

Business Pulse

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If you don't want the commitment of digging into a steak, there's chicken strips, hamburgers, and fettucine alfredo. There's also the popular Big Leonard's Philly Steak.

Chris said anyone who brings in a church bulletin on Sunday gets 10 percent off their bill. He also wanted to say smoking is allowed upstairs, but not downstairs, and the same great menu is offered on each floor.

Personally, I really like what he's done with the upstairs lounge, although I'm not a fan of cigarette smoke. Chris has four TVs, a pool table and several dart boards.

"What I'm aiming for upstairs is a nice relaxed atmosphere where you can feel comfortable if you want to come and hang out for a few hours," said Chris.

Friday lunch guests included none other than our election administrator Donna Yates. She said she used to work at the restaurant in the mid-1970s when it was the old Hillcrest Restaurant.

"This is my old stomping ground," said Yates. "This used to be the place to go for a meat and three. It was some good food."

Weight loss center opens in town

The Center for Medical Weight Loss has opened a clinic locally in the office of Dr. Bryan Chastain



If you'd like to feel better about yourself and guard against serious health conditions associated with obesity, call the Center for Medical Weight Loss.



The Center for Medical Weight Loss has opened an office in McMinnville under the direction of, from left, Dr. Bryan Chastain, Greta Minton, and Dr. Trey Kirby.

and Dr. Trey Kirby, who are administering the program along with Greta Minton.

For all the local residents who are struggling to lose weight – and keep it off – this clinic is a great thing. In my view, obesity is one of the major challenges facing this country and this is a viable solution.

"Anyone can lose weight," said Dr. Chastain. "But the key is to lose weight and keep it off. We don't like to use the word diet because a diet is temporary. This is medical weight loss for people who are having medical problems associated with being overweight."

Dr. Chastain says people who are overweight or obese commonly have all types of medical problems. These include high blood pressure, diabetes, heart disease, sleep apnea, and knee and hip problems. Chastain says even if people have knee or hip surgery, they are still not treating the real problem, which is their weight.

The Center for Medical Weight Loss relies on a meal replacement strategy along with regular exercise and counseling. Dr. Chastain said many people have a food addiction or they suffer from binge eating habits.

To show me how the program works first-hand, Dr. Chastain allowed me to take the body composition exam which is incredibly thorough. Not only does it break down body fat, but it tells you exactly how much body fat you have in your legs, torso, etc. The

analysis also reveals your resting metabolism, muscle mass, and water mass.

For more information, call 1-800-MD-B-THIN. That translates to 1-800-632-8446.



Pig Day is coming at the Standard

Few things are more festive, more happy, more overwhelmingly popular than Pig Day at *Southern Standard*. For those of you eagerly awaiting our annual Pig Day, that day will come this Friday from noon to 4 p.m.

As always, you can stop by our office for free hot dogs (limit 12 please), free Dr Pepper, and subscriptions that are 30 percent off. We also have a few new twists.

One is a hot dog grab where fabulous prizes will be awarded. Lucky contestants will be able to reach into a vat of hot dogs and pull out prizes that range from a key chain (that's kind of lame), to \$50 cash (that's awesome).