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 The Kendrick Gazette, P. O. Box 177, Kendrick, Idaho 83537

Local News Of Kendrick
 Dick and Vicky Benscoter drove to Priest Lake on Wednesday where they stayed at the Grandview Resort with Bob and Dorothy Benscoter. On their way home on Friday Vicky and Dick stopped in Spokane where they were dinner guests with Dee and Jerry Saling and their daughter Sue Betts.
 Bob and Judy Callison enjoyed attending the 4th of July parade in Johnson to start their holiday. They

then stopped at the Staley Manion owned and restored by Jack and Molly Staley Benscoter. After lunch in Pullman the Callisons visited the Rossebo's Three Forks Pioneer Village north of Pullman. It was an interesting and enjoyable 4th of July.

Lucille Magnuson drove to Deary Tuesday where she picked up Margaret Racicot. They then went to the Latah Care Center in Moscow where they led the music for the resident. They were luncheon guests with the Robin Magnusons.
 Sunday Hulda Clemenhagen visited John and Gladys Wilson to help John celebrate his birthday with cake and ice cream.

Bud and Marilyn Eichner enjoyed the 3rd of July at Dworshak with Becky and Roger Witt, Alexa and Drew.
 Dick and Velma Benjamin drove to Yakima, Wash. Friday to attend a family wedding for Kerry and Phillip Hasennoer, Jr., held Saturday. They returned home Sunday.

Friday Stan and Jean Wilson of Clarkston called on Gladys and John Wilson. Lottie and Ray Jordan of Mead, Wash. were Saturday guests. Sunday afternoon Hulda Clemenhagen stopped in to visit. On Monday Brenda Lohman and sons Marcus and Nicholas were visitors. All came by to help John observe his birthday anniversary. Happy birthday, John!
 Jim and Hazel Candler enjoyed a camping trip with their family from Wednesday until Sunday at Vassar Meadows. Campers were Ron and Jimi Kay Mael of Bovill, Brad and Teresa Mael, Tyler and Darren; Carol and Ron Craig and Opal Hamilton of Lewiston; Rick and Julie Candler and daughters Kendra and Kassey of Lolo, Mont. Friday visitors at the camp were Arnold and Lois Mael and Darrell Johnson of Deary; Boyd Candler, and Orrin and Jane Riebold of Bovill.
 Jenny Hazeltine and Tom Perrigo were dinner guests on the 4th of July with Elma and Laurine Hazeltine. In the evening they all went to the Jeff McMahan home on Big Bear Ridge for the traditional fireworks show and special treat of homemade ice cream.
 Elma and Laurine drove to Grandeville on Saturday. They had lunch in Winchester and a lovely day. The prairie is very green but the spring crops are small.
 Jack and Judy Haley enjoyed the 4th of July with family. Jack and Paula Haley and Reno and Scena of Post Falls arrived Thursday and were overnight guests. They enjoyed a barbecue and a good time together. Roy Clemm, who is a houseguest, was also present. In the evening they went to the fireworks display at Adams Field in Clarkston. They had telephone visits with their daughter and son-in-law Deaona and Mike Akers who were observing 4th wedding anniversary in Winterset, Iowa and granddaughter Veanna Clemm in Eugene, Ore. on her 3rd birthday.
 Joyce Clemenhagen and Ross Armitage went to Craigmont on the 4th to visit Max and Cindy Armitage and sons Tom and Chad. They had dinner out together and then went to Winchester and toured the old hotel and restaurant which has been beautifully restored.
 Charlie and Effie Candler and Ada Westendahl and Quentin Carlsson called on Jim and Hazel Candler on Sunday. Travis and Jack Schuit were Monday visitors.
 Don and Marlene Millard camped at Hells Gate State Park with grandchildren Shandra and Ryan Hermann from Monday until Saturday.
 LenaBelle Morgan met Scott and Tona Morgan in Southwick on the 4th of July and the three of them drove toward Mason Butt where they met Dennis and Jan Weaver for a picnic. The Weavers are enroute with their sheep herd to summer pasture at Elk River. Sunday, LenaBelle was in Lewiston where she had lunch with Orville and Mabel Walker and did a bit of shopping. LenaBelle joined friends Monday at the Senior Center for the Golden Sunset playday and potluck.
 Nathan Eichner went to Sandpoint where he played baseball with the 13-year-old Babe Ruth team at an invitational tournament last week. Mercedes traveled to Rosalia,

Wash. to participate in a basketball tournament. The Kendrick team won.
 Wayne and Kaye Harris spent the holiday with their family at the Harris cabin on Lake Coeur d'Alene, going up on Wednesday and returning on Sunday. Family present were Dave and Deb Klatt and Nikki; Anna Klatt and Levi Bruce; Shari and Ed Pea, Kayla and Kyle; Carol and Jerry Hejstuman, Bill and Bob; and Gary and Pam Gertje, Alyssa and Leighton.
 Pete and Clara Ware spent the 4th with their daughter and son-in-law Amelia and James Reeves in Orofino. After a delicious barbecue they drove back of Pierce and to Granddad bridge. On Friday Carl and Rona Ware, Jessica, Brianna and Cole of St. Marjes and Rory and Shandi Reid visited with Clara and Pete. Amelia and James were Monday evening callers.
 Don and Ula Cantril entertained family on the 4th of July at their home. Guests were Rick and Traci Ball and Braxton of Spokane, Lena and Lloyd Arnett of Lapwai, Paula and Larry Arnett, Skip and Marge Arnett, Fred Arnett and Marge Freytag. On Saturday Don and Ula attended a Cantril family reunion at the home of Phil and Diane Thomas in Santa. About 25 family members were present.
 On Thursday Elaine Turner and daughter Patty of Clackamas, Ore. arrived for a visit with Fred and Betty Arnett. Elaine and Patty are Betty's cousins. Friday, Elaine, Patty and the Arnetts drove to Dworshak and Orofino where they had dinner out. Marge Freytag was a late afternoon caller. Saturday Betty,

Elaine and Patty attended a family reunion at Hells Gate Park in Lewiston. Sunday Elaine and Patty left for their homes. Betty and Fred attended the graveside service for Gilbert Candler at the Kendrick Cemetery on Tuesday.
 Recent visitors with Marge and Elmo Eldridge have been Harold and Dorothy Silflow, Leonard and Diane and Jenny Eldridge, Ken and Lillian Eldridge and sons Thomas and Maxwell, Gordon and Frances Peters, Juanita Craig, Bob and Mary Ellen Bottjer, Mildred Prater, and Dick and Mary Beth McCall. Marge reports she is making good progress as she recovers from her recent hip replacement surgery.
 Sunday David Watson took Esther Souders out for the breakfast buffet at Zoe's Cafe. They picked up Resi Brown and took a drive to Crescent

and Mason Meadow. Janet and Dave Wilson visited Esther Tuesday morning.
 Since when do you have to agree with people to defend them from injustice.

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Are You Getting Enough Sleep?

Spending extra hours at work and with your family is important. But if you want to be productive at the office and energized at home, you also need to spend enough time sleeping.

"We see a lot of people functioning at less than optimum because they are trying to get by on too little sleep," says Dr. Martha Lentz, a research associate professor in the UW School of Nursing. Lentz studies the relationship of circadian rhythms, body temperature and sleep in older women, as well as the relationship between stress and insomnia.

Some typical results of chronic sleep deprivation include an increase in irritability and a deterioration of ability to make good decisions about complex information.

The amount of sleep needed varies with the individual, Lentz says. "The key for figuring out if you are getting enough sleep is whether you feel rested and ready to take on the world when you wake up in the morning. If you feel tired and groggy you aren't going to be productive," Lentz acknowledges.

"People make time for the things that they value, and we have a myth going around that we sleep too much," Lentz says. "High stress jobs

naturally boost levels of chemicals that stimulate nervous system activity, so we need some down time between the excitement and challenges of our work and when we go to sleep."

Drinking coffee during the day for a caffeine boost and drinking alcohol in the evening to relax can also have an adverse effect on sleeping. Even though alcohol might make you feel sleepy, it disrupts the quality of sleep, she says. Alcohol can cause "rebound insomnia", in which you fall asleep easily but wake up a short time later and lie awake.

To improve the quality of your sleep, Lentz suggests:

1. Cut down on coffee and other stimulants during the day, and skip the alcohol before bed.

2. Stick to a regular schedule for going to bed and waking up, even on weekends.

3. Get some light exercise in the late afternoon or early evening.

4. Spend some quiet time before going to bed.

5. Don't do stressful activities (like working on the report your boss has been pestering you about) in the bedroom. Take heart, short term sleep debt can be repaid by sleeping a little extra for a few days, Lentz says. Chronic sleep deprivation is more difficult to overcome, but a few months of getting some extra sleep should do it.

"Lifestyle Exercise"

A Simple Start to Maintaining Good Health

Everyone knows that regular exercise is an important part of leading a healthy lifestyle. Yet finding way to make exercise part of your day-to-day life can take individual creativity and flexibility.

"People should engage themselves to find simple ways to put action into their daily lives," says Dr. Susanna Cunningham, associate professor or for the Department of Biobehavioral Nursing and Health Systems at the University of Washington School of Nursing.

Cunningham explains that while many people are busy with work and at home it is possible to find opportunities for exercise wherever you go.

"If I'm at the office and need something I left in my car, I frame it in my mind as an opportunity for exercise," Cunningham relates. "If I'm on the phone to a friend, we both ride our exercise bikes while we talk."

Taking a different view of simple activities can help make exercise a part of your daily habits. It's important to note that such "lifestyle exercise" should not replace a regular exercise regime. National guidelines established by the Centers for Disease Control and Prevention recommend that every U. S. adults engage in 30 minutes or more of moderate-intensity exercise on most days of the week.

Cunningham points out that increasing your daily activity with "lifestyle exercise" can help make the transition into a regular exercise program much easier.

"Try little things that you can be successful at and feel good about," says Cunningham. "Then you can add more and more as you go."

Some examples of how you might want to add exercise to your life-

style include:

- * Get off the bus a stop or two early.
- * Park at the far end of the parking lot;
- * Carry your own groceries when you go shopping;
- * Get a dog—it will need walking;
- * Stand up while in your office if you're sitting at a desk most of the day;
- * Walk to raise funds for charitable organizations;
- * Take the stairs instead of the elevator.

Any new venture goes through the following stages: enthusiasm, complications and disillusionment, search for the guilty, punishment of the innocent and decoration of those who did nothing.

Support the Tigers!

Legal Notice

On May 18, 1996, Juliaetta Television Association filed for license renewals of translator stations: KOTNL which translates Channel 4 from Spokane, Washington; K11DL which translates Channel 6 from Spokane, Washington; KO9DF which translates Channel 2 from Spokane Washington; K13FA which translates Channel 3 from Lewiston, Idaho; K36CI which translates Channel 28 from Spokane, Washington.

Juliaetta Television translators are located .7 mile East of Juliaetta, ID, and serve the community of Juliaetta, Idaho. These operate at powers of one watt each.

Further information concerning the FCC's broadcast license renewals may be obtained from the FCC, Washington, D. C. 20554.

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Letters to the Editor . . .

I returned home Thursday, June 20, from a painting workshop, feeling good about life in my community. The, I opened the Daily News and I was suddenly sickened by another disgusting, demeaning editorial by Randy Fisch, ridiculing Sheriff Overstreet.

What could be the purpose of writing such a scornful column? Was it (1) to point out the elected official's faults as Frisch perceived them? If so, he must believe that few people read his editorials otherwise why the redundancy? Was it (2) to try to convince people not to reelect him? No, that had already been accomplished. Was it, then, (3) to shoot him in the back as he walked away. Yes, sadly, that was his intent. One wonders what could Sheriff Overstreet have done to make Frisch hate him so.

All he has done in the last three and one half years has been to try to develop and sustain a professional law enforcement office. Sometimes the changes he made reflected upon the previous leadership, such as bringing in his own management team, installing modern security devices in the jail to prevent more escapes and re-establishing the Reserve Force. But, he never spoke disparagingly of former Sheriffs or Lieutenants.

The Sheriff worked to raise the salaries of department personnel and to provide them with the vehicles, weapons and other equipment they needed to do the job. He is proud of this fine group of professionals; he hired many of them, sent most to schools for their career develop-

ment and instituted the grade of Corporal so that more could be promoted to leadership positions. He has never blamed his staff or deputies, but only tried to encourage and support them.

The Office of Sheriff has cooperated and worked well with the Moscow Police Department. He conducted a combined school for reserves with them. Joe likes and respects both of the chiefs who served during his tenure. He has never blamed them for anything.

The statements that he blamed the state of Idaho and rural Latah county communities are too ludicrous to address.

Still, Frisch's poisoned pen writes his malicious lies. He describes some stranger with my husband's name, but not his character and personality. I should know; in November, I will have been married to Joe for thirty-two years. I know him as a kind, compassionate and honest man who lives by a strong code of ethics. He is consistent and reliable, calm and level headed. He can be counted upon to act logically in an emergency. I remember how he acted to save a neighbor's hand when it was mangled in a lawn mower accident, years ago. Joe assisted by controlling the bleeding and treating for shock. He recovered the fingers and accompanied the injured man to the hospital in an ambulance where the fingers were successfully re-attached and the grateful friend eventually regained the use of his hand.

Joe is slow to anger and, when he is angry, he never loses his temper—unlike me! I, and some of my friends, have asked him why he doesn't answer back to the damaging Daily News articles and vindictive

editorials. He just says, "the truth will come out" and "the people can see through Frisch's smear tactics." Unfortunately, not all of the people know Joe personally, but only as he is portrayed by a spiteful little man, full of hate for someone he doesn't even know. So, Joe continues to ignore him and I am reminded of a saying that seems to apply . . . "Never wrestle with a pig. You both get all dirty, and the pig likes it!"
Darleene Stone Overstreet

The trouble with some women is that they get all excited about nothing—and then marry him.
—Cher

Astraphobia is a fear of thunderstorms.

Happy Birthday

LINDA

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PARK NEWS
(Continued from Page 1)
Community Church Don and Carol Martin who now live and work in Arizona. The young couple were married in Texas and have come back to the area so David can attend classes at the U. of I. Don, Carol and elder son James were present at the reception and guests included family, friends and former parish-

ioners.
The annual Smith family 4th of July picnic was again hosted by Clinton and Ethel Smith at their Park farm. Seventy-two family members and friends turned out for the potluck picnic and softball game followed by homemade ice cream and other desserts. The party was made into a dual celebration as Jody and Jerry Smith moved their 40th

anniversary observance ahead four days—from the 8th to the 4th. Hosting this part of the party were their daughter and son-in-law, Dean and Kinzer; son and daughter-in-law, Lewis and Jody Smith and son and Jim Smith and six of their seven grandchildren. Barbara made and decorated a beautiful tiered anniversary cake topped by a music box playing "We've Only Just Begun" for a pair of well-dressed dancing pigs. Mylar balloons, red apples and cut-out "40's" decorated the gift table. Fireworks followed at the Jerry Smith farm. Evening callers were Albert and Alma Lawrence of Southwick.

Jody Smith made a trip to Lewiston Friday where she met her cousin Dana Maher, who came from Vancouver, Wash. to handle some family business.

Scott Smith was guest of honor on his eleventh birthday Monday evening for supper with his grandparents Jerry and Jody Smith and aunt Ethel and uncle Clinton Smith. Deanna Schroeder, Brandon and Layton joined the party later for cake and ice cream.

Karl and Wanda Enger made a business trip to Coeur d'Alene Sunday. Monday evening guests were his cousin Arnold and Lois Mael of Helmer.

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