Drug bust underway

A drug bust involving several local law enforcement agencies began at daylight today.
Sheriff David Taylor said "Operation Protect Our Communities" involves the Union County Sheriff's Office, the Union Public Safety Department and the Jonesville Police Department. As many as 38 people may be arrested on 62 warrants, he said. Along with these arrests warrants, Taylor said there would be some search warrants executed. He said information about the search warrants would be released later.
"In addition to the drug warrants for these agencies, we will also be assisting South Carolina Probation, Parole and Pardon services in the apprehension of some of their outstanding warrants," he said.
Taylor said that this drug operation has been underway for five months.
"As the individuals are arrested we will provide to the media who the individuals are and what neighborhoods they live in," he said. "We will continue to battle the drug problem in our county because it is a direct reflection on property thefts in the communities where we live."

Midway Barbecue serving ‘Get Fit Fix’ plate

By ANNA BROWN
Many folks have made New Year's resolutions, including Midway Barbecue's Andrew Cavender, who, in fact, has kept his resolution for over a year.
On Jan. 19, 2011, Cavender pledged to eat healthier, lose weight, get in better shape and lower his blood pressure. His weight has dropped from 315 to his present 215 pounds. Last summer his weight fell to 204.
Two of his co-workers at Midway - Jay and Amy Allen - also are very health conscious and Jay is preparing for an Iron Man competition. The three have many friends who also carefully watch what they eat and exercise.
They decided to come up with the “Get Fit Fix,” a plate at Midway that would suit the needs of those who have made New Year's resolutions to lose weight and also those who need specific foods to fuel their athletic training.
“Midway is famous for feeding everybody hearty and getting everybody full,”
Cavender said. “We also want to famous for giving whoever is trying to eat healthy, whoever is trying to lose weight - giving them another option. “
Cavender said personally he has found finding healthy food choices a daily challenge.
“Here, we want you to help you make it,” he said. “Eating healthy is all the same - no matter if you want to gain muscle or just want to lose weight. Healthy food is healthy food. That is what we want to offer, we want to give you a lean protein, a vegetable and a carbohydrate just to give you the energy to keep you going through your busy day.”
The plate will include a lean meat such as baked chicken, turkey breast or sliced pork with a steamed vegetable and a baked Irish potato or baked sweet potato. The food will not be seasoned but seasonings such as butter, sour cream and salt will be available. Midway will also continue to offer the grilled chicken salad or house salad with fat free dressings being a choice.
“It's like an elite athlete's plate, but one thing that sets Midway apart from other places and allows us to do this is we buy our chicken, pork and beef fresh with nothing injected in it,” Allen said. “It is absolutely fresh, not frozen, not processed. It is the best chicken choice you can find.”
“You can eat heavy anywhere,” Cavender said. “We want to give you a different option, to eat a little leaner, a little cleaner.”
Allen said many who are in training, such as City of Union linemen Clayton Smith and T.J. Hopper, and those who enjoy running, have requested a lean plate.
“I have been doing a lot of research on diet and exercise since we are getting ready to do the Iron Man and it says you need a carbohydrate, a fat and a protein with every meal,” Allen said.

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