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**Local News
Of Kendrick**

Ada Westendahl and Quentin Carlson met Jane and Carl Edwards and Alison of Spokane in Pullman where they enjoyed Sunday brunch. Jim Candler was a Sunday evening visitor. Ada and Swede went to Lewiston Monday morning.
 Bob and Judy Callison attended the graveside service honoring Andy Cox at the American Ridge cemetery Saturday afternoon.
 Thursday Betty Arnett visited Marge Freytag. Rick Arnett was a luncheon guest with Betty on Friday. Betty and Frank Abrams accompanied

Warne May to the graveside services for Andy Cox on Saturday.
 Elma and Laurine Hazeltine enjoyed the Will Rogers Show at the Civic Theater in Lewiston Sunday afternoon.
 Thursday Ada Westendahl and Quentin Carlson, Hazel and Jim Candler, and Charlie and Effie Candler had dinner together at George's in Lewiston to help observe Hazel's birthday anniversary. After dinner they went to Charlie and Effie's for birthday cake and ice cream. Friday evening Ron and Jimi Kay Mael of Bovill were visitors. Arnold and Lois Mael of Deary, Ron and Carol Craig and Opal Hamilton and Travis Schuit, all of Lewiston, and Logan Trapp of Deary were Sunday

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company.
 Jim Lyle of Moscow was a Wednesday afternoon visitor at the Dick Benscoter home. Dick and Vicky attended the graveside service for their neighbor, Andy Cox Saturday afternoon. Ray and Rene Helbling of Moscow were Saturday afternoon callers.
 Joyce Clemenhagen enjoyed camping at Powell from Saturday until Monday with Karen and Barry.
 Saturday visitors of Esther Souders were Rihard and Fonda Wilson of Genesee, Monte Wilson and David Watson and family.
 Deena and Mark Gibbs visited with Helen and George Brocke on Saturday.

Dawn Heath and son visited Hulda Clemenhagen Thursday. They brought some delicious home grown tomatoes. Hulda joined the Lard Bucket Brigade musicians Sunday at a jam session at the Cavendish Methodist Church. After the program they enjoyed delicious homemade ice cream and cookies. It was a great time of fellowship.

Thursday Judy Cuddy of Orofino visited with Doris Parker at the John Wilson home. Jean and Stan Wilson of Clarkston were Friday visitors. Saturday Bobette Smith of Clarkston was a caller. Lottie and Ray Jordan of Mead, Wash. spent Sunday with Gladys, John and Doris and Doris returned with them for a longer visit.

Saturday morning Bud and Marilyn Eichner attended the funeral for Earl Witt in Lewiston. In the afternoon they attended the graveside service for Andy Cox at the American Ridge cemetery. In addition to family visitors at the Eichner home, callers have been Shirley Smith of Moscow and Darcy Anderson of Lewiston.

Sunday evening, David and Joanne Johnson visited Mildred Johnson. They brought Mildred some beautiful canning peaches. Nellie and Lawrence Heimgartner accompanied David and Joanne to Mildred's and they all had a good visit. Hermina Meyer was a Saturday afternoon visitor. Mildred accompanied LenaBelle Morgan on Monday to the Golden Sunset potluck and play day at the Senior Center.

Tim and Melissa Eichner attended the graveside service for Andy Cox Saturday afternoon.
 Rose and Darrel Brocke helped their grandson Adam Hines celebrate his 12th birthday at his family home Friday evening in Lewiston. Rick and Terri and sister Lexie were hosts.

Last Wednesday, Jan Weaver of Cavendish visited with LenaBelle Morgan. On Sunday LenaBelle joined the other members of the Senior Center Lard Bucket Brigade at an ice cream social at the Cavendish Methodist Church. Two seniors from Orofino led a sing-a-long and Pastor Jerry Hemrick with his guitar led singing. It was a fun time. All enjoyed homemade ice cream and cookies and the fellowship.

Sunday evening Jan and Ralph Colwell and Dave and Shirley Morgan visited LenaBelle. On Monday LenaBelle attended the potluck and playday at the Senior Center. Fourteen seniors attended making for a fun time.

Monday, Don and Ula Cantril enjoyed spending the day with Rich and Traci Ball and son Braxton of Spokane at their campsite at Chief Timothy Park on the Snake River.

Legal Notice

CITY OF JULIAETTA

ORDINANCE NO. 96-3

AN ORDINANCE ENTITLED THE ANNUAL APPROPRIATION ORDINANCE FOR THE FISCAL YEAR BEGINNING OCTOBER 1, 1996. APPROPRIATING THE SUM OF \$438,993.00 TO DEFRAY THE EXPENSE AND LIABILITIES OF THE CITY OF JULIAETTA FOR SAID FISCAL YEAR, AUTHORIZING A LEVY OF A SUFFICIENT TAX UPON THE TAXABLE PROPERTY AND SPECIFYING THE OBJECTS AND PROPOSES FOR WHICH SAID APPROPRIATIONS WERE MADE.

BE IT ORDAINED by the Mayor and City Council of the City of Juliaetta, Latah County, Idaho.

BE IT ORDAINED by the Mayor and City Council of the City of Juliaetta, Latah County, Idaho.

Section 1: That the sum of \$438,993.00 be, and the same is appropriated to defray the necessary expenses and liabilities of the City of Juliaetta, Latah County, Idaho for the fiscal year beginning October 1, 1996.

Section 2: The objects and purposes for which such appropriations is made, and the amount of each object and purpose is as follows:

ESTIMATED EXPENDITURES:

General & Administration	\$ 52,144.00
Public Safety	1,600.00
Streets	65,170.00
Library	800.00
Water Fund	155,090.00
Sewer Fund	118,445.00
Sanitation Fund	45,000.00
Park	1,744.00
TOTAL EXPENSES	\$438,993.00

Section 3: That a general tax levy on all taxable property within the City of Juliaetta be levied in an amount allowed by law for the general purposes for said City, for the fiscal year beginning October 1, 1996.

Section 4: All ordinances and parts of ordinances in conflict with this ordinance are hereby repealed.

Section 5: This ordinance shall take effect and be in full force upon its passage, approval and publication in one issue of The Kendrick Gazette, a newspaper of general circulation in the City of Juliaetta, and the official newspaper of the said City.

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City.
 PASSED under suspension of rules upon which a roll call vote was taken and duly enacted an Ordinance of the City of Juliaetta, Latah County, Idaho, at a convened meeting of the City of Juliaetta City Council held on the 27th day of September, 1996.
 JEFF J. LOHMAN
 Mayor.

ATTEST:
 BECKY TEFFT,
 City Clerk.
 Published 1 Time:
 Published Sept. 12, 1996.

CLOT-REDUCING FACTORS
 ...Exercise equal more natural clot-reducing factors that provide protection from heart attacks, according to a recent study at the University of Washington. Researchers led by Dr. Wayne Chandler, UW of Washington associate professor of laboratory medicine, studied a group of men and women over age 60 to examine the effects of exercise training on fibrinolysis, a process which helps dissolve blood clots in the

coronary artery before they can cause heart attacks. Candler reports study participants engaged in an exercise program of walking, jogging or biking three times a week had increased levels of clot-dissolving factors in blood, indicating increased protection against heart disease.

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**Local News
Of Juliaetta**

Marilyn and Verlan Benjamin met Marilyn's sister, Inez Browleit of Colfax in Moscow on Thursday and they enjoyed lunch out together with Gertie Pederson. Herb and Erin Pederson of Ephrata arrived Friday to visit with Verlan and Marilyn and other family in the area until Tuesday when they returned home. Saturday morning, Herb and Erin and Marilyn and Verlan attended the graveside service for Marguerite Bogar at the Pinecrest Cemetery in Deary. They had lunch out in Moscow. Sunday, family gathered at the Benjamin home to celebrate Marilyn's birthday. Her children and their families provided the feast. Those present were Sue and Dan Wenstrom, Dana and Drev; Don and Tracey Benjamin, Loni, Cody, Shanna and Kaerae; Lori and Duane Bogar, Kyle and Kristopher. Herb and Erin Pederson and Ken Pederson joined the family for dinner. Collette Cozart of Moscow was a Sunday afternoon caller. Herb and Erin took Gertie out to lunch on Monday. It was a busy weekend, but enjoyed by all.

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**Surgeon General's Report
Promotes Moderate
Physical Activity**

Regular moderate physical activity offers substantial benefits in health and well-being to the majority of Americans who are not physically active, according to the just released U. S. Surgeon General's Report on Physical Activity.

The report, published by the Department of Health and Human Services (HHS), concludes that physical activity can reduce the risk of dying from heart disease, diabetes, colon cancer and high blood pressure. Regular participation in physical activity can reduce the risk of symptoms of depression and anxiety, improve mood, and enhance ability to perform daily tasks throughout life.

"The good news is—you don't have to train like an Olympic athlete to enjoy the benefits of a healthy lifestyle," HHS Secretary Donna E. Shalala said. "Walking, bicycling, or even gardening for at least 30 minutes per day most days of the week is good for your health."

Jeanie Scepkka, cardiovascular disease risk reduction coordinator for the Idaho Department of Health and Welfare Bureau of Health Promotion, agrees that even small increases in physical activity can produce health benefits. "We encourage everyone to make physical activity a part of their daily routine. Take an active interest in your health by climbing stairs, walking with a friend or going for a bike ride," she said. "For people who are already moderately active, more health benefits can be gained by increasing the amount of activity."

One Idaho project, the Blackfoot School District Community Wellness Program, was cited as an exemplary program in SGR publicity. The program involves over 250 district per-

sonnel in walking, other exercise, stress and nutrition activities enhanced by student and community participation.

Key findings of the report and some Idaho-related statistics are:

- * More than 60 percent of adults do not achieve the recommended amount of physical activity, and 25 percent of adults are not physically active at all. Inactivity increases with age and is more common among women than men and among those with lower income and less education.
- * In Idaho, according to the Behavioral Risk Factor Surveillance System, which monitors health risk factors in the state, the percentage of adults who participated in leisure time physical activity in the preceding month dropped from 85 percent in 1985 to 78 percent in 1994. One half of Idaho adults surveyed reported no exercise or exercise for fewer than 20 minutes three times per week.
- * Among young people aged 12-21, almost 50 percent are not vigorously active on a regular basis. Female adolescents are much less physically active than males, and physical activity declines dramatically with age during adolescence.
- * The Idaho Youth Risk Behavior Survey (YRBS) of 1993 indicates that only 35 percent of ninth to twelfth graders reported having daily physical education classes in school; however 65 percent reported participating in vigorous sports activities on at least three days during the preceding week.
- * U. S. high school students' enrollment in daily physical education classes dropped from 42 percent in 1991 to 25 percent in 1995. Only 19

percent of all high school students were physically active for 20 minutes or more in physical education classes every day during the school week.

Idaho YRBS figures for 1993 showed that 33 percent of students reported having physical education classes that included 20 or more minutes of exercise three to five times per week.

* Promising approaches to promoting physical activity are being tried in communities around the country, including increasing physical activity in physical education classes; counseling people about physical activity by their health care providers; and creating appealing places for people to be physically active, such as outdoor walking paths. More community-led efforts are needed.

"This report is a passport to good health," said Vice President Al Gore, who participated in the report's release at a Washington, D. C. press conference. "In the 1950s we empha-

sized the health benefits of team sports. In the 1970s, we focused on intensive aerobic exercise. Now, in the 1990s, scientific research offers an historic new perspective on the importance of regular moderate physical activity for virtually all Americans."

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Sunday Juanita enjoyed performing with the Lard Bucket Brigade at a Cavendish ice cream social, which she really enjoyed. Juanita attended the meeting of the Kendrick Canyon Klub at the home of Delores Polumsky Tuesday afternoon.

Marie and Milton Grant went to Lewiston Monday morning and to Moscow in the afternoon. Marie attended the Kendrick Canyon Klub hosted by Delores Polumsky.

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