



The Monadnock SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 52nd Year of Community Service / January 26-February 1, 2011

Our Local Vitamin Source Cures The Blues



MARCIA GLATFELTER supports New Chapter Supplements.

By Beth White

In mid-winter, it's quite common to feel exhausted and a longing for the sun to warm the face. *Scientific American* reported that, “Three-quarters of US teens and adults are deficient in vitamin D, the so-called ‘sunshine vitamin’ whose deficits are increasingly blamed for everything from cancer and heart disease to diabetes...” (March 23, 2009).

Luckily, Keene has its very own sunbeam, Marcia Glatfelter, owner of VitaSource, a vitamin, supplement,

and health supply store on Lower Main Street. Glatfelter has spent her career studying holistic remedies that treat everything from fatigue and allergies to chronic headaches and heartburn.

“When people are worn out and tired, it means that their organs and glands need to be cleansed and fed,” says Glatfelter. “This helps cells metabolize and work to their potential.” A glowing epitome of health, Glatfelter greets clients with heart and listens deeply before directing them on their specialized path to good health.

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Readers’ Choice Poll Ballot Now Online

The ballot is now online for the 2011-2012 *Monadnock Shopper News* Readers’ Choice Poll – a chance to vote for your favorite local places and businesses.

Readers are invited to fill out the ballot at www.shoppernews.com. A paper version of the ballot can be found in last week’s issue.

There are over 100 categories in which to vote, including several new categories: best tutor or tutoring service, best community choir/singing group, best cleaning service, and best radio station. Everyone who votes will be entered into a drawing for one of several local gift certificates. Any local business is

eligible to win a “Best Of” award.

The *Monadnock Shopper News* will publish the Best of Monadnock section on May 18th. The Readers’ Choice Poll is not a scientific research poll, but it is fun. It is meant to give everyone a chance to give a vote of thanks to some of the people and local establishments who bring outstanding service, quality, and value to the lives of people of the Monadnock Region.

To vote, find the ballot at www.shoppernews.com. Ballots must be completed by February 21st at 5 p.m.

Talent Show And Silent Auction Benefit Set

Trinity Christian School will host its first Talent Show and Silent Auction on Friday, February 4th. School doors will open at 6 p.m. for parents, students, staff, and friends to view the auction items and place bids.

Some of the auction items include a fitness basket with free Zumba classes from Lady of America, a pet basket, baby basket, Home Depot gift certificates, Hannaford gift certificates and groceries, winter bin with donations from Ted’s Shoe & Sport, Pizza Pie II and Video HeadQuarters, Creative Memories donated by Cindy Cote, Lia Sophia donated by Emily Esslinger and Allison Winkler, hair accessories from Five Blessed Bows, Toadstool Bookshop gift certificate, Nintendo DS Lite, and Mario Game, Zoom Teeth Whitening from Dr. Ledoux, gluten-free products from Dana Batchelor, and several more.

TRINITY, page 14



SHOWN ARE Allayna Weber, Jacob Weber, and Abby Konig at Trinity Christian School.

St. Joseph School Offers Catholic School Week Events

Saint Joseph School in Keene will offer a week of activities to celebrate Catholic School Week January 30th through February 5th.

On Sunday, January 30th, there will be an Open House and a Book Fair in collaboration with Toadstool Bookshop. Tours will be offered from 9 a.m. to noon. Sister Laura Della Santa, R.S.M., principal, will be available for tours, to answer questions, and distribute material about the school.

On Monday, January 31st, there will be a School Mass at St. Bernard Church at 9:15 a.m. All are invited.

On Tuesday, February 1st, there will be a Family

Dinner from 5 to 6:15 p.m. The cost is \$5 per person, or \$20 per family. Call 603-352-2720 for Family Dinner reservations. The Second Annual SJRS Talent Show will follow the dinner at 6:30 p.m. The book fair will also be open before and after the Talent Show.

On Wednesday, February 2nd, there will be an Open House for interested new families, Pre-K through grade eight. Call 603-352-2720 to sign up for a tour. School tours and information by the principal will be offered from 9 to 11:30 a.m. and 12:30 to 2 p.m. You can also call to schedule a tour at a later date.

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A Teenager's Road To Success

Success doesn't have to do with smarts, looks, or luck. Success happens when a person becomes the best he can be by making the most of his talents and seizing opportunities when they materialize. This holds true for everyone – including teenagers, who have youth backing them to get a good jump start on the road to success.

So teenagers, here are a few ideas to start on your road to success:

Start with a positive attitude. I remember years ago a teacher mentioning that a lot can be accomplished with the right attitude. A positive attitude helps you to really look at difficulties or challenges in a way that you can effectively defeat them. Your attitude determines both the simplest and the most complicated of actions – from the way you carry yourself to the way you deal with hard times.

A new way of looking at situations will also help a teenager make wiser choices at home, school, and with friends. Looking at something from a different angle, and using the slightest of positive actions will help you change the course of the situation. Remember the trickle effect: the slightest positive action begets another positive action... and the chain continues. Is the outcome going as you had planned? If not, how can you change it by the way you act, think, and perceive things? Success starts with little steps.

You might perhaps be "just" a teenager, but this is your life. You are the one that has to live it. Discover what matters most to you in life. When you have a clear outlook on what is really important, the decisions and choices will follow the same pattern.

Define what success means specifically to you. Nobody can tell you what success is; we each have

Monadnock Family

with Lori Catozzi



our own ideas of the meaning of success as it pertains to us. Having a clear view of your idea of success will help you organize your thoughts and set appropriate goals. What is important to you? What do you enjoy doing? What things mean the most to you? Answer these questions, and you'll be on the road to defining success for yourself.

The secret to success is failure. This might be a hard point to understand, but you have to actually fail in order to learn and move forward. Whether or not you want it to happen, you are going to fail at one time or another. Everyone does. So get it out of your head that failure is bad. Without failure, you'd never have mistakes to learn from, you'll never grow as a person, and, in fact, you might be so afraid of failure that you won't even try anything.

Keep this in mind, kids: Oprah Winfrey was taken off the air when she worked as a television anchorwoman in Baltimore because they felt she didn't have a presence. Thomas Edison tried out thousands of versions before inventing the electric light bulb. And the first business venture of Microsoft founder Bill Gates – now one of the richest men in the world – went belly up.

Lori Catozzi is the assistant editor and a feature writer for The Monadnock Shopper News.

Our Local Vitamin Source Cures The Blues

VITASOURCE, Continued from page 1

She often helps customers determine their best supplement options by posing a series of questions such as, "...when you wake up, do you feel like saying, 'Oh yea!' or 'Bla, another day?'" and then I direct them to my energy supplement section," Glatfelter reports.

In VitaSource's energy section, Glatfelter points out a new herbal supplement called Maca Magic, made from a root crop related to the radish, which grows in the mineral rich highlands of Peru's Andes Mountains. Fueling nutrients directly to the body's endocrine system, this remedy helps glands produce hormones that increase energy, improve immune function, and enhance reproductive health. "If a woman is struggling with symptoms associated with menopause, I often recommend she starts here," Glatfelter adds.

Glatfelter earned a bachelor's degree in food science, nutrition, and dietetics, and spent 17 years studying herbal remedies, tai chi, qigong, and yoga. She worked as a nutritional consultant with homeopaths, allopaths, naturopaths, and chiropractors in Massachusetts before coming to the Monadnock Region. "I love working with all types of providers, lecturing at events and in classes, and participating in health fairs," shared Glatfelter, "It's important for practitioners and supplement providers to have strong relationships."

After taking over VitaSource from former owner, Susan Ginsberg (who is enjoying spending time with the grandchildren), Glatfelter has given this little yellow store a flair all her own. "I've worked hard to fit all I can into this location," Glatfelter reports, "I dream of someday having a more suitable space that I can share with other vendors – one that is closer to the heart of downtown."

Glatfelter explains that, "Flowers and plants have given us their medicine – now it's a matter of learning how we can use these gifts to heal ourselves," as she walks past the protein shakes, probiotics, homeopathic remedies, and over to the detoxification section. Having worked with people across all ages, Glatfelter offers product advice on health issues ranging from children's vitamins to childbearing years.

In the "Kids' Corner" she has tasty, chewable, gummy-like vitamins and minerals. "Children don't mind taking these," she says, holding a bottle of Nordic Berries. "There are Omega 3s that aid in brain development and focus, and probiotics, which support core body strength as well as the digestive and immune systems. If your child has been taking antibiotics, it's important to supplement with a probiotic to replenish the good bacteria and help digestion."

For those of us that dread taking large pills or several vitamins a day, VitaSource offers liquid supplements. Calcium, recommended for bone health and the prevention of osteoporosis, is a large molecule. Luckily, VitaSource offers this, as well as other vitamins, like D, in liquid and chewables.

Glatfelter's knowledge, combined with the many reference books within the store, allows her to give customers a personalized guide to better health. Plus, the daily specials are a great bargain. Committed to supporting local businesses like her own, Glatfelter orders from Vermont and New Hampshire companies like New Chapter and Megafoods, as well as from local herbalist, Sue Coleman.

Whether you work with machinery, automobiles, or chemicals, need extra nutrition, or would like help losing weight, VitaSource has lots of options for you. To boost your immune system or cure insomnia, Glatfelter has some wonderful recommendations.

If you need a pick-me-up from these cold, gray days, head on down to VitaSource, where Marcia Glatfelter's bright and cheerful spirit will give you a dose of liquid sunshine as she lends you a hand on your journey to better health.

VitaSource is located at 599 Main Street in Keene. For more details, call 603-357-3639.

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