

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.

wishing to donate to the Holiday Toy Drive, can bring an unwrapped toy to the Martinsville Dollar General located at 319 W. Cumberland Street.

#### From now until **Pecans** Decemfor sale ber 11, people

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.



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.

## 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 individuals. 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.

# warm and fuzzy holiday activities

Whether you're braving the cold to find the perfect Hanukah 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.

themed pajamas and then pop in a holiday movie to spend the evening snuggled up with the people you love.

some quality time to get in the

spirit. Give each family mem-

ber a goodie bag of holiday-

Make it cozier: Pair the

See Activities on page 7



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

Merry Christmas! Thank you for your business in 2023!

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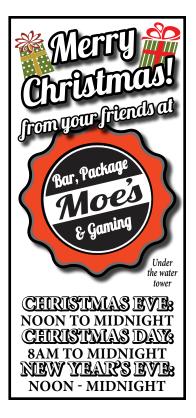


## Merry Christmas!

First United Methodist Church of Marshall

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## 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 marga-

1 large egg, beaten 3 1/2 cups all-purpose flour Ornamental Frosting (reci-

pe follows)

1. In 3-quart saucepan, heat sugar, molasses, ginger, cinnamon, nutmeg cloves, 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 com-

pletely, 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.



Photo Credit: Sang An.

#### 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.

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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#### **MERRY CHRISTMAS**

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## MERRY CHRISTMAS!



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from Mayor Herman Davidson, City Council & City Employees



# Zreakfast 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 Grand-Santa Breakfast.



pa Bob Davidson at the Elizabeth Shultz with Santa.



Jenna Woodring, Woodrow Fowler and Jackson Fowler with Santa.





Manning Reyher with San- Carley and Violet Garner with Santa. Atlas and Italy Havill with Mom and Santa.

KK





Paisley Fairchild with Santa.



Church with Mary (reindeer) and Doug Dahnke.

and

Aveline



Jed Hutson with Mary (reindeer) and Doug Dahnke.



and Paula Clawson - The National **Road Rusty** Rooster at the Marshall **Holly Days** Christmas Market. Photoby 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 vour well intentioned co-workers? Or the lack

sleep brought on too many late night parties or t i m e spent putting t h e "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 gather-

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

8. Send leftovers home with your guests -Better vet. 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 mealskip the bread, skip the butter, only choose a small serving of the higher calorie selections.

4. Be conscious of the well.." trap-do not overeat because you already had a cookie at work or because you are going on a "diet" after the holidays so you might as well

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

1. Give yourself a breakhave a cookie—but don't have

Here are some helpful hints when baking for the holidays:

Reduce fat by

For every 1 Tablespoon of solid fat use 3/4 Tablespoon liq-

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

Reduce sugar by:

Reduce sugar by 1/4 -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

Sources:

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



**MERRY CHRISTMAS** 

from our family to yours!

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

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 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;

### 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.

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

Be Smart, Eat Well, Get Healthy.

#### 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



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

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.

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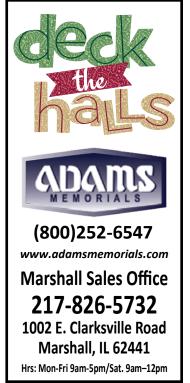


Melinda and Christian Michels - Blocksmith Shop at the Marshall Holly Days Christmas Market. *Photo by Gary Strohm.*.











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



Hazel and Piper Bays with *Frozen* characters.



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

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



Photos by Gary Strohm.



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