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Ice Capades Chalets

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Warts

by Dr. Robert Mendelson

Kissing frogs won't give you warts, but it may give you a funny taste in your mouth.

People used to think that giving a frog a kiss would make warts appear. Now doctors know that warts are caused by viruses, just like colds, chicken pox or the flu.

Warts show up on the skin without any notice. They are small, hard bumps that can last for months or years. None last forever. Some people never get warts. Some people always have warts. And just because someone in your family gets warts, it doesn't mean you will.

Often when someone gets a wart, it will be where the skin has been hurt. The skin is a protective "coat" for the body. When it is cut or scratched or when you get a sliver or a bee sting, that protection is broken and the wart virus may get in the injury and cause a wart.

One kind of wart, called a Plantar Wart, appears on the bottom of the foot, often after the foot has been

injured. It can be painful because you step on the wart each time you walk.

The Plantar Wart, like other warts, can be treated by doctors. There is no cure for warts, but there are lots of different treatments. They can be removed by freezing the wart with liquid nitrogen, which is much colder than ice. They can be burned off,

called cauterizing, or they can be surgically removed, by cutting them away.

Anytime a wart goes away, it can return in that same spot. You can't give warts to other people, but you can give yourself more warts. If you often touch your wart or scrape it or fiddle with it, you can cause "satellite" warts to form around the main wart. If your warts are in a place that bothers you, or where you often bump them, they can be removed. But if they don't bother you, it's probably best to leave them alone.

Just like frogs.

A Community Service of

healthlink
**EMANUEL HOSPITAL
& HEALTH CENTER**

Emanuel Hospital & Health Center's Pediatric Services
2801 N. Gantenbein Ave., Portland, OR 97227 280-3399

A Lutheran-Affiliated Center of Caring and Excellence

FOR FUN

No rest for the weary

After all our rounds
of all of the towns
and all of the homes which lie in 'em,

it's back to the soul
of the cold North Pole
where the work once again is beginnin'.

Santa will say:
"Rudolph, point the sleigh
and get us home on the double.

"For if we delay
our work by one day,
next year, we're all in big trouble!"

BY TOM CANDELA

On Christmas Day
I lead the sleigh
which brings to you good cheer,

but do any of you know
where reindeer do go
every other day of the year?

Now I bet you think
we sit and drink
from lakes of crystal clear,

and munch and crunch
like a roaming bunch
of fat and lazy steer.

I bet your mind
dreams up some kind
of picturesque resort,

where in the snow
we reindeer go
to frolic, play and court.

Let me tell you
this is simply not true,
we have no time for leisure,

for if we do take
too much of a break
Santa could never please ya.

Back in the grind
of the workshop we find
orders piled up to the ceiling;

to make all of the toys
for the good girls and boys
it's enough to start your head wheeling!

Now the reindeer, you see,
have the responsibility
to put all things in order;

each and every day
we pull the heavy sleigh
filled with helpers from every border.

And who do you suppose
with his bright, shiny nose
takes time to bring in the mail?

And who has the chore
to go to the store
when Santa needs more glue and nail?

The reindeer...THAT'S WHO!

Yes, me and the rest,
we all do our best
to help Santa in every way;

making all of the toys
which all do enjoy
so next year we'll have a full sleigh.

WORD SEARCH

Find the words below in the puzzle. They may be vertical, horizontal or diagonal.

S E P T E M B E R O
A M L S L N E W E C
J A N U A R Y B B T
U Y E G H C R A M O
N L G U I N N I E B
E U N A P R I L C E
G J N O V E M B E R
F E B R U A R Y D S

JANUARY
FEBRUARY
MARCH
APRIL
MAY
JUNE

JULY
AUGUST
SEPTEMBER
OCTOBER
NOVEMBER
DECEMBER

What does the new year bring? Use the extra word
search letters to find the answer.

A _____
N _____
B _____

S E P T E M B E R O
A M L S L N E W E C
J A N U A R Y B B T
U Y E G H C R A M O
N L G U I N N I E B
E U N A P R I L C E
G J N O V E M B E R
F E B R U A R Y D S

B E G I N N I N G S
A L L