



Doug and Wilma Rimmer

## Couple celebrates golden wedding anniversary

Doug and Wilma Rimmer of Hurdle Mills celebrated their 50th wedding anniversary on Monday, Oct. 31, 2011, with a dinner in Hurdle Mills at the home of their daughter.

The dinner was given by the couple's daughters and sons-in-law, Donna and Billy Price of Hurdle Mills and Deborah and Linwood Long of Hurdle Mills and their grandchildren Jessica Long, Jonathan Long, Jenna Long, Dylan Price and Joseph Long, all of Hurdle Mills.

The honorees were married on Oct. 31, 1961 in Conway, S.C.

## 'The Foreigner' auditions to be held Dec. 19, 20 at Kirby Theater

The Person County Recreation, Arts and Parks Department and the Person County Arts Council have announced the audition dates for the Larry Shue comedy, *The Foreigner*. Auditions will be held on Monday, Dec. 19 and Tuesday, Dec. 20 at the Kirby Theater at 215 North Main St.

Audition sign-in will begin at 6:30 p.m. and auditions will begin at 7 p.m. each evening. Readings will be from the script. Five adult men, one senior woman, and one young adult woman are required. All roles are open.

Rehearsal dates are Dec. 21 and 22, Dec. 27-30, and Jan. 3 through Feb. 2, 2012. Production dates are Feb. 3, 4, and 5, 2012.

Those auditioning must bring all known conflicts to the auditions.

For more information contact the director, Dave Wright, at 336-516-6710 or the Parks and Recreation Department at 597-1755.

### SENIOR CENTER MENU

Menu for the week of Dec. 5 through Dec. 9 held at the Person County Council on Aging Senior Center, 121 Depot St. in Roxboro

#### MONDAY, DEC. 5

Grilled Chicken, Glazed Carrots, Crowder Peas, Cornbread, Chocolate Pudding, Apple Juice

Stew Beef with Gravy, Mixed Greens, Rice, Whole Wheat Roll, Fruited Gelatin, Orange Juice

#### THURSDAY, DEC. 8

Chicken Filet on Bun, Lettuce & Tomato, Baked Beans, Applesauce

#### TUESDAY, DEC. 6

Hamburger Steak with Mushroom Gravy, Broccoli Casserole, Mashed Potatoes, Roll, Sliced Peaches

#### FRIDAY, DEC. 9

Beef Stroganoff, Green Beans, Beets, Egg Noodles, Whole Wheat Roll, Pears

#### WEDNESDAY, DEC. 7

The Courier-Times has accumulated photos that have been brought in by our customers for publication. Please don't forget to pick these up. If you have questions call The Courier-Times office at 599-0162.

**Mt. Harmony Baptist Church**  
1655 Mt. Harmony Church Road, Rougemont, NC

will host  
**The INSPIRATIONS of BAYSON, NC**  
Thursday, December 8, 2011 • 7 pm  
For more information contact Woody Painter at wpainter@esinc.net.

# North Carolina has excellent 2011 Christmas tree crop

North Carolina Christmas tree farmers are gearing up for a busy month. Choose-and-cut operations will open this weekend across the western part of the state for consumers hoping to find the perfect Christmas tree.

For weeks, growers have been harvesting and preparing trees for shipment across the country for sale at home improvement centers, grocery stores and other retail locations.

"We've had a good growing season and consumers will find a good, healthy selection and

wide variety of sizes which to choose from," said Agriculture Commissioner Steve Troxler.

Consumers who don't have time to drive to the mountains can find fresh, N.C. Christmas trees at stands and local farmers markets starting this weekend.

The Fraser fir is the dominant Christmas tree produced in North Carolina, where the elevation and climate in western counties create perfect growing conditions for the crop.

North Carolina growers also produce concolor fir, blue spruce, red cedar, Leyland cy-

press, Carolina sapphire and blue ice Arizona cypress and white pine trees.

For a list of choose and cut farms in North Carolina, visit [www.ncfarmfresh.com](http://www.ncfarmfresh.com).

North Carolina Christmas tree facts:

- North Carolina ranks second in the nation in Christmas tree production.
- More than five million Christmas trees are harvested annually.
- In 2010, Christmas tree cash

receipts generated \$85 million for the state's economy.

There are more than 1,000 Christmas tree growers in the state, with farms ranging from 1/10 of an acre to more than 1,000 acres.

N.C. Christmas tree growers have committed to donate more than 1,000 trees to the Trees for Troops program.

Trees will be delivered to military families stationed at Marine Corp Air Station New River, Camp LeJeune, Fort Story in Virginia, and Fort Bliss in Texas.

### LIFE ENRICHMENT OPPORTUNITIES

Activities for the week of Monday, Dec. 5 through Saturday, Dec. 10 at the Person County Senior Center, 121 Depot St.  
(UL) Upper Level (LL) Lower Level (CR) Conference Room

#### MONDAY, DEC. 5

9:30 a.m. — Gerofit (LL)  
10 a.m. — UNO (UL)  
10 a.m. — NARFF (CR)  
10:45 a.m. — Next Time OUT Band (UL)  
11:30 a.m. — Lunch (UL)  
1 p.m. — ACBL Bridge (LL)

9:30 a.m. — Art Class (LL)  
10:30 a.m. — Senior Saints (UL)  
11:30 a.m. — Lunch (UL)  
2 p.m. — Reamstown Ext. (UL)  
7:30 p.m. — ACBL Bridge (LL)

#### TUESDAY, DEC. 6

9:30 a.m. — Wii Games (UL)  
9:30 a.m. — Silver Sneakers (LL)  
10:30 a.m. — Rev. Russell (UL)  
10:30 a.m. — Needleworkers (LL)  
10:30 a.m. — Crafts (CR)  
11:30 a.m. — Lunch (UL)  
2 p.m. — Counted Cross Stitch (LL)

#### THURSDAY, DEC. 8

9 a.m. — Dominoes (UL)  
9:30 a.m. — Silver Sneakers (LL)  
10 a.m. — Oil Painting (UL)  
11:30 a.m. — Lunch (UL)  
1:30 p.m. — Duplicate Bridge (LL)

#### FRIDAY, DEC. 9

9:30 a.m. — Gerofit (LL)  
9:30 a.m. — Cornhole (UL)  
10:30 a.m. — Bingo  
11:30 a.m. — Lunch (UL)

#### WEDNESDAY, DEC. 7

9:30 a.m. — Gerofit (LL)  
9:30 a.m. — Card Games (UL)

#### SATURDAY, DEC. 10

8:30 a.m. — Tai Chi (LL)

### PET OF THE WEEK



**MEET JENNI** — the Person County Animal Control Pet of the Week. Jenni is a female shepherd mix about one-year-old.

She is current on vaccinations and has lots of energy. She would do best with older children and activities to keep her busy.

To adopt Jenni, or another pet, visit the Person County Animal Shelter at 2103 Chub Lake Rd. or call 597-1741.

**ADOPTION HOURS:** Tuesday through Thursday 9 a.m. to 4 p.m.; Friday 11 a.m. to 7 p.m. and Saturday from 11 a.m. to 2 p.m.

# Low impact, high results — TOPS encourages walking for fitness

MILWAUKEE, Wis. — TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, and its members are offering their expertise and suggestions to help Americans reshape their bodies and lifestyles in the journey towards a lifetime of good health.

According to Amy Goldwater, M.S., educator, former body building champion, and physical fitness expert for TOPS, scientific studies indicate that the more active people are, the greater their life expectancy. "Scientists believe that a healthy, active lifestyle allows people to live a vibrant life — a physically, intellectually, emotionally, socially

active, and functionally independent existence. These are the rewards of a wellness way of life," she says.

For those who are looking for a way to begin on the path to good health, TOPS suggests starting with a walking program. Walking is a slow and easy way to ease the body into a higher level of fitness. It is accessible to most everyone, doesn't require any special equipment or practice, and offers a long list of health benefits, including:

- Lowering low-density lipoprotein (LDL) cholesterol ("bad" cholesterol) and raising high-density lipoprotein (HDL) cholesterol ("good" cholesterol) •

Lowering blood pressure • Reducing the risk of, or managing, type 2 diabetes • Preventing osteoporosis • Managing weight • Improving mood

According to TOPS, speed is not as important as one might think. For example, recent research indicates that walking at a normal, brisk pace can reduce the risk of heart attack by nearly the same amount as jogging or another aerobic activity.

Even though walking is a low impact activity and sustaining a serious injury is unlikely, it is important to prepare for this exercise to prevent things like blisters or muscle pain. For this reason, one should wear com-

fortable footwear with arch support, a firm heel, and thick but flexible soles. Wear loose-fitting and comfortable clothes in layers and dress for the weather and the time of day you are walking. Good posture is important. It is also important to begin slowly, to warm up the muscles, and to stretch your muscles before and after your walk.

It's okay to start slowly, especially if a fitness routine is new. Set defined goals of time and distance and stick to them. Then slowly increase the time and distance to 30 to 60 minutes several times a week.

To find a TOPS chapter, visit [www.tops.org](http://www.tops.org) or call (800) 932-8677.

**Happy 40<sup>th</sup> Anniversary**

**Barbara & David Wright!**

We Love you,  
**Randy, Tonya, Savannah, Jamie, Sarah & Lucas**

**If you see this handsome fellow on December 6th, wish him a Happy 65th Birthday!!**

We Love You Pop!!  
**Sean, Ryan, Kenzley & Brenley**

**A THANKSGIVING REFLECTION**

In 1863 President Abraham Lincoln proclaimed the last Thursday of November as a day of prayerful thanksgiving.

Everyday should be a day of thanksgiving. I am grateful for each day God gives humanity to live and enjoy. I wake up each morning with an attitude of gratitude, thankful to my creator for being alive. "This is the day that the Lord hath made; we will rejoice and be glad in it (Psalm 118:24).

Thanksgiving Day is indeed a day to be thankful and show thankfulness. However, it is also a day to place special emphasis on just how thankful we are by sharing with others.

Greater Cleggs Chapel Community Missionary Baptist Church (GCCCMBC), Person County For Change, Beulah Baptist Association, elected officials, college students and others all took time Thanksgiving Day to serve others.

For the past three (3) years, we have teamed together with local businesses to celebrate Thanksgiving with our community, which has been rewarding and quite fulfilling to all of us.

**VERY SPECIAL THANKS TO OUR LOCAL BUSINESS CONTRIBUTORS** who were willing and able to help:

DATCO • Food Lion Store #436, 2828 Durham Road  
Food Lion Store #67, 1005 North Madison Blvd • IGA  
Pepsi Cola Bottling Company  
Person County Food Pantry (Rev. David Blackwell)  
Roxboro Savings & Loan • Just Save • Wal-Mart

Once again to all participants in the community Thanksgiving Luncheon, we love you and thank you!!!!

Rev. L. E. Cash, Pastor GCCCMBC

Mayor Marilyn Newell and Ms. Margaret Jackson