2C

COMMUNITY

Life 4C 5C TV

Obituaries

Wednesday, January 14, 2009

Night local editor (304) 526-2773



scholarships

QUESTION: Do you think the PROMISE scholarships should be reconstructed to help more low-income students?

Visit www.heralddispatch.com and click on the News tab at the top of the page to record your vote. Results will appear in this column Friday.

Metro government

Here are the results of a poll conducted Monday and Tuesday that asked: "Do you think Cabell County and the city of Huntington should consider merging some services in a form of metro government?'

Yes: 74% No: 26% **TOTAL VOTES: 281**

The Herald-Dispatch online polls reflect only a sample of opinions and should not be considered scientific results.

COMING UP

Hands That Touch a Heart campaign in its fifth year

ASHLAND — U.S. soldiers serving abroad and residents of local nursing homes will receive handmade Valentine's Day cards again this year, thanks to those who participate in the fifth annual Hands that Touch a Heart campaign.

Hands That Touch a Heart is Boyd County Public Library District's annual campaign to deliver personal, handmade cards to those who might not otherwise receive one.

"It's a way to make sure that as many people as possible get remembered on that day," said Amanda Gilmore, community relations coordinator for the library. "And it teaches children the importance of giving to someone, especially something they make themselves."

Children trace their hands on the card, and then decorate it any way they wish, then add their name and a personalized message. All ages are welcome to make a card, with parents assisting the very young.

Supplies will be on hand at all three library branches Ashland, Catlettsburg and Summit now through Monday, Feb. 9. Outside groups also are encouraged to participate.

Children have made between 600 and 800 cards the past four years.

"We'd love to reach 1,000 this year," Gilmore said.

Teachers or leaders of groups that want to participate should contact Gilmore at agilmore@thebookplace.org or 606-329-0518, Ext. 1130.

Send us your decorating questions

Do you have home decorating problems that you just can't seem to remedy? Are you trying to find the right solutions to make your living room comfortable and attractive? Do you need to know how to marry two styles? What color should you paint your bedroom?

There are plenty of questions when it comes to decorating your home. The Herald-Dispatch is featuring Ask the Decorating Gal that runs each Thursday. To submit your decorating questions, e-mail them to decoratinggal1@aol.com.



Here are some things to know going into this year's tax season

The Herald-Dispatch

Wondering what's different in 2009 when it comes to taxes? Well, new in '09, along with helpful tips and resources for taxpayers.

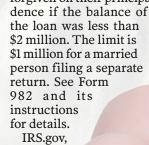
Here are some tax credits to con-

FIRST-TIME HOMEBUYER CREDIT: Those who bought a principal residence recently or are considering buying one should take note. This unique credit of up to \$7,500 works much like a 15-year interest-free loan. IRS.gov has more details and answers to common questions.

THE RECOVERY REBATE CREDIT: This credit is figured like last year's Economic Stimulus Payment except that Recovery Rebate Credit amounts are based on tax year 2008 instead of the offi-2007. Most people already received cial IRS their full benefit in the form of the Economic Stimulus Payment. However, a taxpayer may qualify for the Recovery Rebate Credit, if, for example, he or she did not get an Economic Stimulus Payment, had a child in 2008 or had a change in income level. If you receive this credit, it will be included in your refund and will not be issued as a separate payment. See the Form 1040 Instructions, Fact Sheet 2009-3 or the information center on IRS.gov for details.

STANDARD DEDUCTION FOR REAL Web site, has more information on **ESTATE TAXES:** Taxpayers can claim an these and other popular credits, such additional standard deduction, based the Internal Revenue Service has on the state or local real estate taxes Income Tax Credit and alternative submitted an extensive list of what's paid in 2008. The maximum deduction fuel vehicle credit. is \$500, or \$1,000 for joint filers.

MORTGAGE WORKOUTS AND FORECLOSURES: For most homeowners, these are now tax-free. Eligible homeowners can exclude debt forgiven on their principal resi-



IRS.gov,



as the child tax credit, the Earned

E-File, E-Pay and direct deposit

options will speed the payment of

This year, electronic filing

Please see TAXES/3C



Winter squash boosts health, adds color

You can add color to your next dinner party by inviting the eccentric with the orange hair who lives two doors down. Or you can do it a far quieter and healthier way: by bringing winter squash to the table. This golden-orange vegetable helps you live longer and better (even if it won't offer to do the dishes). Here's just part of its healthy resume:

It reduces the rate of aging of your arteries. Varieties such as acorn and butternut are high in potassium, which is part of what makes your nerves and muscles contract when you want them to. It also helps regulate blood pressure, allowing your heart and kidneys to function properly. One cup of cubed squash contains almost 900 mg of this mineral, which gets you a long, tasty way toward the 3,000 mg a day we recommend.

It keeps your knees (and hips) moving. Winter squash is high in beta cryptoxanthin (you don't have to spell it; just eat it) and vitamin C, two nutrients credited with helping save joints.

It helps control your appetite. Squash is low in calories (if you don't douse it in butter and brown sugar, which you don't need for great taste) and high in fiber, so you eat fewer calories and feel fuller longer.

Our favorite ways to get it on your plate:

■ Serve as a side dish: Puree butternut squash with a bit of olive oil. lime juice and nutmeg.

■ Add cubed or mashed squash to stews, casseroles and stir-fries. ■ Cut it into the shape of French

fries. Mix with a lot of garlic and a little olive oil and roast. This is a great treat while watching the game, and the taste can be so similar to fries that most guys don't even know that they're eating something that isn't fried and is so darn healthy that it could really help them go out and play.

The YOU Docs — Mike Roizen and Mehmet Oz — are authors of "YOU: Being Beautiful — The **Owner's Manual to Inner and Outer** Beauty." To submit questions and find ways to grow younger and healthier, go to www.RealAge.com, the docs' online home.

Boy Scout pack goes above and beyond with popcorn fundraiser

BARBOURSVILLE — Covenant School Pack 61 had another very successful fund drive this year.

The scouts were able to sell more than \$19,478 worth of popcorn this year.

This beats last year's total of \$11,464 and the previous year's total of \$6,727.

As you can see, we are able to raise more money each year. One of the contributors to the pack's great success is Thad Taylor, one of our Webelos in Pack 61.

He sold more than \$3,705 worth of popcorn, which made him top seller in the Muguyoh District and the Tri-State Area Council.

In addition to his success, Sam Eplin sold \$2,115, Blake Viars-Wilks sold \$1,851, and Max Salmons sold \$1,815. Out of 23 scouts in Pack 61, 22 of them sold popcorn.

We attribute our ability to sell popcorn by following the guidelines and materials provided by the Boy Scouts of America (BSA). The combination of well-

written brochures, sales videos and prize awards are more than enough to prepare our scouts for the fundraiser. However, Pack 61 does add one more motivation. Each

scout that reaches the sales

goal of \$500 gets to throw a

The Herald-Dispatch

MORRISON

Share your scout news

You can share the sales for your scout troop. Just send the information to news@herald-dispatch. com. Be sure to include a contact name and phone number.

whipped-cream pie into his den leader's face. If each scout in a den meets the sales goal of \$500, each scout in the den gets to throw a pie into the face of our pack leader, Allen Gibbs.

To encourage our scouts to sell more than \$1,000, these top sellers got to throw a pie into the face of the Covenant School's Head Master Steve Wilkins.

The "Pies in the Face" were dished up at our autumn awards Pack meeting. The Tiger den leader, Bret Holley, got four pies, the Wolf den leader, Jeff Morrison, got one pie, the Bear den leader, Laura Thomas, got five pies, the Webelos den leader, Cathy Armstead, got one pie, and the Webelos 2 den leader, Richard English, got four



Courtesy of Jeff Morrison

Covenant School Pack 61 sold more than \$19,478 worth of popcorn this year.

In addition, Allen Gibbs, the pack leader, got four pies in the face and Head Master Steve Wilkins, got six pies in the face.

The money raised is used to fund Pack 61 activities. These include the fall "Rain Gutter

Regatta," the spring "Pinewood Derby" and costs associated with Pack 61 gatherings.

In addition, any scout that met the \$500 sales goal receives a full scholarship to summer camp at Camp Arrowhead. This year, Pack 61 wanted to share its success with the students of Covenant, so the pack donated a portion of the money to Cov-

Jeff Morrison is the Pack 61 Wolf Den leader.



YOU'RE INVIT 8:00pm at Keith Albee Ticket Information BACHELORS February 7, 2009 Call 304.525.0670 or www.huntingtonsymphony.org