

The Kendrick Gazette

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Local News Of Kendrick

Sunday evening, Dick and Velma Benjamin enjoyed dinner and a birthday celebration at the home of Odetta and Kenneth Church in Clarkston. The guest of honor was Odetta Clear.

Tuesday visitors with Fred and Betty Arnett were Marge Freytag and Ellen Rains. Wednesday afternoon Fred visited Don and Ula Cantril. Jim Candler, Marge Freytag, and Del and Sylvia Anderson of Deary were callers. Betty called on Marge on Sunday.

Darrell and Rose Brocke took their granddaughter Lexi Hines of Lewiston to Boise over the weekend where she competed in a gymnastic meet. It was a fun time.

Tuesday Ron and Jim Kay Mael of Bovill visited Hazel and Jim Candler. Ada Westendahl and Quentin Carlson were Saturday callers. Sunday dinner guests with Jim and Hazel were Colleen and Jack Schuit, Chad and Travis and Darcy, and Opal Hamilton.

Elma and Laurine Hazeltine went to Moscow Saturday to shop. They stopped visit Elaine Calloway on their way home.

John and Carol Thomas of Moscow visited with John and Gladys Wilson on Tuesday. Thursday Harold Wilson of Spokane was a caller. John and Gladys attended funeral services for Mildred Baugh Monday morning in Orofino.

Sunday, Ted and Phyllis Fey went to Gifford to help Helen Trautman observe her birthday. They enjoyed the sausage feed in Reubens and were accompanied by Helen, Jamie and Kyle.

Lucille Magnuson enjoyed the International Students Festival on Saturday in Moscow. Her granddaughter Anna helped with the Ind-

in presentation.

Friday Dave Morgan visited with his mother LenaBelle Morgan. Jan and Ralph Colwell of Genesee were Sunday afternoon company. In the evening Scott Morgan and his fiancée, Tona Compton called on LenaBelle. Monday LenaBelle visited with Dave.

Las Tuesday, Esther Souders accompanied Resi Brown to keep a medical appointment. Resi enjoyed the breakfast brunch at Zoe's Cafe with Jim and Jeanette Thiel.

Kathlyn Morey accompanied Debbie Morey to Moscow on Monday.

The Tim Eichner family have enjoyed attending the AAU boys basketball games in Lapwai this past week in which Jon Eichner participated. Sunday the Eichners went to Lewiston where Alberta Turner joined them for dinner at Zany Graze Restaurant. They returned Alberta to her home at the Regency Plaza where they enjoyed strawberry shortcake and ice cream to celebrate Megan's 8th birthday.

Wednesday evening Bill and Sandy Colley of Lapwai were dinner guests of Joyce and Karen Clemenhagen.

Mildred Johnson and LenaBelle Morgan enjoyed the craft sale at the senior center on Saturday. David and Joanne Johnson of Lewiston were Sunday visitors.

Monday Elmo and Marge Eldridge drove to Oakesdale where they picked up Marge's sister Frances Zimmerman. They drove on to Spokane where Don and Eunice Munstedt, Marge's brother-in-law and sister joined them. After lunch they all attended the funeral for Elmo's cousin, Mae Yeager. Driving conditions in the city were hazardous as it was snowing all day.

Saturday afternoon Wayne and Kaye Harris visited with Hulda Harris in Lewiston.

Judy Haley and Arlene Ambach of Lewiston spent Wednesday thru Friday in Pasco. They took a side trip to Hermiston, Oregon to shop and found a wonderful craft supply store. Their husbands, Jack and Glen are working in Pasco, returned to their respective homes for the weekend.

Sunday evening Bob and Helen Heidenreich and Esther Shreffler were dinner guests of Keith and Jane Ford and Luke.

Thursday Don and Ula Cantril visited with Wayne Arnett at the Tri State Memorial Hospital in Clarkston. Saturday morning Ed and Darlene Reid of St. Maries enjoyed breakfast with Don and Ula and stayed for a visit.

Saturday Walter Zumhove and Betty Cowger attended a birthday celebration in Clarkston honoring Rose Cowger Gatherer on her 50th birthday.

On Sunday, Betty and Walter joined family in Spokane for the baptism of three great-grandsons, Alec John Bumgarner, Riley Zane Cuddy and Nick McGraw Robertson, held at the Good Shepherd Lutheran Church. After church they enjoyed a lovely dinner at the home of John and Kristen Bumgarner.

Esther Shreffler accompanied her daughter Helen Heidenreich to Lewiston on Wednesday to shop. On Saturday, Esther joined Ken and Debbi Whitney and son Danny on a shopping trip to Lewiston. Sunday evening, Esther and Bob and Helen Heidenreich were dinner guests of Jane and Keith Ford and Luke to

School Lunches Juliaetta & Kendrick

- Thursday, March 7—**
Breakfast:
 Sausage Gravy, Biscuit, Juice, Milk
Lunch:
 Grilled Cheese
 Salad
 Pears
 ½ Pint of Milk
- Friday, March 8—**
Breakfast:
 Cook's Choice
Lunch:
 Hamburger
 Potato
 Apple wedge
 Jo Jo's
 ½ Pint of Milk
- Monday, March 11—**
Breakfast:
 Cook's Choice
Lunch:
 Chicken Nuggets
 Jo Jo's
 Roll & Peanut Butter
 Orange Slices
 ½ Pint of Milk
- Tuesday, March 12—**
Breakfast:
 Ham & Cheese Biscuit, Juice, Milk
Lunch:
 Breakfast for Lunch
 ½ Pint of Milk
- Wednesday, March 13—**
Breakfast:
 Cereal, Muffin, Juice, Milk
Lunch:
 Italian Dunkers
 Salad
 Apple-Pineapple Crisp
 ½ Pint of Milk

KENDRICK-JULIAETTA MEAL SITE MENUS

- Friday, Mar. 8—**
 Cook's Choice
- Wednesday, March 13—**
 Baked Ham
 Cabbage Roll
 Green Beans
 Au Gratin Potatoes
 Fruit Salad
 Rice Custard Pudding

- DATES TO REMEMBER:**
 Mar. 8: Meal, Deana Hamilton on Guitar. Artistic Handwork.
 Mar. 13: 10:30 a. m. Latah County Measites Council & Kendrick Council. Meal. Ernie Bunch, guitar & Harmonia.

Big Bear Ridge News

by Arlyne Clemin and Betty McMahan

Sunday Maycelle Emmett drove her daughter Alice Erman and sister-in-law Esther Shreffler to Orofino through Cavendish. While in Orofino they visited with Faye Porter. They drove through Peck enroute to Alice's home in Lewiston.

Norma and Leroy Sorsenson were Sunday visitors at the home of their daughter and son-in-law, Kathy and Ron Jones. They enjoyed dinner and visiting.

Support the Tigers!

help celebrate Helen's birthday. Amelia Reeves was a Tuesday afternoon visitor of her parents, Pete and Clara Ware.

David and Janet Wilson called on Esther Souders one day last week. Mildred Solomon of Troy was a luncheon guests one day last week. Sunday David Watson was a visitor. Esther accompanied Resi Brown to Lewiston on Tuesday to shop.

What Parents Can Do to Help Children Learn to Regulate Their Emotions

(Submitted by Karen Kirkham, Jt. School Dist. 283 Counselor, and first published in "Parenting Insights" magazine.)

PROVIDE stability and consistency. Consistent limits, clear household rules and predictable routines help children know what to expect. When home feels stable and secure, children develop the emotional resources to deal with the less predictable world outside.

ACCEPT your child's emotions and emotional responses. Children's emotional outbursts are not intentional, nor are they deliberate attempts to make parenting difficult. It is normal for children at times to sulk, to respond by yelling or breaking something or to withdraw and want to be left alone "Tuning in" and understanding your child's emotional states helps your child tolerate and cope with increasing amounts of emotional tension.

TALK about your own feelings. Use the language of feelings with your children, and they will begin to identify emotions accurately and put them into words. Research suggests that children who learn to use emotional language have more control over their nonverbal emotional expressions, which in turn enhances the regulation of emotions themselves.

Using the language of feelings also shows how parents cope with particular emotions. In contrast, parents who intellectualize or defend against emotional experiences may be encouraging children to bottle up their feelings.

ENCOURAGE children to talk freely about feelings. We are trying to teach control over behavior, not feelings. Be sure children understand that while it is not always OK to act on our feelings, it is always OK to talk about them and that all feelings are natural. Avoid saying, "Don't be sad," or "You shouldn't be angry about that."

Instead label the child's feelings accurately and encourage the child to talk about the emotion. As the child tells about her experience, listen carefully without judging or giving advice. Sometimes it helps to share a similar past experience.

Children also need to understand that just as one person likes broccoli and another doesn't, people may have different feelings about the same event and may even have more than one feeling at a time. The crucial lesson is that all feelings are OK—some are comfortable and nice inside while others hurt(but they are all real and important. (Continued next week).

Meal Site News Notes—

By Marjorie Cobb

February birthdays were celebrated at the J-K meal site on the final Wednesday. Old Time Fiddlers added their music, with Maxine Wright of Lewiston joining in on her accordion. Other solos were performed on guitar, fiddle, harmonica, and autoharp.

Juanita Craig thanked all who helped with the pancake feed, and she announced the craft show and baked food sale March 2.

Business reports were given by Viola Johns, and Louise announced her new great-grandson, Joshua Joseph.

LenaBelle was the lucky number winner.

Wednesday's large crowd brought the average attendance up to 55 and home deliveries numbered 9.

Try Your Local Merchants First

Support the Tigers!

Park News

Winter—for a while, yet. An inch or so of new snow and colder temperatures reminded us of that.

Jerry and Jody Smith visited their daughter and son-in-law Barbara and Dean Kinzer, Joy and Erin, on Monday, enjoying lunch and a look at the new lambs and other livestock. Tuesday saw them in Lewiston on business with a stop on the way home to wish Rosetta Lockman a happy birthday.

A delayed birthday celebration at Bonanza in Moscow was enjoyed on

Wednesday by honorees Ruthie Wilson and Wanda Enger as Ethel and Jody Smith and Bill Kirk, Deary, were in Moscow the same day on business.

Jim Smith, Sarah, Kristen, Scott, and Alissa came from Hayden Lake Friday for an overnight stay with his folks, Jerry and Jody Smith. Saturday evening all the Smiths went to Moscow for an evening of pinochle and potluck refreshments at the home of Don and Eniss Smith. Prizes were: ladies high, Nancy Blasko; ladies low, Anna Hunter; men's high, Joe Blasko, and low Tom Weber; pinochle Jerry Smith.

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