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IN GOD WE TRUST

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Thursday, November 20, 2025 IN GOD WE TRUST WWW.KY-NEWS.COM

Healthgrades recognizes Deaconess Memorial Medical Center as national leader in specialty care

Jasper, IN – Deaconess Memorial Medical Center announced it has achieved five-star rating for specialty care, according to new research released by Healthgrades, the #1 site consumers use to find a hospital or doctor. Deaconess Memorial was rated five stars for hip fracture. This achievement reflects Deaconess Memorial’s commitment to consistently delivering the best care possible and places the organization in the upper echelon of hospitals for specialty care nationwide.

In addition to this national recognition, Deaconess Memorial was ranked #2 in the state for Orthopedic Surgery. These achievements reflect the organization’s commitment to delivering exceptional care year after year.

Keith Miller, Chief Administrative Officer at Deaconess Memorial Medical Center, said, “We are incredibly proud to be recognized with a five-star rating for hip fracture care and to be ranked #2 in the state for hip fracture treatment. These achievements reflect the outstanding dedication, expertise and compassion of our entire Deaconess Memorial team. Every day they deliver exceptional care that helps our patients recover mobility, independence and quality of life. This recognition reinforces our ongoing commitment to excellence and to providing the highest standard of care for every patient who



entrusts us with their health.”

Deaconess Memorial’s achievements are based solely on what matters most: patient outcomes. As part of its 2025 hospital assessment, Healthgrades evaluated risk-adjusted mortality and complication rates for over 30 of the most common conditions and procedures at approximately 4,500 hospitals nationwide to determine the top performers in specialty care. By offering easy access to objective performance measures, Healthgrades helps consumers find and select a hospital that excels in providing the care they need.

As variation in performance among hospitals continues to grow, it is increasingly important for consumers to seek care at top-rated programs. Healthgrades’ 2025 analysis revealed that if all hospitals as a group performed similarly to five-star hospitals during the 2021-2023 study period,

on average, 224,958 lives could potentially have been saved and 141,692 complications could potentially have been avoided.*

“Healthgrades commends Deaconess Memorial Medical Center for its clear commitment to delivering consistently superior patient outcomes in critical service areas, including hip fracture and orthopedic surgery,” said Brad Bowman, MD, chief medical officer and head of data science at Healthgrades. “Deaconess Memorial’s leadership, expertise, and unwavering dedication to clinical excellence set a high mark for specialty care in Indiana and nationwide.”

Consumers can visit healthgrades.com to learn more about how Healthgrades measures hospital quality and access a patient-friendly overview of how they rate and why hospital quality matters.

*Statistics are based on Healthgrades

analysis of MedPAR data for years 2021 through 2023 and represent three-year estimates for Medicare patients only. Click here to view the complete 2025 Specialty Awards and Ratings Methodology.

About Healthgrades Healthgrades is dedicated to empowering meaningful connections between patients, doctors and hospitals. As the #1 platform for finding a doctor and a leader in healthcare transparency, we help millions of consumers each month find and schedule appointments with their healthcare professional of choice and prepare for their appointments with best-in-class, treatment-focused content.

For over 20 years, our health system, group practice, and life sciences marketing solutions have helped our partners reach and engage consumers on their way to the doctor.

Healthgrades is part of RVO Health, a partnership between Red Ventures and Optum, part of UnitedHealth Group. RVO Health has the largest consumer health and wellness audience online across its brand portfolio, including Healthgrades, Healthline, Medical News Today, Greatist, Psych Central and Bezy, which touch every part of the health and wellness journey. RVO Health helps more than 100 million unique visitors live their strongest and healthiest lives each month.



Deaconess Memorial Medical Center names Dr. Ryan Phillips as Next GARDENER Award Winner

Jasper, Ind. – Deaconess Memorial Medical Center is excited to announce the next recipient of the GARDENER Award is Dr. Ryan Phillips. Dr. Phillips is an ear, nose and throat specialist at Deaconess Clinic Ear, Nose & Throat – Jasper (formerly Memorial ENT Associates). He is described as having unwavering dedication to patients and setting the standard for patient care. He also fosters a positive and respectful work environment while being committed to continuous learning and providing the newest technology. Deaconess Memorial is blessed to have Dr. Phillips as part of our team. For more information on the Gardener Award, please visit www.deaconessmemorial.com or contact Anna Borden in Deaconess Memorial’s Human Resources

Department at 812-996-1488.

Deaconess Memorial Medical Center created The GARDENER Award as a result of the internationally known DAISY Award that recognizes the super-human efforts nurses perform every day. Deaconess Memorial is fully aware that it takes an entire team to function as a hospital. This team includes not only the nurses, but also maintenance, billers, therapists, medical records, food service, etc. Every employee is necessary and plays an important role every day. The nurses would not be able to provide the proper care to patients without the appropriate support staff. The GARDENER Award was created to acknowledge incredible support staff that goes above and beyond his/her regular call of duty.

Community Thanksgiving Service set for November 23

The public is invited to attend the 57th Annual Community Thanksgiving

Service (formerly known as Religion in American Life) at 4:00 p.m. on Sunday, November 23 at

Central Christian Church, 903 S. Main St., Huntingburg. The program will include prayer,

praise, and music led by local pastors and choirs as the community gathers to give thanks to God

for His blessings. A Thanksgiving meal will follow the service for those who attend.

For more information, please call Central Christian Church at 812/683-2671.

VICTORIOUS

Living...in a troubled world

...Consider all the worlds His hands have made

By Teresa LeNeave
leneave2@comcast.net

Recently, while studying the book of Revelation, the importance of praise hit me hard. Maybe because it’s Thanksgiving season. Or, maybe because I need to praise more. Expressing thanksgiving is much more than saying ‘thank you’ and naming off a long list of good things He has done for us.

In the history of the United States, George Washington was immensely popular after the Revolutionary war. Everyone was ready for him to be king or dictator. He could have taken any title he wanted, but instead he chose to share his glory and go a different route that involved giving “all the people” a voice. That was his way of showing gratitude for freedom. He had the political backing to be a dictator, but



he chose to show his thankfulness by sharing his glory. In some ways, Jesus did the same thing. By His death and resurrection, He won the victory over sin and Satan and then said we could be kings and priest with Him. Revelation 5: 9-10. In Revelation 5, a love scene is played out in the words of a

song. Heavenly beings sing with great praise, devotion and adoration to God as their voices ring in unison, “Worth are you to take the scroll and to open its seals, for you were slain and by your blood you ransomed people, for God, from every tribe and language and people and nation, and you have made them a kingdom and

priests to our God, and they shall reign on the earth (Rev: 5:9 ESV). These beings sing this over and over and over. The next scene unfolds as praise pours from thousands and thousands of voices. You can almost feel the love they have for Jesus as they say: “Worthy is the Lamb who was slain,

to receive power and wealth and wisdom and might and honor and glory and blessing!” (Rev 5:12 ESV). The elders took their crowns and threw them at the feet of Jesus because Jesus alone deserves the praise for purchasing us by his blood on the cross. Here on earth, we sometimes forget to

praise with open and full hearts. We forget what He did. We forget the reward He promises those who overcome. Why wouldn’t we be thankful when Jesus promised us such a wonderful “pay for service”. In Revelation 22:12 we read, “And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be.” The word “reward” simply means “a pay for service”. The more we praise and adore Him, the deeper our love for Him grows. Praise is like a sponge dipped in warm water. The more water you pour on a sponge, the more it swells. Praise is like that. The more we praise, the more joy and peace swells in our hearts. “Oh, Lord my God, when I in awesome wonder ... consider all the worlds His hands have made...”

The greatness of weakness

By Brandon Bramlett
Pastor - Bandana Baptist Church

It wasn’t the hottest sermon I had ever preached, but it was certainly the hottest building I had ever preached in. I was scheduled to preach to a group of eager youngsters at a youth summer camp, but I had no idea that obstacles were also on the schedule. In the middle of the week, the air conditioning kicked off in the chapel, elevating the indoor temperature to about 90°. When it was

my time to preach, I couldn’t concentrate. I was saturated in perspiration, and the students were straining to stay cool. To make matters worse, not one student came to the altar at the end of the service. Later that evening, a student named Alex remarked, “Brother Brandon, I’m gonna be honest with you—and no offense—but I didn’t hear a single word you said.” Jeez! Talk about adding insult to injury! However, Alex repented of his sins in that very hour, and

explained to me that God was speaking so loudly to him during my sermon that he couldn’t hear me at all! To this day, that was the best post-sermon compliment I have ever received. Paul the apostle was right—the power to save souls rests not in the messenger, but in the message: “And I, when I came to you, brothers, did not come proclaiming to you the testimony of God with lofty speech or wisdom. For I decided to know nothing among you except Jesus Christ

and him crucified. And I was with you in weakness and in fear and much trembling, and my speech and my message were not in plausible words of wisdom, but in demonstration of the Spirit and of power, so that your faith might not rest in the wisdom of men but in the power of God” (1 Corinthians 2:1-5). God will use you despite your imperfections and inadequacies. Preach to the unsaved even when you are nervous or uncertain. Disciple the hungry souls

under your care even when your efforts appear fruitless. Encourage the despondent even when you feel that your words won’t make a difference. Pray for the wayward even when it feels like your prayers go no higher than the ceiling. Do not rely on your skills or speaking abilities; instead, rely on God’s strength and His promise to speak through you (Matthew 10:20). Do not confide in your own intelligence or wisdom; rather, trust in the Lord’s

incomprehensible power to convert souls (Romans 1:16). Do not give up if you see no success when doing the work of the Lord—depend on the sufficiency of God’s grace (2 Corinthians 9:8). Don’t forsake doing good if you think you’re not any good at doing good! D.L. Moody once said, “If you don’t go to work for the Lord because you’re afraid of making mistakes, you will probably make the greatest mistake of your life—that of doing nothing.”

By Gary Miller

When I’m bow hunting, one of the first things I do is range distances, so I don’t have to do it when(if) a deer shows up. After ranging these distances, I find a marker to remind me of what that distance is. The second thing I do (and do it throughout the hunt) is visualize where and how a deer might show up – and how I would respond. I think about angles. I look at obstacles. And I visualize how I will have to maneuver how I’m sitting in order to position myself for a shot. I will also raise my bow to simulate how it all could go down. Every hunter does this. It sounds simplistic and even immature, but what

we do is pretend. Probably the same thing we did as a kid. Yeah, I know that doesn’t sound too professional, but that’s exactly what it is. It just pretending a desired or potential situation. And the truth is, if I have visualized (pretended) it enough, when reality comes, the chances are I will be less surprised, less uncertain, and more confident. And if done repeatedly, I will drown out negative thoughts and doubts that will flood my mind during a real encounter. Visualizing or pretending is not faking it until you make it. It’s visualizing or pretending what you already know and who you already are. Because there



The art of pretending

are voices and past situations that are always there to try to tell you something different. Pretending is a great tool – in life – and as a Christian. It allows us to feed our minds the truth about who we are, whose we are, and the truth about our circumstances, until the encounter comes. Let me explain. Right now, you feel like God

has forgotten about you, that He’s nowhere to be found, and even that He doesn’t care. That’s what you “feel.” But you “know” that’s not the truth. You know it from what the scriptures say and from your past experiences, and from the present and past experiences of others. Your feelings cause doubt, uncertainty, and a

loss of confidence. But because you know, you pretend. You visualize. You imagine. But not because of fantasy. Because of reality. Here’s how that looks. When you’re in the season of doubt, you pick up your Bible. You range the distance it covers and begin pretending with sentences like these. “God has not forgotten about me.” “God has never left me and will never leave me.” “God cares about my life and all that I’m going through.” “God loves me because He just can’t help it.” And say these and do these not because you’re pretending to have a hope-so possibility, but because you have been bombarded with lies that have affected how you feel. As hard as it may be right now,

start pretending what you already know is a reality. Join me every Tuesday morning on Zoom as we dig a little deeper into this article. 7:30 eastern time. Go to the website for the link. Gary Miller gary@outdoortruths.org Gary Miller has written Outdoor Truths articles for 23 years. He has also written five books which include compilations of his articles and a father/son devotional. He also speaks at wild-game dinners and men’s events for churches and associations. Stay updated on Outdoor Truths each week by subscribing at Outdoortruths.org

That I may publish with the voice of thanksgiving, and tell of all thy wondrous works.

— PSALMS 26:7



Susan M. Abbett

Susan M. Abbett, age 73, of Jasper, Indiana, passed away with family by her side at 4:42 a.m. on Wednesday, November 12, 2025, at Franciscan Health Care Center in Indianapolis, Indiana.

A Celebration of Life Memorial Mass for Susan M. Abbett will be held at 11:00 a.m. on Thursday, November 20, 2025, at St. Joseph Catholic Church in Jasper, Indiana, with entombment to follow at a later date at Fairview Cemetery Mausoleum.

A visitation will be held from 9:00 a.m. until the 11:00 a.m. service time at St. Joseph Catholic Church on Thursday.

Gary L. Mathies

Gary L. Mathies, age 69, of St. Anthony, Indiana, passed away surrounded by family at 6:58 p.m. on Tuesday, November 11, 2025, at Brookside Village in Jasper, Indiana.

A Memorial Mass of Christian Burial for Gary L. Mathies will be held at 11:00 a.m. on Thursday, November 20, 2025, at Holy Family Catholic Church in Jasper, Indiana, with inurnment to follow in the Fairview Cemetery Mausoleum in Jasper. The American Legion Post #147 will conduct military graveside rites.

A visitation will be held from 9:00 a.m. until the 11:00 a.m. Mass time at the church on Thursday, November 20, 2025.

AREA DEATHS / NEWS

Wilma Jean Wuchner

Wilma Jean Wuchner, age 90, of Jasper, Indiana, passed away with her daughter by her side at 2:50 a.m. on Sunday, November 9, 2025, at Legacy Living in Jasper, Indiana.

A graveside service for Wilma Jean Wuchner will be held at 12:00 p.m. (noon) on Monday, November 17, 2025, at Fairview Cemetery in Jasper, Indiana. Pastor Dan Sinkhorn will officiate.

Judith Anne Fluckey

Judith Anne Fluckey, age 82, of Jasper, Indiana, passed away surrounded by family at 7:26 p.m. on Sunday, November 9, 2025, at Deaconess Memorial Medical Center in Jasper, Indiana.

A funeral service for Judith Anne Fluckey was held at 6:00 p.m. on Thursday, November 13, 2025 at the Becher-Kluesner North Chapel in Jasper, Indiana, with burial to follow at a later date in Enlow Cemetery in Jasper, Indiana. Rev. Darrel Land will officiate.

The V.F.W. Auxiliary had a memorial service at 2:30 p.m. and the Jasper Moose will have a ritual at 5:30 p.m. at the funeral home.

Edward R. Kluesner

Edward R. Kluesner, age 78, of Jasper, Indiana, passed away surrounded by family at 12:44 a.m. on Sunday, November 9, 2025, at Deaconess Memorial Medical Center in Jasper, Indiana.

A Mass of Christian burial for Edward R. Kluesner was held at 11:00 a.m. on Saturday, November 15, 2025, at Holy Family Catholic Church in Jasper, Indiana, with burial at a later date. The V.F.W. Post #673 will conduct military rites at the back of church after the Mass.

Gertrude “Laverne” Lockhart

Gertrude “Laverne” Lockhart, 96, of Linton, passed away on Saturday, November 8, 2025.

Funeral services were held on Saturday, November 15, 2025 at the Nass & Son Funeral Home in Huntingburg with Pastor Terry Russell officiating. Burial at Cup Creek Cemetery near Velpen.

Freddie A. “J.R.” Sandage, Jr.

Freddie A. “J.R.” Sandage, Jr., 75, passed away on November 6, 2025, at Perry County Memorial Hospital.

Funeral services were held at 11:00 AM on Tuesday, November 11, 2025, at Huber Funeral Home, Tell City Chapel with burial in Lilly Dale Cemetery.

David D. Spencer

David D. Spencer, age 62, of Huntingburg, passed away on Wednesday, October 29, 2025, in a truck accident near State Road 161 and County Road 1025 in Holland.

Visitation for David Spencer was held at the Nass and Son Funeral Home in Huntingburg from 11:00 a.m. until 2:00 p.m., on Saturday, November 1, 2025. Funeral services were held at 2:00 p.m., Saturday afternoon, at the funeral home.

Milton Leon Sullivan, Sr.

Rev. Milton Leon Sullivan, Sr., age 78, of Dale, journeyed to his heavenly home at 2:30 p.m. on Thursday, November 13, 2025, in Dale, Indiana.

No services will be held at this time. Rainey Funeral Home in Dale has been entrusted with handling the arrangements.

Mary L. McGlothlin White Poth

Mary L. McGlothlin White Poth, age 95, of Bloomington, formerly of Dale, passed away at 2:45 a.m., Wednesday, November 12, 2025, at Bell Trace Health & Living Center in Bloomington.

A graveside service for Mary L. McGlothlin White Poth will be held on Saturday, March 21, 2026, at Dale Cemetery.

Ramona D. Resenbeck

Ramona “Mona” D. Resenbeck, age 86, of Jasper, passed away peacefully at 8:30 a.m., on Saturday, November 8, 2025, at her residence.

A funeral mass for Ramona D. Resenbeck was held at 12:00 p.m., E.S.T., Tuesday, November 11, 2025, at St. Joseph Catholic Church in Jasper. Burial followed at Fairview Cemetery in Jasper.

Gary Lee Beadles

Gary Lee Beadles, 73, of Huntingburg, passed away on Friday, November 7, 2025 at St. Charles Health Campus in Jasper.

A celebration of life was held on Friday, November 14, 2025 at the IVFA District 17 and Huntingburg VFD.

Eight sisters of St. Benedict celebrate Diamond Jubilee

FERDINAND, IN -- On Sunday, October 26, eight Sisters of St. Benedict celebrated their Diamond Jubilee of Monastic Profession at Monastery Immaculate Conception. Sisters Jane Becker, Agnes Weinzapfel and Donna Marie Herr celebrated 60 years of monastic profession. Sisters Mary André Gettelfinger, Barbara C. Schmitz, Jacqueline Kissel, Mary Beth Maier and Michelle Mohr celebrated 70 years of monastic profession.

Sister Jane Becker holds a PhD in Clinical Psychology from St. Louis University. She was the subprioress of the monastery from 2013 to 2019, served as a Counselor for St. Meinrad School of Theology, at the North American College in Rome, and is currently serving at St. Luke Center in Louisville. Sister Jane loves to create watercolor paintings of God’s beautiful creations, and has painted many stunning watercolors of the monastery here at Ferdinand.

From St. Philip, Indiana, Sister Agnes Weinzapfel earned a Bachelor’s degree from St. Benedict College and a Master’s degree from St. Francis College. It was her teachers at Mater Dei who first drew her to our community, and she became a teacher herself — with a career that included working at Holy Redeemer School and St. Joseph

School in Evansville, Schnellville Elementary in Schnellville, Pine Ridge Elementary in Birdseye, IN, St. Matthew School in Mt. Vernon and St. Bernard’s in Rockport. Today, she serves in the garden, grotto, and Community Health Services at Monastery Immaculate Conception.

Sister Donna Marie Herr is from Chandler, Indiana, and holds a Bachelor’s degree in History from Mundelein College, a Master’s degree in History from the University of Dayton, and a Master’s degree in Theological Studies from St. Meinrad. She taught at Mater Dei High School for 38 years, and currently serves as the Coordinator of the St. Vincent de Paul Food Pantry and Office in Evansville.

Sister Mary André Gettelfinger holds a Bachelor’s degree, two Master’s degrees, a Certification as Master Catechist, and a Certification in Massage Therapy. She spent over 40 years teaching elementary students across Indiana. Today, she serves in our ministry to the sick and elderly.

Sister Barbara Catherine Schmitz hails from Patoka, Indiana. She holds a Master’s degree in Special Education and a Master’s degree in Theological Studies from Loyola University in Chicago, where she also attended the Institute of Spiritual Leadership. Sister

Barbara has served in Special Religious Education with the Diocese of Evansville, as Academic Dean and Director of Catholic Education with St. Meinrad School of Theology, as well as Director of Kordes Retreat Center and with the Family Scholar House. She currently serves in the monastery’s Mission Advancement office, with Women of the Rule, and in Liturgical Environment.

From Evansville, Indiana, Sister Jacqueline Kissel holds a Bachelor’s degree in Elementary Education and a Master’s degree in Special Education. She taught primary students in St. Joe, Evansville, Fort Branch and special education at Marian Day School before holding positions with the Catholic Office of Education, Catholic Charities, and Christian Social Services in Rockport. She has also served as Pastoral Associate at St. Joseph in Jasper and St. Anthony in Evansville, and in Justice Ministries, as Formation Director for Postulants and Novices and as director of the Benedictine Hospitality Center all here at the monastery. She currently serves in Monastery Service.

Sister Mary Beth Maier came to our community from Haubstadt, Indiana. She holds a Bachelor’s degree from the University of Dayton and a Master’s degree in English from Indiana

State University in Terre Haute. She spent many years teaching in schools across Indiana, and currently serves in our Prayer Ministry and by making boxes for the Gift Shop.

Sister Michelle Mohr has worked as a music teacher and music tutor, done formation work and retreat ministry. She currently works on special liturgy projects, in our music ministry, and takes care of the many beautiful plants in and around the monastery.

Those wishing to celebrate any or all of these Sisters by making a gift to the Sisters of St. Benedict in their honor can do so at thedome.org/donate. As the form is completed, the option to note that it is a gift in honor of a sister will become available.

The Sisters of St. Benedict in Ferdinand make up one of the largest Benedictine communities of women in the United States — over 95 members strong and thriving. They seek God through the Benedictine tradition of community life, prayer, hospitality, and service to others. By their life and work, they commit themselves to be a presence of peace as they join their sisters and brothers in the common search for God. The Monastery Immaculate Conception was founded in 1867 by four young Benedictine sisters who came to Ferdinand to teach the children of area settlers. Since then, more than 1,000 women have entered this

community. Their ministries extend both beyond education and beyond Ferdinand, with members of their community serving

as teachers, social workers, parish ministers, counselors, nurses, youth ministers, chaplains, librarians, and more.



Jane Becker



Mary Andre Gettelfinger



Donna Marie Herr



Jackie Kissell



Mary Beth Maier



Michelle Mohr



Barbara Catherine Schmitz



Agnes Weinzapfel

INDIANA Newspaper Group

Huntingburg Press
Jasper News Journal
ingnewspapers@gmail.com
812.827.2232
The Huntingburg Press
Publication # 020-051
PO Box 144 Huntingburg
(Dubois County) IN 47542
Dubois County) IN 47542

Huntingburg Press • Jasper News Journal
www.ky-news.com • 812.827.2232
Published weekly by: Indiana Newspaper Group, 1540 McCracken Blvd., Paducah, KY 42001.
Mailing Address: 1540 McCracken Blvd., Paducah, KY 42001.

Subscription rates are \$51.00 County (420 zip code); \$81.00 out of county and state; 10% discount senior citizen; \$39.99 on line (subscribe on-line at www.ky-news.com). Mail subscriptions to: Kentucky Publishing, Inc. Attn: Indiana Newspaper Group, 1540 McCracken Blvd., Paducah, KY 42001. Visa, MasterCard and Discover are accepted. Mail subscriptions are payable in advance. Late payments are retroactive to due date.

Publisher: Greg LeNeave
Sales: Greg LeNeave, Larrah Workman
Editor/Production: Larrah Workman
Bookkeeping: Teresa LeNeave

Advertising standards Merchandise and services advertised in our papers are expected to be accurately described and readily available.

Postmaster: Send address changes to Indiana Newspaper Group, 1540 McCracken Blvd., Paducah, KY 42001. The Huntingburg Press (ISSN 10413421-USPS #0030002). Periodical Class Postage Paid at The Huntingburg Post Office, Huntingburg, IN 47542.



Gaining mental clarity through a digital detox

By Abby Betz, MSW, LCSW, Youth First, Inc.

We live in a world where our screens never sleep. It is not very often that our minds truly get a break from the onslaught of social media and all of the information available on the World Wide Web.

From never-ending notifications to late-night scrolling, the constant digital overload is silently altering our mood and draining our focus and peace of mind. It is essential to examine the benefits of a digital detox, which can not only restore our mental clarity but also bring balance to our lives.

It is virtually impossible to escape screens in today’s overly connected world. With the popularity of phones, smartwatches, TVs, tablets, and other devices, we are constantly “plugged in” to some form of technology. Although there are many benefits of modern technology, including staying informed and connected with others, the downside of technology often leaves us feeling overstimulated and burnt out.

Too much screen time is also associated with health risks such as increased anxiety and sleep disturbances. Moreover, a study by the American Psychological Association reported that people who check their devices more than 80 times a day indicate higher rates of overall stress in their lives.

The thought of taking a break from screens may seem daunting, but there are signs to watch for that may indicate a digital detox is needed. If you find yourself scrolling through your phone first thing in the morning and last thing at night, it may be time to take a break. Constantly switching between apps or multitasking on screens may leave you feeling overwhelmed and sometimes confused.

If you feel mentally foggy, anxious, or irritable after long scrolling sessions or feel like you can’t stop checking when you try to unplug, it may be time to put the phone down. Additionally, if you have noticed a decline in the quality or duration of your sleep, you may be putting your health at risk.

Taking a complete break from screens may not seem feasible, but you don’t have to completely disappear from the tech world to reset. There are small changes or habits you can incorporate into your daily life to help create balance. A simple change may include starting your mornings without screens. Instead, use this time to stretch, walk, journal, or meditate. Establish “tech-free” zones, such as the bedroom or dinner table and ask your family to participate. Limit app notifications and set boundaries on how much information you receive. Even small breaks from the digital world have been proven to reduce cortisol levels, improve attention span, and promote

feelings of inner peace.

If making small changes on your own does not seem to be working, a therapist or mental health professional can also help you understand your relationship with technology. Therapy can address feelings of dependency and screen addiction. Working with a therapist to create a personalized treatment plan can help address your struggles with screen time. The goal of therapy is to regain control of and successfully regulate your emotions. With any change in habits or behavior, starting small and setting manageable goals for yourself is key.

Abby Betz, MSW, LCSW, is a Youth First Mental Health Professional at Holy Trinity Catholic School (East and Central Campuses) in Dubois County. Youth First, Inc., is a nonprofit dedicated to strengthening youth and families. Youth First provides over 100 highly trained mental health professionals (primarily master’s level social workers), prevention programs, parent engagement coordinators, and bilingual support personnel to 130 schools across 14 Indiana counties. Over 55,000 youth and families are served each year by Youth First’s school-based social work and community programs that promote mental health, prevent substance misuse, and maximize student success. To learn more about Youth First, visit youthfirstinc.org or call 812-421-8336.

SENIOR LIVING



3 tips to get a more restful night’s sleep

There is no magic formula to ensure long-term health. However, if there were such an equation, sleep would be a critical component. Though adults may be able to function with less sleep than doctors recommend, the National Institutes of Health note that consistent lack of sufficient sleep can interfere with work, social functioning and driving ability.

The National Institute on Aging notes that adults of all ages generally need the same amount of sleep, typically between seven and nine hours of rest per night. That’s an important distinction, as busy adults in mid-life might feel as though they can operate on less sleep without adversely affecting their overall health. However, in addition to the problems noted by the NIH, the NIA reports that ongoing lack of sleep, or even consistently poor sleep quality, can increase risk for cardiovascular disease, high blood pressure, diabetes, depression, and obesity.

Adults who feel their sleep quality is poor or those who aspire to sleep more each night can consider these three

strategies to ensure a more restful night’s sleep.

1. Keep devices out of the bedroom.

Screens are everywhere in modern life, and that includes the bedroom. In fact, the National Sleep Foundation’s 2022 Sleep in America® Poll found that 58 percent of survey participants acknowledged looking at screens within an hour before bedtime. The NSF reports that device usage so close to bedtime can adversely affect sleep quality because the blue light emitted from screens has shorter wavelengths than other colors in the visible light spectrum, which results in more alertness than warmer tones. The blue light actually confuses the brain into thinking it’s earlier in the day, thus making it harder to fall asleep.

2. Skip late afternoon naps.

Short naps can help people reenergize, but the timing of naps could adversely affect how well people sleep at night. The Mayo Clinic notes that napping after 3 p.m. can make it harder to sleep soundly at night. And while short naps can provide a

necessary jolt, it’s important that naps be no longer than 30 minutes. Naps that exceed a half hour can contribute to feelings of grogginess and even compromise your ability to get restful sleep overnight.

3. Avoid alcohol.

Some may consider alcohol a sleep aide, and there’s good reason for that perception, even if it’s misguided. Hackensack Meridian Health notes that alcohol acts as a depressant for the central nervous system that can cause brain activity to slow down. As a result, alcohol can increase feelings of relaxation and tiredness. However, that effect is not long-lasting, and as alcohol levels in the blood drop, individuals are likely to wake up and may even find it hard to fall back asleep. Waking up in the middle of the night cuts down on the time individuals spend in the most restorative stage of sleep, which is why individuals often feel as if they got little rest after a night of drinking.

Sleep is an important component of a healthy lifestyle. Some simple strategies may help adults get a more restful night’s sleep.

Heartsaver CPR with AED offered at MHHC

Jasper – Memorial Hospital and Health Care Center is offering a Heartsaver CPR with AED class from 8:00 am – 12:00 pm. on Wednesday, December 17, 2025 in the Health and Wellness Classroom at Memorial Southside Office, 1100 West 12th Avenue in Jasper.

This American Heart Association course is designed for lay personnel who serve as rescuers as part of their job responsibilities and for the general public who have direct access to an Automated External Defibrillator (AED). Skills taught include CPR, AED use,

and relief of choking in adults, children and infants. In order to complete the course and receive the course completion card, participants must successfully complete a skills evaluation in CPR and AED.

Pre-registration is required. The fee for the course is \$65, and

the class does require prepayment. For more information or to register, please visit the hospital’s website at www.mhhcc.org and click “Classes & Events,” or call the Health and Wellness Department at 812-996-2399, option 1 or toll-free at 800-852-7279, ext. 2399.

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Daviess Community Hospital honors Service Excellence Workshop Educators

Hospital celebrates staff commitment to achieving five-star service

WASHINGTON, Ind. — Daviess Community Hospital (DCH) held a special reception on Thursday, Oct. 30, to recognize the employees who taught this year’s Service Excellence Workshops—an integral part of the hospital’s ongoing commitment to providing exceptional patient care and achieving its goal of becoming a five-star hospital.

The event was opened by Angie Steiner, Director of Service Excellence and Patient Experience and Director of the DCH Foundation, who welcomed guests and shared highlights from this year’s training.

“We began training in the spring with 22 individuals and finished with 15 members,” said Steiner. “Teams of three led a total of 20 workshops with 83% of the DCH workforce attending. This level of participation demonstrates the dedication of our staff to improving the patient and employee experience at every level.”



Troy Graber, Service Excellence Educator Coach, assisted in presenting certificates to the educators and expressed his appreciation for their efforts.

“I was very proud of all the educators and the effort they put into their practices and workshops,” said Graber.

Steiner added, “Our Service Excellence

educators played a vital role in bringing this initiative to life,” Steiner said. “They dedicated hours of preparation and practice to make the sessions engaging and meaningful for their peers. Their commitment to service excellence directly supports our mission to provide five-star care to every patient, every time.”

The following

teams and individuals were recognized for their leadership and participation:

Team 1 – KMA: Kelsey Messer, Michelle Arney, Alyssa Cornelius

Team 2 – Witty Warriors: Shelley Truelove, Melissa Hooten, Teresa Sorgius

Team 3 – Hi Sees: Danielle Baker, Jordan Berry, Brianna Helms

Team 4 – Girl Moms: Susan Marchino, Kaylee Bogard, Kaylie Smith

Team 5 – Crafty JEMS: Jenny Roberson, Erin Crays, M’Lea Sutherlin

Additional participants included: Karly Monk, Amber Gerkin, Brooke Gher, Clint Young, Sarah Niehoff, Andrew Storm, and Jamie Chambers.

For the past two

years, DCH has partnered with Custom Learning Systems (CLS) to enhance its Service Excellence and Patient Experience initiatives. Through that collaboration, the hospital implemented meaningful improvements such as enhanced patient and team communication, the DO IT process for problem solving, and the Staffing Fix model to improve hiring and retention.

As of January 2025, DCH began independently continuing its Service Excellence journey—building on what it has learned and focusing on sustainable, in-house education and leadership development.

“Daviess Community Hospital is committed to being both the Provider of Choice and the Employer of Choice for our community,” said Steiner. “Thanks to the many people who are dedicated to this initiative, we are confident that together, we will continue our quest to become a five-star hospital.”

Seeing our reflection in God’s eyes

We have been discussing the need for Christians to be continuously willing to examine their biased opinions about life and the Bible. Remember the person who boldly declared, “I am what I am, and this is what I will always be?” It’s sad to imagine how many individuals actually feel this way about what they believe and who they are. Human nature is stubborn and sneaky. We seldom know people on the inside, as the conscience often views life as a poker game, holding certain cards close so that no one can see them. However, humans fail to comprehend that the way we live exposes what we believe we are hiding. We know what is in the well will come up in the bucket, and being secretive with the world does not matter near as much as ignoring and being in denial with God.

So, why and how do we refuse to recognize and deal with our weaknesses? Simple; We ignore and deny the conviction of the Holy Spirit’s call to step back and see ourselves the way God sees us. Most everyone has a deliberate hatred to change, and one aspect of the agonizing attempt to discover and re-arrange who we really are, is a psychological problem called The Dunning-Kruger effect. It’s a cognitive bias in which people become confused and wrongly overestimate their perception, knowledge, or ability in a specific area. This can apply to any subject and is basically a lack of understanding reality along with an inflated attitude of pride, hindering them from



being a reliable and respected source of truth.

It’s no surprise that many individuals rate their intelligence, logic, grammar, and personality far above average. According to these studies, those who performed at the lowest levels were convinced they were highly intelligent and believed those around them perceived them as bright and clever. It’s thought that confidence is so high on our self-esteem list that people would rather pretend to be smart than risk being embarrassed or labeled mentally inadequate. In other words, the world is not short of people who are know-it-alls about everything, because they are insecure about everything. I Peter 5:5-6 says, “In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, as God opposes the proud, but shows favor to the humble. Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.” Peter references Proverbs 3:34 to show how the choice to be

humble is not just about human relationships. God’s natural response to pride is to oppose, but His reaction to humility is to reward with grace.

Those who are considered brilliant can also be plagued with this problem, as having intelligence and knowledge is not the same as developing and learning how to be like Jesus. Research attributes this attitude to “metacognition,” the inability to honestly analyze one’s own thoughts and personality. Those with limited knowledge in a domain suffer a dual burden: Not only do they reach mistaken conclusions and make regrettable errors, but their incompetence robs them of the ability to realize it. Why do people think they know more than they do? They are often driven by a desire for respect and admiration and the need to appear smarter than the people around them. Why do people overestimate their competence? This refers to the difference between what people think they know and what they really know.

I’m reminded of the old saying, “The more I learn, the more I discover

I do not know” which is a more modest way of perceiving ourselves and life in general. So what does this have to do with our Christian life? Everything. If we see ourselves as having no personal faults and that God does not care about our sins, we are living in an illusion that is preventing us from pleasing Him. If we believe we are doing everything right, we disregard our need to repent, and thus are drifting further away from God every day. This twisted thinking is a self-inflicted deception that rejects the responsibility of admitting we are sinners who desperately need God every moment. The Apostle Paul speaks about this in Romans 12:3. “For I say, through the grace given to me, to everyone who is among you, not to think of themselves more highly than they ought, but to think soberly, as God has dealt to each one a measure of faith.”

Dr. Holland is an ordained minister, chaplain, and author. Read more about the Christian life at billyhollandministries.com. Email is Psalmz103@gmail.com

Friday Community Health Screenings

Jasper – Deaconess Memorial Medical Center is sponsoring a “Friday Community Health Screening” on Friday, December 12, 2025 from 7:00 – 9:00 a.m. at Memorial Southside Office, 1100 W. 12th Ave., Jasper, IN

Participants must be 18 years of age or older and will have cholesterol (including total cholesterol, HDL, LDL, and triglycerides) and blood glucose checked via finger stick. A 12-hour fast is required; however, you may drink water and take prescribed medications.

The cost is \$30 and may be paid at the screening. The screening lasts approximately 15 minutes, and pre-registration is required.

To register for the screening, or for more information, please visit Deaconess Memorial Medical Centers website at www.deaconessmemorial.com and scroll to bottom of the page and click on Classes and Events. You may also register by calling the Health and Wellness department at 812-996-2399 or toll-free at 800-852-7279, ext. 2399.

Alzheimer’s Disease and Dementia Caregiver Support Group

Jasper – Dementia is a brain disorder that seriously affects a person’s ability to carry out daily activities. Alzheimer’s disease is the most common form of dementia among senior citizens. It involves the parts of the brain that control thought, memory and language.

Deaconess Memorial Medical Center sponsors an Alzheimer’s Disease and Dementia Caregiver Support Group. Meeting dates are the first Tuesday of every month. The next meeting is Tuesday, December 2, 2025, from 6:30 to 8:00 p.m. in the Medical Arts Conference Center,

located in the lower level of the Medical Arts Building at 721 W. 13th St. in Jasper. This support group allows caregivers to come together to share knowledge and experiences in caring for loved ones who are affected by these illnesses.

For more information, please visit Deaconess Memorial Medical Center’s website at www.deaconessmemorial.com and click on “Classes & Events.” If you would like more information on dementia and being a caregiver, please call 812-996-2862.

Pre-registration is not necessary.

Daughters of Isabella Jasper Circle holds monthly meeting

Daughters of Isabella Jasper Circle #140 met for their regular monthly meeting on Monday, November 10, at the St. Joseph Parish Center in Jasper. Regent Kathy Schneider called the meeting to order. Chancellor Bev Himsel led the Opening Prayer and then members recited together the Pledge to the Flag. A Draping of the Charter ceremony was held for recently deceased member Ramona “Mona” Resenbeck. Regent-elect Marge Beckman then installed officers who were absent at the Installation Ceremony in October. Installed were Lynne Bohnert as Auditor, Bev Himsel as Chancellor, Chris Schuetter as Assistant Financial Secretary and Kathy Schneider as Past Regent. Schneider will remain on as regent and conduct the December dinner program.

Regent Schneider asked for any special intentions. Prayers were then said for these intentions.

Secretary Pam Schneider then called the Roll of Officers. The minutes from the previous meeting was read and approved.

Treasurer Rose Rasche gave the Report of the Treasurer. Her report was filed for audit.

Correspondence was received and read by Secretary Schneider. A note of thanks was received from St. Joseph Parish Pastor Father John Brosmer thanking the D of I for the recent donations made in the name of our recently deceased members. Thanks was received from the family of Barb Lorey for the recent contribution to her church, from Chris Schuetter for the thoughtfulness of members at the recent passing of her husband, Allen Schuetter, and a request was received from Junior Achievement from Southwester Indiana. A donation was voted to go to JA.

Scribe Kathy Bachman read Resolutions on the death of Mona Resenbeck. A copy of the resolutions will be sent to the family. Mona was remembered as a very welcoming and enthusiastic D of I member who asked many to join the organization.

The Board met earlier in the evening

for a Quarterly Board meeting. Financial Secretary Betty Mehringer reported that our organization lost five members this quarter. We now have a membership that totals 277 members Treasurer Rose Rasche gave the Financial Report. The Auditors Pam Howard and Lynne Bohnert found the books to be in order. The next Board meeting will be February 9, 2026 at 5:00pm in Room 301 in the parish center.

Visiting the sick in November will be Jane Schaeffer, Doretha Wilz and Martha Matthews. Visiting is October were Sue Seal, Marilyn Jahn, Ruth Rowekamp, Linda Erny, Marilyn Schnaus and Donna Welp.

Members then prayed a prayer for an increase and retention in membership. This was followed by a prayer for youth and young adults.

Scribe Bachman reported that press releases were sent to parishes and media sources to announce the upcoming membership Christmas Dinner. Announcements had to be sent in early to the bulletin for early

deadlines due to the holidays. Bachman also regrets writing the wrong first name for recently deceased Past Indiana Regent Mary Siebert.

Under Social the December Membership Christmas Dinner was discussed. The dinner will be held on Monday, December 8, at the St. Joseph Parish Center. Doors will open at 5:30 p.m. with the catered meal to be served at 6:30 p.m. Cost of the meal is \$12. Reservations can be made to Regent Kathy Schneider at 812-309-9108 or Betty Mehringer at 812-482-3661 before November 24, 2025. Dues of \$20 may also be paid at this time. Members present at the meeting then signed up for the different stations tables at the meeting to collect dinner money, dues, membership hours, birthday sign-up, serving drinks and gifts.

Under Unfinished Business the D of I will assist at the Moose Bingo on November 11. This will be the last time to assist for this year.

Results of the Dressing Fundraiser were given. Regent Kathy Schneider thanked all the D

of I members that came out and helped for the three days of preparation. This year 160 gallons were prepared and sold. Donors came forward and donated eggs and bread. The Circle thanks these donors and all those who purchased dressing. Extra containers were purchased this year and were used this year and next year.

The Daughters of Isabella Christmas tree at the Dubois County Museum will be decorated on Tuesday, November 11, at the museum. The D of I invites all to come to view and vote for their favorite decorated tree at the Museum’s Opening of the Festival of Trees on November 20. Voting for a favorite tree will run from November 20 till December 18. Vice Regent-elect Sharon Gramelspacher spearheads the decorating and plans to have the tree adored in bright and beautiful red and gold ornaments. Decorators include Gramelspacher, Lynne Bohnert, Kathy Schneider, Pam Howard, and Chris Schuetter.

Regent-elect Marge Beckman attended the Fall Workshop

in Greensburg on October 26 with the Ferdinand D of I officers. The Indiana State Regent Julie Bowling welcomed the members.

Under New Business a letter was received from the St. Elizabeth Coleman Center asking if our Circle will again sponsor a family at Christmas. Our Circle was given the names of a family of a mother and five children. Members present at the meeting volunteered to purchase items for each member. Gifts will be brought to the dinner so that Schneider can take them to the St. Elizabeth Coleman Center in Indianapolis before Christmas.

The Evangelization Prayer was said for the Good of the Order.

Members stood and recited the Obligation. The Closing Prayer was said and the Closing Ode sung. The meeting was adjourned. The Meeting prize went to Tracy Merkle.

The next meeting will be the Christmas Dinner on Monday, December 8, at the St. Joe Parish Center.

Host a memorable Thanksgiving

Thanksgiving is a cherished holiday across much of North America. Canadians enjoy this day of gratitude, gathering and savory feasts in early October, while Americans celebrate Thanksgiving near the end of November.

According to Pew Research, 74 percent of survey respondents plan to attend Thanksgiving dinners with others, while 34 percent will host from their own homes. For those preparing to welcome guests this year, blending planning with heartwarming traditions can create a truly memorable Thanksgiving experience.

Start planning early

Menu and guest list planning can take more than two weeks, followed by a few days allotted to do some meal prep. The New York Post reports many people spend five hours actively cooking on Thanksgiving Day. AllRecipes.com indicates most Thanksgiving hosts spend around seven



hours in the kitchen overall. By drafting a clear timeline for shopping, prep, cooking, and cleanup and delegating various tasks to others, Thanksgiving hosts can enjoy the holiday more.

Create a smart and masterful menu

Americans consume about 46 million turkeys on Thanksgiving, according to Electro IQ. Naturally, turkey remains a focal point of Thanksgiving dinners. Many other side dishes can round out the meal, but hosts are urged to stick to familiar recipes or test new ones

in advance to reduce stress. Simple, elegant offerings that are tried and true will be well received.

Set the tone with decorating

Outfitting a home in beautiful fall decor can help create the mood for Thanksgiving.

Hosts can incorporate rich, autumnal hues in browns, golds and reds. A floral centerpiece or cornucopia in fall-toned flowers is fitting. Small pumpkins or gourds outfitted with tags can be used for name cards to help seat people at the table accordingly, separating anyone who

may clash.

Foster inclusivity

Thanksgiving is about food, but it also is about warmth and connection with others. Having guests share things they are thankful for or offering a pre-meal prayer helps set a thankful tone. Pew Research Center indicates that 65 percent of Thanksgiving dinners include a prayer or a blessing.

Set aside extras

Thanksgiving may be a holiday of excess, with many holiday hosts cooking up more than everyone can possibly consume. Inviting extra people to dinner who may no longer have extended families may ensure that food will be finished; otherwise, having plenty of to-go containers at the ready enables guests to take home leftovers so they don’t go to waste.

Hosting a memorable Thanksgiving holiday is about the joy of sharing moments with friends and family and enjoying delicious food.

Let’s talk turkey

Thanksgiving is a time for celebrants to express gratitude for all that they have. Thanksgiving presents an opportunity for friends and loved ones to gather around a dinner table and enjoy a delicious meal together.

Turkey frequently is at the centerpiece of Thanksgiving feasts. Many may be surprised to learn how turkey and other foods came to be such integral components of the Thanksgiving meal. Here are 12 facts about turkey and more, courtesy

of Foodprint, Kansas Farm Food Connection, AgHires, and Business Insider.

1. When talking about turkey, getting the names for these birds right is necessary. Many people say “Tom Turkey” at Thanksgiving, but

hens (female) birds are more commonly found at the table than a Tom (male) turkey. Poult is young turkeys. Toms are more likely used for deli meats, cutlets and ground meat because they are so much larger.

2. Americans

eat roughly 46 million turkeys on Thanksgiving.

3. As many as 2,500 to 4,500 calories may be consumed by a single person during the Thanksgiving meal. That’s more than the recommended calorie intake for an entire

day for most healthy adults.

4. The “Turkey Talk-Line” is sponsored by Butterball. Turkey experts are on call during the holiday

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8	∠	6	∠	9	∞	∇	9	∑
9	9	∑	6	∇	8	∠	∞	∠
∠	∇	∞	9	∠	∑	9	8	6
9	∑	∠	8	6	∠	∞	∇	9
∠	∞	9	9	∑	∇	8	6	∠
∇	6	8	∞	∠	9	∠	∑	9
∞	∠	∠	∑	8	6	9	9	∇
6	9	9	∇	∞	∠	∑	∠	8
∑	8	∇	∠	9	9	6	∠	∞

Word Search Answers

A	C	W	N	G	H	S	A	E	J	V	S	E	H	O	H	L	S	E	V
I	B	V	I	D	I	A	G	I	M	G	D	S	R	N	I	T	I	N	G
N	O	I	H	R	A	G	O	A	A	O	A	A	I	T	H	E	R	V	E
L	V	I	H	R	N	B	A	W	I	C	A	I	A	N	O	N	S	T	E
C	I	D	E	A	S	I	C	A	T	O	C	C	A	C	C	O	O	O	S
D	E	I	D	E	A	S	H	E	E	R	H	A	L	O	O	C	A	C	C
W	O	R	T	E	R	E	O	W	H	I	O	O	I	N	A	A	I	G	S
J	C	I	E	N	O	O	H	N	C	O	H	L	I	T	A	C	T	V	S
A	S	D	A	C	O	O	H	A	C	S	S	H	B	O	O	S	E	S	A
S	9	D	B	A	A	O	A	C	S	C	I	V	C	H	N	S	I	C	S
C	O	I	V	H	H	O	A	H	M	G	T	N	E	D	A	T	R	O	S
N	O	I	N	E	A	L	A	E	R	R	T	V	A	S	S	I	C	S	A
R	I	S	E	A	I	I	N	G	O	O	W	D	G	A	E	S	A	S	

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Prepare for Small Business Saturday

Small Business Saturday® occurs on the Saturday following American Thanksgiving. Nestled between Black Friday and Cyber Monday, Small Business Saturday is an opportunity for holiday shoppers to patronize local businesses on a weekend when national chains and online retailers tend to dominate shoppers' itineraries.

Founded in 2010 by American Express and co-sponsored by the Small Business Administration, Small Business Saturday is now an international initiative that encourages consumers to visit local stores, restaurants and other independent establishments to help bolster local economies. Small businesses are essential to the country, and employ a significant percentage

of the American and Canadian workforce.

Since 2010, the total reported U.S. spending at small businesses during the annual Small Business Saturday is an estimated \$201 billion. Communities can prepare for the arrival of SBS this holiday season in the following ways.

- Promote participation. Participating businesses should alert the public that they will be involved in SBS through local outreach, social media posts, marketing emails, and other avenues to generate excitement and exposure. Businesses also can download free marketing materials from <https://www.americanexpress.com/us/merchant/shop-small/materials.html>, including the Shop Small® logo.



- Offer incentives and deals. Small businesses can offer special discounts and incentives that are exclusive to SBS, which may include BOGO deals or gift-with-purchase incentives to further entice shoppers.
- Create specialized bundles. Business owners can group complementary products or services together into holiday bundles to increase the perceived value and encourage shoppers to spend more. Beauty supply retailers, for example, can put together a specialized hair care bundle that may include shampoo, conditioner, heat protectant, and finishing spray.
- Enhance the business atmosphere. This is the time to make sure the business is inviting and in good

repair. Decorating the storefront with festive items is only part of the package. It is key for business owners to ensure that the space is clean, welcoming and well-stocked. Investing in small event features, such as free snacks or live music, can engage customers and keep them in the business longer.

- Prepare your business operations. This is the time for businesses to have plenty of staff on hand to handle large crowds. Choosing customer service personnel who are outgoing and friendly can help drive sales and make a great first impression on new customers.

Small Business Saturday is an important time for local business owners to establish their footing in the community and drive sales at the start of the holiday season.

The many reasons to support SMS

Small business is big business across much of North America. According to a 2024 report from Innovation, Science and Economic Development Canada, nearly 98 percent of all businesses in Canada are small businesses, which the Government of Canada defines as firms with one to 99 paid employees. Small businesses boast an equally notable presence in the United States, where the Small Business Administration reports such establishments account for 99 percent of the nation's firms.

With such a profound presence in both Canada and the United States, it's no wonder small businesses are championed at a point in time when shopping takes center stage. Small Business Saturday occurs each year on the Saturday after American Thanksgiving, making it part of a weekend that is often characterized as the start of the holiday shopping season. With small businesses set to take their well-earned turn in the spotlight, consumers can ponder the many reasons to support Small Business Saturday this year.

- Small businesses are significant employers. The term "small business" can be misleading, particularly in terms of job creation. While small businesses are generally described as firms with fewer than 500 employees, recent data from the SBA indicated small companies accounted for two-thirds of employment growth across the U.S. over the last quarter century, ultimately generating around 13 million jobs during that time period. Small businesses also are big-time employers in Canada, where the

ISED notes such firms employed 46.5 percent of the nation's total private labor force in 2023. Those jobs are filled by consumers' family members, friends and neighbors, and supporting these employers ensures those individuals can keep earning.

- Small businesses help to fund vital local services. Another notable reason to support small businesses is their role in creating strong local tax bases. The revenue generated by successful, local small businesses strengthens

communities because it translates into tax income for local towns, which benefits schools, community organizations and public safety.

- Small business spending is more likely to stay in the local community. Another way supporting small businesses benefits communities relates to where consumers' dollars go once they're spent. Data from the American Independent Business Alliance indicates 48 percent of each purchase at a local independent business was recirculated locally.

By comparison, just 14 percent of purchases at chain stores was recirculated locally. That means more than three times as much money is staying in communities when consumers buy from locally owned businesses compared to chain retailers.

There's no shortage of reasons to support Small Business Saturday. This year, consumers can do their part and give local small businesses, and the communities they call home, their unwavering support by shopping local on Small Business Saturday.



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TURKEY,
from page 7

season to answer questions.

5. It typically takes 14 to 18 weeks for a turkey to reach maturity. Heritage breeds descended from wild flocks will take longer to mature.

6. It is not confirmed that turkey was at any "first Thanksgiving" meal. Accounts vary and only allude to "fowl" being consumed.

7. Despite being more inclined to run, turkeys, particularly wild ones, are able to fly. Domesticated turkeys may not be able to fly because they are bred to be heavy for more breast meat.

8. Dark meat in poultry is associated with muscle use because working muscles require extra blood vessels to deliver oxygen, making meat darker. Turkey predominantly run, so their thighs are known for being rich with dark meat.

9. Around 88 percent of Americans will eat turkey for Thanksgiving dinner.

10. Television dinners were born from turkey leftovers in 1953. The meat was packaged in aluminum trays with various side dishes.

11. Jellyed cranberry sauce is a common complement to turkey. Ocean Spray indicates more than five million gallons' worth of jellyed cranberry sauce is purchased for Thanksgiving.

12. Despite eating all this extra food, the average holiday weight gain is only about four-fifths of a pound, according to the New England Journal of Medicine.

These turkey facts can make for good Thanksgiving dinner table conversation this year.

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