

What Your Eyes Tell You About Your Health



Everyone knows the eyes are the windows to the soul, but few people realize they are also windows to your overall health, allowing eye doctors to see signs of chronic conditions.

The eyes are the only place doctors can get a clear view of blood vessels, which can be significantly altered by conditions such as high cholesterol, high blood pressure, heart disease and diabetes. In fact, an eye exam can often prevent complications from conditions like diabetes, by catching problems early.

With this in mind, families are being encouraged to get annual comprehensive eye exams.

What Eye Doctors See

What gives eye doctors the advantage over other specialists? By examining the cornea, retina, and the flow of blood through vessels around the eye, eye doctors can detect signs of health problems, including blood vessel leakage, retinal swelling and fatty deposits on the retina.

This early detection can help prevent and treat many conditions. For this reason, comprehensive eye exams by optometrists and ophthalmologists are about more than simply determining if you need glasses. They're a way to detect signs of serious conditions, such as diabetes and vascular diseases.

Diabetes and Vision

People who may or may not know they have diabetes often visit their eye doctors first, because they're experiencing sudden changes in vision due to fluctuations in their blood sugar.

"The National Eye Institute estimates that more than 4 million people over the age of 40 have diabetic retinopathy, a condition marked by damage to the blood vessels in the retina," says Susan Egbert, Director of Eye Health Management at VSP Vision Care. "This condition can lead to blindness if not treated early."

However, with annual eye examinations, 90 percent of all diabetes-related blindness can be prevented. Remember, diabetes is a disease that affects the whole body. It's not enough to know you have it; you have to prevent and treat its complications as well.

Get Checked Annually

Everyone, even children, needs to get an eye exam every year to make sure his or her eyes are healthy. If you don't have insurance that covers eyecare and eyewear, look into a vision plan, such as VSP Vision Care, the largest not-for-profit vision care company in the country with a network of 27,000 private practice doctors.



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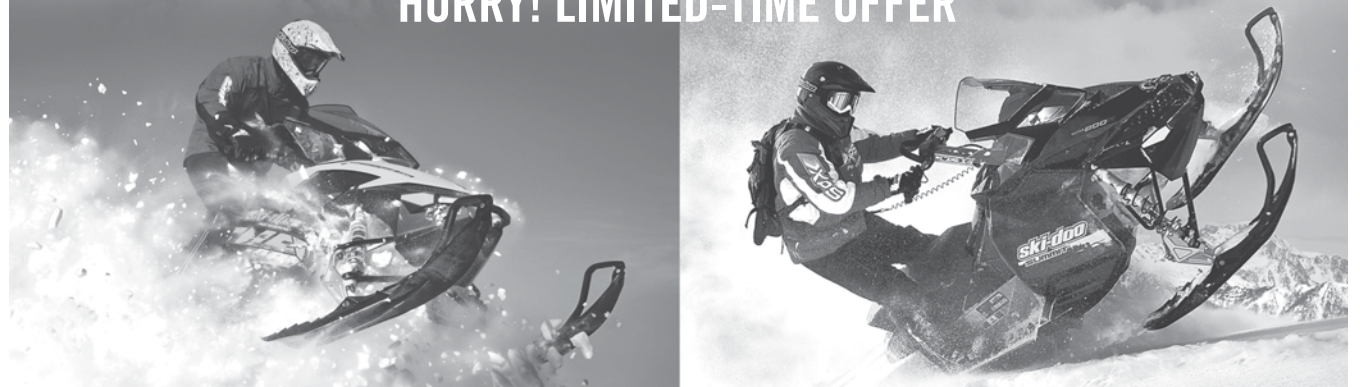
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Use Indoor Plants to Brighten Your Home This Winter



(StatePoint) Got the winter blues? Or perhaps you're looking to brighten the ambiance in a room.

Indoor gardens are an inexpensive way to lift your spirits, change your decor, and bring a little sunshine to short winter days. And February is National Indoor Gardening Month, offering you the perfect opportunity to learn the basics to growing plants indoors.

Here are some helpful tips to get you started:

Things to Consider

Before buying up the garden section of your local home improvement store, it's important to decide what you want to grow. House plants can grow under the relatively low light levels, but fresh herbs like basil and cilantro require a more direct sun or artificial light to thrive. And flowering plants like tomatoes and petunias require even more light - either a sunny window or grow lights.

Once you've decided what you want to grow, it's time to decide on a space for your garden. Consider things like potential drafts, floor and shelf space, access to water and room for grow lights, if needed.

You should also consider how much time you have to nurture new life forms in your home. If you travel a lot or work two jobs, you may want to grow plants that need infrequent watering. If you're retired or a homebody, you can stock your home with more plants of greater diversity.

Elements and Exceptions

Just like their exposure to light, different plants need different amounts of water and types of nutrients. Slow growing plants need less nutrients and often less water. Fast growing plants like to be consistently damp. Trial and error and a bit of research will help in determining what's right for the plants you want to grow.

Or you can use innovation to your advantage. For example, a product called the AeroGarden is a soil-free, indoor growing system that lets you grow anything from tarragon to tomatoes using liquid nutrients, energy-efficient grow lights and hydroponic technology that eliminates over- and under-watering. These technologies allow plants and vegetables to grow nearly twice as fast.

"Home-grown vegetables and herbs are great ways for families to save money," says J. Michael Wolfe, President of AeroGrow, the makers of the AeroGarden. "So it's even better that families can now grow their vegetables year-round."

Plants that Grow Best

Indoor planting requires some thought in terms of what to grow and when. For example, you can "force" a variety of spring bulbs to grow by chilling them for a few months before winter sets in. But for most people, it's easier to grow plants suited for indoor climates.

For flowering plants, some common favorites include African violets, geraniums and impatiens. Or you can grow more hardy plants like cacti, aloe vera and spider plants. For information on growing plants and vegetables indoors in a dirt-free environment, visit www.aerogarden.com.

But regardless of what you grow, indoor gardens can bring new life and a feeling of eternal spring.

**THE WHITE MOUNTAIN SHOPPER
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A WEEKLY FEATURE FROM THE WHITE MOUNTAIN SHOPPER

The Pycolog was published monthly by The Parker Young Company, and The Marcalus Paper Company from 1919-29 and 1941-48.

Included, along with the activities in The Parker Young and Marcalus Paper Mills and the lumbering operations, are details on nearly every aspect of area life. Extensive Coverage of Lincoln and the residents during WW II; School Events, Graduations, etc; Coverage of all local Sporting Teams and Events; Winter Activities; Stories about the Region's Tourist Attractions; and much, much more.

The Upper Pemigewasset Historical Society offers a nearly complete run of this publication on a set of three DVDs. The price of the set is \$99.50 postpaid. Contact: Upper Pemigewasset Historical Society P.O. Box 863 Lincoln, NH 03251 (603) 745-8159 library@lincolnnh.org

SNOWBOUND

November 22nd brought the heaviest snowstorm since 1898. While there was only 30 inches in the Notch and not a very heavy fall in Lincoln, the northern part of the state claimed a 52-inch snowfall. The usual crippling of traffic and power resulted, and two cases of "Snowbound" involving Lincoln men have been reported as a result of this unusual early Winter's storm.

A week's hunting trip, in which you are able to hunt only one day, is not unusual; but for the reason that there was too much snow is unusual.

Hunting at Nash Stream Bog from the Hooker-Willett Camp had all the earmarks of being successful. The party consisted of Dick Hooker, Joe Sawyer, Cyril Theriault and Ray Sawyer. On Sunday, November 21, one buck was shot by Hooker, everyone saw or jumped deer, and it looked like good weather.

That night it started to snow and by Monday morning, there was about 18 inches. However, brave hunters they were, they started out hunting, but gave it up before noon. It continued to snow all day Monday, Monday night, until Tuesday afternoon, at which time 42 inches on the level, where it had not drifted, was measured. Drifts in sight of the camp doorway were higher than a man's head.

On Wednesday morning, Hooker's gang in conjunction with boys from another camp started to break trail on the way "out." Six men succeeded in breaking a path about three quarters of a mile the first day and returned to camp dead tired. One man would go ahead 50 or 100 feet, then drop back and let someone else break trail for 50 or 100 feet, and so on all day.

They began to make plans for the Winter at Nash Stream Bog, and figured with what grub was immediately available, including Hooker's deer, they could be well fed for at least a month.

The next day the whole bunch went down as far as the path had been broken the day before and started plowing again.

One and one quarter miles was made that day and they returned to camp.

Luckily the telephone line was working between the "Bog" and "Board Shanty," a logging camp four and one half miles below, although it was not working between "Board Shanty" and civilization.

A team of four horses had already broken the road out about one and one half miles in the direction of the Bog to another camp where some more hunters were marooned, one of them being an Army officer due back on duty. When it takes four heavy horses four hours to break one mile of road and return to camp, it can be realized how hard the going was. This was exactly the case when the Army officer was taken out.

The uncle of one of the boys in a nearby camp made arrangements with a garage man in Groveton to come as far as he could with a special built car having Fordson tractor wheels both front and rear, eight speeds ahead and tremendous power. He succeeded in getting within one mile of the logging camp and could go no further, the snow being nearly to the top of the four-foot wheels.

On Thursday night, November 25, arrangements were made by telephone with the logging camp to come after the luggage the next morning. On Friday morning, the whole gang closed camp, shouldered their packs and with the deer in tow struck down the road. They met the team, or rather the four horses without any sled, about three quarters of a mile from camp. The horses had to go single file in order to break their own path. The knapsacks were hung on the hames of the horses, the deer tied behind, and the entire convoy started for "Board Shanty," all walking but the drivers. After many breathing spells and rest periods, the party arrived at the logging camp and after the horses were fed, continued on to the special built car. From then on it was just riding.

Leaving camp at 8 :00 A. M., and arriving in Groveton at 7:00 P. M.—11 hours



54-INCH SNOWFALL, NOVEMBER 22, 23, 1943

going 14 miles with the trail broken all but three quarters of a mile, and at a cost of \$55 for the transportation for the 14 miles and the boys walked five and one half miles of it.

There's another year coming, and the gang at Hooker's Camp are going to dare fate again.

We neglected to state that Cyril Theriault's car is still at the "Board Shanty" and looks as if it would be until Spring.

The second incident was that of Amie LaBrecque and his sons, Kenney and Jack. They had a perilous trip getting out of Nash Stream Pond.

They were up there hunting, Sunday, November 21. Snow started falling at 11 P. M. Sunday, and by 6 A. M. Monday, there was 18 inches. They made a start to get out that day, but were unsuccessful and by 3 P.M. there was three feet of snow. Returning to camp, they decided to wait for morning to get a fresh start.

On Tuesday morning the snow had risen to 42 inches on a level with five feet in the road they would have to break open. Making a brave start at 8 A. M., they had gone only one half mile when they were obliged to discard their packs, keeping guns only. By 3 P. M. they had gone only one mile and were well nigh exhausted. Thinking they might attract someone's attention, they fired shots at this point. Coming to a hay shed, they sought shelter and intended to build a fire and stay there for the night if necessary, but unable to get any wood out of the deep snow, they continued on for another quarter of a mile singing to keep up their



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spirits.

Fortunately, Amie's son-in-law, Clinton Fiske of Groveton, had heard their shots and had contacted horses and men at the "Board Shanty" lumber camp. These men, and their horses, although tired after a day's work, intended to find out about those shots and to prevent anyone perishing if they could. They reached Amie and his boys about 4:30 P. M., and what a relief it was to the hunting party to see those horses' ears appearing just above the snow. The party stayed at "Board Shanty" that night, coming out of the woods the next day.

Amie says the next time he goes hunting, it will be on horseback or else in June.

FACTS ABOUT THE PARKER-YOUNG CO.

The Lincoln Property

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The Business

The Company manufactures largely Sulphite and Groundwood Pulps, Sulphite Bond, Writing, Register and Envelope Papers; Manila, Folder, Envelope, Wrapping and Printing Papers, Groundwood Tablet, Writing, Glazing, Carbonizing, Waxing and Printing Paper. Its sawmill produces dimension hard and softwood lumber and supplies the United Shoe Machinery Corporation with maple bolts for manufacturing wood heels.



PVT. RAY W. RANNACHER
Somewhere in Italy

THE ARMED FORCES

There are 250 employees of the Parker-Young Company serving in the Armed Forces of the country. They are in all the war zones and high seas. Fifteen have been honorably discharged.

Frederick E. Charron, son of Mr. and Mrs. Frederick Charron of School street, Lincoln, was graduated from the Candidate O. C. S., Fort Benning, Georgia, and is now a second lieutenant in the U. S. Army. After a 10-day furlough with his parents in November he returned to Fort Benning where he is an instructor.

Wallace Ward has been inducted into the Army. Philip M. Roy has been graduated a flight-officer navigator from the University of Miami, Coral Gables, Florida. He made a high rating in his final test.

Home on Furloughs and Leaves of Absence

ARMY: Demisson Chaisson, Charles Downing, Elmer Noyes, Erwin Ramsey, Clyde Ramsey, Ralph Horton, Arthur Walden, George Boyle, Calvin LaRue and Daniel O'Rourke. AIR CORPS: Philip Roy. MARINES: Albert Hamel. SEABEES: Pete O'Brien and Robert Roy.

Pvt. Calvin LaRue was home on a 15-day furlough at Bellows Falls, Vermont, and spent part of his visit in Lincoln with his uncle and aunt, Mr. and Mrs. Randolph Gagnon and his fiancée, Elizabeth Corbeil. His father was with him on this visit to Lincoln. Through the Pycolog he wishes to extend to all his friends his best regards and best wishes for the New Year. On his return to camp he is to be transferred to Camp McCain, Mississippi.

CAN DO WITHOUT CARS

According to a Gallup poll, 46% of American automobile owners interviewed from coast to coast said it would make a great difference to them if they would not use their car, while 54% said it would not make a great difference. Of American workers, excluding farmers, 45% drive to work or ride with someone else, 34% walk to work, 18% go by public transportation systems and 3% live on the premises where they work, or use bicycles, carriages, etc. More than two-thirds of all who go by auto say they could go by some other means if necessary.

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