

March 8, 2024

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VOLUME LII, NUMBER 47 • Circulation 28,320 • Serving Northern Idaho, Western Montana & Spokane Valley

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MQS

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NW Jr
FUN STUFF FOR KIDS TO DO
PAGE 16

BAYVIEW 2 GARAGE sales in our beautiful small town by the lake. Exit 449 north on 95, Saturday-Sunday, March 9th and 10th, 8am-4pm. No earlies! Downsizing, 34070 N. Corbin St., off 5th St. Also, Moonbeam Ct., off 54. So easy to find! Visit Bayview, a special treat!

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107 N. 5th St. / PO Box 2048
Coeur d'Alene, Idaho

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24 LAYING HENS, NINE 1 year old, fifteen 2 year old. Some blue eggers, green eggers, olive eggers, ISA Brown, Speckled Sussex, \$200. 208-660-5670

CDA GARAGE SALE, 7249 Meadowbrook Loop, 10am-3pm Friday and 10am-2pm Saturday. Everything must go: 22' pleasure boat, 2 large gun safes, household furniture, large bronze elk statue, multiple wall art, tools, and so much more

STORY & CLARK PIANO, \$50. Vizio 70" TV, \$200. Onan Elite 140 Pro 6000E electric start generator, \$650. Traeger Pro Series 22 pellet BBQ with digital control and dual meat probes, brand new in box, \$600. 208-290-3634, Sandpoint

BAYVIEW MOVING SALE. Merchandise is in a heated garage! 8am-4pm Saturday-Sunday, March 9th and 10th. No earlies! Moonbeam Ct., off 54. Keyboard, mic stands, Dean Markley K-50 amp, drop-leaf tube radio, vintage rocker, floor lamps, architect's table, art pictures and frames, bookcase and desk

CHRISTIAN WOMEN'S Connection Luncheon, Thursday, March 14th, 2024, noon-1:30pm at the CdA Resort. Cost is now \$17. Feature: Kim Boughton with North Idaho Blessings Horse Rescue. Music: Valerie Stichweh, Bill Bozly, and Daisy Dice. Speaker: Jen Wagner. Reservations must be made by noon, Tuesday, March 12th. No walk-ins. Call Joy at 208-659-0743

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Athol Elementary PTU's 3rd annual
SPRING CRAFT FAIR
Join us **Saturday March 16th 9am-4pm**
Athol Elementary Gym, 6333 E. Menser Ave., Athol

We'll have 45 vendors, a bake sale and raffle!

Food Vendors: Carpe Diem Crepes and Rodeo Dogs

100% of proceeds from Bake Sale and Raffle go to supporting our teachers and students.
Come out to shop, buy some delicious treats and support our Athol Eagles students and teachers



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Free Tax Services Until April 15th

— AARP Tax-Aide —



Local AARP tax-aide volunteers are expected to help thousands more North Idahoans with free tax preparation services through April 15th.

The service has no age restrictions, although it is geared toward older adults with low to moderate income. It's not necessary to be an AARP member to take advantage of this service.

Free tax prep assistance will be offered at three appointment sites and one walk-in site. Bring a Social Security card for all people on the return, a photo ID, your 2022 tax return and all 2023 income documents, such as W2s and 1099s.

The walk-in site, no appointment required:

- **Dalton Gardens Church of Christ**, Monday-Saturday, 9am-3pm, Fourth Street and Hanley, Dalton Gardens

The by-appointment sites, available now:

- **Lake City Center**, Monday-Friday, 9am-3pm, 1916 Lakewood Dr., CdA, 208-665-7329 to make an appointment
- **Rathdrum Senior Center**, Wednesday and Friday, 9am-3pm, 8037 Montana St., Rathdrum, 208-659-2464 to make an appointment
- **Idaho Health and Welfare Office**, Thursdays only, 9am-3pm, 35 Wildcat Way, Kellogg, 208-659-1827

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Going Out

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Nickel's Worth Publishing

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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

SURVIVAL & MEDICAL COURSES

UPCOMING DATES:

- Wilderness Emergency Survival Skills **May 18-19**
- Wilderness Emergency Survival Standard (Survival + Wilderness First Aid) **June 7-9**
- Intro To Wilderness Emergency Survival, All Ages **July 27**

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GOOD CONDITION JOHN Deere 4105 4x4 tractor, 42 HP diesel with front loader, \$31,000. Like new, 25KW/50KW 3-point tractor PTO mount generator, \$3450. Emglo Honda gas powered wheelbarrow air compressor, works good, \$700. Accepting credit cards, 208-762-5651

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MORGAN SILVER dollars. \$34 for very fine, \$40 for BU 1921s. Many CCs. Call John, 509-251-0921



by Barbara Nimke

“Rhyme Time”

Search the grid for word pairs that rhyme. You'll find each individual word written forward, backward, up, down and diagonally.

S C R E E P E R S M F D
W O O L L E M K E R U S
O W O O G I E R U P N E
B S A D C L A T E O N I
O U Q E T H T R P L Y B
H I L E K I I R O L Y E
U T R L B A A E C Y F E
M S E I Y Z R I U E I J
P I T Z Z L W B S N T D
T S L L S E L E E O U A
Y R E P U S I E E M T Z
T E H W C G T H P N T Z
I P K A O Z S T C G I L
O E R O H O Y T I O T E
H E B H P O L Y A W O W
M J A K E T O Y E K O H

BOOGIE WOOGIE, BOW WOW, FUNNY MONEY, HAREM SCAREM, HEEBIE JEEBIES, HELTER SKELTER, HOCUS POCUS, HOITY TOITY, HOKEY POKEY, HOOCHIE COOCHIE, HUMPTY DUMPTY, ITSY BITSY, JAKE BRAKE, JEEPERS CREEPERS, PELL MELL, RAZZLE DAZZLE, ROLY POLY, SUPER DUPER, TEENIE WEENIE, TUTTI FRUTTI, WOOLY BULLY, ZOOT SUIT © 2024 WordPlay

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THE COUNTDOWN CONTINUES

Last year's Easter marked 10 years to the return of Christ. This year will be 9 years.

It's true we don't know the day or the hour.

So the debate is this. Will Christ return 2,000 years to his resurrection or will it be 2,000 years to his crucifixion?

We know God is operating in terms of 1,000 year programs, as we will reign with Christ 1,000 years after the tribulation period.

This is where I get 2,000 years on his return (with help from the Holy Spirit, read John 16:13).

Comments are welcome.
Write me: Gene R. Bell
PO Box 149, Laclede, ID 83841

Miscellaneous



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THANK YOU ST. JUDE FOR favors received

HONDA EB6500 generator, works great, \$2850. 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

Review Process For Fishing Regulations To Begin Soon

— Montana Fish, Wildlife & Parks —

Public meetings to be held around state

HELENA – Montana Fish, Wildlife & Parks will host public meetings in each region to gather input for the 2025-26 fishing regulations.

Fishing regulations are now under a process like hunting regulations, going through a comprehensive public review every two years. Fishing regulations are printed during odd numbered years.

FWP's proposed regulation changes will be posted online later this month. FWP will also accept and review fishing regulations changes proposed by the public during the initial review time period.

Staff will use this public input to refine regulation proposals to the Fish and Wildlife Commission. The final fishing regulations proposals will be available for public comment in August, and the commission will adopt, modify or reject the proposals at its October meeting.

The meeting schedule is as follows:

- Region 1: March 19th, 6pm, Kalispell, 490 North Meridian Road
- Region 2: April 10th, 6:30pm, Missoula, 201 Spurgin Road
- Region 3: March 28th, 6pm, Bozeman, 1400 South 19th St.
- Region 4: April 4th, 6pm, Great Falls, 4600 Giant Springs Road
- Region 5: March 14th, 6:30pm, Billings, 2300 Lake Elmo Drive
- Region 6: March 13th, 6pm, Glasgow, 1 Airport Road
- Region 7: March 21st, 6:30pm, Miles City, 352 I-94 Business Loop

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Illustration, not to exact scale, conceptually shows the look of a finished cabin when the cabin set materials are combined with some purchaser supplied local Home Depot or Lowe's miscellaneous. The optional kitchen interior shown suggests one possible and easy DIY kitchen. Note that these cabin sets can exceed 21,000 pounds and are hauled C.O.D. by 18-wheel semi-truck. All logs and materials delivered in natural wood, with all plans and instruction, ready to assemble. Contents © 2024. ALL RIGHTS RESERVED

THE BOXER & THE ROSE: A Historical Romance by Lily M. Winter, eBook now available on Amazon or \$13 signed 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, lassie."



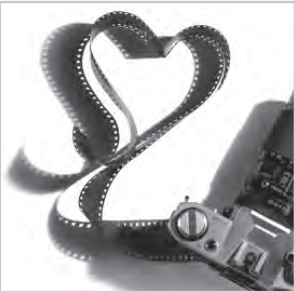
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Community Calendar

Community Car Seat Safety Event, Sunday, March 10th, 10am-1pm, at Knudtsen Chevrolet, 1900 E. Polston Ave., Post Falls. Free car seat inspections and "safe sleep" education available. Appointments are recommended, but not required. Text "CHECK" to 844-619-2048 for appointment or schedule at <https://safestartnw.org/>

Cutting Prescription Costs, Tuesday, March 12th, 3pm, at Pinehurst Library, 107 Main St. Learn benefits of GoodRX and save money on prescriptions.

Pi Day! Thursday, March 14th, Fleet Feet, 511 E.

Sherman Ave., CdA. Walk or run 3.14 miles; then stop at store to show stats and receive a free pie! More info., 208-765-7604.

North Idaho Veterans Stand Down, Saturday, March 18th, 8am-1pm, at Kootenai Co. Fairgrounds, Jacklin Building, 4056 N. Government Way, CdA. For all veterans and their families: VA medical, counseling, advocacy, employment, legal services, veterinary care, bike repair, haircuts, dental services. Breakfast, lunch and coffee. Show military ID, VA ID or DD215 for free admission.

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Solve Busy Weeknights with Simple, Satisfying Meals

— Family Features —

Juggling those weeknight responsibilities including homework, catching up on emails, after-school activities, social events and more can leave families scrambling when it comes time for dinner. When your busy schedule leaves little time to spend in the kitchen, turn to family favorites you can put on the table in 20 minutes or less to give loved ones the fuel they need without sacrificing taste or quality.

Take Taco Tuesdays to a new level (without the hassle) with this deconstructed version of classic fish tacos. Served over a bed of quinoa and drizzled with yogurt crema, these Baja Fish Taco Bowls let you switch up average taco nights by swapping out tortillas and shells for quick-cooking, protein-packed quinoa mixed with nutrient-dense kale. This easy, satisfying meal adds deliciously seasoned fish, creamy avocado and hearty whole grains to your diet with a lighter version of Baja sauce as a perfect companion for fish tacos.

At its core, this tasty weeknight meal relies on the ease and light, nutty flavor of Success Tri-Color Boil-in-Bag Quinoa, which is ready in just 10 minutes. It's packed with protein, all nine essential amino acids and is a good source of fiber, making it a perfect solution for busy moments whether your loved ones eat vegan, vegetarian or a mix of everything.

If a jam-packed calendar calls for a light dinner, or you're searching for a quick side to pair with your protein of choice, add a little color to the table with this Edamame Brown Rice and Lentil Salad. Brimming with tasty, colorful ingredients like bell peppers, cucumbers and more, it's a wholesome and satisfying way to recharge after a long day.

Take the guesswork out of cooking this flavorful salad with 100% whole grain Success Boil-in-Bag Brown Rice, offering high-quality, pre-cooked grains that's ready in just 10 minutes without measure or mess. It leaves you with a serving of fluffy, nutty brown rice that cooks up perfectly every time to take some stress out of family dinners.

Visit SuccessRice.com to find more recipe solutions for busy weeknights.



Baja Fish Taco Bowls

Prep time: 10 minutes

Cook time: 10 minutes

Servings: 4

- 2 bags Success Tri-Color Quinoa
- 2 tablespoons olive oil
- 4 white-fleshed fish fillets (5-6 ounces each)
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon salt
- 3/4 cup plain Greek yogurt
- 1 tablespoon lime zest

- 1 teaspoon lime juice
- 1/4 teaspoon ground cumin
- 4 cups packed baby kale
- 1 ripe avocado, halved, pitted, peeled and thinly sliced

Prepare quinoa according to package directions.

In large skillet over medium heat, heat oil. Season fish with Cajun seasoning and salt. Cook 2-3 minutes per side, or until fish is lightly browned and starts to flake. Set aside.

In small bowl, stir yogurt, lime zest, lime juice and cumin.

In medium bowl, toss quinoa with kale. Divide between four bowls. Top each with fish, sliced avocado and dollop of yogurt and lime crema.

Substitutions: Use taco seasoning or chili powder in place of Cajun seasoning. Use arugula or baby spinach instead of kale.



Edamame Brown Rice and Lentil Salad

Prep time: 10 minutes

Cook time: 10 minutes

Servings: 4

- 1 bag Success Brown Rice
- 1 cup cooked green or brown lentils
- 1 cup edamame, cooked, cooled and shelled
- 1 red bell pepper, diced
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup roasted almonds and sunflower seeds (optional)

Dressing:

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Prepare rice according to package directions.

In large mixing bowl, combine rice, lentils, edamame, bell pepper, cucumber, red onion and parsley. Toss gently to combine.

To make dressing: In separate small bowl, whisk olive oil, lemon juice, Dijon mustard, garlic, salt and pepper until well combined.

Toss salad with dressing until well combined. Sprinkle with roasted almonds and sunflower seeds, if desired.

Source: Success Rice



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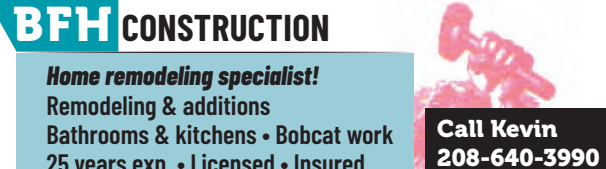
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Meatball Mania: Celebrating National Meatball Day!

Roll out the red (sauce) carpet, because it's that time of the year again -- National Meatball Day is upon us! This coming Saturday, March 9, 2024, we commemorate the humble meatball.

The meatball stands as a beacon of convenience, flavor and thriftiness in the kitchen. From ancient Chinese recipes to Arabic delights and Roman feasts, meatballs have graced tables across civilizations for millennia, each culture adding its own unique twist.

Whether nestled in a bed of spaghetti or adorning a sub sandwich, let's dive into the delightful world of DIY meatballs. This recipe can utilize any ground meat that happens to be on sale this week, making it budget friendly and flexible. You can vary the seasoning to complement your sauce of choice.

VERY VERSATILE HOMEMADE MEATBALLS

Yield: 4 to 5 servings

Total Time: 22 to 35 minutes

- 1 pound ground meat (beef, pork, turkey, chicken, sausage or combination)
- 1/2 cup seasoned breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1/4 cup milk
- 1 large egg
- 2 cloves garlic, minced

- 1 teaspoon dried Italian seasoning (or another seasoning blend)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Olive oil (for cooking)

Preheat your oven to 375 F (190 C). Line a baking sheet with parchment paper or lightly grease it with olive oil.

In a large mixing bowl, combine the ground meat, breadcrumbs, Parmesan cheese, milk, egg, minced garlic, Italian seasoning, salt and black pepper. Use your hands or a spoon to mix until well combined. Be careful not to over-mix, as this can result in tough meatballs.

Shape the meat mixture into meatballs about 1 to 1.5 inches in diameter. Place them on the prepared baking sheet, evenly spaced apart.



Homemade meatballs in marinara ready to tantalize taste buds and warm hearts.

If baking, lightly brush or spray the meatballs with olive oil to help them brown and crisp up in the oven. Alternatively, if frying, heat a large skillet over medium heat and add a tablespoon of olive oil.

If baking, bake the meatballs in the preheated oven for 20-25 minutes, or until cooked through and browned on the outside. If frying, cook the meatballs in batches, turning occasionally, until browned on all sides and cooked through, about 10-12 minutes.

Once cooked, remove the meatballs from the oven or skillet and let them rest for a few minutes

before serving.

Serve the meatballs hot with your choice of sauce. They pair well with marinara sauce, barbecue sauce, creamy Alfredo sauce, sweet and sour sauce or any other favorite sauce of yours.

Freezing meatballs is a smart way to save time and ensure you always have a delicious meal on hand. Once cooked, cool the meatballs completely, then transfer them to a freezer-safe container or resealable bag and store in the freezer for up to 3 months.

Meatballs are incredibly versatile and can be served in a variety of delicious ways. Here are some ideas beyond spaghetti and subs:

Meatball Sliders: Serve meatballs on mini slider buns with your favorite toppings like cheese, lettuce, tomato and a drizzle of sauce.

Meatball Bowls: Serve meatballs over a bed of cooked grains like rice, quinoa or couscous, and add your favorite veggies and sauce for a customizable and nutritious bowl.

Meatball Soup: Add cooked meatballs to a pot of broth along with vegetables and pasta or rice for a comforting and hearty soup. Top with fresh herbs and grated Parmesan cheese before serving.

As we celebrate this savory occasion, let's embrace the culinary marvel that is the meatball by inviting your friends and family and hosting a meatball party! You'll be everyone's favorite person for at least a week.

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


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Innovia Foundation Supports Pomeroy Community in Easter Egg Hunt Extravaganza

— Innovia Foundation —

Civic and service organizations form the bedrock of our communities, uniting volunteers around local needs and opportunities. This March, Innovia Foundation is proud to partner with the Pomeroy Spinners to spotlight the vital role these organizations fulfill across our region.

A volunteer-driven service organization, the Pomeroy Spinners has brought communities together since the 1970s to uplift local needs, offer community services and fundraise for regional projects and scholarships. The organization also sponsors community-building events that rally participants from Garfield County and beyond, including the Broomstick Pool Tournament, a free annual community Thanksgiving and the community Easter Egg Hunt.

On Saturday, March 30, 2024 at 3:00 p.m., the Spinners will host the highly anticipated annual community Easter Egg Hunt at the Crystal Springs Golf Course. This cherished event draws families from across the region for a day of free springtime festivities.

In a proud collaboration with the Pomeroy Spinners, Innovia Foundation is delighted to invest in this beloved community tradition. With approximately 4,500 sought-after Easter eggs ready to be found, the Easter Egg Hunt promises joy to children aged 0-12. To enhance the experience, Innovia Foundation will partner with Twisted Wire Coffee in Pomeroy to generously provide free cookies, hot chocolate and coffee for all attendees.

“Spinners’ members are excited to continue this great event for our community, one that brings smiles to hundreds of excited children,” says Tanner Cranor, President of the Pomeroy Spinners. “Support of the Pomeroy Spinners and the community Easter Egg Hunt exemplify Innovia’s commitment to enriching community connections and celebrations.”

In addition to providing free treats at the event, Innovia Foundation will award the Spinners a grant to support their community kitchen remodel. This investment is part of a series of events and activities Innovia is gifting to communities across Eastern Washington and North Idaho in celebration of the Foundation’s 50th Anniversary in 2024.

“Communities are stronger together,” remarks Shelly O’Quinn, CEO of Innovia Foundation. “We celebrate the invaluable efforts of volunteer organizations, like the Pomeroy Spinners, who

bring people together to improve local lives and communities.”

More information about this event can be found at innovia.org/fifty.

Celebrating Community in 2024

Together with media partner NonStop Local KHQ, Innovia is Celebrating Community, a year-long, region-wide celebration of the volunteers, citizens and organizations that have faithfully served the needs of communities for 50 years in Eastern Washington and North Idaho. Each month, Innovia will gift the region with free, inclusive, family-friendly activities and experiences to commemorate the Foundation’s past, present and future of bringing people together to transform lives and communities. Event details will be released at the beginning of each month throughout 2024.

50th Anniversary Calendar of Events

In addition to Innovia-sponsored community events, the Foundation has launched an online calendar where individuals and organizations can submit information about celebrations and activities in their community. The calendar is open to any events within the Foundation’s region that are free or low-cost, family-friendly and have a broad community appeal. Calendar entries can be submitted at innovia.org/fifty.

Photo Drawing

Community members who attend Innovia-sponsored community events this year are invited to submit their photos from the event for a chance to win a photo drawing. Winners will be selected in March, June, September and December to receive a \$250 grant to a nonprofit of their choice. Entries can be submitted by posting photos on Instagram with the hashtag #innoviacelibratescommunity or by submitting through an online form. Full drawing details and rules, including the online submission form, can be found at innovia.org/fifty.

More information about Innovia Foundation’s 50th Anniversary, 2024 celebrations and history can be found at innovia.org/fifty.

About Innovia Foundation

As the community foundation for Eastern Washington and North Idaho, we partner with people who want to improve their communities and make the world better. We work together to identify and respond to our region’s greatest opportunities, help those in need, and leave a lasting impact. Our mission is to ignite generosity that transforms lives and communities. We envision vibrant and sustainable communities where every person has the opportunity to thrive. Each year, Innovia Foundation invests \$10 million into our communities through grants and scholarships.

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Rock Art Hike And Art Show At First Peoples Buffalo Jump State Park

— Montana Fish, Wildlife & Parks—



First Peoples Buffalo Jump State Park will hold its annual art show and reception on March 16 as part of Great Falls Western Art Week. The park will also hold the final rock art interpretive hike of the season that day.

The guided rock art hike starts at 10 a.m., and hikers will join a park ranger on a moderate to strenuous off-trail hike along the cliffs in the park to learn about the two distinctive methods for producing rock art. What are the differences between pictographs and petroglyphs? How are symbols used in interpreting a people or an era? Space is limited to 20 individuals for this hike and reservations are required, along with a \$4 fee. Please call park ranger Andy Keller at 406-866-2217 or email Andy.Keller@mt.gov to reserve your spot. Rock art hikes are expected to resume later in the fall of 2024.

The art show will also be held on March 16 from noon until 3:30 p.m. and features original works by the Kuka Family including the late Kingsley "King" Kuka, a local Blackfeet artist and poet known for his paintings and lithographs which he called "Kuka-graphs." He inspired an entire generation of American Indian artists with his internationally recognized work and the Vatican holds one of his paintings in their collection.

Pieces will be for sale during the show and a raffle will be held by the Kuka family. Visitors can also enjoy refreshments, view park exhibits in the visitor center, browse the gift shop, and hike the trails.

First Peoples Buffalo Jump State Park is 3.5 miles north of Ulm, off Interstate 15 at exit 270.

For directions or more information about the park visit: stateparks.mt.gov/first-peoples-buffalo-jump/

Community Calendar

Free Lift Tickets for Seniors, Tuesday, March 12th, at Lookout Ski Pass, I-90 at Exit 0 (ID-MT), Mullan. Seniors ages 65+ are invited to stop at ticket office for a free lift ticket, lunch voucher and poker run card to be returned to Sprung Structure by noon to play and possibly win a 2024-25 Senior Season Pass. RSVP by March 8 by calling 208-744-1234, ext. 330 or email Miquel@SkiLookout.com.

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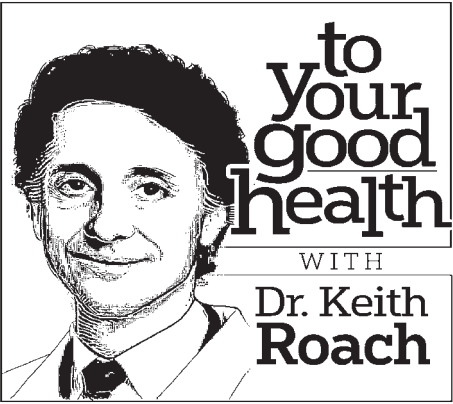
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Defining Hashimoto's Thyroiditis and Finding Out How to Treat It

DEAR DR. ROACH: Please explain Hashimoto's disease. I have heard that it is rare, but two colleagues have recently been diagnosed. We all work in a very high-stress field. -- J.H.

ANSWER: Hashimoto's thyroiditis is not at all a rare disease. It occurs in up to 10% of the population and much more frequently in women than men. Although people can be diagnosed at a young age, it is more common at older ages. It is caused by an autoimmune reaction to different parts of the thyroid, with thyroglobulin and thyroid peroxidase antibodies commonly found. TSH receptor antibodies are found on occasion.

Hashimoto's thyroiditis most commonly causes low thyroid levels, although there may be a period of time early in the disease where thyroid levels are high. Not everybody with antibodies will develop low thyroid levels. The thyroid is sometimes enlarged, but a careful exam will usually show that the gland is firm, showing that immune cells have infiltrated the gland.

Treatment of Hashimoto's thyroiditis involves replacing the thyroid hormone that the gland can no longer make. The dose depends on body size to a certain extent, but needs to be adjusted based on lab results. Most people are treated with levothyroxine, also called T4, which is the primary hormone made by the thyroid.

T4 is converted to T3 (also called triiodothyronine, the active form of the hormone) in various tissues outside the thyroid. T3 only stays in the body for a short while before it is destroyed, so a once-daily treatment with T4, which lasts longer, allows the body to convert T4 to T3.

Most people do very well with T4 treatment. A minority of people cannot efficiently make the active T3 form, in which case-combination treatment can be considered. Unfortunately, T3 must be dosed twice daily.

It is thought that stress hormones play a role, since stress does seem to increase the risk of developing an autoimmune thyroid disease like Hashimoto's.

DEAR DR. ROACH: Huntington's disease runs in my family; my brother and sister started having symptoms in their early 60s. I am 80 and don't have any symptoms. Can I assume that I don't have it? I hear testing can be expensive. Are there any organizations that test for free? -- S.B.

ANSWER: Huntington's is a progressive, degenerative neurological disease that causes abnormal body movements, psychiatric changes and dementia. The movement disorder, called chorea, is the first symptom. It can begin very slowly, and people may not be aware of it. A careful exam can show the characteristic findings. A movement disorder specialist is the ideal person to see in this case.

It would be very unusual to begin having symptoms at, or after, the age of 80, so it is very likely that you do not have the disease if you don't have any symptoms and have received a normal exam by an expert.

Testing should be performed only after careful consideration and counseling by an expert such as a genetic counselor. According to the Huntington's Disease Society of America (see tinyurl.com/HDgeneticstesting), testing can cost between \$315-\$1,500, but it is often covered by insurance. Free testing may be available as part of a research study.

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

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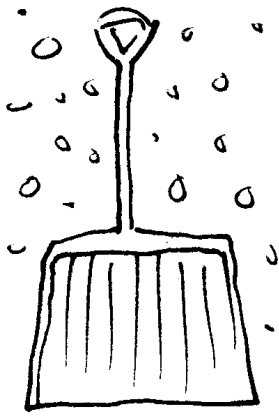
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This project was supported in part by grant number 90MPPG0082-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC 20201.

National Be Heard Day

March 7th

— National Day Calendar —



survive without clientele. When you like a service, tell others about it. Share their social media handles, specials, and invite others to join you on your next visit. Give a positive review. All businesses hear what they are doing wrong, but they also need to know what they are doing right. Can't make it to your favorite local shop? Check their website. Many traditional small businesses also run an online store, too!

- Use #NationalBeHeardDay to post on social media.

National Be Heard Day History

Business Mentor Shannon Cherry founded National Be Heard Day in 2004 to help small businesses stand up and be heard above the big business marketing.

Small Business FAQ

Q. What kinds of small businesses can I shop locally?

A. Small businesses come in every shape and form, and you might be surprised by the selections available. Nearly every community has a diverse collection of businesses though some are more common than others.

Small Businesses Near You

- Food and Drink – gift certificates, swag, specialty gifts
- Tattoo artist – gift certificates, t-shirts, hats, and local art
- Pet care – grooming, training, supplies, books, toys,
- Book stores – books, book bags, bookmarks, games, comic books, art
- Photographers – portraits, frames, classes, art
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- Music stores – music, instruments, gear, classes, art
- Hobby store – kits, crafts, tools, projects, supply, art, decor
- Sporting goods – equipment, clothing, games, caps
- Floral shops – gifts, gift cards, candy, gift baskets
- Clothing stores – wearables, jewelry, shoes, hats
- Technology centers – unique gifts, services, classes
- Salons – gift certificates, spa treatments, manicure, pedicure

Q. What kinds of gifts are custom made?

A. Custom gifts come in a variety of forms, and they are often offered by small businesses. Craftspeople often customize gifts with names, colors, or styles. They design large pieces to fit the decor, personal needs, or preferences. If you have an idea for a custom piece, contact someone local to work out the details.

Q. What are some ways to get to know my customers better?

A. Check out these 7 Great Ways to Get to Know Your Customers at www.nationaldaycalendar.com/lists/7-great-ways-to-know-your-customer.

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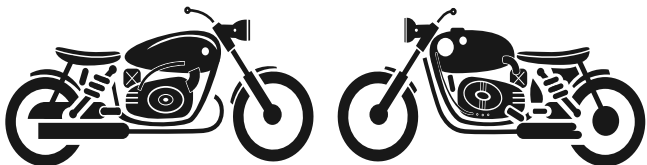
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1957 CHEVY 3100 SHORT bed stepside. Small window, built 283 motor, Corvette 4-speed, 373 posi, new heater, new front and rear glass, \$11,900. 208-661-2990



Each year on the 7th day of March, National Be Heard Day encourages small businesses across the country to make their presence known. The day recognizes the over 145 million small businesses in the United States striving to be heard over the big-business-dominated noise.

Around the United States, small businesses employ approximately 47% of the workforce. Standing out amongst the crowd can be a daunting task. But small businesses are unique in many ways. Not only do they supply cutting-edge services and products, but they also reinvest in small-town America and local neighborhoods in many ways. When small business owners live, work, and play in our communities, their dollars stay and grow. Many of these businesses create custom products solving unique problems for big businesses. Not only that, they support our schools in dollars, as mentors in the classroom, and on the field as coaches.

When is Small Business Saturday?

It can be EVERY Saturday!

The day supports small businesses as they stand up and grab the attention of consumers. National Be Heard Day encourages small businesses to stand out through creative marketing, smart publicity tactics, a strong visual appearance, or any other inventive ways of making their presence known. When small businesses thrive, so do our communities.

How To Observe National Be Heard Day

- Join in this small business celebration! Whether you're a business owner, shopper, or interested in growing your community, this day is for you.
- Small businesses, raise your voices! Let your communities hear you, your goals, and what you have to offer. Review your marketing approach. Take a look at trends in social media. Make your presence known. Ask your customers what works and what doesn't. Then, make the changes that draw positive attention. Showcase your unique qualities and make them shine! Network with local businesses. Pairing your unique product with another merchant's displays doubles the wow!
- Communities, offer small businesses your support. Provide seminars on mastering social media. Invite small businesses to take marketing courses. Generate interest in coffee shop networking to build your small business culture. Your civic pride won't be sorry! Organize events that bring shoppers to your merchants.
- Consumers, frequent your local small businesses. We know you love your local businesses! Shop, eat, drink and order! If you don't, they will not be around long. Small businesses do not

Pickups & Vans

1997 FORD F350 XLT LONG bed crew cab. 7.5 V8 with 89,600 miles. New tires, Rancho adjustable shocks, Firestone air bags, super hitch camper, tie downs, stock Ford aluminum wheels and hub caps. Been kept inside, very, very clean and well cared for. \$16,000. For more information, 509-222-0287, ask for Ken

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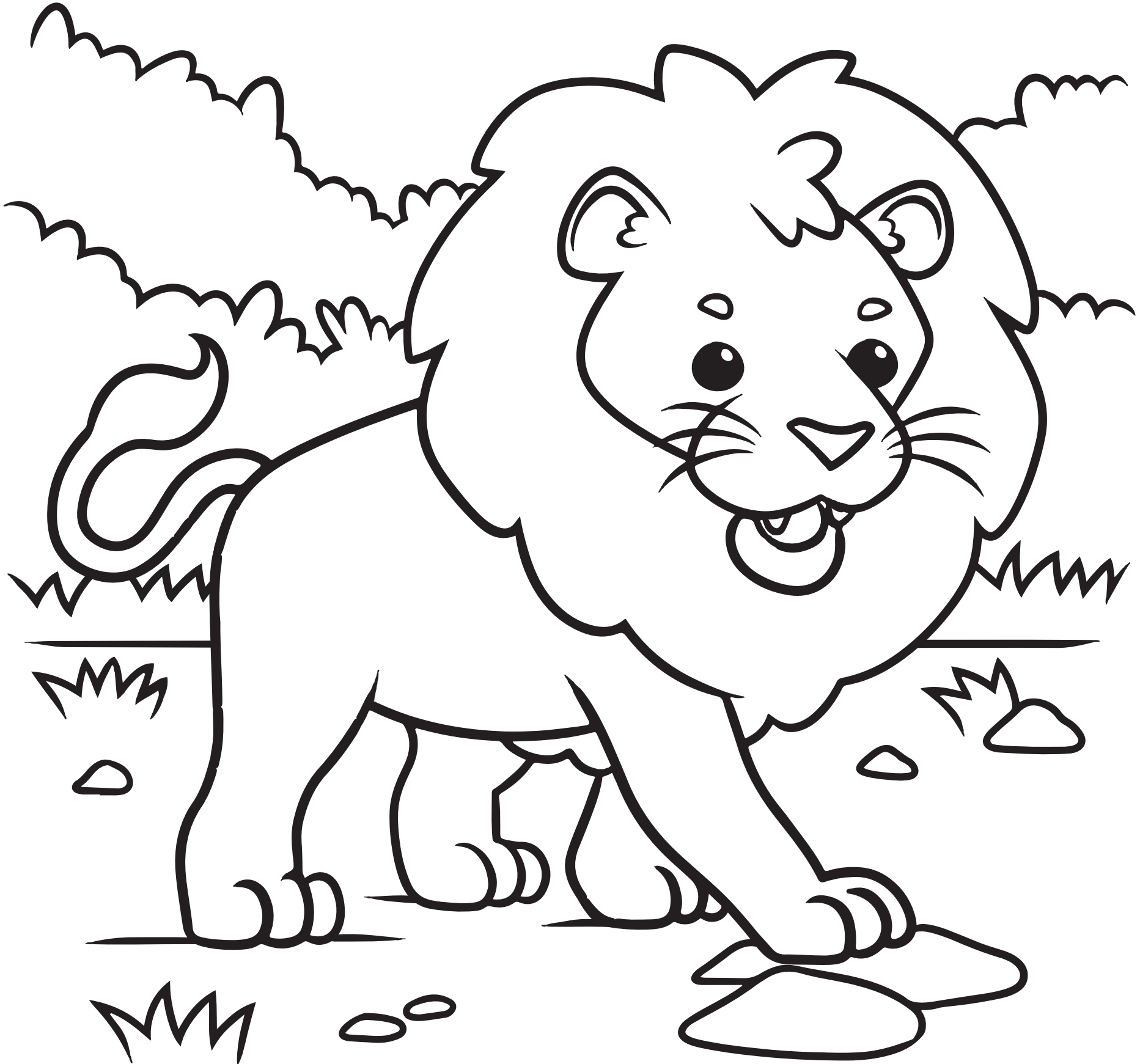
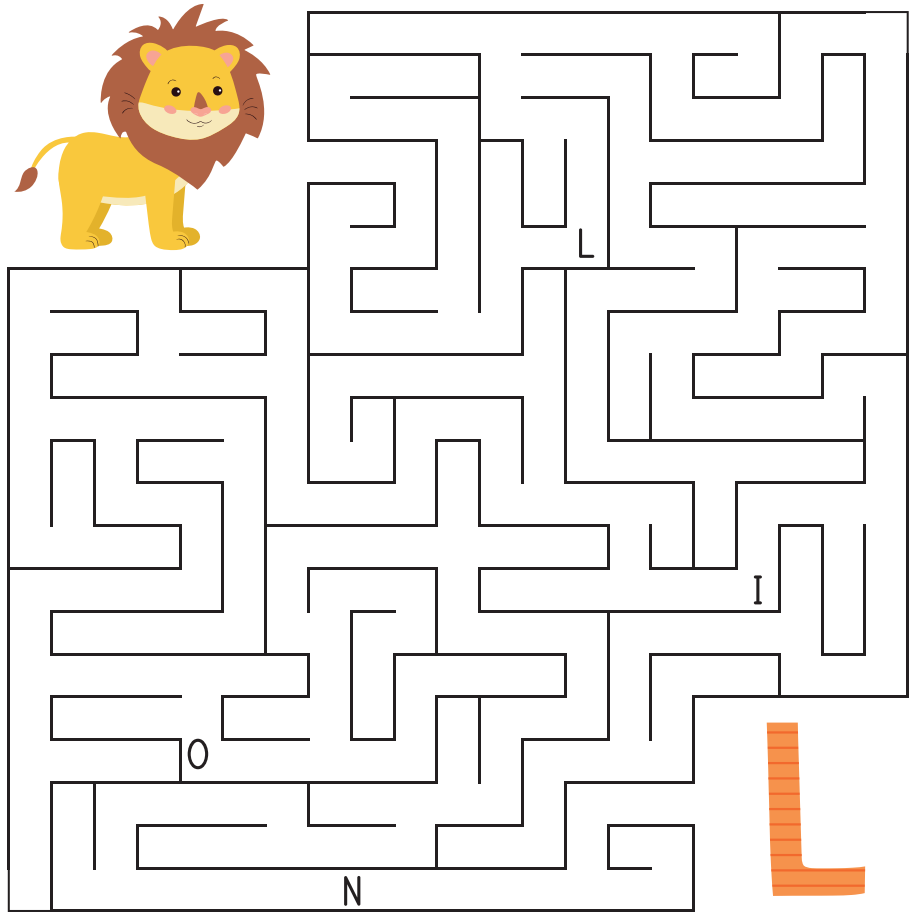
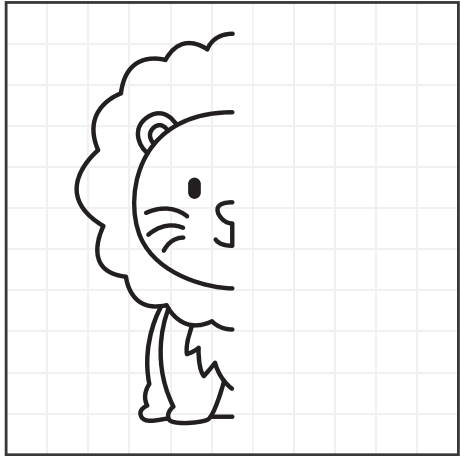
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MLS #24-598 | \$4,900,000

FANTASTIC 122 ACRES joining the east city limits of CDA on Best Avenue. 13 separate tax parcels including 1 well on one of the parcels. Power and phone available. Dirt roads are in for access to all parcels. Perfect for an estate setting or separate ownerships. Open meadow, trees and phenomenal views. Property is open, treed, level and sloping. Sold as one sale.



MLS #23-2255 | \$285,000

13+ ACRE PARCEL on Sunny Slopes in Worley on a gravel road. New shared well at 400 ft, 30 gpm, shared with 2 other adjoining 10 acre parcels. Power is in, no restrictive CC&Rs. Southern exposure with great views, looking south and west. Build your dream home! Seller contract available with large down payment.



MLS #24-1522 | \$480,000

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MLS

Good Housekeeping

Potted Shrimp

Lacking refrigeration, the early settlers preserved seafood and meats by “potting” them. They first cooked the food, then potted and sealed it with plenty of fat, often butter. Potting food is still quite popular throughout the Deep South, especially in the Carolinas.

PREP: 15 minutes plus chilling
COOK: 3 minutes
MAKES: about 2 cups

- 8 tablespoons (1 stick) unsalted butter, softened (do not use margarine)
- 1 pound medium shrimp, shelled and deveined
- 3/4 teaspoon salt
- 1/4 teaspoon ground red pepper (cayenne)
- 2 tablespoons dry sherry
- Sesame crackers or toast

1. In 10-inch skillet, melt 1 tablespoon butter over medium-high heat. Add shrimp, salt and ground red pepper. Cook, stirring frequently, until shrimp are opaque throughout, about 2 minutes. Add sherry and cook 30 seconds.

2. Transfer shrimp and pan juices to food processor with knife blade attached and pulse until shrimp is finely chopped. Add remaining butter; process until blended.

3. Transfer shrimp mixture to serving bowl. Cover and refrigerate up to 24 hours. Let stand 30 minutes at room temperature before serving. Serve with sesame crackers or toast.

• Each tablespoon: About 39 calories, 2 g protein, 0 g carbohydrate, 3 g total fat (2 g saturated), 25 mg cholesterol, 72 mg sodium.

For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/food-recipes/.

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By Terry and Kim Kovel

Gothic Revival

Despite the technological and manufacturing advancements of the 19th century, many artists of the time looked to the past for inspiration. Visual artists developed the Pre-Raphaelite style. Architecture and decorative arts had the Gothic Revival.

While it started earlier in England, the Gothic Revival lasted from about 1840 until 1860 in America. Buildings and furniture were decorated with towers, pointed arches, tracery and other features borrowed from medieval castles and cathedrals.

Of course, imitating medieval style didn't mean sticking to medieval technology. Homes in the Middle Ages would have been heated by hearths, but the Victorian era had more efficient and effective ways.

Cast-iron stoves were being made about 1728, and cast iron became popular for furniture in the mid-1800s. This box-shaped Victorian wood stove sold at a Conestoga auction for \$354. The designs embossed on its front, back and sides show the decorative potential for cast iron and provide an example of Gothic Revival style. There is a row of pointed arches, also known as the Gothic arch, on each side. As arguably the most distinctive feature of Gothic architecture, this arch was often incorporated into Gothic Revival designs.

Q My kids all have character lunch boxes. When I was in elementary school, everyone had lunch boxes with their favorite cartoon character, movie or band. When did they start making these and are old ones valuable?

A The first character lunch box was made in 1950 when one was marketed with the cowboy movie star Hopalong Cassidy. The fictional hero walked with a limp in books, movies and television. Aladdin Industries was the first company to produce a lunch box and thermos with a licensed character. More than 60,000 Hopalong Cassidy



This cast-iron wood stove kept a 19th-century room warm. Its embossed designs, especially the rows of pointed arches on its sides, were meant to evoke medieval architecture.

lunch boxes were sold in the first year, starting the character lunch box craze that continues to this day. Vintage metal lunch boxes recently have been selling for \$200 to \$775.

TIP: Don't wax a piece of furniture that has not been cleaned in the past year.

CURRENT PRICES

Bowl, San Juan Pueblo, flared lip, two-tone, red top half, orange base, micaceous clay, signed, Myrtle Cata, late 20th century, 5 x 8 3/4 inches, \$60.

Toy, Space Crawler, Man In Space, spaceship, Major Matt Mason astronaut figure, accessories, papers, box, Mattel, 1966, \$95.

Barometer, thermometer, Federal, mahogany, weather and humidity dials, bubble level, signed, G. Carter, 39 x 9 1/2 inches, \$150.

Chrome lamp, cube shade, stacked cube base, black enameled platform, signed, Curtis Jere, Artisan House, c. 1960, 36 1/2 x 18 inches, \$485.

For more collecting news, tips and resources, visit www.Kovels.com

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I AM EVERYTHING YOU SAY.

SHE STIRS AWAKE-- SHIVERING, SCARED.

FOR SHE'S JUST DAINTY LITTLE DALE ARDEN...

...AND I AM AZURA.

SHE ACCUSES ME OF FRAMING FLASH FOR SLAYING MING II.

HOW CUTE.

I'D LOVE TO PLAY WITH HER AT LENGTH, BUT IT'S TIME WE ROYALS RETURNED TO OUR LANDS.

Ta-ta, DALE.

TO MY DELIGHT, SHE IS SAVED BY DASHING PRINCE THUN...

...SENT BY THE FINELY AGED DOCTOR ZARKOV.

I SCRY FROM AFAR AS THEY PUT TOGETHER TWO LARGE PIECES IN THEIR LITTLE MYSTERY:

DAN SCHADE 3-3-24

THAT THE DEVICE IN TAHL'S ROOMS WAS A LIGHT MACHINE -- WHICH HE USED TO TURN A KIRAN ASSASSIN INVISIBLE--

--AND THAT MING II WAS NOT THEIR TARGET.

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#82, CDA, \$1100. 1 bedroom, 1 bathroom near downtown Cda. Electric heat, refrigerator, electric range, on-site laundry, WSG included, no pets, non-smoking, 208-765-0777

DOWNTOWN CDA FOR rent. \$150 weekly or \$600 monthly, \$100 security deposit. Jim, 208-651-8871

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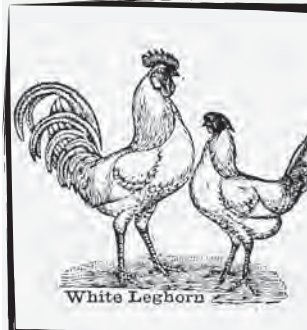
DREAM OF OWNING YOUR own home? Tired of rising rent costs? Are you a Kootenai County resident? Maybe we can help! Habitat for Humanity of North Idaho has 21 energy-efficient homes under construction in Coeur d'Alene. See if you qualify at www.NorthIdahoHabitat.org (a nonprofit organization)

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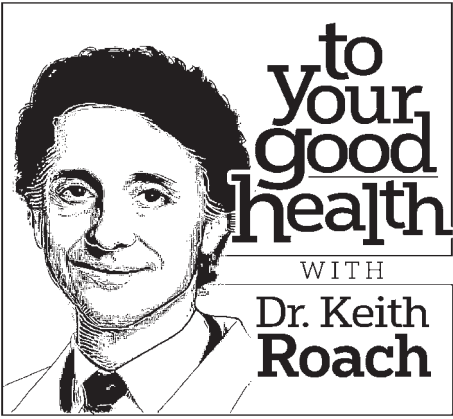


LIST YOUR PROPERTY for rent! Rathdrum, Post Falls, and Cda area. Get a referral "fee" if you refer a new account to us. Call today! 208-667-2550

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High Troponin Levels Follow After Bout of Food Poisoning

DEAR DR. ROACH: I am a 77-year-old male who apparently suffered a case of food poisoning. I say apparently because no cause was ever discovered for the uncontrollable vomiting and diarrhea that lasted for a whole day and recurred briefly the following morning.

A trip to the emergency room involved many tests, but nothing turned up except a troponin level well over 0.04 ng/mL, which prompted an angiogram that didn't reveal any problems with my heart. What else might have caused my high troponin level? -- Anon.

ANSWER: A troponin level is a standard blood test usually used to evaluate patients for heart attacks. However, newer, highly sensitive assays have proven that tiny levels of troponin may be detected in nearly everybody.

A level above 0.04 ng/mL is often used as the cutoff for the "normal" range, but depending on the assay and population studied, a few healthy people may have levels above this. People with heart attacks may have troponin levels in the hundreds or thousands. The higher the troponin level, the more muscle damage there is.

The fact that your coronary arteries don't show any blockages is very good news. Other types of heart

damage may also cause a high troponin level, including inflammation of the heart (myocarditis) and heart failure. Also, critical illnesses can cause high troponin levels (at much higher levels than you may have had) in people who don't have heart blockages. (A median of 0.57 ng/mL was found in people with septic shock.)

I found a long list of reported causes behind elevated troponin levels, but gastroenteritis was not on the list. I suspect your body was working so hard to fight off the infection without enough fluid that your heart needed more oxygen-carrying blood than it got, leading to tiny amounts of injury to the heart muscle despite normal heart arteries. You can lose a lot of fluid with vomiting and diarrhea, and people at age 77 don't have as much reserve as they did when they were younger.

DEAR DR. ROACH: I'm a 56-year-old male who never had the chicken pox. When the first of my children was born, I had blood tests done to see if I'd ever been exposed. I had not, so I received the chicken pox vaccine in case my children were to expose me.

ANSWER: Yes, the shingles vaccine is still recommended. Shingles is a recurrence of the chicken pox virus. The vaccine you got was a live but weakened form of chicken pox. It has a lower risk of causing shingles than getting the actual chicken pox, but there is still a risk.

Shingles is so bad that the vaccine is absolutely worth it, in my opinion. Even people who have had the old one-shot vaccine (Zostrix), as well as those who don't recall having had chicken pox, should get the new two-dose vaccine (Shingrix), which is not a live virus. It's better to just get the vaccine than doing blood testing in people who don't recall getting chicken pox as a child.

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

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Roommates

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

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Furniture & Appliances



PRICE LOWERED! Cinnamon futon bunk bed by Night & Day Furniture. Made from solid wood and is very sturdy, nothing flimsy here. Twin over full-size futon with ladder. Bunk and futon are in very good condition. 2 large drawers under futon provide extra storage and roll out easily. Great for tweens and teens! Some disassembly needed to remove from our house and you must be able to haul yourself. \$675 for bunk bed and twin mattress set. Similar item at Runge cost \$2,000. See additional photos online at nickelsworth.com. Cash only, no payment apps. Please call 208-667-1312 and leave a message, or text only to 208-277-8083, CdA

TEAK FURNITURE. Coffee and end table sets, \$450 and up. Custom teak and copper handrails, \$50 foot. Furniture grade cornhole sets, \$300. Garage storage cabinets. Teak captain's bed. Teak plywood 5/8" sheets, \$110. Showroom open Saturdays, 10am-4pm. 208-264-5771, Hope, ID

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

MATCHING SET BROWN leather couch and loveseat, \$300 or trade for gun? 406-531-2259



WILD WEST HAS LOTS OF 1 onlys and closeouts. Hurry in for the best selection. On Highway 95, between Kathleen and Dalton, CdA. 208-667-1394, www.wildwestlogfurniture.com

MAYTAG WASHER/ DRYER, 3 years old, used by a single person, \$350. Call 208-967-3834



WILD WEST HAS LOTS OF 1 onlys and closeouts. Hurry in for the best selection. On Highway 95, between Kathleen and Dalton, CdA. 208-667-1394, www.wildwestlogfurniture.com



KITCHEN TABLE WITH 4 chairs on casters. In great shape, \$400 OBO. 208-699-1179

BLACK SECTIONAL couch, like new, \$1000. Midnight Sun framed picture by Tussey, \$950. Framed Fall Encampment by Charles H. Pabst, \$1200. 208-660-6699



WILD WEST HAS LOTS OF 1 onlys and closeouts. Hurry in for the best selection. On Highway 95, between Kathleen and Dalton, CdA. 208-667-1394, www.wildwestlogfurniture.com

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



WILD WEST HAS LOTS OF 1 onlys and closeouts. Hurry in for the best selection. On Highway 95, between Kathleen and Dalton, CdA. 208-667-1394, www.wildwestlogfurniture.com

Daylight Saving Time
Second Sunday in March

— National Day Calendar —



Daylight Saving Time begins on the second Sunday in March in the USA. The practice gives people an extra hour of sunlight in the evening by setting the clock ahead one hour on a predetermined date each year.

The practice of Daylight Saving Time (DST) advances clocks during the summer months. It causes us to lose an hour for one day. However, the practice allows people to get up earlier in the morning and experience more daylight in the evening. Typically, users of DST adjust clocks forward one hour near the start of spring. Then, they change them back again in the autumn.

The system has received both advocacy and criticism. Setting clocks forward benefits retail business, sports, and other activities by exploiting sunlight after working hours. However, the practice causes problems for evening entertainment and other activities tied to the sun or darkness. For example, farming and fireworks shows are both affected.

Although some early proponents of DST aimed to reduce the evening use of incandescent lighting, usage patterns differ greatly. Additionally, research about how DST currently affects energy use is limited or contradictory.

Problems sometimes caused by DST clock shifts include:

- Complicating timekeeping.
- Disrupting meetings, travel, billing, record keeping, medical devices, heavy equipment
- Impacting sleep patterns

Software often adjusts computer clocks automatically, but this can be limited and error-prone. In addition, programming is particularly problematic when various jurisdictions change the dates and timings of DST changes.

How To Observe Daylight Saving Time

- Besides adjusting our clocks, it's important to adjust our sleep schedules, too. Many of us go into the time change sleep deprived. Don't do this during Daylight Saving weekend.
- Start preparing your body and anyone in your household for an earlier bedtime.
- That includes pets. Their potty and feeding schedules will need to be adjusted, too. Start a few days before if at all possible.
- In the end, you and your entire household will be able to benefit from the additional sunlight in the evenings by enjoying outdoor activities without feeling the drag of lack of sleep.
- Another way to celebrate the day might include writing your representatives in Congress. According to the National Congress of State Legislatures, nearly every state has tackled the issue of daylight saving time and whether to end it or not. Even at a federal level, the issue has been brought to the table a time or two.
- Of course, most importantly, be sure to turn your clocks forward and use #DaylightSavingTime or #SpringForward to post on social media.

Daylight Saving Time History

George Vernon Hudson from New Zealand proposed the modern version of daylight saving in 1895. Germany and Austria-Hungary were the first countries to use it starting on 30 April 1916.

The energy crisis in the 1970s accelerated the growth of Daylight Saving Time. It has been argued that more natural light in the evening hours uses less electricity due to less artificial lighting requirements. As a result, many retail shops and tourist attractions also enjoy more business.

Daylight Saving FAQ

- Q. When does Daylight Saving end?
- A. Daylight Saving ends in November.
- Q. How much daylight is saved?
- A. None. It's just moved from one end of the day to the other.
- Q. Does every state participate in Daylight Saving?
- A. No. Arizona, Hawaii, and parts of Indiana do not participate in Daylight Saving. The U.S. territories do not, either.
- Q. Do other countries observe Daylight Saving?
- A. Yes. Many countries observe Daylight Saving including Australia, most areas in North America, and countries in Europe.



MARCH 14-15 • 8 a.m. to 6 p.m. • MARCH 16 • 8 a.m. to 3 p.m.

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Pets

Pets of the Week: Toni and Bo

— Companions Animal Center —



LABRADOODLE PUPPIES ready now. Mom is AKC Lab, dad is purebred standard Poodle. Sweet, smart, and socialized with kids, first shots and dewormed, \$500. Text 208-641-9139, Kootenai County

TWO MALE MINIATURE Poodles ready for their forever homes! They are 18 weeks old, ACA registered, and fully vaccinated. Call or text 509-212-6080 for more information



AKC MALE FRENCH Bulldogs born Nov. 10th. Unique colors (sable fawn, lilac and tan, lilac with faint merle pattern), great personalities. Vet checked, vaccinated, 1 year health guarantee included. \$2500 pet price. Call/ text 208-627-8169, Priest River



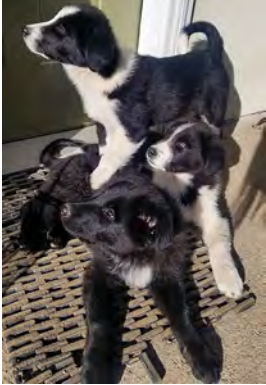
PUREBRED CHOCOLATE Lab male. 10 weeks old, has been dewormed and received first shots, will make great family dog! Mom and dad are playful, smart, and mellow. Comes from loving home. One of his best friends is a cat, has been exposed to chickens also. Last, but certainly not least of litter! \$300, Sagle, ID, 208-946-0735

APPLEHEAD Chihuahuas. Adorable puppies available. Call or text for all information at 509-591-7089, Yuliya



GERMAN SHORT-HAIRED pointer puppies. No-Mars and Hanging G Gundogs on top, NAVHDA bloodlines on bottom, full AKC registration. Four years genetic health guarantee, vet check with health certificate, first shot, chipped, and wormed three times. 4 females, liver patched and ticking; 1 male, liver patched and ticking; born Jan. 10th, \$600 each, last time they will be offered at this low price. 208-304-2710, Naples

BORDER COLLIE/ Australian shepherd puppies. First shots, ready to go, males only, \$100. 208-916-4574, text only



KARELIAN BEAR DOG/ Pyrenees mix puppies, half and half. 3.5 months old, very friendly yet protective, also for livestock. Good indoor/outdoor dogs, they are able to kill mice and moles, \$250. Call Hildegard at 208-771-6271, Post Falls

PUREBRED BORDER Collie pups just born, ready for pick up in 8 weeks. Only \$500 firm. 406-531-2259

SIX WEEK OLD tri-colored Chihuahuas. Worming and shots included, \$150. 208-597-5046



ABKC AMERICAN BULLY XL. 2 males, 3 females, \$3000-\$5000, more pictures online at nickelsworth.com. Contact 208-964-6629 for any further information and questions

OUR BOY OREO, A beautiful bulldog, needs a new backyard. The family that had him wasn't able to continue caring for him due to a divorce. If you are interested, call or text 910-448-0392, Grandview, WA

REGISTERED YORKIE puppies available for adoption. 16 weeks old, current on shots, and wormed, \$600. More information, 509-828-9370



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

AKC YORKIE PUPPIES. Two very sweet and cuddly boys looking for a forever home. All of our puppies are started on tolerance, social and potty training. Pups will have up-to-date vaccinations and deworming. We provide a one year congenital health guarantee with certified vet letter. Ready to go on 3/16. For more info, call or text 541-314-5340 or email at amai.watermelon.puppy.patch@gmail.com



Hi there, I'm Toni. I am an 11-month-old German shorthair pointer mix. I'm such a sweet and energetic girl. I appear to get along with others dogs and I keep my kennel here at CAC pretty clean! A home where I can run, play, and learn is my dream. If my dream aligns yours, then I'm the dog for you! I'm spayed, vaccinated, microchipped and ready to be your girl!



GORGEOUS F1B Goldendoodles. High quality puppies with F1B enhanced hypoallergenic coats, cream to gold, some rare parti! Reasonably priced to find perfect forever homes, \$850. Dewclaws, 1st shots. 208-771-2732, CdA

CHIHUAHAs. ADORABLE puppies of varying ages. Serious inquiries only! Call or text Yuliya for information, 509-591-7089



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

BEAUTIFUL F1 Goldendoodles available and ready for their new homes 3/14. Vet checked, first vaccinations administered and wormed. Call or text Diane, 509-760-6675



(2) BORDER COLLIE MIX pups. 8 weeks old, have had first deworming, round of shots, and wellness exam. They are very healthy, loving, and attentive, \$250. Additional photos online at www.nickelsworth.com. Call or text 808-268-6184, Spirit lake

Hi there, I'm Toni. I am an 11-month-old German shorthair pointer mix. I'm such a sweet and energetic girl. I appear to get along with others dogs and I keep my kennel here at CAC pretty clean! A home where I can run, play, and learn is my dream. If my dream aligns yours, then I'm the dog for you! I'm spayed, vaccinated, microchipped and ready to be your girl!



Hi, I'm Bo. I am a 1-year-old domestic short hair cat. I am a very sweet and playful boy. I would love to join a younger family who can keep me entertained with my playful energy. I would thrive in a home with another cat, though I'm not particularly fond of dogs. I'm neutered, vaccinated, microchipped and ready to be your buddy!

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



MISSING 2 YEAR OLD black Lab named Cash, neutered, has big paws, around 109 lbs., all black with no white. Was wearing red collar and shock collar when he went missing from Lightning Creek Rd. in Clark Fork, ID on 2/4/24. \$800 for safe return, no questions asked. Please contact Shannon, 208-217-7157

CARDIGAN CORGI puppies. These puppies were born Jan. 29th and will be ready for their homes March 25th. They will have 2 rounds of vaccinations, worming, microchipped, and a care package. Parents are registered and genetic health tested. \$1000-\$1500, 509-945-5108



HALF OFF, EARLY SPRING sale! Cavoodles and Cava-Shihs! Bell ringers, paper and doggy door trained. Your puppy will come with their own bell, new bed, blanket, shots, everything for a great start! Stays small and puppy cute, non-shedding, hypoallergenic, happy, healthy, and waiting for you. Loving companionship for a quality pup. Was \$1500, now \$750! 208-446-3832

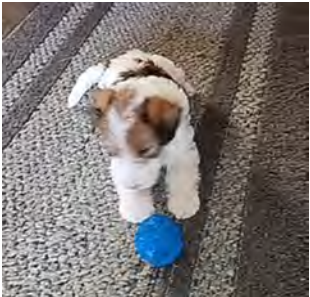
PINERIDGE SILVER LABS is proud to announce 8 beautiful chocolate and black AKC pups born January 11th, available March 7th. 5 males, 3 females, first shots, dewormed, parents on-site, \$800, deposits accepted now. Contact at pineridgesilverlabs.com or 208-691-5921, 208-691-5922

AKC FRENCH BULLDOG pups available. All come with shots, wormed, health guarantee, and papers. These cuties are puppy pad trained and pre-spoiled. Text for more information, 503-583-5091



ADORABLE BASSET hound puppies ready for new homes. 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! 717-419-6975, Cataldo, ID

AKC BICHON PUPPIES. 5 female pups born 2/7 and ready to go to forever homes 3/30. First shots administered and vet checked. Dam is 3 years old and 11 pounds. Sire is 8 years old and 12 pounds. We are Spokane home breeders of 18 years. Videos are sent every weekend. We rent a room at the Ellensburg Holiday Inn Express for pick up 3/30, \$2000. Visit lachlandbichons.com for more information



8 WEEK OLD WIREHAIRED fox terrier, first shots and worming done. They don't shed. Female, \$1000; no money 'till pick up. Call 208-568-1234, Benewah County

HAVANESE PUPPIES ready to go. 9 weeks old, have first shot already. Females \$650, males \$600. Please contact me at 509-985-9024

ROTTWEILER PUPPIES. 10 week old German English Rottweiler mix puppies available for adoption. 2 sets of shots administered and wormed 3x. Tails docked and dewclaws removed, \$400. Text 509-947-6222 for information, Tri-Cities, WA



OVER 200 VEHICLES IN stock. Financing available! TK Auto Sales, 6904 E. Sprague Ave., Spokane, WA, 509-242-3588, www.tkautosales.com

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

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

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Pets

PUREBRED Pomeranians available. Beautiful Pomeranian puppies are ready for their new loving homes. Healthy, well socialized, puppy pad trained. 10 weeks old. Black and white pups available, \$750 each. For serious inquiries, contact me at 541-561-8815



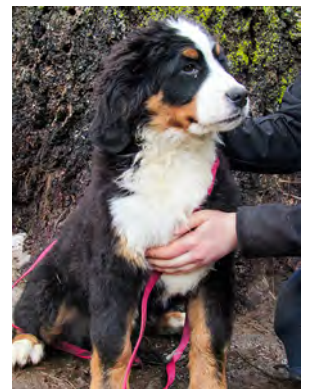
COLORFUL CAVAPOOS. Both parents reg. Cute personalities, extremely smart, playful and love to cuddle! Vet checked, first shot and wormed. \$1200, references available. Delivery to CdA, Missoula, and Great Falls. 208-770-7786. Online pictures at nickelsworth.com; last pic online is an adult

ADORABLE YORKIE PUPS born 12/24 are ready now for new forever homes. Current on shots and wormed, \$850. More information, 541-449-3798, Stanfield, OR



AKC BERNESE MOUNTAIN dog puppies. Beautiful markings and sweet personalities. Vet checked, shots, dewormed. Boys \$1500, girls \$1800 OBO. Madison, 208-217-3571, Clark Fork, www.ScotchmanPeakPuppies.com

POOCHON FEMALE puppy ready for her new family! Super sweet, calm, and lovable. Shots and wormed to date. Non-shedding and odorless. 13 weeks old and loves snuggles. Housebroken and crate trained. Text 509-305-9085 for information



AKC BERNESE MOUNTAIN dog puppies. 17 weeks, 3 males, \$1000. 208-557-3733, MountainTraders@mountaintraders.net; MountainTraders.net



AKC SILVER LAB PUPS, 5 females and 4 males ready to go on March 24th. Social and kid-tested! \$750 for limited reg.; full reg. offered for extra fee. Online pics at www.nickelsworth.com. Riggins, ID. Call or text, cell 651-788-2106, home 208-627-3256, email sandyvanderesch@hotmail.com

TWO MALE YORKIE puppies born 9/12 are ready for new homes. Current on vaccinations, wormed, and tails docked. For more information, 509-380-1577



AKC REGISTERED Scottie puppies born January 7th in our home. Happy, healthy, loved, well socialized. Vet report, shots, dewormed. 2 boys, strawberry wheaten. \$3000 for both. Additional pic online at nickelsworth.com. Text/ call Christy, 360-949-3801, CdA

AKC FRENCH BULLDOGS. Hello, we have AKC French bulldogs ready for their new homes. Born 12/27, there are 2 females and 2 males. All pups are up-to-date with vaccinations and wormed. Both parents on-site. For more pictures and information, please call or text 509-781-1550

REGISTERED TEACUP female Yorkie puppy ready for a new home. 11 weeks old with first shots and wormed, \$2000. For more information, 509-828-9370



PUREBRED MALE Siberian Husky puppies. 3 months old, health vet checked, first shot and dewormed, no papers, \$400. I have both parents. 208-627-9212, Facebook: Siberian Huskies Puppies Sandpoint

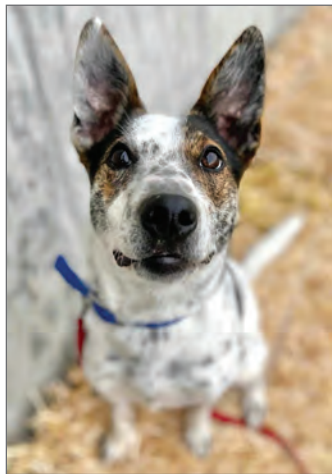
AUSSIEDOODLE PUPPY. Blue merle tri female mini Aussiedoodle needs new forever home. 4 months old and 10 lbs. Shots current and wormed. Comes with outdoor kennel and dog house. Dam is mini Aussie. Sire is mini poodle. Ready to go now, \$1800. Call or text 458-300-6771 for information

Second Chance Pets: Quinn and Tito



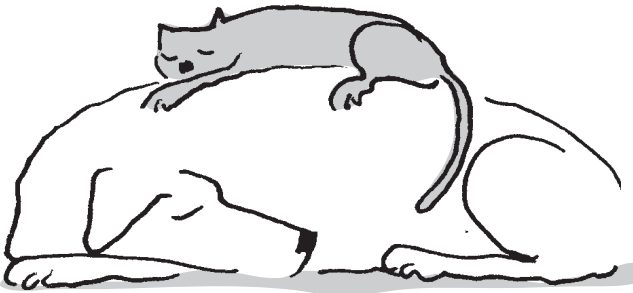
Hi, I'm Quinn! A 5 month old female miniature Bernadoodle. I was surrendered to rescue by owners who could no longer care for me. I do require regular professional grooming, which can be costly! But I'll make it up to you with all the snuggles and kisses you could ever imagine. My foster mom says I'm doing great on housebreaking and walking on a leash, but I could use a little more work on basic obedience! I'm seeking a home with

children 8 and older and possibly another Doodle to romp with!



Hello everyone in North Idaho and the Pacific Northwest! I'm Tito and I was transferred up here from a very overcrowded shelter in southern Utah in hopes of finding my forever people! My foster mom thinks that I may be a Cattle Dog/Jack Russell Terrier mix. I'm on the petite side at 30 lb. I get along with all other dogs and love all people. I will occasionally chase the cat but when I'm told no, I listen! I'm housebroken crate trained and a velcro dog. I would like a partner who has all the time in the world for me to go hiking, camping, and exploring the great outdoors!

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



MALE POMERANIAN puppies. One white, two orange sables; small, cute, bright! \$600; AKC \$700. 208-216-9979

BOSTON TERRIER, MALE, needed. We have 2 females ready now. Need ASAP. Paying \$800 to \$1000 cash. Need to call by Friday night or early Saturday. Call Calvin 208-699-5470



AKC BICHON PUPPIES born February 7th 2024; Spokane breeders of 18 years. 5 female puppies, Parents are 11 and 12 pounds. New videos are sent weekly. First shots and vet check done prior to delivery; estimated delivery is March 30th, \$2000. Visit www.LachlandBichons.com for more information or call 509-747-0800



AKC MERLE FRENCH bulldogs, males and females, \$2500-\$3500. Brandee, 208-416-3237

AKC SCOTTISH TERRIER pups born 1/19/24, ready 3/15/24. Black male, 2 wheaten girls, 1 black girl; shots, wormed, vet check, VWD clear, 1 year health guarantee on genetics. \$1400, see online photos at www.nickelsworth.com. Ask for Cheryl: cell 208-793-4951, message 208-761-8009, email chermoxley@aol.com. Can deliver to North Idaho/ Spokane area at additional charge. Breeding Scottish Terriers for 35 years

Classic Maze Toons by Joe Wos



Lost & Found



MISSING 2 YEAR OLD black Lab named Cash, neutered, has big paws, around 109 lbs., all black with no white. Was wearing red collar and shock collar when he went missing from Lightning Creek Rd. in Clark Fork, ID on 2/4/24. \$800 for safe return, no questions asked. Please contact Shannon, 208-217-7157

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



Pets



RUGER, 4-6 YEAR OLD neutered male German Shorthair Pointer with natural tail. Super loving, obedient, kind dog. Gets along with all other dogs. No cats! Housebroken and health, loves to play fetch! For adoption visit www.scpr.petfinder.com or email idahocoondog@yahoo.com or call 208-666-6025, no text

MINI ENGLISH BULLDOG puppies, 12 weeks, registered, shots complete. Call 425-505-5131 for pictures, Priest River



HURRY, ONLY ONE Maltese mix baby boy left! Creamy white, so soft and cute, \$700. 208-216-9979

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, Mastiff, and Poodle. More info at www.spr.petfinder.com or call 208-512-3401



REG. SHIBA INU PUPPY, 9 weeks old and ready to go to a new forever home! 208-987-0230, Plummer, ID



REHOMING 8 WEEK OLD wirehaired fox terriers, very loyal dogs. First shots and worming done. They don't shed. \$1000, no money 'till pick up. Call 208-568-1234, Benewah County

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

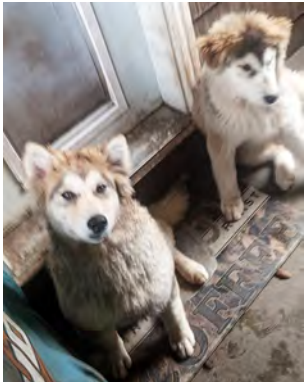


PINKY, A DARLING Shorkie with class, needs a stay-at-home adult. Two year old loving lap dog, works best as only dog, half price at \$400. 208-216-9979

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

AKC POMERANIAN PUPS. 3 girls, \$1500, 2 boys, \$1000. 208-699-4177

MASTADOR PUPPIES. 9 weeks old, first set of shots given, very cute black, grey and brown females and males, \$300. Please send text to 208-755-6304 for more info, Hayden



THREE MALAMUTE WOLF pups, 4 months old, first shots, house-trained, friendly. Two females, one male, \$200 each. 509-558-9077, 509-608-1337, call or text

AKC YELLOW LABRADORS ready 4/2. Family raised, proven parents, registered, \$800. 406-300-2485, Peterson Lake Labradors, Bigfork, MT



F1 GOLDENDOODLE puppies, 4 females available. 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. \$900, references available. Ready 3/16/24. Call/ text 208-691-2754, Athol

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

Super Crossword

ADDITIVE-FREE

ACROSS

- 1 Not suitable
6 "Sorry to intrude ..."
10 Capricious ideas
15 Cartoonist Addams, informally
19 Payments to the IRS
20 Oscar winner Robert De —
21 Capital of Vietnam
22 Sword handle
23 Fifth Avenue skyscraper
26 Other, in Acapulco
27 Identity hider
28 Altitudes: Abbr.
29 — -C (PC copy command)
30 What a groom may toss
32 "Uh-huh"
34 Pioneer Boone, informally
35 Orthodox Jewish movement
37 Rapper — Rida
40 Technique for viewing a slow process quickly
43 Cattle farm
45 Prefix with nourished
46 In a daze
47 First first lady of the U.S.
51 Gets close to
55 Sesame seed paste
56 Pucksters' org. with the Calder Cup
57 Newspaper think piece
60 Born as
61 Toon sheet
62 Hedy of "Ecstasy"
66 Rome's — Fountain
67 Dollar bill
68 Advance inquiry into a crime, e.g.
72 Israeli city close to Ben Gurion Airport
73 Big name in life insurance
74 Decrease
75 Doc for the neck up
76 D-H linkup
77 FDR or HST
78 Former "Idol" judge
79 Bob of play-by-play
82 Wolfed down
84 Launching of people into orbit
88 Insurance payment
92 "The Simpsons" shopkeeper
93 Was overlong
94 Dual-focus course about bodily structures
100 Some kitchen appliances, for short
101 From a northwest Italian port
102 Certain South African
103 Arena level
105 "Hallelujah Chorus" composer
106 Rough— wood
107 City vehicle
108 Gas brand
112 Water, in Acapulco
113 What love is, per a Four Aces #1 tune, with "a"
118 Crate piece

- 119 Capital of South Korea
120 Actress Best
121 Really mad
122 The "T" of 66-Down
123 Day divisions
124 Bargain
125 Restaurant notice that's applicable to this puzzle's seven longest answers?

DOWN

- 1 Bit of news
2 Wine valley
3 Allies' rival
4 Sprightly
5 Mao — -tung
6 Object of hate
7 Thwacks
8 Before
9 Woman's quaint headpiece
10 Jacuzzi, e.g.
11 Recital venue
12 Not Rep. or Dem.
13 Mimi's "me"
14 Celebrates with a tune
15 Animal with a backbone
16 Relative of a shout-out
17 Anew
18 Tempestuous
24 Spicy cuisine
25 — Reader (magazine)
31 Carrier based in New Delhi
33 Hawke of film
34 Salvador of surreal art
35 Spicy
36 From — Z
37 Sig Nu, e.g.
38 Video game tomb raider
39 Teetering
41 — -di-dah
42 Attila follower
44 Refrigerate
48 More artful
49 — a soul
50 "— in Manila" (Ali-Frazier fight)
52 Consecrating
53 Nevada airport
54 In view
57 Mining finds
58 Sampras of the court
59 Show plainly
63 Poker cost
64 Supplies with personnel
65 Coach Parseghian
66 LG or RCA products
68 Petition
69 "Thumbs-up!"
70 Gas in signs
71 Gasless car
78 Tipoffs in hoops, e.g.
80 Christie's "A Pocket Full —"
81 Depots: Abbr.
83 Not old-fashioned
84 Cabinet dept. since 1965
85 Twosome
86 Abbr. on military mail
87 Societal
89 It might have mascara on it
90 Pas' mates
91 Opal ending
94 Horror-struck
95 All-Star pitcher Denny
96 Yearly
97 Gordie of hockey
98 Itched (for)
99 Seine feeder
104 Trendy again
106 Stimulate
107 — fide
109 Phony
110 Creates a lap
111 Blood type, for short
114 Prefix with pagan
115 Part of TTYL
116 HST follower
117 Loud noise

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SPECIAL FEEDER SALE

Wednesday, March 13th, 11am

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Clay Bickford: 208-791-5090 | John Pearson: 509-288-0161

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24 LAYING HENS, NINE 1 year old, fifteen 2 year old. Some blue eggers, green eggers, olive eggers, ISA Brown, Speckled Sussex, \$200. 208-660-5670

BORDER COLLIE/ Australian shepherd puppies. First shots, ready to go, males only, \$100. 208-916-4574, text only

PUREBRED BORDER Collie pups just born, ready for pick up in 8 weeks. Only \$500 firm. 406-531-2259

LOST OR FOUND animals or items run free the first week. Call 208-667-0651

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3 Ways to Support Veterans in Your Community

— Family Features —



As a group, United States military veterans have played an important role in protecting the rights and freedoms enjoyed today. However, the sacrifices made by service members can become easy to overlook with the passage of time.

For example, consider the experiences of Pfc. Antonio Ralph Martinez, one of 2,223 U.S. military servicemen aboard the Leopoldville, a Belgian transport ship. Ahead of the Battle of the Bulge, the last major German offensive of World War II, the Leopoldville was crossing the English Channel from England to France when a German U-boat struck it with a torpedo on Dec. 24, 1944.



In an interview for the Library of Congress Veterans History Project, Martinez recalled the ship zigzagging across the channel to dodge possible attacks. He was playing cards and jolted forward when the torpedo hit. Under blackout conditions, Martinez jumped to a nearby destroyer, sliding down a rope into the frigid water, where he stayed, developing hypothermia, until being rescued by a tugboat after about two hours.

Of those on board the Leopoldville, 515 are presumed to have gone down with the ship while another 248 died from injuries, drowning or hypothermia. Martinez was awarded a Bronze Star for his combat service during World War II and later served in the Air Force during the Korean War.

Stories like Martinez's showcase the valor and sacrifice of veterans who deserve gratitude. Consider these three small gestures to help show appreciation to the veterans in your community as they reacclimate to civilian life following their service.

1. Send a "Thank You" Card

Offering a heartfelt acknowledgment of the challenges veterans faced is one of the simplest ways to show them your appreciation and provide an emotional boost. If you know a veteran in your community, consider sending a handwritten "thank you" note. Or consult with a local veterans service organization that may be able to help you share a letter, card, care package or supportive email with former military personnel in your area.

2. Encourage Veterans to Share Their Stories

The stories veterans carry with them are powerful and often help shape who they are. These stories can hold valuable lessons, details of accomplishments and battles won or memories of friendship and camaraderie. They can also serve as reminders of sacrifice and hardship.

Through the Veterans History Project, the Library of Congress collects and preserves the firsthand remembrances of U.S. military veterans like Martinez and makes them accessible. The project allows future generations to hear directly from veterans and better understand what they saw, did and felt during their service.

Participating in the program involves submitting a 30-minute (or longer) unedited video or audio interview sharing service details and/or a collection of original photographs or correspondence. Veterans, or families of deceased veterans on their behalf, may also submit a minimum 20-page journal or unpublished memoir and/or 10 or more original photos or letters. To get started, visit loc.gov/vets and click "How to Participate" to download a how-to field kit for details, instructions and required forms.

3. Volunteer at Veterans Facilities or Organizations

Many veterans organizations, including Department of Veterans Affairs hospitals and medical facilities, welcome volunteers to assist with a variety of tasks such as clerical work, organization, transportation and simply visiting with wounded veterans to brighten their days. After locating a facility near you, contact the staff to arrange a visit and learn more about opportunities to volunteer your time and skills.

Photos courtesy of Library of Congress Veterans History Project. Source: Library of Congress Veterans History Project



Hay & Feed

ROUND BALES. CLEAN, no leaves, barn stored, \$160 ton or \$60 each. Also have cedar planks, good for raised gardens, \$1.50 board ft. Cash only. Hauser Lake, 208-773-5928

EXCELLENT QUALITY barn stored hay. Big alfalfa, 1300 lbs., \$125. Small alfalfa, 100 lbs. plus, \$15. Big grass, 1100 lbs. plus, \$100. Small grass, 100 lbs., \$10. Big beardless barley/ alfalfa, 1150 lbs., \$100. 509-995-4824, 509-995-4823

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

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

FIRST CUTTING MIXED grass hay, good quality, approx. 60 lb. bales, \$200 ton. Third cutting alfalfa round bales, \$125 each. First cutting alfalfa round bales, \$65 each. 208-964-4902, 208-661-1848

Super Crossword

I	N	A	P	T	A	H	E	M	W	H	I	M	S	C	H	A	S			
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— *Montana Fish, Wildlife & Parks* —



The winning artwork is by Florida artist John Nelson Harris. His painting of a northern pintail duck was selected from among more than 70 submissions from artists around the United States. Harris is the designer of more than a dozen conservation prints and stamps, including duck stamps for California, Oklahoma and Washington.

For more information of the contest and to view the submissions, visit fwp.mt.gov/migratory-bird-stamp.

[illegible]☐ Please call me for payment info

By fax: 208-765-6969

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<input type="checkbox"/> 3 papers: \$26.15		\$.
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NEW/ UNUSED Springfield Saint Victor AR-10 .308. Gear Up package with Vortex red dot, case, and two 20-round magazines, \$1300. Izhmash Saiga 12 with two 20-round drums and one 10-round magazine, muzzle brake, and front pistol grip with laser and flashlight, \$2500 OBO. 208-553-3266

WANTED: RIFLES, shotguns, pistols, ammo of any quality and miscellaneous related items. Top dollar paid! Call 208-704-0640

LASERGRIPS FOR Charter Arms revolvers. Crimson Trace LG-325, red laser, like new condition. New sells for \$275; asking \$140. Call or text 208-661-6481, Sandpoint

GERMAN SHORT-HAIRED pointer puppies. No-Mars and Hanging G Gundogs on top, NAVHDA bloodlines on bottom, full AKC registration. Four years genetic health guarantee, vet check with health certificate, first shot, chipped, and wormed three times. 4 females, liver patched and ticking; 1 male, liver patched and ticking; born Jan. 10th, \$600 each, last time they will be offered at this low price. 208-304-2710, Naples

BLANCHARD COMMUNITY Center Gun Show, March 30th, 9am-4pm. Guns and related items only. Buy, sell, trade. Good food. 685 Rusho Lane. 50+ tables. \$30 per 4' table; \$45 for 6' tables. Call Bob at 559-250-7917 for info and to rent tables; 6' tables are very limited

GLOCK 20 GEN4 10mm. Comes with 3 mags, fiber optic front sight, \$500. 208-818-3897, CdA

RUGER MK II 22 LR, SS 6.875" barrel, \$525. Ruger MK II 22 LR, SS 10" barrel, \$650. Ruger American 6.5 Creedmoor with Vortex 4-12x40 scope, \$650. Browning Citori, walnut stock over/ under 12 gauge, extra chokes, \$1250. Savage Axis 223 Rem. left-handed, new in box, \$550. All in excellent shape. 801-808-0343, CdA



BUYING ELK, MOOSE and deer antlers. Idaho cougars, wolves, black bear hides, claws, skulls. Carcass porcupines. Elk ivories. IDFG check station for bear and cougar. Custom tanning and skull cleaning. Moscow Hide and Fur, 208-882-0601, www.furbuyer.com



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GUNWERKS G7 BALLISTIC rangefinder, like new condition, \$800. 208-597-6723



COEUR D'ALENE Bowmen's traditional indoor 3D shoot is Saturday, March 9th, 9am-3pm at 6308 W. Integrity Way, Post Falls. Men and women, \$20; kids 16 and under, \$12. Contact Nate, 208-952-5187 or Van, 208-416-1720. www.cdabowmen.com; email, cdabowmen1@gmail.com; Facebook, cdabowmen archery

NORTHWEST HUNT FEST, May 10th-11th, Kootenai County Fairgrounds, CdA. Early bird prices until April 1st. Laser hunting simulator, live music, food trucks, contests, and more! Kids and youth under 17 get in free! For tickets, full schedule, and speaker lineup, visit: www.northwesthuntfest.com



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, 208-691-2812

1927 WINCHESTER MODEL 92 saddle ring carbine, 44 WCF, 80%. 1914 Winchester Model 92 saddle ring carbine, 32 WCF, 85%. 1912 Winchester Model 94 rifle, octagon barrel, 30 WCF, 75%. 1902 Winchester Model 73 Special Order short rifle, 44 WCF, 85%. 1894 Colt Lightning saddle ring carbine, 44 WCF, 75%. For information call 208-691-2363

Dog Grooming Advice to Keep Pets Clean and Healthy

— Family Features —



Regular grooming can keep your dog looking and smelling his or her best, but it's also important for maintaining health. If you choose to groom at home rather than opting for (often expensive) professional care, it's also an opportunity to examine your pet for potential concerns.

A proper grooming routine starts with the right tools. Consider these suggestions from The Humane Society of the United States:

- Dog-friendly nail clippers
- Rubber-bristled brush
- Dog-friendly toothbrush and toothpaste
- Dog-friendly shampoo and conditioner
- Cotton balls
- Blunt-ended shears or small clippers with guides
- Microfiber towel

Trimming Nails

When your dog's nails nearly touch the ground, it's time for a trim, typically every 3-4 weeks. Trimming the part of the nail that turns down helps prevent pain and damage to paws.

If your dog has white nails, avoid cutting the "quick," the pink part that's visible on white nails,

which bleeds when cut. For dark nails, simply trim a bit at a time until evidence of the quick is visible.

Bathing and Brushing

Frequency for baths and brushing depends on your dog's coat type - be sure to research optimal grooming schedules based on his or her breed. In general, The Humane Society of the United States recommends these guidelines:

- Short, smooth or wiry coat: Brush once a week with a rubber-bristled brush.
- Long, silky or curly coat: Brush once a day with a rubber-bristled brush or wire slicker brush. Use a steel comb to prevent tangles or mats, if necessary.
- Double coat: Use an undercoat rake or de-shedding tool to gently de-shed once a week in addition to regular brushing routines.

When it's bath time, use a shampoo formulated for dogs and a damp cloth or cotton ball to clean around the eyes and ears without pushing anything into the eyes or ears. Dry with a microfiber towel or hair dryer on a low setting.

Cutting Fur

Be careful and work slowly to avoid mistakes and keep your dog calm and comfortable. Brush, bathe and completely dry prior to cutting fur with blunt-ended shears or small clippers with guide combs. Specifically trim hair covering the eyes and private areas and between your pup's paw pads. It may be helpful to watch a tutorial online to ensure success.

Brushing Teeth

You can prevent gum disease and plaque buildup by brushing your dog's teeth with a soft toothbrush and dog-friendly toothpaste. Make sure your pet is comfortable and start slow, staying on the outside surfaces of teeth and gently rubbing back and forth. Focus on the area where the tooth surface meets the gum.

Visit eLivingtoday.com to find more pet health advice.

Photo courtesy of Unsplash

REMINGTON 700 .308. 24" stainless Sendero Light barrel, Jewell trigger, Accuracy International 1.0 thumbhole black synthetic stock, SureFire muzzle brake, folding rear monopod. \$1500, 208-659-2938, Hayden

CZ 97 BD 45 HANDGUN. Shot very few times, in good condition with custom Vedder multi-holster and original box, \$1100. 208-217-5187, Bonner County



WANT TO TRADE: NEVER fired in the box Mossberg 500 18.5" 12 gauge, all black. Includes second 24" barrel, tactical stock/ pistol grip, 100 shells, OEM stock, sling, bandolier, and choke. Trade for an AR pistol or rifle. Call/text 208-260-0090, Post Falls

I REALLY DON'T WANT TO do this! Selling Ruger M77 All Weather 22 Magnum bolt-action rifle. Leupold 3x9 variable scope, 10-round rotary magazine, \$1250, no trades. 208-691-0664

DID YOU KNOW??? THE Nickel's Worth has an emailed newsletter! Each month we will feature a new topic of interest. This month features how photos can help with your advertising; February featured how to avoid scams. Call or email us if you would like to subscribe: 208-667-0651 or ads@nickelsworth.com

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

1990 BROWNING Hi-Power 9mm high gloss blue with target sights, \$1100. Ruger Mini-14 223, \$850. Browning BPS 12 gauge pump, like new in box, \$675. 1988 Remington Wingmaster 20 gauge pump VR full choke, \$675. 208-967-2705, Hayden

12 GAUGE BENELLI Super Black Eagle shotgun, \$1250. 208-446-4665

RELOADING BRASS: 50 BMG, \$.40 each. 308 Win., \$60/ 500; 223/ 556, \$55/ 1000; 45 ACP, \$50/ 500; 40 S&W, \$40/ 1000; 9mm, \$35/ 1000; 357 Mag., \$30/ 100; 38 SPL, \$40/ 500. All brass polished and once fired. For more information, 509-366-0450

MAGAZINE WELL/ trigger guard for Tikka T3 and T3x rifles. Mountain Tactical, machined aluminum, hardened SS Torx-head action screws. Great upgrade from factory plastic piece and cross-slot screws. Like new condition. New sells for \$160, asking \$85. Call or text 208-661-6481, Sandpoint

SPRINGFIELD HELLCAT Pro 9mm with 3 mags, range bag, and Alien Gear holster, brand new and unfired, \$550. 1100 rounds ammo, target and tactical, please ask for prices if interested. The more you buy, the more you'll save. 208-277-4810, Harrison, ID

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HENRY 357/38 BIG BOY Brass, Mare's Leg pistol. 357 Magnum, lever action. Mint condition, unfired and in original box, \$950. Located in CdA, 951-743-6777

WALTHER PP 7.65mm, nickel plated WW2 Waffren stamped Nazi sidearm in very good condition, gun #271984 P. German officer was relieved of this gun in 1944. Includes 2 original mags, original leather holster, 2 boxes of shells, \$1800. 831-345-3989

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Knights of Columbus sausage feed, 7:30am-11:30am
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SIG SAUER P2340 IN 357 Sig, semi-auto handgun, shot very little, 3 mags included and 50 rounds, excellent shape, \$350. 208-597-6723

LIKE NEW MARLIN 30-30, only had 20 rounds fired through it, comes with 40 rounds of ammo, \$750 OBO, cash only. Photo online at nickelsworth.com. Call or text 208-699-9267, Post Falls

STOCK FOR TIKKA T3 AND T3x rifles. Bell and Carlson Medalist, synthetic composite, integral aluminum bedding block. Great upgrade from factory plastic stock. Like new condition. New sells for \$340, asking \$175. Call or text 208-661-6481, Sandpoint

WANTED: MERCURY Magnum Model G 1032 side-by-side. 208-245-0796, leave message

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30 CAL. MI CARBINES
Top \$\$ Paid for Condition
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LEARN TO BE self-sufficient when help could be days away with survival and medical courses. Upcoming dates: Wilderness Emergency Survival Skills, May 18th-19th; Wilderness Emergency Survival Standard (Survival + Wilderness First Aid), June 7th-9th; Intro To Wilderness Emergency Survival, all ages, July 27th. Sign up at artossurvival.com

ATTENTION VETERANS and active duty service members: Present your military ID or proof of membership in veterans' group at the Nickel'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 country!

NEED YOUR BIRDS mounted? Call Favorite Feathers Taxidermy, Post Falls, 510-501-5863

EXCELLENT ACCURATE 2011 Win. (Miroku) 1885 High Wall falling block rifle, .45-70 Government Traditional Hunter limited series. Blued hardware with walnut. 28" octagon barrel, open sights with vernier tang sight (removed for scope). Leupold mounts and rings with Leupold VX-II 2x7 gloss finish scope. Hornady reloading dies, new boxed factory ammo, new unfired brass, loaded cartridges, bullets with box and papers, \$1925. Call or text 509-979-2937, Idaho residents only



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

WINCHESTER MODEL 94 30/30 1948. This rifle would be hard to improve on, \$1250. Winchester Model 1894 30WS 1898 half mag. old rifle in good condition for age, \$1300. Marlin 39A 1975 JM marked nice, \$850. Beretta A390 12 gauge, all chokes nice, \$850. Call or text 208-661-4598

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WANTED: OLD COLT 44-40 caliber Revolver. Will consider some firearms in trade with cash. Contact Jerry at 406-291-0027 or jerryberry@currahee.org



COEUR D'ALENE Bowmen Spring 3D Archery Tournament & Fun Shoot. Saturday-Sunday, March 16th-17th at The Flying Arrow Ranch, 13282 S. Highway 97, Harrison. Saturday is the 2nd leg of the North Idaho Triple Crown, Saturday-Sunday clubs 2-day shoot. Compound and traditional 3D courses, marked yardage, range finders OK, concessions, and overnight camping available. Fun for all ages! For info and registration contact Paul, 208-661-6792, Chance, 208-818-6968, or go online: www.cdabowmen.com. Facebook: [cdabowmenarchery](https://www.facebook.com/cdabowmenarchery)

RCBS ROCK CHUCKER reloading press, like new, \$100. 208-946-1030

PSE POLARIS GAME Sport 43" compound bow, excellent condition, may need some maintenance, possibly new string, peep sight installed, includes cloth case, \$100. 208-819-2555

Meet The Artists Behind Your Fish And Game Hard Cards

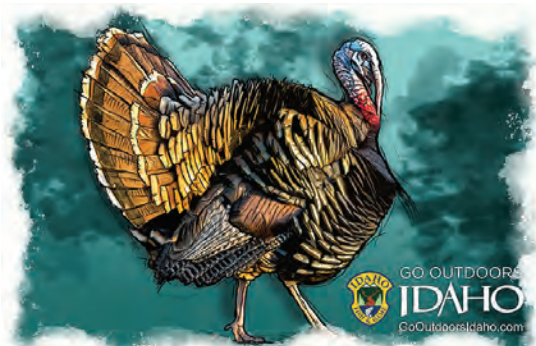
— Idaho Dept. of Fish & Game —

To celebrate the work of local outdoor artists, Idaho Fish and Game offers you a hard card—a durable, plastic card that fits right in your pocket, bino harness or tacklebox.

In the world of hunting, fishing and trapping, experiences are often the highest form of reward for the time spent pursuing fish and wild game and connecting to nature. Sportsmen and women—similar to artists—collate their own personal book of experiences, enthusiastically shared at the dinner table or around the campfire.

But at the intersection of outdoor experience and artistic expression lies some of the finest personal reflections of lifetimes spent hunting, fishing and trapping—stories of big bucks, cold marshes, legendary fish and steep mountains told in the form of acrylic paint or digital pixels.

To celebrate the work of local outdoor artists, Idaho Fish and Game offers you a hard card—a durable, plastic card that fits right in your pocket, bino harness or tacklebox—featuring original art created by local artists. Aside from it being just a handy way of keeping all your licenses and tags in one place, hard cards capture the beauty and unique expression of an artist who understands the same inexplicable joy that comes with hunting, fishing and trapping as you.



As the official hard cards start to hit the market, we sit down with local artists Ed Anderson and Josh Udesen to learn what experiences drive their imagination.

Cataloging Americana with Ed Anderson

From tarpon fishing in the Gulf of Mexico to tracking big mule deer bucks in Idaho's backcountry, Ed Anderson has compiled quite the collection of hunting and fishing adventures. Anderson, known all over the country for his stylistic wildlife paintings, murals and graphic design work, believes every artist has a cool story to tell.

"That's what the West is about now. There's a story of the West that's yet to be told," he said.



Anderson calls his style a "big controlled mess," a way of "cataloging Americana." Using mostly acrylic and Sharpies, Anderson's designs of trout, elk, deer and even turkeys are iconic here in Idaho and have been featured in many outdoor publications.

After growing up in Minnesota, Anderson taught himself the finer stylings of painting and soon found work at the J.N. "Ding" Darling National Wildlife Refuge in Florida. There Anderson cut his teeth on salt-water fly fishing, going after redfish and tarpon.

But it wasn't the shallow fish themselves that drove Anderson's vision for his artwork. It was something deeper.

"I have a terrible memory for hunting and fishing stories, but I remember the experiences," he said. "I never remember the fish, but I remember the times we spent fishing. It's the food, it's the people I was with. It's about watching elk with your kids. We're lucky we get to live in a state where you have great experiences every time you go out."

Head on over to Ed Anderson's website (<https://edandersonart.com>) and social media to check out his full gallery.

Drawing Tightlines with Josh Udesen

If a picture is worth a 'thousand words,' where does that leave a painting or crosshatch drawing of said picture? If you ask artist and angler Josh Udesen, the answer is priceless.

Udesen—the artist behind that second Fish and Game hard card design featuring a cobble-lined stream full of colorful trout—has tapped into a unique style of art that harkens back to his days as a fly fishing guide.



"I used to guide up in Alaska and on the Deschutes River before moving to Idaho, and in those places there are fish you're not allowed to take home, even the biggest ones," Udesen said. "I started getting requests to paint other clients' photograph grip-and-grins who wanted a life-size memento of their trophy catch."

Another product of Minnesota—there must be something in the water—Udesen was largely self-taught as a painter and illustrator, his primary method of design. Now, Udesen balances his time as a professional artist with teaching (high school art, naturally).

"A lot of the paintings I do of clients' fish are life-size. Sometimes it's a 32-inch canvas with a 29-inch fish on it," Udesen said. You can check out more of Josh Udesen's detailed artwork over at his website (www.tightlinestudio.com).

It's not just the fish featured on Josh's and Ed's canvas or sketchpad that catch the eyes of fish-minded art lovers. Whip out that 2024 hard card and see for yourself. Whether you're sporting Ed Anderson's struttin' tom turkey or Josh Udesen's mosaic trout stream, the 2024 Idaho Fish and Game hard cards serve as not only a handy way to keep your fish and hunting license with your gear, but they are literally a work of art.



"They're great," Udesen added. "It's cool to see artists given a chance of sharing their artwork with other likeminded outdoorsmen. I just keep it tucked away in my waders' pocket. You never forget where you left your license."

HOT TIP: Want to avoid that moment of all-out panic as you frantically search for your hunting or fishing license while the car idles and the kids try to break free of their car seats? Consider purchasing an extra hard card—maybe one of each design—one for your tacklebox and the other in your hunting pack.

The year is just beginning to hatch, folks. Do yourself a favor and pick yourself up one of two license hard cards and avoid the headache of misplacing your rolodex of hunting and fishing licenses. For just \$6, it'll be one of the smartest moves you can make.

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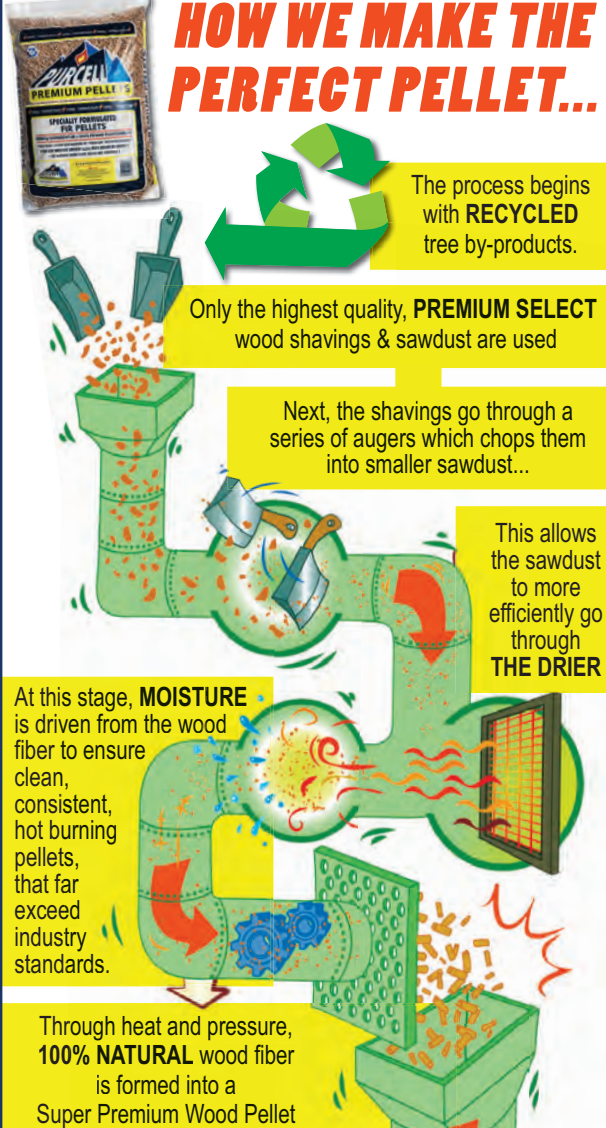
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March 2024 Events At The Fox Theater

— Spokane Symphony & The Fox Theater —

Complete event details can be found at foxtheater-spokane.com.

The Black Jacket Symphony Presents: Journey's "Escape" Friday, March 1 at 8pm

The Fox Theater

The Black Jacket Symphony recreates Journey's iconic album *Escape* live in its entirety—note for note, sound for sound—plus a full set of Journey's greatest hits. Over the past ten years, the Black Jacket Symphony has performed over 40 classic rock albums, bringing an incredible night of entertainment to over a million music lovers across the US. The group of hand-picked musicians changes based upon the album being performed—and no sonic detail is overlooked, with the musicians doing whatever it takes to reproduce the album. It's a full night of rock and roll—plus a visual experience unlike any other. Known for their incredible live recreations of some of classic rock's greatest albums, The Black Jacket Symphony is bringing Journey's iconic album *Escape* to life. It's a full rock-and-roll experience. *Black Jacket Symphony tickets start at \$35.*

Spokane Symphony

Masterworks 7: Along the Silk Road. Saturday, March 9 at 7:30pm, Sunday, March 10 at 3pm

The Fox Theater

James Ross, conductor

Sandeep Das, tabla

Grammy-winning musician, Sandeep Das is one of the leading Tabla virtuosos in the world today. Since his debut concert at the age of 17 with legendary Sitar player Ravi Shankar, Das has established himself as one of India's leading Tabla maestros, building a prolific international reputation spanning over three decades. Das has collaborated with top musicians and ensembles from across the world such as Yo-Yo Ma and the Silk Road Ensemble, with whom he has performed for the past 21 years, as well as Paquito D'Rivera, Bobby McFarin, and iconic orchestras like the New York Philharmonic, Boston Symphony, and Chicago Symphony, among others. His original compositions have been performed in over 50 countries, including events at the Forbidden City Concert Hall, the Hollywood Bowl, and the Sydney Opera House; for the 150th anniversary of the United Nations; and by university and children's ensembles across the globe. *Masterworks 7 tickets start at \$19.*

Spokane Symphony

Pops 4: Music of the Night. Saturday, March 16 at 7:30pm

The Fox Theater

Morihiro Nakahara, conductor

Morgan James, vocals

Hugh Panaro, vocals

Transport to the heart of New York City, where the lights shine bright and music never stops — Broadway. From the iconic melodies of *Phantom of the Opera*, *Wicked*, *West Side Story*, *Sweeney Todd*, *Hamilton*, *Kiss Me Kate*, *My Fair Lady*, *Annie Get Your Gun*,

The Music Man, *Frozen*, *Hairspray*, *Cabaret*, *Chicago*, *Little Shop of Horrors*, and *Book of Mormon*, experience the thrill of hearing your favorite show tunes brought to life by the Spokane Symphony and Broadway Stars Hugh Panaro and Morgan James.

Hugh Panaro is perhaps best known for having played the coveted role of the Phantom in Broadway's *The Phantom of the Opera* over 2,000 times, including the 25th Anniversary production. In fact, Hugh is one of the few actors to be cast by Harold Prince as both The Phantom and Raoul in the show's Broadway production and is currently starring as the titular role in the immersive Off-Broadway production of *Sweeney Todd*. Morgan James is a classically trained vocalist, Broadway veteran and recording artist. On Broadway, Morgan has appeared in five Original Broadway Casts: *Motown: The Musical*, *Godspell*, *Wonderland*, *The Addams Family*, and *Kristin Chenoweth's For The Girls*. She routinely tours Europe and the US with her own soul band, and she also toured Europe, Australia, and the U.S. with Scott Bradlee's *Postmodern Jukebox*, and is featured in ten of their videos. Her videos on YouTube have garnered 275 million views (and counting). *Pops 4 tickets start at \$47.*

Spokane Youth Symphony Presents: Voices of our Youth. Sunday, March 17 at 4pm

The Fox Theater

The Spokane Youth Symphony presents their 2023-2024 concert season, "Celebrate Spokane!" *Spokane Youth Symphony tickets start at \$15.*

An Evening with Jimmy Failla. Saturday, March 30 at 8pm

The Fox Theater

Jimmy Failla is an American stand-up comedian, TV Pundit, Author, and Host of the syndicated FOX Across America with Jimmy Failla, which airs 12-3 EST Monday-Friday on Fox News Radio and streams on Fox Nation, Radio.Com and TuneIn. The show is also available as a podcast on iTunes. Failla was raised in Levittown, New York. A former New York City cab driver, Failla was named Outstanding Male Comedian of the year at the 2014 New York City Nightlife Awards. His one hour standup special, "State Of The Union," is currently streaming on Amazon Prime. He has also made multiple standup appearances on AXS TV's "Gotham Comedy Live." He played himself on "The Jim Gaffigan Show" on TV LAND. In addition he appears regularly on Kennedy on the Fox Business Channel as well as "America's Newsroom," and has made multiple appearances on "The Greg Gutfeld Show," "The Ingraham Angle," "Watters World," and "The Story with Marth MacCallum." He has also appeared on *Strange Inheritance: Unpacked* as well as *Redeye* on Fox News. He has served as spokesman for the Flippis Mobile App. In addition, he is the head writer for A-List Comedy, a national comedy service that supplies topical humor and audio sketches to over two hundred radio stations. *Jimmy Failla tickets start at \$37.50.*



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MECHANIC'S SPECIAL! 26" Craftsman snowblower, 8 HP, 2-stage, track drive, original owner; needs transmission fan belt, first \$50 cash takes. 208-772-2468, CdA

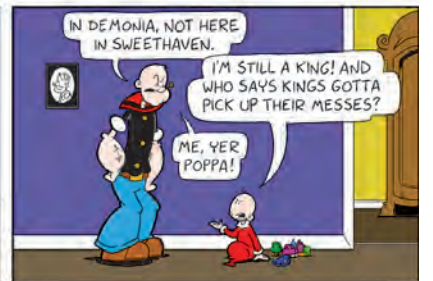
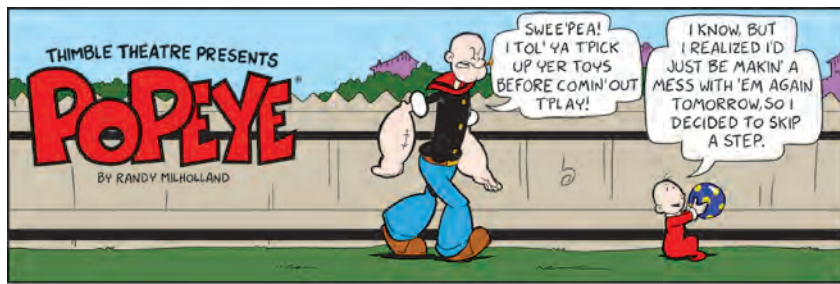
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Community Calendar

55+ Singles Friendship Group All are welcome! New in town? Looking for friends? Meetings at Corner Café, 203 E. Seltice Way, Post Falls, 2nd and 4th Wednesday of every month, 5pm. Info., 208-676-8456.

Powerful Tools for Caregivers, Tuesdays, March 5th-April 9th, 1pm-2:30pm, at Panhandle Health District, 8600 N. Atlas Rd., Hayden. Free 6-week workshop will cover strategies to reduce stress, enhance quality of life for caregiver and loved one, and how to gain confidence for decision-making.

Connect with resources also. Class size is limited for this award-winning program. Registration required; call Rhonda at 208-818-6536. For adult day care, contact One Site for Seniors, 208-651-9060.

Lawyer in the Library, Thursday, March 7th, 4pm-6pm, at CdA Library, 702 E Front Ave. Free legal clinics/ advice from volunteer attorneys for low-income individuals/ families in Idaho who need civil legal services. Registration is required at least 24 hours prior. Register at <https://cdalibrary.org/library-events/lawyer/>

Courtesy of Coeur d'Alene Insider, cdainsider.com

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Photo courtesy of Courtney at Scotchman's Coffee Roastery in Clark Fork



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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 YOU CALL LARGE MAMMALS THAT GET CAUGHT
IN THE RAIN?

LASTED	_____	TALES	_____	BASKET	_____	STEAK
BUSTER	_____	TUBES	_____	ELBOWS	_____	BOWLS
ECLAIR	_____	CLEAR	_____	THOMAS	_____	MOTHS
ZINGER	_____	REIGN	_____	REMAIN	_____	MAINE
BLAZES	_____	SABLE	_____	HUDSON	_____	HOUND
LOWERS	_____	WORSE	_____			
HOCKEY	_____	CHOKE	_____			

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, 5:30pm, at Kroc Center, 1765 W. Golf Course Rd., CdA. (No Kroc membership is needed.)

Community Dinner every Tuesday at Cup of Grace, 31848 N. 4th Ave., Spirit Lake. Free dinner and all ages are welcome!

Courtesy of *Coeur d'Alene Insider*, cdainsider.com

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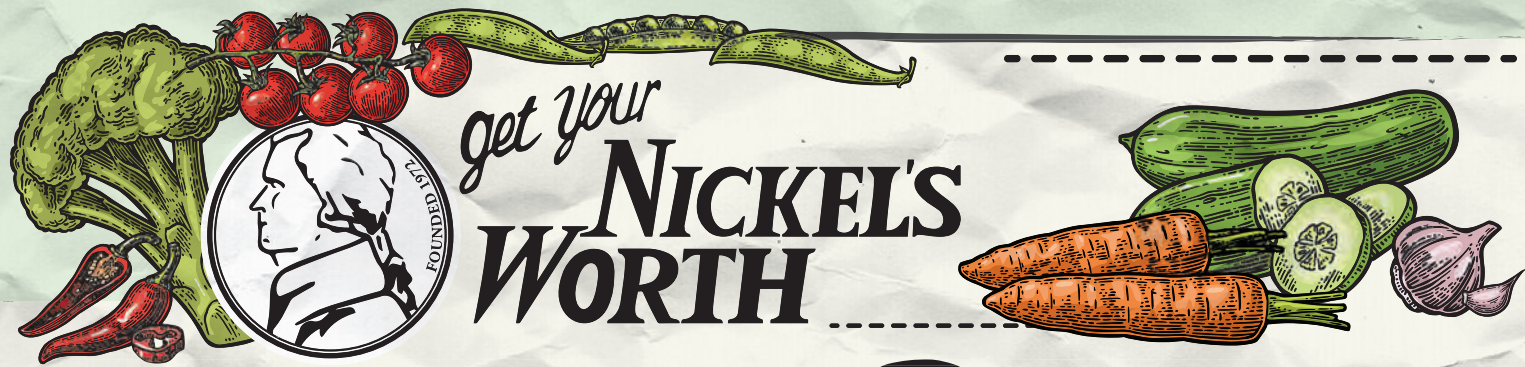
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PLANTING GUIDE

DON'T WAIT UNTIL IT'S TOO LATE! IT MIGHT STILL BE TOO EARLY TO PLANT OUTSIDE, BUT IT'S NEVER TOO EARLY TO



THINK VEGGIE GARDEN



AROUND HERE, IF YOU WAIT UNTIL THE WEATHER WARMS ALL THE WAY UP TO START THINKING ABOUT PLANTING YOUR VEGGIES, IT'S TOO LATE FOR A LOT OF STUFF.

GET AHEAD OF THE GAME, GET YOUR NICKEL'S WORTH PLANTING GUIDE NOW!

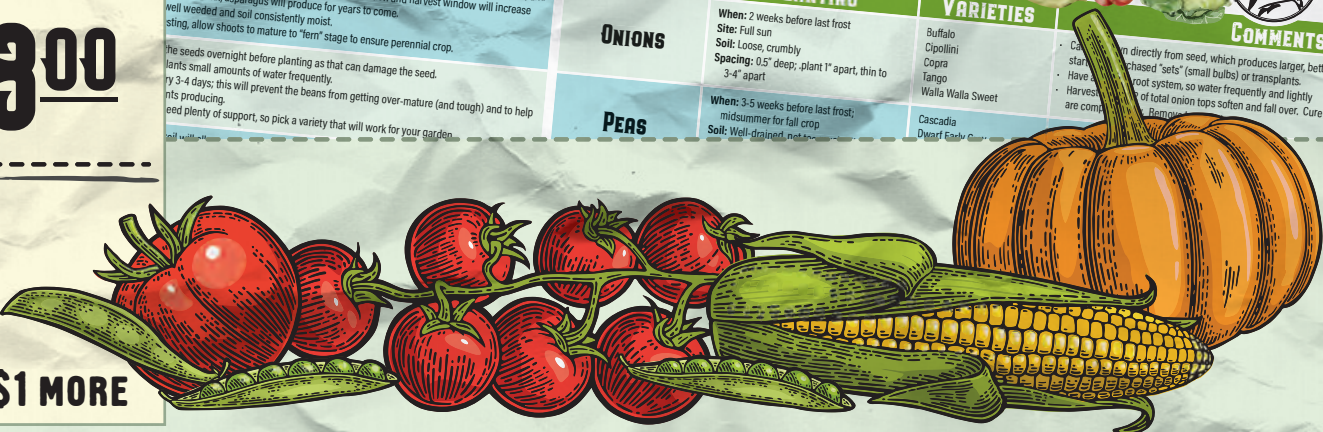
THE PLANTING GUIDE IS OUR HANDY DANDY HOW-TO CHART FOR LOCAL VEGGIE GARDENING, PRINTED ON NICE, GLOSSY PAPER. WHEN AND WHERE TO PLANT, PLUS HELPFUL TIPS AND TRICKS FOR A VARIETY OF FRUITS AND VEGGIES

North Idaho & Western Montana PLANTING GUIDE			
VEGETABLE	PLANTING	VARIETIES	COMMENTS
ONIONS	When: 2 weeks before last frost Site: Full sun Soil: Loose, crumbly Spacing: 4-5" deep, plant 1" apart, thin to 3-4" apart	Buffalo Cipollini Copra Tango Walla Walla Sweet	Can be planted directly from seed, which produces larger, better keeping onions. Have a good root system, so water frequently and lightly. Harvest when total onion tops soften and fall over. Cure for approx. 3 weeks.
PEAS	When: 3-5 weeks before last frost; midsummer for fall crop Soil: Well-drained, not too heavy	Cascadia Dwarf Early Wonder	

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Puzzles4Kids		
Answer		
LASTED	D	TALES
BUSTER	R	TUBES
ECLAIR	I	CLEAR
ZINGER	Z	REIGN
BLAZES	Z	SABLE
LOWERS	L	WORSE
HOCKEY	Y	CHOKE
BASKET	B	STEAK
ELBOWS	E	BOWLS
THOMAS	A	MOTHS
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Check our calendars for local events.

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Personal conviction	B _ _ _ _ _	Freedom from pain	R _ _ _ _ _
2. Pirate's board	_ L _ _ _	Practical joke	_ R _ _ _
3. Semi or pickup	_ _ U _ _	Runner's pathway	_ _ A _ _
4. Stagger	_ O _ _ _	Space telescope	_ U _ _ _
5. Thirst quencher	_ _ T _ _	Hem and haw	_ _ V _ _
6. Sluggish	_ L _ _ _	Light rain	_ H _ _ _
7. Eden fruit	_ P _ _ _	Plenty	_ M _ _ _
8. Dormant	_ _ T _ _	Bemoan	_ _ M _ _
9. Singer Shelton	_ _ _ K _	Razor, e.g.	_ _ _ D _
10. Ice cream spoon	_ C _ _ _	Meddle	_ N _ _ _



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