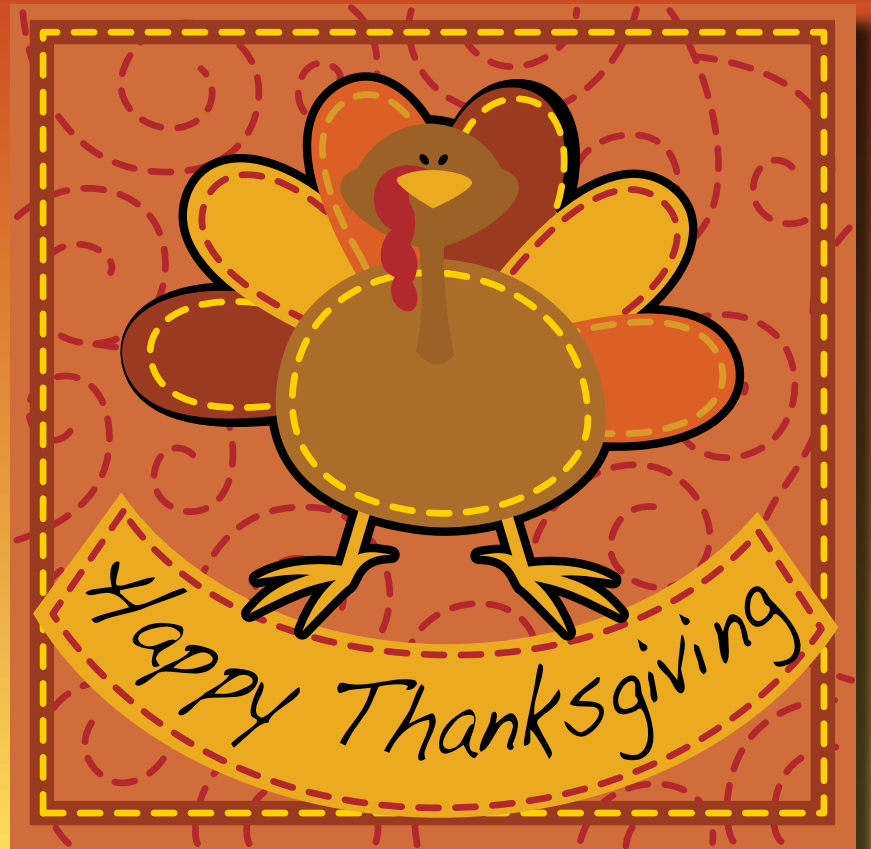
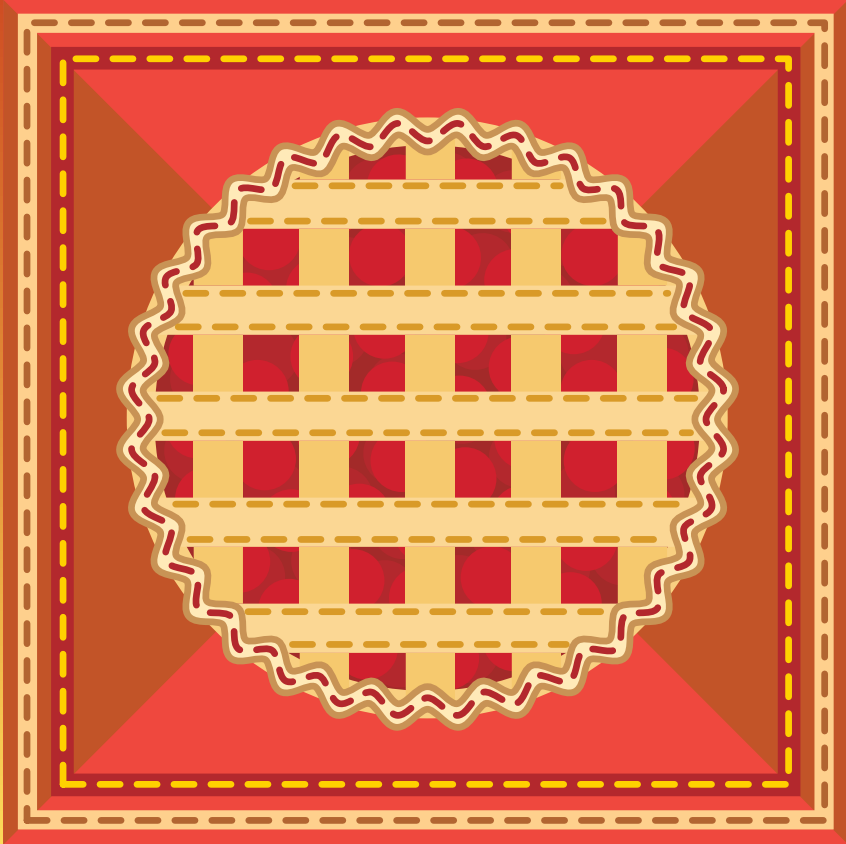


LET'S BE THANKFUL!



A Marshall Advocate publication courtesy of many area merchants.



Mrs. Ellington's Class: Front row (l-r) Ayden Tucker, Hayes Washburn, Jacob Nichols, Will Adams, Leila Conzen, Marcus Beaty, Kelly-Anne Wilson and Scotland Goldsberry. 2nd row (l-r) Allison Monk, Knox Finney, Ranger Dodd, Natalia Davidson, Viola Miller, Sadie Jones, Zerie Gross and Miss Emma Cutright (aide). Back row (l-r) Alex Morgan, Reagan Boyd, John Jenness, Landon Thompson, Mrs. Emily Ellington, Kayne Perisho, Dylan Baker, Briar Burson and Mason Pihl. Photo by Gary Strohm.

Mrs. Ellington's Class - Martinsville

First, I am thankful for my family because they love and protect me. Second, I am grateful for a warm and cozy home. I'm thankful for my cats Sunny, Midnight, Peanut,

Finn, Pru, Fat Boy, and Milo. Also, I am lucky to have a dog who loves me when I'm sad. Lastly, I am thankful for my friends.

Viola Miller

First, I am thankful for my family. My family feeds me and helps me with my school work. Also, I am grateful for my friends. They help me when I get hurt and they are always there for me. Lastly,

I am grateful for being able to play sports and getting to ride dirt bikes. While playing and riding I get to make new friends.

Ranger Dodd

This Thanksgiving I am thankful for my loving family. They help me with life and work. I am grateful for a home because some people don't have one. Lastly, I am so thankful to have a wonderful school and have a wonderful teacher.

Alex Morgan

There are many things that I am thankful for. First, I am happy I have a house and food. My house keeps me warm, my food keeps me healthy, and some people can't buy those things. I am also grateful for service men and women. They are my heroes. Lastly, I am thankful for God because he is my Savior.

Johnathon Jenness

It's about that time of year to think about what you're thankful for. I'm glad that I have a family. They are so kind and loving. I love to play piano and sports. They make

me so happy. Oh my goodness, I can't forget about food and water. Those are some of the keys to survival. I am so grateful for the Bible. If I didn't have a bible I wouldn't know about God. These are some of the things that I'm thankful for.

Kelly-Anne Wilson

There are so many things that I am thankful for. First, I am thankful for my dad because he lets me go hunting with him. He even lets me shoot the crossbow. Also, I'm thankful for family and friends. My family helps me with my homework and my friends play with me. Lastly, I am grateful for all of the trees that are all around us. The trees give all the people in the world oxygen. These were just a few things that I am thankful for.

Ayden Tucker

I am thankful for so many things. I am happy to have a family. They love me all of the time. I'm so thankful for my pets and I love them. They are good listeners and are very cute. Music is my favor-

See **Ellington** on page 4

Happy Thanksgiving!
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Mrs. Huffington's Class Marshall

I am thankful for many things this Thanksgiving. I am thankful for my family because they help me. I am also thankful for friends because they play with me. I am thankful for my pets because they are always happy to see me no matter what. Lastly, I am thankful for my teachers because they teach me a lot about things. I am thankful for a lot of things but these things are my top four things that I am thankful for.

Maylee Bayes

I am thankful for many things this Thanksgiving. I am thankful for food and drinks, if I didn't have these I would die. I am thankful for my home because I like to have shelter. I am also thankful for my friends because they help me when I need help. Last but not least, I am thankful for my dog because he is always happy to see me. If I didn't have these things I wouldn't know what to do.

Lucas Clark

I am thankful for many things this Thanksgiving. I am thankful for my loving family, because I would be a lonely orphan! I am thankful for my toys because they keep me entertained. I am thankful for my cat because he cuddles with me. I am thankful for food because I would die without it. I am glad to have a wonderful life!

Milo Claypool

I am thankful for many things this Thanksgiving. One thing I am thankful for is my mom because she is always there for me. Second, I am thankful for my dad because he always lets me chill if I am sad, or mad. Third, I am thankful for my sister. We sure do fight often but I love her and that is just how it is for me and her. Fourth, I love my dog as if he is a human. I am able to tell him my secrets, he is my bff and his relationship will never break. I love my family; our bond is so strong it will never break. This is why I am thankful for my family.

Penelope Guy

I am thankful for many things this Thanksgiving. I am thankful for my mom because she is so nice and helps me clean. I am thankful for my dad because he helps me with my homework. I am thankful for my sister Kenli because she is so nice. I am thankful for my sister Kora because she plays with dolls with me. I am thankful for all of these things because without my family I would be lonely.

Kambri Hain

I am thankful for many things this Thanksgiving. I am thankful for life so I can live. I am thankful for my dog because she's cute. I am thankful for my family so I can be protected. I am thankful for my brother, even though he's annoying, he's fun. What are you thankful for?

Charlie Lindley



Mrs. Huffington's Class: Front row (l-r) Brayleigh Thompson, Lucas Clark, Milo Claypool and Owen Ockerman. 2nd row (l-r) Penelope Guy, Channing Plew, Maylee Bayes, Charlie Lindley, Chase Paulsen and Hunter Zerrusen. Back row (l-r) Kambri Hain, Griffin Thompson, Kole Nickles, Mrs. Michelle Huffington, Alyssa Mattis, Kali Stout and Jenna Woodring. Not pictured: Brockton Phillips and Ava Yeley. Photo by Gary Strohm.

I am thankful for many things this Thanksgiving. I am thankful for food so that we can eat. I am thankful for my family because they are here for me. I am thankful for money so that we can buy things. I am also thankful for shelter because when we come home we can live in a house. I am so thankful for all of these things.

Alyssa Mattis

I am thankful for many things this Thanksgiving. I am thankful for my mom because she makes me food. I am thankful for my dad because he is always there for me. I am thankful for my sister because she is always kind. I am thankful for my friends because they are always there for me. I am thankful for a lot of things this Thanksgiving.

Kole Nickles

I am thankful for many things this Thanksgiving. I am thankful for my family because they are always there for me. I am thankful for shelter because it keeps me warm. I am thankful for my toys because they keep me entertained. I am thankful for money because we can buy the things we need. I am thankful for all I have in my lifetime.

Owen Ockerman

I am thankful for many things this Thanksgiving. I am thankful for my sister because she is annoying. I am also thankful for my mom because she loves me. I am thankful for my dad because he is smart. I am thankful for me because I am everything. I love my family. These are the things I am thankful for.

Chase Paulsen

I am thankful for many things this Thanksgiv-

ing. I am thankful for my family because they love me. I am thankful for toys because they are fun. I am thankful for food because they are yummy.

I am thankful for my house because it is warm. I am so

thankful for everything I have.

Brockton Phillips

I am thankful for many things this Thanksgiving. I am

See **Huffington** on page 10

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Ellington

Continued from page 2

ite thing in the whole world. I like to listen to music because it makes me happy.

Sadie Jones

I'm thankful for being healthy and having a chance to be on this wonderful earth. I'm grateful that I can have a family and a school to go to. They both help me so that I can learn and grow up to be a great adult. I love that I am able to have funny and loving animals. My animals help me when I'm sick by snuggling with me. Playing the piano and sports are also something that I am grateful that I get to do. Some kids do not have the money to play sports or play an instrument. These are just some of the things that I am thankful for.

Leila Conzen

I am thankful for my pets because they make me feel better when I'm sad. Also, I am grateful for my family because we do a lot of stuff together. Last but not least, I appreciate all of the veterans. They have kept us safe and continue to protect us.

Will Adams

I am thankful for my knowledge and skills. The skills that I am learning are helping me to become a better person and will help get me far in life. Also, I am grateful to have a home. My house helps keep me warm so I don't freeze. Lastly, I'm so happy to have Jesus. He made us and this world. We all have so much to be thankful for.

Allison Monk

First, I am thankful for my family. They brought me into this world. Also, I am grateful for God. He made it possible

for us to go to heaven. Lastly, I'm so happy that I get to play sports. Playing sports is something that I enjoy doing in my free time.

Landon Thompson

This year I am most thankful for my family. We enjoy going on vacations to a lot of popular places in the USA. Also, I am grateful for the veterans. They are the reason that we are living a free life. Finally, I'm thankful for my school. My school teaches me so many things that I need to know to have a smart life.

Jacob Nichols

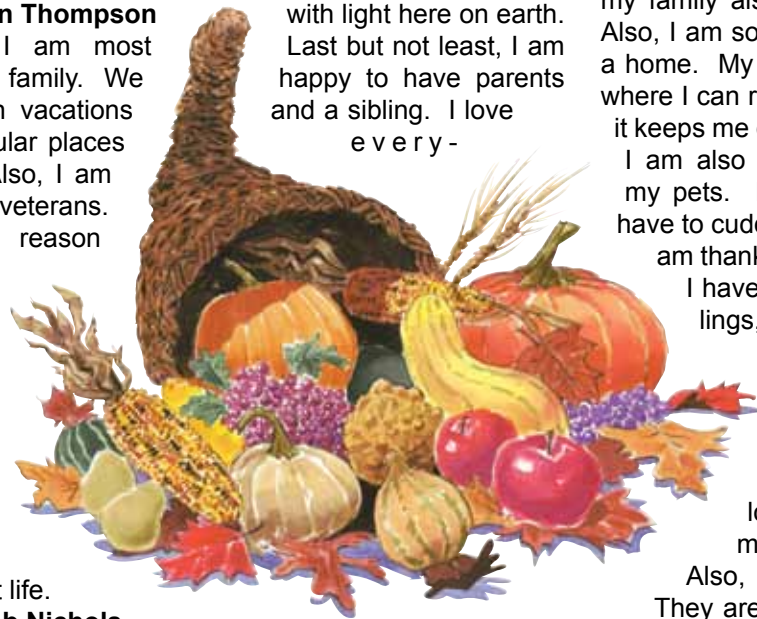
I am thankful to have a house. My home keeps me dry when it is rainy outside. Also, I am grateful for my friends. They make me happy! Finally, I'm thankful for my bed. My bed is a comfy place to sleep in it at night.

Mason Piehl

I am most thankful for my family. They help me with homework. Also, I love my pets. They are so cute! Finally, I love the home that I live in. It has beautiful colors.

Dylan Baker

I am thankful to have a house. My house protects me from thunderstorms. Next, I am grateful to have the sun. The sun provides us with light here on earth. Last but not least, I am happy to have parents and a sibling. I love every-



thankful for this Thanksgiving.

Marcus Beaty

I am thankful for my church. Many members of my family also go to church. Also, I am so glad that I have a home. My home is a place where I can rest my head and it keeps me dry when it rains.

I am also grateful to have my pets. Pets are nice to have to cuddle with. Finally, I am thankful for my family.

I have a grandma, siblings, and my cousins that all love me.

Zerie Gross

I am thankful for my family. We love watching movies together.

Also, I love my pets.

They are funny to watch.

I am also grateful for my teacher. She is the best! Finally, I am happy to have such a cool step dad. He lets me play videogames. These are just some of the things that I am thankful for this year.

Reagan Boyd

This Thanksgiving I am thankful for my dad. He takes care of me and likes to have fun. Also, I am thankful for my dog. She entertains me when I am inside or outside. Finally, I am glad that I have a bed to sleep on. Some people do not have a bed and they have to sleep on the floor. I have a lot to be thankful for.

Kayne Perisho

I am thankful for my home and family. My home has all of the toys I would ever need. I am lucky to have a mom, dad, and a sister that loves me. I am grateful to live in the small beautiful town of Martinsville. Finally, I am thankful for my teachers and school family. They are all supportive and I am happy to see them every-day!

Briar Burson

First, I am thankful for my house. It keeps me out of the bad weather conditions. Secondly, I am thankful for my mom. She takes very good care of me. Finally, I am thankful for my dad. He teaches me how to play baseball and football.

Hayes Washburn

thing they do for me! These are some of the things that I am thankful for.

Knox Finney

I am thankful for my mom and dad. They take care of me and love me. Also, I am thankful for my siblings. They play with me when I am bored. Finally, I am grateful for God. He created us to live in this world. These are some things that I am thankful for.

Scotland Goldsberry

I'm thankful I have a nice home. If I did not have a home I would be cold when it is snowing. I am happy to have a family. They help me with homework. I am so glad that I have friends. They help me when I need something spelled.

Natalia Davidson

I am most thankful for my aunt. We spend a lot of time together. We watch movies together most nights and sometimes she stays the night at my house. I am also thankful for my pets. They are special to me because I have had them since I was little. They comfort me when I am sad, lonely, or mad. Finally, I am grateful for my grandparents. Sometimes I get to stay all night with them, they also buy me things, and I get to play with their dog Bentley. These are just a few things that I am

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Mrs. Bayes' Class: Front row (l-r) Alexis Parsley, Sofia Schultz, Molly Cooper and Knox Eastin. 2nd row (l-r) Chase Conrad, Jace Crocker, Cason Furlong, Sam Welsh, Emma Baker and Maddison Bartnick. Back row (l-r) Stella Haskins, Cooper Morey, Sam Morgan, Mrs. Emily Bayes, Owen Cooper, Sawyer and David Downey. Not pictured: Astella Maas and Jayden Hammons-Stout. Photo by Gary Strohm.

Mrs. Bayes' Class Marshall

I am thankful for many things this Thanksgiving. First of all, I am thankful for the food on the table because some people do not have food. Next, I am thankful that my parents do what they do because I would not be here today without them. Finally, I am thankful for my teacher and my friends because they support me. These are the things that I am thankful for this year.

Emma Baker

I am thankful for many things this Thanksgiving. First of all, I am thankful for my family. I am thankful for my family because they are here when I need them and they can even help you with something. Next, I am thankful for

my teacher because she can help me understand stuff like math and reading. Finally, I am thankful for my friends because they are helpful, nice. Kind, and they can teach me how to play mini kick ball. These are the things that I am thankful for this year!

Maddie Bartnick

I am thankful for many things this Thanksgiving. First of all, I am thankful for my par-

ents working hard. I am thankful for my parent's hard work because they are able to pay the bills, buy me clothes and other things. Next, I am thankful for sports because they keep me in shape, make me stronger, and I can play with friends. Finally, I am thankful for friends because they are supportive and help me get better at things. These are the things that I am thankful for this year.

Chase Conrad

I am thankful for many things this Thanksgiving. First, I am thankful for my dog. I am thankful for my dog because she is so cute and she sleeps with me. Next, I am thankful for my family because they take care of me and love me. Finally, I am thankful for my friends because they are kind and they listen to me. These are the things that I am thankful for this Thanksgiving.

Molly Cooper

I am thankful for many

things like turkey, dogs, and God this Thanksgiving. I am thankful for turkey because food taste good. I am thankful for my dog because I love animals. These are the things that I am thankful for this year.

Owen Cooper

I am thankful for my family because with out a family I would be alone. I am also thankful for food and water. Without food and water, I will not survive. Finally, I am thankful for school because I can learn.

Jace Crocker

I am thankful for many things this Thanksgiving. First of all, I am thankful for family. I am thankful for my family because they are really nice and they care about me. Next, I am thankful for the time I get to spend with my family because we get to play video games and basketball. Finally, I am thankful for friends because they keep me entertained. These are the things that I am thankful for this year.

David Downey

I am thankful for many things this Thanksgiving. First of all, I am thankful for my parents. I am thankful for my parents because they feed me and take care of me. Next I am thankful for my brother because he is my best friends. Finally, I am thankful for my home because it keeps me warm. These are the things that I am thankful for this year.

Knox Eastin

I am thankful for many things this Thanksgiving. First of all, I am thankful for food because it tastes good. Next, I am thankful for family and friends because I can hang

See **Bayes** on page 6

Wishing you and your family a great Thanksgiving!



Edward Jones

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Common cooking mistakes

We've all been there. You're in the kitchen whipping up your favorite dish when the phone rings, the kids start yelling or a neighbor knocks on your door. You take care of business, but then you're distracted and forget an ingredient or set the oven timer for far too long. You end up with a not-so-great dish, most of which ends up in the garbage disposal. Mistakes happen, even with the best of cooks. This year as you begin planning for all of the holiday dishes ahead, keep these common cooking mistakes in mind to reduce the risk of kitchen mishaps.

Skimming the recipe

Good cooks read the recipe from beginning to end long

before they set out to prepare the dish. They understand what is entailed and make sure they have all of the right tools and all of the right ingredients to complete all of the right steps.

Skimping on ingredients

Good cooks use the highest-quality ingredients they can afford. They understand the quality of ingredients makes all the difference in the quality of the results and select good ingredients and handle them with care.

Making too many substitutions

Good cooks use the ingredients recommended. They understand the taste of the final product depends heavily upon the ingredients used and

make substitutions only when necessary.

Measuring haphazardly

Good cooks measure ingredients carefully. They understand the difference between liquid and dry measuring cups and know how to use them to get an accurate measurement.

Rushing steps

Good cooks take their time in the kitchen. They understand cooking is a multi-step process and take the time necessary to chill the dough, heat up the pan, simmer the gravy, etc.

Poking at food too much

Good cooks know when to back off and leave the food be. They understand food needs time to cook, some-

times hours, and make sure the food is ready before they stir or flip it.

Leaving the taste tests to the end

Good cooks taste the food as they go. They understand there are a lot of variables in cooking and rely on their palate to make sure the seasonings, cooking times and results are spot on.

Overfilling pans

Good cooks use the size of pan recommended and fill it properly. They understand food needs space for steam to escape and allow for it, even if it means they have to discard leftover batter or get out another pan.

Overlooking oven variances

Good cooks know their oven's quirks. They understand not all ovens work the same and make the necessary ad-

justments to accommodate for their oven's quirks, whether moving a pan over to avoid a hot spot or extending the cooking time.

Refusing to admit mistakes

Good cooks know when they have made one too many mistakes and are willing to start over. While some cooking mistakes can be overlooked or corrected, big ones, like forgetting to use a meat thermometer and burning the meat, cannot be undone. No amount of gravy will camouflage the taste and texture of charred meat. Good cooks understand that, admit their mistakes and are willing to start over, even if it means pizza tonight and a traditional holiday dinner tomorrow or next week.

Bayes

Continued from page 5

out with them and spend time with them. Finally, I am thankful for model rockets because they are fun to watch and catch. These are the things that I am thankful for this year!

Cason Furlong

I am thankful for many things. First of all, I'm thankful for my family because they

help me, feed me, and love me. I am also thankful for my friends. I'm thankful for my friends because they play with me and love me. Finally, I am thankful for Taylor Swift because she sings amazing songs that I like to listen to all day. Happy Thanksgiving!!

Stella Haskins

I am thankful for many things this Thanksgiving. First of all, I am thankful for my

Dexcom. I am thankful for my Dexcom because it reads my blood sugar. Next, I am thankful for my pump because it gives me insulin. Finally, I am thankful for my parents because they love me. These are things that I am thankful for this Thanksgiving.

Astella Maas

This year I am thankful for a lot of stuff! One of the things that I am thankful for

is my teacher because she helps me learn and she is very helpful. I am also very thankful for my family and friends because they are awesome and are there for me. Finally, I am thankful for trees because they give us oxygen so that we can breathe.

Mia Moore

I am thankful for many things this Thanksgiving. First of all, I am thankful for my life and family because they will support me always. Next, I am thankful for my athleticism because I've met new people who have changed me, like my coaches. Finally, I am thankful for my good grades because that is how I can play sports. These are the things that I am thankful for this year!

Cooper Morey

I am thankful for many things this Thanksgiving. First of all, I am thankful for family. I am thankful for my family because they help me when I am sick. Next, I am thankful for my dogs Bear and Rocky because they love me. Finally, I am thankful for my teacher because she helps me. These are the things that I am thankful for this year!

Sam Morgan

I am thankful for many things this Thanksgiving.

First of all, I m thankful for my friends because they help me. Next, I am thankful for Veterans because they protect our Country. Finally, I am thankful for my family because they are always there for me. These are the things that I am thankful for this year!

Lexi Parsley

I am thankful for many things this Thanksgiving. First, I am thankful for my family because they take care of me and they're loving. Next, I am thankful for my friends because they are nice and they cheer me up. Finally, I am thankful for a safe town because it usually means that there will not be war. These are the things that I am thankful for this year.

Sofia Schultz

I am thankful for many things this Thanksgiving. First of all, I am thankful for my family. I am thankful for my family because I have a mom and dad and they support me. Next, I am thankful for food. I get fed every single night and day. Finally, I am thankful for a home because I can sleep well, have a roof over my head, and my mom and dad there. These are the things that I am thankful for this year!

Sam Welsh

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Mrs. Haines' Class: Front row (l-r) Santonio Collins, Adelyn Hargis, Kendalyn Sanders and Danica Budd. 2nd row (l-r) Brileigh Thompson, Caroline Nave, Ryker Valle, Ezra Davis, Novelle Shafer and Khloe Randolph. Back row (l-r) Sebastian Scott, Gunner Beeson, Lennex Ogle, Mrs. Amie Haines, Sawyer Thompson, Iszaak Davies, Kayson Reed. Not pictured: Jaiden Carter and Alaina Winkler. Photo by Gary Strohm.

Mrs. Haines' Class Marshall

I am thankful for many things this thanksgiving. First of all the I am thankful for my family I am thankful for my family i am thankful for my family because they love me and take care of me and feed me. Next I am thankful for all the things they do for me. Finally I am thankful for all the food they buy for me it's a lot of money for the whole family

Gunner Beeson

I am thankful for many things this Thanksgiving. First of all I am thankful for my family because they take care of me and help me and they are kind to me and I can help them. Next, I am thankful for my school because I can learn and make new friends and go to speech and talk to people. Finally, I am thankful

for my country because I can live and I can live in freedom and I can live with my friends. These are the things I am thankful for this year!

Danica Budd

I am Thankful for my mom and my dad because they cook for me and they gave me birth and they support me. Next, I am thankful for is my grand parents they come every thanksgiving. Finally, I am

thankful for my ant,s and ankles that come every thanksgiving.

Santonio Collins

I am thankful for many things this Thanksgiving. First of all, I am

thankful for my family because they give me food and buy me stuff I need to survive. Next, I'm thankful for having a school because I can learn because other kids can't go to school. Finally, I am thankful for living in a house because I can stay safe from storms. These are the things that I am thankful for this year.

Iszaak Davies

I am thankful for many things this Thanksgiving. First of all, I am thankful for my

family. I am thankful for my family because they care for me. Next, I am thankful for my home because I need it for shelter. Finally, I am thankful for my friends because I have people to talk to. These are the things I am thankful for this year!

Ezra Davis

I am thankful for many things this Thanksgiving. I am thankful for my friends because they are nice and

they are always there for me! Next, I am thankful for my family because even though they are extended family they treat me like their own, my mom is the best, and my dad who acts 19! Finally, I am thankful for K.K Rolling because she wrote the Harry Potter books there for she's the best author! These are things I am grateful for this year!

Adelyn Hargis

I am thankful for many things this Thanksgiving. First of all, I am thankful for my family because they comfort me and they are there for me. Next, I am thankful for friends because they help me in class and they hang out with me. Finally, I am thankful for money because we can get food, water, and stuff. These are the things I am thankful for this year!!!!

Caroline Nave

I am thankful for many things every Thanksgiving. First of all, I am thankful for my family. I am thankful for my family because they love me and support me even when I thought it was bad. Next, I am thankful for my friends because they are always there when I am not happy and they are nice, kind and supportive finally, I am thankful for everything because God made everything good and it will always be good. These are the things I am thankful for every year! Everything is cool!

Lennex Ogle

I am thankful for many things this Thanksgiving. First

See Haines on page 8

Happy Thanksgiving!



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Haines

Continued from page 7

or all, I am thankful for my family I am thankful for my family because we go on vacations with me and love me and care for me. Next, I am thankful for pumpkins because you can carve them into anything. Finally, I am thankful for food because I have good food for Thanksgiving.

Khloe Randolph

I am thankful for many things this Thanksgiving. First of all, I am thankful for food. I am thankful for food because it helps me stay alive. Next, I am thankful for water because it hydrates me. Finally, I am thankful for my family because they are nice.

Kayson Reed

I am thankful for many things this thanksgiving. First

of all I am thankful for my family. I am thankful for my family because they take care of me and feed me teach me comfort and help me. Next I am thankful for Mrs. Haines because she teaches me stuff that kids in other countries don't get taught. Finally, I am thankful for school because some kids can't go to school and learn. These are the things I am thankful for this year.

Kendalyn Sanders

I am thankful for many things this Thanksgiving. First of all, I am thankful for Veterans because they give us freedom. Next, I am thankful for my family because they help me a lot.

Finally, I am thankful for Mrs. Haines because she is nice and kind to me. These are the things I am thankful for

this year!

Sebastian Scott

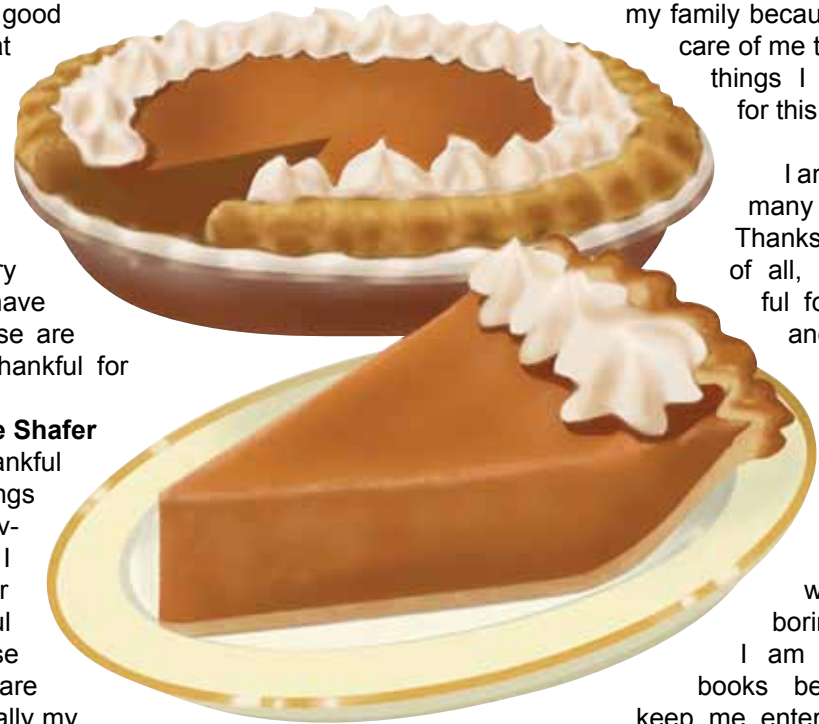
I am thankful for many things this thanksgiving. First of all, I am thankful for family. I am thankful for family because I get to hang out with them on thanksgiving. Next I am thankful for the food it fills me up then and it's good and I get to eat with my family. Finally, I am thankful for veterans because they saved our country they let us have freedom. These are things I am thankful for this year!

Novelle Shafer

I am thankful for many things this Thanksgiving. First of all I am thankful for my wonderful family because they always care for me especially my brother he loves me. Next, I am thankful for that I'm alive I almost died at one month old so I had surgery and I made it. Finally I am thankful for North school I'm glad that I have wonderful teachers. These are things I'm thankful for this year.

Briyleigh Thompson

I am thankful for many things this Thanksgiving. First of all, I am thankful for my family. I am thankful for my family because they love me and they are nice and fun. Next, I am thankful for Veterans because they served for



year! I am thankful for many things for thankful for Minecraft because i like playing Minecraft it is really fun next I am thankful for rec room because I can play with my friends finally I am thankful for my family because they take care of me these are the things I am thankful for this year.

Ryker Valle

I am thankful for many things this Thanksgiving. First of all, I am thankful for my family and friends. I am thankful for my family and friends because without them life would be very boring. Next, I am thankful for books because they keep me entertained while I'm grounded. And they can be funny. Finally, I am thankful for frogs because they are just cute and adorable. These are the things I am thankful for.

Ali Winkler

our country and they let us get true freedom. Finally, I am thankful for God and Jesus because they gave me a great and wonderful life. These are the things I am thankful for this

Boyer

Continued from page 9

thankful for my family and my dog. They always cheer me up when I'm sad. Next, I am thankful for my friends. They always know how to make me smile. Finally, I am thankful for books. I couldn't live without them. This is what I am most thankful for this year.

Anna Smitley

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my mom and

dad. They take care of me and make me happy! Next, I am thankful for all of my family. They are so nice to me and help me. Finally, I am thankful for school. It helps me learn and grow. Also, I get to see my friends and play with them!

Charlotte Stafford

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my friends. I like to talk to them. I like to play with them too. Next, I am thankful for my brother. I like to play Minecraft with him. I like to build train tracks with him, but sometimes we fight. Finally, I am thankful for my school. I love to learn. My favorite subject is math. I love the things that I am thankful for.

Sawyer Hewitt

Isaiah York

Temptation

Continued from page 12

or a festive holiday martini are delicious ways to celebrate the season, but they add up quickly. Alcohol has almost the same number of calories per gram as fat, and a typical hot chocolate with whipped cream from a coffee shop is around 400 calories. If you're going to indulge, do so in moderation. Peppermint tea is a festive,

tasty alternative as well.

For more great tips and tricks on how to stay healthy and happy all season long, visit leaf.nutrisystem.com.

Avoiding temptation doesn't mean avoiding the fun. Just take careful steps to put yourself in a position where it's easier to make good choices.

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J.J. McFarland's Class Marshall

I am thankful for my Mom and Dad because they take care of me and I am also thankful for my Mario game because it is fun to play.

I like to play with them too. Next, I am thankful for my brother. I like to play Minecraft with him. I like to build train tracks with him, but sometimes we fight. Finally, I am thankful for my school. I love to learn. My favorite subject is math. I love the things that I am thankful for.

Mrs. Boyer's Class Marshall

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my dog. Whenever I am sad or mad, my dog always cheers me up. Next, I am thankful for my family. My family is usually crazy but they make me food and we go on a lot of fun trips. Finally, I am thankful for my friends. I like talking to my friends and hanging out.

Sawyer Angus

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. They take care of me. Next, I am thankful. Next, I am thankful for food. If I didn't have food I wouldn't be alive. Finally, I am thankful for my dog. When I am sad, my dog will be there for me.

Landon Blaschke

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. I love doing fun things with them. Next, I am thankful for my friends. They are always there to cheer me up. Finally, I am thankful for my teacher. She helps me with things that I need help with. These are the things I am most thankful for this year.

Ellie-Ann Cushman

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. I love my family a lot. They help me with things I can't do. Next, I am thankful for my grandma. She is so nice to me and my brother. She loves me and my brother. Finally, I am thankful for my grandpa. He loves me and my brother a lot. He is so nice to me.

Raelynn Finkbiner

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. I love going on very fun trips with them. Next, I am thankful for my teacher. I love when she does very fun things with us. Finally, I am thankful for my cat. I love to play with him. These are what I am most thankful for.

Dragan Forrey

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. They

are really funny and supportive. Next, I am thankful for my friends. They help me when I'm down. Finally, I am thankful for the food that I get to eat. These are the things I am thankful for.

Jayse Gard

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family because I get to see my cousins and play. Next, I am thankful for the food I like turkey and a bunch of other foods. Finally I am thankful for football thanksgiving games are good to watch.

Milo Giannavola

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my mom. I'm thankful for how she's always there for me. Next, I'm thankful for my friends. I'm thankful for how they always help out. Finally, I'm thankful for my nana. I'm thankful for how she makes me happy when I'm sad.

David Gustafson

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my friends. I like playing with them. Next, I am thankful for family. I like spending time with them. Finally, I am thankful for games. I enjoy playing them.

Exander Howard

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. I love doing fun stuff with them. Next, I am thankful for my dogs. They bring joy to me every day. Finally, I am thankful for my friends. I like to play games with them. This is what I'm thankful for this year.

Easton Huffington

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. They are so fun, and they do a lot of things with me and my siblings. Next, I am thankful for veterans. They protect our country and they give us freedom. Finally, I am thankful for nature. I love playing outside. This is what I am most thank-



Ms. Boyer's Class: Front row (l-r) Lydia Morgan, Ellie Cushman, Sawyer Angus and Raelynn Finkbiner. 2nd row (l-r) Dragan Forrey, Jayse Gard, Milo Giannavola, Exander Howard, Pei Liu, Isaiah York and Kristin Jones. Back row (l-r) Landon Blaschke, Easton Huffington, David Gustafson, Charlotte Stafford, Anna Smitley and Regan McConchie. Photo by Gary Strohm.

ful for this year.

Kristin Jones

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. My family always tries to cheer me up when I am sad.

Next, I am thankful for my pets. My dogs love to play with me if I am sad and my turtle makes me happy. Finally, I am thankful for my friends. My friends make me happy when I am feeling down.

I am most thankful for

these three things.

Pei Liu

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. I love going on trips with them. They are so sweet. Next, I am thankful for my friends. My friends cheer me up when I am sad. Finally, I am thankful for the wonderful weather. If we didn't have good weather, then we would not go outside. These are the things that I am thankful for this year.

Regan McConchie

This Thanksgiving I have a lot to be thankful for. First, I am thankful for the food that God gave us. Next, I am thankful for the family that I have right now. Finally, I am thankful for God giving us a beautiful holiday. This is what I am thankful for this year.

Lydia Morgan

This Thanksgiving I have a lot to be thankful for. First, I am

See **Boyer** on page 8

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Roasted Sweet Potatoes Pecan Crunch Topping

No more marshmallows! A pecan-pie-inspired topping brings a festive twist to classic sweet potatoes.

- 3/4 cup firmly packed brown sugar, divided
- 2 tablespoons orange juice
- 2 teaspoons vanilla extract
- 1 1/2 teaspoons ground cinnamon, divided
- 1 1/2 teaspoons ground ginger, ground
- 1/2 teaspoon salt
- 3 pounds sweet potatoes, peeled and cut into 1-inch chunks

- 1 cup dried cranberries
- 6 tablespoons butter, cut up, divided
- 1/2 cup flour
- 1 cup chopped pecans

1. Preheat oven to 400 F. Mix 1/4 cup of the brown sugar, orange juice, vanilla, 1/2 teaspoon each of the cinnamon and ginger, and salt in large bowl. Add sweet potatoes; toss to coat well. Spoon into 13-by-9-inch baking dish. Sprinkle evenly with cranberries. Dot with 2 tablespoons of the butter. Cover with foil.

Bake 30 minutes.

2. Meanwhile, mix flour, remaining 1/2 cup brown sugar and remaining 1 teaspoon each cinnamon and ginger in medium bowl. Cut in remaining 4 tablespoons butter with a fork until coarse crumbs form.

Stir in pecans. Remove sweet potatoes from oven and stir gently. Sprinkle evenly with pecan topping.

3. Bake, uncovered, 25 to 30 minutes longer or until sweet potatoes are tender and topping is lightly browned.

Serves 8.

Each serving: About 439 calories, 19g total fat, 4g protein, 63g carbohydrate, 6g fiber, 23mg cholesterol, 257mg sodium.





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- Mom & Dad**
- Uncle Bill**
- Aunt Martha**
- Junior**

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Huffington

Continued from page 3

thankful for my family because they are always there for me when I need them the most. I am thankful for food because without it we would die. I am thankful for money because without it we wouldn't be able to buy life supporting things.

I am thankful for a home because we would be living on the streets and very cold. I am thankful for school because without it we wouldn't be able to go get a job or be smart and learn how to do things. Everything I am thankful for is family, food, money, a home school and people in my life.

Kali Stout

I am thankful for many things this Thanksgiving. I am thankful for my family be-

O'Rourke

Continued from page 11

I am thankful for my own family and the food. Next, I am thankful for my parents who have made the most of their time with me.

Finally, I am thankful for their support and their help to help me get back into the real life of my family.

Damien Pugh

This Thanksgiving I have

cause they take care of me. I am thankful for my house because some people don't have one.

I am thankful for food because some kids starve. I am thankful for friends because they play with me. These are things I am thankful for.

Brayleigh Thompson

I am thankful for many things this Thanksgiving. I am thankful for the turkey because Thanksgiving wouldn't be the same.

I am thankful for my family because they are always there for me. I am also thankful for my sports teams because they are always good friends.

I am thankful for shelter because if we didn't have shelter we wouldn't be able to stay warm. I want to thank all the people or things that make

this stuff happen.

Griffin Thompson

I am thankful for many things this Thanksgiving. I am thankful for cats because they are cute and amazing. I am thankful for food because I wouldn't be able to survive without it. I am thankful for my mom because she is the best mom ever. That is what I am thankful for.

Ava Yeley

I am thankful for many things this Thanksgiving. I am thankful for my family because they are nice and help me with stuff. I am thankful for my home because when it's cold, I am warm. I am thankful for the food I receive from my parents. Thank you to my parents for everything you do for me.

Hunter Zerussen

a lot to be thankful for. First, I am thankful for the fairness and rights that we have. Next, I am thankful for everything I have. Finally, I am thankful for my veterans and friends that help our community.

Anastasia Scott

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family and friends. Next, I am thankful for the food we get. Finally, I am

thankful for the house I live in.

Bristol Thompson

This Thanksgiving I have a lot to be thankful for. First, I am thankful for the food that I eat and I can order my own food and live a good life. Next, I am thankful for the house that I'm able to live in. Finally, I am thankful for my mom and my dad that help me with something I need help with.

Corey Wolcott



Mrs. O'Rourke's Class: Front row (l-r) Colton Allard, Damien Pugh, London Alvey and Anastasia Scott. 2nd row (l-r) Carrigan Crumrin, Corey Wolcott, Christopher Boswell, Allona Ligget Frankie Morris and Tyler Griguhn. Back row (l-r) Karley Blankenship, Bristol Thompson, Ezra Hill, Mrs. Katie O'Rourke, Ben Belli Polito, Brody Pugh and Broxton Mars. Not pictured: Cooper Bartnick and Camryn Lindley. Photo by Gary Strohm.

Mrs. O'Rourke's Class Marshall

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my home. Next I'm thankful for my mum and dad and I am thankful for my grandma. Next, I am thankful for my sisters and brother. Finally, I am thankful for school.

Colton Allard

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my mom, dad and my brother.

Next, I am thankful for a roof over my head and walls around me. Finally, I am thankful for my pets and a family that loves me!

London Alvey

This Thanksgiving I have a lot to be thankful for. First, I am thankful for having yummy food on my table.

Next, I am thankful for a place to live. Finally, I am

thankful for a family.

Cooper Bartnick

This Thanksgiving I have a lot to be thankful for. First, I am thankful for being with family and friends. Next, I am thankful for having a delicious meal. Finally, I am thankful for my family.

Benjamin Belli Polito

This Thanksgiving I have a lot to be thankful for. First, I am thankful for all of the food. Next, I am thankful for my

family and friends. Finally, I am thankful for their kindness.

Karley Blankenship

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family and friends this thanksgiving. Next, I am thankful for my dad and mom's famous meals. Finally, I am thankful for food that really makes you drool. And that I am thankful because it helps my family together!

Christopher Boswell

This Thanksgiving I have a lot to be thankful for. First, I

am thankful for my family that loves me.

Next, I am thankful for the food and love that I have. Finally, I am thankful to see my family.

Carrigan Crumrin

This Thanksgiving I have a lot to be thankful for. First, I am thankful for having a family that loves me and that is thankful for me. Next, I am thankful for the very delicious food. Finally, I am thankful for my house that keeps me warm and cozy.

Tyler Griguhn

This Thanksgiving I have a lot to be thankful for. First, I am thankful for food. Next, I am thankful for family. Finally, I am thankful for the time we have together.

Ezra Hill

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. Next, I am thankful for my Friends. Finally, I am thankful for FOOD.

Allona Ligget

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my family. Next, I am thankful for my friends. Finally, I am thankful for our savior!

Camryn Lindley

This Thanksgiving I have a lot to be thankful for. First, I am thankful for the food my family is making. Next, I am thankful for football. Finally, I am thankful for my family.

Broxton Mars

This Thanksgiving I have a lot to be thankful for. First, I am thankful for my

food, clothes, teacher, my friends, and my family. Next I am thankful for the earth, and life. Finally I am thankful for books, school, and just everything in America.

Frankie Morris

This Thanksgiving I am thankful for food and water. Next, I am thankful for my family, spending time with them. Finally, I am thankful for god and my family spending their whole lives with me and they take care of me and feed me and I love my brother and my sister. Happy Thanksgiving

Brody Pugh

This Thanksgiving I have a lot to be thankful for. First,

See O'Rourke on page 10

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Top 5 holiday temptations and how to avoid them

The holiday season means delicious food and parties galore. If you've been dedicated to maintaining a healthy lifestyle, there's no reason to throw away all your hard work. You just need to make adjustments to your routine so you can enjoy the season guilt-free.

According to Courtney McCormick, dietitian at Nutrisystem, these are the five biggest holiday temptations and how to manage them.

Temptation #1: Parties: To avoid temptation at holiday gatherings, never walk into one hungry. No amount of willpower will stop you from rushing the dessert table if you arrive on an empty stomach. Before you go, have a good, balanced meal that includes protein, veggies and plenty of water. Even if you do treat yourself to a Christmas cookie once there, you've done some substantial damage control.

Temptation #2: Skipping Workouts: Exercise frequency drops off dramatically once



weather gets cold and messy, according to a Gallup poll. If you don't have a gym membership, investing in a few key pieces of exercise equipment -- bands, kettle bells -- can help you supplement indoor workouts and maintain an active lifestyle in cold weather.

"I always aim for at least 30 minutes of exercise a day. If I'm having a hard day, I break it up into 10-minute increments -- in the morning, afternoon and at night. It makes it much

more manageable," says Marie Osmond, entertainer and Nutrisystem ambassador.

Temptation #3: Office Treats: As if your own holiday party indulgences weren't bad enough, you also have to deal with other people's leftover treats in your workplace breakroom. To avoid temptation, make sure your meal prep is on point every week and includes snacks to keep you full throughout the day. It's much easier to politely decline those brownies when you've filled up on almonds or light popcorn.

Temptation #4: Holiday Traditions: Turkey with all the trimmings. Gingerbread houses with the kids. Hot chocolate on Christmas Eve. As much as we look forward to these traditions, they can take a toll on a healthy lifestyle. This year, try focusing less

Turkey Trivia

Turkeys first existed in the eastern U.S. and Mexico, where Aztec Indians were raising them for food as early as 200 B.C.

The Native American name for turkey is "Firkee"

Wild turkeys can fly for short distances up to 55 mph and can run 20 mph. The modern large-breasted turkey bred for the Thanksgiving table is too heavy to fly under most circumstances.

The average weight of a turkey purchased at Thanksgiving is 15 pounds and is about 70 percent white meat and 30 percent dark meat. The heaviest turkey ever raised weighed 86 pounds, about the size of a large dog.

The "turkey trot," a ballroom dance popular in the early 1900s, was named for the short, jerky steps that turkeys take.

In England, 200 years ago, turkeys were walked to market in herds. They wore booties to protect their feet.

Age is a determining fac-

tor in taste. Old, large Toms (males) are preferable to young Toms, as their meat is stringy. The opposite is true for females: Old hens are the tougher birds.

A turkey under 16 weeks of age is called a fryer, while a young roaster is five to seven months old.

Only Tom turkeys gobble, mostly as a mating call.

Turkeys can see in color, but do not see well at night.

Wild turkeys often spend the night in trees. They especially like oak trees.

Turkeys are actually a type of pheasant and are the only

breed of poultry native to the Western Hemisphere.

Henry VIII was the first English king to enjoy turkey, and Edward VII made turkey eating fashionable at Christmas.

Israelis eat the most turkey: 28 pounds per person. The average American eats almost 17 pounds of turkey annually.

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on food and more on shared experiences. Trade the annual cookie bake-off for a day of crafting or ice skating; skip your calorie-laden dessert and become the life of the party by bringing board games to play

after dinner.

Temptation #5: Liquid Calories: Eggnog, mulled wine,

See **Temptation** on page 8

Parade of Lights

2023 Parade of Lights is a long standing tradition in Marshall. This year plans to be bigger and better than ever before. This year the parade is set for December 2nd starting at 6:00 P.M.. Watch for the lion float in the Christmas Parade. This special float was sponsored by Stence Realty Team and Crumrin Whitetail Properties.

The parade starts at the corner of 7th and Archer and runs West along Archer. Parade watchers are encouraged to line up on either side of Archer Avenue.

If you would like to enter a "float" in the parade we have 3 categories each category has a 1st and 2nd place cash prize. \$75 for 1st place and \$50 for 2nd place. The categories are Family / Church; Business/Organization; Golf

Cart/Side by Side (UTV). It is free to enter.

You can contact Denise Hoggatt at 217-251-2441 or email dksme6810@gmail.com or Sara Tingley at 217-822-5755. Entries will sign in at the VFW parking lot (behind Lions Den) between 4:30 & 5:30 to get put in the line up. Judging starts at 5:30. We look forward to seeing you there.

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