

KETTLE FALLS FOOD BANK NEWS

THE FEINSTEIN CHALLENGE CONTINUES THROUGH THE END OF APRIL. DONATE FOOD AND/OR MONEY FOR MATCHING FUNDS!!! EVERY LITTLE BIT HELPS.

The First Annual Kettle Music Fest has come and gone. By all accounts, it was a great success. The Music Fest raised over \$2,000 in cash donations and over fifty pounds of food for the Kettle Falls Food Bank. The spaghetti dinner that was donated by KC's Restaurant raised nearly \$600 and was a sell-out. The food bank has all intentions of making this a yearly tradition.

SPECIAL THANKS:

TO CAROLAUBERTIN OF KC'S RESTAURANT FOR HOSTING THE MUSIC FEST AND SO GENEROUSLY DONATING THE SPAGHETTI DINNER. TO RICHARD TAYLOR OF PLANETARY REFUGEES FOR COMING UP WITH THE IDEA. TO STAZYA, PAT & PO, SARA BROWN BAND, PLANETARY REFUGEES AND FIRECREEK FOR THE BEST AFTERNOON AND EVENING OF MUSIC A PERSON COULD WANT. TO MIKE EAKINS AND KCVL FOR HELP WITH PUBLICITY. TO BOB PIERPOINT FOR MAKING THE SOUND A SUCCESS FROM BAND TO BAND. TO STEVE SCHOTT AND RICHARD WALTER FOR ORGANIZING THE EVENT. TO THE KETTLE FALLS FOOD BANK BOARD OF DIRECTORS FOR ALL THEIR WORK. TO EVELYN BOLT VAN DYKE AND HARTFORD VAN DYKE FOR MAKING AN UGLY BARREL ATTRACTIVE.

MOST IMPORTANTLY, TO ALL THE ATTENDEES, DONORS AND DANCERS FOR MAKING IT SO MUCH FUN AND SUCH A SUCCESS.

Speaking of Feinstein, the Gateway Assembly of God conducted a special door to door food drive in March with the youth of their church. They collected 243 pounds of food. Bags donated by Harvest Foods in Kettle Falls, were delivered door to door like the Boy Scout Food Drive held annually. Filled bags were picked up at a later date and delivered to the Kettle Falls Food Bank. Thank you Danyelle Warner of the Gateway Church and the young boys and girls you supervised. What a great project!

The Panhandle Riders Motorcycle Club will be arriving soon. They are slated to roll into town just a bit later than usual. May 1, 2011 will mark the 19th year this generous and fun group of Idaho motorcyclists has made the trek to Kettle Falls. The majority of the riders hail from Post Falls, Idaho, which is where the club is based, but many others are from Spokane and Spokane Valley. The Washington faction members belong to the Evergreen Riders Club. Both groups conduct fund-raising rides throughout each summer. The schedule was altered slightly to avoid a conflict with another annual fund-raiser that many members of both clubs like to attend. The Kettle Falls Food Bank is hoping to see a larger turnout this year, with some familiar faces that haven't been present for a while. Again this year, the food bank will host a barbeque potluck for their visitors at the Kettle Falls Masonic Lodge. If you happen to be out and about on that day, look for the Panhandle Riders Motorcycle Club to arrive around noon. Line the sidewalk and wave to them; they really do a great deal of good for this community.

PANHANDLE RIDERS MOTORCYCLE CLUB ARRIVES
MAY 1, 2011 FOR THE 19TH CONSECUTIVE YEAR!!!!

LINC HAS SCHEDULED A CRAFT PERIOD FROM 2-4PM ON WEDNESDAYS.

This is an opportunity to bring your knitting, embroidery, crotchet or other transportable hand-craft to LINC to socialize and share your interests with others. Carol Grabow is on hand to teach/assist with your projects.

There are board games and coloring books for the kids, and even a piano waiting to be played.

LINC is located at 76 Third Ave in Orient. Call Carol for more information at 685-2276. The meeting time can be adjusted if needed.

Autism Spectrum Disorder: One Family's Journey

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part Jen says it's a learning process for both Drew and the other kids.

Drew thrives on order and has a different way of looking at some things. Recently, Jen put up a very specific daily calendar for Drew to follow. It lists exact times for waking up, breakfast, brushing teeth, getting dressed, after school play, homework, TV, bath, bedtime, etc. For complying without disagreement, he gets gold stars. For so many gold stars, he gets a reward. These days, rewards for Drew would likely involve Legos, a toy he is totally focused on. One day, Jen decided to give him a pass on one of his schedule items. He not only differed with her, but made her come look at the schedule to show her that he had something to do at that time, not the 'pass' activity she suggested. As for his way of looking at things, once Jen told him his Legos would be taken away if he didn't do something he was supposed to do. She further told him that was called a consequence. His prompt response was that it would be a Legoquence, not a consequence. She shares many of his 'Drewisms' to her Facebook friends.

Drew sleeps at night with several weighted blankets, part of the pressure therapy. She said sometimes he brings a blanket to her and asks her to wrap him up in it, "make me a mummy". He also wore ankle weights for a while. All of these things served to calm him. In addition to therapy, Jen said she reluctantly agreed to medical therapy. It was a step she never wanted to take, but has found that it serves to keep him calmer and less rambunctious. She has tried both with and without medication and noted that his behavior is markedly different between the two.

The most important thing this mother wants to share with others is to pay attention to your child's development. When parents notice something different, that just doesn't seem right; the loss of speech, the lack of interaction, seek a doctor. Pay special attention to the lack of eye contact, is her emphatic statement. Sometimes, a diagnosis takes more than one doctor visit. Not all doctors are as well-versed in this disorder as others. Early diagnosis and treatment is important; in Jen's words, vital.

Notable Books

by Peggy Mandin

In an effort to make people aware of books that have made an impact on or been particularly enjoyed by our readers we would like to report briefly on a few books each month. Most people I know are always searching for book recommendations and this seems a good way to share the collective information. If you have a book that you would like to include on the list send the information and a few lines about the story to kfocust@kettlefallsfocus.com. These books are available through the Libraries of Stevens County.

Lebensborn, by Jo Ann Bender.

In Nazi Germany certain women were chosen because of their appearance and traits to become impregnated by the elite SS officers and then sent to special maternity homes to give birth to superior Aryan children "for the Furher". This was a program that remained "one of the most mysterious, disputed and secret of all Nazi programs" to the public, but not to the military. This story follows a young French girl, Antoinette, and her family starting in the summer of 1941 when the SS take up residence in their home and begin ruling their village. One of the Majors in the SS pursues Antoinette and causes her entire life to change.

Dear senator: a memoir by the daughter of Strom Thurmond, by Essie May

Washington-Williams and William Stadiem. Essie May Washington was the illegitimate daughter of Strom Thurmond, the favorite son from a wealthy, white South Carolina family and Carrie Butler, a black teenager who worked as a maid on the Thurmond family's plantation. Strom Thurmond became a powerful politician and longtime senator who was a "leading voice" for racial segregation for years in the South. Father and daughter maintained a complicated relationship hidden from the public until Thurmond's death at the age of 100. This is Essie May's portrayal of Strom Thurmond as a behind the scenes father, adamant segregationist, and formidable opponent.

Izzy and Lenore, by Jon Katz.

This is the story of Izzy, a Border Collie, and Lenore, a black Labrador, who come to live at separate times with Jon Katz on his farm in upstate New York. Izzy shows remarkable sensitivity to hospice patients while the spirited Lenore helps Jon out of an unshakable depression. Along with the other animals at Bedlam Farms Jon explores the connections that can be possible between humans and animals. Written with humor and insight the book includes some of Jon's inspired photography.



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