

January 2007
Second Edition

WCSHC ANNOUNCEMENTS

- WCSHC's Leadership Meeting Friday, January 19, 5:30pm at Mt. Moriah Baptist Church on Martin Luther King Drive in Louisville, Ms. For further details contact Dorothy Harper 662-773-8264.
- WCSHC's March meeting February 5, 3:55pm at the extension office in Louisville, Ms.

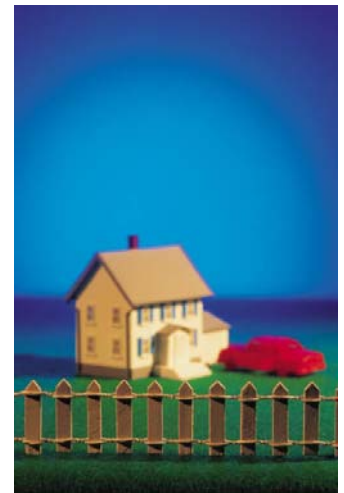
Home Buyer Fair

by Frank Taylor

The Winston County Self Help Cooperative, Mississippi Home Corporation and Winston County's NAACP Branch will sponsor a Home Buyer Fair on Monday February 5, 5:25pm at the Winston County Extension Office on Vance Street in Louisville, Ms. "According to Charles Hampton-NAACP President, we are working collectively to create a holistic environment in Winston County by disseminating pertinent information to help families achieve the

American's dream of "home ownership". Homes foreclosed by 14 percent in 2006 with an expected escalation into the first quarter of 2007, therefore, "we need to equip families with home-buyer information prior to purchase". We will discuss different types of mortgages, interest rate, prepayment penalties, insurance and other informative topics. Additionally, lenders will be available for questions and answers' session. We are encouraging the general

public to participate in this quintessential event. For further details contact Charles Hampton at 662-803-0635 or Mississippi Home Corporation 800-544-6960.



5 Tips to Healthier Eating in the New Year

Is losing weight one of your new year's resolutions? Following a fad diet, or being overly restrictive, will not help you achieve your long-term weight goals. Instead, take simple yet sensible steps may help you lose those pounds, without feeling deprived

1. Fill your plate with Vegetables

Vegetables, especially the bright colored and dark green leafy ones, are loaded with vitamins and antioxidants. They are also high in fiber and hence very filling. In addition, they are low in calories - good to help trim and maintain your waistline. When you fill up your stomach with veggies, you will less likely feel the urge to binge on meats and other desserts later on.

2. Snack on Fruits

When you feel like snacking, pick up a fruit instead of chips or cookies. Similar to vegetables, fruits are high in antioxidants & fiber and low in calories. To make it more nutritiously balanced, have a low-fat yogurt served as a dip. This way you will also get some calcium as well as protein - which helps you, feel full longer.

3. Drink Water instead

Drinking water instead of pop, juice, coffee or other drinks saves calories. Even the zero-calorie diet pop offers no nutritional values - it's just water added with artificial sweeteners and caffeine. Carrying a bottle of water with you will encourage you to sip it instead of reaching for sweetened beverages.

4. Look for other meat alternatives

Instead of reaching for your favorite steak, try other high protein alternatives such as

fish, seafood, tofu, nuts and legumes. These protein alternatives are usually low in saturated fat - legumes are high in fiber, soy is loaded with beneficial soy protein and fish contains omega 3 fatty acids - they all are much more heart-health friendly.

5. Eat Breakfast

Many people often skip breakfast. Some skip it because they are often too rushed in the morning and have little time to prepare. Some people skip it as a measure to control their weight. Studies have shown that people who eat breakfast regularly actually are more easily able to control their weight than those who skip breakfast. Often times, skipping a meal results in an increased total caloric intake than if we just ate more frequently throughout the course of the day.

MORE ANNOUNCEMENTS

Mississippi Association of Cooperatives
A State Association of the Federation of Southern Cooperatives/Land Assistance Fund
convenes its 35th Annual Membership Meeting
MARCH 15-17, 2007
For More Information, call 601-354-2750



South Garden Paid Dividends by Frank Taylor

On a cool brisk winter afternoon in Louisville, Ms several youth, parents, and Dorothy Harper, Winston County Self Help Co-op Youth Director gathered to harvest and sale fresh greens from the Camile Street Youth Garden. Harper said "we have been selling turnips, mustards, and collards greens for nine consecutive weeks. The Camile Street Neighborhood has extensively sup-

ported our youth garden project by purchasing and assisting in preparing the orders. The garden project is raising awareness of God's natural resources and connecting families, friends and community supporters with an opportunity to pass on valuable lessons of life". Additionally, "we are promoting food security by buying locally from our community garden". Food security is a valid concern; there-

fore, our customers have an opportunity to witness harvesting and bundling process. Yes, "we are helping to save rural America with fresh produces, stimulating personal growth, promoting family time, reducing youth crime, building stronger communities and adding commerce to our local economy". You can place your order for greens by contacting Dorothy Harper 662-773-8264 or jeanh29@bellsouth.net



The Winston County Self Help Cooperative celebrated another year of success with its year-end meeting and awarded those who have added greatly to the program. With about seventy-five attendees, the WCSHC focused on the future for its annual year-end meeting and noted the accomplishments of the past year.

Christmas Gala 2006 by Joseph McCain

The cooperative, which was awarded the 2005 cooperative of the year, recognized several of its members and other supporters for the work they accomplished on behalf of the cooperative.

Jean Harper and WCSHC Youth Group were recognized for their work on a youth garden project and the impact it had on the local area. This group has done great work especially with fostering concern about the future and the land with young people through the youth garden project, I said Mike Skipper, director of the Mississippi State Extension office in Winston County.

Mount Moriah Church was also recognized for its support of the organization along with Louisville Mayor Daniel Moe Yarbrough, Winston County Extension Office, The Winston County Journal, and a several other individuals and organizations.

We could not have accomplished what we have without the Winston County Extension office and its staff. They are a superb partner, I said Frank Taylor of the WCSHC.

The WCSHC listed among its goals to keep

growing and to leave a legacy of concern for the land.

The cooperative, founded in 1985, helps get information on research, marketing, policy issue and United States Department of Agriculture programs out to its 30 members.

The year-end meeting also included several statewide and national visitors who complimented the group on its efforts as well as the excitement it created. Two Vermont Cooperative members noted that they aimed to bring some of the great ideas back to their own cooperative.

The Winston County Self Help Cooperative meets on the first Monday of each month at 3:55 p.m. in the Mississippi State University Extension Office located on Vance Street in Louisville. Members must pay joining fees of \$100, yearly dues of \$140.00 and attend at least 75 percent of the monthly meetings. For more information, contact Hubert Nicholson at 773-3336 or Omeria Dotson at 773-9758.