

LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hutton
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Nicholas County Extension Office

Healthy Holiday Eating

The holidays are a festive time of year. It seems like there is a get-together almost weekly or maybe even twice a week as Christmas grows closer. Along with the get-together comes bringing an appetizer, a dessert, a salad, or the main dish. With a lot of these gatherings comes a list of unwanted calories, but there are ways to help you cut the calories and yet maintain the good quality of food that all want to take to our holiday gatherings.

How can I cut the fat and calories from holiday treats?

*Eggnog: use mostly egg whites or egg substitute instead of whole eggs, use fat-free half and half, and substitute rum extract for the alcohol if you want the taste without the effect.

*Cakes, bars, and muffins: use heart-healthy canola oil instead of but-

ter OR use applesauce if you want to cut the fat out completely. If you must use shortening choose one that is a "trans fat" free version. Again substitute egg whites for whole eggs in cakes and quick breads. Use cocoa powder instead of chocolate in your baked goods to add a rich chocolate flavor without the fat, or use smaller quantities of miniature chocolate chips instead of the regular versions.

*Cooking: the key is to cut out the fat. Experiment with the recipes to see if half the amount of butter can be used in a recipe. Also, use whole butter vs. a whipped butter or tub margarine. Again, consider using cocoa for a rich chocolate flavor and add smaller quantities of chocolate chips.

*Nuts: These are a great holiday snack, but remember to eat in moderation. Nuts are high in fat, but the fat is unsaturated and if you want the taste without the effect.

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favorite holidays dishes.

1) Pumpkin: provides 3.5 times the recommended daily allowance of vitamin A and a lot of fiber. It can also replace the fat in baked goods just like you would substitute applesauce for oil.

2) Turkey: Provides you with a lot of protein and practically no fat. Also provides you with niacin and vitamin B6.

3) Sweet potatoes: Huge

provider of beta-carotene and a serving provides you with half of your RDA of vitamin C. It is also a good source of fiber and has as much potassium as a banana.

4) Cranberry relish: Cranberries help prevent urinary tract infections. Cranberries also contain l-ascorbic acid which is a cancer preventing compound.

5) Potatoes: they are a ba-

ries contain loads of potassium, fiber, iron, and plenty of B vitamins.

6) Fatty pudding: Fats are a good source of potassium, calcium, magnesium, and niacin.

7) Eggnog: (I couldn't believe this one) provides you with a good amount of protein and calcium. Drink the lower fat version and in moderation due to the calories and sugar in eggnog.

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LIFESTYLE

Thoughts from ... the Pastor's Study

By Bro. Ernie Carmicle
Carlisle UMC

How was your Thanksgiving? I hope it was as rewarding as mine.

We had over 520 of our closest friends and family at our house for dinner.

Of course, the WE I am talking about are the 11 plus churches in the county that participated in the 4th annual Community Thanksgiving Dinner held at the Carlisle United Methodist Church.

The 520 friends and family are the people of Carlisle and Nicholas County that either came and had their meal here at the Church or else received a meal in their homes from us.

The Community Thanksgiving Dinner has grown over the past four years from 325 in attendance in 2004 to its present number of 520 in 2007.

I remember someone asking me in October 2004 just before the first dinner why in the world we were offering a meal on Thanksgiving Day when everybody would either be with their own family or else out of town that day.

I recall that person saying that there would be a lot of food left over. Believe me, there has never been much food left over. The reason for that is this ministry has met a need in this community.

It's not so much that people can't afford to fix for themselves, although there are some who have fallen on hard times with the economic depression in this county, there are many reasons this Thanksgiving Dinner has been successful.

For some, their family is simply far away to be with them. For others, their family is just so small to go all out with a big meal.

And some choose not to get out on the crowded highways at Thanksgiving with more than 36 million people traveling on that day. There are many other reasons people come, but the point is the Thanksgiving Dinner has gone over well because it meets a need in our community.

Another reason it is successful is because there is such a spirit of benevolence here. People want to be of help to others and be a part of something good.

If I were to count everyone involved from cooking food, to kitchen workers, to those waiting on tables to those with the vision to see beyond themselves I would guess that several hundred people did their part to make Thanksgiving Day a special day for the community.

I am so thankful for all those who came and shared a Thanksgiving Day meal with us. It is so encouraging to see churches working together like God intended for them to.

For churches to come together and accomplish a task is more rare than people imagine, but to work together like God blesses so relevant and practical is even more rare. I am looking forward to the time when all the churches of Nicholas County can find a common ministry they can do together.

I am also looking forward to the next Thanksgiving and a time I can come together with a few hundred of my friends and family and sit down to the another meal. Until they God bless and thank God for you.

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BIRTHS



Elijah Lynn Biddle
Alyssa Lynn Biddle was born on September 28, 2007 at Georgetown Community Hospital. Proud parents are Jarrod and Savannah Biddle of Cynthiana.

Elijah Luke Doyle
Mr. and Mrs. Robert (Bobbie) Doyle of Alexandria, Virginia are pleased to announce the birth of their first child, a son, Elijah Luke Doyle, on September 29, 2007 at a hospital in Washington D.C. He weighed 7 pounds and 3 ounces.

Paternal grandparents are the late Greg Biddle of Cynthiana and Vickie and Roy Wooloms of Sadesville.

Maternal grandparents are Charlie and Brenda Fryman of Carlisle.

Maternal grandparents are Mr. and Mrs. Marvin Botta of Menifee County.

She is welcomed home by her big brother Logan.

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Baby's 1st Christmas and Christmas Angels
The Carlisle Mercury will be featuring Baby's 1st Christmas and Christmas Angels ads in our Christmas Edition December 19.
The ads will be 2x3" (examples are not exact sizes) and in color. The cost will be \$15
If you would like to feature a child in this special, please fill out the appropriate form and bring it to The Carlisle Mercury at 117 South Locust St. Deadline is 4 p.m. Dec. 12
Form fields: Baby's Name, Date of Birth, Parents, Grandparents, Child's Name, Age, Parents, Grandparents

Remember Your Recare
The importance of regular examinations

Taking good care of your teeth and gums should be a habit. We like to see most of our patients for a checkup at least once every three to six months. We refer to your checkup visit as a recare appointment. A recare dental visit can take up to an hour. Your checkup will normally include a complete cleaning, a fluoride treatment, any required radiographs, and a comprehensive dental examination for cavities or other problems.

If there are no problems needing treatment, we probably won't see you again until your next recare appointment! Giving your teeth regular checkups is the only way to keep them in top shape. Recare visits help to catch dental problems like decay before they turn into painful cavities. Routine dental examinations can detect life-threatening diseases like oral cancer in the early stages when they are most treatable. That is why most dental insurance plans cover at least two recare appointments per year. Insurance companies know from experience that regular recare is a great long-term investment in your health.

We encourage you to book your recare appointment well in advance. If you aren't sure when you're due for your next one, don't delay - give the Carlisle Office of Mortenson Family Dental a call at 289-5418. Good dental habits will help your teeth last a lifetime!

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