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**Local News
 Of Kendrick**

Thursday, Fred and Betty Arnett visited with Wayne and Wanita Arnett in Lewiston. On the way home they stopped for a visit with Don and Ula Cantril. On Sunday Fred and Betty and Del and Sylvia Anderson of Deary drove to Elk River sight seeing. They enjoyed supper together at Helmer.

Rick Candler and daughters Kendra and Kassie of Lolo, Mont., were guests of Hazel and Jim Candler from last Wednesday until Saturday morning.

Charlie and Effie Candler and Colleen Schuit and Travis and Darcy of Lewiston were Friday visitors of Hazel and Jim. Ray Lockett was a Saturday caller. Roger Candler of Lewiston and Kim Johnson of Astoria were supper guests. On Sunday Unis and Larry Weaver of Lewiston were visitors. Also calling were Pat Deyo of Polson, Mont., and Roger Candler. Opal Hamilton was a houseguest from Sunday until Wednesday. Ada Westendahl and Quentin Carlson were Monday callers.

Laurine Hazeltine helped with the Culdesac Community Sausage feed on Saturday.

Bob and Judy Callison drove to Portland, Oregon on Wednesday, February 28. Bob attended a meeting for Clearwater Power directors on Thursday and Friday. Judy and Bob visited with Audra and Travis Fulton in Beaverton Saturday and Sunday then traveled to Lincoln City where they relaxed on Monday and Tuesday. They returned home on Wednesday. Sunday the Callisons attended an auction in Moscow.

Thursday Juanita Craig accompanied Marge and Elmo Eldridge to Lewiston where they called on Nell Crocker. Saturday Fred and Alice Snyder of Lewiston called on Elmo and Marge.

Saturday evening, LenaBelle Morgan drove to Cavendish to the community hall where she attended a bridal shower for her grandson Scott Morgan and his fiancée Tona Compton of Glenoma, Wash. Scott and Tona are to be married March 28 at Morton, Wash. Other family attending were Jan and Ralph Colwell of Genesee, Dave and Shirley Morgan and Roger and Linda Morgan of Orofino. LenaBelle visited Roger and Linda on Sunday. LenaBelle called on Mildred Johnson on Thursday. On Monday she joined friends at the senior center for the Golden Sunset potluck and play day.

Those attending enjoyed playing bingo and cards.

Gisele Magnuson of Harrison spent Friday through Sunday with her mother Lucille. She helped Lucille caring for and visiting Bob Magnuson in Gritman Medical Center. Bob fell Wednesday, breaking his hip. He underwent surgery on Wednesday evening and remained in the hospital until Monday when he returned to Latah Care Center and is reported to be resting comfortably.

Friday Ted and Blanche Dorendorf of Deary visited with John and Gladys Wilson. Lottie and Ray Jordan of Mead, Wash. were Sunday visitors. Sunday evening the Wilsons enjoyed the video "Power Play" at the Assembly of God Church.

Kenny and Dana Brown, Shayla and Tristan of Spokane arrived on Friday evening to visit family in the area. They were overnight guests of Mary Lou and Dale Taylor. On Saturday the Kenny Brown family, Mary Lou and Dale, Shane and Jami Taylor and Charlie, Resi Brown, Jenny Brown and Ron Beard Melissa and Carrie, attended an engagement party honoring Stephanie Rode and Jason Harper in Lewiston. Saturday morning Resi treated Kenny, Dana, Shayla and Tristan to breakfast out. Resi joined Jim and Jeanette Thiel for breakfast at Zoe's Cafe on Sunday.

Sunday, Art and Maxine Foster accompanied Thelma and Elmer Cuddy to the Culdesac sausage feed. Iona and Melvin Garner met them at the dinner. Following the meal the Fosters and the Cuddys went home with Mel and Iona for a good family visit.

Sunday Wayne and Kaye Harris helped their granddaughter Kayla Pea observe her 7th birthday at her home, Juliaetta. Guests were Helen and George Brocke, Gary and Pam Gertje and family, Rick and Joanne Gertje and girls, Dave and Deb Klatt and Nikki, Anna Klatt and cvi Bruce, Gerlene Parks and girls, the hosts, Ed and Shari Pea and brother Kyle. Cake and ice cream were served and a fun time was had.

Tim and Mellissa Enchner, Megan and Jon attended AAU boys basketball games in Spokane Friday and Saturday. Jon is a member of the local team.

Ada Westendahl and Quentin Carlson called on Jim and Hazel Candler on Monday.
 LenaBelle Morgan visited with Mildred Johnson Friday afternoon. Sunday David and Joanne Johnson were visitors and brightened Mildred's day.

Joyce Clemenhagen spent the weekend in Hayden and Post Falls attending a Rural Letters Carriers convention planning meeting. Joyce enjoyed staying with her friend Merelyn McCallum.

Big Bear Ridge News

By Ariyne Cleman and Betty McMahan

Glenda Wilson went to Lewiston one day last week to Norman Graham celebrated a belated birthday dinner for his wife Mary.
 Bob and Betty Lindsay of Pottlatch were Sunday afternoon visitors of Grace Ingle.
 Josh Farris of Seattle, the 17-year-

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old son of Betty McMahan has taken up an interesting activity. He is a member of Corporate Stair Climbing group that competes by racing up flights of stairs in corporate buildings and raises money for charities. This past weekend Josh participated in a race in the Columbia Center building in Seattle which is the tallest office building in the city. The race was sponsored by Thrift Way Corporation and the money earned was given to the Leukemia Foundation. Josh took 69 flights in 9 minutes. He is also active in cross country races and other track events.

Elaine and Eddie Galloway attended the Rocky Mountain Elk Foundation banquet Saturday night in Lewiston.

Last week visitors with Gerald and Lee Halseth included Gerald's sister, Helen Leland, Penny White, Lisa Basaera, Kathy and Ron Jones brought Kathy's mother and father, Norma and Larry Sorenson, Barbara and Orville Halseth, and Bob and Betty Willsley. Gerald and Lee attended the V. F. W. card party Saturday night in Kendrick. They had breakfast with Stan Cox in Deary on Monday.

Saturday night Glen and Mary LaZelle, Dick and Linda Lohman,

Wendy and Katie brought a surprise birthday dinner to Maycelle Emmett at her home On Sunday Maycelle visited her children in Lewiston and enjoyed another birthday observance.

Meal Site News Notes
 by Marjorie Cobb
 Piano music by LenaBelle Morgan started off the meal site meetings for March. Tables have been brightened by craft flowers, hyacinths, tulips, and iris in spring colors, formed of glass and plastic beads, by Juanita Craig.

Kitchen volunteers received special applause in appreciation of their faithful work.

On Friday, greetings were sent to the Magnusons after it was announced that Bob had suffered a broken hip.

Phyllis Berg brought announcement of the Mystery Theatre dinner to be held at the Grange Hall March 22.

Esther Nye explained beneficial exercises and demonstrated proper relaxation techniques for continued good health.

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5th Grade AAU Team Has Busy Schedule

These guys have been doing a lot of hooping the last three weekends and we are behind reporting the action.

Feb. 24

The team was supposed to go to Walla Walla for a tournament, but there was a mix-up in the paper work. We were able to get a game with Deary's 5th and 6th grade team in Deary. The boys came out playing like gangbusters. They played a complete game both on offense and defense. They won the contest 50-29.

March 2

The team was scheduled to play Lapwai, but we were able to make it into a 4-team round robin. We played Lapwai first. The boys came

out focused and had a 10-4 lead after one quarter and were ahead 10-4 at the half. Lapwai turned it up in the third quarter and outscored us 12-2. We just couldn't get over the hump and lost 22-20.

We played Clarkston next and that was our worst game of the season. Our team was listless the entire game. We didn't play good defense and our shots wouldn't fall. We lost 41-17.

In the last game for us on the day was Kamiah. It was a close game all the way until the end of the third and the first half of the fourth. Kamiah was pulling away. With 1:33 left in the game we started a come-back. We were down 7 points and came back to tie the contest. We hit a crucial 3-pointer to tie the game. During the overtime we carried the momentum with use and cruised to a 40-36 win. Oddly enough, Kamiah had beaten both Lapwai and Clarkston.

March 8-10

We went to a tournament at Riverside in Spokane. Our game at 9:30 p. m. on Friday was forfeited because the Omak team didn't show up. So we played two 10 minute halves with the referees.

On Saturday we played Kettle Falls. It was a close game all the way. With 3 seconds left we were down by one with the ball out of bounds. Coach called a time out and we didn't have any. Kettle Falls got 2 automatic points and the ball. We lost that game 31-28.

Then we played a team from Deer Park. We came out focused for this game and won 38-13.

On Sunday we were still in contention for a medal game. Our first

team for the day was from St. John-Endicott. We put a press on them at the beginning and that got us fired up. We won 38-19.

Then we played St. Maries at 1:00. We pressed again. We played great defense and good team ball. We won 33-16. By winning this game we were in a three-way tie for first. By using the point difference of the games between Kettle Falls, St. Johns and us, we ended up in first with Kettle Falls in second. We watched St. John beat Deer Park to win third.

At 3 we played Kettle Falls. We tried to press, but were just too tired. We hung in there. With 1:30 left we were down by 6. We hit a 3, but that was as close as we got. We lost 31-27. That was our 3rd game of the day and Kettle Falls' second.

We took second in the tourney and our over-all record is 7-7. I am really proud of these boys for giving it their all in the tournament. They each received medals. I would also like to thank all the parents for all of your time staying up in Spokane with us. We have a great group of kids. We will be at a tournament in Lewiston April 12-14.

The U. S. city with the highest proportion of single men is Columbia, South Carolina. Conversely, the city with the most single women is Brookline, Mass.

What Parents Can Do to Help Children Learn to Regulate Emotions

From Parenting Insights magazine and submitted by Karen Kirkham, Jt. School District No. 283 counselor.

Model emotional regulation. How do you handle your own emotions? Do you fly off the handle, or withdraw in sullen protest? Your children are likely to imitate your example. Talk about your emotions and your strategies for coping.

For example, if you are getting frustrated trying to repair the lawnmower, instead of exploding in a torrent of swear words, you might say, "better stop and calm down and relax a little before I continue. I'm so frustrated that I seem to be making things worse; maybe if I get away from it for awhile I'll figure out what I need to do."

Also stay calm during your child's emotion outbursts. Try to offer calm and soothing words of advice and perhaps even stroke the child's arm or back. With such coaching, the child may calm herself enough to be able to state how she is feeling.

TEACH positive self-talk. Often underlying thoughts intensify, or even cause, negative emotions such as anger, frustration, fear or discouragement. These thoughts are

known as "self-talk", although the child may express them aloud. For example, a child who is feeling discouraged may say to you, or to himself, "I'm just a failure" or "I can't do anything right," or "I hate you."

Research indicates that children who have negative self-talk get angry more easily than children with positive self-talk. Teach your children to tell themselves quietly thoughts that calm them down, help them gain control over, or put the situation in perspective.

For example, a child's who's being teased can stay calm by thinking to himself, "I can handle it, I will just ignore him. It is not worth getting upset about. I am strong." Examples of positive self-talk include:

- "I'm not going to let it get to me."
- "I've got other friends who like me."
- "He didn't do it on purpose. it was an accident."
- "With more practice, I'll get it."

IDENTIFY tough situations and use them to teach problem-solving. Often children resort to emotional outbursts because they haven't learn-

ed strategies for getting what they want. These are the fundamentals of problem-solving.

The basic idea is to teach your child to generate several possible solutions to a problem. When he has an idea, be encouraging and ask for another. When you are convinced that he has come up with as many solutions as he can, you can offer other possibilities.

Next, ask him to think about the consequences of each solution. For example, you can help him to understand that if he hits his sister to get his bike back, he might get himself in worse trouble. Finally, reinforce his thinking and problem-solving efforts with praise.

Another strategy to teach problem-solving is to review a problem that has recently occurred, label the emotions involved, and go over how your child might have handled the situation in a different way. Do not blame or criticize; focus instead on helping your child identify what he felt in the situation and to think of effective ways to manage his feelings and face the problem in the future.

(series con't next week).

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