

from CALENDAR, page 21

DePonte, 717-6381.

**Read 2 Rover,** 4:30-5:30 p.m., Central Library, 9501 Lori Rd. Children are invited to read to a certified therapy dog in this program by Caring Canines that's designed to help children become better readers. The dogs sit quietly next to the children while they read, providing comfort and companionship to children who struggle with reading or who simply want to improve their reading. For more information, call 748-1604 or visit [www.library.chesterfield.gov](http://www.library.chesterfield.gov).

**Childcare Provider Workshop,** 6:30-8:30 p.m. (check in at 6 p.m.), Virginia State University, L. Douglas Wilder Building, 1 Hayden Dr. The topic is "Math for Every Age." Part of the Cooperative Extension series of workshops designed for childcare providers, center owners, operators and directors. Childcare providers will receive certificates for two hours of professional development credit per workshop. Free and open to the public. Registration is required. To register, call Mary Saunders, VSU administrative specialist, at 524-5966, or e-mail [msaunders@vsu.edu](mailto:msaunders@vsu.edu).

**Bon Air Book Talks,** 7 p.m., Bon Air Li-

brary, 9103 Rattlesnake Rd. "The Namesake" by Jhumpa Lahiri will be discussed. For more information, call 320-2461.

**Planning commission monthly meeting,** 7 p.m., Public Meeting Room, 10001 Iron Bridge Rd. For information, call 748-1050.

**Wed., Dec. 19**

**MOMS Club of Midlothian North monthly meeting,** 10 a.m., Bethlehem Baptist Church, 9600 Midlothian Tnpk. Support group for stay-at-home moms. For more information, call 403-3829 or e-mail [mleettjeffs@peoplepc.com](mailto:mleettjeffs@peoplepc.com).

**Chesterfield Women's League monthly meeting,** 10 a.m.-noon (doors open 9:30 a.m.), Foxcroft Clubhouse, 15100 Fox Club Pkwy. A presentation by Master Chocolatier Jeanne-Louise Womble from the de Rochnonnet delights chocolate shop in Midlothian will feature the history, culture and art of making fine chocolates. Samples will be offered. The holiday meeting of the league has a festive theme with a voluntary Secret Santa gift exchange. Bring a wrapped gift (around \$15 value) to participate. For more information, call Susan Austin at 378-8004 or Carol Stearns at 739-4365.

**Holiday gift-wrapping,** 10 a.m.-6 p.m., Barnes & Noble, 4600 Commonwealth Centre Pkwy. See listing under Dec. 15 for more information.

**Midlothian Classics and Award Winners Book Club,** 10:30 a.m., Midlothian Library, 521 Coalfield Rd. "Founding Brothers: The Revolutionary Generation" by Joseph J. Ellis will be discussed. For more information, call 794-7907.

**Chesterfield County Board of Supervisors meeting,** 3 p.m., Public Meeting Room, County Administration Bldg., 10001 Iron Bridge Rd. For more information, call 748-1200.

**Book club meeting,** 7:30 p.m., Midlothian Library, 521 Coalfield Rd. "The Lighthouse Keeper" by James Michael Pratt will be discussed. For more information, call 794-7907.

*Have a special event coming up? Please e-mail your calendar items to [calendar@chesterfieldobserver.com](mailto:calendar@chesterfieldobserver.com), mail them to P.O. Box 1616, Midlothian VA 23113, or fax them to 744-3269. Please include a contact name and number with your announcements.*

from WEIGHT, page 11

dangerous foods like mashed potatoes, stuffing and similar temptations.

Kerber agrees. Some holiday foods are so special, she says, it's best not to tamper with them. She suggests that you go for small portions of the foods that are unique to your holiday celebration, and pass on the ones you can enjoy every day. In other words, say "yes, please" to the mince-meat pie and "no, thanks" to the buttered rolls.

Kerber has a few final words of advice: "If you're going to have alcohol, drink water or a non-caloric beverage between each drink." She recommends that you start out with a glass of water. Then, have a glass of wine or other alcoholic drink, if you wish. Then, another glass of water. Alternating between the two helps maintain hydration, and adequate hydration is a key factor in avoiding the morning-after syndrome. And although we all know the recommended limits on alcohol intake - two drinks for men, one for women - Kerber acknowledges, "That never happens." Assuming you're not driving, it may be more realistic to limit yourself to one drink per hour.

While you're focusing on your food and drink choices, Amy Canada, fitness director at Midlothian's Robious Sports & Fitness, reminds you to maintain your exercise regimen. Even if your schedule doesn't allow you to spend time at the gym, you can still work exercise into your day. "Walk. Run. Do some floor exercises." Canada likes leg lifts, push-ups and sit-ups. "Cardiovascular exercise is going to help you avoid excessive weight gain."

from REAL ESTATE, page 24

### More recipes and advice to keep it light

*At Robious Sports & Fitness, they love Amy Canada's way with chicken. Adjust quantities to suit.*

#### Amy's Favorite Holiday Chicken

- Chicken breasts
- Light Caesar salad dressing
- Italian plum tomatoes, diced
- Black olives, chopped
- Garlic, diced
- Olive or flaxseed oil
- Balsamic vinegar
- Black pepper
- Parmagiano cheese
- Angel hair pasta

Marinate chicken in light Caesar salad dressing and then grill. Boil pasta; drain. Top drained pasta with julienned chicken. Spread remaining ingredients over all.

Nutritional information not available.

*Brett Gauthier of the Manchester YMCA isn't much of a cook, he admits with a rueful laugh. He relies on these few hints to help him make healthy choices:*

- Skip the white sauces. Instead, top chicken, fish or steak with salsa. (A lot of people must be following this tip since salsa recently overtook ketchup as the No. 1 condiment in the U.S.)
- Choose wine over eggnog, and not too often at that. Six drinks = one half-day's total caloric intake.
- Make sure your diet includes enough fiber.
- Choose complex carbs over simple carbs to feel fuller longer and to stabilize blood sugar.
- Finally, remember Brett's motto: "There are no fat foods. There are only fat portions."

*Francine Kerber, registered dietician with St. Francis Medical Center, used to perform extreme makeovers on her family's favorite desserts and cookies. While the reformed recipes were inarguably healthier, they were also unacceptable.*

Kerber's solution? Eat the traditional goodies - cakes, cookies, whatever - that are special to you and your family at this time of year. Just eat smaller portions, and continue to make healthy choices for the rest of your holiday.

How much do you want to weigh one month from today? The holiday weight gain is only as inevitable as you want it

to be. Plus, keeping down the pounds now means less to take off for that New Year's resolution.

Subdivision Name	Property Address	BRM	BATH	1/2BATH	SQ FT	SOLD	ASSESSED
GREGORYS CHARTER CT	4607 GREGORYS CHARTER CT	3	1	2	1,705	\$210,000	\$172,000
GROVE (THE)	13713 GROVE POND DR	3	2	1	2,328	\$319,000	\$292,200
SCOTTER HILLS PL	611 SCOTTER HILLS PL	5	3	1	4,380	\$500,000	\$460,700
HALLIE 5530 ONNIES DR	1,785	3	2	1	1,785	\$238,500	\$262,700
HAMILTON	12601 HORSESHOE BAY CT	3	2	1	1,462	\$170,000	\$140,700
HAMPTON PARK PL	13160 HAMPTON MEADOWS PL	3	2	1	1,410	\$158,000	\$175,100
HARPERS MILL	16100, 16200 & 16200 LONG-	4	2	1	2,660	\$368,000	\$328,200

Subdivision Name	Property Address	BRM	BATH	1/2BATH	SQ FT	SOLD	ASSESSED
LANDS RD ; 8407, 8449 & 8449 PULLMAN LN & 8400 PUTFORD CT							
HARVEST GLEN CONDOS	244 PUMPKIN PL					\$550,000	\$0
HASKETT PLACE	12115 OLD BAILEY BRIDGE RD	2	2	0	1,461	\$267,900	\$199,400
HEATHERIDGE	736 ROYAL CRESTEN DR	4	2	0	1,797	\$229,000	\$153,000
HIGHLANDS (THE)	11407 LYLWOOD LN	3	1	1	1,332	\$176,000	\$130,100
HUNTERS LANDING	10753 POACHERS RUN	4	2	1	2,562	\$345,000	\$325,000
HUNTERS RIDGE	16230 HOBBLEBUSH CR	3	2	0	1,219	\$178,800	\$146,600
HUNTINGCREEK HILLS	5918 DEERWATER CT	4	2	1	2,168	\$249,900	\$241,800

Subdivision Name	Property Address	BRM	BATH	1/2BATH	SQ FT	SOLD	ASSESSED
HYLTON PARK	10640 KEITHWOOD PY	3	1	0	1,056	\$147,000	\$122,200
INDIAN SPRINGS	4517 COCHISE TL	3	2	0	1,901	\$217,500	\$198,100
JACOBS GLENN	8813 ANDREWS RIDGE DR	3	2	0	1,832	\$217,000	\$191,300
JAHNKE PLACE	7941 JAHNKE RD	3	2	0	1,711	\$251,000	\$204,400

*This is a sample of residential properties sold in the county in recent weeks. For a complete listing of recent real estate transactions, visit [www.chesterfieldobserver.com](http://www.chesterfieldobserver.com) and click on "real estate."*

**Key:** \* lot only. \*\* home/lot without additional information.

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Pick up locations: McDonalds at 5925 Hopkins Rd • Rite Aid Drug at 360 West Shopping Center • Shoney's at Bermuda Square Shopping Center • John Tyler Community College at 13101 Jeff Davis Hwy. • Chesterfield County Administration Building • Chesterfield County Airport • Robious Sports at 10800 Center View Dr. • CVS at Breckenridge Shopping Center in Chester • Flagstaff Car Wash at 11031 Ironbridge Rd. • Aunt Sarah's at 6737 Southshore Dr. • La Siesta Mexican Rest. at 9900 Midlothian Tpke. • Uno Chicago Bar & Grill at 12211 Jeff Davis & Deer Run Village Shopping Center • IHOP at Bermuda Crossings Shopping Center • Iron Bridge Medical Park at 11601 Iron Bridge Pkwy • Chick-fil-A, Chattanooga Plaza on Route 360 & Rt. 10 Chester • Midlothian and Chester YMCAs at 737 Coalfield Road and 3011 West Hundred Rd. • Midlothian Apothecary at 13502 Midlothian Tpke. • Burger King at 4000 River Rd. • People's Bank at 14441 Sommerville Ct. • Napier Realtors ERA at 14361 Sommerville Ct. • Long & Foster kiosk at Chesterfield Towne Center • Post Offices - Amthill, Bon Air, Chester, Chesterfield, Genito & Midlothian • Chesterfield Libraries - Bon Air, Central, Chester, Clover Hill, LaPrade, Matoaca, Meadowdale & Midlothian • Beef 'O' Brady's, 13606 Hull Street Road • Dunkin' Donuts, 4417 W. Hundred Rd. • C & F Bank at 4820 W. Hundred Rd. • Brock's Barbecue at Water Tower Shopping Center • Pleasants Hardware at Chesterfield Meadows Shopping Center • Lucy Corr Village at 6800 Lucy Corr Blvd. • Tops China at Chattanooga Plaza • Franchesca's Hair Salon at 6511 Woodlake Village Pkwy. • Haley Toyota at 8301 Midlothian Tpke. • Belle Kuisine at Stoney Point Shopping Center • Ukrops at Bermuda Square & 11361 Midlothian Tpke. & Stoney Point Shopping Center • Kroger at Breckenridge Shopping Center & Swift Creek Village • Food Lion at Rt. 10/Beach Rd. • WalMart at Rt. 10/Chalkley Rd. & Rt. 301