



A Marshall Advocate publication courtesy of many area merchants.

MFPD Holiday Toy Drive

This year, Dollar General has once again teamed up with the Martinsville Fire protection District for a Holiday Toy Drive for Martinsville community kids.

From now until December 11, people wishing to donate to the Holiday Toy Drive, can bring an unwrapped toy to the Martinsville Dollar General located at 319 W. Cumberland Street.



Candy King - Journey Well Home at the Marshall Holly Days Christmas Market. Photo by Gary Strohm.

Pecans for sale

The Marshall Women's Club has received this year's crop of pecans. Pound bags of pieces and halves are

twelve dollars.

You may stop in the Marshall Advocate, King Chiropractic Clinic and Tangles for purchase. You can also call Diane Newton at 217-826-3985.

Pecans are a great snack and great for use in cooking.

Toys for Tots drive

The Clark County Knights of Columbus Toys for Tots program is in its thirty-fifth year. This Catholic men's group provides Christmas gifts for children who might have few or no gifts. They cover eastern Clark County and provide some monetary support for a similar program in Casey.

The program is supported by fund raising and donations from businesses and individu-

als. They will have boxes in local businesses and at St. Mary's Church after Thanksgiving for donations of new and good used toys.

If you need, or know a family that might need, help this Christmas, you may contact a KC member or call St. Mary's Church 217-826-2845 and leave a message with your contact information or the family's.



Shelby Kozloff - SK Designs at the Marshall Holly Days Christmas Market. Photo by Gary Strohm.

A letter with details will then be sent to the family needing assistance.

3 warm and fuzzy holiday activities

Whether you're braving the cold to find the perfect Hanukkah gift or searching high and low for the ideal Christmas tree, there are plenty of opportunities to create special memories with your family

this season. And there are ways to make each event a little warmer and fuzzier.

"One of the best things about the holidays is how cozy everything can feel," says Laryssa Grant, women's buyer for national shoe retailer, Rack Room Shoes. "And while it can be a busy time of year, it's important to treat comfort as a priority and slow down to enjoy each moment."

Here are three activities to try this season that can make you feel warm and fuzzy on the inside -- and outside!

Get Snuggly

Over-scheduling can put a damper on the holidays. That's why it's important to carve out

Visit with Santa

Santa is coming to town!! He will be at the Log Cabin in Marshall on December 10th and 14th from 12-4pm. You are welcome to take a picture while you visit.

some quality time to get in the spirit. Give each family member a goodie bag of holiday-themed pajamas and then pop in a holiday movie to spend the evening snuggled up with the people you love.

Make it cozier: Pair the

See **Activities** on page 7

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CHRISTMAS EVE:
 NOON TO MIDNIGHT
CHRISTMAS DAY:
 8AM TO MIDNIGHT
NEW YEAR'S EVE:
 NOON - MIDNIGHT

Spice Cookie Cutouts with Ornamental Frosting

The perfect holiday sweets for an old-fashioned swap with friends.

Cookie Recipe

1/2 cup sugar
1/2 cup light (mild) molasses
2 teaspoons ground ginger
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground cloves

1/2 teaspoon ground nutmeg
1/4 teaspoon ground black pepper
2 teaspoons baking soda
1/2 cup (1 stick) butter, cut into chunks, or substitute margarine
1 large egg, beaten
3 1/2 cups all-purpose flour

Ornamental Frosting (recipe follows)

1. In 3-quart saucepan, heat sugar, molasses, ginger, cinnamon, cloves, nutmeg and pepper to boiling over medium heat, stirring occasionally. Re-

move saucepan from heat; stir in baking soda (mixture will foam up in the pan). Stir in butter until melted. With fork, stir in egg, then flour.

2. On lightly floured surface, knead dough until thoroughly mixed. Divide dough in half. Wrap one half of dough with plastic wrap and set aside.

3. Preheat oven to 325 degrees Fahrenheit. With floured rolling pin, roll remaining half of dough slightly thinner than 1/4 inch. With floured 3-inch to 4-inch assorted cookie cutters, cut dough into as many cookies as possible; reserve trimmings. Place cookies, 1/2 inch apart, on ungreased large cookie sheet. Reroll trimmings and cut out more cookies.

4. Bake cookies 12 minutes or until edges begin to brown. Remove cookies to wire rack to cool. Repeat with remaining dough.

5. When cookies are cool, prepare Ornamental Frosting; use to decorate cookies as desired. Set cookies aside to allow frosting to dry completely, about 1 hour. Store in tightly covered container (with waxed paper between layers, if decorated) at room temperature up to 2 weeks, or in freezer up to 3 months.

Ornamental Frosting

1 package (16-ounce) confectioners' sugar
3 tablespoons meringue powder
Assorted food colorings (optional)

1. In bowl, with mixer at medium speed, beat confectioners' sugar, meringue powder and 1/3 cup warm water until blended and mixture is so stiff that knife drawn through it leaves a clean-cut path, about 5



Tony Burkeybyle and Anissa Williams - Phototherapy at the Marshall Holly Days Christmas Market. Photo by Gary Strohm.



The Art Gator - Abigail Mood.



Photo Credit: Sang An.

minutes.

2. If you like, tint frosting with food colorings as desired; keep covered with plastic wrap to prevent drying out. With small spatula, artist's paintbrushes, or decorating bags with small writing tips, decorate cookies with frosting. (You may need to thin frosting with a little warm water to obtain the right spreading or piping consistency.) Makes 3 cups frosting.

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Breakfast with Santa!

There was a big turnout at the First United Methodist Church for the annual Breakfast with Santa sponsored by Casey State Bank and the Optimist Club.



Josie Swalls with Santa.



Frankie Miller with Santa.



Alayna Beck and Reese Walters. are coloring at the Santa Breakfast.



Rylee and Olivia Rice with Santa.



Kenna Jo Kayzlee and Kale Platt and Dad with Santa.



Lydia and Julia Cannady with Santa.



Grayson and Blakely Trudeau with Santa.



Lily Augustus with Mary (reindeer) and Doug Dahnke.



Everly and Arielle Eitel with Santa.



Akstynn Comstock with Santa.



Kenzley Kent with Santa.



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Marli and Amara Luci with Santa.



Karsyn and Grayson Truelove with Santa.



Mya Bartnick with Santa.



Mabel Wetzel and Grandpa Bob Davidson at the Santa Breakfast.



Elizabeth Shultz with Santa.



Jenna Woodring, Woodrow Fowler and Jackson Fowler with Santa.



Manning Reyher with Santa.



Carley and Violet Garner with Santa.



Atlas and Italy Havill with Mom and Santa.



Paisley Fairchild with Santa.



KK and Aveline Church with Mary (reindeer) and Doug Dahnke.

Jed Hutson with Mary (reindeer) and Doug Dahnke.



(right): Bob and Paula Clawson - The National Road Rusty Rooster at the Marshall Holly Days Christmas Market.

Photo by Gary Strohm..



Brynn and Brody Boyll with Mom and Dad, Kayla and Jared Boyll, and Santa.



Fighting holiday weight gain

By **Mary Liz Wright**
Nutrition and Wellness Educator

A 5 pound weight gain is inevitable during the holiday season...MYTH! Actually, according to the National Institute of Health, <http://www.nichd.nih.gov>, the average American gains just under 1 pound dur-

ing the time between Thanksgiving and Christmas. That's the good news. The bad news is that most of us never lose that 1 pound and if we are in the overweight category we are more likely to gain 5 or more pounds during the holiday season. What causes this weight gain you might ask? Is it the never ending

parade of "goodies" brought by your well intentioned co-workers? Or the lack of sleep brought on by too many late night parties or time spent putting the



"some assembly required" gifts together? All of those can be a factor but perhaps the biggest culprit is the tendency for us to avoid the gym when we need it the most! Our hectic holiday schedule can wreak havoc on the most well intentioned exerciser. So, what's a person to do?

"Top 10 Ways to Avoid Putting on the Holiday Pounds"

10. Drink plenty of water—it will fill you up and keep you hydrated and energized.

9. Eat smaller meals on days you will attend holiday gatherings.

8. Send leftovers home with your guests—Better yet, avoid leftovers altogether by preparing only what your guests will eat at one sitting.

7. Eat breakfast everyday—maintain energy levels and avoid temptation by keeping your metabolism revved up.

6. Eat a small snack containing protein before the party—avoid the urge to overeat at the buffet table when you arrive at the party ravenous.

5. Try to cut 100 calories from each festive meal—skip the bread, skip the butter, only choose a small serving of the higher calorie selections.

4. Be conscious of the "Oh well..." trap—do not overeat because you already had a



Becky Daugherty - Dottie Ann at the Marshall Holly Days Christmas Market. Photo by Gary Strohm..

cookie at work or because you are going on a "diet" after the holidays so you might as well eat it all now.

3. Be careful of your alcohol consumption—even 1 drink can lower your resistance to tempting foods.

2. Find the time to exercise—don't skip your workout and if you can, add 15 minutes on those days when you know you will be indulging in holiday goodies.

1. Give yourself a break—have a cookie—but don't have 12!

Here are some helpful hints when baking for the holidays:

Reduce fat by
For every 1 Tablespoon of solid fat use ¼ Tablespoon liquid oil

Replace ½ the fat in a recipe with unsweetened applesauce or prune puree or plain lowfat yogurt

Reduce sugar by:
Reduce sugar by ¼ -1/3
Use a heat stable sugar substitute

Increase whole grain:
Replace 1/3 of the flour in a recipe with a whole grain flour
Replace salt with herbs or spices

Sources:
Altering Recipes, North Central Regional Extension Publication 473, July 1997



Kim Niehart - Brick Road Blooms Silk Florals at the Marshall Holly Days Christmas Market. Photo by Gary Strohm.

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Merry Christmas!

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Adjusting Recipes to meet dietary Guidelines, University of Nebraska Extension, EC 442, 2006.

Try this healthier version of a classic recipe:

Gingerbread

Servings: 18

Serving Size: 1 slice

Ingredients

- 2 cups unsweetened applesauce
- 3/4 cup molasses
- 1/3 cup vegetable oil

- 3 eggs
- 3 cups all-purpose flour
- 1 1/3 cups Splenda® No Calorie Sweetener, Granulated
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons ground ginger
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon ground cloves

Preparation

1. Preheat oven to 350 degrees F. Spray Bundt pan with butter-flavored cooking spray. Set aside.

2. Pour applesauce, molasses, and vegetable oil into a large mixing bowl. Add eggs. Stir well.

3. Blend remaining dry ingredients in a separate bowl. Mix well.

4. Add dry ingredients to the applesauce mixture. Stir well.

5. Pour cake batter into prepared pan. Bake in preheated 350 degrees F oven 50 to 60 minutes, or until a toothpick

inserted in the center comes out clean. Remove from oven. Cool cake in pan on a wire rack approximately 20 minutes. Invert cake onto serving plate. Serve warm or cool.

Nutritional Information (per serving): Calories: 180; Calories from Fat: 45; Total Fat: 5g; Saturated Fat: 1g; Cholesterol: 35mg; Sodium: 240mg;

Total Carbs: 30g; Dietary Fiber: 1g; Sugars: 13g; Protein: 3g; **recipe from American Diabetes Association

Be Smart, Eat Well, Get Healthy.



Katie Collins of Marshall and Indianapolis with her Katie E. Pottery at the Marshall Holly Days Christmas Market. Photo by Gary Strohm..



Melinda and Christian Michels - Blocksmith Shop at the Marshall Holly Days Christmas Market. Photo by Gary Strohm..

Activities

Continued from page 2

pajamas with shearling-lined slippers, such as those from Koolaburra by Ugg to ensure everyone's feet stay warm and toasty all night. Minnetonka and Skechers also offer faux fur-lined options to try. Cozy, comfortable slippers can also serve as ideal stocking stuffers this holiday season.

Adopt a Charity

Set an example for younger generations by adopting a charity for the holidays. Whether you give the gift of your time or money, supporting causes close to your heart can become a cherished family tradition.

Make it cozier: After each family member selects a special charity, set aside time to discuss over a cup of hot chocolate and homemade cookies.

Take a Tour of Local Lights

Check out the lights in your community for a fun and budget-friendly way to get in the holiday spirit. From spectacular light shows to twinkling home displays, take advantage to explore all your area has to offer.

Make it cozier: Popular shoes from Sperry and Crocs are now available with a plush fur lining for warmth and comfort no matter where your holiday plans take you. To view all warm and fuzzy options in footwear, visit Rack Room Shoes in store or online at

www.RackRoomShoes.com. Whether it's doing good works or enjoying the sights and sounds of the season, there's no better time of year for creating cozy memories. Article used with permission from StatePoint Media.

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National Road Quilt Guild members Iris McNurlan and Barbara Gambrel at the Marshall Holly Days Christmas Market. Photo by Gary Strohm.



Hazel and Piper Bays with Frozen characters.

Photos by Gary Strohm.



(above): Marshall glass artist Bob Dawg of Dawg House Glass.



(right): Hadyn Maloney and Nancee Snedeker with Holly Days merchandise.



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