Grandma encourages sandwich love

Cooking with Julia

Ingredients:

• 1 cup unsalted butter, softened
• 1 cup milk chocolate chips
• 1 cup plus 2 tablespoons semi-sweet chocolate chips

Directions:

1. Preheat your oven to 350 degrees and butter a 9 x 13 pan. Line a baking sheet with foil or parchment paper. Line a 9 x 13 pan with waxed paper. Line a 9 x 13 pan with parchment paper. Line a 9 x 13 pan with aluminum foil.

2. In a large mixing bowl, combine the chocolate chips, margarine, vanilla extract, and milk. Mix until smooth. Add the flour and salt. Mix until smooth. Add the eggs and beat until smooth.

3. Spread the mixture evenly over the bottom of the pan. Bake for 20 minutes. Remove from the oven and let cool completely.

4. Meanwhile, in a large mixing bowl, combine the marshmallows, flour, and salt. Mix until smooth. Add the eggs and beat until smooth.

5. Spread the mixture evenly over the bottom of the pan. Bake for 20 minutes. Remove from the oven and let cool completely.

6. Cut the cake into 1-inch squares. Serve and enjoy.

For more information about chronic fatigue syndrome, please contact the Chronic Fatigue Syndrome Association at 888-650-9000 or www.cfsa.org.

Julia Hansen

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Fatigue cuts down stamina

Widely diagnosed as depression, the American medical model recognizes that chronic fatigue syndrome is a common cause of fatigue in the developed world. There is no single cause of chronic fatigue, and there are many theories to account for it. Chronic fatigue syndrome is marked by unrelenting, persistent fatigue that is harder to diagnose. Chronic fatigue syndrome often is accompanied by frequent sore throats, persistent headaches, muscle pain, and loss of appetite. Because chronic fatigue syndrome is marked by unrelenting, persistent fatigue, people often do not realize that something is wrong until symptoms continue for months or years.

On your next visit to the doctor, don’t be afraid to talk about your symptoms. If you have symptoms that persist, please talk to your doctor about the possibility of chronic fatigue syndrome. Please talk to your doctor about the possibility of chronic fatigue syndrome. Please talk to your doctor about the possibility of chronic fatigue syndrome.