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Park News
 by Jody Smith

Over a foot of snow has turned Park into a winter wonderland— you wonder if now that it's started snowing, will it ever stop.

Karl and Wanda Enger were Lewiston business visitors Saturday.

Jerry and Jody Smith were in Deary and Troy on business Monday and went on to Bovill to visit Mr. and Mrs. Ray Lockman and family in the afternoon.

Clinton and Ethel Smith visited the Jerry Smiths Monday evening. They went to Lewiston Tuesday and called on their daughter and son-in-law Kay and Doug Stout, Nathan and Nicholas.

Steve Johnson visited Jerry Smith on Wednesday, and Karl Enger called on the Smiths Monday.

Big Bear Ridge News
 by Arlyne Clemm and Betty McMahan

Monday Judy Shipp and daughter and Judy's mother, Mrs. Calvin Lathern of Moscow visited with Ruth Wilson.

Elaine Galloway, Mrs. Kellie Zimmerman and several other friends were weekend visitors of Ruthie.

Leland and Darlene Slind of Longview, Wash., spent last week visiting with his parents, Oscar and Ruth Slind.

Support the Tigers!

Protect Skin During Winter Months

Winter is the season for chapped lips and dry skin. Giving your skin a little extra attention can help provide relief from the dryness caused by exposure to the elements and spending extra time indoors with the thermostat turned up.

Dr. Kristine Rinn, dermatology resident at University of Washington Medical Center, explains that people react differently during winter months depending on their skin types.

"Proteins and lipids in the skin repel water and keep skin soft," Rinn explains. "Some people have more oils in their skins than others and are not as prone to dry skin."

If you do experience dry skin, Rinn stresses the most important thing to do is moisture it. Apply lubricants, such as lotion, several times a day, especially after bathing, to restore lost moisture. Avoid products with perfumes and other additives that may further irritate skin and stick with the mildest products available. These lotions need not be hard on your wallet, either.

"Some of the best products for your skin are plain Crisco or Vaseline," Rinn says. "They are very inexpensive, and few people are irritated by them."

Scratching and scrubbing dry, flaky skin will provide no long-term benefits. "You may feel good for the first 5 minutes, but 10 minutes later you'll feel worse than before," Rinn says, explaining that you need to avoid interrupting the surface layer of skin. "Do as much as you can to leave your skin alone."

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 Wednesday, Jan. 10: R. Trudeau 8 to 5
 Friday, Jan. 12: D. Kottkey 8 to 12:30

Monday, Jan. 15: D. Kottkey 8 to 5
 Wednesday, Jan. 17: R. Trudeau 8 to 5
 Friday, Jan. 19: D. Kottkey 8 to 12:30

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Other helpful tips for treating dry skin include:

—Use tepid, not hot, water when showering or bathing. Hot Water may feel soothing on dry skin, but will only cause further irritation.

—Avoid scented soaps and detergents.

—Pat skin dry with a towel—do not rub.

—Don't wear wool or other scratchy materials against your skin.

—Don't lick chapped lips. Excess moisture on the skin will evaporate, and contribute to drying of the skin.

If dry skin is extremely bothersome, and includes red patches, most especially behind the knees and on arms, neck and face, it may indicate eczema, a more serious skin condition. Rinn says eczema is often an inherited condition and explains it can be treated with a topical steroid ointment in addition to dry skin care measures. If skin problems are persistent, Rinn recommends visiting your doctor.

Cedar Ridge News

By Darlean Wilson

Bob and Laurie Curry and sons Josh and Brian and Kelly Umphenour visited Sunday with Dave and Jenifer Curry and family. They arrived with a birthday gift for Dylan.

Ideas are a capital that bears interest only in the hands of talent.
 —Rivarol

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Winter Depression

Two treatments for "winter depression", also known as seasonal affective disorder, are being tested by Dr. David Avery, associate professor of psychiatry and behavioral sciences at the University of Washington. The bright light box and the

dawn simulator are used for persons suffering from depression associated with lack of sun exposure. The first method requires a person to sit in front of a bright lamp, while the second works while a person is sleeping, providing a slowly-increasing light that simulates a sunrise.

Mann and Stanke

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AL-ANON: A group of family and friends of problem drinkers meet Tuesday evenings at 8:00 in the break room of Farm Bureau Insur. Call 289-3151.

A. A. meets Tuesday and Friday evenings at 8:00 p. m. at the Kendrick Fire Hall. Call 877-1334 or 289-4694 after 6. 1128nc

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Local News Of Kendrick

Mr. and Mrs. Norman Blewett and Stephanie of Sutes and Mr. and Mrs. Stewart Speer and two daughters of Troy were Saturday dinner guests of Joyce Clemenhagen. Also present were Ross Armitage and Karen Clemenhagen. They all attended the girls game so Norman could see his granddaughter Tary Morris of Troy play basketball.

Adam Hines of Lewiston was a Friday overnight guest of his grandparents Rose and Darrel Brocke. Sunday Robin Magnuson of Moscow visited with his mother Lucille, Dana Magnuson and Robert dropped in and joined the visit.

Tuesday Erna Nelson joined Doris and Emil Silflow and Dorothy and Harold Silflow to visit Rosalie and John Blankenship in Lewiston.

Bob Bain of Emeryville, Calif. arrived Wednesday on business at W. S. U. and also to visit his grandmother Ada Westendahl. Ada and Hazel Candler visited with Quentin Carlson Monday afternoon at St. Joseph Regional Medical Center in Lewiston. Quentin is recovering from pneumonia and hopes to return home soon.

Carol and Ron Craig of Lewiston called on Jim and Hazel Candler on Sunday. Fred and Betty Arnett were Monday callers.

Fred and Betty Arnett were Thursday evening dinner guests of Ula and Don Cantril. Wayne and Wanita Arnett were Sunday visitors with the Cantrils.

Saturday Mike Rollins and Bonnie and Travis and Toby of Lewiston stopped for Theresa Balestier and they all went to Bev and Bob Rollins where they spent the day.

Saturday Shawn and Karen Hasenochrl and daughters of Lewiston visited with Mildred Johnson. They shoveled snow and helped Mildred with chores. After playing in the snow they all were treated to freshly baked cinnamon rolls and a good visit was had. David and Joanne Johnson and Debbie Rode and Megan and Ericka of Lewiston also called on Mildred and Theresa Balestier was also a Sunday guest.

Monday evening dinner guests of Art and Maxine Foster were Teresa and Ernie Sorg of Clarkston.

Last Monday Esther Shreffler joined her daughter Doris Hansen and her friend Judy Payne of Orofino for lunch. Esther spent Sunday visiting with Bob and Helen Heidenreich. Lynda Brocke was a Tuesday luncheon guest with Esther and Janie Ford visited her Wednesday afternoon.

Treat people as if they were as good as you would want them to be. It is the only way to make them so. —Goethe

In the nearly 30 years it was a federal prison, no one ever permanently escaped Alcatraz.

Kendrick Area Host Families Sought for International Students

Foreign high school students are scheduled to arrive soon for academic semester homestays, and the sponsoring organization needs a few more local host families.

According to Pacific Intercultural Exchange (P. I. E.) Executive Director, John Doty, the students are all between the ages of 1 and 18 years, are English-speaking, have their own spending money, carry accident and health insurance, and are anxious to share their cultural experiences with their new American families. P. I. E. currently has program to match almost every family's needs, ranging in length from a semester to a full academic year, where the students attend local high schools.

P. I. E. area representatives match students with host families by finding common interests and lifestyles through an informal in-home meeting. Prospective host families are able to review student applications and select the perfect match. As there are no "typical" host families, P. I. E. can fit a student into just about any situation, whether it be a single parent, a childless couple, a retired couple or a large family.

Families who host for P. I. E. are eligible to claim a \$50 per month charitable contribution deduction on their itemized tax returns for each month they host a sponsored student.

For the upcoming programs, P. I. E. has students from Spain, Germany, Poland, Russia, Finland, Denmark, Argentina, Brazil, Colombia, Paraguay, Australia, New Zealand, Croatia, and many other countries. P. I. E. has also been invited to participate in a special government-funded program to bring scholarship students from the Newly Independent States of the former Soviet Union to the United States. P. I. E. is a non-profit educational organization that has sponsored more than 18,000 students from 40 countries since its founding in 1975. The organization is designated by the United States Information Agency and is listed by the Council on Standards for International Educational Travel Programs.

Doty encourages families to contact the program immediately, as it will allow the proper time for the students and hosts to get to know one another before they actually meet for the first time. Kendrick area families interested in learning more about student exchange or arranging for a meeting with a community representative can call P. I. E., toll-free, at 1-800-631-1818 or via the internet at <http://www.pieusa.org>. The agency also has travel/study program opportunities available for American high school students as well as possibilities for community volunteers to assist and work with area host families, students and schools.

Butler Will talk on Hatwai Ck. Project Jan. 27

Local resident Wally Butler will speak and present slides on the Hatwai Creek project near Lewiston at a special meeting Saturday evening, Jan. 27 at 6:30 at the Southwick Community Center.

The public is invited to attend this interesting program. There is no cost.

Caffeine Effects

Understanding how caffeine affects the brain is the goal of a new study at the University of Washington. Dr. tephen Dager, associate professor of psychiatry and behavioral sciences, will administer a caffeine dose equivalent to four shots of espresso to volunteers while they are being scanned with proton magnetic resonance spectroscopic imaging to evaluate brain activity and identify specific regions of the brain involved with both alertness and anxiety which can be produced by caffeine consumption.

I like the dreams of the future better than the history of the past. —Thomas Jefferson

More children's books have been published during the 1900s than all the previous centuries combined.

Kansas leads all states in wheat production and the production of civilian airplanes.

one another before they actually meet for the first time.

Kendrick area families interested in learning more about student exchange or arranging for a meeting with a community representative can call P. I. E., toll-free, at 1-800-631-1818 or via the internet at <http://www.pieusa.org>. The agency also has travel/study program opportunities available for American high school students as well as possibilities for community volunteers to assist and work with area host families, students and schools.

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in many ways. The council recommended that volunteerism be promoted and strengthened with Area II.

(5) Lack of community understanding and support for the special needs of seniors. The council cited a number of obstacles within the community such as no senior exercise program, no senior support group, few recreation opportunities, no adult day care facilities, and the scarcity of wheel chair and walker friendly housing. It recommended that the Area Agency on Aging promote the needs of seniors to the community by advocacy and education.

The council approached its task from the premise that seniors who choose to stay in their own homes should have access to care services no matter where they live. Surveys have shown that older people overwhelmingly prefer to live in their own homes and communities rather than in an institutional setting.

However, it recognized that retirement communities, low-cost housing for seniors and assisted living complexes do offer a high degree of independence along with easy access to medical services, companionship, and the opportunity to help each other.

Seniors, it was stated, should have a choice to live where they want to and be able to make that choice.

The council acknowledged that the demand for the services of the aging agency will likely always exceed the available supply of finances and staff resources, considering the size and remoteness of the service area and the limited resources.

But it warned that dismissal of this service gap as an unfortunate and unavoidable shortcoming of the system is to give up on seniors in need.

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**Seniors Need to Know
About Services Available
To Them, Says Report**

Many senior citizens are not getting the best in home and community based care because they don't know about the services that are available to them.

That was determined to be a major obstacle by a council of 16 volunteers formed in February 1995 to investigate and evaluate ways to improve home and community care for senior citizens. Its report, released this week, covered five counties of northern Idaho: Clearwater, Idaho, Latah, Lewis, and Nez Perce.

In interviews with 66 seniors in the five-county area, council members found that "the single most common response was that seniors were unaware of services and programs to assist them." The council's strongly recommended that methods for informing senior citizens of these services be improved.

The Area II Home and Community Based Care Council (HCBC) was funded by a grant from the Administration on Aging awarded to the Mountain States Group headquartered in Boise. Its recommendations are addressed to the Area II Area Agency on Aging with offices in Lewiston.

Other obstacles listed by the council are:

(2) Lack of money. Many seniors

were found to be strapped by finances. If care and services are not affordable, they will not be used. The council recommended that new sources of funding be sought.

(3) Lack of affordable transportation. Public transportation is not adequate, especially in the outlying areas. A major goal the council set was to strengthen and improve transportation services.

(4) Lack of volunteerism. There has been a decline of volunteerism in rural America. Coping with the problems of aging is too often a lonely, never-ending struggle that gets more and more difficult. Volunteerism in the community could assist

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