

# Health Notes

## Healthy New Year!

by Craft Chiropractic Associates, PC

Many of us begin the New Year with resolutions, the most common one being to get healthy. There is no better time to rejuvenate your health than the start of a new year. Make the following lifestyle and dietary changes part of your resolution:

- ☛ Exercise 20-30 minutes, at least three to four days a week.
- ☛ When you eat home or out, be conscious of the fat and sugar contents of the foods you are eating. Include nutritious fruits, vegetables, and grains in your diet.
- ☛ Quit smoking, and limit your intake of alcohol. Excessive alcohol consumption and/or smoking hinders your body's ability to absorb nutrients from your food.
- ☛ Eat more raw foods. Much of the nutrition in foods can be destroyed when cooked or canned. With the exception of canned tomatoes, which can help prevent prostate cancer, fresh or frozen fruits and vegetables always have more natural vitamins and minerals than canned vegetables do.
- ☛ When possible, select organically-grown foods. They have lower amounts of toxic elements than foods that are grown non-organically.
- ☛ Drink water! Our bodies require eight to ten 8-ounce glasses of water a day. Don't substitute coffee, tea, soft drinks, or alcohol for water; they are diuretics (dehydrators). If you are exercising, you will need more water.
- ☛ Consume 25-30 grams of fiber per day. Whole-grain breads and cereals, beans, nuts, and some fruits and vegetables, are good sources of fiber. High-fiber diets can help prevent digestive disorders, heart disease, and colon cancer.

## Dr. Craft Serves As Examiner

Dr. Mark Craft recently served as an examiner for the National Board of Chiropractic. The National Board of Chiropractic, located in Greeley, Colorado, administers its licensing exam at 15 sites across the country and is recognized by 46 states.

Dr. Craft served at the New York Chiropractic College test site in Seneca Falls, NY. Examining doctors participating in this exam are chosen through a search committee, and selected after meeting a high standard of criteria set forth by the National Board of Chiropractic.

# Berger & Solomon Inc.

**GENERAL INSURANCE**  
BUSINESS / PERSONAL / LIFE



Serving the Community since 1946

**Tel: 845-647-5000**  
**Fax: 845-647-8890**  
**Toll Free: 800-724-1227**

**129 South Main Street**  
**P.O. Box 391**  
**Ellenville, New York 12428-0391**

Visit our website:  
[www.bergersolomon.com](http://www.bergersolomon.com)

# THE COLLIER MOTOR CAR COMPANY, INC.

"Exclusively GM"

- Chevrolet
- Pontiac
- Chevrolet Trucks
- Oldsmobile
- Buick

**647-6500**  
TERRACE HILL  
ELLENVILLE, NY

Happy Holidays from all of us at

## LIGHTHOUSE DELI

EAT IN - TAKE OUT




Hot Foods  
Sandwiches  
Homemade Salads,  
Pies Muffins  
Hot Soups

**BREAKFAST • LUNCH • DINNER**  
DAILY LUNCH & BREAKFAST SPECIALS

**PLATTERS AVAILABLE**  
Cold Cut • Wing • Vegetable  
— 2 • 4 • 6 ft. Subs —  
(Boar's Head)

**210-1402**  
**FAX 210-1207**

107 Canal St., Ellenville, NY 12428

M-F 5:30am-7pm • Sat 5am-6pm • Sun 6:30am-4pm

## How can you be sure you'll get the maximum refund? We guarantee it.

Taxes are becoming increasingly more complex — especially with the recent tax changes. But H&R Block can help you take advantage of them. In fact, we guarantee you'll get the maximum refund you're entitled to or your return is free. It's just another part of the H&R Block Advantage. Call 1-800-HRBLOCK or visit [hrblock.com](http://hrblock.com)



**75 Center St., Ellenville, NY 12438**  
**845-647-6980**

\* If due to H&R Block's error on your return, you are entitled to a larger refund (or smaller tax liability) than what we calculated, we will refund your tax preparation fee for that return. At participating locations. ©2004 H&R Block Tax Services, Inc.