

The Kendrick Gazette
 Published Weekly at Kendrick, Latah County, Idaho 83537-0177
 Post Office Box 177
 Second Class Postage Paid at Kendrick, Idaho
 Telephone: (208) 289-5731
 William A. Roth, Publisher
 Wm. A. Roth, Editor Nancy Van Houten, News Editor
 Subscription Rates: \$10 per year in Latah, Nez Perce, and Clearwater County, Idaho
 All other addresses: \$13.00 per year Single Copy: 25c
 POSTMASTERS: Send Address Corrections to:
 The Kendrick Gazette, P. O. Box 177, Kendrick, Idaho 83537

**Local News
Of Kendrick**

Charlie and Effie Candler of Lewiston visited Jim and Hazel Candler on Thursday. Bernard Mael of Lewiston was a Monday caller.
 Friday afternoon Vicky Benschoter attended the Methodist Womens' Fellowship meeting at Sally Manfull's home in Juliaetta. Vicky joined friends Saturday afternoon to celebrate Flo and Clem Lyons' 25th wedding anniversary reception. Vicky called on Kari Galloway and Marilyn Sandmeyer Sunday afternoon. Roger Swanson of Lewiston called on the Benschoters Monday afternoon.
 Rose Ann Rowden of Lewiston was a Saturday overnight guest with LenaBelle Morgan. On Sunday they drove to Elk River and hiked down

to the Falls. On their way home they stopped in Cavendish to visit with Scott and Tona Morgan. It was a beautiful day for their drive.
 Maxine Foster accompanied Fred and Judy Foster to Moscow on Friday to shop. Art and Maxine joined Clarence and Marjorie Alexander on Saturday when they drove to Craigmont to attend the 25th wedding anniversary reception for Gary and Renee Ball.
 Saturday John and Gladys Wilson attended the reception at the VFW Hall honoring Flo and Clem Lyons 25th anniversary. In the afternoon Stan and Jean Wilson and Lance Wilson and friend Chris of Clarkston visited Gladys and John.
 Wednesday Deb Klatt, Kaye Harris and Carol Heitsman drove to Lincoln City, Oregon where they vacationed on the Oregon coast until Sunday.
 Dorothy Todd and Laura Skelton of Lewiston and Janet Edwards of Washington, D. C. were Thursday luncheon guests of Ada Westendahl. In the evening Terry and Robin Gustin, Post Falls and Swede Carlson were visitors. Jim and Hazel Candler were Sunday callers. Ada enjoyed lunch in Moscow on Monday with her daughter Janet prior to her flying back to Washington, D. C.
 Thursday evening Elma and Laurine Hazeltine enjoyed the Lewiston Grain Growers Patronage Appreciation picnic at the ball park in Juliaetta.
 Bud Clemenhagen of Milwaukee, Oregon arrived on Sunday, Sept. 22

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for a visit with his mother, Hulda Clemenhagen and returned home on the 25th.
 Fred and Betty Arnett and Frank Loeser fished at Harrison last Monday and Tuesday. Gladys and Don Kress and Wendell and Floreene Kress, all of Lewiston, fished with Fred and Betty Wednesday through Friday.
 Fred and Betty and Ed Anderson of Deary were Sunday dinner guests of Del and Sylvia Anderson in Deary and Sylvia's daughter, Jan Ginn, who was visiting from Alabama.
 Resi Brown attended a bridal shower honoring Stephanie Rode Saturday evening in Lewiston. Resi enjoyed the breakfast buffet Sunday morning at Zoe's Cafe with Jim and Jeanette Thiel and Reba.
 Marilyn and Bud Eichner visited the Tim Eichner family Sunday afternoon.
 Gus Eichner spent Thursday with his grandmother Marilyn. Susan Butts and Vicky Benschoter were Friday luncheon guests of Marilyn. On Monday, Bud and Marilyn visited with Mr. and Mrs. Bill White in Orofino and Mr. and Mrs. Bill Smith of Coeur d'Alene.
 Thursday evening Bob and Judy Callison joined friends, family and colleagues at a retirement dinner in honor of Judge John Bengston held at the Best Western in Moscow. Monday Judy visited her aunt and uncle Cleo and Willie Whitney in Lewiston.
 Thursday, Kathryn Morey accompanied Betty Cowger to the Methodist Womens Fellowship at the home of Sally Manfull. Kathryn accompanied Pat Morey and Darlene Phillips to the anniversary reception for Flo and Clem Lyons at the VFW Hall on Saturday.
 Tuesday Ted and Phyllis Fey visited Helen Trautman in Spokane who is recovering from recent surgery. On Wednesday they returned to Spokane and brought Helen home to continue her recovery. Friday evening Ted and Phyllis enjoyed dinner with Harlan Fey at Zoe's Cafe. Phyllis took her grandchildren Jessica and Erik Parsley to Lewiston on Saturday where they enjoyed a movie and burgers.
 Esther Shreffler recently spent a week in Coeur d'Alene with her daughter Jeanette Howe. She also en-

joyed her granddaughter Nancy Clark and Peggy George. Last Wednesday Janie Ford spent the day with Esther. Esther accompanied Helen Heidenreich to Lewiston on Monday to shop. Sharon Harris was a Tuesday luncheon guest of her grandmother Esther.
 Sunday evening Richard and Fonda Wilson of Genesee visited with Esther Souders. Janet Wilson was a Tuesday morning caller.
 Karen Clemenhagen of Powell arrived Monday evening to visit her mother Joyce She returned home on Wednesday.
 Karen and Jim Narberes of Antioch, Calif., left for their home Thursday after a week's visit with Mildred Johnson. It was good to spend time together. David and Joanne Johnson of Lewiston were Sunday visitors of Mildred.

Clinton and Ethel Smith were in Moscow Friday evening for a U of I volleyball match. Saturday overnight visitors were daughter Kay Stout, Nathan and Nicholas from Lewiston and daughter Leah and her fiancé, Eric Johnson, Moscow.
 A good turn out and brisk bidding were enjoyed at the Enger's auction Saturday. Almost everyone left the grounds with a purchase.

Linquists say there are no exact expressions in Japanese equivalent to our "yes" and "no".

Park News
 by Joay Smu
 Combining in Park is finished and the only good thing about the yield is that it wasn't hard on the trucks! Fine weather holds to allow time for the folks to get things buttoned down for winter.
Cedar Ridge News
 by Darlean Wilson
 Sat. guest of Bob Kimbley was Tom Kimbley of Spokane. Lloyd Davis was also a Saturday caller. On Sunday, Bob's sisters Edna Magee of Lewiston and Margaret Craig of Moscow were visitors.
 Kelly and Ty Plowman of Boise were guests of her parents, Elmer and Thelma Cuddy. They arrived on Friday and Saturday all attended the 25th wedding anniversary reception for Gary and Renee Ball in Craigmont. Kelly and Ty left for home on Sunday.
 Clem and Flo Lyons visited Diane and Howard Holt in Bovill Tuesday evening. Saturday morning callers were Betty and Tom Wilson. All at-

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Local News Of Juliaetta

Last Monday Jerry and Bobbie Pederson of Electric City, Wash. were overnight guests of Marilyn and Verlin Benjamin. They also visited with Gertrude Pederson at the Moscow Care Center and with Ken Pederson. They returned home on Tuesday.

Robert Grant was a Tuesday morning caller with Marie and Milton Grant. Marie and Milton went to Lewiston where they met Marie's father William Briere. They enjoyed lunch out and were treated by Mr. Briere. Randi Grant of Emida spent the weekend with Milton and Marie. They Grants attended the anniversary reception for Clem and Flo Ly-

ons Saturday afternoon at the VFW Hall.

Andy and Jami Brown, Carl and Nadine, visited with Pearl Groseclose on Thursday. Elvina Wilson was a Monday afternoon caller.

Clarence and Aldeana Polumsky enjoyed a drive to Elk River and having lunch out.

Local callers at the home of Ray and Lura Butler this past week were Pastor Mark Fischer, Everett Farrington, David Curtis and Enoch, Brenda Lohman, Elvina Wilson and Montez Steigers. Out of town callers were Mr. and Mrs. Larry Wunderlich of Lewiston on Saturday, and Mr. and Mrs. Glen Hughes of Lewiston, Mr. and Mrs. Gary Eggers of Bovill, and Denny Eggers, all on Sunday.

Wednesday Adaline Jassman accompanied Edna Magee to the Sen-

Helping a Loved One Make a Healthy Change

We all want our loved ones to live long, healthy lives—something that experts agree can be helped by eating right, exercising, not smoking and using alcohol in moderation.

So what can a person do to best help a relative who smokes or a friend who eats poorly change their unhealthy ways?

"First of all, it's important to realize that all behavioral changes present a real challenge and friends and relatives can have a great impact on a person's health," says Mary Ann Draye, family nurse practitioner and assistant professor of psychosocial and community health at the University of Washington School of Nursing. "We may glibly tell people they should exercise more or eat less, and though it may be well-intended, it's not that easy.

Understanding the steps involved in changing a lifestyle activity and knowing how to best offer support as a "helper" may make the difference between success and failure. People trying to alter their daily habits typically go through several stages of change, explains Draye.

One of the first stages is the contemplating stage, when people realize they have an unhealthy habit they might want to stop. This can happen after reading information, getting advice from a physician or watching friends. "A person may see a friend exercising and think, hey, maybe I should start doing this too," Draye says. Helpers may be useful in instigating this stage by discreetly providing information or placing loved ones in a healthy set-

ting. In addition, helpers should take time to listen to their friends' concerns. After a person identifies a behavior, the action stage follows. Helpers must realize this a very busy time, as people start to exercise more, learn different cooking habits or undertake new activities. The best way to provide support is to acknowledge this effort and not cause undo stress. Helpers can also help ease the burden by offering to cook or suggesting an activity in place of smoking or drinking.

Following the active time comes the maintenance stage, as people attempt to continue following their newly formed habits. A relapse of behaviors is most likely during this stage, notes Draye, so it's at this time that helpers can make the most difference. "Help them realize that it's not easy and may take a few tries," Draye explains. "They shouldn't be discouraged if they fail."

Once a new life pattern has been established, the way of life or terminate stage follows, when people become comfortable with their redefined self. "At this point, people would begin using the term 'non-smoker' rather than a 'person trying to quit smoking' when referring to themselves," Draye explains. Helpers need to remember to continue acknowledging this accomplishment, so their friends know someone still cares and notices their efforts.

Regardless of the stage a person is in, helpers should remember the following tips:

- Don't harp. "Accept that they're thinking about changing," says Draye. "Trying to force action can backfire, causing them to be even more set in their ways."
- Remain empathic. Trying to understand and relate to what a person is going through can be very helpful.
- Don't be judgmental. Realize that a person may be fearful, since changes can mean a loss of friends who engage in that same activity or worries of fail-

- Be available. Attend support meetings, be an exercise buddy simply be available by phone if they need someone to talk to.
- Understand that relapses are common. "The worst thing a helper can do is make a person feel guilty about slipping up," Draye says. "When a person feels guilty, they will resume their old habits to cope."

Accentuate the positive. If a friend is trying to lose weight, for example, praise the fact they are exercising instead of focusing on how many pounds they've lost.

Don't sabotage. Avoid placing them in threatening situations, such as inviting them to a party where there will be smokers or offering unhealthy eating options when they are at your home.

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EXCEL #1	Oct. 7, 8, 9	8:30-11 am
EXCEL (ADVANCED)	Oct. 21, 23	8:30-11:30 am
INTRODUCTION TO PC's	Oct. 1, 2	10 am-noon
INTRODUCTION TO PC's	Oct. 19, 26	2-4 pm
MANAGING MAILINGS	Oct. 25	1:30-4:30 pm
MICROSOFT OFF. INTEGRATION	Oct. 8, 10	2-4:30 pm
MS WORKS	Oct. 21, 22, 23	1:30-3:30 pm
PC PURCHASE	Oct. 17	7-9 pm
POWERPOINT	Oct. 22, 24	8:30 am-noon
QUICKEN	Oct. 22, 24	7-9 pm
WINDOWS 3.1	Oct. 2, 3	1:30-5 pm
WINDOWS 95	Oct. 7, 9	1:30-5 pm
WORD NO. #1	Oct. 4, 11	8:15-noon
WORDPERFECT 6.1 #1	Oct. 25, Nov. 1	8:15-noon

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