the iron-deficiency anemia that is usually looked for.

I recommend that you see your own physician and get retested. If we take the blood bank at their word, and your iron level is too high, that raises the possibility of hereditary hemochromatosis (HH), which is caused by a defect of iron absorption. With this condition, your body absorbs as much iron as possible, even if it doesn't need any. This causes iron overload, which damages the heart, liver, bone marrow, adrenal glands, skin and joints, just to name a few.

HH is easy to treat once the diagnosis is made. However, making the diagnosis requires thinking about the possibility, and it's uncommon enough that a lot of healthcare professionals don't think about it right away. Your doctor should test your iron and iron-binding capacity, as well as your ferritin level, which tends to correlate with the total amount of body iron stores.

But I don't want to jump to conclusions, which is why your own doctor should test you to see if you really do have excess iron.

DEAR DR. ROACH: Like a lot of older men (I'm 74), I get up often at night to dribble a little urine. I have found that if I go downstairs, walk to the kitchen, then climb back upstairs, I can often urinate again as much as I did the first time. Can you explain?

Also, I've noticed that on nights that I have popcorn with salt, I get up less often. Could a person take a salt tablet before bedtime to reproduce this effect? -- S.C.

ANSWER: Both men and women can have voiding problems due to bladder issues, but men can also have symptoms due to an enlarged prostate. I can't tell which of these you might have because, for both, there are underlying reasons as to why you might be able to urinate again a few minutes after going the first time. But it's more common in men with prostate trouble.

Exercise isn't usually needed; just giving yourself a few minutes can often be enough to cause you to void again. I recommend voiding twice before bed if getting up at night is a problem. You may find that changing positions while urinating can be helpful to fully empty your bladder.

As far as salt goes, it makes your body hold on to water. While you could take a salt tablet, you might get thirsty at night. In addition, excess salt increases most people's risk for heart attack and stroke, so I don't recommend it.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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National Seed Swap Day

Last Saturday in January

— National Day Calendar —



National Seed Swap Day on the last Saturday in January serves as a reminder to gardeners that spring is on its way. It is also an ideal time for gardeners to gather and swap seeds in preparation for starting seeds indoors.

The seed swap is a fundamental part of human history. Seeds were one of the first commodities valued and traded. Today, modern gardeners collect and exchange seeds for many reasons ranging from cultivating rare, heirloom varieties to basic thrift. The exchange of seeds perpetuates biodiversity, too. It is an act of giving and the ultimate form of recycling.

How To Observe Seed Swap Day

- Exchange seeds with friends, attend a local seed swap, or help organize one.
- Post your events online so they are easily found using #SeedSwapDay
- Experienced gardeners offer seed collection, labeling, and preservation tips.
- Generate interest in your seed swaps. Plan urban gardens or community gardens. Not only do they improve the look of your community but they also provide nutritious food, too.

- Offer classes for starting seeds indoors and successful transplanting.
- Be sure to include children. They love to garden!
- Attend local events and show your support by volunteering.
- Share your seed swap events and use #SeedSwapDay to post on social media.

National Seed Swap Day History

The first annual Washington Gardener Magazine Seed Exchange was held in Washington, DC, on January 26, 2006. Kathy Jentz, the editor/publisher of the magazine had the last Saturday of January named an official holiday and National Seed Swap Day was born. After that event's success, seed swaps in other cities across the nation have joined in celebrating the day each year on (or around) the last Saturday in January.

Submitted by guest columnist Kathy Jentz

Seed Swap FAQ

Q. How do I harvest seeds for a seed swap?

A. Collect fully ripe seeds of an individual plant lay them out to dry on a plate and expose them to the air for several days. The length of time will vary depending on the seed, but 2-3 days should be sufficient for most seeds. Place them in a labeled jar or envelope so you can easily identify the seeds. When you're ready to swap, place seeds in individually labeled envelopes.

Q. Should I provide planting and growing information with the seeds?

A. Information such as when to plant, types of soil that worked best for you, sun vs. shade plant, and germination info are helpful to others. If you can provide these details, please do. However, not every gardener keeps track of this information.

Q. Are seed swaps a good way to start gardening?

A. Yes. While most people swap seeds to add variety to their gardens, gardeners also enjoy spreading their love of flowers and vegetables to new gardeners.

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National Plan For Vacation Day

Last Tuesday in January

— National Day Calendar —



National Plan for Vacation Day, on the last Tuesday in January, reminds us to plan our vacation at the start of the year for the rest of the year. The early bird gets to pack their bags and fly away to a little fun and relaxation!

With the frigid temperatures and growing snow piles, it's easy to start daydreaming of sunny skies. Who else is dreaming of sandcastles and the vacation days to come? But, for many Americans, those vacation dreams turn out to be just that: a dream.

Each year, Americans leave more than 600 million vacation days unused. Our work martyr attitudes combined with a culture of silence in the workplace is keeping workers at their desks instead of using their time off.

To change this, National Plan for Vacation Day reminds us to plan our vacation at the start of the year for the rest of the year. When it comes to taking a vacation, it is the planners of the world who get the job done. Planners are more likely to take all their vacation time in a given work year and take more extended vacations than non-planners. They are also happier with their jobs, relationships, and health. So don't knock the planners who get out the door to vacation! Get planning!!

How To Observe Plan For Vacation Day

Three Easy Steps to Planning a Vacation

- Planning a vacation does not have to be a monumental task. Here are three easy steps to make it happen:
- Determine how much time off you earn.** Look up the number of vacation days you earn by checking with your finance or HR team. Don't forget to make a note of any office closures.

Community Calendar

Saturdays with Gizmo, Saturday, January 27th, 1pm-3pm, at CdA Library, 702 E Front Ave. For ages 12+. Attendees will make retro photobooth props using Gizmo's laser cutter. Learn more about our local makerspace studio Gizmo-CdA at <https://www.gizmo-cda.org/>.

- Coordinate calendars.** Plot out your year—enter the number of days you earn, put your vacation dreams on the calendar, and use your custom link to get your family and friends involved in the planning.
- Share your plans.** Once you have your days determined, use the calendar to export your plans to Outlook, Gmail, or other electronic calendars to share with your boss, co-workers, and family.

As we close out a month of resolutions, make this the year you focus on your bucket list—not your to-do list.

Get ready to plan your vacation and use #PlanForVacation on social media.

National Plan For Vacation Day History

National Plan for Vacation Day, celebrated on the last Tuesday of January, is a day to encourage Americans to plan their vacation days for the rest of the year at the start of the year. Launched by the U.S. Travel Association's Project: Time Off initiative in 2017, National Plan for Vacation Day provides an opportunity to come together at a single moment to rally around the importance of planning for a vacation. In its inaugural year, more than 600 organizations, representing all 50 states, came together to encourage Americans to plan for vacation.

The registrar at National Day Calendar® proclaimed National Plan for Vacation Day to be observed annually in 2018.

About the Founder

Project: Time Off has uncovered an alarming trend over the last 40 years: Americans are taking fewer and fewer vacation days. To reverse this trend, we aim to prove that vacation travel is valuable and necessary for strengthening personal relationships, inspiring creative thinking, improving professional performance, and promoting better health.

Vacation FAQ

- Q.** What is a stay-cation?
- A.** Stay-cation is a vacation you take but you stay home during your time off. You may choose to work on projects that you find enjoyable, sleep in, or tour your cities sights. It's an excellent opportunity to pamper yourself. Sometimes these stay-cations or simply a long weekend. Other times, they incorporate some serious time off.
- Q.** Can I plan a stay-cation on National Plan for Vacation Day?
- A.** Yes! Even though a stay-cation may be less detailed than a get-away vacation, it still requires planning. You'll need to request time off from work. Schedule lunch dates with friends and family. Check the hours of the local museums, book stores, and historical sights. Either way, get planning!

Winter Lights, January 27th-February 4th, by Coeur d'Alene Downtown Association. All ages will enjoy this new free illuminated outdoor art experience in downtown CdA. Stroll through a wonderland of large-scale, interactive displays and colorfully-lit sculptures created by local, national and international artists.

Courtesy of Coeur d'Alene Insider, cdainsider.com

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National Bubble Wrap Day

Last Monday in January

— National Day Calendar —



National Bubble Wrap Day (also known as National Bubble Wrap Appreciation Day) on the last Monday in January recognizes a fascinating piece of invention. Today, bubble wrap's primary purpose is to protect fragile items either in shipping or storage. Of course, people also take enjoyment from popping the bubbles in bubble wrap, too.

However, when two engineers created bubble wrap, the use as packaging didn't pop into their minds right away. Marc Chavannes and Alfred Fielding first sealed two shower curtains together in 1956 in the town of Hawthorne, New Jersey. This technique created a smattering of air bubbles. The two engineers initially thought their creation would make a great wallpaper! However, sales for the wallpaper never materialized. So, Chavannes and Fielding moved to sell the product as greenhouse insulation.

The product was originally named Air Cap and produced by the Sealed Air Corporation which was founded in 1960. In 1961, the product evolved into the Bubble Wrap we know today when it protected IBM's 1401 computer when it started shipping.

Sealed Air Corporation trademarked Bubble Wrap and has been filling shipping needs ever since.

How To Observe Bubble Wrap Day

- Use some bubble wrap.
- Create an art project with bubble wrap.
- Recycle some bubble wrap by donating to a local organization.
- Read a Poke-A-Dot book.
- Visit the National Day Calendar Classroom for projects ideas.
- Learn more about innovative ways to use bubble wrap.

Use #BubbleWrapDay when posting on Social Media.

National Bubble Wrap Day History

In 2001, Jim Webster of Spirit 95 WVNI radio in Bloomington, Indiana created National Bubble Wrap Appreciation Day.

Bubble Wrap FAQ

- Q.** Are there different sizes of bubble wrap?
- A.** Yes. Bubble wrap comes in a variety of thicknesses and bubble sizes. Bubble sizes range from 3/8-inch in diameter to 1/14-inch in diameter.
- Q.** Are there other inventions like bubble wrap created for one purpose and now have another purpose?
- A.** Yes. Play-Doh was originally created to clean wallpaper and did a pretty good job, too.
- Q.** Is bubble wrap reusable?
- A.** Yes! If you don't have a use for the bubble wrap you receive in packages, donate it to a local business. Many businesses use bubble wrap when shipping products to their customers. Donating your bubble wrap and other packaging materials to small businesses is a great way to make sure it gets reused and doesn't end up in the landfill.

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We'll be highlighting Valentine's ads in our February 2nd and February 9th issues, so if you have something to advertise be sure to get in touch... whether you have gifts, experiences that could be a gift or a restaurant for the perfect Valentine's date

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WANTED: CAR OR PICKUP, looks not important, price is. Also tow dolly. 208-704-5028

NICKEL'S WORTH PRINTS 26,000 copies weekly. Did you know that over 60,000 people read the Nickel's Worth every week? And that does not include our 2500 weekly online readers who view our electronic edition. Do you have something to sell? What are you waiting for? Contact us today to place your ad. 208-667-0651 or go to: www.nickelsworth.com. These statistics provided by an independent audit conducted by the Circulation Verification Council

Utility Trailers



LOWEST PRICED TRAILER in the Northwest. 10,400 GVW with 14,000 GVW tires, 22' deck, free spare. Regularly \$7495; sale \$4975 plus surcharge on parts. M&M Trailer, 406-728-1000, Stevensville, MT, www.mmmissoula.com

WANTED: CAR OR PICKUP, looks not important, price is. Also tow dolly. 208-704-5028

CHEVY LONGBOX PICKUP bed trailer, \$450. 5.5x8 high clearance military utility trailer with racks, \$2350. 5x8 steel trailer with ramp, \$1850. 4.5x10 steel tilt trailer, \$1350. Brand new galvanized 4.5x7.5 tilt trailer, \$2450. 7x16 car hauler trailer, \$3400. Heavy duty lawn tractor dump cart, \$350. Electric trailer mover dolly, \$1100. 208-762-5651

PLACE YOUR ADS online! The Nickel's Worth website is www.nickelsworth.com. You can also email ads@nickelsworth.com, or call us at 208-667-0651

CIRCLE B TRAILERS Sales & Barns: Utility, cargo, car hauler and stock. Bonners Ferry, ID, 208-267-0704; 208-290-4616; circlebtrailers.com

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VA U.S. Department of Veterans Affairs

MLS #23-10614

\$899,000

DALTON HOME ON 1.77+/- ACRES, recently surveyed. 120' frontage on Mount Carroll. 1972 split entry with 948 sq. ft. on each floor plus attached 548 sq. ft. sunroom on the south portion of home. 4 bedrooms, 2 baths. 24x40 shop/barn heated with 10' lean-to on north side. Nice, level, open parcel.



MLS #23-9548

\$440,000

19 ACRES NEAR HWY 95 with an 1870 sq. ft. updated manufactured home, 3 bedrooms, 2 baths. New hardiplank siding and exterior doors. Master bath has updating in progress. Pool table included. 48x36 garage (12x12 office inside). Year round creek, partially fenced, 1/8 mile off Hwy 95, 30 minutes from Moscow. Great cell service.





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SPECTACULAR SETTING on Walsh Lake! 2+ acre dream setting on Walsh Lake with beautiful views of Schweitzer Mountain! Beautifully landscaped and wild-life galore! The 2 bedroom, 2 bath cozy well maintained home with tongue and groove ceilings and is extremely well insulated. New EFA furnace and central AC plus wood and pellet stoves, plus a private well! 2-car attached garage, a nice 30x36 insulated shop with a 13x24 add-on and a 20x30 must see multi-purpose building/ storage space as well! 16x36 RV pad and fruit and walnut trees! All this conveniently located close to Sandpoint/ Sandpoint Beach and Schweitzer Mountain Ski Resort! Home warranty included! \$699,000. Call Denise Winey with RE/MAX in Action at 208-771-0322

CONTRACT FOR DEED, ideal retirement property. 2 bedroom, 1 bathroom, 840 square feet with outbuilding. 508 Colfax Ave., Springer, New Mexico, \$45,000. 406-945-2027

MOUNTAIN HOME upriver from St. Maries, Idaho on St. Joe River. 10.5 acres, 3 bedrooms, 2 baths, large shop with office, access to the mountains for snowmobiles/ ATVs. Private and beautiful, \$920,000 by owner. Call 208-660-9491 for appointment, more info, pictures

SELLER FINANCING AVAILABLE!

5% Interest Rate With 20% Down

Ten acres of gently sloping and partially treed special purpose land, which backs up to Silverwood Theme Park! This is the perfect location for a campground or RV park, or storage units or simply run your small business from this location. Conveniently located between Coeur d' Alene and Sandpoint, this is a great investment for development and business opportunities, located next to the most popular theme park in the Inland Northwest. MLS 23-9160 • 28789 N. Hwy 95, Athol, ID



\$1,200,000

Randy Cox, 208-699-1424 • Coldwell Banker Schneidmiller Realty

Strange BUT TRUE

By Lucie Winborne

- Ever wonder why your kitty tries to play or even fight with its own reflection in a mirror? Animal specialists believe felines don't realize that their image isn't another animal because it has no scent.
- And speaking of scent, the Odeuropa research project has created an online encyclopedia dedicated to the history of smells.
- Vomitoriums in ancient Rome weren't actually spaces for gastronomic feasting and purging, but an architectural feature in stadiums that allowed for more efficient crowd exits.
- Null Island gets its curious moniker from its coordinates: zero degrees latitude and zero degrees longitude. It also doesn't exist, but is the result of a common error in GIS data.
- ChatGPT can easily be convinced it's wrong, even when it's right.
- Irving Berlin dedicated all royalties from "God Bless America" to a fund of the same name, specifically for the benefit of such youth organizations as the Boy Scouts and Girl Scouts in New York City. To date, more than \$10 million has been raised.
- Researchers at Dublin City University found that soccer goalkeepers process both visual and auditory cues more efficiently than other players, as well as non-players, which could be the clue to their speedy reactions during games.
- By 2027, Sweden plans to boast a city made entirely of wood.
- The last U.S. conviction for blasphemy went to atheist activist Charles Lee Smith in 1928, after he rented a Little Rock, Arkansas, storefront and put a sign in the window reading: "Evolution Is True. The Bible's a Lie. God's a Ghost." Because, as an atheist, he couldn't swear the court's usual oath to tell the truth, he also couldn't testify in his own defense.

Thought for the Day: "If people are doubting how far you can go, go so far that you can't hear them anymore." --Michele Ruiz

I AM SPECIFICALLY trained to serve the needs and interests of real estate sellers and home buyers 50+. If you need help downsizing or restructuring with buying or selling a home, and any help with senior housing depending on your needs, I can help guide you in the right direction. I have recently received my Senior Real Estate Specialist (SRES) designation. I have worked with the senior population for over 25 years in the banking industry, insurance industry, and serving the senior population as an administrator for a senior community for over 15 years. I can help guide you or get the information you need in your transition. Please give me a call today and I would be happy to help. I am your SRES specialist! Brenda Hauck, Realtor, Century 21 Beutler & Associates. 208-964-6738 or brenda@21goldchoice.com

PRIVATE MONEY REAL estate loans. Fast approvals, fast funding for purchase, rehab, flips and construction. The Mitchell Corporation, 208-704-6462

NICE DUPLEX WITH A great rental history located near Silverwood Mountain Ski Resort, the Silver Rapids Waterpark, and the Coeur d' Alene bike trails! Each unit has 1088 sq. ft. with 2 bedrooms, 1.5 baths, a detached garage, large backyard that backs up to the trees with no rear neighbors! Keep the long-term tenants, set up as a vacation rental, or live in one unit and rent out the other! \$385,000, but make an offer! Call Denise Winey with RE/MAX in Action at 208-771-0322

Vacations

STONERIDGE RESORT timeshare for sale, Blanchard, ID! Annual fixed weeks 40-41, \$800 per week. Please call 800-915-9871

BUILDING LOTS, Post Falls

> RARE Cul-de-sac, quiet, 8 lots

> New, 7,140 to 11,300 sq. feet

> Value-protective CC&R's

> Jan. 2024 sale reservations

\$167,500

John, 208-651-1213

MOYIE SPRINGS! Gorgeous setting! 10.20 acres of usable property. No HOAs or CCRs! Includes a new unfinished home and garage/ shop just waiting for the new buyer to finish to their liking! The home is 3 bedroom, 2 bath and over 2300 sq. ft. plus the approx. 24x26 garage/ shop that has a concrete floor and insulated doors that are included! This is one of the nicest spots in the area with beautiful mountain views all around. Lots of level acreage to continue growing hay or fence it off for your horses! Power and water are on the property and the septic is in! Located only minutes from Twin Rivers Resort and the Montana border, \$589,900, home warranty included! Call Denise Winey with RE/MAX in Action at 208-771-0322

BLACK SHEEP SPORTING Goods. Home of the lowest prices on all things outdoors. In the Silver Lake Mall, 200 W. Hanley, CdA. 208-667-7831; www.BlackSheepIdaho.com

MONTANA SPECIALTY Log Construction specializes in log homes, cabins and restoration. Serving the Northwest. MontanaSpecialtyLogHomes.com, 406-847-2316

CALL FOR A MARKET analysis! Call Debbie Inman with all of your real estate needs! North Idaho native with 26 years experience. Debbie Inman, Associate Broker, Windermere Hayden LLC. 208-818-0894

MOVE YOUR BUSINESS or residence to Havre, MT! 406-945-2027

BONNERS FERRY! CUTE, affordable home with 4 bedrooms (2 are very large), 2 full bathrooms, a cute kitchen and dining area. Sits on a corner lot with a covered front deck and a covered back patio. Completely fenced backyard, and a storage shed turned into a workout room, plus an unfinished 352 sq. ft. basement (was a garage) with a separate entrance for storage or whatever you make it. Home comes with all your large kitchen appliances and a nice stackable washer and dryer! Home warranty is included! \$315,000. Call Denise Winey with RE/MAX in Action at 208-771-0322

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Business Opportunities

(3) COMMERCIAL LOTS ON busy Main St., Plummer, ID. One lot has been remodeled to live in and run your business; 5 rooms and 40' steel container for storage. Large deposit with owner financing available. If interested text only to 831-915-4119

MOVE YOUR COMPANY to Havre, Montana. Havre affords many opportunities. Havre is a port of entry to Canada. It has the 9th District office of BNSF railroad, a newly formed industrial park with railroad spur and a Montana State University off-spurt supplying a vibrant workforce. It is home to a major regional medical facility known for its mountain lakes, ski hill, and water sports near Fresno. Havre has abundant housing available to make your move successful. Our company can answer questions to assist you in your move. Call 406-945-2027

DIE HAPPY! LEAVE A legacy! Life insurance and annuities for retirement or family support. Text for free quote or text for call back. Disabled veteran helping families protect their future for over 20 years. 831-915-4119, local resident

REACH CANADA! THE Nickel's Worth has partnered with the Pennywise to help you reach our neighbors to the north. They distribute 29,000 papers weekly in the Trail/ Rossland/ Beaver Valley area of British Columbia, Canada. Call 208-667-0651 to place your ads today

NICKEL'S WORTH advises everyone to use caution when responding to business opportunity or employment listings. Inquiries should be free; if you have to pay to request information regarding a job/ business opportunity, there's a good chance it's a scam

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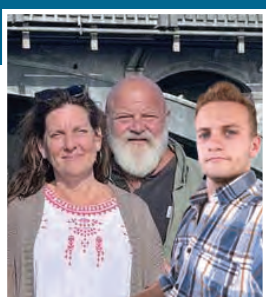


HELP! HELP! HELP! I need out. 70 years in CdA is enough. Need mobile home, prefer on its own land, or fixer upper house or mobile home lot in St. Maries or Silver Valley. Call Jim, 208-704-5028

NICKEL'S WORTH reserves the right to amend any ad to adhere to the Idaho Fair Housing Laws. Ads may not discriminate in any way due to race, color, religion, sex, handicap (including service animals), national origin, marital or familial status (having children, single), etc.

HIGHLY DESIRED, WELL cared for 1 level duplex in beautiful Bonners Ferry! Situated close to grocery stores, schools, restaurants, banks, and churches. One unit has a small fenced backyard. This property includes a storage shed and has low maintenance vinyl siding, a metal roof, rain gutters, asphalt driveway, a carport, and each unit has its own stackable washer and dryer! Great investment, or rent 1 and live in the other! \$385,000 but make an offer! Call Denise Winey with RE/MAX in Action at 208-771-0322

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NORTH WOODS
REALTY

Quick, Easy Recipes to Add to Your Dinner Rotation

Sweet Potato Hash with Eggs

— Family Features —



Simple, nutritious meals to make more time for family

(Family Features) Making time for meals together can have a positive impact on the well-being of families, including children and adolescents. In fact, regular meals at home can help reduce stress and boost self-esteem, according to research published in "Canadian Family Physician."

Mealtime conversations are also a perfect opportunity to connect with your loved ones. A study published in "New Directions for Child and Adolescent Development" showed these conversations help improve children's vocabularies more than being read aloud to.

Making time for meals together shouldn't require spending all night in the kitchen, however. A simple-to-prepare ingredient like eggs can help you spend less time cooking and more time with family.

For example, these heart-healthy recipes for Poached Egg Tostadas with Avocado-Tomatillo Salsa, Sweet Potato Hash with Eggs and Poblano Fritata from the Healthy for Good Eat Smart initiative, nationally supported by Eggland's Best, are ready in 15 minutes or less. They include a wide variety of vegetables, fruit, whole grains and healthy protein sources, which are recommended by the American Heart Association to help prevent heart disease and

stroke.

To find more tips for family mealtimes and recipe inspiration, visit heart.org/eatsmart.

Sweet Potato Hash with Eggs

Servings: 4 (1 cup per serving)

2 teaspoons canola or corn oil

1/2 medium onion, chopped

4 medium sweet potatoes, peeled and cut into 1/2-inch cubes

1/2 medium red or green bell pepper, chopped

2/3 cup fat-free, low-sodium vegetable broth

2 teaspoons minced garlic

2 teaspoons smoked paprika

1 teaspoon ground cumin

1/2 teaspoon dried thyme, crumbled

1/2 teaspoon coarsely ground pepper

1/8 teaspoon salt

4 large eggs

hot pepper sauce (optional)

In pressure cooker set on saute, heat oil. Cook onion 3 minutes, or until soft, stirring frequently. Turn off pressure cooker.

Stir in potatoes, bell pepper, broth, garlic, paprika, cumin, thyme, pepper and salt. Secure lid. Cook on high pressure 3 minutes. Quickly release pressure. Turn off pressure cooker.

Remove pressure cooker lid. Crack one egg into small bowl. Using back of spoon, make small well in potatoes. Slip egg into well. Repeat with remaining eggs, making separate well for each egg. Secure lid with pressure vent open. Saute 2 minutes. Let stand on "keep warm" setting 2 minutes, or until eggs are cooked to desired consistency.

Serve hash sprinkled with dash of hot pepper sauce, if desired.

Nutritional information per serving: 258 calories; 7.5 g total fat; 2 g saturated fat; 1.5 g polyunsaturated fat; 3 g monounsaturated fat; 186 mg cholesterol; 244 mg sodium; 39 g carbohydrates; 6 g fiber; 9 g total sugars; 10 g protein.



Acreage Farms & Timberland



20+ GORGEOUS PRIVATE acres that has a Beeline Water membership and 400 amp power on the property, ready to build your dream home! Beautiful surrounding and mountain views! Approx. half of the property is mature trees and half is 10 acres in alfalfa. There are several excellent building spots, can be split into two 10-acre parcels with three storage sheds and a hunting stand. Internet Available. Located in beautiful Bonners Ferry! \$549,000. Call Denise Winey with RE/MAX in Action at 208-771-0322

SEARCHING FOR MY forever home. Local nurse, mom looking for 5+ acres to start homestead near Oldtown, Blanchard or Spirit Lake. 717-725-4166 or jeneedf@gmail.com

WOULD YOU LIKE to add a picture to your ad? Nickel's Worth picture classified rates are \$19.00 per week for a color picture and 30 words and 10 cents each per additional word. We can also place picture classifieds in other regional classified papers! Place your ad online at nickelsworth.com or give us a call at 208-667-0651

LOTS/ ACREAGE WANTED in Northern Idaho: I'm looking for a great building lot of 1-20 acres, what do you have to sell? Up to \$450,000 cash available for the right property. Call Paul today. 541-408-7738

Commercial Sale Property & Businesses



BONNERS FERRY Commercial properties! 3 separate buildings on 3 separate parcels, all for 1 price! With rental income from several different sources! Building #1 is a beautiful log building that is set up for a restaurant and would also make a great office or retail space; it includes a beautiful patio area with a water feature and landscaping (this is a must see), and has 2 additional rental units as well! Building #2 is currently a 2 bedroom, 1 bath rental with an RV hookup. Building #3 has been completely gutted and is now an upscale duplex. Lower unit is great for a residence/ office or a small retail shop. Building #3 includes a nice finished garage/ shop and a 4000 sq. ft. paved parking lot. Would make a great owner occupied situation well. Call Denise Winey with RE/MAX in Action at 208-771-0322

(3) COMMERCIAL LOTS ON busy Main St., Plummer, ID. One lot has been remodeled to live in and run your business; 5 rooms and 40' steel container for storage. Large deposit with owner financing available. If interested text only to 831-915-4119

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Houses for Rent

Including Mobile Homes



HAYDEN BEAUTIFUL 2 bedroom, 2 bath furnished, short term rental on golf course, available October 20th, rent \$1900 month, electric, WSG and internet included in rent, place on premises to park and store RV, trailer or boat, laundry room with washer and dryer, 2 back-to-back gas fireplaces, motion lights throughout house, 1-car parking in garage along with driveway parking. Also, a must see 4 bedroom, 1-3/4 bath tri-level house in CdA, \$1900 month, W/D hookups, 1-1/2 car garage, full basement, no pets, available approximately 2 weeks after applicant is approved. List your property for rent! Rathdrum, Post Falls, and CdA area. Get a referral "fee" if you refer a new account to us. Call today! 208-667-2550

NEW 3 BEDROOM, 2 FULL bath, 1200 sq. ft. home on 5 acres. 2-car garage, 30 amp RV hookup, W/D. Call only, 208-651-3629

4 BEDROOM, 3 BATH house in Hayden with oversized garage/ shop and huge fenced backyard, air conditioning, gas heat, gas fireplace, new flooring, brand new kitchen. Pets considered, \$2500 month. Please call 208-664-5115, no texts, reference #974

NICE 2 BEDROOM, 2 BATH in 55+ park in CdA, near shopping. Carport, no pets or smoking, \$1150. 208-772-3832, please leave message

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Roommates

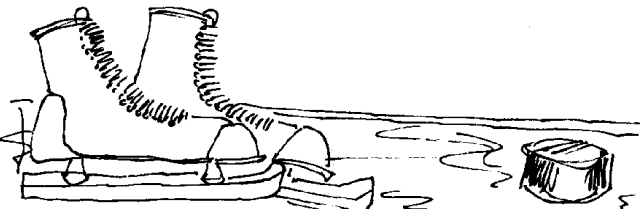
ROOM TO RENT, MALE only. Kitchen privileges, shared bathroom, common area chores. Sober living environment, no pets. \$500 monthly, first, last. 208-691-0625, Post Falls

MIND YOUR BUSINESS and get your brand in front of our local, invested readership. The Nickel's Worth, 208-667-2408

ROOMMATE WANTED, male, non-smoker to share a very nice 2 bedroom, 1 bath duplex in nice Coeur d'Alene location. \$600 per month. Leave a message or text 208-699-3973

ROOM FOR RENT, Hayden. \$850 month, good sized clean room in house. Walking distance to Starbucks, Walmart and mall, close to college and hospital, three miles to lake. Cherry trees, pear tree. No smoking, no illegal drugs. Furnished. 208-784-3034

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Movers

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This project was supported in part by grant number 90MPPG0082-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC 20201.



Delicious Simplicity for Winter Nights - Butternut Squash Barley Soup: A Family Favorite!

As winter wraps its chilly arms around us, what better way to embrace the season than with a steaming bowl of Butternut Squash Barley Soup? Bursting with flavor and versatility, this family favorite promises a cozy experience in every spoonful.

The humble butternut squash takes center stage, joined by vibrant veggies, hearty barley and the protein of your choice -- whether it's succulent chicken, tender turkey or satisfying sausage. My family especially enjoys turkey Italian sausage in this recipe. For a vegetarian version, white beans, like great northern or cannellini beans, bring protein and fiber to the party.

In your bowl of winter comfort, each ingredient plays a vital role in not just tantalizing your taste buds but also nurturing your well-being.



Butternut Squash Barley Soup, where warmth meets flavor, and every spoonful is a sip of coziness.

Butternut squash and carrots, both bursting with beta-carotene, are rich sources of vitamin A and C, promoting healthy skin and vision while contributing to immune support. Refreshing

celery, a hydrating hero, provides antioxidants and vital minerals. Enter barley, a fiber-packed grain that supports digestive health and helps maintain steady blood sugar levels. Together, they not only satisfy the palate but also nourish your body, making your winter evenings both delicious and nutritious.

BUTTERNUT SQUASH AND BARLEY SOUP

- Yield: 12 cups*
- Total Time: 60 minutes*
- 1 tablespoon olive oil
 - 1 medium onion, chopped
 - 3 celery ribs, chopped
 - 3 medium carrots, chopped
 - 1 butternut squash (2 to 3 pounds), peeled and cut into 1-inch cubes (about 6 cups)
 - 2 teaspoons dried parsley flakes
 - 2 garlic cloves, minced (or 1 teaspoon dried minced garlic)
 - 1 teaspoon rubbed sage or poultry seasoning
 - 1 teaspoon curry powder
 - 1/2 teaspoon kosher salt
 - 1 cup pearl barley
 - 4 cups (32 ounces) chicken or vegetable broth
 - 4 cups water
 - 2 cups (one pound) cooked chicken, turkey or sausage
 - Kosher salt and fresh-cracked pepper, to taste

Stovetop Instructions:

In a large soup pot, over medium-low heat, cook chopped onion in olive oil for one minute. Add celery, carrots and squash, and saute for about 10 minutes, stirring frequently. Add the seasonings and barley, and give it a good stir to combine.

Pour in the broth and water, bring to a boil, then simmer gently for 40 minutes. Add your

cooked protein of choice and heat through; add salt and pepper to taste.

Slow Cooker Instructions:

Place all ingredients (except your chosen protein) in a 5- or 6-quart slow cooker. Cook on low for 5-7 hours or until squash and barley are tender. Stir in cooked chicken, turkey or sausage; cook covered for an additional 15 minutes or until heated through.

Instant Pot Instructions:

Set your Instant Pot to the "Saute" function. Heat the olive oil and saute the onion, celery and carrots until they begin to soften, taking about 3-4 minutes. Add butternut squash, seasonings and pearl barley, and continue to saute for an additional 2 minutes. Pour in chicken or vegetable broth, water, and mix well.

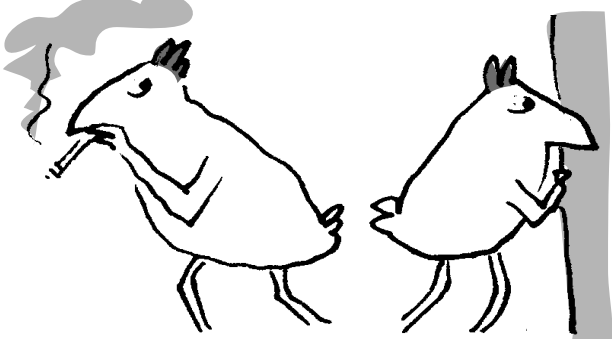
Cancel the "Saute" function and secure the Instant Pot lid, ensuring the vent is in the sealed position. Set the Instant Pot manually to cook for 15-20 minutes at high pressure.

Allow natural pressure release for 10 minutes, then quick release any remaining pressure. Stir in cooked chicken, turkey or sausage and heat through. Season the soup with salt and pepper to taste and serve.

In the spirit of my frugal ethos, this Butternut Squash Barley Soup not only nourishes the soul but also respects your hard-earned dollars. Here's to frugality, flavor and fabulous meals! Until next time, stay warm and savor the savings.

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website Divas On A Dime -- Where Frugal, Meets Fabulous! Visit Patti at www.divasonadime.com and join the conversation on Facebook at [DivasOnADimeDotCom](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at divapatti@divasonadime.com

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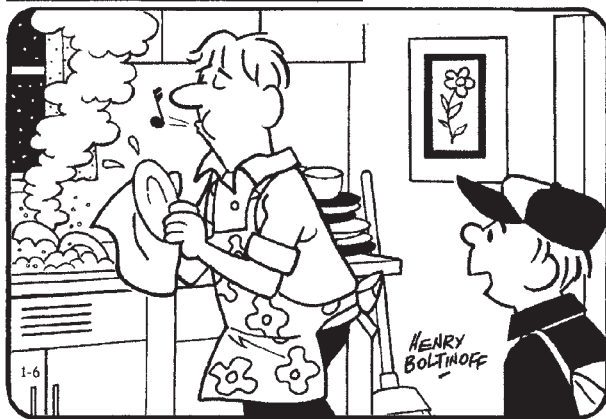
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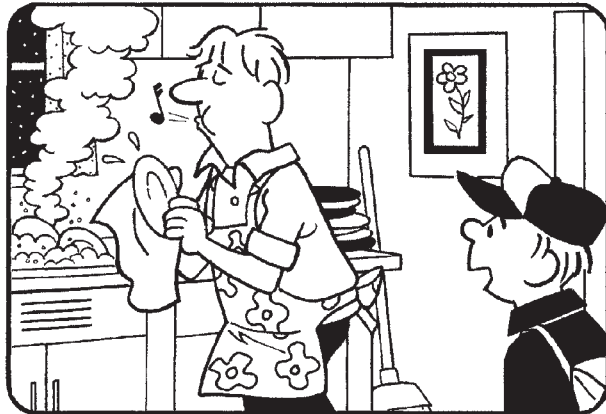
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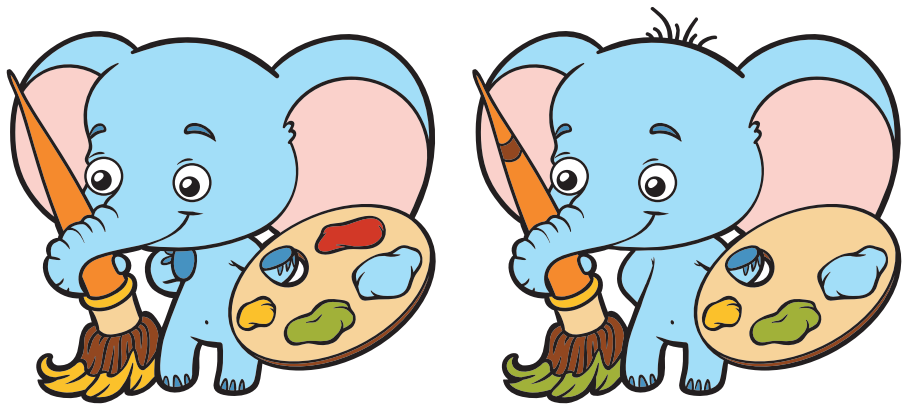
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What happens when
you cross a fish with an
elephant?
Swimming trunks.

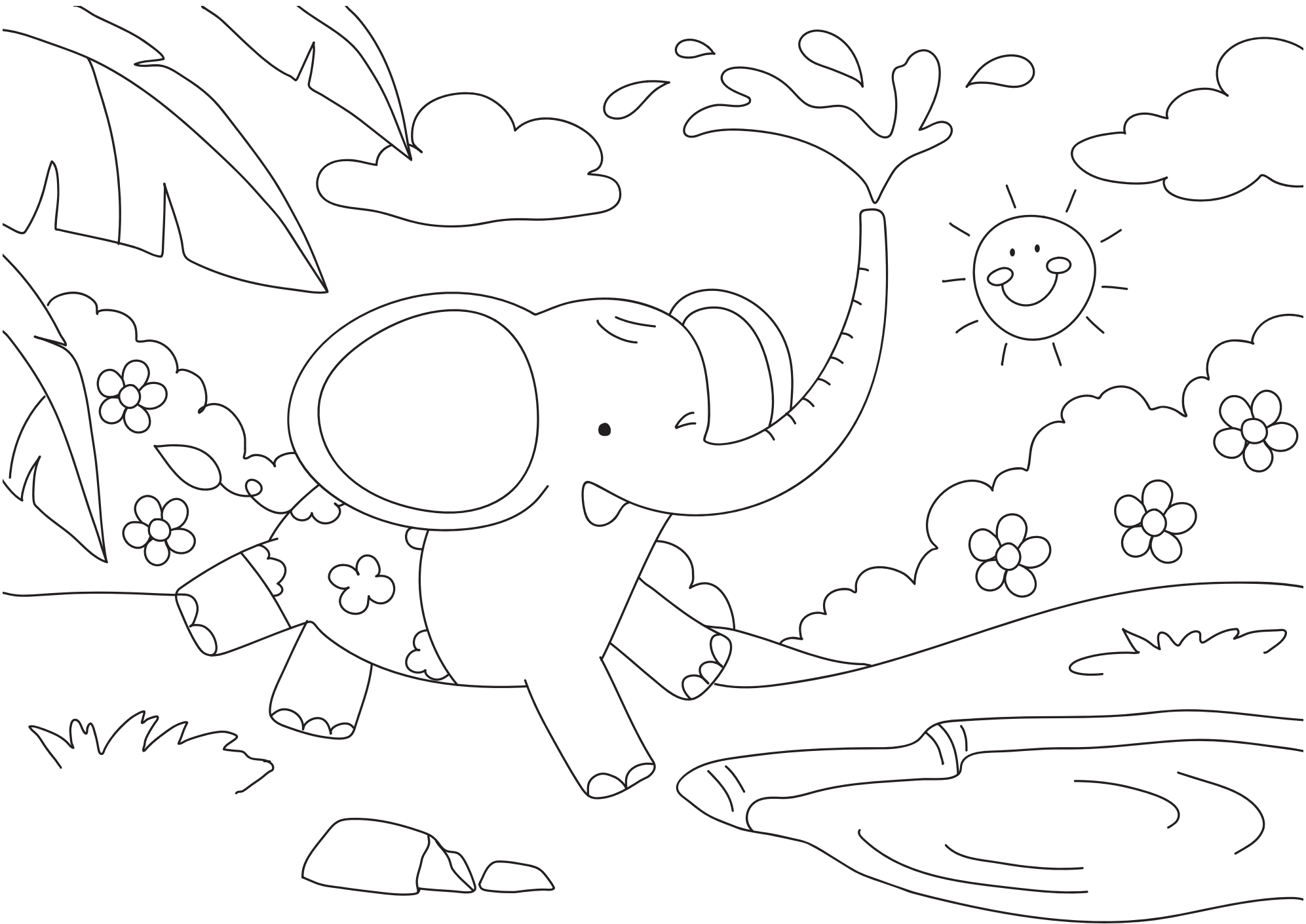
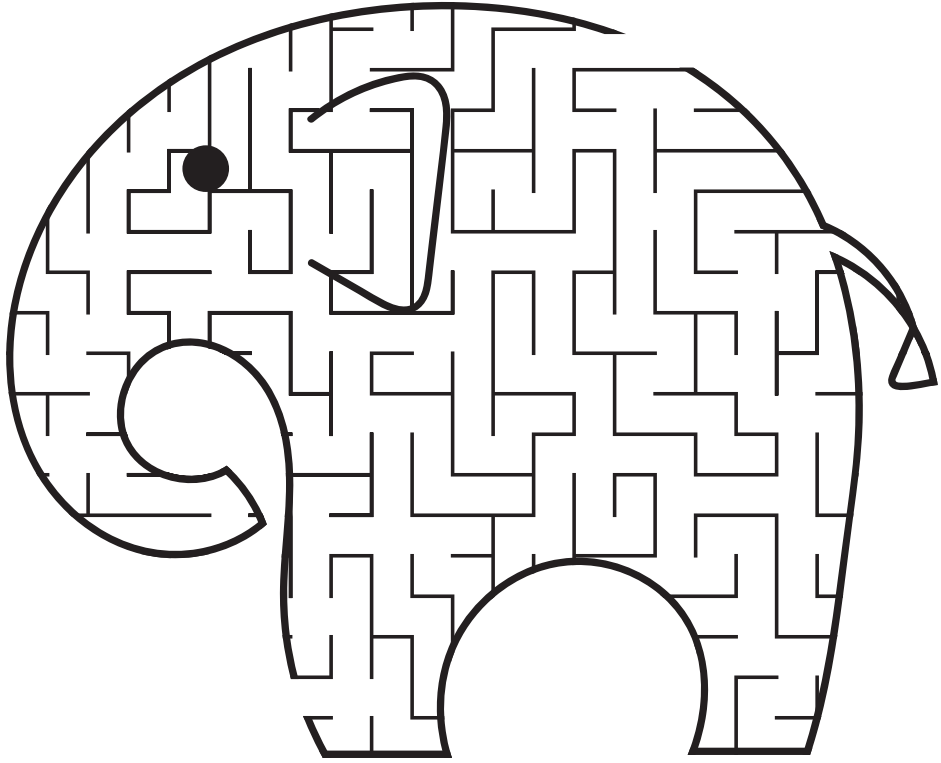
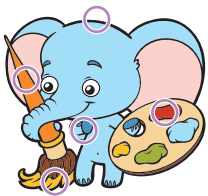
What always goes down
but never goes up?
*An elephant in an
elevator.*

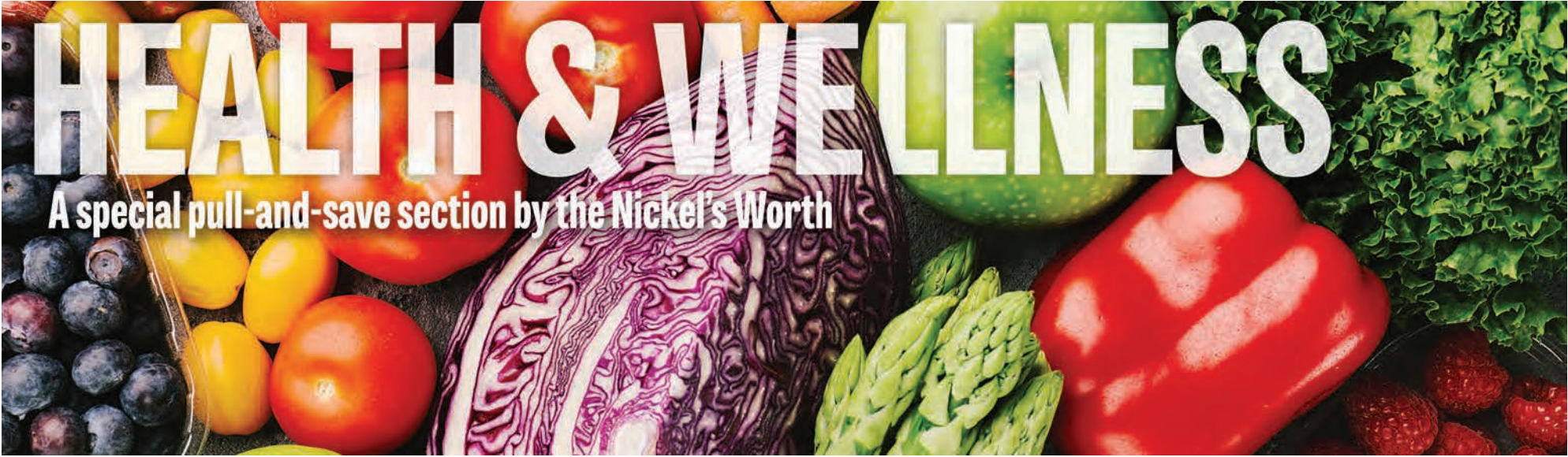
What do you call an
elephant that hates
bathing?
A smelly-phunt.

Why did the elephant
cross the road?
*He was following the
chicken.*



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YOUR FRIENDLY LOCAL free classified paper since 1972: the Nickel's Worth

Harnessing the Healing Power of St. John's Wort: Beating the Winter Blues and Seasonal Affective Disorder (SAD)

— Laura Clemmons —



As winter casts its chilly shadow, many find themselves grappling with Seasonal Affective Disorder (SAD), a condition marked by low mood and energy levels during the colder months. In the midst of this seasonal slump, the vibrant St. John's Wort (*Hypericum perforatum*) emerges as a beacon of herbal remedy, holding the potential to bring warmth and vitality back into our lives.

St. John's Wort, with its signature perforated leaves and golden blooms, is more than just a garden ornament. As an herbalist, I've discovered the profound healing properties this plant offers, particularly in addressing the symptoms of SAD.

Known as the "plant that holds the healing power of the sun," St. John's Wort blooms around the feast of Saint John, radiating its golden brilliance at the peak of summer. Traditionally used to ward off evil by hanging bundles above doors, this herb is now being embraced for its ability to combat the winter blues.

The crimson sun-infused medicinal oil derived from the dried blooms can be a powerful ally during the winter months. When incorporated into moisturizers, it serves as a reminder of sunnier days, increasing sensitivity to light and aiding in the alleviation of SAD symptoms. This oil also finds its place in salves and blends, working in harmony with Arnica montana for contusions and strains.

Internally, herbal extracts from fresh St. John's Wort plants prove effective in treating nerve tension and pain. Blended with Lemon Balm *Melissa officinalis*, it becomes a potent solution for managing Herpes simplex I and II. Beyond its antiviral properties, St. John's Wort acts as a liver-clearing herb, promoting emotional well-being and serving as a natural antidepressant.

In the realm of SAD, St. John's Wort opens one's emotional field to the sun, fostering a healthy mood and emotional well-being. While it can result in heightened sensitivity to sunlight, it remains a powerful tool for women experiencing PMS due to liver imbalances.

It's essential to approach St. John's Wort with caution, especially for those on medications that need to stay in the body, such as anti-rejection drugs after organ transplants. However, for those seeking a holistic approach to emotional health, this herb offers a pathway to clarity.

Let St. John's Wort be your ally in embracing the sun's healing energy during the winter months.

Laura Clemmons is one of the visionary founders of Tendril Herbal Apothecary and Healing Center in beautiful Sandpoint, ID. She is also a prolific public speaker, teacher, and maintains robust herbal clinical practice.



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health

WITH
Dr. Keith Roach

Estrace Cream Is Safe to Use in Woman Who Had Melanoma

DEAR DR. ROACH: I am a 70-year-old woman who has been using Estrace vaginal cream weekly for several years. I am in excellent health, work out daily, run half-marathons and have my own business. I take 10 mg of atorvastatin daily. Ten years ago, I had melanoma removed from my arm.

My concern is the use of Estrace. My gynecologist recommended that I use it after a Pap smear, but my primary care physician is not of the same mind. I would appreciate your opinion on this. My mother had breast cancer in her 80s, my sister had uterine cancer, and my brother passed away from bladder cancer. -- C.S.

ANSWER: As far as the safety of using estradiol (Estrace), the bioidentical hormone to major natural estrogen, I am definitely of the same opinion as your gynecologist. When used topically, it works on the vulva and the lining of the vagina, keeping the tissue healthy.

Without estrogen, the tissues that line the female perineum can become atrophic (thinned), predisposing a woman to discomfort, infections and incontinence. The Pap smear may have resulted in a finding that was suggestive of vaginal atrophy (increased neutrophils). Without treatment, the labia can even fuse together.

With long-term use, the estrogen levels in the body are only slightly higher in women who use topical

estrogen compared to those who do not, so the absorption into the body is minimal. The only case where I get concerned is with someone who has a personal history of an estrogen-sensitive tumor, such as endometrial cancer and some breast cancers. In those cases, I discuss options with both the patient and their oncologist.

DEAR DR. ROACH: Are you aware of any correlation between celiac disease and restless legs syndrome (RLS)? My 72-year-old husband has had RLS for decades. He currently takes gabapentin and pramipexole, but still has symptoms. Plus, he has periodic limb movement disorder (PLMD), which occurs while he's asleep. He isn't aware of it, but it can keep me awake; we sleep in separate beds when it gets bad. -- C.S.

ANSWER: The terminology can be confusing. Most people with RLS have periodic limb movements of sleep (PLMS), which sound very similar to your husband's symptom. PLMD is a separate sleep issue that doesn't include other RLS features, such as an uncomfortable sensation in the legs while they're at rest that causes an urge to move them. A person with RLS often has PLMS, but doesn't have PLMD.

There is an increased risk of RLS among people with celiac disease. Most authorities tie these two together through iron deficiency. Unless celiac disease is managed with meticulous attention to diet, the body has difficulty absorbing iron.

Iron deficiency is very frequently found in people with RLS, and iron deficiency makes RLS worse. The diagnosis of iron deficiency needs to be made carefully because most people with RLS and iron deficiency do not have anemia. A ferritin level, rather than a blood count test, is the best initial test. If he does have iron deficiency, then treatment with iron supplementation can sometimes dramatically improve those nighttime symptoms.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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“CHA CHA” words make an appearance in this puzzle grid. Look forward, backward, diagonally, up and down, circling the 30 as you find them.

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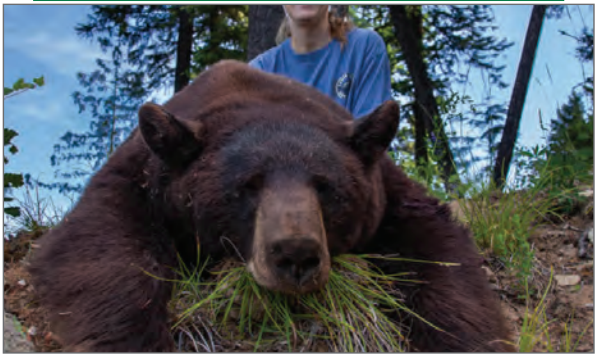
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Applications For Spring Black Bear Controlled Hunts Open Jan. 15

— Idaho Dept. of Fish & Game —



There are several ways to apply for a controlled black bear hunt this spring.

Hunters looking to apply for 2024 spring's controlled hunts for black bear can apply from Jan. 15 to Feb. 15. Information on the spring 2024 controlled black bear hunt can be found in the 2023 Idaho Big Game Seasons and Rules booklet (see it at idfg.idaho.gov/sites/default/files/big-game2023_1stedition_final_update-12-26-23.pdf).

Hunters must have a 2024 hunting license in order to apply for controlled hunts, and there are several ways to apply:

- **Online:** Hunters can apply at gooutdoors.idaho.com, or on the Fish and Game mobile app. There is a service charge of 3% of the transaction in addition to the nonrefundable controlled hunt application fee.
- **Licensed Vendors:** At any Fish and Game regional office or license vendor.
- **Telephone:** Applications can be placed over the phone by calling 1 (800) 554-8685.
- Mail in applications are no longer accepted.

Controlled hunts are hunts with a limited number of tags allocated by a random drawing, unlike a general season hunt, which allows hunters to purchase tags over the counter. Controlled hunts are often desirable because of location and timing, and success rates are usually higher than general season hunts.

Junior hunters must be between the ages of 10 and 17 to participate in any bear controlled hunt, but a 9-year-old may buy a junior license to apply, provided the hunter is 10 years old at the time of the hunt for which they are applying.

Controlled hunt applications for spring 2024 black bear close on Feb. 15. Successful spring black bear applicants will be notified no later than March 10. Any leftover tags for spring bear controlled hunts go on sale April 1.

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Ziti With Sausage and Zucchini

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- 1 package (16 ounces) ziti rigate or wagon-wheel pasta
- Salt, to taste
- 3/4 pound sweet Italian-sausage links, casings removed
- 3 medium (about 8 ounces each) zucchini, each cut lengthwise in half, then cut crosswise into 1/4-inch-thick slices
- 1/4 teaspoon coarsely ground black pepper
- 1 can (28 ounces) whole plum tomatoes
- Grated Parmesan cheese, optional

1. In large saucepot, prepare pasta in boiling salted water as label directs.

2. Meanwhile, heat nonstick 12-inch skillet over medium-high heat until hot. Add sausage meat and cook until browned, about 5 minutes, stirring frequently to break up sausage. With slotted spoon, transfer sausage to bowl.

3. Discard all but 1 tablespoon sausage drippings from skillet. Add zucchini, pepper and 1/4 teaspoon salt, and cook until zucchini is golden, about 5 minutes, stirring occasionally. Stir in tomatoes with their juice; heat to boiling, breaking up tomatoes with side of spoon. Return sausage to skillet. Reduce heat to low; cover and simmer about 5 minutes longer.

4. Drain pasta; return to saucepot. Add sausage mixture; toss well. Serve with grated Parmesan cheese if you like. Serves 6.

• Each serving: About 475 calories, 15g total fat (5g saturated), 35mg cholesterol, 785mg sodium, 66g carbohydrate, 21g protein.

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Community Calendar

Piggy Bank Basics, Thursday, January 25th, 4pm-5pm, CdA Library, 702 E. Front Ave. Grades 4-8, presented by Global CU. Setting goals, making money, budgeting, other financial matters will be discussed. Must register; Info: <https://cdalibrary.org/library-events/piggy-bank-basics-48/>

American Legion Post #149 Auxiliary Dinner, Saturday, January 27th, 6pm, 5525 E. Highway 54. *Courtesy of Coeur d'Alene Insider, cdainsider.com*

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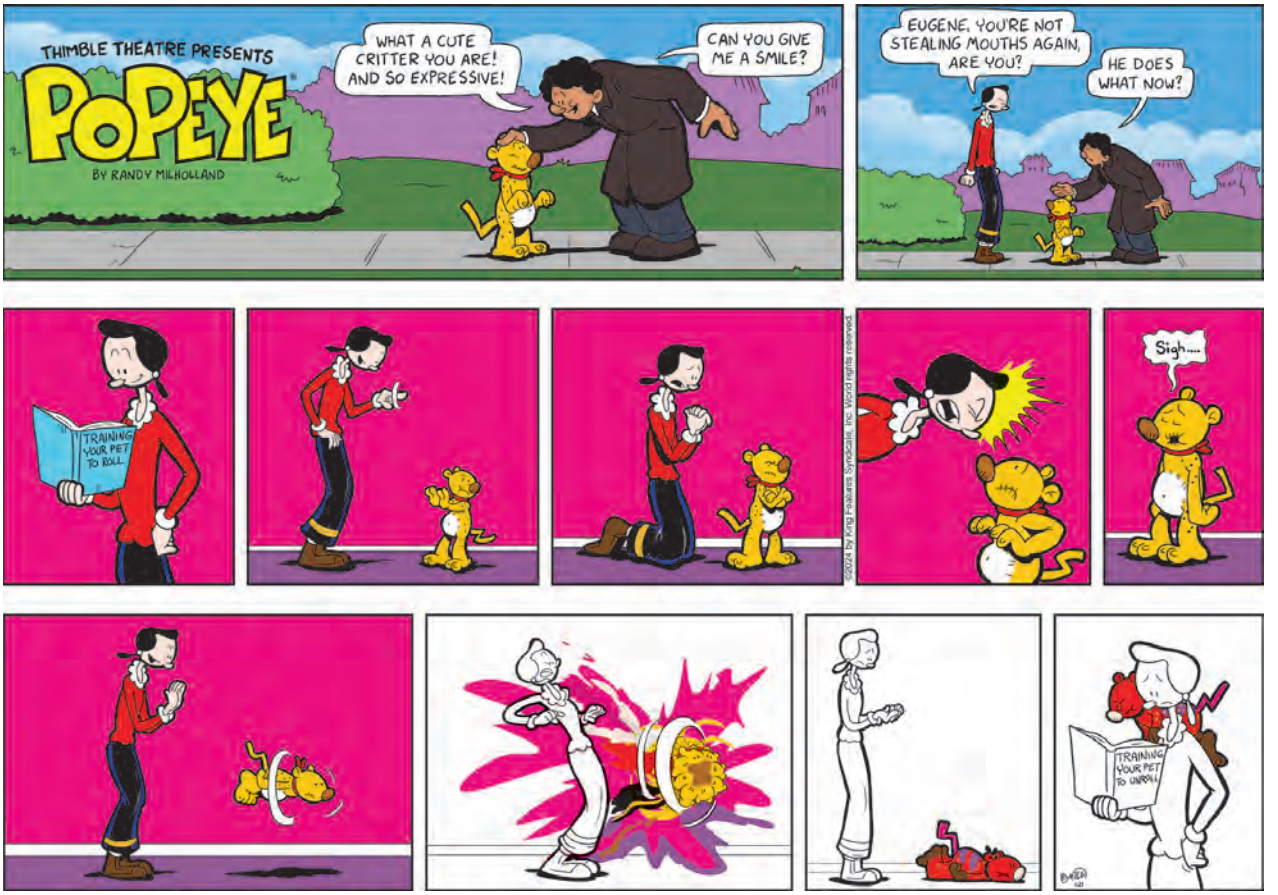
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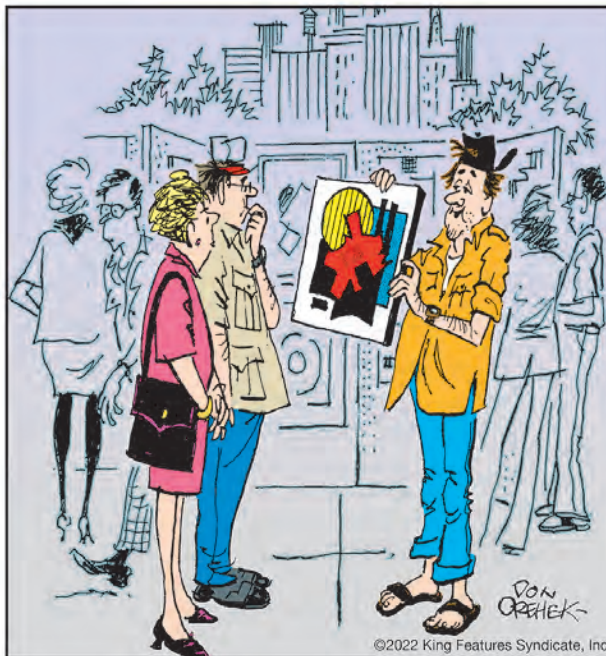
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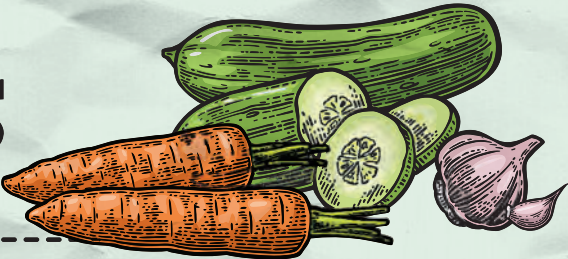
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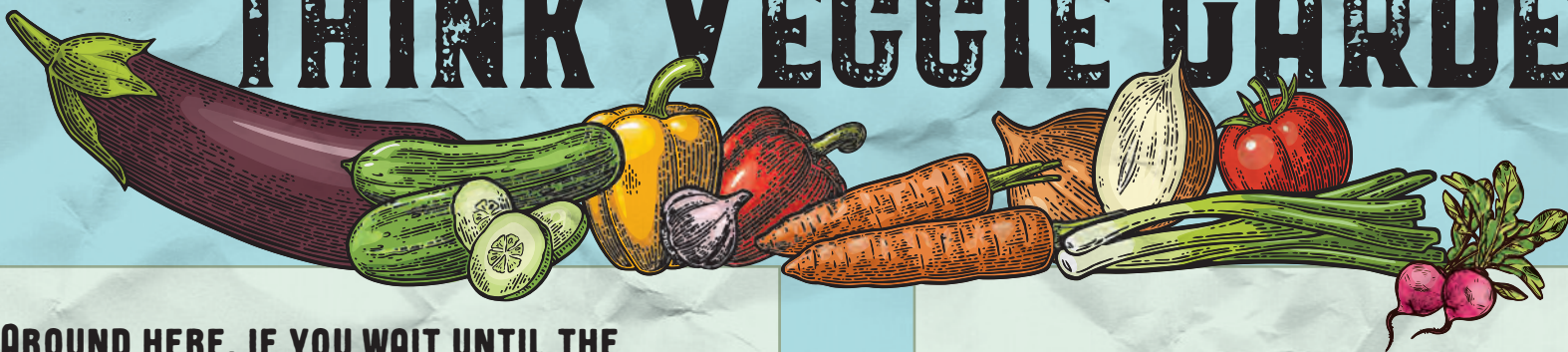
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VEGETABLE	PLANTING	VARIETIES	COMMENTS
ASPARAGUS	When: Start inside and transplant after last frost. Site: Full sun. Soil: Moist, well-drained, well-fertilized.	Jersey Giant Jersey Supreme Mary Washington	Plants will take 2-3 years to reach their full producing potential. Don't harvest at all the first year, and only harvest for approximately 2 weeks the second. Production and harvest window will increase over the years. A perennial, asparagus will produce for years to come. Seeds should be sown in the fall and allowed to stratify over winter. In the spring, allow shoots to mature to "fern" stage to ensure perennial crop. Seeds should be sown in the fall and allowed to stratify over winter. In the spring, allow shoots to mature to "fern" stage to ensure perennial crop. Seeds should be sown in the fall and allowed to stratify over winter. In the spring, allow shoots to mature to "fern" stage to ensure perennial crop.
ONIONS	When: 2 weeks before last frost. Site: Full sun. Soil: Loose, crumbly. Spacing: 0.5" deep; plant 1" apart, thin to 3-4" apart.	Full Sun Cipollini Copra Tango Walla Walla Sweet	Onions grown directly from seed, which are purchased "sets" (small bulbs) have a root system, so will produce more quickly than those grown from seed. Cure for approximately 3 weeks before storing.
PEAS	When: 3-5 weeks before last frost; midsummer for fall crop. Site: Well-drained, not too much nitrogen. Spacing: 15-2" deep; plant 15-175" apart, thin to 3-4" apart.	Cascadia Dwarf Early Green Oregon Wonder Sugar Ann	Peas are a cool season crop. They will allow roots to better develop in cool weather. Keep soil evenly moist. When 2" or less in diameter, any larger and they can become woody. Greens are edible. Greens can be harvested and eaten during entire growing season.
PEPPERS	When: Transplant 4-6" starts outside after last danger of frost. Site: Full sun, southern exposure.	Ace Early Jalapeno	Peppers are a warm season crop. They will allow roots to better develop in warm weather. Keep soil evenly moist. When 2" or less in diameter, any larger and they can become woody. Greens are edible. Greens can be harvested and eaten during entire growing season.

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- Brenda Weaver

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**SMALL ANIMAL /
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DUTCH FLATS / CX BULL SALE..... Wed., Feb. 9th
CATTLEMEN'S WEEK..... Wed., Feb. 14th

Lewiston Livestock Market
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AUSTRALIAN SHEPHERD female puppy, black tri, \$350. 509-279-3199

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REACH CANADA! THE Nickel's Worth has partnered with the Pennywise to help you reach our neighbors to the north. They distribute 29,000 papers weekly in the Trail/Rossland/ Beaver Valley area of British Columbia, Canada. Call 208-667-0651 to place your ads today

CAIN'S CUSTOM MEATS, located in Spirit Lake, ID. Please call 509-671-7196 for pricing and details



FULL-BLOOD CAUCASIAN Shepherd puppies. Sire imported from Romania, impressive lineage. Dam's parents are homestead protection dogs in area with bears and other threats, grandparents were Romanian imports. Dam's structure is exceptionally impressive and mirrors that of her predecessors. Sire/dam pedigrees available to view. Dogs currently work as homestead dogs, protecting pasture, family, buildings. Sweet with our family and little children. \$800. Additional photos online at nickelsworth.com. Call or text 208-568-1475



LIVESTOCK GUARDIAN pups ready for new homes! 50/50 Great Pyrenees Anatolian shepherd. Great exposure to large and small livestock, poultry, pets, and lots of children, \$550. Call or text 208-603-1160 for more info, Bonner County

Horses & Tack

LEE'S QUARTER HORSES. Sales and breeding. Standing AQHA black stallion, Peppys Montana Lena. Also have beef for sale. 509-979-0045, 208-699-8261

PLACE YOUR AD ONLINE. Visit our website at www.nickelsworth.com. Classifieds start at \$9.80 for 15 words (10 cents per additional word). We also have options for extended coverage in Washington and Canada

SUNDOWNER HORSE trailer. 1997 horse trailer in great condition. It has 3-horse capacity, good tires, good brakes, axles just done, and a brand new electric jack on it. I am old and I sold my horse and no longer need a trailer, but it is a great trailer. All aluminum. Has a sleeper in it with a brand new mattress not even once slept on. Has tack area in the back. For more information: 208-230-1707

A little color can help you stand out.
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- Nickel's Worth

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Just Like Cats & Dogs

by Dave T. Phipps



Hay & Feed

FIRST CUTTING GRASS OR alfalfa hay, \$250 ton. Second cutting alfalfa, \$300 ton. Mike Ripatti, 208-267-5997

HAVE YOU TAKEN A photo of our beautiful region? Send it to the Nickel's Worth and it may run in the paper! Email it to articles@nickelsworth.com, with the subject line "photo submission". Include who took the photo, where, and when

SMALL BALES, MIXED grass hay, shed stored, no rain, 30 bales to the ton, at \$225 per ton. St. Maries, ID, 208-245-2075

ALFALFA GRASS, 1 TON, \$300. Call me at 208-216-9572

THE NICKEL'S Worth, your classified paper since 1972

ROUND BALES, ALFALFA or grass, \$100. Square bales, 70 lbs., \$10. Straw, \$7. 208-773-3663

HOG GROWER, CHICKEN scratch and livestock grower or finisher, \$40 per 100 lbs. Grass forage pellets, \$20 per 100 lbs. Available in large tote bags, 500-2000 lbs., or will fill your own container. 208-691-6676, 208-687-0099

Veterans,
when you're struggling,
soon becomes
later becomes
someday becomes
...when?



Don't wait. Reach out.

Whatever you're going through,
you don't have to do it alone.

Find resources at **VA.GOV/REACH**



DO YOU HAVE A DOG OR CAT WHO NEEDS TO BE SPAYED OR NEUTERED?

SECOND CHANCE PET RESCUE INC.

Offers discount spay/ neuter vouchers to help reduce the cost of your pets surgery.

Call 208-818-0210
or email
gigig@roadrunner.com

Pets



CHESAPEAKE BAY Retriever Doodle puppies, 8 weeks old, \$200. Call or text for more info, 208-500-9974, Dalton Gardens, ID

BLACK SHEEP SPORTING Goods. Home of the lowest prices on all things outdoors. In the Silver Lake Mall, 200 W. Hanley, CdA. 208-667-7831; www.BlackSheepIdaho.com



(3) FEMALE MINI Aussie Border Collie Terrier pups. Friendly, well socialized, small, smart, and very trainable! First shots and wormed. Online pics at nickelsworth.com. Text 208-660-2425



AKC PEMBROKE WELSH Corgis, born 12/3, not at risk DM or VWD1, up-to-date on shots and dewormings. Excellent delivery options! \$1500. For more info, visit rustic barnkennels.com or call 406-745-7227

AKC ROTTWEILER, female, 10 months, born 4/11/23, full registration papers, Serbian bred International Champion grandparents. Dam OFA good, even after first litter. Super sweet, happy, scratches door to go out, is going to be big girl! Email or text for pics and info, \$2500 OBO, 208-446-9029, tinkpetlover@gmail.com



TWO ANATOLIAN Shepherd puppies, 1 male, 1 female, ready for their new homes now, \$300. Call or text Doug, 406-407-0880

FREE KITTENS! BOX trained. 208-772-2330

ATTN: PARUL JOSHI! I've lost your phone number, but found a red/ white female Border Collie pup from the same bloodline as your Angel. Call me if you are still interested, 509-447-5293



SHIBA INU RETIRED STUD looking for a loving family. LilBoo is a loving 9 year old single leg amputee, but still in good health with no physical limitations. He is very affectionate and playful loves to fetch and go for rides. He does not get along with my other stud. \$400/ offer. Also available: Loving 6 month male Frenchy Shiba mix pup; fully housebroken, adorable, affectionate, gentle, \$600/ offer. 208-217-0177



(6) MALE, 3 FEMALE Australian shepherd puppies ready Jan. 20th. Not potty trained, live with parents, \$800. Text 208-255-0151 for pictures and more info



ALUSKY. VET SHOT AND wormer, ready for new home. \$600, additional photos online at nickelsworth.com. 509-690-7127, Colville, WA

SILVER VALLEY CAT Wranglers! Text or call 208-446-7131 and leave message for adoption info. Please visit our Facebook page to view our wonderful, adoptable cats at www.facebook.com/SilverValleyCatWranglers

PROFESSIONAL DOG AND cat grooming, under 40 lbs. Many years experience, health needs priority. References available, Hayden area, 208-772-5977

Cook With Heart Health In Mind

— Family Features —

(Family Features) Healthy eating doesn't have to be difficult or require you to take favorite meals off your family's menu. In fact, making smart choices when cooking at home can give you more control over the types of tasty, heart-healthy dishes you put on the table.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. These cooking tips can help you prepare heart-healthy meals that could help improve cholesterol levels by reducing excess saturated fat and trans fat.

Cook Fresh Vegetables the Heart-Healthy Way

Roasting, steaming, grilling or baking can help bring out the natural flavors of vegetables. Adding herbs and spices can also help make veggies tastier, including combinations like basil with tomatoes, oregano with zucchini, dill with green beans or rosemary with peas and cauliflower.

Reduce Saturated Fat in Meat and Poultry

The amount of saturated fat in meats can vary widely, depending on the cut and how it's prepared. Opt for poultry and fish over red meat and look for lean cuts of meat with minimal visible fat, which should be trimmed away before cooking. Also limit processed meats such as sausage, bologna, salami and hot dogs, which are often high in calories, saturated fat and sodium.

Use Liquid Vegetable Oils in Place of Solid Fats

Some fats are better for you than others. Liquid vegetable oils such as canola, safflower, sunflower, soybean and olive oil can often be used instead of solid fats, such as butter, lard or shortening. If you must use margarine, try the soft or liquid kind.

Find more heart-healthy recipes and tips for lowering cholesterol at heart.org/cholesterol.



Grilled Tequila-Lime Chicken with Grilled Asparagus

Recipe courtesy of the American Heart Association

Servings: 4

- 1/4 cup tequila or white vinegar
- 2 teaspoons lime zest
- 1/2 cup fresh lime juice
- 2 medium garlic cloves, minced
- 1 tablespoon chipotle pepper canned in adobo sauce, minced, plus 2 tablespoons adobo sauce

MINI DOXIES: 4 MALES, 1 female just in time for Valentine's Day, ready for find a new home February 10th. Call or text for info or pictures of each, 208-755-3992



PUREBRED SIBERIAN Husky male puppies. Facebook: Siberian Huskies Puppies Sandpoint. I have both parents, health vet checked, first shots, dewormed, \$600. 208-627-9212



LEMON COLORED female Beagle. Great dog. Loves to be around people, good with children and animals. 5 years old. Rehoming to good home, \$400. 509-859-2434

- 1 1/2 pounds boneless, skinless chicken breasts, fat discarded
- nonstick cooking spray
- 3 bunches asparagus spears, trimmed
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper, divided
- 2 tablespoons canola oil or corn oil

In small bowl, stir tequila, lime zest, lime juice, garlic, chipotle pepper and adobo sauce. Pour into large resealable plastic bag. Add chicken and seal bag tightly; turn bag to coat. Refrigerate 2-12 hours.

Preheat grill to medium-high heat. Lightly spray grates with nonstick cooking spray.

In large dish, sprinkle asparagus with salt and 1/4 teaspoon pepper. Drizzle with oil. Turn asparagus over to coat.

Remove chicken from marinade. Discard marinade and wipe most of it off chicken. Sprinkle chicken with remaining pepper.

Grill 8-12 minutes, or until chicken is no longer pink in center. Transfer to plate and cover with aluminum foil.

Place asparagus on grill, facing opposite direction of grates. Grill 7 minutes, or until tender crisp.

Serve asparagus with chicken.



Frozen Yogurt Bark

Recipe courtesy of the American Heart Association

Servings: 8

- 1 1/2 cups 2% low-fat plain Greek yogurt
- 2 tablespoons honey
- 2 tablespoons chopped, unsalted almonds
- 1/2 cup chopped mango
- 1/4 cup blackberries or raspberries
- 1/2 cup blueberries

In medium bowl, mix yogurt and honey.

Line 9-by-13-inch baking dish with parchment paper. Use spatula or knife to spread yogurt over entire bottom of dish.

Pour chopped nuts over yogurt. Use fingers to slightly press into yogurt. Top yogurt with mango, blackberries and blueberries and slightly press into yogurt.

Cover with plastic wrap or foil and place in freezer overnight.

To serve: Lift parchment paper from baking dish onto cutting board. Use hands to break bark into pieces.

Lost & Found

FOUND: 1 TIRE CHAIN and 5 gallon diesel gas can, full. Fell off on Government Ave. 208-415-2470

PLACE YOUR AD ONLINE. Visit our website at www.nickelsworth.com. Classifieds start at \$9.80 for 15 words (10 cents per additional word). We also have options for extended coverage in Washington and Canada

MISSING YOUR DOG? Spirit Lake, Cataldo, Athol, Rose Lake, Worley, etc. Anywhere in Kootenai county outside of CdA limits, check the Post Falls animal shelter immediately! Don't just call, your description may not match theirs. Don't assume it's gone forever! Check out their adoptable dogs, shelter is located off Seltice Way, on public works

Pets

AKC BLACK PARTI poodle male puppy. 10 weeks old. Winter sale! Text or call 208-627-7101



PUREBRED CHOCOLATE Lab puppies raised in loving home. Mother and father very smart, affectionate, mellow, and playful. Will make excellent family dogs! Will be 8 weeks old and ready to go Valentine's Day so don't forget a chocolate for your sweetheart! Dewclaws removed, dewormed, will receive first shots before going home. \$600, 208-946-0735, Sagle

TWO FEMALE MINI Schnauzer/ Dachshund mix puppies available. 11 weeks old and up-to-date on vaccinations, wormed, tails docked, and dewclaws removed, \$750. More information: 509-628-7473, Tri-Cities, WA



KING CHARLES Cavalier. 10 weeks old, registered, first set of shots, dewormed, vet checked, ready to go, \$800. Text 509-859-2434

MALE MALTIPOO PUPPY born 11/12, ready for new forever home. Very well socialized, loves kids. Current vaccinations, wormed, and hypo-allergenic, \$1800. More information, call 509-492-1024

GOLDEN RETRIEVERS: Ready to go! Males and females available. AKC registered, both parents on-site. 8 weeks old, vaccinated, and wormed, \$500. More information: 509-250-5053, Eltopia, WA



SAINT BERDOODLE puppies born 11/6, 5 boys and 3 girls available! Price significantly discounted. Additional photos online at nickelsworth.com. Contact Lisejean, 208-659-7600, Athol, ID

UNLEASH YOUR JOY with a Dachshund. Longhaired mini Dachshunds available. 4 females and 1 male born 11/11 ready for their forever homes. First shots and wormed. Parents on-site. If you're loving, responsible, and have a good veterinary reference, text or call 541-470-1909 or 458-219-5752 for more information. Serious inquiries only



CBD OIL DESIGNED for dogs, cats, cows, goats, horses, and all the critters in your life. Legal, organic. Survival Enterprises, 9360 N. Government Way, Hayden, 800-753-1981

ADORABLE Newfoundland pups, male and female, born 10/24/23. Call Teresa, 509-869-1392

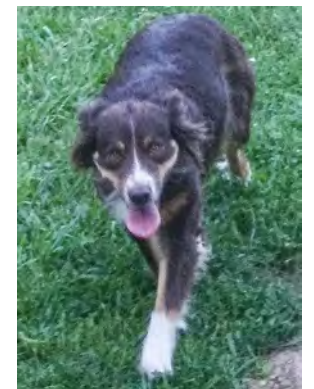
PUREBRED POMERANIAN pups, all colors, \$500. 208-964-5097



ONLY 5 MALE Goldenoodle puppies left. Have had first vaccines, vet check (all healthy), and deworming. Raised around young children, cats, large dogs, and have exposure to chickens. Doing well at potty training, getting used to grooming (nail clips, ear cleaning, bathing, brushing). Asking \$800. Additional photos online at nickelsworth.com. Call or text Julia, 208-946-1214, Athol

AKC RED GOLDEN Retrievers ready now for new homes. For information call or text 509-989-9044

NEWFOUNDLAND LAB puppies, \$900. 10 puppies born New Years day, will be ready for new homes 3/1. Dam is Lady, she is Lab, Newfoundland, and St. Bernard. Lady is a great family dog. She is very smart, sweet, and very protective of my kids. Sire is Roulon. He is a beautiful AKC registered Newfoundland. He is super sweet, protective, intelligent, and lovable. 10 puppies are available. There are 6 females and 4 males; 3 silver females, 3 black females, 3 black males, and 1 chocolate male. They will likely have the same sweet temperaments as their parents, as well as intelligent and protective nature. First come, first serve, no holds. The puppies are \$900. For more information: 509-629-9475, Walla Walla, WA



AUSTRALIAN SHEPHERD female, red tri, 5 years old. Great family dog, intact and has made beautiful puppies. Rehoming fee of \$250. 509-279-3199

Pets of the Week: Joey and Blaze

— Companions Animal Center —



Hi, I'm Joey. I am a 1-year-old Shepherd mix. I love to play and learn. I'm in that "teen-age" stage of life and really want a home I can grow with and can lead me to success. I am a good boy and always go potty outside! My friends here think that I would do well with a dog my size, but I will need a home without cats. I'm ready to learn and be your best boy! I'm neutered, vaccinated, micro-chipped and ready to be your best friend!



Hi there, I'm Blaze. I am a 6-year-old domestic short hair boy. Not only am I handsome I am polite and charming. I will happily greet you at the front of my kennel awaiting my time to love on you. I am neutered, vaccinated, micro-chipped and ready to be your boy!



Adoptions by appointment. Companions Animal Center is located at 10275 N Atlas Rd, Hayden, ID. We are open to the public Tuesday-Saturday noon-6pm, Sunday noon-4pm, and closed Mondays. Visit www.companionsanimalcenter.org or call 208-772-4019 for more information.

BEAUTIFUL YORKSHIRE Terrier pup, female. Shots, wormed, vet checked, both parents AKC, \$1200. Also rehoming senior male. 208-691-6132

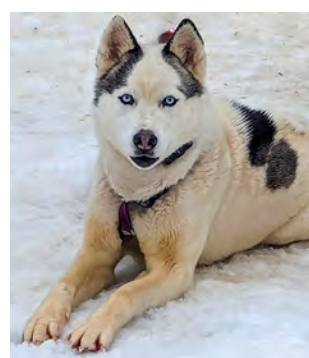


REG. RUBY MALE KING Charles Cavalier, 3 years old. Used to children and other animals, loves to be outdoors, \$400. 509-859-2434

GOLDEN RETRIEVER puppies. Adorable AKC Golden Retriever puppies ready to go to their new homes now. We have 25 years experience with goldens that are intelligent and calm. Family raised and well socialized. First shots administered, wormed, and AKC registered. Both parents on-site. There is nothing like the love and affection of a Golden Retriever! \$750. Contact Jeff at 509-991-7055



LGD MAREMMA AND British Lab mix puppies. Beautiful mix with perfect temperaments. Playful but serious! Mom is Livestock Guardian Dog (Maremma); calm, protective, and affectionate. Dad is black British Lab; playful, strong, and affectionate. Both are extremely smart and loyal (both pictured online). 7 of the 10 puppies are still available. All are exposed to farm life. 3 females, 4 males. Great around chickens, ducks, geese and turkeys, cats, and other dogs. They have also been slightly exposed to pigs, goats, and our cow. These puppies need to have land to patrol and will be great home stead/ farm guardians, working dogs, and companions. First shots and dewormed. \$600, call or text 208-920-1739. More pictures available online at nickelsworth.com and upon request



DIXIE, 3 YEAR OLD spayed female purebred Siberian Husky. Super social butterfly, gets along with other dogs but best as an only dog. Prefers outside to inside but very well housebroken and leash trained. Beautiful dog with her whole life ahead of her! Requires lots of exercise and a secure fenced yard! Contact Second Chance Pet Rescue at idahocoondog@yahoo.com or www.SCPR.petfinder.com



MALE SHIBA INU PUPS! Only 2 left! 9 weeks old and ready to go! \$1900. More pics online at nickelsworth.com. More info on my website, trailsendshibas.com or call/text 406-314-7368, Libby

AKC YELLOW LABS. 2 males still available, 8 weeks old and ready for new homes. Asking \$900. Text 509-303-8462 for pics, Prosser WA. Partial delivery possible

ENGLISH BULLDOGS available. Full AKC rights, \$3000. More information: 509-426-0933, Yakima, WA



MILLER'S MINI Goldendoodles of Montana on Facebook. F1B, under 25 lbs. Online pics at nickelsworth.com. Call for pricing, 608-498-5788, 330-852-3523, Montana

ADORABLE YORKIE puppies available. 9 weeks old and AKC registered, 1st shots administered and wormed. For more information: 509-828-9370



DALMATIAN PUPPIES ready 2/16/24, vet checked, dewormed, will have first shots, not registered. Call Sage, 406-309-0948, Ronan, MT. Instagram: @sweetspottiesdalmatians

AKC FRENCH BULLDOG puppies, ready now: AKC French bulldog puppies available now. Fully vaccinated, wormed, vet checked, microchipped. They have great personalities. Will deliver if arranged. For more information: 509-833-2241



FULL-BLOOD CAUCASIAN shepherd puppies. Sire imported from Romania, impressive lineage. Dam's parents are homestead protection dogs in area with bears and other threats, grandparents were Romanian imports. Dam's structure is exceptionally impressive and mirrors that of her predecessors. Sire/dam pedigrees available to view. Dogs currently work as homestead dogs, protecting pasture, family, buildings. Sweet with our family and little children, \$800. Additional photos online at nickelsworth.com. Call or text 208-568-1475

AKC REGISTERED Pembroke Welsh Corgi. 3 Males, 2 red and whites and 1 red headed tri. 6 females, 2 red headed tris and 4 red and whites. Parents are health tested and cleared. Males are \$800. Females are \$900. Willing to meet halfway depending on distance. For more information contact Vicki at 541-969-5824



CAUCASIAN SHEPHERD female. 100% pure breed, 3 months, rehoming. Born 11/7, not registered. Seller claimed parents have papers but never got them. Very well-mannered in home, walks on leash, goes to Walmart and walks around, everyone can pet her; likes to ride in car. Guard dog, looks like a teddy bear; will protect the family from strangers, coyote, cougars, and even bears, but will not harm a chicken or your farm animals. I have a cat. Will be large at 88 pounds or more. Can't keep, apartment too small for her. Mostly housebroken. Bought for \$1200, asking \$990. Call 208-262-6037 for appt. to view in Post Falls



AKC BLACK LABS FOR sale. Booboo and Duke are healthy and energetic, house trained, and up-to-date on all their shots. Rehoming fee, \$100 each. Call/text 208-818-4354, Post Falls

ITTY BITTY POMERANIAN male, 3 months, 2.5 lbs., \$1000. Call for more info, 208-699-4177



AKC CHOCOLATE LAB puppies. 13 weeks, 4 females, 3 males, \$650. 208-557-3733, MountainTraders@mountaintraders.net; MountainTraders.net

Pets



FRENCH BULLDOG SHIBA Inu designer puppies. These puppies are the perfect family companions. Excellent health with none of the typical Frenchie issues. They are very gentle, highly intelligent, athletic and playful. These comical puppies are very sociable and safe around other animals and children. Age appropriate vaccinations, worming. Pups priced from \$900. I also have available a beautiful, friendly, well trained 6 month male and 8 year old Shiba stud for \$500/offer. 208-217-0177

LEONBERGER Caucasian shepherd puppies, 9 weeks old, first shots, dewormed, \$300. 208-660-2667



CANE CORSO PUPPIES, limited AKC registered, bred from Mount Olympus Breeders (MOB dogs). Fully vaccinated, health guarantee, 5-week vet check, cared for with pride. Contact MOB for more info, pictures, and videos of pups and parents. Born 12/26/23, ready to go to their homes at 8 weeks. Males and females available, \$1500. On-line pictures at www.nickelsworth.com. 541-212-5273, Pendleton, OR

TWO FEMALE YORKIES ready now for new homes! For information text 509-941-0231



BEAUTIFUL AKC SHIH Tzu male puppy. Home raised and socialized, shots, worming, health guarantee. \$700, can meet. 208-245-7475 or text 208-660-1562

PUREBRED LAB PUPPIES born 12/14, ready for new homes! Perfect for the kids and family. 8 females, 2 males. Non-papered. Wormed and first shot ready. Text 509-840-1250 for details



PUPPIES ARE HERE! MINI Aussiedoodle puppies born 12/12/23, ready to take home by Valentine's Day 2024. Pedigrees and certified with Embark genetics. Aussiedoodles are hypoallergenic, great all-around indoor or outdoor pet, \$2000. For more info contact us at: bigmeadowpups.com, or 208-835-3803, Troy, ID

SHOSHONE PET RESCUE! Bugsy, young adult male black Lab mix; Jazzie, young adult female Basenji/ Pharaoh hound; D Dog, 7 year male Husky; Darrin, young male black shepherd/ Husky; Ziva, 4 month female chocolate Lab mix; Zaz, 8 month male Bernese Mountain dog/poodle; Bo Jangles, 6 month male Great Dane mix; Chevelle, 1 year female German shepherd/ Husky; Percy, young male pitbull; Archer, 8 month male yellow Lab puppy; B Betty, 4 year female boxer/ pitbull; Melissa, adult female hound/ pitbull sweetheart. More info at www.spr.petfinder.com or call 208-512-3401



PUREBRED GOLDEN Retriever puppies born 12/29/23. Full or limited AKC reg. available, 1 year health guarantee. Starting at \$1500, reserve yours today; online pictures at nickelsworth.com. 406-820-2008 or libertyridge retrievers.com, Missoula, MT

NEED SCRAP NEWSPAPER for crafting/ projects? Previous editions of The Nickel's Worth papers are great for multi-use: papier-mâché and decoupage, cage lining, campfire starters, wrap for packing/ moving, etc. Past issues rotated weekly, call for availability, 208-667-0651



AKC BERNESE MOUNTAIN dog puppies ready for their forever homes mid-January. 3 boys, 4 girls. Beautiful markings and wonderful personalities. Puppies come vet checked, first shots, and dewormed. Girls \$2000; boys \$1800. Parents on-site. Madison, 208-217-3571, Clark Fork, www.Scotchmanpeak puppies.com

BOXER PUPPIES: Beautiful boxer pups, all females, born 11/29, ready for new homes now. Current shots, wormed, tails docked. For more information, text or call 509-832-3823 or 509-830-5910, Granger, WA

VALENTINE'S SPECIAL: Shar Pei puppies born 11/3, available and ready for your loved one for Valentine's Day. We have 1 black male and 3 black females, \$1500. If interested, please call or text 541-720-1477, Weston, OR



F2B MINI Goldendoodles born 10/14/23. 2 boys left, ready for new homes! \$1200, additional photos online at nickelsworth.com. Pinehurst, 775-240-5028

Super Crossword

ACROSS

- 1 Grappler, backwoods-style
8 Skylit courts
13 Astronaut Wally
20 "The Stranger Beside Me" true-crime writer
21 Flowers in the iris family
22 Some sweatshirts
23 Swift warship for law enforcement?
25 Finales
26 Makes mother's milk
27 Comic Radner
29 "How about that!"
30 Lugosi of "The Raven"
33 Hefty books
34 Defectively built flat-bottomed boat?
36 Pumpkin's color
38 Resident of Tehran
40 Makes a choice
41 Light, speedy boat transporting Oreos?
45 Just barely
48 Indian state known for silk
49 United
50 In a smoothly elegant way
53 Neon, e.g.
56 French mime master
59 High-sterned ship orbiting Earth?
61 "Brooklyn Nine-Nine" star Andy
65 Central Canadian tribe members
67 Upscale hotel quarters
68 Small combo
69 Discovering a sharp-bowed rowboat?
74 Safe, at sea
75 Do a tally of
77 "Get what I'm sayin', man?"
78 Zealous
80 Paint a passenger ship?
83 Soapmaking solution
86 Auditing org.
87 Message on a tombstone
89 Kabuki sash
90 Enthusiasm
95 Prison, in London

DOWN

- 1 Jay-Z's music
2 Year, in Portugal
3 NBC skit show, in brief
4 Indian Ocean island nation
5 — Brasi (role in "The Godfather")
6 One voted in
7 Book page opposite a verso
8 Severe
9 Samples something
10 Singer Diana
11 With 13-Down, thick glacial mass along a polar shore
12 BB shooter
13 See 11-Down
14 Magazine publisher Nast
15 Wannabe surfer
16 Exiled Amin
17 Key into a cash register
18 Acting king
19 Good traits
24 He-sheep
28 "— may be so bold ..."
30 — Raton
31 Lovers' deity
32 Neighbor of Thailand
34 Clayey fertilizer
35 Herd of seals
37 "— a break!"
39 Gave a new interior design to
42 Welsh canine
43 Mom's bro
44 Ball supporter
45 Org. for cavity fillers
46 Doc's warm treatment
47 "For" votes
51 Like thrift store goods
52 — facto
53 Sly deception
54 Prices to play
55 Variety of trapshooting
57 Spot's noise
58 Etching liquid
60 Husband of Eva Perón
61 Actress Keanan
62 Enthusiasm
63 Gold-fancying king
64 Boxers' event
66 Waffle brand
70 No, to Nikita
71 Torres with 12 Olympic swimming medals
72 Antique item
73 "Hooray!"
76 "Guilty" or "not guilty"
79 Onetime TV host Philbin
81 Debut on Wall St.
82 Zippo
84 Woofing pet
85 Actor Vigoda
88 Olympic skier Mahre
91 Meeting building regulations
92 Tater
93 Head, in Metz
94 Mining strikes
95 Big inits. in SUVs
97 Certain deer leather
98 Hamlet's duel opponent
99 Peace treaty
100 Shutter piece
101 Fidgetiness
102 Valuable rock
103 Long, loose outerwear
106 Nitpickers split them
107 Olympic skier Mahre
108 Sprayed, with "down"
110 Mining strikes
111 Downed
112 Electric car producer
116 Sicilian resort city
117 Investments for later yrs.
119 Home: Abbr.
121 Suffix with budget
122 — and yang
123 Doc for head colds
124 Blog feed format inits.

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Pets



SIBERIAN HUSKY/ Pointer/ shepherd/ Great Pyrenees. Cute, cuddly, and great guard dogs looking for new homes! Will be ready Feb. 8th, just in time for Valentine's Day. Asking \$150. Call or text 208-255-9702, Sandpoint

SECOND CHANCE PETS, Inc. All dogs spayed or neutered. Josie, 6 month old female Border Collie/ Australian shepherd mix, all white with some black spots, long fluffy coat and tail; Dixie, 2 year female Siberian Husky, stunning, sweet, kind dog; Harley, 2 year old male red/ white Border Collie mix, gorgeous, obedient, athletic, shorter coat, blue eyes; Ruger, 4 year male short-haired Pointer, liver with tail, obedient, athletic, high energy; Max, 5 year male Australian Cattle Dog, best as an only pet, very protective of rigs and porches, no kids or cats; Apollo, 3 month old male Australian Cattle Dog/ Border Collie mix, tail docked, short, black and white coat; Durango, 3 year male purebred mini Australian Cattle Dog, short chocolate coat, docked tail, not good with men, excellent with women and children; George, 8 year old neutered male, Australian Cattle Dog/ Border Collie, beautiful red tricolor coat, blue eyes, no tail. Banjo and Bindi, 4 month old male and female Border Collie mixes, black/ white and red/ white, classic markings, shorter coat. Harper and Fred, Bloodhound/ Redtick Coonhound mixes, 1 male, 1 female, 5 months old. Five 8 week old purebred Louisiana Catahoula Leopard dog puppies, 4 males, 1 female. You can visit scpr.petfinder.com or email idahocoondog@yahoo.com for information



YORKIE MIX PUPPY BORN November 2nd, \$400. 208-874-7634, Post Falls



PUREBRED BOXER puppies. 8 weeks old, 3 males, 1 fawn and 2 reverse brindle. Tails docked, dewclaws removed, first set of shots. Lovable, intelligent, loyal, great with kids, elderly, and other animals. Parents on-site. Ready for their new homes, \$1000; online pictures at nickelsworth.com. Call or text me to come and see them: 208-916-5681, Post Falls



MOVING! MUST SELL! Scottish Terrier puppies born in our home 11/20/23. Happy, loved, well socialized. 3 boys, wheaten and strawberry wheaten, only \$800 or make offer. Christy, 360-949-3801, Cda

BORDER COLLIE PUPS born 12/13, ready for new homes. 3 red and white, 2 black and white. Championship bloodlines. \$500. Call 541-371-1513 for more information

BEST AND SMARTEST small dog. 12 week old puppies ready to join your home today! Dam is 9 lb. ChiPoo. Sire is 11 lb. mini poodle. 2 females and 1 male left. For more information text 360-487-9000



AKC REGISTERED SHIBA Inu puppy. Vet checked, age appropriate vaccinations and ready for her new family now! \$1300, 208-386-0714. firefoxshibainus.com

ICCF CANE CORSO: BIG fawn female Cane Corso puppy ready for her forever home. 6 months old, current on shots, and wormed. Excellent temperament. Fearless family guardian, \$600. More information: 458-300-6771

TWO FEMALE MINI Schnauzer/ Dachshund mix puppies available. 11 weeks old and up-to-date on vaccinations; wormed, tails docked and dewclaws removed, \$750. More info: 509-628-7473, Tri-Cities, WA



AKC SCOTTISH TERRIER pups, 3 wheaten males. Up-to-date on vaccines, vet checks, worming, etc. \$800. Very socialized. Additional photos online at nickelsworth.com. 208-926-0014

125+ LBS. GIANT Malamute puppies available for adoption. Over 125 lbs. Ready 3/8. \$1500. erickasmalamutehuskies@gmail.com

MINIATURE BOSTON Terriers. AKC registered miniature Boston terrier puppies ready now for new homes. Born 11/28, they are current on vaccines, vet checked, and dewclaws removed. Pet price, \$1300 or with full rights, \$1500. Text or call for information, 509-901-6981

Second Chance Pets: Bindy & Banjo and Fred & Harper



Hi we are Bindy, female red/white and Banjo, male black/white! 4 month old Border Collie mix puppies looking for Farms of our own to call home for the next 12-14 years. We have been raised with chickens, cats, goats and horses and know our manners!



Families who can commit the next 10-12 years to our health and happiness! We require secure fences!!

Hi everybody! We are Fred, male red and Harper, female Redtick, 4 month old Hound dogs! Our background is unknown, but we are big pups, with heavy bones. Most likely Bloodhound/ Coonhound cross. We love everyone we meet and get along great with other dogs. We are looking for

Contact Angie at 208-666-6025 or email an introductory letter about yourself to Idahocoondog@yahoo.com

PUREBRED AUSTRALIAN Shepherd puppies. Vaccinated, dewormed, socialized, parents on-site, must rehome, \$300. 208-582-2802 or 208-582-6613

AKC REG. BOSTON Terrier puppies available. Male and female, current on shots and wormed, eyes tested, litterbox trained. More information: 208-301-8087

PEMBROKE WELSH CORGI puppies. These cuties were born Christmas Day and will be ready to go 2/19. They are triple clear for genetic diseases. Parents are AKC registered. Current on vaccinations, wormed, microchipped, and a care package, \$1000. More information: 509-945-5108

WE HAVE YOUR YORKIE puppy! Male and female, born 9/12. They are vaccinated, wormed, and tails docked. Ready for new homes now. For more information: 509-380-1577



WE ARE EXCITED TO announce Kiki has had a litter of 3 healthy chocolate AKC pups! Chip, our sire, and Kiki, our dam, have undergone comprehensive health screening including OFA and Embark DNA testing. We have both male and female tri colors and a ruby male. All our puppies will have been socialized with other dogs and handled daily. Each puppy will also have a head start on potty training prior to going to their forever homes. Our puppies are listed for pet home pricing, \$3000. Full registration may be available to the right home for \$5000. With our full registration females you will also get discounted stud fees for your own future litters. All puppies will be up-to-date on dewormer and vaccinations. We welcome visits to our facility as well as flight nanny service across the US. Text or call 254-313-2508, Kellogg area, or reach out to us at @sterlingcavaliers on Instagram for future updates and more litter pics

YOUR FRIENDLY LOCAL free classified paper since 1972: the Nickel's Worth

MINIATURE POODLES: Two male mini poodles available for adoption. 15 weeks old, ACA registered, current on vaccinations, and wormed. Contact me for more information on these precious fur babies at 509-212-6080



FRENCHTON PUPPIES (French Bulldog/ Boston Terrier mix), all males, ready to go to their new homes, \$400 deposit and \$800 homing fee (\$1200 total). Will deliver within reasonable distance. Call or text Aleesha, 541-961-2540 for more info, Thompson Falls, MT

BICHON POODLE puppies. Beautiful fur balls, male and female, ready for new homes. Hypoallergenic, non-shedding and super affectionate. Small breed. Vaccinated and wormed, \$900. For more information, call or text anytime at 509-515-6997, Granger, WA

BOXER PUPPIES available for adoption. Dewclaws removed and tails docked. Vet checked, current shots, and wormed. Purebred, non-papered. Ready 2/1, just in time for Valentine's Day. More information: 509-948-0689

REHOMING BEAUTIFUL Shihpoo female, 5 months old, and male cockapoo, 3 months old. Both have current shots and wormed. They are both hypoallergenic, non-shedding, intelligent. Both very tiny, no more than 5 pounds. Love playing with kids. Housebroken. I adopted them a few months ago, but since working a lot more, I don't have the time for them. More information: 509-380-1067, Pasco, WA



AKC LAB PUPPIES, 11 weeks old, ready for new homes. Chocolate, yellow, and black, males and females. First shots, dewormed, parents on-site. Great personalities, very smart, \$400. 208-255-9851, northernnomad54@gmail.com

MINIATURE Aussiedoodle puppies. Home raised miniature Aussiedoodles available! Loving, playful, healthy, intelligent puppies. No-to-low shedding and hypoallergenic, \$950. For more information call Lori at 509-860-3302

CORGI PUPPIES available, all females. DNA tested parents. Non-papered, \$1000. More information: 208-301-8087, Lewiston, ID



AKC PUREBRED SHIH Tzu tri-colored female ready to go! Vet checked and first shots done, \$950. Two year health guarantee. See video of her on our YouTube channel: PhoenixShihTzu, and on our website: PhoenixShihTzu.com. We are in Hayden, 623-202-4331

MINIATURE DACHSHUND puppies born 1/11, will be ready for new homes in March. Parents on-site. Current shots and wormed. Puppy pad trained. No vet visit. Non-papered, \$1000. Call or text 509-948-4970 for information, Kennewick, WA

AKC IRISH SETTERS: 7 lively males and 4 frisky females from AKC registered parents were born 12/8. Both parents at home. Pups will be ready for their new homes in February. \$950 without papers, \$1150 with papers. Call 509-496-4784 for more information and pictures



MICRO TINY AKC SHIH Tzu is charting to be 4 lbs. full grown, female solid gold brindle, ready to go, first vet check, \$2500. To see videos visit: phoenixshihztzu.com. 623-202-4331, Hayden



Miscellaneous

BLACK SHEEP SPORTING Goods. Home of the lowest prices on all things outdoors. In the Silver Lake Mall, 200 W. Hanley, CdA. 208-667-7831; www.BlackSheepIdaho.com

PREPARE FOR POWER outages today with a Generac Home Standby Generator. Act now to receive a free 7-year warranty with qualifying purchase. Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move

WESLEY FINANCIAL Group LLC, timeshare cancellation experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free info package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971

NATIONAL SUNDAY LAW? God never forces our will! Legislated worship is not of God. Call 509-233-8155 for free information (book)

WE BUY CARS BY THE ton. Bids on unwanted cars and trucks. Cheap prices, new self service parts yard and free local pick up. Monday-Thursday, 8am-5pm, Friday, 8am-4pm and Saturday, 9am-3pm. Garwood Wrecking, 208-772-3993

VIAGRA USERS, WHY PAY more? Forty 100 milligram tablets, \$169. Call 800-607-2519, open every day

HUGHESNET: FINALLY super fast internet no matter where you live. 25 Mbps, just \$59.99 month! Unlimited data is here. Stream video. Bundle TV and internet. Free installation. Call 866-499-0141

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Wanted

1962-1977 FORD BRONCOS. 1967-1981 Camaros. 1970-1974 Cudas, 1966-1971 Mustangs, 1968-1970 Road Runners, 1970-1974 Challengers, 1967-1980 Trans Ams. Have cash. Contact Dave at 208-640-9062

HELP! HELP! HELP! I need out. 70 years in CdA is enough. Need mobile home, prefer on its own land, or fixer upper house or mobile home lot in St. Maries or Silver Valley. Call Jim, 208-704-5028

WANTED: CHERRY picker engine hoist. Older wood stove in good condition. 4-wheeler ATV, preferably with plow. Large chainsaw. 208-755-6656

WANTED: OLD BOXING trophy, especially from CdA area, as I participated in the 60s. Call Jim, 208-704-5028

WANTED: LARGER HONDA 2-stage snowblower; Walk-behind DR field and brush mower; sickle bar mower; Wilton vise; 4x4 tractor; Silvey Chisel chain grinder or similar; heavy old vises; anvils; blacksmith tools; 5'x8' trailer; log splitter; chainsaw winch; chainsaws; Honda mini bike; enclosed 12' or longer trailer. Small metal lathe. 208-755-6656

TO PLACE YOUR ads, call Nickel's Worth, 208-667-0651

WANTED: CAR OR PICKUP, looks not important, price is. Also tow dolly. 208-704-5028

Your Tomorrow Matters.

IF YOU NEED HELP RIGHT NOW, PLEASE CALL THE NATIONAL SUICIDE PREVENTION LIFELINE:

988

OR

TEXT "MT" TO 741-741

THE WEDDING FEAST OF PRINCESS AURA AND PRINCE BARIN.

FLASH GORDON

I'VE WORKED IN THE PALACE SINCE I WAS A CUB, BUT THERE WAS NEVER THIS... ENERGY.

THIS HOPE.

I THINK I MAY BE SEEING THE START OF SOMETHING WONDERFUL.

I HAVEN'T EVEN FINISHED POURING THE WINE BEFORE MING II BARGES INTO THE RECEPTION.

THE ALIEN FLASH GORDON DEMANDS MING'S SON ANSWER FOR HIS INSULTS--

MING II SNEERS BACK AT US AS HE LEAVES.

HE CHALLENGES HIS SISTER'S CLAIM TO THE THRONE -- AND QUESTIONS HER HONOR.

BUT THEN RONAL -- BARIN'S COUSIN, CONSORT TO QUEEN FRIA -- FORCES THEM APART.

HE SAYS HE HAS ALLIES.

AND AURA'S REIGN WILL BE SHORT.

HIS WORDS ECHO IN MY EARS AS I WALK TO THE WINE CELLAR.

SUDDENLY, ALL MY THOUGHTS STOP.

MY EYES CUT CLEAR THROUGH THE DARKNESS, AND I SEE...

FLASH GORDON. THE HERO OF AURA'S REVOLUTION.

FLECKED WITH BLOOD.

STANDING OVER THE LIFELESS BODY OF THE SON OF MING.

NEXT: CONFESS, FLASH!

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30' x 40' x 14' • 2 - 12' x 40' Lean-to's

30' x 40' x 14' • 2' Overhangs-Wainscoat

26' x 30' x 10' • w/10' x 30' Lean-To

30' x 50' x 12' • with 12' x 50' Lean-to

36' x 40' x 14' • 2 - 12' x 40' Lean-tos

40' x 50' x 16' Barn Style

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