

## Take A Break And Indulge

**Complimentary samples of Dessert Truffles will be given away around the country for two hours in November.**

(NAPSA)-When life gets hectic, it's often hard to find some time for a quick break in your day. Whether it's to pick up a cup of coffee, grab a sandwich or enjoy a 10 minute massage, it's important to remember to take some time for yourself. Despite the current economy, you can still find ways to indulge yourself without making an unexpected dent in your wallet.



On Thursday, November 20th, Godiva will help you take a break from your daily routine and satisfy your sweet tooth at no cost. In honor of Truffle Month, the Chocolatier is hosting "Truffle Break" from 1:00-3:00 p.m. Chocolate lovers can go into any boutique nationwide for complimentary samples.

Godiva will be sampling its newest truffle line, European Dessert Truffles. The exclusive collection, available for a limited time only, allows you to select your favorite dessert from the best of European pastry and confection.

Godiva's chef chocolatiers have masterfully reinterpreted six desserts as decadent truffles-Lemon Chiffon Cake, Caramelized Apple Tarte, Crème Brûlée, Chocolate Soufflé, Bananas Foster and Black Forest Torte. For the first time, these desserts are brought together in one unique experience.

Visit [www.Godiva.com](http://www.Godiva.com) for a list of Godiva boutiques nationwide and be sure to tell them YOU SAW IT IN RIVER TALK. Thanks, Dodi.

## Act Now To Prepare For The February, 2009 Digital Transition

(NAPSA)-Will you, your family and friends be ready by February 17th, when most local broadcast TV stations switch to "all digital" signals? Older TV sets will no longer work unless they're connected to a cable or satellite service or a special converter box. Many consumers are getting the word about what's going to happen when the broadcasters turn off their "analog" transmitters. But they may not be preparing for it soon enough.



**Don't let this be you on February 17, 2009. There are some simple solutions to managing the broadcast digital transition and you can prepare today!**

If you have cable service, all you need to do is be sure all the sets you want to watch are hooked up-and don't forget the one in the guest bedroom, in the kitchen and so on. And do it soon! Come February, cable technicians will be very busy with all the people who waited until the last minute.

If you don't have cable or satellite service, you can tell now if your older sets will still work then. Purchase a digital-to-analog converter box from a consumer electronics store right away. (You might be eligible for government coupons to help pay for the boxes. Call (888) 388-2009 to find out.) Connect the box and see if your antenna is good enough. If it's not, some or all channels will be dark or come in as frozen or pixelated images. If so, you may need a new antenna on your roof and you don't want to be putting it up in the middle of winter!

Or you can call your local cable company. They'll take care of the digital transition for you. Go to [www.GetReadyForDigitalTV.com](http://www.GetReadyForDigitalTV.com) for details. Remember, you can prepare now, and help your friends and family do the same. Don't wait until it's too late!

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**The purse of the people is the real seat of sensibility. Let it be drawn upon largely, and they will then listen to truths which could not excite them through any other organ.**

-Thomas Jefferson

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**The Sacred Cod hangs over the rear of the chamber of the Massachusetts House of Representatives in Boston. The five-foot carved fish symbolizes the importance of the fishing industry in the state's early growth and development.**

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(NAPSA)-The organizations behind the Let's Talk Pain Coalition have created a new interactive Web site, [www.letstalkpain.org](http://www.letstalkpain.org), to provide visitors with comprehensive information and tools to help enhance the dialogue between those affected by pain and healthcare professionals.

To learn about the Military Order of the Purple Heart and its programs, visit the Web site at [www.purpleheart.org](http://www.purpleheart.org).

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Edmunds.com offers a list of the Top 10 Ways To Waste Gas. The Web site also provides a number of tips on car buying, as well as tips to help save on insurance, cut fuel use and more.

## web watch



## A Personal Note to a Volunteer...

Mr. Jackson the Electrician.... would you please call me again. I've misplaced your phone number and I really need your help at Camp Melacoma... Thanks, Dodi 837-3699

## ATTENTION EAGLE SCOUTS and Other Service Organizations

### Do You Need A Community Project?

**CAMP MELACOMA WOULD APPRECIATE YOUR CONSIDERATION**

Camp Melacoma, located 13 miles up the Washougal River Road in Skamania County is owned and operated by Camp Fire USA ~ Mt. Hood Council. Camp Fire USA is non-profit, and dedicated to educating children.

*The camp could use your help.*



#### WOOD PROJECTS

CABIN DOORS, CABIN WINDOWS, OUTHOUSES, CRAFT HOUSE, POOL BATHHOUSE, WELL HOUSE, HOBART MIXER TABLE, POND DOCK. *Some wood and fasteners are available.*

#### PAINT PROJECTS

PAINT CABINS, PAINT SIGNS, WOOD SEALING, POOL BATHHOUSE

#### ELECTRICAL PROJECTS

WINEBERG LODGE, POOLHOUSE BATH LIGHTS *Supervisors must have Electrical License*

#### CLEANING PROJECTS

NIEMAN LODGE

#### PLUMBING PROJECTS\*\*\*\*

NIEMAN LODGE, POOLHOUSE BATH, *Supervisors must have Plumbing License*

#### LANDSCAPING PROJECTS

TENT TOWN, CLEARING STREAMS, CLEARING TRAILS

*For details of any of these projects please email us. If you are interested in VOLUNTEERING to help with any of these projects, please call us at 360 837-3699 or email us at [RiverTalkNews@gmail.com](mailto:RiverTalkNews@gmail.com)*



## MONEY-SAVING IDEAS



### Go Green To See More Green

(NAPSA)-Improving the world's ecology and your own economy might be easier than many people realize. Right now, the Environmental Protection Agency reports the average U.S. household generates more than 40,000 pounds of greenhouse gas emissions a year.

And while homeowners overwhelmingly agree it's important to reduce their effect on the environment, research by Ipsos Reid found nearly three-quarters of homeowners would only spend more money to make their homes environmentally friendly if they could make it back in savings. Fortunately, saving money and reducing greenhouse gases can go hand in hand.

Here's How

Here are five steps from [InsulationSmart.com](http://InsulationSmart.com) that families can take to go green while spending less on energy bills:

1. Replace 12 75-watt incandescent bulbs with 25-watt compact fluorescent bulbs to reduce annual greenhouse gas emissions by as much as 1,200 pounds and use up to 75 percent less electricity.
2. During the winter, turn down the furnace thermostat 10° to 15° F for eight hours. This will reduce annual greenhouse gas emissions by 240 pounds and save up to 15 percent of your heating costs.
3. Replace an old air conditioner, furnace or boiler with an Energy Star model to reduce annual greenhouse gas emissions by as much as 3,000 pounds and save up to 15 percent in energy costs.
4. Replace a refrigerator that's more than seven years old with an Energy Star model to reduce annual greenhouse gas emissions by as much as 500 pounds and reduce energy use and costs (vs. an older model) by up to 40 percent.
5. Install an insulation/air barrier system such as the kind created by Icynene. It will help reduce a home's annual greenhouse gas emissions by as much as 4,000 pounds, if you heat by natural gas and up to 7,000 pounds if you heat with electricity, and save up to 50 percent in energy costs (based on an average monthly natural gas or electrical bill of \$110).

Learn More - You can find more money-, energy- and environment-saving ideas at [www.InsulationSmart.com](http://www.InsulationSmart.com).

