



CVCA WHAT'S UP!!! January 2010



Volunteer Income Tax Assistance

This is the fourth year that Clinch Valley Community Action, Inc. has participated in the Volunteer Income Tax Assistance (VITA) program. The program trains IRS Certified Volunteer Tax Preparers to prepare tax returns for low income individuals and families. The service is also available free to all CVCA staff members and community households/individuals with 2009 household incomes of \$49,000 or less. Both Federal and State returns are also E-Filed free of charge. The staff returns will be prepared by Dorothy Stevens. Please contact Dorothy, ext. 342, to set a time to have your return prepared or if you have any questions.

There are many changes in the tax code this year. Changes regarding filing status, exemptions, and credits (some new) which affect a large percentage of taxpayers and result in less tax paid and/or a larger refund.

Returns for the public are prepared by appointments only. All appointments are made through Doris Payne, Jodi Belcher, or Susan White. These are our Lead Volunteer Preparers for VITA. Other staff members and volunteers will be doing some of the returns as their time available permits. All preparers must pass a test before being certified to do the VITA tax services.

Please share the information about this free and timely service with all of your clients, family, church members and friends. Thank you for helping make VITA a successful program at CVCA!

Another way that the agency is helping improve the quality of life in the community!

BRAINBENDER

What do you call your
father-in-law's only
child's mother in law?



Section 8 Housing will be accepting new applications on January 28th and February 4th from 9:00am—3:00pm. Any over the age of 18 in the household MUST attend the meeting. See Sandra Waldron for further information.

The Office will be closed on Monday, January 18th in observance of Martin Luther King, Jr. Day.

CLASSES

**Batterer's Intervention/Prevention-Tuesdays
5:30-7:30**

January 13th -Anger Management 9-4

January 25-Shoplifting Diversion Class 9-4

January 21-Alcohol Education Class 9-4

BIRTHDAYS

Becky McCall	1 st
Rejohnda Puckett	5 th
Jeanette Wilson	10 th
Dorothy Stevens	15 th
Peggy Miller	18 th
Kathy Cruvey	26 th
Amanda Horton	30 th

NEW HIRES

Shannon Denton – Teacher's Aide

Margaret Hays – Teacher's Aide

Samantha Hess – Teacher

It is the best of times. It is the worst of times. No, I'm not going Charles Dickens on you. I'm talking about the NFL Playoffs. As a football junkie, I love the playoffs. Yet in the back of my mind I know that within a month the football season will be...(sniff-sniff) over! That being said, let's focus on the positive and talk about the playoffs. As of today, there are eight teams remaining. Here are this weekend's matchups:

1) Arizona Cardinals at New Orleans Saints- The Saints have limped into the playoffs on a three-game losing streak after a 13-0 start. Their offense is their strong point and their defense their weakness. This is much like the Cardinals except the Cardinals have momentum, which is huge in the playoffs. So look for this game to be similar to the Packers/Cardinals 51-45 slugfest from this past weekend. My prediction: Cardinals 38, Saints 34.

2) Dallas Cowboys at Minnesota Vikings- Minnesota turned around a late season slump with a resounding 44-7 victory over the Giants in the regular season finale. However, Dallas shook off their annual "December Slump", going 2-2 for the month and winning their first playoff game since 2006 with a thumping of the Philadelphia Eagles. Both of the quarterbacks in this game, Favre and Romo, can be golden or awful at the drop of a hat. I think Romo continues his golden status and leads Dallas to a 31-20 victory.

3) NY Jets at San Diego Chargers- The Jets have peaked at the right time winning five of six to close the regular season and then winning on the road last week in the playoffs. They also have the two key elements to winning in football: 1) Strong Defense and 2) Strong Running Game. That being said, San Diego is the hottest team in the league, winning eleven straight and is probably the most well rounded team remaining. The Jets Achilles heel is that they have a rookie quarterback, who although he has seemed spectacular at times (see Saturday's win at Cincinnati as an example), he is still a rookie. I look for him to make "rookie" mistakes this week and San Diego to win 28-13.

4) Baltimore Ravens at Indianapolis Colts- The Ravens, like the Jets have a combination of good (although aging) defense and a great running game. Their second-year, yet playoff tested, quarterback makes them a much better team than the Jets. They have been competitive in all of their games this year and this one will be no different. But the Colts have something the Ravens don't and that is Peyton Manning. I look for this game to be close, but Peyton's will to win is going to be the difference maker. Colts 23, Ravens 21.

David K. Lowe , II

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

BOOTS

CLOSINGS

COAT

GLOVES

HAT

HEAT

HOTCOCOA

ICE

MITTENS

SCARF

SHOVEL

SNOW

SNOWMAN

WINDCHILL



HOT COCOA

Ingredients

- 2 cups powdered sugar
- 1 cup cocoa (Dutch-process preferred)
- 2 1/2 cups powdered milk
- 1 teaspoon salt
- 2 teaspoons cornstarch
- 1 pinch cayenne pepper, or more to taste

Hot water

Directions

Combine all ingredients in a mixing bowl and incorporate evenly. In a small pot, heat 4 to 6 cups of water.

Fill your mug half full with the mixture and pour in hot water. Stir to combine. Seal the rest in an airtight container, keeps indefinitely in the pantry. This also works great with warm milk.

Courtesy Alton Brown, Food Network

CREAMY HOT COCOA

- 1/3 cup unsweetened cocoa powder
- 3/4 cup white sugar
- 1 pinch salt
- 1/3 cup boiling water
- 3 1/2 cups milk
- 3/4 teaspoon vanilla extract
- 1/2 cup half-and-half cream

Combine the cocoa, sugar and pinch of salt in a saucepan. Blend in the boiling water. Bring this mixture to an easy boil while you stir. Simmer and stir for about 2 minutes. Watch that it doesn't scorch. Stir in 3 1/2 cups of milk and heat until very hot, but do not boil! Remove from heat and add vanilla. Divide between 4 mugs. Add the cream to the mugs of cocoa to cool it to drinking temperature.