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**Park News**

By Jody Smith

Whether the weather... has been the major topic of discussion, and reason for action or re-action in Park this week. Last week's 19 inches has been raised by nearly a foot, with dry windy conditions helping to make some interesting contours that are much deeper. The mall has continued to get through, but some alternate mall boxes have been pressed into service. (We received ours in the "leave-a-note" postal pig box that sits on the wood box, Saturday, when our carrier couldn't get to the regular box because of an over-night drift. The gesture was much appreciated.)

Clinton and Ethel Smith were in Moscow on business Monday and Wednesday.

Karl and Wanda Enger visited Jerry and Jody Smith Monday evening.

Jim White and friends of Lewiston were in Park Saturday to enjoy the snow and put their snow machines through some rigorous exercises.

Jerry and Jody Smith were in Lewiston on business Saturday and in the evening they were joined by Clinton and Ethel Smith for a trip to Lenore to Jerry and Ethel's sister, Anna Hunter, and her son Tom's home for a family and friends pinocle party. High prizes were won by Jerry and Betty Stone. Lows went to Tom Weber and his friend Debbie. She also won the traveling pinocle prize. The group of about twenty finished the evening with conversation and potluck refreshments.

About 80 percent of the world's diamonds are suitable only for industrial use.

Employed women spend about seven percent of family income on child care for preschoolers.

**Many Myths Persist About Hair Loss**

A common myth about hair loss is that you inherit it from your mother. The truth is, it can come from either side of the family.

And although genetic makeup isn't the only reason people lose hair, it's the most common and reliable one.

"People's genes are responsible for most cases of baldness," says Dr. Russ Caldwell, dermatologist and assistant clinical professor of dermatology at the University of Washington. "High levels of testosterone also contribute to baldness," Caldwell says.

Both men and women lose hair, but not necessarily in the same way. Men's hair is usually lost down the middle of the head, because that's where testosterone receptors lie. That male hormone triggers the gene that tells hair follicles to shrink, he says.

Women, on the other hand, usually inherit hair loss that shows at the temples, as in a "widow's peak." In other cases, it might thin all over the head.

But for both men and women, hair loss can occur even if it's not written in the genes. What accounts for this expected shedding?

Many factors can cause baldness, including iron deficiency, thyroid disease, use of many different drugs, severe tension or malnutrition. In many of these cases, simple lifestyle changes can help, says Caldwell.

Vitamin and mineral deficiencies sometimes cause balding. Women commonly lose hair due to an iron deficiency which requires special blood tests to detect. Vegetarians with a protein deficiency can lose hair as well, and just need to eat more fish or cheese.

"Also, medications can cause balding. Many common drugs, including oral contraceptives, amphetamines, lithium, vitamin A and certain antibiotics can cause hair loss, says Dr. Caldwell.

"People often blame stress, but only severe stress is likely to be responsible for hair loss. It needs to be pretty dramatic, like going through a divorce or a severe illness. It's not stress you just live with," he says.

Whatever the cause, when is it likely to happen? Balding can start at any time from 18 to 35 years of age. It commonly takes about seven years to run its course, but the earlier it starts, the faster hair falls out. By the mid-40s, hair loss usually stops.

But some hair loss is normal for non-balding folks as well. A few hairs stuck in the hairbrush doesn't mean you're going bald, says Caldwell. Hair strands live about five years.

Emotional responses to baldness vary. "Some people are aggressive about getting treatment, and others are more resolved to the fact that it's going to happen." Baldness support groups are available and can be helpful. Call your dermatologist to get information.

But those who can't accept baldness can stop it and sometimes reverse it. "Especially in women, a lot of times I find it's a treatable condition," says Caldwell. "A lot of women are very delighted."

Rogaine, a drug first sold in the 1970s, can treat genetic balding by blocking the gene which would tell hair follicles to shrink. Rogaine stops hair loss in 90 percent of cases. Seventy percent of people get some regrowth, 35 percent show noticeable hair thickening, and 10 percent experience dramatic improvement, Caldwell says.

The patient applies it to the head twice a day, and waits six months for it to work. Although full benefits are received in a year, the person must keep using it for his or her lifetime at about \$40 per month to maintain results.

Other options are hairpieces or hair transplants. Transplants involve making tiny holes in the bald areas and filling them in with hair and skin removed from the back of the head, according to Caldwell.

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14: Highland (Away)	7:45
15: PRAIRIE (Home)	7:45
16: Dayton (Away)	6:30
18: Genesee (Away)	7:45
22: Culesac (Away)	7:45
26: Troy (Away)	7:45
Feb. 2: DEARY (Home)	7:45
5: NEZPERCE (Home)	7:45

— GIRLS BASKETBALL —

Jan. 5: GENESEE (Home)	7:45
7: Deary (Away)	7:45
9: Nezperce (Away)	4:00
12: Garfield/Palouse (Away)	7:45
15: Dayton (Away)	6:00
16: HIGHLAND (Home)	7:45

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# Stonypoint News

The Stonypoint Friendship Club

Sunday visitors of Lawrence and Nell Heimgartner were their children Janice and Dick Groseclose and Jo and David Johnson of Lewiston. Janice, Dick and Marliou were also Saturday night callers. Ted and Phyllis Fey called during the week.

Juanita Cralg and daughter Jean visited with Jeanne and Jim Black Thursday afternoon.

Among those attending a birthday party for Bonnie Fite at the Juliaetta Community Church Sunday afternoon were Jeanne and Jim Black.

Mike and Iva Hoskins of Culesac hosted Sunday dinner at Konkerville for Gert and Eldon Heimgartner. The Heimgartners have spent several days the past week with her sister Marie Custer in Clarkston, and on Saturday afternoon visited Crystal Gruell, who is suffering the effects of a severe fall Thursday.

Darrell and Janet Kerby attended three ball games this week, Monday night Orofino-Lapwai game at Orofino, Thursday a Clarkston game where grandson Justin Anderson played, and Friday the Grangeville-Lapwai game at Grangeville.

Don and Terry Kerby had Sunday dinner with Janet and Darrell, and went snowmobiling in the afternoon.

Bill, Kenny and Linda and Jim Steigers had Sunday dinner with Nellie Steigers. Mary is visiting in Salt Lake City.

Sunday dinner guests of Wayne and Ruth Heimgartner were Pastor Don Aeschliman and Noel and Lori Williams.

A birthday party for her husband Dave Anderson was given by Kristy Anderson Saturday night. Besides Justin and Lynnae Anderson, guests included Darrell and Janet Kerby, and Steve and Karen Kirkham.

Pat and Mike Kerby took LeRoy and his fiancée Quynn Webb to the plane in Spokane Wednesday where they departed for Virginia. Pat and Mike drove on to Bonners Ferry and spent the night with cousin Darrell Kerby there. They went skiing on Sweitzer Mt. near Sandpoint before coming home to Cherrylane Friday.

The Pat Kerby family drove as far as they could Saturday and went cross-country skiing on to the Kerby cabin. They reversed the process and came home Sunday.

Many of us have stayed close to home all week, glad for electricity and warm fires, and thankful that fields are blanketed in snow. Also that the snow isn't too heavy to shovel, and for the needed moisture.

## Local News Of Juliaetta

Ada Westendahl and Quentin Carlson enjoyed the sausage feed held at the Eagles in Lewiston Sunday.

Freida Farrington, Minnie Hedler, and Mandy Green and many other relatives and friends helped wish Bonnie Fite a happy 75th birthday at a party at the Juliaetta Community Church Sunday.

## Classifieds

FOUND: A set of keys. Inquire at the Gazette. 2t30nc

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BARN & FENCE STAIN. \$4.49 gal. at Snyder's Home Center in Kendrick. Phone 289-8061. 1t51c

AL-ANON: A group of family and friends of problem drinkers meet Tuesday evenings at 8:00 and Friday mornings at 10:30 in the office behind Red Cross Pharmacy. Call 289-3151.

A. A. meets Tuesday and Friday evenings at 8:00 p. m. at the Kendrick Fire Hall on Main St. Call 877-1334 or 289-4694 after 6.

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Don and Fran Johns of Lewiston visited Viola Johns Sunday evening. Monday Viola attended the games party of the Golden Sunset Senior Citizens.

Greg Sun of Moscow and Linda Horn of Potlatch were weekend guests of Alice and Bud Henson and family. Lee and Nancy Swanson of Moscow were Sunday visitors.

Saturday evening Shari and Ed Pea and family were guests of Scott and Kelly Hall and played Pictionary. Sunday visitors of Ed and Shari and Kyle and Kayla were Gary and Pam Gertje and Alyssa of Lewiston. They spent the day sleigh riding and playing Pictionary.

Last Wednesday Grace Groseclose accompanied Marnie Henson to Moscow to keep a doctor's appointment and did some shopping. Sunday Lee and Nancy Swanson of Moscow stopped by.

Lura Butler was among the many who attended the birthday party for Bonnie Fite at the Juliaetta Community Church Sunday.

Charlie and Effie Candler of Lewiston visited Ada Westendahl one day during the week and Jim Candler was a Monday caller of his sister.

Friday guests of Adaline Jassman for an afternoon of playing cards were Ted and Blanche Dorendorf of Deary. Lee and Nancy Swanson had Sunday dinner with Adaline. Dave Kimbley was a Monday caller.

New Year's Eve, Viola Johns and Diann and John Groseclose attended a party at the home of Frances and Don Johns in Lewiston where two birthdays and two wedding anniversaries were celebrated.

Saturday Freida Farrington accompanied Betty and Steve Howerston to Nezperce to watch the KHS girls' team play Nezperce in a basketball game.

Those who dream by day are cognizant of many things which escape those who dream only by night.

Success is a toy balloon among children armed with sharp pins.

## Cameron, Southwick News

By Sonja Lohman and Opal Lohman

Ted and Phyllis Fey, Jim and Charlotte Parsley and children Eric and Jessica, and Jim Fey and his friend Shari, attended a 75th birthday party in honor of Ted's sister Eva Rosenau at the home of Sharon and Doug Harris Sunday afternoon. Phyllis said that it was a lovely day and the group also enjoyed lots of deer watching.

Connie Lohman returned home on Saturday after spending three weeks with her daughter and son-in-law, Sharon and Lyle Parks, at Blackfoot. Sharon returned with her and will spend some time here visiting with family.

Connie and Sharon were Sunday dinner guests of Ron and Sonja Lohman. The evening was spent playing pinochle.

Last Monday Ron and Sonja Lohman visited with Carol Trout in Troy. Jim Lohman was a luncheon guest of Sonja and Ron last Tuesday.

Tuesday morning visitors of Ron and Sonja were Opal Lohman, Stella Lohman, and Sharon Parks, who dropped in for a chat.

Sharon has also visited with Mrs. Margaret Parks this past week.

## Church Directory

CHURCH OF THE NAZARENE

Juliaetta, Idaho  
Jay W. Casciato, Pastor  
Phone 276-3640  
Parsonage: 276-3641

Sunday School 9:45 am  
Morning Worship 11:00 am  
Evening Worship 6:00 pm  
Wednesday Bible Study 7:00 pm

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Fall & Winter Hours  
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Worship Service 8:45 a. m.

SEVENTH-DAY ADVENTIST  
Juliaetta, Idaho  
Saturday Sabbath School 9:30 am  
Worship Service 11:00 am

JULIAETTA COMM. CHURCH  
Dan George, Pastor  
Phone 289-4867

Worship Service 8:30 am  
Children's Church 8:30 am  
Bible Study 2nd & 4th Wednesdays at 7:00 pm

KENDRICK UNITED METHODIST  
Susan Butts, Pastor  
Phone 743-0375  
Sunday School (all children) 10:00 a. m.  
Worship Service 11:00 a. m.

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The Kendrick Gazette, Thursday, January 14, 1993

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Phone: 289-4590  
Parsonage: 289-4597  
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Sunday Morning Service 10:30 am  
Children's Church 10:30 am  
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CAVENDISH UNITED METHODIST  
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Worship Service 8:30 am

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Kendrick, Idaho

### Cedar Ridge News

By Darlean Wilson

Cecil and Jo Brammer took Miss Mildred Brammer to the Lewiston airport Jun. 4 so she could board a flight to return her to home in Ithaca, New York. She visited family and friends over the holidays.

George Lyons was at the home of Clem and Flo Lyons Wednesday to help clear snow from the house.

Guests of Jack and Donna Parsley Saturday afternoon were Dave and Jennifer Curry and baby Dylan.

The Nobel Peace Prize was founded by Alfred B. Nobel who invented dynamite.

A good book is the best of friends, the same today and forever.  
—Martin Farquhar Tupper

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**Color Safe Bleach . . . . . \$1.89**

GOOD WEEK OF JAN. 13 - 19



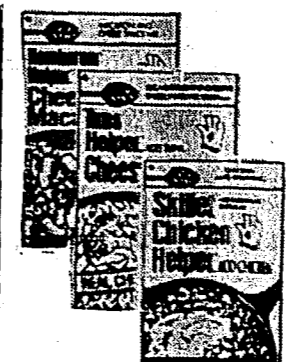
**SAVE 75c**

on ONE 12 oz. ONLY  
Special K with this coupon  
LIMIT 1 PER FAMILY

Supplier Code 44554 075

Good Only Phil's Food City

GOOD WEEK OF JAN. 13 - 19



**SAVE 40c**

on any 1 Betty Crocker  
Hamburger Helper

LIMIT 1 PER FAMILY

Supplier Code 08891900

Good Only at Phil's Food City

## Pepsi Family Sale

Pepsi - Diet Pepsi - Pepsi Free  
Diet Pepsi Free - Mt. Dew

12 oz. cans

**12 pack \$3.99**