



Contents

Helping seniors beat depression.....	page 5
Imaging tech takes away guesswork	page 9
The staggering cost of giving birth in America.....	page 12
The hunt for a universal flu vaccine.....	page 16
Use winter to improve outdoor sport weaknesses.....	page 21
Tongue weight loss could improve sleep	page 25
9 essential gadgets worth the real estate in your kitchen.....	page 27

Advertiser Index

Baker County Health Dept	page 6	Eagle Optical.....	page 24	New Directions Northwest Inc..	page 16
Baker County Veterans Services.	page 29	Elkhorn Denture Service	page 9	Northwest Furniture	
Baker County YMCA.....	page 15	Gold Heart Massage.....	page 17	& Mattress	page 17
Buffalo Peak Golf Course	page 23	Grande Ronde Hospital.....	page 2	Nugget CBD	page 15
Cancer Center	page 10	Gray's West & Co.		Rachel Pregnancy Center.....	page 17
Carpet One	page 26	Pioneer Chapel.....	page 27	Saint Alphonsus	
CASA.....	page 30	Dr. Hampton	page 30	Medical Center.....	pages 31-32
Center for Human		Hearth 'n Home.....	page 29	Saint Lukes	page 4
Development.....	page 15	Koza Family Dental Care	page 24	Sea Brite Dental	page 10
Church Directory	page 13	La Grande Family Practice.....	page 22	Scott's Heating & Air	page 23
Claudson's Sew & Soak	page 28	MayDay Inc.	page 28	Shelter From the Storm	page 7
Combe's Wellness Center	page 21	Meadowbrook Place	page 10	Snake River Dermatology	page 14
Community Connections.....	page 8	Mountain Valley Fitness	page 19	Anita Swartz M.A., CCP-SLP ...	page 25
Donna's Groom & Board	page 23	Mountain Valley Therapy	page 5	Veterans Memorial Pool	page 30
Eagle Cap Clinic	page 18	Natures Pantry	page 25	Wildflower Lodge.....	page 20