

Holiday Drinks to enjoy

By *Chris Urquhart*

With Christmas almost here and New Year's just around the corner this may be a good time to think about the drinks you may be enjoying over the holidays. Good Cheer, but watch the calories!

Your family's seasonal celebrations may not be complete without festive holiday drinks - mulled red wine, home-made hot cocoa, chilled champagne or creamy eggnog. Because many of these drinks can add extra calories and fat,

though, continue to get regular exercise, limit your indulgences and try healthier options when possible. For instance, you can find reduced-fat and sugar-free versions of many drinks, including eggnog and cocoa - and you don't need to feel like a Scrooge for doing it!

So as you serve up a bit of holiday cheer this year, keep in mind these calorie counts: 5 oz. wine, nonalcoholic - 9 calories. Wine spritzer, 5 oz - 72 calories. Champagne

punch 4 oz - 73 calories. Spiced apple cider 8 oz - 117 calories. White wine 5oz - 121 calories. Red wine 5oz - 125 calories. Mulled red wine

5oz - 125 calories. Sparkling grape juice 8oz - 152 calories. Crème de menthe liqueur 1.5oz - 186 calories. Hot cocoa (homemade) with

whole milk 8oz - 192 calories. Martini 3oz - 196 calories. Hot buttered rum 8oz - 292 calories. Eggnog, nonalcoholic 8oz - 343 calories. Eggnog,

alcoholic 8oz - 391 calories. Irish cream liqueur 4oz - 407 calories. Now you know! Just remember, water has 0 calories.

Check your Emergency Kit



By *Chris Urquhart*

Here is a list of what you should have in your Emergency Kit: Two liters of drinking water per person/per day; non-perishable canned and dried foods; can opener and disposable plates and utensils; prescription glasses/contact lenses and supplies; prescription medications; personal hygiene items; first aid supplies; battery-operated radio; flashlight and batteries; cash; car and house keys; change of clothing and footwear per person and copies of essential family documents.

This kit would be used especially if you had to be evacuated from your home. Your basic "home kit" should include most of these items as well and should be checked every six months to make sure the batteries work and to change the water for fresh water. Extra blankets should be included if you are carrying a kit in your car; also a shovel and a HELP sign would be a good idea! It is always better to be prepared and never have to use it than to wish you had been prepared.



Tiny tots gathered around Mrs. Claus (Samantha Doucette) for story time at the CALA Christmas Luncheon on Dec. 6th. Pictured are Allison Francis, Alexis Merzbach, Kailie Chaisson, Brady Langille-Higgins, Alexis Petrie sleeping on mom Sarah Petrie, Chase Petrie, Hunter Shellito, Sloane Turner-MacLean, Jeff MacLean, and Samantha Doucette. (Harrington Photo)



The Great Village Branch of CALA held a community Christmas gathering on Dec. 6th, promoting family literacy. CALA Outreach Coordinator Charlene Lannon (back left) joined with some adult learners for a group photo. Front (l to r) Paige Hart, Shannon MacAloney; Back (l to r) Charlene Lannon, Gillian Davis, Marion Bird (a CALA tutor) and Brenda MacRae. (Harrington Photo)

PHOTO FEATURE WCCS Christmas Carnival



Eric Stevens tried his luck at the fish pond during the WCCS Christmas Carnival. Tristan Spencer (right) was making sure the fish were biting. (Harrington Photo)



Two and a half year old Avery McLaughlin was enjoying playing with her balloon at the WCCS Christmas Carnival. (Harrington Photo)



Amanda Dennis, Alex Robinson and Jacob George (l to r) were rather busy keeping track of their inmates. Grade Eight and Nine students at West Colchester Consolidated School hosted a Christmas Carnival on Dec. 3rd and a mock jail was just one of many activities held in the gymnasium. (Harrington Photo)



Warren Mitchell was drawing fantastic characters at the WCCS Christmas Carnival held on Dec. 3rd. Victoria and Leo Sheepwash pose for their unique portrait. (Harrington Photo)



Six year old Tatyanna Sheves (left) has her fingernails dazzled up for the holidays. Morgan Burns was helping out at the WCCS Christmas Carnival, organized by Grade Eight and Nine students. (Harrington Photo)



Music teacher Chad Peck has his face painted by Emily Murphy at the WCCS Christmas Carnival held on Dec. 3rd. The gymnasium was filled with all sorts of fun filled activities. (Harrington Photo)

NOW AT TRURO MALL - Sears Entrance

tshirtsrus.ca

formerly Dorothy's T-Shirt Factory

Adult sizes: S, MED, L, XL up to 6XL
Children's sizes: XS, S, MED, L and XL

Locally Owned and Operated

COLOUR PHOTOS transferred onto a t-shirt!
(family member, pet, motorcycle, building or scenic view)
High quality brilliant colour reproduction. Bring in your high res digital photo. Ready for pickup in less than 48 hours!

Hundreds of custom shirts designs.
Choose your colour or size and we'll make your T-Shirt right here - right now!
T-Shirts make great gifts... Birthdays, Anniversaries and Christmas.
Shop early while selection is at its best.

tshirtsrus.ca • 890-9850
NOW AT TRURO MALL UNTIL DECEMBER 31
E-mail: sales@tshirtsrus.ca Mailing Address: 8775 Hwy 215 Maitland, NS B0N 1T0

RBC Royal Bank®

More hours. More choice.

With more hours in our Truro branch, the Internet, and telephone banking, getting the advice you need when you need it has never been easier.

Truro Branch
940 Prince Street
902-897-8490

www.rbcadvicecentre.com

Advice you can bank on™

* Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ** Trademarks of Royal Bank of Canada. vps60276 60966 (12/2010)