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Offer ends 2/29/2012. \*Subject to approved credit on John Deere Financial Installment Plan. Some restrictions apply; other special rates and terms may be available, so see your dealer for details and other financing options. The engine horsepower information is provided by the engine manufacturer to be used for comparison purposes only. Actual operating horsepower will be less.

## Extension Notes Healthy Holiday Eating

Food is everywhere during the holiday season, making it tough to stick to your healthful eating and exercise habits. With a little attention, however, you can make it through the holidays without losing track of your healthy lifestyle.

"They" say that the average person gains 5 pounds between Thanksgiving and New Year's Day. People often do gain weight during the holidays, but how much weight? One 2000 study of 195 adults showed an average holiday weight gain of between three quarters and one pound. However, 14% of those studied gained five pounds or more. In this study, those who were overweight or obese gained more holiday pounds than those who were normal weight. This research showed that holiday weight gain explained over half of the annual weight gain for those who were in the study.

So, while most people gain less than a pound during the holidays, this weight gain is probably one cause of weight that creeps up from year to year. If you have been losing weight successfully and are dreading the holiday season because you think you will gain weight, here are some ideas to help prevent it.

- The best advice is to change your mindset. Rather than focus on continuing to lose weight during this 6-week period, focus instead on not gaining weight. Consider yourself successful if you continue to exercise regularly and do not gain any weight.
- Remember, the holiday season should be enjoyable, and fine food is one of the pleasures of the season. Instead of depriving yourself, allow yourself to splurge on those foods that make your holiday season meaningful.
- Enjoy your favorites in small amounts, and try to cut back in other ways. And make an effort to keep your exercise schedule on track. There are many ways to keep your calorie intake under control during the festivities. Try the following tips and see which ones work for you.
- Survey the entire table before you take any food. Decide what foods are worth eating and what can be ignored, and then stick to that decision. Why waste calories on foods that do not bring you pleasure?
- Eat a snack before you leave home. If you arrive at a party starving, you will be more likely to overindulge. Eat your calories instead of drinking them. Stick to lower calorie or calorie-free drinks (diet sodas, water, light beer, or wine spritzer) instead of punches, egg-nogs, and mixed drinks that can have up to 500 calories per cup.
- Sip a large glass of water between every alcoholic drink or non-alcoholic punch or egg nog. This will help keep you hydrated and you will drink fewer calories by the end of the night.
- Try not to hang out near the food. Find a comfortable spot across the room and focus on people instead of eating.
- Watch your portion sizes. Do not cover your plate completely with food. In most cases, especially when it comes to holiday sweets and alcoholic beverages, less is better. Drop out of the "clean plate club". Leave a few bites behind every time you eat, especially if you are eating something you do not really care for.

Enjoy your favorite holiday treats but take a small portion, eat slowly, and savor the taste and texture of the wonderful foods of the season. *By Janine B. Rywak, County Extension Director*

## Newport Federal Bank Announces Scholarship in Former Ansonian's Name



Newport Federal Bank has announced the establishment of the Richard and Margaret Harwood Scholarship. NFB President Chris Triplett, right, made the announcement Monday. Shown with Triplett and the Harwoods, at left, is Dr. Rich Lloyd, Coker County Education Foundation President.

## Events

- NOVEMBER 25 & 26**  
**Big Game Hunt**  
 Sponsored by Anson County Chamber of Commerce. Over \$5,000 in prize money. Info & enter 704-694-4181
- NOVEMBER 26**  
**Genealogical Society**  
 Meets 2pm in Historical Society Office, 206 E Wade St in Wadesboro w/Cecil Stegall speaking on Harmony Community Church. Info 704-475-8857
- NOVEMBER 28**  
**Free Movie**  
 Once Upon a Christmas at Hampton B. Allen Library, 10am. Info 704-694-5177
- DECEMBER 1**  
**Christmas Parade**  
 In uptown Wadesboro, 4:45pm
- DECEMBER 2**  
**Zimmer Friends**  
 Meet at Lady Bug Restaurant, 6pm
- DECEMBER 3**  
**Christmas Party**  
 Woodmen of the World at Lodge Hall, 6pm w/special guest singer Tony King. Tickets available at WOW office, 205 W. Morgan St
- DECEMBER 4**  
**Anson Singers**  
 Perform at 3pm at First United Methodist Church in

- Wadesboro, prior to the Wadesboro Tour of Homes. Free & open to the public
- Deadline to Register**  
 For Christmas Craft Workshop offered by 4-H to be held Dec 22, 9am-1pm. You don't have to be enrolled in 4-H to attend. Register at Cooperative Extension, 501 McLaurin St in Wadesboro
- Tour of Homes**  
 Christmastime Tour of Homes, 4-7pm, beginning at Arts Council. \$10
- DECEMBER 5**  
**Deadline for Contest**  
 Anson County Writer's Club prose & poetry contest. Cash prizes, winners published. Info at Hampton B. Allen Library or 704-694-5431
- DECEMBER 6**  
**Bluegrass Christmas**  
 Still in planning stages, info to come
- DECEMBER 8**  
**Senior Citizen Christmas Luncheon**  
 Luncheon, 11am in Ingram Room at Lockhart-Taylor Center in Wadesboro. Register 704-694-6616
- DECEMBER 16**  
**Youth Basketball Registration**  
 Deadline. Register at Little Park, M-F, 8:30am-5pm. Ages K-12, boys & girls, \$25 per player. 704-694-5868

- ONGOING EVENTS**  
 Every Tuesday, 1-4pm in Olde Mill Gallery in Lockhart-Taylor Center. Bring your supplies. Free, donations accepted. 704-694-4950
- Childcare Association**  
 Meets every 3rd Thursday of Month, 6:30pm. Info 704-695-1666
- Women's League Meets**  
 The second Tuesday of each month from noon to 1pm at Twin Valley Country Club. Attendees enjoy lunch & speaker. Cost is \$7.50 & all Anson women invited. RSVP Cathy Moore at 704-272-5300

**All Day Friday - All You Can Eat**

**CAPTAIN D'S** Calabash Shrimp Country Style Fish

Shrimp \$7.99 Fish \$5.99

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| <br>'11 Taurus Limited<br>Loaded with Extras!<br>\$369.00/month                       | <br>'10 Ford Edge Limited<br>SUPER NICE!<br>\$349.00/month              | <br>'10 Mazda 5<br>Only 15,000 Miles!<br>\$299.00/month                                | <br>'11 Kia Soul<br>Only 18,000 Miles!<br>\$199.00/month                       |
| <br>'11 Ford Focus SEL<br>Leather, Moonroof, Sinc & Sat. Radio<br>ONLY \$189.00/month | <br>'11 Ford Fiesta SEL<br>New Body Style!<br>\$229.00/month            | <br>'02 Chevrolet Camaro Z28<br>T-Tops, Only 36,000 Miles, Local Owner!<br>\$14,990.00 | <br>'10 Ford Expedition<br>Leather, Chrome Wheels, 45,000 Miles<br>\$24,590.00 |
| <br>'08 Mercury Milan<br>Only 16,000 Miles<br>\$199.00/month                          | <br>'08 Ford Focus SE<br>Could be yours for only<br>\$129.00/month      | <br>'10 Ford Ecoline Van<br>Less than 20,000, Priced to SELL!<br>\$17,900.00           | <br>'10 Ford Mustang<br>THE REAL DEAL!<br>\$199.00/month                       |

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