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*Illustration, shows additional materials not in kit





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MARQUIS 4-PERSON HOT tub Model V77L. 3 years old, in working condition, extras include cover, steps, chemicals, and extra filter. \$3000 firm, 208-262-1990

6' ROLL-TOP DESK, \$600. 5' trail shoes, \$450. Bear Paw snow shoes, \$200. Please text 208-755-5704 for appoint-

VIZIO 75" TV, BRAND NEW UHD flat screen, new in box, never opened, \$500. 208-755-

(4) AIRSTREAM TRAILER hubcabs, 1960s(?), nice shape, \$95. Rare, old medium size tiger oak rolltop desk, in very nice shape, \$375. Also, old oak jury chair, \$85, have pictures. 125 piece dinnerware set bought in Vietnam in the 1960s, in wooden carrying box, \$325. Also really, really want cool Hawaiian shirt with Hawaiian trees and lots of color, will pay too much. 70+ year CdA surfer dude, my bucket list. Also, anything John Wayne. Jim, 208-704-





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I BUY BOATS, MOTORS, and trailers. 208-755-3040



HAYDEN, ID 27th ANNUAL tack sale (consignment) and barn sale. Call (don't text) 208-660-1255 to get your items in the sale! Saturday, February 24th, 9am-4pm and Sunday, February 25th, 9am-2pm. Bring cash, no cards. 1341 East Grand Tour Drive. Thousands of items of Western and English saddles, tack, show clothes, stable supplies, Breyer horses, and everything else horse related

SAFES, SAFES, SAFES! Gun safes, wall safes, pistol safes, in the floor safes, fire-rated safes. Come check out our inventory, mention this ad and get 10% off your new or used safe. Country Lock and Key, Inc., 1421 E. 3rd Ave., Post Falls or 91 W. Commerce Dr., Hayden or 2402 Government Way, CdA. 208-772-4091

THE BOXER & THE ROSE: A Historical Romance by new local author Lily M. Winter, eBook now available on Amazon or paperback through the Nickel's Worth: Dazed after diving out of the path of a reckless carriage, Margaret Everleigh was guided back toward consciousness by a gentle hand on her cheek and a deep Scottish brogue asking, "Lassie? Can ye hear me?" She attempted to rise; her limbs failed her. A strong pair of arms scooped her off the ground and held her protectively. "I've got ye, lass."

Tango & Tapas: Eat, Dance, and Romance with the Spokane Symphony on Valentine's Day

– Spokane Symphony –

James Lowe, conductor Sandor & Parissa, dancers Tango Volcado

Internationally-acclaimed performers, Sandor and Parissa, celebrated for their appearances on Dancing with the Stars and collaborations with stars like Antonio Banderas, are set to headline "Tango & Tapas" alongside the Spokane Symphony this Valentine's Day. Immerse in an enchanting blend of Tango, classical favorites, and culinary delights.

Event Highlights:

- Performance: Sandor and Parissa, accompanied by the Spokane Symphony, will delight the audience with a fusion of Tango and classical masterpieces.
- Tapas from Feast Kitchen: Doors open at 6 PM, inviting guests to savor a spread of tapas from four Latin American chefs.
- Tango Lesson: Following the concert, join Sandor and Parissa for a Tango lesson set to live music from Spokane's Tango Volcado.

Event Details:

- Date: February 14, 2024
- Venue: The Fox Theater
- Doors Open: 6:00 PM
- Event Start: 7:00 PM

For more interviews and photos, please contact Kathy Gustafson, Director of Marketing, Spokane Symphony and Fox Theater, (509) 842-6434, kathygustafson@spokanesymphony.org

Salons & Spas

PEGGY'S BEAUTY SALON, 50 Westmond Rd., Sagle, 208-755-7227. Call or text for appointments. Weave highlight with conditioning treatment and haircut for \$150

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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



BUY YOUR KEYS ONLINE for your American or Asian car or truck and we will program them for you. For information call Security Lock & Key. 208-659-9264

I PICK UP OLD HOT TUBS, working or not. Call or text Marc, 509-295-1503

SALE: MORGAN SILVER dollars, fine, VF, \$34, have CC's, uncirculated Morgan's. 509-251-0921



PLEASE VOTE FOR WILD West Rustic Furniture for 2024 Best Furniture Store North Idaho. Scan the QR code above. https://cdapress. secondstreetapp.com/ Best-of-North-Idaho-2024/ gallery/413140351/

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Going Out



PLEASE JOIN US FOR OUR Valentine Fundraiser Dinner! Raffles, music; salad and salmon dinner, and Beverly's Baklava for dessert! 5pm-7pm Tuesday, February 13th, 2024. Tickets are only \$25. 1916 N. Lakewood Dr., CdA, 208-667-4628





Miscellaneous



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

Houses for Pont

Scanning & Printing

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Nickel's Worth Publishing

Heather Eller, editor & publisher Emily Steigers, production manager / designer Teresa Stanley, bookkeeper Theresa Laschober, display sales Melanie Roots, classifieds supervisor Kristin Klestinez, ad taker Monica Thomas, ad taker Naidene Boer, distribution supervisor

208-667-0651 • www.nickelsworth.com

The Nickel's Worth publishes weekly, new issues out every Thursday. Ads are due Wednesday at 3pm. Office open Mon.-Thurs., 8am-5pm • Fri. 8am-3pm

Intro To Wilderness Emergency

Survival, All Ages July 27



- 1. MOVIES: Which movie has the tagline, "May the odds be ever in your favor"?
- 2. GEOGRAPHY: Which country possesses Baffin Island?
- 3. AD SLOGANS: Which company's slogan is, "You're in good hands"?
- LANGUAGE: What is a common saying for the Latin phrase "lapsus linguae"?
- 5. MUSIC: What country was home to reggae singer Bob Marley?
- 6. ANIMAL KINGDOM: What is an example of a macropod?
- 7. TELEVISION: Gordon, Percy, James, Toby and Emily are characters on which children's
- 8. MATH: What is 1/60 of a degree?
- 9. LITERATURE: Who wrote the book series "The Chronicles of Narnia"?
- 10. ACRONYMS: What does the acronym SPF stand for?

10. Sun Protection Factor. 9. C.S. Lewis. 8. A minute. ะมู่ในเล 7. "Thomas the Tank 6. Kangaroo.

ษ. วิสเทสเตล. 4. A slip of the tongue. 3. Allstate. 2. Canada. 1. "The Hunger Games." *SJ9MSU Y*

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Miscellaneous



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Puzzles4Kids

by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT DO ATHLETES WEAR DURING A LEAP YEAR?

JUNGLE	 LUNGE	SASHED	 HEADS
DUTIES	 TIDES	ARGUED	 GRADE
MUTINY	 UNITY	ITCHES	 CHEST
PEARLS	 LASER	GOBLET	 GLOBE
		CASTLE	CLEAT

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(4) AIRSTREAM TRAILER hubcabs, 1960s(?), nice shape, \$95. Rare, old medium size tiger oak rolltop desk, in very nice shape, \$375. Also, old oak jury chair, \$85, have pictures. 125 piece dinnerware set bought in Vietnam in the 1960s, in wooden carrying box, \$325. Also really, really want cool Hawaiian shirt with Hawaiian trees and lots of color, will pay too much. 70+ year CdA surfer dude, my bucket list. Also, anything John Wayne. Jim, 208-704-5028

6' ROLL-TOP DESK, \$600. 5' trail shoes, \$450. Bear Paw snow shoes, \$200. Please text 208-755-5704 for appointment

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Auctions & Miscellaneous





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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 208-667-0651 for availability. Bring a box, take what you can

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MR. CLAYTON Leinneweber has been traveling and setting up with a replica on sites for the public to view for the last 28 years. Thus, giving an opportunity for people to through the Sanctuary that Moses was instructed by God to build after Israel's deliverance from bondage in Egypt. Clayton recently gave a series of lectures recorded on video to answer the many questions surrounding this subject. Why is it called a Sanctuary (a safe place)? What is the meaning of the verse: "Thy way, O God, is in the sanctuary: who is so great a God as our God?" (Psalm 77:13)? What did Jesus mean when He said in John 2:19: ...Destroy this temple, and in three days I will raise it up. Why would God, for thousands of years, direct us to the Sanctuary to learn the plan of Salvation, what is the significance for us today? There are, according to Wikipedia, 2.382 billion Christians, 1.9 billion Muslims, and 15.3 million Jews in the world today. One of the most holy sites claimed by all three is the Temple Mount in Jerusalem. There has been much fighting over the site of the Sanctuary; why? What significance does all of this have to do with us? We will all leave with a greater understanding of current events, also with a peace that comes with knowledge of God's plans for us. You are invited to attend this free 13session seminar! February Friday, 23rd at the Seventh-Day Ad-

Vacations

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Super Crossword

STORYBOOK SENTIMENT

ACROSS

- 1 Auxiliary professor
- 8 Nickname for baseball great Ruth
- **15** Cultural value system
- 20 High-fashion clothing
- 21 Knows someone at the company,
- say 22 Reluctant (to)
- **23** "Wait, my rant isn't finished ..."
- 25 Private, as desires **26** Agnus —
- (lamb figure) 27 "Cool beans!"
- 28 Down dinner 30 Look lewdly
- **31** 2018 war documentary directed by Peter Jackson
- 38 Composer - Sebastian
- Bach 40 Hamilton/Burr confrontation
- 41 Era upon era **42** Turndowns
- 43 Stati (America, in
- Italian) **44** Stage design 47 La — Tar Pits

- 49 Gp. opposed to leather
- 51 Made a habit of taking risks **54** Actress
- Cuthbert 57 French for "summers"
- 58 Bible book after Micah
- **59** Dwell at 61 — Ops (CIA mind games) 107 Amazes
- 63 In love **67** Big name in
- 68 2011-13 Fran Drescher sitcom
- **71** Give it (try) 74 Paris'
- Champs- **75** Certain scanning
- 76 St. crossers **79** First book section
- 81 Former U.N. chief Boutros Boutros- -
- **83** Stool or pew **125** Fill with more 84 Milk container
- 85 Just a tiny bit 126 Like soon-to-90 Op-ed writer Maureen
- 91 Art of Erté 92 Once existed DOWN
- 93 Eldritch 94 Links gp.

96 Canon camera brand

- 98 part (role-play) 100 1996-2002
- sports sitcom **101** Song phrase following 'See you later,
- alligator" 62 Coffee holder 108 Daddy's boy
 - 109 Praque citizen
 - candy wafers 110 Victor's hand gesture 113 Prefix with

Huffington

inventory

1 Mil. school

2 Finished

tech

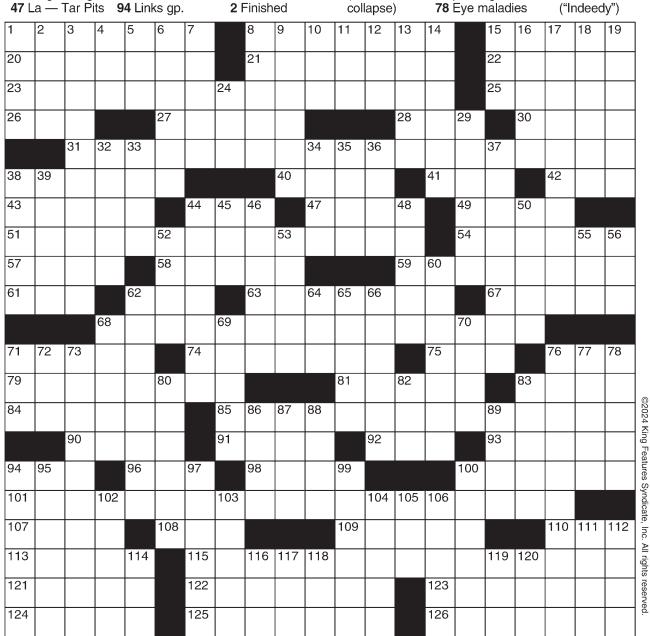
be-unveiled

- type or plasm
- **115** What's spelled out by the starts of six answers
- in this puzzle 19 Tears to bits device: Abbr. 121 Lot units 122 Countering
 - an attack by themes missile, e.g. 32 Detests 123 Pundit
 - **124** Hockey feints 35 Dweeb's kin
 - 36 Cassini of 20-Across
 - 38 Minty
 - (about to
 - Kentucky Derby drink 39 — last legs

- 3 She won a Tony for "Hurlyburly" 4 Stage actress
- Hagen 5 Pious sister
- 6 Actor Hume of "Cocoon" 7 Heads, to
- Henriette 8 lota preceder 9 Novelist
- Robbins **10** N.Y. hours
- 11 Cranky cry 12 Singer
- DiFranco 13 Stanford-— test
- 14 Occupy 15 — Lilly & Co.
- 16 Until this time
- 17 "Just one moment"
- 18 Verdi opera
- 24 "Told ya so!" 29 Recurring
- **33** Author Blyton 34 Oil, informally
- **37** Quick quip

- 44 Biting turtle **45** Ordinal suffix 46 Like so,
 - informally 48 Correo -
 - (Spanish airmail) **50** — over (satisfied for
 - the moment) **52** "Movin' —" (sitcom theme song)
 - 53 Tube prizes 55 Brand of
 - fruit drinks 56 Year. in Brazil
 - 60 Signs up **62** Multilevel structure for
 - Fluffy 64 Suffix with
 - chlor- or fluor-
 - 65 Model Cheryl 66 "ER" or "CSI"
 - **68** Get a move on
 - 69 Lead-in to "So sue me!" 70 Caesar's 202
 - 71 N.C. State's NCAA div. 72 "- Na Na"
 - 73 Toiling away **76** Fetching
 - **77** Certain surrealist paintings

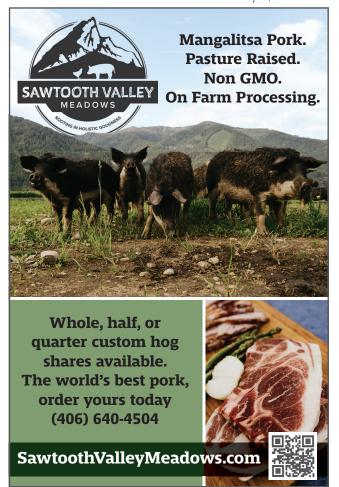
- 80 Funds
 - **82** Sly fox 83 Tortoise's
 - top 86 Calf product
 - 87 Caesar's
 - "Behold!" 88 Campus mil.
 - program 89 Singer
 - Halliwell 94 Underside of
 - a dog's foot 95 Liftoff stress
 - 97 Hebrew horn
 - 99 With 106-Down, North Pole
 - surrounder **100** Cling (to)
 - 102 Perfumer Lauder
 - 103 Absurd 104 Missouri's —
 - Mountains 105 Toon pic
 - 106 See 99-Down **111** Kin of -ette
- 112 Novelist Jennifer 114 Pre-CIA gp.
- **116** "— a girl!" 117 Fabric dye
- brand 118 Retired
- **NBAer Ming** 119 Vote down
- **120** "True —" ("Indeedy")











Produce & Farmers Markets





MCKERRACHER FAMILY Farm fresh produce. Sign up now! Deliveries begin June 7th. Drop-offs in Athol, Hayden, CdA, and Post Falls. For more info call 208-818-0208 or visit us online: McKerracherFamilyFarm.

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by Healthy Exchanges

Mozzarella Vegetable Salad

It's a well-known fact that vegetables are good for you. But just as important, this ultra-easy salad tastes good!

- 1 cup sliced carrots
- 1 cup chopped fresh broccoli
- 1 cup chopped fresh cauliflower
- 1 cup sliced fresh mushrooms
- 3/4 cup shredded reduced-fat mozzarella cheese
- 1/2 cup fat-free Italian dressing
 - 2 tablespoons fat-free mayon-
- 1. In a large bowl, combine carrots, broccoli, cauliflower, mushrooms and mozzarella cheese. Add Italian dressing and mayonnaise. Mix gently just to combine.
- 2. Cover and refrigerate for at least 1 hour. Gently stir again just before serving. Makes 4 (1 cup each) servings.
- Each serving equals: 95 calories, 3g fat, 8g protein, 461mg sodium, 3g fiber; Diabetic Exchanges: 2 Vegetable, 1 Meat.

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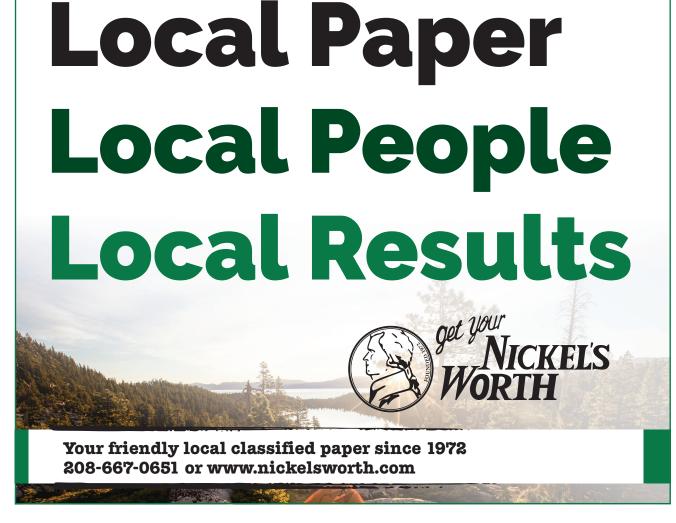
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By Lucie Winborne

- A UCLA study determined that football players with lower jersey numbers are perceived as slimmer and faster than their teammates with higher jersey digits.
- The Sullivan Ordinance of 1908 in New York City aimed to prohibit women from smoking in public places, sparking not just widespread debate about women's rights, but marking a symbolic battleground for female activists dedicated to gender equality. The law was vetoed by Mayor George B. McClellan Jr. just two weeks later.
- A study of over 10 million births revealed that children are 4.6% more likely to be born in the same month as their mothers.
- When Kentucky Fried Chicken expanded its operations to China in the 1980s, the food chain's iconic slogan -- "It's finger-lickin' good!" -- was mistakenly, if amusingly, translated in Mandarin to "Eat your fingers off."
- King Charles III was the first British royal to go to a traditional school.
- During the Napoleonic campaigns in the early 19th century, French soldiers observed an odd condition among many local Egyptian men, who reported blood in their urine, leading to the misnomer label "the land of the menstruating men." The actual cause was the parasitic disease schistosomiasis.
- Some scientists make a habit of consuming the organisms they study, a practice that dates to Charles Darwin's sampling of exotic animals such as pumas and iguanas during his voyages.
- The word "gymnastics" comes from the ancient Greek "gymnazein," meaning "to exercise naked."
- Are you a fan of Cheetos? If so, you might want to visit the town of Cheadle in Alberta, Canada, which is the proud possessor of a 20-foot statue of a ... Cheeto. Bonus: It even lights up at night!

Thought for the Day: "It's no use going back to yesterday, because I was a different person then." -- Lewis Carroll



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- 8 Some Gls
- 12 Nest setting
- 13 Commotion

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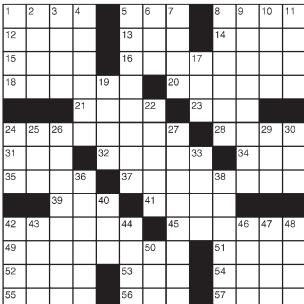
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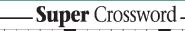
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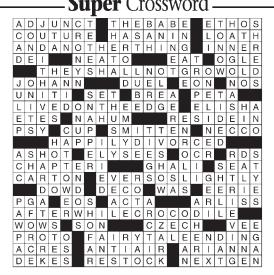
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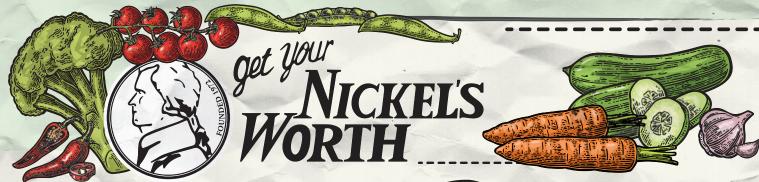
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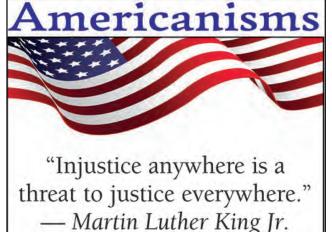
TREE REMOVAL services, difficult and dangerous. Pruning and stump grinding with professional clean-up. Serving Kootenai County. Certified arborist. Licensed and insured. Ryan, 208-659-











WANTED: GOOD HEAVY equipment to buy or consign. Dave's Truck & Equipment, 208-263-3555

NEW HOLLAND TC45 45HP tractor. Diesel, loader with 6' bucket, 4WD, \$19,995. Coeur d'Alene Tractor, 1112 Appleway, 208-765-2315

WE WORK ON HEAVY equipment and farm tractors. Dave's Truck & Equipment, 208-263-3555

CHIPPER. 5" CAPACITY, 3point tractor mount/ PTO drive, \$4850. Coeur d'Alene Tractor, 1112 W. Appleway, 208-765-2315

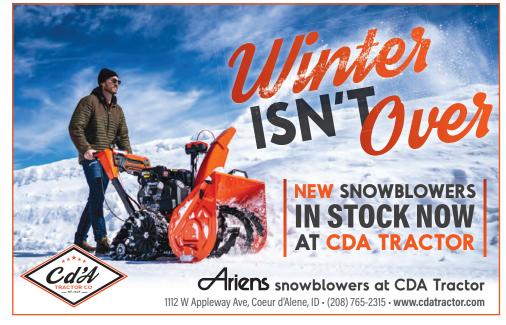


1995 KOBELCO 200 LOG loader. 360 degree rotate grapple, hours unknown, \$38,000 OBO. 970-394-6185, Southwest Colorado



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Hunting & Firearms

GUN'N HORN SHOW

| Bonner County Fairgrounds | Sandpoint, Idaho |

Noon-6pm

9am-6pm

March 1st March 2nd March 3rd 9am-2pm

Contest and table information at www.BonnerCountySportsmen.org Tables: 208-267-8295



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ENGRAVED 44-40 LEVER rifle, \$1700. Winchester Deluxe 30-30, \$950. 357 lever action rifle, 1 left. Remington 870 shotgun, \$299. Russian Vepr 12 gauge shotgun. Kalashnikov shotgun. Walther PP (32 ACP). Kimber custom shop rose gold 45 ACP. Guncrafter 9mm, \$3495. S&W model 60 engraved. We buy handguns, rifles, knives, shotguns, and ammo. The Old Town Pawn Shop, 208-437-2828, 208-664-0125

CUSTOM AR-15, PSA lower stamped Property of US Government M4 carbine, built on Crosshill Technologies side charging upper receiver, Geissele trigger, 18" White Oak stainless steel barrel with Yankee Hill quad rail, UBR stock, red dot scope, and hard case, \$950 OBO. 208-818-4085, Post Falls

RUGER SR 762 WITH Leupold Mark 4 scope, excellent condition. Bonners Ferry, 208-603-0575. \$1600

SPRINGFIELD ARMS XD40 S&W Gen 2, 4 OEM mags, soft case, hard case, grips, gun equals \$270, plus set equals \$230, total \$500. Tau-rus Tracker 17HMR with 6.5" barrel, soft case, hard case, 9 boxes of CCI ammo, gun equals \$470, set equals \$230, \$700 total. Heavy duty Pro Trap thrower with class 2 receiver or free standing applications, \$175. Please text 208-755-5704 for details and appointment

SMITH & WESSON 10mm. M&P M2.0 auto. Barrel 4.5". Two 15+1 mags. Very good condition. \$675. Ruger Super Blackhawk .44 Magnum. Very good condition. \$875. Ruger Security 9. 9mm. Two 15+1 mags. Brand new! \$425. Taurus G3XL 9mm. Two 12+1 mags. Brand new! \$425. Taurus TX22 22LR. Two 16+1 mags. Threaded barrel. Silencer ready. Brand new! \$435. 208-667-4497

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REMINGTON 870 EXPRESS 28" Super Mag. New in box, \$300. 208-416-7541



"Life of Napoleon" (1769-1821)

Indeed the stuff movies are made of (2023) was the life of Napoleon Bonaparte. Crowning himself Emperor of the French, he created an empire which covered most of western and central Europe, and was considered a military genius. He died at age 51 of stomach cancer.



These words can be found in the grid: ABDICATE, ARMIES, **AUSTERLITZ**, **BICORNE** CONQUEST, CORSICA, CROWN, DECREE, ELBA, EMPEROR, EUROPE, EXILE, FRENCH, HEIR, JOSEPHINE, LEIPZIG, "LITTLE CORPORAL", MARIE LOUISE, MOSCOW, PARIS, PENINSULAR WAR, SAINT HELENA, TOULON, WATERLOO ©2024 WordPlay

RUGER MK IV .22 HUNTER pistol. Fluted 5.5 barrel, fiber optic sights, like new in box, \$450. Call or text 208-929-5411, CdA

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WANTED: 30-378 Weatherby Magnum, reasonable price please. 208-964-1607

AR-15 CHAMBERED IN 7.62x39 side charging upper with 16" barrel, \$1500. AR-15 5.56, 16" barrel, \$700. Text 208-783-5384 for more details

REDUCED PRICE! TIKKA T3 Lite 300 Win. short Mag., Nikon Monarch 2.5-10x42 BDC reticle, like new, original boxes, very little use, great package, \$750. Super buy! 406-847-2196

SMITH & WESSON MODEL 1500 rare hard to find never fired rifles, 270 WCF, 338 Win. Mag., \$1200 each or both for \$2000. Ithaca SKB model 100 3" side-by-side 20 gauge shotgun, \$1400. Rare find Remington 40xBR 22 caliber stainless, \$1400. Ruger 357 revolver 3-screw, \$800. These rifles are high quality and exceptional condition, hardly or never used, will consider reasonable offers. 208-818-1743

ATTENTION VETERANS and active duty service members: Present your military ID or proof of membership in veterans' group at the Nick-el's Worth office and get buy one get one free classified ads from that point on (ID only needed initially). Ads must run in the same week; free ad of equal or lesser value; display ads and picture classified ads do not qualify. Thank you for your service to our

Solution time: 22 mins.



WATERFOWL AMMO. 12 gauge Hevi-Metal 3". 1-1/4 oz. #3. 250 rounds, \$320. 20 gauge Hevi-Metal 3" 1 oz. #3. Hevi-Metal 3-1/2" 1-1/2 oz. #4. 100 rounds, \$160. 10 gauge Hevi-Metal 3-1/2" 1-1/4 oz. #2. 50 rounds, \$80. 10 gauge Black Cloud 3-1/2" 1-Remington Sportsman 3-1/2". 1-3/8 oz. #2 50 rounds, \$25. I also have a mix of Black Cloud 12 gauge. Call or text 408-838-8484, Rathdrum, for more info. Cash only

SOLID OAK GUN CABINET. 6-gun, lights, bottom drawer; paid \$725, asking \$550 cash. 406-295-7070

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SAVAGE MODEL 10/110 6.5 Creedmoor Tactical Desert (brand new build, has never been fired), new/ excellent condition, set-up for long range precision shooting, ev-ery component brand new and top of the line including: awesome Athlon Argos 8-34x56mm scope with sun shade and 2 bubble levels, Vortex Optics riflescope rings, Harris tilting bipod, VG6 muzzle brake, 3 mags 100-round ammo, Plano AirGlide rifle case, Timber Butte Outlaw double shoulder sling, laser bore sight, snap caps. All manuals included, has everything you need to get started in long range shooting, asking \$1500 OBO cash. See temppage.com for additional photos and full info. Call/text 208-964-6000, Hayden. Would also consider partial trade for semi-auto Plinkster .22 or 17 HMR

COMPLETE SETUP FOR reloading shells, shotguns and rifles. Sell by piece or save for whole setup. Winchester 101 shotgun, trap model, like new, \$800. Stainless steel 3door electric smoker, thermostat controlled, 76"Wx55"Hx 28"D, \$1000. 208-687-1849

COLT OFFICIAL POLICE .22LR, like new, \$850. Colt Officer Model 38, excellent condition, \$700 OBO. Colt 1901 US Army .38, good condition, \$500. Colt 32 Police Positive, fair condition, \$400. Remington Rolling Block 7x57, new barrel, 6x scope, 99%, \$1500. 798 Remington 300 Winchester Mag., only five rounds fired, \$950 with scope. Winchester model 70 Post-64 375 H&H, \$1500 with scope. Parker Hale 300 Win. Mag., \$1300 with scope. OBO on all, 208-946-9506

MOSSBERG MAVERICK 12 gauge pump shotgun, very good+ condition, 20" barrel, fiber optic sights, Hogue Overmolded stock, military olive drab sling, soft case, 10 rounds each 00 buckshot and slugs, \$300 OBO. ID residents only. John, 208-981-1744, Post Falls

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2012 RUGER 44 MAG NEW Model Blackhawk, stainless with 3-3/4" barrel, Sheriff's Model, like new in box. 1901 Remington Model M 7x57 rolling block, saddle ring carbine, excellent condition. 1906 Winchester Model 94 rifle with octagon barrel and peep sight, very nice condition. 1927 Winchester Model 94 carbine, 30WCF, over all condition 60% with good bore. 1955 Winchester Model 94 30-30 carbine, very nice condition. For information call 208-691-2363

PSA AR-10 308/ 7.62 caliber. Comes with scope, mags, 100 bullets, reloading dies, Magpul furniture, and bi-pod. Lightly used, \$2000. Spirit Lake, ID, 208-640-3754

1988 REMINGTON Wingmaster 20 gauge pump, full choke, \$675. 1985 Ruger Mini 14 stainless 223 with folding ATI stock and a wooden stock, \$875. Browning BPS 12 gauge pump, like new in box with chokes, \$675. 208-967-2705



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IDAHO DEFENSE LLC. Enhanced Concealed Weapons Tactical Class covers how to select proper guns and gear, how to properly draw from concealment, legal issues, gun cleaning and maintenance, ammo selection, tactics of self-defense, self-defense shooting techniques. Includes books and materials. Concealed weapons permit good in 38 states. Booking Feb. 24th-25th class now. Call for details, pricing, and to reserve your slot. Maximum class size 8 and slots are filling fast. Call 208-686-0994, ask for Jim or Paulo, or visit: idahodefense-llc.com

STONEWALLS SURVIVAL Store now offers church security training course, 3-day course designed to prepare churches and other organizations to defend against hostile attacks. Course includes how to devise your security plan, surveillance, situation awareness, communications, lethal and non-lethal response to attack. Firearms and legal training included in the course. In today's world. churches and other organizations are under attack. This course is a must if your group is active in the community. Pricing depends on location and number of students. For details and to set a date, call us at 208-686-0994 or 928-444-6414 and ask for Jim





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INTERMOUNTAIN FUR Harvesters fur sale. March 15th-16th 2024 at Benewah County Fairgrounds, St. Maries, ID. Fur check in March 15th, 4pm-8pm and March 16th, 7am-noon. 5% sales commission, 10% for non-members, 1% no-sale commission on items not sold that have an asking price. For information call 509-671-1946,

H&R PARDNER 20 GAUGE single shotgun. Excellent condition, 26" barrel, wood stock, \$175. Call or text 208-929-5411, CdA

AR-15, 16" NATO BARREL on a Troy complete upper with Troy quad rail, Punisher muzzle brake, red dot scope, lots more, \$800 OBO. AR 9mm new KE Arma lower with 16" DD upper, 1 mag, pop-up sights, \$800 OBO. 208-818-4085, Post Falls

BROWNING TWELVETTE 12 gauge double automatic, mint condition, \$1300 OBO. 208-818-9566

SMITH & WESSON 629 Classic Hunter 44 Magnum in stainless steel, 6.5" magnum ported barrel, \$1000. 208-660-1877

KNIGHT REVOLUTION Blackpowder 50 caliber. \$450, 406-270-5698



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KELLEY'S GUN STOCK refinishing, scope mounting, bore sighting to 50 yards. Get ready to hunt. Call Don, 503-319-1133, Rathdrum

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F&G Gathering Public Comments On Chinook Seasons, 2025-27 Statewide **Fishing Seasons, And Fish Management Plan**

- Idaho Dept. of Fish & Game -



Public meetings will be held throughout the state in February

Listen up, anglers. Idaho Fish and Game has a trio of season setting and management plan comment periods opening up in February, and the department would like angler input on all of them. They include setting the 2024 Spring/Summer Chinook Salmon fishing seasons and bag limits, the upcoming 2025-27 statewide fishing seasons and rules, and rewriting the 6-year, statewide Fish Management Plan.

Fish and Game will be collecting input on all three coming up soon. They will host a series of in-person open house meetings throughout the state starting Feb. 12 (See dates and locations below), while online public input will be available starting on Feb. 14 at idfg.idaho.gov/about/comment.

Here's what anglers should know about each:

2024 Spring/Summer Chinook Fishing Season

Fish and Game staff has proposed opening dates, days of fishing, river sections and bag limits. They are asking anglers for their preferences on those

The 2024 Spring/Summer Chinook Salmon seasons are scheduled to be set by the Fish and Game Commission at its March 20 in Boise. The deadline for public comment is **March 3**.

2025-27 Statewide Fishing Seasons and Rules

Fish and Game staff is asking anglers to suggest ideas for changes to seasons, limits, and rules - or support for existing regulations – for the upcoming 3-year period. This is a two-step process. After gathering ideas from the public, fisheries staff will take anglers' suggested changes and draw up a set of informal proposals that the Commission will consider as proposed changes at its May 16 meeting in Coeur d'Alene. Deadline to provide ideas for changes to the 3-year seasons and rules is March 10.

After the Commission adopts a formal set of proposals in May, those formal proposals will go through a second public comment period during late spring/ early summer with the Commission scheduled to finalize the 2025-27 Fishing Seasons and Rules at its July 24 meeting in Pocatello.

Statewide Fish Management Plan

This document sets the overall framework for managing fishing waters throughout the state and lasts six years. It does not include seasons and bag limits, but it outlines different management strategies, such as which species a body of water is managed for, which species gets priority when multiple species are present, types of angling (general harvest, trophy fish management, etc.) and other factors. The deadline to propose changes for this first draft plan is **April 12**.

The document is lengthy (388 pages), so anglers should focus their attention on their favorite bodies of water and suggest changes to those management goals if needed. Like the 2025-27 seasons and rules, this will be a multi-part process with the department gathering ideas from anglers, then revising and updating the old plan into a draft that the Commission will consider in July.

Afterward, the draft plan will be available for another round of public comment during the summer/ fall of 2024. Once those comments are collected and reviewed, the Commission is scheduled to consider the updated version of the statewide Fish Management Plan at its Nov. 7 meeting held in Salmon, Idaho.

Public meeting schedule

Fish and Game will host a series of meetings in February throughout the state to provide information and gather public input on all three of these topics.

- **February 12: Riggins**, 5:30 8:30 p.m. MST, Riggins Community Center at 121 Lodge St.
- **February 13: Lewiston**, 5:30 8:30 p.m. PST, Clearwater Regional Office at 3316 16th St.
- **February 13: Cascade**, 5:30 8:30 p.m. MST, Valley EOC Building at 108 W Spring St.
- **February 13: Jerome**, 6 8 p.m. MST, IDFG Magic Valley Regional Office at 324 S. 417 E., Hwy 93 Business Park.
- **February 13: Salmon**, 6:00 8 p.m. MST, IDFG Salmon Regional Office at 99 Hwy 93 North.
- **February 15: Orofino**, 5:30 8:30 p.m. PST, IDFG Clearwater Hatchery at 118 Hatchery Roe
- **February 20: Hailey**, 6:30 8 p.m. MST, Blaine County Community Campus at 1050 Fox Acres
- **February 20: Boise**, open house, 10 a.m.– 5 p.m. MST, public meeting, 5:30 - 8 p.m. MST, IDFG Headquarters at 600 S. Walnut St.
- **February 21: Idaho Falls**, 7 8:30 p.m. MST, IDFG Upper Snake Regional Office at 4279 Commerce Circle
- February 21: Nampa, open house 10 a.m 5 p.m MST, public meeting, 5:30 – 8 pm MST, IDFG Southwest Regional Office at 15950 N. Gate Blvd.
- February 21: Moscow, 5:30 8:30 p.m. PST, 1912 Center at 412 E 3rd St.
- **February 21: Coeur d'Alene**, 5:30 8:30 p.m. PST, IDFG Panhandle Regional Office at 2885 W. Kathleen Ave.
- **February 27: Pocatello**, 5:30 8 p.m. MST, IDFG Southeast Regional Office at 1345 Barton Rd.

Community Calendar

Safety Fest of the Great Northwest, Wednesday-Friday, February 21st-23rd, various times, at North Idaho College Workforce Training Center, 525 S. Clearwater Loop, Post Falls. This annual event over (3) days offers free safety training, certifications, workshops and health classes for the public! Who should attend? General industry, mining, transportation, healthcare, manufacturing and construction professionals as well as any business or community member. All are welcome.

9th Annual Seed Swap, Saturday, February 24th, 1pm-3pm, at CdA Library. Take extra seeds (homesaved or store-bought) to share with others; take home sampling of seeds for Spring or Summer planting. Learn about seed saving from experts and which varieties are well-adapted to our local growing conditions.

2nd Harvest Food Distribution, Thursday, February 29th, 11am-1pm, at Our Savior Lutheran Church, 15 S. Division St., Pinehurst. Food supplies for up to 250 families. Fresh and non-perishables. No appointment or documentation needed.

Multiple Sclerosis Community Education Event, Thursday, February 29th, 5pm-7pm, at Kootenai Health (Health Resource Center), 2003 Kootenai Way, CdA. For those living with MS and their caregivers, a chance to network and learn ways to manage fatigue and sleep. Speakers and Q/A session.

Courtesy of Coeur d'Alene Insider, cdainsider.com



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Sam Mazzotta

Taking Your Dog for a Winter Hike

DEAR PAW'S CORNER: I love hiking with my Border Collie mix, "Jess." Even in the dead of winter, we are out in the snow. Jess carries her own supplies in saddlebags sized just for her. The problem is, my girlfriend keeps saying it's dangerous for Jess to be out with me in the wintertime. That she could get hypothermia, or injure her paws on jagged ice and have to be carried out. I really have never had a problem. What's your take? -- Tim Y., Manchester, New Hampshire

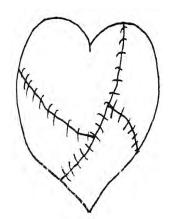
DEAR TIM: Each dog is different, and a dog that is outdoors frequently can acclimate as the seasons change. It sounds like Jess is pretty well acclimated to the cold, and you probably keep a close eye on her while on the trail to make sure she's not shivering or in distress. Hiking is an activity that keeps you both warm, even on snowy days.

I do understand your girlfriend's worries. Much bigger dogs than Jess have suffered hypothermia from spending just a few hours in the backyard, unsupervised. And that term, supervision, does make a difference.

Assure your girlfriend that because Jess is with you on the trail, she is under your supervision at all times. If she does get chilly or injures a paw, you'll know about it right away, and will make sure that Jess is safe and that she's warm enough. Her saddlebags should carry food, a drinking bowl, a doggy sweater or emergency blanket, and a small first-aid kit to deal with scraped paws and splinters.

My advice: Keep hiking and enjoy the time spent with Jess!

Send your tips, comments and questions to ask@pawscorner.com.



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

accusated using the full noter afte of 5-99% resoluting in a monthly principal and interest payment of \$4.10.40 to the remaining 2, and inch-lovable (UT) No Hourilar Pricertalies (Att (PRI)) 207525-19 here is no prepayment pennally. The actual interest tate, APR lic thems of the loan selected, verification of information, your credit history, the location and type of property, and other factors don include bases and insurance, actual payment obligations will be greater. Conditional and restrictions applied to the all applicates and terms of effective 10/23/2023 and are subject to change. Corp NMI S #3131 Equal Housing Lender I MAC HERE

Real Estate



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-



FOR SALE: 2 BEDROOMS, 1 bath house. Large garage and backyard, walking distance to 2 parks, one with boat ramps and fishing docks. Walk to stores, restaurants, and school. \$245,000, 3940 Mullen Ave., Clearlake, California. Brenda, 208-659-5105

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Butternut Bliss: Mac and Cheese Elevated With Fall's Finest

Today, we're diving into a delicious and nutritious dish that combines the creamy comfort of macaroni and cheese with the natural sweetness of butternut

Butternut squash boasts a sweet and earthy flavor that's at its peak during the fall harvest. This and its great price make it perfect for sneaking in some veggies while elevating your mac and cheese game.

Before we dive into the creamy goodness of mac and cheese, let's talk about how to prepare that star ingredient -- butternut squash. Here are three easy methods:

Microwave Method

Halve the squash vertically and scoop out the seeds. Place in a microwave safe baking dish. Add a touch of butter or oil, a sprinkle of salt, a dash of pepper or a drizzle of honey or brown sugar into the cavities. Microwave in 5-minute intervals until it's soft and tender, usually around 10 minutes. For that extra caramelized touch, consider finishing it in the oven at 375 F for 5-10 minutes.

Oven Method

Halve the squash vertically and scoop out the seeds. Place it in a baking dish. Season with salt, pepper, butter or a drizzle of honey or brown sugar. Bake at 400 F for 25 minutes until it's fork tender.

Roasting Chopped Squash

Peel and dice the squash. Toss the pieces with olive oil, salt and pepper. Place them on a baking sheet lined with parchment paper for easy clean up. Roast them at 400 F for 25-30 minutes, turning once, until they're tender.

Now that you have your perfectly cooked butternut squash, it's time to create a healthier and tastier mac and cheese that can be enjoyed as a side dish or main dish of your lunch or dinner.

BUTTERNUT SQUASH MAC AND CHEESE

Yield: 6-8 servings

Total Time: 1 hour

- 1 (16 ounce) cavatappi or large elbow pasta (3 cups)
- 1 cup onion, minced
- 5 tablespoons salted butter, divided
- 2 tablespoons flour
- 2 cups whole milk, plus more as needed
- 1/2 teaspoon kosher salt
- 1/2 teaspoon dried mustard
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg
- 2 cups butternut squash, cooked and mashed
- 2 cups sharp cheddar cheese, grated (8 ounces)
- 1/2 cup panko breadcrumbs



Savor the flavor of fall with butternut squash mac and cheese.

Preheat your oven to 375 F. Butter or spray a 9 by 13 baking dish, set aside.

Cook the pasta as directed for al dente. Drain and set aside.

Meanwhile, in a large skillet on medium heat, melt 4 tablespoons butter. Add the onion and cook until translucent. Next, sprinkle flour over the onion and whisk to create a roux (a paste). Cook for 2 minutes, then gradually whisk in the milk. Continue cooking while whisking until slightly thickened, about 3 minutes. Add the salt, mustard, pepper and nutmeg, and whisk to combine.

Reduce heat to low, and stir in the mashed butternut squash. Once warmed, add the cheese by the handful, whisking constantly. Continue stirring until smooth. If it becomes too thick, add a splash of milk.

Stir in the cooked pasta. Adjust seasonings as needed. Pour the pasta and sauce into your baking dish.

Melt the remaining 1 tablespoon of butter, add the panko, and toss to coat. Sprinkle this over the pasta. Bake for 20 minutes or until golden and bubbly.

Serve this with a green salad and a big mound of buttered steamed broccoli. Carnivores could add crumbled bacon or diced ham to this recipe.

Whether it's a side dish or the star of your dinner table, with a warm bowl of Butternut Squash Mac and Cheese, you'll savor the flavors of fall and elevate your meal without breaking the

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 DivasOnADimeDot-Com. Email Patti at divapatti@divasonadime.com (c) 2023 King Features Synd., Inc.

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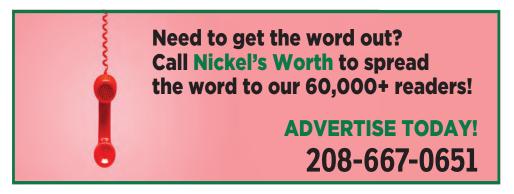
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SEARCHING FOR MY forever home. Local nurse, mom looking for 5+ acres to start homestead near Oldtown, Blanchard or Spirit Lake. 717-725-4166 or jeneedf@gmail.

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LADY PATRIOT CLEANING Services. Light and deep cleaning, residential estate cleanup, yard and debris cleanup. References available. Call or text 208-603-1300



Apartments For Rent Including Duplexes & Condos

DUPLEX FOR RENT IN Hayden. 3 bedroom, 2.5 baths, very close to Super 1 and Walmart. List agreement one year. Huge yard for kids. \$1795 plus deposit. Available now. Anton, 208-762-1197

THIS WON'T LAST LONG! Newly remodeled 2 bedroom, 1.5 bath near Sanders Beach, W/D, no pets, \$1550 plus deposit. 208-659-4447

IN IDAHO FROM VIOLA to the Canadian border, in Montana from Hamilton to Troy, in Washington from Spokane to Newport: The Nickel's Worth has you covered

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TWIN LAKES 1 BEDROOM, 1 bath apartment. Use of the dock, private large deck; includes laundry, all utilities internet and cable, no pets, \$1500 month. Contact Judy, 208-659-8042

CDA DUPLEX. 2 bedroom, bath, new stove, new mini blinds, updated faucets, fire-place, single car garage, W/D hookups. No pets, \$1400 plus deposit, WSG paid. 208-449-8906, ask for Jon

MOTEL STUDIOS available. No smoking. No credit check. Available now! Phone included, kitchenette, maid service, great housing alternative, pet friendly, \$250 per week and up. Small deposit required. 208-667-9505

Houses for Rent Including Mobile Homes

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



HAYDEN BEAUTIFUL 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 Rathdrum, Post Falls, and CdA area. Get a referral "fee" if you refer a new account to us. Call today! 208-667-2550

BEAUTIFUL 4 BEDROOM, 2 bath house in CdA. Near schools, parks and shopping, original hardwood flooring, updated bathrooms. Fireplace, extra large bonus family room, additional storage room, separate utility room, shade trees, large yard, decks, covered patio, covered parking, gas heat, pets considered, \$2500 month. 208-664-5115 calls only, no texts, use reference #3010

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

DUPLEX FOR RENT IN Hayden. 3 bedroom, 2.5 baths, very close to Super 1 and Walmart. List agreement one year. Huge yard for kids. \$1795 plus deposit. Available now. Anton, 208-762-1197

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Big Game, Big Easy Bites: Mardi Gras Meets Super Bowl in a Flavorful Fete!

Since the Super Bowl is Sunday, Feb 11, and Mardi Gras is Tuesday, February 13, choosing just one celebration to feature for the week felt impossible. So, why limit the joy? Let's do both at the same time!

A Mardi Gras and Super Bowl combo is like a party explosion waiting to happen as we combine the vibrant flavors of Louisiana with the finger-licking goodness of Super Bowl snacks.

Let's make Jazzed-Up Jambalaya Nachos and Creole Queso. We'll transform the classic Super Bowl nachos by topping them with a zesty jambalaya mix, loaded with spicy sausage and shrimp. A generous dollop of Creole Queso completes this festive fusion. And I'll share my creole seasoning recipe too.

What's the difference between Creole and Cajun seasoning? While both share common elements, Creole cuisine has a milder flavor compared to Cajun, which tends to be spicier and more robust. If you enjoy spicier foods, swap the Creole seasoning for Cajun.

JAZZED-UP JAMBALAYA NACHOS

Yield: 8 servings

Total Time: 30 minutes

- 1 (12 to 14 ounce) andouille or other smoked sausage, sliced
- $1 \ 1/2$ tablespoons olive oil, divided
- 1 (16-ounce) frozen three pepper and onion blend* (see note) 1 celery rib, sliced
- 1 tablespoon Creole seasoning

- 1 (12 ounce) bag tortilla chips
- 12 ounces large or medium shrimp, raw, peeled and deveined
- 2 teaspoons seafood seasoning (like Old Bay)
- 1 recipe Creole Queso OR 2 cups Colby Jack cheese, shredded

*Note: If you can't find the frozen veggie blend, use 1 small yellow onion, diced; half red bell pepper, sliced; and half green bell pepper, sliced.

Heat a large skillet over medium-high heat. Slice the andouille into thin half-moons and saute in 1/2 table-spoon olive oil for 3 minutes. Add onion, bell peppers, celery and seasoning, cook for an additional 5 minutes or until veggies are soft. Line a baking sheet with foil, and spread tortilla chips. Top with the sausage mix.



Dive into a mound of Jazzed-Up Jambalaya Nachos and creamy Creole Queso.

Meanwhile, in a bowl, toss shrimp with remaining 1 table-spoon oil and seafood seasoning. Cook in the same skillet for 3 to 5 minutes, or until the shrimp is opaque. Sprinkle shrimp over the nachos. Drizzle with Creole Queso or sprinkle Colby Jack cheese on top. Preheat the oven's broiler to low, and broil until cheese melts.

CREOLE QUESO

Yield: 5 cups

Total Time: 10 minutes

- 1 (8 ounce) block cream cheese, softened
- 4 cups Colby Jack cheese, shredded
- 1 (10 ounce) can diced

tomatoes with green chilies 1 tablespoon Creole seasoning 1/2 to 1 cup milk, warmed

In microwave-safe bowl, combine all ingredients. Microwave in 60-second intervals, stirring until cheese is melted and dip is well blended. Thin to your desired consistency with hot milk.

Here's a Creole seasoning recipe that's perfect for these recipes. But the magic doesn't stop here; sprinkle it on roasted vegetables, grilled meats or even popcorn for a Creole-infused treat.

DIY CREOLE SEASONING BLEND

Yield: About 3/4 cup

Total Time: 5 minutes

- 2 1/2 tablespoons paprika
- 1 1/2 tablespoons salt
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 1/2 teaspoons dried thyme
- 1 teaspoon black pepper
- 1 teaspoon white pepper
- 1/2 teaspoon cayenne pepper, or to taste

In a small mixing bowl, stir all ingredients until combined. Store in an airtight container.

Whether your team wins or not, I encourage you to embrace the spirit of "Laissez les bons temps rouler" (let the good times roll). Life's too short to choose between holidays -- let's celebrate them all! Cheers!

**

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. Email Patti at divapatti@divasonadime.com

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Roommates

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 SMILE, YOU ARE GOOD

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Movers

TWO MOVERS AND moving truck. Equipped with pads, dollies, etc. Load/ unload rental trucks. Specializing in pianos, safes and pool tables, and other household goods. Licensed, insured, and we have workman's comp. 208-699-4631

MOVERS! LOCAL AND long haul moves. Need us to load/unload or drive your rental truck? Lowest rates around. 208-704-0388

WORK LATE? NICKEL'S Worth has a front-door mail drop, 107 N. 5th St., CdA



Pets

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

JACK RUSSELL PUPPIES. Great personalities, great markings, shots, dewormed, ready for new homes, \$750 OBO. Call/ text 406-552-7184

BICHON FRISE PUPPIES Hypoallergenic, friendly, and adorable puppies; all shots and deworming done. Full grown size 10 lbs. Please text 509-658-1549

POMERANIAN PUPPY, 6 month old small white male to good home. Sweetheart, all shots, full of energy, \$1200. 714-658-8791, CdA

AKC FRENCH BULLDOG puppies, 2 males, 2 females, shots, wormed, health checked, \$3500 OBO. 208health 755-0618

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 for information: 509-948-4970, Kennewick, WA



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 \$750. I also have available a beautiful, friendly, well trained 6 month old male for \$500, and 9 year old Shiba Inu free to a good home. 208-217-0177

MALE CKC MINI Schnauzer. 1 black and silver male mini Schnauzer born 12/14 and ready to go 2/14. Grab this spunky, cute, and funny little guy. CKC papered, dewclaws removed, tail docked, \$1200. For further information: 509-

FOUR ADORABLE Cavapoo puppies will be ready to go 3/16. Hypoallergenic, loyal, very intelligent. For more information text or call Julie, 509-516-6781

LABS NEED HOME: 2 males, 1 brown and 1 black, and 4 black females ready for new homes by Valentine's Day. Dam is a silver lab. Sire is a black lab. Both came from breeders. For information: 509-302-6265

AKC POMERANIAN PUPS. 3 girls, 3 boys, \$1500. 208-

BOXER PUPPIES available to loving homes! One male and 3 females available. Call or text 509-222-8579 for more

FREE CUTE MALE kitten! Box trained. 208-772-2330



GERMAN SHEPHERD Husky mix puppies ready to go home. Vet checked with records, first shots, dewormed, \$600. These puppies have great potential. Mother is our family dog. 406-546-0664, online pictures at nickelsworth.

AKC GERMAN Shepherds. We have 2 female AKC German Shepherds available for adoption. Born 10/21, both parents are on-site and OFA hip tested, \$300. Please call text 541-561-9673, Hermiston, OR



ADORABLE BASSET hound puppies ready for new homes February 24th. 3 males and 2 females; up-to-date on worming and first set of shots, \$900. Call or text Libby for your new cuddle-bug! 717your new cuddle-bug! 419-6975, Cataldo, ID

FRENCH BULLDOG puppies. 2 new shade Isabella and tan males and 1 lilac and tan female French bulldogs are ready for forever homes. They are 10 weeks old with current vaccines. For more information: 509-346-0985

AKC REG. CREAM MERLE male French bulldog available for pet or stud. Pet price is \$1500. Full rights is \$3000. Sire of this dog is Fantasma. Call or text 509-439-8237 for more information



(8) GERMAN SHEPHERD/ German Shorthaired Pointer puppies ready for their forever homes, 5 girls, 3 boys, were 8 weeks old Feb. 1st. Have had first round of parvo shots and deworming. Wonderful family dogs, loyal, smart, playful, loving, will be good hunting dogs also, \$250. Parent photos online at nickelsworth.com. If interested, please call 208-420-8983

LABRADOODLES. males, 3 females, looking for forever homes. There are 3 that look like Labradoodles, 4 that look like Labs. 1st and 2nd shots administered and wormed, \$500. More information: 509-888-0841





name is Max, and snuggles and runs are my game! Are you an active outdoor enthusiast? I love lap time too! I get along with other dogs, but want a home all to myself. I should not be around small kids or cats! They move too fast and are confusing to me! I'm completely housebroken and very protective of my yard vehicle. Have and room for me?



Hi everybody! I'm Rocky! I'm a 4 yr old neutered male Lab mix. I am a fantastic all around dog and know ALL the things! I am obedient, kind, good natured, get along with all other animals and know a bunch of tricks! I am housebroken and very good on the leash.

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

AKC BLACK PARTI miniature size male poodle. 3 months old, vaccines, vet check, \$675. 208-627-7101, text for pics, Boundary Coun-

AKC SHIH TZU PUPPIES. 3 male Shih Tzu puppies are in search of their forever homes. 1st shot administered and wormed, 1 year health guarantee and vet exam prior to new home. For more information: 509-731-1007, Yakima,

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



HEALTH TESTED French Bulldog available. "Chuck" is a male blue fawn pied ready for a loving home. Both parents are health tested! 4-panel clear, C3 negative, OFA Normal basic cardiac, elbows, eyes, stifles, and trachea. OFA hips good/ ex-cellent! Stud is ABKC Grand Champion. Chuck has been raised around a large breed dog, a cat, and kids. He is being raised with the Puppy Culture program which gives him a great head start. \$3900, 208-304-3587, Spirit Lake, or check out: Snow KissedFrenchBulldogs.com

PUREBRED Pomeranians for sale. 7 Pomeranian puppies available and ready for their new loving homes. 1 black female, 2 black males. 2 white females, 2 white males. All healthy and playful puppies. Have their first parvo shot and wormed. Well socialized. \$700 each. For serious inquiries, contact me at 541-778-



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



AND UNIQUE SWEET Cava-Shih pups! Happy, healthy, and too cute to be real! Non-shedding, hypoallergenic, fluffy cashmerelike coats, small for easy handling and travel. Homegrown with TLC. Shots and worming meds given. Health guaranteed. \$1500 for your very own loving, loyal, lifetime companion. 208-446-3832

PUREBRED LAB PUPPIES born 12/14, ready for new homes! Perfect for the kids and family. 8 females, 2 males. Non-papered. Wormed and 1st shot ready. Text 509-840-1250 for details



WE HAVE CANARIES ready for new homes. \$70, located in Athol, Idaho. Serious inquiries only. Loretta, 805-

ADORABLE 10 WEEK OLD Beagle puppies ready to go to new homes. \$800, text 541-720-1098 for more informa-

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



AKC BERNESE MOUNTAIN dog puppies ready for their forever homes mid-January. 2 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 www.Scotchmanpeak puppies.com

PUREBRED GOLDEN Retreivers for sale. 2 beautiful male Golden puppies ready for their new loving homes! Healthy and well socialized. 1st Parvo shot administered and wormed. Great for indoor or outdoor. Very playful and sweet puppies. For serious inquiries, contact me at 509-778-2016



F1 GOLDENDOODLE puppies available. 7 girls and one boy. Health guarantee. Colors range from white, cream, apricot, and cinnamon. Vet checked, dewclaws removed, up-to-date on shots/ worming. Raised in our home with love. \$1200, references available. Ready 3/16/24. Call/ text: 208-691-2754, Athol

125+ LB. GIANT Malamute puppies available for adoption. Over 125 lbs. grown, ready 3/8, \$1500. eric kasmalamutehuskies@gmail.



YOUR VALENTINE, ready Feb. 14th, Boxer/ Border Collie, rehoming fee \$200. 509-730-4848, Dayton, WA

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

SHOSHONE PET RESCUE! Huxley, young male_hound/ German shepherd; Eleanor, young adult female Lab/ German shepherd; 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; Chevelle, 1 year female German shepherd/ Husky; Percy, young male pitbull; B-Betty, 4 year female boxer/ pitbull; Melissa, adult female hound/ pitbull sweetheart. Puppies: 3 male and 2 female Chow/ German shepherds ready now; Dot; 1.5 year female Newfie, Boxer, Mas-tiff, and Poodle, More info at www.spr.petfinder.com or call 208-512-3401



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

PEMBROKE WELSH CORGI puppies. These puppies were born on Christmas and will be ready to go 2/19. They come with 2 rounds of vaccinations, wormed, micro-chipped, and a care package. Genetic health tested and triple clear. AKC registered parents. Bluie carrier and possible fluffy carrier. More information: 509-945-5108

POMSKY PUPPIES READY for new homes 2/13. DNA tested and microchipped, vaccinated. Vet health certificates. For more information: 509-491-0784



NATURE WAS KIND, Valentine! 5 lovely fluffy Pom boys in 5 colors. Full of bounce and love, just pick! First shots, wormed, 10 weeks, AKC, \$700. 208-216-9979, leave message. Online pictures at nickelsworth.com

DACHSHUND PUPPIES for sale, \$900. Message 208-789-8525 for information, Post Falls, ID



LEONBERGER/ Caucasian shepherd puppies. 10 weeks old, socialized, and really sweet, have first shots and dewormed, \$300. Call or text 208-660-2667, Athol

Pets



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. pasture, family, Sweet with our family and little children, \$800. Additional photos online at nickels worth.com. Call or text 208-568-1475

FEMALE MINI Aussiedoodle. Up-to-date on vaccines, crate trained, potty training going great. Last one from her litter, \$600. 208-304-5256



TWO MALE CAVAPOO Maltese Havanese ready end of February, \$1200. Additional photo online at nickelsworth. com. 509-953-2526, Janet, Kootenai County

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



AUSSIE/ BORDER One female puppy available; red tri, smart, small, and ready to be vour best pal. Price very negotiable. Online pics at www. nickelsworth.com. Text 208-

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 208-667-0651 for availability. Bring a box, take what you

3.5 YEAR OLD FEMALE Bluetick. Great with kids; have too many dogs and she needs a good home. \$100, 208-819-1214, Tensed, ID

ADORABLE Newfoundland pups, male and female, born 10/24/23, \$700. Call Teresa for more details, 509-869-1392

BEAUTIFUL AUSSIE puppy, around livestock, raised needs to be rehomed, \$200. 208-582-2802



GERMAN SHEPHERD puppies. 11 weeks, 4 females, 5 males, \$500. 208-557-3733, MountainTraders@mountain traders.net: Mountaintraders .net



AKC LAB PUPPIES, weeks old, ready for homes. Chocolate, yellow and black males and one yellow female. First shots, dewormed, parents on-site. Great personalities, very smart, \$300. 208-255-9851, northern nomad54@gmail.com

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



MINI YORKIPOOS BORN 12/20. 4 girls, 2 boys; affectionate, smart, playful, cuddly, and loved on. Will have first Distemper/ Parvo shots at 8 weeks. On deworming schedule, have records; pee pad trained. 10 lb. mini poodle Yorkshire Terrier mom, 15 lb. mini parti Poodle dad; athletic, intelligent, and loving. \$2000 cash, additional pictures online at www. 509-480nickelsworth.com. 7844, Post Falls



AKC REGISTERED SHIBA Inu puppy. One beautiful red female left! Vet checked, age appropriate vaccinations and ready for her new family now! \$1000, Call or text, 208-386-0714 or see our puppies at firefoxshibainus.com























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WODD WEDD WON NICKEL'S



PUREBRED FAWN BOXER puppy. 10 weeks old, tail docked, dewclaws removed, wellness dewormed, vetcheck, and first set of shots. Lovable, intelligent, and loyal, ready for his new home, \$850. Parents on-site. Call or text me to come and see him, 208-916-5681, Post Falls



AWESOME AKC SHIH TZU puppies. Champion bloodlines, home raised and socialized, 1st shots and worming, health guarantee, females and males, fluffy and adorable, \$900. Can meet, 208-245-7475 or text 208-660-1562

DO YOU LIVE IN Missoula. Frenchtown, Evaro, Lolo, Florence, Stevensville or Hamilton? Are you having a garage sale? Get your ad on the Nickel's Worth Montana Page and let your neighbors know! Call 208-667-0651 or visit nickelsworth.com



PUREBRED MALE Siberian Husky Puppies. Health vet checked, first shot and de-wormed, \$500. Facebook page: Siberian Huskies Puppies Sandpoint. 208-627-9212



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

GOLDEN RETRIEVER puppies. Adorable 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

AKC, 4 MONTH-OLD, petite Boston terrier female. This dog is the perfect friend. Nice looking and cuddly. My older dog is just too jealous. To a good, good, good home only. \$1500 firm. 208-704-5028

PUREBRED POMERANIAN



MINI DACHSHUNDS ready for their new homes! Both parents are gentle and friendly. Born Dec. 16th, have been socialized with our children and ready to go! \$1200. 208-568-1209, Medimont, ID



SAINT BERDOODLE pies. 3 boys, 2 girls left! \$200 firm. firm. Please call Lisejean at 208-659-7600, Athol, ID

SHIBA INU FEMALE BORN 4/7/23. Real smart and pretty, black and white, registered and chipped, intact, house-broken, \$500. Call evenings, 406-826-5536



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@vahoo.com www.SCPR.petfinder.com



SAINT BERNARD PUPPIES. 8 females, 1 male; 2 vet appropriate checks, age worming and vaccines. Family raised on a small farm, \$1000. Muggz of love Bullies and Saints for more pictures, 406-249-2339, Flathead Val-

IMPORTED CANE CORSO stud. Italian import Cane Corso available for stud service. Add size conformation and excellent temperament to your arsenal with Brutale Dell'Ercole! Health and temperament tested. OFA and DNA certification. Proven excellent producer, repeatedly producing big, healthy litters. 28" head, 31" at withers, 160 lbs. AKC, ICCF, FCI registered. More information: 458-300-6771, Gladiatormolossus.



BORDER COLLIE/ Australian shepherd puppies. First shots, ready to go, \$350-\$450. 208-964-2508

Lost & Found

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 pub-





Pets



CAUCASIAN SHEPHERD female. 100% pure breed, guardian dog, 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, walks around Walmart, has been well socialized, likes to ride in car. Guard dog, looks like a teddy bear. Will protect the family from strangers, coyotes, cougars, and even bears, but will not harm a chicken or your farm animals. I have a cat. Will be large. Can't keep, apartment too small. Completely housebroken. Asking \$900 OBO. Call 208-262-6037 for appt. to view in Post Falls

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



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-

AKC REG. BLACK brindle female Cane Corso available. 4 months old, current on vaccines and vet checked, \$1800. Text 360-903-1157 for information



MALE FRENCH bulldog, 14 months old, gorgeous blue cream coloring, sweet, well mannered. DNA tested for health, current on shots, neutered. \$1800. See additional photos at nickels worth.com. For more info, please call 406-560-3838

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

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.

TWO FEMALE MINI Schnauzer/ Dachshund mix puppies available. 12 weeks old and up-to-date on vaccinations, wormed, tails docked and dewclaws removed, \$550. More information: 509-628-7473, Tri- Cities, WA



ST. PYRENEES/ Maremma LGDs born Oct. 10th. Raised with chickens, ducks, and goats. Parents are working dogs. 3 boys available. Excellent family guardians. Need large yard. \$350. CdA, 208-664-2525, no texts

SECOND CHANCE PETS, Inc. All dogs spayed or neutered. Dixie, 2 year female Siberian Husky, stunning, sweet, kind dog; 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; 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, 5 month old female Redtick Coonhound mix; Rocky, 4 year old neutered male black Lab mix, excellent all around family dog, great at everything and with everyone; Beanie, 10 month female Australian Koolie dog, similar to a small heeler, short blue merle coat, very "herdy", needs experienced handler. Three 9 week old purebred Louisiana Catahoula Leopard dog puppies, 2 males, 1 fe-male. Rex and Rey, two 8 month old purebred Austral-ian Cattle Dogs, male, one blue, one red, tails docked. You can visit scpr.petfinder. com or email idahocoondog@

ENGLISH CREAM Goldendoodle. Healthy beautiful litter of 4 males and 4 females are available and ready to go on 3/20. Reservations are now being taken. 1st shot administered and wormed, \$1000. Call or text for pictures and information. Jerry, 509-761-9490

yahoo.com for information

National Pork Rind Day Day of the Big Game

— National Day Calendar —



Each year on the day of the championship game, another kind of pigskin is celebrated. National Pork Rind Day recognizes the fried edible skin of the pig.

A variety of snack producers make these high-protein, no-carb, gluten-free, crunchy snacks. Usually lightly seasoned with a little salt, dieters turn to pork rinds to satisfy their munchies when they are avoiding chips. They also come in several flavors such as barbecue, spicy, cinnamon, and salt & vinegar.

Clever cooks use crushed pork rinds in their recipes. Crushed pork rinds make low-carb breading for meatballs, breaded chicken, meatloaf, and even

But pork rinds have been a favorite of snackers long before paleo, keto, and low-carb diets came

along. There is just something about these crunchy little pig skins that make people happy.

How To Observe Pork Rind Day

- Eat some pork rinds!
- Make something using pork rinds. Try these recipes! Pork Rind Chicken Tenders Dipping Sauces
- · Taste test a variety of pork rinds.
- · Enjoy them while you watch the big game.
- However you celebrate, be sure to use #PorkRind-Day on social media.

National Pork Rind Day History

In 2011, Rudolph Foods declared National Pork Rinds Day to be celebrated on Super Bowl. The Ohio-based company promoted the day by also recognizing the truckers who deliver the pork rinds to grocers, convenience stores, and the big game every year. They handed out free bags of pork rinds to truck drivers.

Pork Rind FAQ

Q. Can anyone celebrate this day?

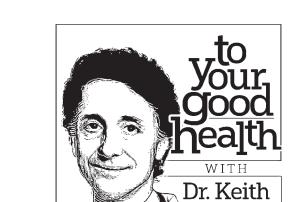
A. Anyone who enjoys pork rinds sure can. And that seems to be a lot of people!

Q. I don't like plain pork rinds. Do they come in different flavors?

A. Yes. Just like chips, pork rinds come in a variety of flavors. You can even dip them for additional flavor. See recipes above.

0. How many calories are in pork rinds?

A. A one-ounce serving of pork rinds contains approximately 153 calories



Ampullary Cancer Treatment Can Include Chemo Prior to Surgery

Roach

DEAR DR. ROACH: My husband was diagnosed with ampullary cancer. He has a tumor the size of a marble. We are told this is an aggressive cancer. My concern is that they are giving him chemotherapy before the Whipple surgery. Is this standard practice? -- P.T.

ANSWER: The ampulla of Vater is an opening in the duodenum (the first segment of the small intestine), where the common bile duct releases bile and pancreatic enzymes to aid digestion. A cancer of the ampulla can originate from the pancreas, bile duct or duodenum, and these can all be aggressive

The standard approach in people with the possibility to be cured is called a pancreaticoduodenectomy, otherwise known as the Whipple procedure. Although this is a complex surgery that used to have a high mortality rate, the risk of death from the procedure in specialized centers is now about 1%.

Most people are familiar with getting chemotherapy after surgery to help remove any cancer cells that remain, a technique called "adjuvant therapy." However, giving chemotherapy before surgery ("neoadjuvant chemotherapy") has increasingly been used in people with ampullary cancer. The idea is to shrink the tumor to make it easier for the surgeon to remove completely. Chemotherapy may also kill any cancer cells that have already spread.

The decision of when to use chemotherapy depends on the individual's situation, so I can't tell you which would be better in your husband's case, as I lack both the details of his tumor and the expertise. I can confirm that giving chemotherapy prior to surgery is being used in regards to ampullary cancer.

DEAR DR. ROACH: I am 22. I had an electrocardiogram (EKG) last year, which indicated an incomplete right bundle branch block and early repolarization of the ventricles.

Are these two related to each other? Are they serious to any extent, since I don't have any symptoms? How can my heart rate be normal if the ventricles repolarize early? -- B.A.N.

ANSWER: Both early repolarization and an incomplete right bundle branch block are common findings in young people who are getting EKGs, usually as part of a school physical and often as an evaluation for athletes. Depolarization of the heart muscle is seen on the surface electrocardiogram and corresponds to the contraction of the ventricle (called the ORS waves). The muscle cells must then "repolarize" -- that is, restore their electrical potential to get ready for the next contraction.

Early repolarization is a normal variant where the ventricle gets electrically ready for the next beat faster than average. In fact, one way to be sure that the EKG finding really does signify early repolarization is to put the person on a treadmill to raise their heart rate. The early repolarization will then go away, since faster repolarization is appropriate for a quicker heartbeat.

About 15% of young athletes with early repolarization will also have an incomplete right bundle branch block, which represents slowing of the electrical impulses within the ventricles and a widening of the ORS complex.

Fortunately, these findings almost never represent serious disease in people without any 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 ToYour-GoodHealth@med.cornell.edu.

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ATTENTION STOCKMEN!

CATTLEMEN'S FEEDER SALE

Wednesday, February 14th, 11am

SMALL ANIMAL/REGULAR SALE... Weds., Feb. 28th

Lewiston Livestock Market

208-743-5506 ANYTIME LLM@lewistonlivestock.com Clay Bickford: 208-791-5090 John Pearson: 509-288-0161

Farm Animals



BUTCHER BEEF, WHOLE, half, or quarter. 208-301-3428



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**

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

PIGS FOR SALE: ALL natural, half or whole, \$2.99 lb. hanging weight, includes processing, smoking, wrapping to your specifications. 208-660-1315



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 nickels worth.com. Call or text 208-

DO YOU LIVE IN PLAINS, Superior, Saltese, St. Regis, Haugan, or Thompson Falls? Are you having a garage sale? Get your ad on the Nickel's Worth Montana Page and let your neighbors know! Call 208-667-0651 or visit nickelsworth.com

BORDER COLLIE/ Australian shepherd puppies. First shots, ready to go, \$350-\$450. 208-964-2508

KOVEL Antiques & Collecting

By Terry and Kim Kovel

Boyer Chests

Famous names add to the value of an antique, even if we know more about the maker's work than about the maker. Few names of antique folk artists and country crafters are known today, and even less is known about the people behind them. John Boyer, who made seed chests in Lancaster County, Pennsylvania, in the mid- to late 19th century, is one of these crafters.

This seed chest, attributed to Boyer, sold for an impressive \$28,320 at a Conestoga auction. The chest features grain painting, a popular decoration at the time. Grain painting meant painting an inexpensive material, such as pine, to resemble an expensive wood, such as mahogany. Boyer chests have a distinctive style of grain painting with diagonal stripes on the sides and vertical lines on the front drawers, which are visible on the chest pictured. We may not know his life story, but John Boyer clearly left his mark on the antiques world.

Is an old Rival No. 100 wooden wringer worth anything? It says "Rolls 10 x 1 3/4 inches" and "The rolls in this wringer are warranted one year for regular family use." The trademark is a horseshoe shape with the letters "LMC" inside. It's in good condition.

Before the invention of automatic washing machines, a hand-cranked wringer was attached to the washing machine or tub and used to wring out the laundry. The mark on your wringer indicates it was made by Lovell Manufacturing Co., a company founded in Erie, Pennsylvania, in 1881. Automatic washing machines were invented in the 1920s and were common in most homes by the 1950s. Wooden wringers from the late 1800s and early 1900s sell for about \$50 to \$100 depending on condition.

TIP: If there are traces of glue on the back of a label, soak the label and carefully scrape the glue off under water. Then dry flat.

This seed chest was made about 1870 out of inexpensive wood for a practical purpose. Now it can command a higher price than some designer pieces.

CURRENT PRICES

Bank, figural, safe, "Security Safe Deposit," hinged door with center knob, opens to three inner drawers, coin slot on top, cast iron, Kyser & Rex, c. 1885, 8 1/2 x 6 x 5 1/2 inches, \$150.

Pottery bowl, Hopi, tapered base, red, black, cream, diagonal panels, geometrics, striped and zigzag rim, signed, Roberta Youvella Silas, 20th century, 5 x 5 1/2 inches, \$240.

Perfume bottle, cut glass, amethyst cut to clear, cylindrical, silver collar & dome lid, hinged, glass stopper, glass marked ML, lid hallmarked with GP & teapot in diamond, late 19th century, 5 3/4 inches, \$480.

Advertising broadside, "Providence Line Between New York and Boston," "The New Route East," image of steamboat Massachusetts on water, American flag, frame, Phoenix Lith., late 1800s, 14 1/2 x 17 3/4 inches, \$625.

Sailor's valentine, two-sided, center heart, flower and pink rose, alternating panel borders, octagonal hinged wood case, 19th century, each side 9 x 9 inches, \$2,500.

Subscribe to the Kovels' free weekly email newsletter, Kovels Komments, at www.Kovels.com.

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Horses & Tack

27th ANNUAL TACK SALE (consignment) and barn sale. Call (don't text) 208-660-1255 to get your items in the sale! Saturday, February 24th, 9am-4pm and Sunday, February 25th, 9am-2pm. Bring cash, no cards. 1341 East Grand Tour Drive, Hayden, ID. Thousands of items of Western and English saddles, tack, show clothes, stable supplies, Breyer horses, and everything else horse related

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

CALENDAR ENTRIES run on a space-available basis free of charge. Copy must be emailed to articles@nickels worth.com, dropped off at 107 N. 5th Street, CdA or faxed to 208-765-6969

LEE'S QUARTER HORSES.

Suicide Prevention Hotline

There is Hope, There is Help CALL, TEXT or CRISIS CHAT

www.ldahoSuicidePrevention.org/chat 1-800-273-TALK [8255]



FREE, Confidential, and Always Available Help a loved one, friend or yourself. You don't have to be suicidal to use the Hotline anyone is welcome.





Community Calendar

North Idaho Spelling Bee, Saturday, February 10th, 10am, at NIC's Schuler Performing Arts Center/ Boswell Hall. 880 W. Garden Ave., CdA. Local students will compete for prizes. Winner will wins an all-expense paid trip to Washington D.C. to compete in the Scripps National Spelling Bee.

Seminar: Ice Fishing Know How! Tuesday, February 13th, 4pm, at Cabela's, 101 N. Cabela Way, Post Falls. Learn how to catch fish from pro ice angler/ staff member for Clam Outdoors and Vexilar Eric Magnuson. All are welcome, it's free!

Community Dinner, Tuesday, February 13th, 4:30pm-6:30pm, at Cup of Grace, 31848 N. 4th Ave., Spirit Lake. Free dinner and all ages are welcome!

Beginner Bicycle Maintenance Clinic, Tuesday, February 13th, 5pm, at Two Wheeler Dealer, 9551 N. Hwy 95, Hayden. Topics include changing a flat, chain wear, saddle bag supplies and more. No charge; space is limited so RSVP to 208-772-8179 or twowheelerdealer@yahoo.com.

Courtesy of Coeur d'Alene Insider, cdainsider.com

Hay & Feed

ALFALFA GRASS. 30 bales, \$10 bale; 1 ton, \$300. Call me at 208-216-9572

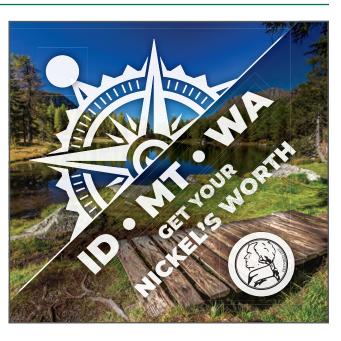
FIRST CUTTING GRASS OR alfalfa hay, \$250 ton. Second cutting alfalfa, \$300 ton. Mike Ripatti, 208-267-5997

EXCELLENT QUALITY barn stored hay. Big alfalfa, 1250 lbs., \$125. Small alfalfa, 100 lbs., \$15. Big grass, 1000 lbs., \$100. Small grass, 90 lbs., \$10. Big beardless barley/ alfalfa, 1100 lbs., \$100. 509-995-4824, 509-995-4823

GRASS AND ALFALFA hay, square bales, 70 lbs., barn stored, \$10 bale. 208-661-2742 or 208-772-5410

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. 208-691-6678, 208-687-0099

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



Understanding the Impacts of LDL Cholesterol

– Family Features –



(Family Features) About 38% of American adults have high cholesterol, which can be caused by poor lifestyle habits or genetics, according to the Centers for Disease Control and Prevention. Having a high low-density lipoprotein (LDL) cholesterol number – considered "bad" cholesterol - can contribute to fatty buildups (plaque) and narrowing of the arteries.

LDL cholesterol is also the type of total cholesterol most closely associated with an increased risk for a heart attack or stroke. In fact, 75% of heart attack and stroke survivors reported having high cholesterol, according to a Harris Poll survey conducted on behalf of the American Heart Association, yet less than half (49%) prioritize lowering their cholesterol.

"There's a pervasive lack of public awareness and understanding around bad cholesterol and its impact on your cardiovascular health," said Joseph C. Wu, MD, PHD, FAHA, American Heart Association volunteer president and director, Stanford Cardiovascular Institute and Simon H. Stertzer, MD, professor of medicine and radiology at Stanford School of Medicine. "As bad cholesterol usually has no symptoms, we often find that many patients are walking around without knowing they're at risk or how to mitigate it."

To learn about LDL cholesterol, its impact on heart health and the steps you can take to maintain a healthy number, consider this information from the Lower Your LDL Cholesterol Now initiative, nationally sponsored by Amgen.

Get to Know Your LDL Number

According to the survey, nearly half (47%) of heart attack and stroke survivors are unaware of their LDL numbers. While cholesterol levels can vary by race and ethnicity, with higher levels of LDL seen most often among Asian men and Hispanic women,

Teen Quit Tobacco and E-Cigarette Course is

offered by Panhandle Health periodically and is

designed for middle/ high school students to address

lifestyle choices, social skills, stress management,

decision-making, goal-setting, nutrition and

physical activity. Next classes begin February 13th.

These classes are held every Tuesday, 3:30pm,

for (4) weeks free of charge in Hayden. More info

and dates at https://panhandlehealthdistrict.org/

Talk Shop with Idaho Fish & Game, Thursday,

February 15th, 6pm-8pm, at Priest River Event

Community Calendar

various research studies on LDL have shown "lower

For healthy adults an LDL at or below 100 mg/ dL is ideal for good health. If you have a history of heart attack or stroke and are already on a cholesterol-lowering medication, your doctor may aim for 70 mg/dL or lower. In addition to race and ethnicity, family history, age, sex, tobacco use or exposure to secondhand smoke, eating habits, lack of physical activity, heavy alcohol usage and obesity can impact LDL numbers.

Understand How Often to Check Your Numbers

Because high LDL does not typically cause symptoms, it's important to have your number checked by your health care professional. Ask your doctor for the right frequency for you. Generally, healthy adults ages 20-39 should have their cholesterol checked every 4-6 years. Adults over age 40, or those who have heart disease (including prior heart attack) or other risk factors, may need their number checked more often.

Learn Risks Associated with LDL

Too much LDL cholesterol can lead to a buildup of fatty deposits inside your arteries – a condition known as atherosclerosis - which can narrow arteries and reduce blood flow. If a piece of the plaque breaks free, it might travel into the bloodstream and block a blood vessel to the heart or brain, causing a heart attack or stroke. This narrowing also elevates the risk of peripheral artery disease.

Take Steps to Manage High LDL

Managing high cholesterol is not one size fits all. Talk with your health care professional to map out the right treatment plan for you. According to American Heart Association guidelines, lifestyle habits can help control your cholesterol, including:

- Eating a healthy and balanced diet (emphasizing fruits, vegetables, nuts and seeds, lean protein and fish)
- Staying active and aiming to get at least 150 minutes of moderate activity each week (such as brisk walking)
- Managing stress
- Eliminating tobacco use

However, some individuals, especially heart attack and stroke survivors, should have a conversation with their doctor about cholesterol-lowering medications.

Talk to your doctor about getting your cholesterol tested and visit heart.org/LDL for more information.

Center, 5399 Hwy 2, Priest River. An opportunity to meet and talk to IDFG staff. Free food/ soft drinks.

2nd Harvest Food Distribution, Friday, February 16th, 11am-1pm, at Christ Our Redeemer Church, 1900 Pine St., Sandpoint. Drive-thru event for up to 250 families to receive fresh and non-perishable food items. Intended for families struggling with food supplies.

2nd Harvest Food Distribution, Wednesday, February 28th, 11am-1pm, at Christian Life Fellowship, 1045 C St., Plummer. Non-perishable and fresh items will be offered to those in need of food (up to 250 families) at this drive-thru event.

Boats Recreational & Fishing

BOAT TRI-HULL. needs short block, \$1200 put into the outdrive, like new, sell for \$1000 with trailer. Call 208-216-9572

quitting-tobacco/

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1974 GLASTRON V173 with trailer and 115 Evinrude outboard 2-stroke. Boat needs fiberglass repair before seaworthy, \$500 firm. Call/ text 208-651-6320





Motorcycles

1982 SUZUKI DR250 project bike, \$750. 1987 Suzuki FA50 Viper scooter, runs good, \$1650. 2007 Harley-Davidson Dyna Super Glide, excellent condition, \$8800. 1988 Honda NX250 dual-sport on/ off-road, \$2200. 1986 Honda XR100, runs good, \$1750. 2008 Kymco 150 ATV, \$1850. 1992 Honda 300 FourTrax with blade, \$3200. Accepting credit cards, 208-762-5651

HONDA EU2000i inverter generator, \$780. Generac IX 2000 inverter, \$550. Two nice 100cc mini bikes, \$400 each. 5x14 flatbed trailer with loading gate, \$2150. 1988 Honda Elite 50 scooter, parts bike, \$600. Credit cards accepted, 208-762-5651

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2016 CFMOTO ZFORCE 500 4x4 trail side-by-side, 1300 miles, runs great, \$7250. Two 3-wheel e-bikes, nice condition, \$1400 each. Three Honda Trail 90 parts bikes, \$1100 for all. 1978 Honda Hobbit moped, runs good, \$1680. Credit cards accepted, 208-762-5651

 $2008\ KAWASAKI\ KX250F$ for sale, great condition. \$4000 OBO. For more info, text Hunter, 509-318-3391



suicidepreventionlifeline.org

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SPACE AVAILABLE, \$550 month. 208-712-8080, Twin Lakes

ONE CALL, ONE PAPER: get your ad in North Idaho, Western Montana and Eastern Washington starting at \$9.80



TITLE IN HAND. 2021 Polaris RZR XP 1000, 1000 miles, has upgraded shocks, front and rear windshield, front manual window wiper, full doors. Just changed oil and have another oil change kit. Includes trailer and RZR with factory wheels and tires. Serious buyers only, \$24,000 OBO. Additional pictures at nickelsworth.com. Call Brandon, 208-660-8353, CdA



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RV SUPPLIES, REPAIR, RV solar at Beyond the Grid Outfitters. Save money on parts and repairs in our store and RV shop. 54 Selkirk Way, Oldtown, ID. Call 208-437-4663 for appointment Mon.-Sat. 9am-5pm

Approving everyone everyday! HAYDEN, ID. 208-772-7000 15047 N. GOVT WAY, HAYDEN



2006 CHEVY 1 TON 4x4, diesel engine, Allison transmission, contractor's rack, custom headlights and taillights, custom rims, good tires, extra set of rims and tires, well maintained, set up for Boss plow, \$18,500. Call or text Rob at 208-964-4060

1995 NISSAN XE 4x4 extra cab. Runs but doesn't drive, needs clutch. 300K miles, \$1650. 208-755-6656

2012 3/4 TON HD CHEVY pickup 4x4 standard cab. 56,400 miles, elder-owned, new custom wheels and excellent tires; AT, AC, internal brake control, nice rig, \$19,800. Call 208-263-4641, Sandpoint



1990 JEEP WRANGLER, 2400 miles on new rebuilt engine, have all paperwork, has been parked for a few years, needs a few minor adjustments. Make offer. 208-755-

2005 4x4 FORD F-150. NO reverse, mechanic special, first \$2250. 208-819-7213

1994 F250 CAMPER Special 4x4, 460 engine, automatic transmission, 200,000 miles, needs exhaust work, gray interior, gray exterior, truck is in good condition. \$3000 OBO. Call Jim 208-304-7299

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FWP Hires Additional Staff For Fish Monitoring In **Jefferson Basin**

— Montana Fish. Wildlife & Parks -

BOZEMAN - Montana Fish, Wildlife & Parks, in partnership with Montana State University (MSU), have brought on new staff and students in preparation for this year's field season to study rainbow and brown trout declines and fish health concerns in the Jefferson Basin.

FWP recently hired a new fisheries technician based in Dillon to support efforts in the Big Hole, Beaverhead, Ruby and Madison rivers, including upcoming studies with MSU. That work will include three PhD students and support staff who will begin studies on recreational use, adult trout mortality and juvenile trout recruitment in 2024 on the four rivers.

FWP and MSU staff and students are meeting regularly to prepare for the upcoming field seasons. FWP staff will continue to provide regular updates on these projects through news releases and public meetings.

"We're looking forward to beginning this important field season this spring," said Mike Duncan, FWP's fisheries program manager in southwestern Montana. "We're grateful for the partnerships that will make these studies possible as we work toward solutions to the issues we're seeing for fish in the Jefferson Basin."

Fish health update

In the Big Hole and Beaverhead rivers, FWP staff and anglers have observed clinically diseased adult fish with apparent increasing frequency in recent years. FWP has conducted health assessments in those rivers. However, disease in fish is a complex interaction among the fish host, potential pathogens

and environment, which poses challenges in determining the primary cause of fish health issues.

FWP staff have detected the parasite that causes proliferative kidney disease in the Big Hole River and many other rivers across Montana using molecular testing methods. However, staff have yet to see the disease manifest itself in fish in the river. It is also unclear whether the observed fungal infections or lesions are the primary cause or secondary effects of another disease. Thus far, testing has not identified any bacteria or viruses that are common fish pathogens.

Tissue from diseased fish are being examined at a cellular level by pathologists from the U.S. Geological Survey (USGS) and U.S. Fish & Wildlife Service (USFWS). Results will be available this winter and will help determine the next steps in health assessments. Further testing for potential fungi, bacteria or viruses using alternative culture methods and technologically advanced molecular testing will occur this spring, summer and fall in adult and juvenile fish collected from the Big Hole and Beaverhead

In the meantime, FWP has convened a workgroup with experts from across the country to better understand risk factors and underlying stressors influencing fish health at individual and population levels in these rivers. The workgroup will develop a proactive monitoring approach to characterize the relative contribution of potential stressors, including water quantity and quality, climate, and angling pressure that will be implemented this spring.

FWP's partners include fish health experts, histopathologists, water quality specialists, microbiologists, fish physiologists and fish biologists with FWP, MSU, USFWS, USGS, Washington Animal Disease Diagnostic Lab at Washington State University and the USGS Montana Cooperative Fishery Research Unit.

For more information about FWP's response to trout declines in the Big Hole, Beaverhead and Ruby rivers, visit bit.ly/3Scbf9X.



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National Inventors' Day February 11th

— National Day Calendar –



National Inventors' Day honors inventors of the past, the creators of the present, and encourages the architects of the future. On February 11th, National Inventors' Day celebrates the genius behind design. It also dives into the history behind some of our most unusual inventions.

What do Ermal Fraze, Thomas Adams, Melitta Bentz, Patricia Beth, and Stephen Perry all have in common? They are recognized annually on February 11th, along with the Wright brothers, Thomas Edison, George Washington Carver, and Elisha Otis.

Thanks to inventors, we can safely ride in an elevator, have a well-lit room at the flip of a switch, speak to someone on the other side of the world or efficiently pump lotion from a bottle. Many inventors go their whole life without recognition for their creations, while others are household names. Nearly everything around us results from someone tinkering in their garage, laboratory, or basement trying to find a solution to a problem.

Some inventions may be happy accidents by an observant person: the microwave oven, penicillin. sticky notes, and bubble wrap may never have made their way into their current use if it were not for sharp or persistent inventors.

"Necessity is the mother of invention."

The proverb "Necessity is the mother of invention" says a lot about how inventors look at life. They are a progressive, forward-thinking bunch. Without pacemakers, traffic signals, rubber bands, or coffee filters, where would we be?

Though there are some inventions that we may be better off without. A DVD re-winder doesn't quite fit the necessary criteria. Or, they are otherwise too impractical. For example, tugging around a stroller fridge for your watermelon along with the cooler and beach umbrella seems to be a bit of overkill. Still, without inventors, the world would be downright dull and much more challenging.

Inventors should keep track of their ideas, processes, ingredients, and components. Then, protect your inventions and get your unique creations patented.

How To Observe National Inventors' Day

- · Keep inventing!
- Share your creations.
- · Recognize an inventor you know.
- · Read about inventors and inventions that changed the way we look at the world today. We recommend Mistakes that Worked by Charlotte Jones, The Idea Factory: Bell Labs and the Great Age of American Innovation by Jon Gertner, and Five Notable Inventors by Wade Hudson.
- · Learn about the patent process and how to protect your ideas. Then, put your ideas to work for
- Visit the National Day Calendar® Classroom for a lesson designed for National Inventors' Day.
- · Watch documentaries about your favorite inventions. You might find out something about the inventor you never knew!
- Use #NationalInventorsDay to share on social media.

National Inventors' Day History

In 1983, President Ronald Reagan proclaimed the first National Inventors' Day, which takes place every year on Thomas Edison's birthday.

Inventors FAQ

O. Do I have to be an inventor to celebrate this day? A. No. You can celebrate a favorite inventor.

Q. Do all inventors patent their ideas?

A. No. Some inventors love the process of creating and solving problems.

Q. Can inventors make a lot of money?

A. Some do, but usually after a lot of trial and error. The process of invention is rarely a fast track to getting rich.

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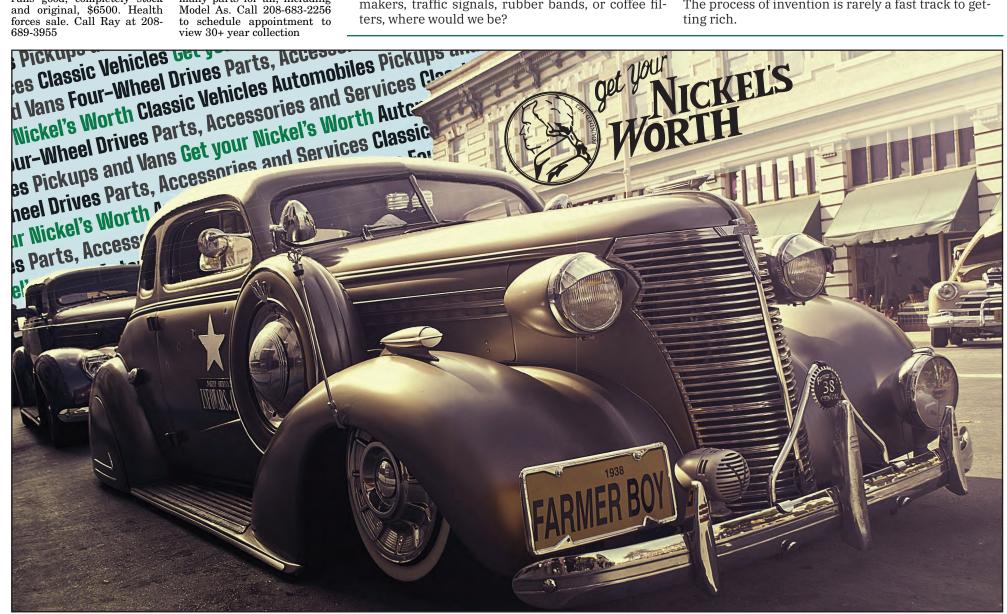
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National Pizza Day February 9th

— National Day Calendar —



National Pizza Day on February 9th celebrates one of America's all-time favorite foods. Whether it is thin crust, Chicago-style, deep dish, or anything in between, pizza is an American favorite.

We love our pizzas, and they come in so many varieties, too. As we nosh on our favorite, explore a few pizza facts:

- Pepperoni is the most popular pizza at 36% of all pies ordered.
- Over 3 billion pizzas are sold in the USA each year. Add another 1 billion on frozen pizzas
- In the United States, 17% of all restaurants are pizzerias.
- Antica Pizzeria, the first Pizzeria, opened in Naples, Italy, in 1738.
- Gennaro Lombardi, the first Pizzeria in the United States, opened in 1895 in New York City.
- Americans consume on average 23 pounds of pizza per person each year.

How To Observe National Pizza Day

- Eat your favorite pizza.
- Visit a local pizzeria and give them a shout-out for their fantastic pies!
- Make your own pizza at home.
- Post on social media your favorite recipes.
- Experiment with toppings, crusts and sauces.
- And don't forget to check out the Celebration Deals for all the best offers and discounts.
- Send us a message with any other great deals you come across that celebrate National Pizza Day.
- Watch movies like Mystic Pizza or Little Italy.
- Throw a pizza party and give this recipe a try: Peanut Butter BBQ Chicken Pizza
- Use #NationalPizzaDay to post on social media.

National Pizza Day History

National Day Calendar continues researching the origins of this ever-popular food holiday. However, the mystery remains. One thing we do know is how to eat pizza. Do you?

Pizza FAQ

Number of weeks
TOTAL COST OF AD

0. Are all pizzas round?

A. No. Pizzas are also made into rectangles and squares.

Q. Do thing crusts have leavening agents in them? **A.** Most thin crust pizza recipes call for some sort of leaving agent such as yeast or baking soda. There

are recipes, however, that call for no leavening agent.

Q. Which is better, thin or thick crust? **A.** It depends on a variety of factors and personal choice. Different toppings fair better on one type of crust versus another. Some sauces require a thicker, more durable crust.

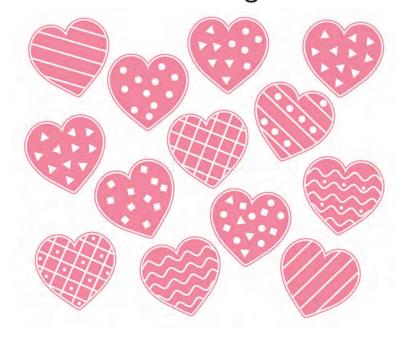
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National Umbrella Day February 10th

— National Day Calendar —



National Umbrella Day casts a little shade on February 10th. The day honors one of the world's most useful inventions, the umbrella!

Not only does the umbrella help keep us dry from the rain, but it also protects us from the heat of the sun. You can also use an umbrella as a fashion accessory. While the umbrella is primarily practical, they also decorate cocktails. These brightly colored paper umbrellas make fun party favors, especially when visiting sunny locations.

Umbrellas have also found their way into the art world. Their color and shape make sharp silhouettes. They also serve as the canvas for art. In movies, umbrellas play a role, too. For example, they played vital parts in Singing in the Rain in 1952 and Mary Poppins in 1964.

Interesting Umbrella TidBits:

The word umbrella comes from the Latin word umbra, meaning shade or shadow. Brolly is a slang word for umbrella, often used in Britain, New Zealand, Australia, and South Africa. Bumbershoot is a fanciful Americanism for an umbrella from the late 19th century.

The basic umbrella was invented over four thousand years ago. There is evidence of umbrellas in the ancient art and artifacts of Egypt, Assyria, Greece, and China.

We can credit the Chinese for being the first to protect us from the rain. Their paper parasols received a layer of wax followed by lacquer that made the umbrella withstand the elements.

One of the first umbrella shops opened in 1830 at 53 New Oxford Street in London, England. The shop,

operated by James Smith and Sons, still operates regular hours at the same location today.

In 1928, Hans Haupt's pocket umbrellas appeared. Then, in 1969, Bradford E. Phillips, the owner of Totes Incorporated of Loveland, Ohio, obtained a patent for the first "working folding umbrella."

Umbrellas have also been fashioned into hats as early as 1880 and as recently as 1987.

Photographers use umbrellas with a reflective inside as a diffusion device when employing artificial lighting and as a glare shield and shade, most often in portrait situations.

How To Observe National Umbrella Day

- Spring for a new umbrella and prepare for rainy days ahead.
- Use an umbrella on a sunny day.
- Have an umbrella photoshoot modeling your favorite rain gear and umbrella.
- Order a drink that comes with a paper umbrella.
- Watch movies with iconic umbrella scenes such as Singing in the Rain and Mary Poppins.
- Visit the National Day Calendar Classroom for projects and ideas for National Umbrella Day.
- Use #NationalUmbrellaDay to post on social media.

National Umbrella Day History

While the origins of the utilitarian holiday remain a mystery, the world has been celebrating it since at least 2004. However, another celebration on the calendar promotes opening umbrellas indoors. The entire month of March recognizes the umbrella, too!

Umbrella FAQ

Q. Is it bad luck to open an umbrella indoors?

A. There is a superstition surrounding the act of opening an umbrella indoors. Whether it's true or not may depend on many variables. However, opening an umbrella indoors can be awkward, especially if it's a tight space or crowded.

Q. Can umbrellas be used in any weather?

A. While we use umbrellas in the rain or sunshine, the wind tends to be the umbrella's nemesis. Windy days turn umbrellas inside out and can make them ineffective at keeping out the rain.

Q. Can anyone celebrate National Umbrella Day? **A.** Yes. Even if you don't need an umbrella to protect you against the elements, you can celebrate the umbrella in other ways.

Community Calendar

Free Tax Preparation Help provided by AARP Tax-Aide volunteers will be offered now through April 15th at (4) locations. CdA, Dalton Gardens, Rathdrum and Kellogg. No AARP membership is needed and there are no age restrictions. Click here for more info and appointments.

The Well is a free family wellness program every Wednesday, 5:30 pm, at Kroc Center, 1765 W. Golf Course Rd., CdA. (No Kroc membership is needed.) Details here.

ArtWalk, Friday, February 9th, 4pm-8pm, in downtown CdA. Stroll the streets, drop into studios,

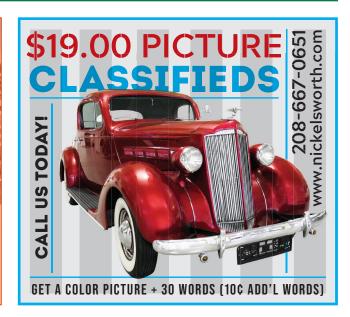
view artists at work, sip wine, groove to live music. A perfect free family event!

Sons of Norway CdA Craft and Culture Fair, Saturday, February 10th, 9am-3pm, at Trinity Lutheran Church (gym), 812 N. 5th St., CdA. Featuring lefse making, music, Norwegian waffles, Viking on a Stick, craft vendors and more. Free admission!

Celtic Jam, Sunday, February 11th, 2pm-4pm, at Jacklin Arts & Cultural Center, 405 N. William St., Post Falls. Go to play along, or listen. All are welcome to attend!

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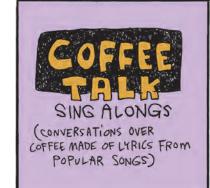
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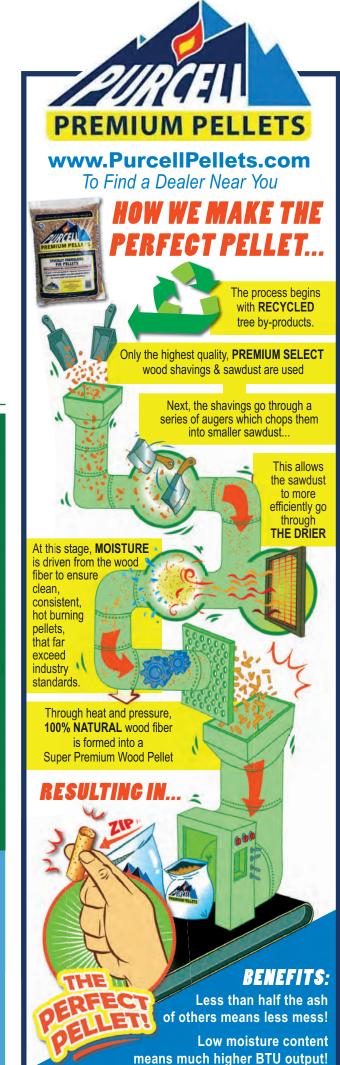


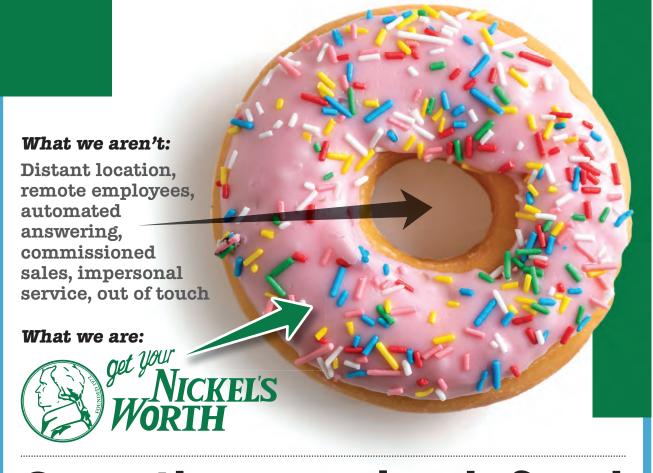


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"I'm confused — what are we fighting now, inflation or recession?"





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National Toothache Day February 9th

— National Day Calendar –



National Toothache Day on February 9th is a not so subtle reminder of the importance of dental care. Also known as odontalgia, a toothache is pain generating from a tooth or multiple teeth.

A toothache can make us miserable, making it difficult to eat, sleep, or sometimes even talk. It's safe to say, toothaches are never pleasant and not really something to celebrate.

We can, however, be aware of how to prevent toothaches.

Routine dental care is an essential first step. Avoiding sugary foods and acidic drinks and daily brushing and flossing are important, too. Even so, we can still develop cavities, have accidents that break or chip at a tooth, or find ourselves with an infection. Teeth can also become sensitive to heat or cold.

Treating a toothache in the short term may be simply handled by over-the-counter treatments, but seeing a dentist may still be required to resolve the issue. Some toothaches are so severe as to require emergency intervention, thus treating the early signs of a mild toothache is important.

How To Observe National Toothache Day

• Be proactive. Take care of your dental hygiene

- every day by brushing, flossing and avoiding too many sweets.
- · Eat lots of fresh, crunchy vegetables.
- · Schedule a dentist appointment.
- · Discover home remedies until you can see the dentist.
- Smile!
- Use #NationalToothacheDay to post on social

National Toothache Day History

National Day Calendar has gnawed over the research but still finds no origin story to go with this achingly interesting holiday. However, we do believe it's been celebrated longer than the dance move called the floss.

Toothache FAQ

Q. What causes toothaches?

A. A variety of factors may cause a tooth or multiple teeth to ache.

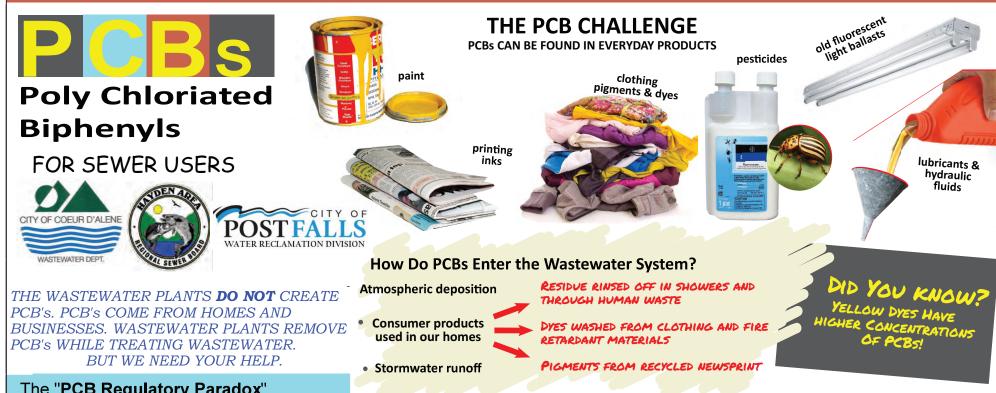
- A broken or cracked tooth
- · Cavities caused by bacteria
- · Tooth sensitivity
- · Sinus infections and congestion
- · Gum disease
- · Grinding teeth
- Abscess
- · Ear infection

Q. How do dentists treat tooth pain?

A. Depending on the cause of the tooth pain, a dentist may repair the tooth or cavity. They may also need to remove the tooth. If they are able to save the affected tooth, a root canal may be an option, too. For thinning enamel, a toothpaste that reduces sensitivity may be helpful.

O. How often should I brush my teeth?

A. The American Dental Association recommends that we brush our teeth twice a day.



The "PCB Regulatory Paradox".

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(allowable in lakes and streams)

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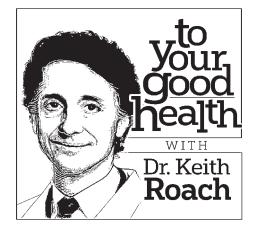
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Ablation Is Only Recommended If Meds Are Intolerable

DEAR DR. ROACH: I'm a 67-year-old man who developed typical atrial flutter two years ago, but I haven't had any symptoms that I am aware of. I don't have a history of heart problems. My heart rate was 117 bpm while experiencing atrial flutter.

My cardiologist recommended an ablation, as that can be curative. He specializes in electrophysiology. The ablation was successful, and my heart rate was in the low 60s afterward.

Six months ago, atrial fibrillation (AFib) showed up, but again, there weren't any real symptoms for me. My heart rate is nice and low, and I never really feel any problems ... perhaps some fatigue. But at 67, I can't always distinguish this from the feeling of getting older. I'm on Xarelto and a low dose of carvedilol. My blood pressure is good.

Is it worth having an ablation of the pulmonary veins to try and stop AFib? Or is it better to just live with an irregular heartbeat? Apparently, it's best to have an ablation sooner rather than later, so I'll need to decide as soon as possible. -- D.S.

ANSWER: Atrial flutter is an abnormally fast heart rhythm that starts in one of the top chambers of the heart, usually the right atrium. The heart rate in the

atria is very fast, typically 240-300 bpm, which is faster than any adult heart can beat. It is common that every other impulse in the atria gets transmitted to the ventricle, so a pulse rate in the range of 120-150 bpm would be typical.

Catheter ablation prevents the progression of the fast impulse to the rest of the heart, and it is successful 65% to 100% of the time in various studies. Unfortunately, studies have also shown that somewhere between 7% and 44% of those who had a successful catheter ablation for atrial flutter will later have a recurrence -- or more commonly develop AFib.

This is called a chaotic arrythmia and can cause a fast heart rate, but more importantly, the lack of coordinated heart contractions in the atria can predispose people to the development of a clot in the atrium. The clot can then float downstream where it can lodge and cause damage, specifically a stroke. Each year, a percentage of 5% of people with AFib will develop a stroke without treatment.

Treatment is designed to relieve symptoms and reduce stroke risk -- your cardiologist has already achieved both of these aims pretty well. The carvedilol is a beta blocker that helps keep the heart rate under control, and Xarelto is effective at reducing stroke risk.

In my opinion, there isn't a need to consider another treatment like an ablation, which has a small but real potential for serious side effects. In fact, it is not 100% effective; about 70% to 75% of patients are symptom-free a year after the procedure. Many people need to continue anticoagulants like Xarelto even after a successful catheter ablation.

I recommend ablation for people who cannot tolerate medication treatment for their 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 ToYour-GoodHealth@med.cornell.edu.

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VOLUNTEERS Help us to help others prevent, detect, and report **Medicare Fraud** Call your North Idaho Senior Medicare Patrol 1-800-786-5536 ext 4071 or email smp@nic.edu SMP / 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.

Employment



THE FARMERS' MARKET at Sandpoint is seeking a seasonal Market Manager. Our Market Manager oversees market days, maps/ coordi-nates booth spaces, handles administration, coordinates marketing, entertainment and events, and interfaces with the market board and others in our community. If you have a sincere connection with/ passion for our local farmers and food systems, possess solid organizational skills and the ability to multitask, have thoughtful, clear communication skills, the ability to take direction, and maintain an enthusiastic, positive attitude no matter the weather, visit our website at sandpointfarmersmarket. com/NOWHIRING to see the complete job description, schedule, requirements, compensation, and application details. Deadline 2/16/2024

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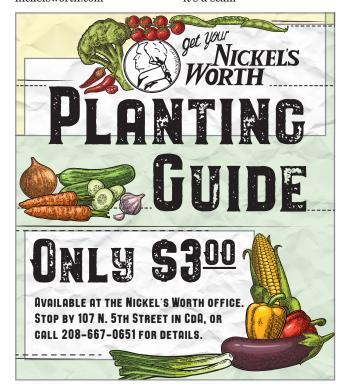
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NICKEL'S WORTH advises everyone to use caution when responding to employment listings. All employment inquiries should be free; if you have to pay to request information regarding a job opportunity, there's a good chance it's a scam



Flock Together for the **Great Backyard Bird Count**

Share the joy of birding with others during this global event

— Cornell Lab of Ornithology -



"I've grown to totally love something so simple as watching birds. I now have a relationship with nature I never had before. It's like my eyes are suddenly

Marlene Koslowsky, longtime GBBC participant

New York, NY, Ithaca, NY, and Port Rowan, ON-Fun for one becomes multiplied when birders join forces for the annual Great Backyard Bird Count (GBBC). Participating with friends, family, or a community group means there are more eyes to spot the birds and a deeper well of knowledge to draw from. Knowing where birds are seen-and not seen-is more important than ever during this El Niño year, and as climate change weather fluctuations influence bird movements.

The 27th annual Great Backyard Bird Count is taking place February 16 through 19, 2024.

More than an estimated half-million people participated during the 2023 GBBC. They reported more than 7,500 species of birds from 200+ countries.





Young birdwatchers. Photo left by Sharon Cleveland; right photo by Madeleine Laurent, GBBC.

"The GBBC gets bigger every year and that's such a positive thing," said David Bonter, co-director of the Center for Engagement in Science and Nature at the Cornell Lab of Ornithology. "It's well established that time spent in nature is good for us. We also would not be able to track the long-term changes in bird populations without the eyes and ears of all our enthusiastic participants. The world is changing fast, and birds often reflect the impact of environmental change first.'



Winter wren by James Davis, Macaulay Library, Cornell Lab of Ornithology

"Participating in the Great Backyard Bird Count is an easy and great opportunity to bird with your friends and neighbors," said Brooke Bateman, senior director of Climate and Community Science at the National Audubon Society. "Birding with others is a great way to share in the love of birds and learn new skills. Nothing matches the spark of joy in a new birder's face when they identify their first bird. We invite everyone from all across the globe to make this a tradition with friends and family."

Birds have been in the news a lot during the past year. Flamingos up in Wyoming. First-ever sightings of a Red-flanked Bluetail in New Jersey, and a Cattle Tyrant in Texas, among others. Ornithologists speculate the birds may have been blown off course by increasingly fierce storms. The weather will also be influenced this year by the El Niño phenomenon.



Barred owl by Matt Boley, Macaulay Library, Cornell Lab of Ornithology

"Strong El Niño conditions this year could bring surprises to the 2024 Great Backyard Bird Count," said Patrick Nadeau, President and CEO of Birds Canada. "Temperatures are likely to be warmer which could have an effect on the timing of spring migration and influence food availability. There may be more sightings of unusual visitors wherever you're looking for birds."

To take part in the 2024 GBBC, each participant or group counts birds for any length of time (but for at least 15 minutes) and enters the birds they could identify at each site they visited. That could be their backyard, but it could also be a park, a wilderness area, apartment balcony, or a neighborhood street.

First-timers should make it a point to read complete instructions on the GBBC website where they will also find helpful birding tips and birding app downloads. The GBBC website also features a new map for marking local GBBC community events. Birders can join up to help celebrate birds in their hometown. https://www.birdcount.org/community-map/



Spruce grouse by Simon Boivin, Macaulay Library, Cornell Lab of Ornithology

You're also invited to tune in to a special webinar about how to participate in the GBBC being held Thursday February 13 at 1:00-2:00 p.m. Eastern Time. It's free. The webinar will include a representative from Riverland Audubon Center in Missouri and an educator who will provide suggestions for GBBC-related activities. Register: https://bit. ly/47zPdlU.

The Great Backyard Bird Count is a joint project of the Cornell Lab of Ornithology, National Audubon Society, and Birds Canada and is made possible in part by founding sponsor Wild Birds Unlimited.

Title image: Pileated woodpecker by Steve Luke, Macaulay Library, Cornell Lab of Ornithology

Miscellaneous

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