



**The Kendrick Gazette**  
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**Area Churches  
 Welcome You**

**ASSEMBLY OF GOD**  
 210 E. Main Kendrick  
 Sunday School 9:30 am  
 Church 10:30 am, 8:00 pm  
 Mid-Week Wed., 7:00 pm  
 Robert Novak, Pastor—289-4590

**CHRISTIAN FAMILY FELLOWSHIP**  
 305 Main Juliaetta  
 Church 8:30 am  
 David Curtis Pastor—276-4911

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Dean Johnson

516 State St Juliaetta  
 Sunday School 9:45 am  
 Church 11 am, 6:00 pm  
 Study & Prayer Wed. 7:00 pm  
 at the parsonage  
 David Waltner, Pastor—276-3640

**COMMUNITY CHURCH**  
 402 Main Juliaetta  
 Mark Fischer, Pastor  
 Telephone 276-4510

Sunday School 8:30 am  
 Church 9:00 am  
 Wednesday Bible Study 7:00 pm  
 Pastor's home

**EMMANUEL LUTHERAN**  
 Cameron  
 Sunday School 9:45 am  
 Worship Service 11:00 am  
 Ron Martin-Dent, Interim Pastor  
 289-3471

**GRACE BIBLE FELLOWSHIP**  
 Kendrick Fire Hall  
 Church 10:00 am  
 Team Bible Study 7:00 pm\*  
 Women's Bible Study 7:30 pm\*  
 (\*call for location)  
 Steve Harris, Pastor—289-8989

**SEVENTH-DAY ADVENTIST**  
 410 State St. Juliaetta  
 Sabbath School and  
 Church 9:30-12:00 am  
 Ron Schultz, Pastor  
 Elvene Wilson, Superintendent  
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Church 10:00 am  
 Wednes Kids' Club 4-5:30 pm  
 Bible Study 6:30-7:30 pm  
 Church — 289-4807  
 Jim Miller, Pastor—289-4867

**UNITED METHODIST CHURCH**  
 Cavendish, On main road to Orofino  
 Church 8:30 am  
 Jerry Hemrich, Pastor—476-5617

**UNITED METHODIST CHURCH**  
 810 E. Main Kendrick  
 Worhisp Service 10 am  
 Susan Butts, Pastor  
 or 743-0375 (pastor's home)

**ZION LUTHERAN CHURCH**  
 214 State St. Juliaetta  
 Sunday School 9:45 am  
 Worship Service 8:45 am  
 Ron Martin-Dent, Interim Pastor  
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**Cedar Ridge News**  
 by Darlean Wilson

Russell and Suzanne Brammer and family spent from Wednesday until Saturday night at the Latah County Fair. Garrett and Drew both had their 4-H projects to exhibit.

Sunday luncheon guests of Elmer and Thelma Cuddy were Art and Maxine Foster, Marge and Clarence Alexander, Melvin and Iona Gardner of Culesac and Fred and Judy Foster. They were celebrating Maxine's birthday anniversary. Lisa Cooper and daughter Tracy called later in the day.

Sunday luncheon guests of Cliff and Jenny Ensley were Jenny's brother and sister-in-law Dave and Patty Kries of Kamiah and their grandchildren Jenny and J. D. Schmith of Kamiah.

Flo and Clem Lyons and RoseAnn Holt judged at the Clearwater Fair at Orofino on Thursday. Mark Harris was a Sunday guest.

Bob Kimbley attended the Clearwater Fair at Orofino Saturday. Bill and Darlean Wilson were up at the Latah County Fair Saturday. RoseAnn Holt judged at the Latah County Fair Thursday in the 4-H Department.

When the flag is flown at night, it should be spotlighted.

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Yogurt makes a great portable lunch. If you don't have access to a refrigerator, try freezing the carton overnight; it will thaw in time for lunch.

The funny numbers on the bottom of copyright pages in books are simply a code designed to signify which printing of the book you have purchased. The number farthest to the right is the printing you have bought.

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**Reduce "Back-to-School" Stress with Family Routines**

Alarm clocks to set, school buses to catch, lunches to make and homework to finish. Back-to-school schedules can be a challenge following the carefree days of summer vacation. Yet taking extra time to establish family routines can help reduce school-time stress for the entire family.

"It's natural to bend the rules during summer vacation but once school starts, we need new routines," says Kevin Haggerty, director of the Raising Healthy Children project at the University of Washington School of Social Work. "Establishing a school-time routine together makes certain activities a child's responsibility instead of a parent's demand."

While each family has differing priorities and activities to consider when mapping out a schedule, Haggerty provides the following points to consider in your family plan.

**Homework first**—Even your child does not have homework every night, set aside time each evening to read or practice math skills. Also, set a specific time when homework should be finished each evening and decide together, parent and child, what the consequences should be if these rules are broken.

"Reading is the single most important factor in predicting the academic success of a child," he explains.

Research shows that kids with a predictable routine are more likely to read and complete more of their school work and related activities.

**Don't rush in the morning**—Find out how much time it takes the family to get ready each morning and prepare accordingly. Make sure there's enough time for breakfast. Rushing in the morning causes stress and can spill over into an unhappy start for the rest of the day.

**Limit TV time**—The biggest competitor for a child's reading time is television. Establish set hours for TV watching and try to limit this time to not more than one hour each day.

**Set a firm bedtime**—This can cut down on nightly complaints or problems. Make sure children and parents agree on a time together.

**Keep in touch**—Regardless of how hectic your family schedule might be, having established methods of communicating can help parents and children keep in touch wherever they may be.

Haggerty recommends identifying where children are after school, such as at a friend's house. If a parent will not be at home when a child returns, establish a system of checking in to make sure the child has some reliable way of getting in touch with a parent, relative or other designated person.

"Some parents even carry a pager and give that number only to their children," Haggerty says. "When kids need it, they need us now."

**Plan family time**—A critical element in building strong family relationships is establishing set family time, such as gathering for dinner each night. If daily times prove an impossible feat, Haggerty encourages families to set a regular meeting time at least once a week where kids and parents can "check-in" with one another and organize themselves for the coming week.

**Communicate**—Talk often and regularly to your child and your child's teacher. Because school is a big part of your child's day, be sure to ask about it and find out what's going on. Parents should also remember to recognize a child's accomplishments each day.

"Paying attention to the positive things in your child's life is the key to avoiding negative behaviors," Haggerty says.

Once you've established a daily family schedule, Haggerty reminds parents to continue looking at the "big picture" for their children.

"Parents should remember to stop and reflect on their long-term mission in parenting," he says. "Keeping in mind that you want to raise independent, self-assured adults can give you a different outlook than focusing on getting through one day at a time."

**Park News**  
By Jody Smith

Several days of cool weather with showers Friday and Saturday have slowed the harvest and the worries about fire danger. The weekend moisture softened the roadbed enough to allow the county road crew to grade some of the washboard out of the Park road.

Park's population was increased by 6.67% September 10, with the arrival of Tyler Dale Johnson, born to Steve and Tracie Johnson, of Park Ranch. He was greeted with enthusiasm by his elder brother Cody.

Clinton and Ethel Smith went to Moscow Friday and Saturday evenings to attend U of I volleyball games. Saturday afternoon they continued on to Colfax with Jerry and Jody Smith to attend the 50th wedding anniversary of Donald and Elvina (Stratton) Gudmunson.

Our bones make up about 25 percent of our body's weight.

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**Education Board to Consider Fiscal Year 1998 Budget Requests**

The State Board of Education next week will consider a recommendation from its Finance Committee that the Board reserve \$3.3 million from the FY 1998 higher education, vocational education and community college budget requests to create a special fund for top Board priorities.

The Board last year identified as one of its priorities the need to expand community-college level services for Idahoans who require some education beyond high school, but not necessarily a four-year degree. The Finance Committee proposed the new fund to address those and other needs.

Recommending how to meet such needs will be the task of the Board's new Access for All Committee, established to identify priorities within the community college function at both two-year and four-year institutions.

The Board meets Thursday and Friday, September 19-20 (at the University of Idaho in Moscow).

The Access for all Committee will meet for the first time at the Moscow meeting. Among the areas that will be addressed by the committee as candidates for the new special fund are:

- Career, technical and adult education;
- Services for at-risk populations, including academic skill development, work-based literacy, displaced worker training and displaced homemaker services;
- Hispanic and Native American issues;

credits from alternative sources of educational services such as non-accredited institutions, corporate programs, etc.

—Discuss the possibility of a uniform calendar or elementary and secondary schools.

—Review the draft of an Internet admissions application for the public college and universities.

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Mondays

Vickie  
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Wed., Thurs. Fri.

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by appointment.

Hours: 9 to 5

—Career guidance and development;

—Short term training;

—Evaluation and transferability of credits earned in career-related programs to advanced degrees and among applied technical institutions.

In addition to the proposed special fund, the Finance Committee recommended that the Board request a 1.5 percent increase in funding above the level needed to maintain current services for FY 1998 for the community colleges; 1.64 percent for the four-year college and universities; and 4.6 percent for vocational education.

The committee recommended that the Board request a 2 percent increase above the maintenance of current operations level for the other agencies under the Board for FY 1998.

At the Moscow meeting, the Board will also:

- Hear recommendations for evaluating and accepting transfer of

**KENDRICK FAMILY DENTISTRY**  
289-3221

JEFF SOWLE, D. D. S.

MONDAY 9:00am-5:00pm  
TUES. 9:00 am-6:00pm  
WEDNES. CLOSED  
THURS. 9:00am-5:00pm  
FRI. 9:00am-3:00pm

credits from alternative sources of educational services such as non-accredited institutions, corporate programs, etc.

—Discuss the possibility of a uniform calendar or elementary and secondary schools.

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We feel that a small word of appreciation is needed to let each of our customers know just how much we value their support, understanding and patience they have shown during the Main Street construction project. It hasn't been easy getting in and out of Phil's this past week or finding a parking space. We just wanted to let you know that all of us are grateful for your continued support.

**Phil's Family Foods Videos**

**This Week's New Releases**

- "Truth About Cats & Dogs"
- "Sgt. Bilko"
- "Muppet Treasure Island"
- "Close Up and Personal"
- "The Bird Cage"
- "The Quest"

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