

# INSIDE

*Knox & Daviess Counties*

Holiday 2023

## Season of Giving

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60 years of the Rolling Stones







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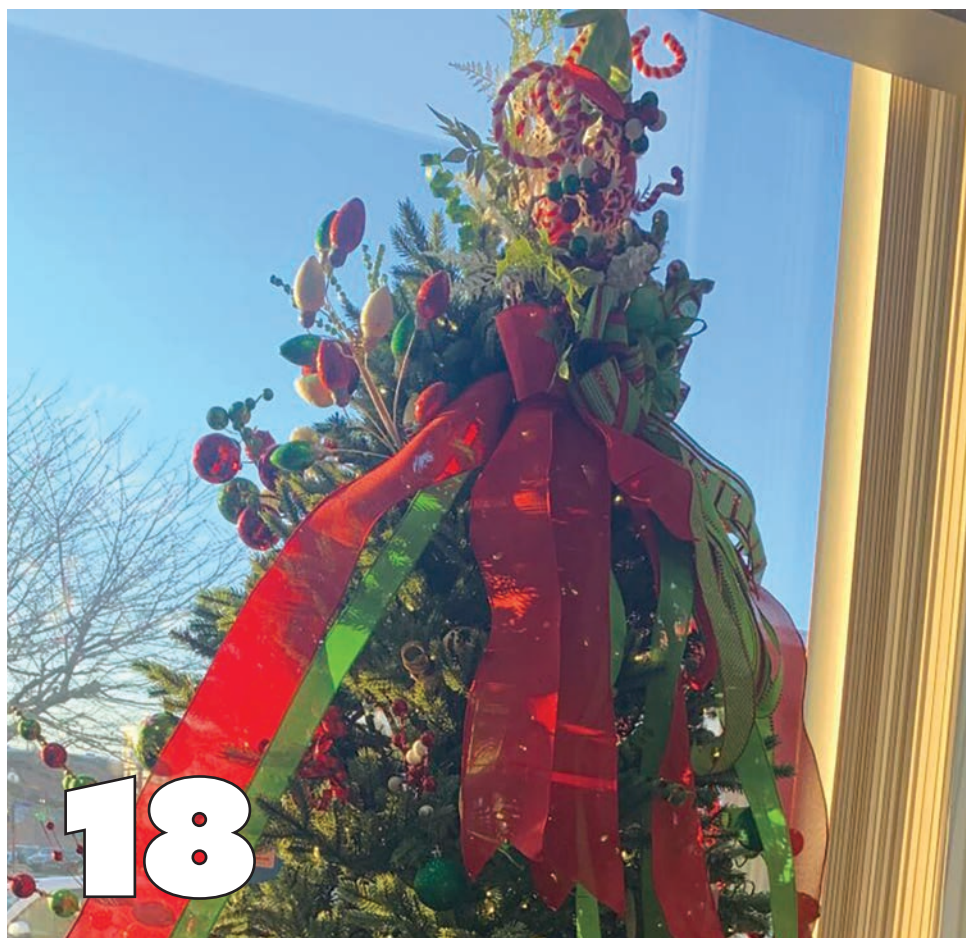
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Myles and Annistyn Graber are ready for Christmas. Photo by Lindsay Owens



# INSIDE

*Knox & Daviess Counties*

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## FROM THE EDITOR

# Welcome to the holiday edition of *Inside Knox and Daviess Counties*



Welcome to the holiday edition of *Inside Knox and Daviess*

County. I've always been a lover of all things Christmas. The food, the decorations, hot chocolate, gift-giving. I love it all.

I especially love that doing a holiday magazine means I get to put up Christmas trees in October at the office. Why? Well, because sometimes you need those extra holiday photos for fillers or covers. This year we had two up before Nov. 1 and more went up just days after.

Yes, we do get some strange looks when the trees go up so early but for the most part, people coming in and out of the office seem to enjoy them just as much as I do.

I think that may be the best part of the holidays – giving people that little bit of unexpected cheer. Holidays can be hard. Some don't have family near. Some, myself included, are experiencing their first major holidays without loved ones. Some of us have health and financial struggles but there's just something about the lights and those Christmas trees that make you smile. And even if just for a few seconds, you can forget about your worries.

This edition is all about the spirit of giving. And not just giving fancy gifts wrapped in pretty paper. It's about giving your time, giving a little change in your pocket and making a difference in the lives of our family, friends and neighbors.

This Christmas let's focus a little less on what's under the tree and more on how we can make a difference for those around it.

Lindsay Owens  
Editor, *Inside Knox and Daviess Counties*



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# Survey Reveals Americans' Top Hosting Stressors for the Holidays

WITH  
MICHAEL DINICH

**P**lanning on hosting at home for the holidays? Three in four Americans are feeling stressed about hosting guests this year.

The poll of 2,000 US adults revealed, while a majority (59%) stated they enjoy hosting guests at home, many are still running into stressors when hosting: making sure everyone enjoys themselves (32%), what food to serve (30%) and cleaning up in time for their guests' arrival (28%).



## TOP 9 HOSTING STRESSORS

- 🎄 Making sure everyone enjoys themselves – 32%
- 🎄 What food to serve – 30%
- 🎄 Cleaning up in time for their arrival – 28%
- 🎄 Having enough room for everyone – 21%
- 🎄 Having activities to keep guests entertained – 18%
- 🎄 What drinks to serve – 14%
- 🎄 Making sure no one damages anything – 14%
- 🎄 Seating arrangements – 9%
- 🎄 Decorations – 7%

Many said they felt like they never have enough seating (18%), space (18%), and food (14%) for guests when they arrive.

Thirty-two percent simply almost never feel prepared to have people over.

## What Do People Really Want?

Commissioned by Article and conducted by OnePoll, the study found many have a “wish list” of things that would make hosting less stressful for them: a bigger budget (32%), a larger room (30%), convenient food and drink options (27%) and more chairs and seating (23%).

A majority (71%) said they need at least a day to prepare their homes to have people over; on average, they need three days to be

ready for guests. Only one in five scramble to clean within hours of their guests' arrival.

Ahead of arrivals, hosts will rush to clean up/organize (62%), cook meals (61%), plan the menu (41%), prepare drinks (40%) and prepare a background music playlist (24%).

## Making Everyone Happy

The survey found that 55% said it's important to them that their guests have a favorable opinion of their home, and a third (31%) admit to worrying so much about their guests being comfortable, that they end up forgetting to enjoy themselves.

“People enjoy hosting at home and many design their home with guests in mind,” explained Madison Adam, interior design manager at Article. “Finding the right furniture for your space can eliminate entertaining worries as you'll be more prepared to host on any occasion and guests will feel more comfortable. While seasonal decor can make your home feel festive, outfitting your space with stylish, functional furniture will leave a lasting impression.”

The results also found that 71% of respondents host guests in their living rooms, with a quarter (28%) also admitting that they feel like they don't have enough space for guests in their home.

Nearly as many (27%) said their guests have to at least occasionally stand, due to not having enough space to sit down. Likewise, 25% have to hold their own cups and plates because there's no space to put them down.

## Houseguest Ground Rules

Of course, all this effort comes with some ground rules. Nearly seven in 10 (69%) of people said they have a “number one” rule in their home when guests come over.

Many even shared their rules: take off your shoes before you come in, eat at the dining table, if you make a mess, clean it up— and most importantly — make yourself at home and have fun.

“Incorporating thoughtful touches throughout your home makes guests feel welcomed,” continued Adam. “Entryways with convenient shoe storage, sideboards, and well-placed side tables and ottomans ensure glasses, platters, and extra guests have a designated spot to perch. Choosing furniture that has an everyday purpose in your home and delights guests when they visit will help make sure everyone has a good time, including the host.”

*This article was produced by Talker News and syndicated by Wealth of Geeks.*



# Christmas memory: Sinter Klaas and Zwart Piet visit on Dec. 6

WITH  
**BERNIE NIEHAUS**

*M*y wife truly loves the Christmas season. Every room in our home is decorated with a special theme: Nativity scenes from all over the world in one room, another is Santa's, and one is her prized Dickens Village.

One of the traditions she started years ago to kick off the Christmas season was celebrating the Feast of St. Nicholas on Dec. 6. He is the

patron saint of children.

This tradition started many years ago in Holland with Sinter Klaas dressed as a medieval bishop. His assistant was a little Moorish man called Zwart Piet (Black Peter). On St. Nicholas Eve, Sinter Klaas and Zwart Piet delivered gifts to the children. The kids would leave their wooden shoes outside their bedroom door. This is thought to be where the tradition of hanging stockings began. Sinter Klaas would leave gifts for the good children, and Zwart Piet would leave a lump of coal or switches for the bad kids.

To carry on this tradition over the years, usually, the father dressed up as Sinter Klaas and the eldest son as Zwart Piet.

You guessed it. Yours Truly dressed up as Sinter Klaas, and Butch, our oldest son, dressed as Zwart Piet. I think he really enjoyed giving Eric (our youngest son) the switches and lumps of coal.

Giving the children a little gift on St. Nicholas Day starts the Christmas season in our family. It has been a tradition that Patty has kept up with the grandchildren.

I hope your family will start a Christmas tradition this year, whether it be an advent wreath, celebration of St. Nicholas Feast, or simply spending more time with your family during this holy season — the time that we celebrate the coming of our Savior, Jesus Christ.

I wish you and your families a very blessed and holy Christmas.



**Giving the children a little gift on St. Nicholas Day starts the Christmas season in our family.**



# 60 years of Rolling Stones gathering a little moss



WITH

TODD LANCASTER

By the time the late '70s rolled around, "the world's most dangerous rock and roll band" seemed pretty tame.

Mick Jagger once said that he would rather be dead than singing "Satisfaction" when he was 30. However, by 1977, it looked like the 34-year-old was taking the Rolling Stones down the path to being irrelevant.

In the few years since Stones' masterpieces like "Sticky Fingers" and "Exile on Main Street," Mick Taylor left the band, Keith Richards had been busted for heroin again, and Mick Jagger seemed to see himself more as a *bon vivant* jet setter.

However, a funny thing happened on the way to rock and roll irrelevancy – the 1978's *Some Girls* album.

“

"Beast of Burden" is an example of the perfect interplay between Richards and Ronnie Wood on guitar, something that would be the duo's hallmark for the next 45 years.



In the spring of 1978, the Stones found their groove with a multi-genre album that just worked on every level.

There was a punk flavor, country, hard rock and even disco, that all seemed to work seamlessly. The album also showed the band found a balance between a sonic raw posture and commercial viability, along with humor, satire and an awareness of a changing cultural landscape.

Although the hit single "Miss You" would have had the Stones crucified as a disco sellout under most circumstances, there was enough of a lyrical edginess, and with the

harmonica of bluesman Sugar Blue became a cross-over classic that spent 20 weeks on the US charts. Although the punk movement was in full swing at the time and the Stones were considered dinosaurs by some, they responded with "When the Whip Comes Down" and "Shattered,"

with lyrics like "Bite the apple, don't mind the maggots."

Both "Beast of Burden" and their cover of the Temptations' "Just My Imagination," filled a funky R&B gap, with "Beast" as an example of the perfect interplay between Richards and Ronnie Wood on guitar, something that would be the duo's hallmark for the next 45 years.

Richards also penned and took the lead vocal on "Before They Make Me Run," an honest but insightful song about his heroin bust and addiction problems.

The album also had its share of controversy, both lyrically and artistically. The cover design was challenged legally when Lucille Ball, Farrah Fawcett, Liza Minnelli, Raquel Welch, and the estate of Marilyn Monroe threatened to sue for the use of their likenesses without permission. The original sleeve had to be scrapped and changed, but enough were printed that those with the original cover are now worth up to \$1,000. The lyrics of the title song, "Some Girls," also were considered both racist and misogynistic and involved a protest from Rev. Jessie Jackson. However, Jagger dismissed it as satire and a reflection of the sexual mores of the times.

The album vaulted the Stones back to prominence. That lineup continued until 1993 when bassist Bill Wyman officially left the band after 31 years. What is even more shocking is that the Stones have continued for three more decades since Wyman's departure (and the recent death of drummer Charlie Watts) with a new album in October of 2023.

The album "Some Girls" was certainly a high-water mark for the late '70s, along with "Who are You" by The Who and "The Wall" by Pink Floyd, all of which served as a buttress between the disco era and the synth-pop of new wave.

However, Jagger was wrong about one thing: he not only ended up singing "Satisfaction" at 30, he is still singing it at 80.

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# Tips & recipes for your holiday table

These cookies are filled with festive flavor.

## Pistachio Cranberry Cookies

COURTESY OF **CLABBER GIRL**

Yield: 24 cookies

### Ingredients:

3  $\frac{2}{3}$  cups all-purpose flour  
 $\frac{3}{4}$  (three fourths) tsp. Clabber Girl Baking Powder  
 1 tsp. salt  
 $\frac{3}{4}$  cup unsalted butter, softened  
 1  $\frac{2}{3}$  cup granulated sugar  
 2 eggs  
 $\frac{3}{4}$  tsp. Spice Islands Pure Vanilla Extract  
 $\frac{3}{4}$  tsp. Spice Islands Pure Almond Extract  
 2 tsp. Spice Islands Orange Peel  
 $\frac{3}{4}$  cup chopped pistachios (lightly salted)  
 $\frac{1}{2}$  cup chopped dried cranberries  
 Vanilla candy coating or melted white chocolate (optional)

### Directions:

In a bowl, whisk together the flour, baking powder and salt; set aside.

In a stand mixer or a large bowl with a handheld mixer, cream together the butter and sugar on med-high speed for about 4 minutes or until creamy and fluffy. Scrape the sides of the bowl.

Beat in the eggs, extracts and orange peel. Mix for an addi-

tional 2 minutes. Scrape the sides of the bowl.

On low speed, add in the flour mixture and mix until just blended.

On low speed, add in the pistachios and cranberries and blend for 8-10 turns of the mixer paddle.

Divide the dough in half.

Shape each half into a 10-inch log on waxed or parchment paper and roll up. Chill in refrigerator for 3 hours or overnight.

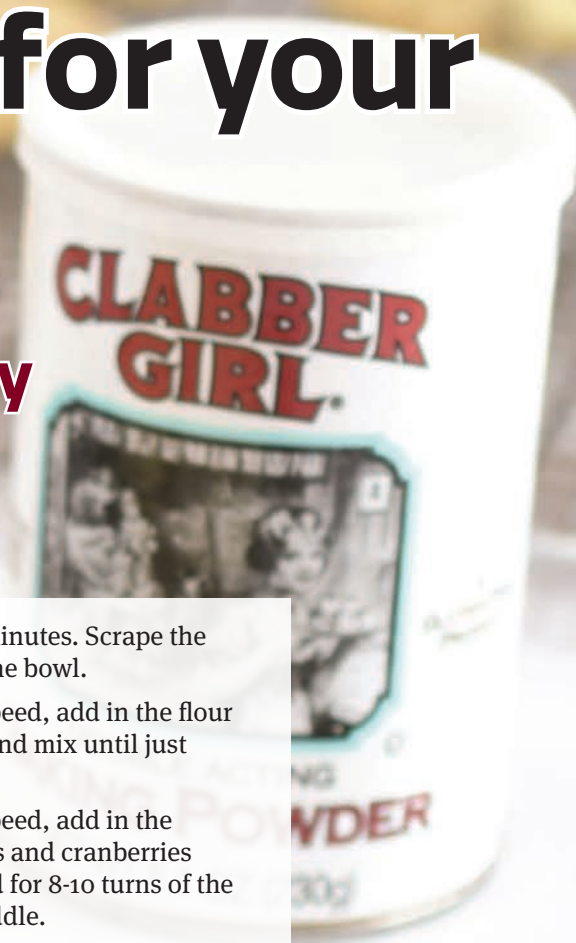
Preheat oven to 350 degrees.

Cut off the ends of the logs to make a clean edge. Slice dough into one-fourth- to one-half-inch slices and place on parchment lined baking sheets.

Bake for 10-12 minutes or until the edges begin to brown.

If desired, drizzle the tops of the cookies with melted candy coating.

**Tip:** Use a slow, slicing motion rather than pressing down on the dough.



# Tips to make terrific turkey

COURTESY OF METRO CREATIVE CONNECTION

Sweet potatoes may be stars; corn-bread dressing a contender. Dinner rolls are divine and green bean casserole a go-to. But holiday dinner isn't complete without turkey.

Even in households that don't eat meat, plant-based turkey alternatives find their way onto the dinner table in a nod to holiday tradition. Given the emphasis placed on the main course, cooking a turkey can be intimidating. These turkey-cooking tips can calm anyone's nerves and result in a mouth-watering main course.

- **Allow ample time for thawing.** Some people may not be able to buy a fresh turkey, and millions of individuals purchase frozen turkeys each year. The Food Network says it can take 24 hours per every five pounds to thaw a turkey. Therefore, if you have a 15-pounder, allow for three days for thawing. Always thaw a turkey in a refrigerator.
- **Get the right size bird.** The general rule of thumb is 1 pound (uncooked) to 11/2 pounds of turkey per person if you're buying a whole turkey. Rather than purchasing the largest turkey you can find for a large crowd, consider two smaller turkeys or one turkey and one breast to make cooking more even. Smaller birds are more tender as well.
- **Adjust the temperature.** The food and cooking resource TheKitchn advises preheating an oven to 450 F, then dropping the temperature to 350 F after putting the turkey into the oven. Cook, on average, 13 minutes per each pound of turkey. The turkey is done when it registers a minimum temperature of 165 F in the thickest part of the thigh.
- **To brine or not to brine?** Many food fanatics swear by brining turkey to achieve more moist and flavorful meat. However, a wet brine may not lead to the crispiest skin possible. Good Housekeeping suggests trying a dry brine instead. This involves rubbing salt all over the raw turkey, placing the bird into a large plastic bag, and refrigerating overnight or up to two days before cooking; otherwise, purchase a kosher turkey, which already has been salted from the inside out.
- **Avoid stuffing the bird.** Rather than stuffing the turkey and cooking everything en masse, prepare the stuffing mixture separate from the turkey. This reduces the risk of contamina-

tion from the turkey's raw juices and helps to achieve a crispy coating on the stuffing guests will enjoy.



- **Make an aromatic roasting rack.** Turkeys typically are placed on a metal rack for cooking so the juices do not cause the turkey to stick to the pan. However, you also can cut onions and lay them with a bed of whole celery stalks and carrots to elevate the roast. This creates extra flavor in the bird and the vegetables also can be served or mixed into the stuffing.

---

Some turkey-roasting techniques can ensure a moist and flavorful main course this holiday season.



# Rabies vaccine facts



WITH  
**KIM CAMPBELL  
THORNTON**  
ANDREWS McMEEL  
SYNDICATION

The earliest rabies vaccine was given to dogs in 1885, and by the 1940s, routine rabies vaccination of owned dogs against the fatal virus gradually led to elimination of the canine rabies strain in the United States and Canada by 2008.

Today, rabies in humans is rarely seen in the U.S. and Canada and is primarily transmitted by wild animals. Elsewhere in the world, some 59,000 people die annually from rabies, most frequently transmitted by dog bites.

Getting pets vaccinated for rabies (and other deadly diseases) might seem like a no-brainer, but a study published last month in the journal *Vaccine* found that of 2,200 people who participated in an online survey, a large minority of dog owners consider vaccines administered to dogs to be unsafe (37%), ineffective (22%) or unnecessary (30%). A slight majority (53%) of dog owners agree with at least one of these positions. Their beliefs have a name: canine vaccine hesitancy, or CVH.

Vaccine hesitancy risks pet lives, especially when it comes to deadly diseases such as rabies, distemper and parvovirus. No vaccine — human or animal — offers 100% protection against disease, but vaccinations greatly reduce the risk of disease and improve the chances of survival.

---

Both indoor and outdoor pets are at risk for rabies. Lindsay Owens photo



Rabies vaccination law varies from state to state. Most states mandate rabies vaccinations for dogs, cats and ferrets. In New Jersey, only dogs are required to be vaccinated for rabies, but vaccinations are strongly recommended for cats and ferrets. Kansas, Minnesota and Ohio are the

only states that leave rabies law to the discretion of cities and counties.

Not all states mandate rabies vaccination for cats, but all cats, including indoor-only pets, benefit from rabies vaccination. Cats can slip out open doors, and it's not unusual for bats to fly in through open windows (ask me how I know this).

Hybrid animals, such as dog-wolf crosses or domestic cat-serval crosses, can be vaccinated, but most states don't recognize them as such. If they're exposed to a rabid animal or they bite a person, they can be subject to euthanasia rather than home quarantine, which can be 10 days or longer.

Whether for a domestic or hybrid animal, the definition of "exposure" is determined by each state's public health authority.

Unvaccinated domestic animals exposed to rabies typically must undergo a strict four- to six-month quarantine and vaccination within 96 hours of exposure. The cost of that long quarantine period can be several thousand dollars.

In most cases, euthanasia and testing are not required if an unvaccinated pet bites a person. Typically, exposed animals are subject to home quarantine for a specific period with revaccination on release. However, a person who is bitten by an unvaccinated pet can demand that the animal be euthanized and the brain tested immediately. No blood test or other diagnostic can determine if an animal has rabies.

No states recognize age or health conditions as reasons to discontinue rabies vaccinations. Nor do they recognize rabies titers as proof of vaccination. The only time a rabies titer is required is when a pet will be traveling overseas.

Rabies vaccines can be given annually or triennially (every three years). Generally, the only difference between the one-year and three-year rabies vaccines is how they are labeled. But if a pet is given a rabies vaccine labeled for one year, you can't argue that you should be allowed to wait three years to revaccinate.

Animals are not considered vaccinated until 28 days after the initial inoculation, but once they receive rabies booster shots, they are considered immunized immediately.

Find more information on your state's rabies laws at [rabiesaware.org](http://rabiesaware.org).

**Q:** My kid really, really wants a dog, but my husband has allergies. He says we could get a hypoallergenic breed. Do they exist?

**A:** One of my pet peeves as a veterinarian is that certain breeds and cross-breeds are described as “hypoallergenic,” meaning they don’t cause allergic reactions.



## Hairballs

Dealing with hairballs — fur ingested as cats groom themselves, then vomited back up in clumps — is not the best part of living with a cat, but it can be managed. Adding canned or fresh pureed pumpkin — not pumpkin pie filling — is a good way to increase fiber in your cat’s diet and help hair work its way through your cat’s digestive system. Many cats enjoy a teaspoon of pumpkin daily if it’s mixed with something yummy, such as canned food or the water from a can of tuna or clams. Daily brushing can help prevent hairballs as well, by reducing the amount of hair a cat swallows. — Dr. Marty Becker, Kim Campbell Thornton and Mikkel Becker

*Pet Connection is produced by a team of pet care experts headed by “The Dr. Oz Show” veterinarian Dr. Marty Becker, founder of the Fear Free organization and author of many best-selling pet care books, and award-winning journalist Kim Campbell Thornton. Joining them is behavior consultant and lead animal trainer for Fear Free Pets Mikkel Becker. Dr. Becker can be found at Facebook.com/DrMartyBecker or on Twitter at DrMartyBecker. Kim Campbell Thornton is at Facebook.com/KimCampbellThornton and on Twitter at kkcthorton. Mikkel Becker is at Facebook.com/MikkelBecker and on Twitter at MikkelBecker.*

While some dog breeds and crosses (cats, too) may cause less severe reactions, it all depends on the sensitivity of the individual person and the level of allergens produced by the individual animal. Here’s what to know.

Poodles and other curly coated dogs, including doodles, are often said to be hypoallergenic because their coats have a long growth cycle, which means it takes longer for dead hairs to drop off and form dust bunnies in your living room. But it’s not hair that causes allergies, no matter what kind of dog or cat we’re discussing. Whether they’re furry or hairless, wirehaired or single-coated, all dogs and cats produce dander (dead skin cells), saliva and urine, all of which carry allergens.

Some animals produce more allergens than others, which is why people so often say that they’re not allergic to their own dog but they have reactions to the neighbor’s dog. And it may be that so-called hypoallergenic breeds are groomed frequently, so dander is removed on a regular basis. But licking can still set off a reaction because of the allergens in saliva.

Reputable dog and cat breeders, as well as shelters and rescues, never claim that their animals are hypoallergenic and often won’t sell to families if one person has an allergy. If someone tries to sell you a hypoallergenic pet, they’re simply making a money grab.

Now for the good news. If your husband’s allergies are mild, it’s possible to live pretty comfortably with pets. Here are some tips: [uexpress.com/pets/pet-connection/2017/02/27](http://uexpress.com/pets/pet-connection/2017/02/27). -- Dr. Marty Becker



Do you have a pet question? Send it to [askpetconnection@gmail.com](mailto:askpetconnection@gmail.com) or visit [Facebook.com/DrMartyBecker](https://www.facebook.com/DrMartyBecker).



# How an incentive trust can influence your heirs



WITH JIM MILLER

**Dear Savvy Senior,**

What can you tell me about creating an incentive trust? I have an adult son and daughter that are both financially inept. Before I die, I want to put some type of requirements in place that they will need to follow in order to receive their portion of my estate.

*Frustrated Father*

**Dear Frustrated,**

If you want to influence your heirs even after you're gone, an incentive trust is definitely an option to consider, but be careful how you construct it because it can cause unintended, unfair consequences. Here's how it works, along with some tips to help you create one.

## Incentive Trusts Basics

An incentive trust is an estate-planning tool designed to help encourage your heirs in a direction you desire when you're no longer around.

With an incentive trust, some or all of your assets are passed to your trust when you die rather than directly to your heirs. Your trustee is empowered to distribute funds from the trust only if and when your beneficiaries do whatever it is you have specified in the trust.

For example, an incentive trust might encourage a beneficiary to graduate from college, enter a particular profession, get married or even have children. They could also reward beneficiaries who do charitable work or supplement the incomes of those who choose low paying, yet meaningful careers like teaching or social work. Or they could penalize beneficiaries who don't work by cutting off or decreasing distributions or placing restrictions on heirs with addictions by requiring that payments go directly to rehab centers.

But be aware that these types of trusts can also have drawbacks. A poorly constructed incentive trust can have a high risk of unintended consequences. For example, if your trust provides a financial incentive for your children to be employed full-time, but one of them gets sick or seriously injured in a car accident and can't work, they would be punished unfairly.

You also need to know that incentive trusts aren't cheap. You can expect to pay an attorney \$2,500 to \$5,000 to draft one.

There are also legal limits on what you can do with an incentive trust. While state laws vary, in-

centive trusts that encourage a beneficiary to join or leave a particular religion, or leave a spouse or not marry at all, can be challenged in court and possibly struck down.

## How to Create One

To create a solid incentive trust that accomplishes what you envision, you need to hire an estate-planning attorney who will include precise instructions that clearly spells out your wishes. You'll also want to include language granting your trustee the right to use his or her discretion and that the trustee's decisions should be final and binding.

This allows your trustee to make common sense rulings, which will reduce or eliminate the chances of unintended and unfair consequences. It also makes it very difficult for beneficiaries to successfully challenge the trust or trustee in court. When a trust grants final decision-making authority to its trustee, it becomes almost impossible for beneficiaries to successfully argue that this trustee is not correctly implementing the trust's terms.

The key is to select a trustee who's smart enough to interpret your intent and has sufficient backbone to stand up to beneficiaries when necessary. You also need to select a successor trustee too if your first choice can no longer serve. Fees paid to a trustee vary widely depending on the state's fee schedules, the size and complexity of the trust, and conditions laid out in the trust.

To find an experienced attorney in your area to help you create an incentive trust, see the National Academy of Elder Law Attorneys ([naela.org](http://naela.org)) and the American College of Trust and Estate Counsel ([actec.org](http://actec.org)).

*Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.*



**Select a trustee who's smart enough to interpret your intent and has sufficient backbone to stand up to beneficiaries.**

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# National park lodges you may not know about



WITH **DAVID AND  
KAY SCOTT**

**A** mention of national park lodges most likely brings to mind an iconic structure similar to Yellowstone's Old Faithful Inn. Classic lodges in America's most popular national parks garner heavy media attention. While Old Faithful Inn is certainly special, Yellowstone is home to nine lodging facilities ranging from rustic cabins without a private bathroom to modern lodge buildings. If this comes as a surprise, it is likely there are a number of national park lodges you may not know about.

Lodging in America's national parks is quite diverse, with about 85 lodges spanning a wide spectrum in terms of age, size, season, amenities and price. Like Yellowstone, Grand Canyon, Yosemite, Shenandoah and several other national parks each host multiple lodges. Other well-known national park units such as Mesa Verde, Mammoth Cave, Zion, Bryce Canyon and Big Bend have only a single lodging facility. Some smaller, lesser-visited parks also offer lodging.

During more than 50 years of travel we have stayed in most of America's national park lodges and thought it might be worth mentioning a few facilities that escape the notice of many travelers. Being less well-known often means a more intimate facility, and a more relaxing and less-expensive stay.

1. Buffalo Point Concessions (Buffalo National River, Arkansas) – Located in Northwest Arkansas, 135-mile Buffalo National River is one of the most scenic free-flowing rivers remaining in the lower 48 states. The river is especially popular for canoeing and floating

with numerous concessionaires offering rentals of tubes and canoes.

The park's only lodging facility is Buffalo Point Concessions that sits on a high ridge about 1.5 miles from the river. The complex includes a restaurant, five rustic cabins, eight modern cabins and four motel-type lodge rooms. Each has air-conditioning and a private bathroom with a shower. The rustic cabins each have a wood-burning fireplace. Rates from \$100 to \$106.

2. Thunderbird Lodge (Canyon de Chelly National Monument, Arizona) – Located in Northeast Arizona, Canyon de Chelly is home to ruins of ancient Indian villages constructed in steep-walled canyons. One monument ruin is accessible to the public via a 2.5-mile round-trip trail. Scenic rim drives offer excellent canyon views. Narrated canyon tours are offered by private guides.

Thunderbird Lodge, built in 1902 as a trading post on the Navajo Reservation, began offering rooms to accommodate an increasing number of tourists. The national monument's only lodging facility is an attractive and well-maintained



The Inn at Brandywine Falls in Cuyahoga Valley National Park offers four guest rooms in an early 1900s-era farmhouse, plus two suites in a carriage house.



motor lodge with 70 guest rooms and a cafeteria located in the historic trading post. One of the least-expensive lodges in any national park, it is within walking distance of the monument visitor center. Rates range from \$99 to \$129.

3. The Inn at Brandywine Falls (Cuyahoga Valley National Park, Ohio) - The rural river valley linking Cleveland with Akron includes a 19-mile trail allowing visitors to stroll, hike, or bike along the towpath beside the historic Ohio & Erie Canal. The park includes a restored 1800s farm and village, several visitor centers and remnants of a 1906 company town. A scenic railroad offers a fun way to view the countryside.

The Inn, a pre-Civil War renovated farmstead, is the only bed-and-breakfast we are aware of in a national park. It offers six overnight rooms, four in the main house and 2 suites in a carriage barn. Each suite has a Franklin stove, microwave, refrigerator, Jacuzzi, and a king bed in the loft. This is a restful place to meet other travelers. Rates from \$179 to \$350.

4. Kettle Falls Hotel (Voyageurs National Park, Minnesota) – Voyageurs National Park's forested lake country in northern Minnesota stretches 55 miles along the U.S.-Canadian border. During the late-18th and early 19th century this land was home to French Canadian fur traders who transported animal pelts and other trade goods. This

is canoe country with fishing a big draw, especially for prized walleye.

Historic Kettle Falls Hotel, constructed in 1910, has 12 second-floor guest rooms accompanied by three community bathrooms that include a shower. The lobby, dining room, and an unusual saloon consume the first floor. Ten newer villas in three buildings alongside Rainy Lake each enjoy a screened porch, air-conditioning, and a ceramic-tiled bathroom. While primarily geared to fishing, the hotel offers a relaxing atmosphere for reading, hiking and exploring. Rates from \$90 to \$260.



5. North Cascades Lodge at Stehekin (North Cascades National Park Complex, Washington) – The complex rests along the Canadian border as a combination of a large national park plus two national recreation areas in a region of alpine lakes, waterfalls, glaciers, and glacier-carved



**Kettle Falls Hotel enjoys an interesting history at a location where French Canadian fur traders transported animal pelts and other trade goods.**

canyons. Elevation and moisture variations result in a wide diversity of vegetation.

The lodge sits at the head of 55-mile long glacier-carved Lake Chelan. Access is via commercial boats that depart from the town of Chelan. The facility offers 28 lodging units of various sizes and configurations. The isolated facility includes a dining room, convenience store and National Park Service visitor center. A variety of activities including river rafting and horseback rides are available. Rates from \$179 to \$292.

*David and Kay Scott are authors of "Complete Guide to the National Park Lodges" (Globe Pequot). They live in Valdosta, Georgia. Visit them at [blog.valdosta.edu/dlscott](http://blog.valdosta.edu/dlscott)*

**North Cascades Lodge at Stehekin sits at the head of 55-mile-long Lake Chelan and is reached via ferry or floatplane.**







# Making the Season of Giving meaningful

BY LINDSAY OWENS

Brad and Alma Kramer load Build\*A\*Baskets for homebound Generations clients. Community members can build a basket to donate to the area agency though Dec. 20. Photo provided



# The holidays are a time to gather with family and friends to celebrate. And if you are gathering, there's a good chance you are also gifting or at least attempting to – there's always at least one person who is hard to buy for on almost everyone's list, right?

Difficult giftee or not, there are several things you can do this holiday season to help make a difference for friends and neighbors in your own backyard. After all, sometimes it's better to give than receive.

## Build\*A\* Basket

Started 15 years ago, this signature program offered through Generations Area 13 Agency on Aging and Disability provides necessities to homebound older adults and those with disabilities.

"Build\*A\*Basket really started by accident," said Alma Kramer, Generations healthy aging coordinator. "My oldest daughter, Kelsey, was in second grade and her class had been writing letters to their pen pals through another Generations program."

When the holidays approached, the students wanted to gift their pen pals. Kramer knew that 211 was getting several calls for basic needs – things like paper towels, trash bags and toilet paper.

Kramer suggested to the teacher that students create baskets filled with those items most of us take for granted.

"Kelsey's teacher told a few others what they were doing, and it spread to all the Knox County schools," said Kramer, who said that in the first year, about 300 baskets were collected. "The following year, we expanded it to all six counties we serve: Daviess, Dubois, Knox, Martin, Greene and Pike, and had nearly 1,000 baskets donated."

The program has continued to grow from there, and Kramer's daughters continue to build baskets in honor of their late grandparents.

Baskets can include more than just paper products and trash bags.

"We have several items we suggest but you don't have to include all those items in your basket. And your basket does not have to be a basket. It could be a trash can, clothes hamper, a decorated box," said Kramer, adding food items should not be included in the gifts.

Cleaning supplies, pillowcases, hygiene items, mailing supplies and calendars, among other things, are included on the list. Pet food and pet supplies may also be included.

"This year, we also started Build\*A\*Basket by the Month. Each month we pick a different item and people can bring those items to our office to help us build baskets between Thanksgiving and Christmas. Through that program, we were able to collect enough items to do around 40 baskets."

Baskets may be registered at [generationsnetwork.org](http://generationsnetwork.org) and should be dropped off at participating area locations, including Senior and Family Services in Washington, Shoals Senior Center, or the Vincennes Generations office between Nov. 27 and Dec. 20.

The Washington Times-Herald office, 201 E. Main St., will also serve as a collection point for those wanting to donate items for the baskets.

"I took a client a basket last year and she cried and told me that she didn't think she was going to get anything at all for Christmas. She was beyond grateful," said Brooke Midgett, Generations case manager.



Build\*A\*Basket is a fun way to share the holiday spirit with those who are homebound. For some clients, the baskets are the only gift they receive. Photo provided

Ashley Swartzentruber, Generations care manager, said one of her clients had nothing but a chair and cot along with other bare necessities.

"She said she was praying that God would see her through



and I showed up with a basket with laundry detergent, pillows, paper towels, paper products. She was so very thankful,” said Swartzentruber.

This year, Kramer hopes to have 800 baskets – enough to provide one to each homebound client.



## The Travis Burkhardt Foundation

Based in Plainville, Indiana, over the last 15 years, the Travis Burkhardt Foundation has been able to lighten the load for many

families in Indiana and now throughout the Midwest. The foundation's namesake was involved in a serious car accident in February 2008 that forever changed the lives of not only Travis but also his family. Over the next several months, the family logged hundreds of miles for doctor's appointments and procedures, doing everything possible to give Travis the best care available.

Through support from the communities that showed the Burkhardt family so much love during their time of need, the Travis Burkhardt Foundation has assisted families with over \$300,000 in gas, restaurant and hotel cards. It has also provided many with new iPads.

Support the Travis Burkhardt Foundation by supporting one of their many fundraiser events or give a gift online at [www.travisburkhardtoundation.com/donate](http://www.travisburkhardtoundation.com/donate).

## Meals on Wheels

For decades, Meals on Wheels has provided older adults with nutritious meals at an affordable price.

"In our area, we average around 700 meals per day or 168,000 meals per year for our coverage area," said Robin Winkler with the Meals on Wheels program.

Reimbursement for those meals will finally see an increase. However, the rate is still much lower than the actual cost of the meals, said Stacey Kahre with Generations. This agency facilitates the Meals on Wheels program for Daviess, Knox, Dubois, Martin, Pike and Greene counties.

"We get about 10 cents per meal," said Kahre, who said there is currently no waiting list for adults over age 60 and are homebound. "It may take some time to get you set up with Meals on Wheels."

Kahre said most who qualify for the meals can choose from several companies that deliver frozen nutritionally sound meals directly to the door once or twice monthly.

"We have different companies they can choose from. There are different menu options to meet dietary needs as well,"

she said, adding there has been an increase in the number of people applying for the meals as food costs continue to soar.

For those within the Washington city limits, hot meals can be delivered through Senior and Family Services in Washington. That location also offers congregate meals for those able to get out and enjoy some fellowship before the meal.

Tena Williams has received hot meals through the Meals on Wheels program for the last two years. Those meals are very important to Williams, who was diagnosed with a rare lung disease five years ago and is now unable to be as active as she once was.

"These are meals that Robert delivers to my door and I really appreciate them," Williams said. "I'm just not able to cook like I was before. It would exhaust me trying to prepare a whole meal. The program has really been a God send to me. I wish more people would realize how much these meals mean to some of us."

Williams said she wishes others would also find value in offering a hand to the program that helps keep so many older adults living at home.

"There are opportunities to help with the meals and the meal delivery. I know they've had some trouble finding enough people to help," she said.

Chester Burgess also receives the hot meals delivered to his door.

"I get three hot meals a week. It's a really nice service and I would recommend the meals to anyone," he said.

Claudette Ritz, Dottie Burton, Helen Hopper and Buck Browning all attend the congregate meals three days a week at Senior and Family Services. They enjoy the camaraderie just as much as the meal.

"We love to play bingo and have lunch," said Burton, who has been coming to the center for at least five years. "Everyone here is so nice."

Ritz said she has also been coming for the hot meals for around five years.

"I really enjoy the company and this keeps me from having to cook," she said.

Hopper and Browning also assist with getting the meals out to others.

"We just help however we can," said Browning.

"I just love Meals on Wheels and everyone here," Hopper added.

Wanita Showers said the congregate meals are a big benefit to the clients she works with.

"It's a great meal at a great cost and friendliness and social aspects just can't be beat. This is a real asset to our community," she said.

Jodi Rook with Senior and Family Services said it's good to see a nice group come in for the congregate meals.

"Anyone 60 and older can come in here for the meals. We just



**She said she was praying that God would see her through and I showed up with a basket with laundry detergent, pillows, paper towels, paper products. She was so very thankful.**

**— Ashley Schwartzentruber, Generations care manager**



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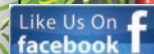
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need a days' notice to make sure we prepare enough food for everyone," Rook said, adding between congregate meals and Meals on Wheels, over 100 meals are prepared at the center on Mondays, Wednesdays and Fridays. "The social aspect is so important for our clients."

## Daviess, Knox and Pike Community Foundations, part of the Community Foundation Alliance



### ALLIANCE

Want to give to a cause near and dear to your heart? Look at the list of available funds offered through the Community Foundation Alliance.

Savannah Linenburg and Laura Hazelman with the Community Foundation Alliance

said there are funds to match nearly every interest.

"By giving to these funds, you can make an impact in your community," she said. "There are special funds for all kinds of interests."

Hazelman said donating is as simple as visiting the communityfoundationalliance.org and clicking on the fund you'd like to support.

"You can give directly through our website or mail or drop off gifts to our offices," said Hazelman.

For more information on ways to give through the Community Foundation Alliance, contact Linenburg or Hazelman at 812-254-9354 or 812-886-0093 or email [slinenburg@communityfoundationalliance.org](mailto:slinenburg@communityfoundationalliance.org).

## Support #GivingTuesday

Many organizations, including Daviess County-based Our Community Foundation, are participating in #Giving Tuesday.

This GivingTuesday, Giving Tuesday Daviess County, spearheaded by Our Community Foundation, will inspire generosity throughout Daviess County by providing the structure through its website to manage online donations, all at no cost to the participating organizations.

Donors will be able to visit Our Community Foundation's website at [localforever.org](http://localforever.org) on Giving Tuesday and make donations to any or all the nonprofits that have chosen to join in the event. Donations will go to the nonprofit of the donors' choice.

GivingTuesday is a global generosity movement, unleashing the power of people and organizations to transform their communities and their world. GivingTuesday will kick off the generosity season this year by inspiring people to give back on Nov. 28, 2023, and throughout the year.

Our Community Foundation hopes to increase awareness and financial support for local charitable organizations through the Giving Tuesday Daviess County event.

"In 2022, 62 donors gave donations totaling just over \$14,600 to 21 different Daviess County charitable organizations and 12 different funds benefiting Daviess County held by Our Community Foundation," said Mary Smith, executive director of Our Community Foundation. "We hope more join in the movement this year."

Like last year, Daviess County media giants Shake Broadcasting and the Washington Times-Herald will be part of the movement. Shake Broadcasting says George the Giving Tuesday Gift Horse will be awarded to the organization raising the most money. At the same time, the Washington Times-Herald plans to award Herald the Reindeer to the organization with the most donors. Last year, those awards went to the United Way of Daviess County and Little Warrior Wishes.

GivingTuesday is a global generosity movement unleashing

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Lindsay Owens presents Teeny Davis with Little Warrior Wishes Herald the Gnome as part of Giving Tuesday last year.





the power of people and organizations to transform their communities and the world. GivingTuesday was created in 2012 as a simple idea: a day encouraging people to do good. Over the past ten years, it has grown into a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

GivingTuesday has raised billions of dollars for critical causes worldwide and gets billions of impressions on social media from people and organizations speaking up for the causes that matter to them and encouraging others to get involved in their communities. On GivingTuesday 2022, every day, individuals across the U.S. contributed \$3.1B to nonprofits in 24 hours, as well as countless acts of kindness and generosity to neighbors.

Charitable organizations serving Daviess County interested in joining the Giving Tuesday Daviess County movement should email Smith at [mary@localforever.org](mailto:mary@localforever.org).

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Jubilee Christmas provides gifts to families in need in Daviess County. Tags are available now at the Washington Times Herald office and many other Daviess County businesses and churches. Lindsay Owens photo

# Jubilee Christmas

**Remember Christmas morning, tearing off the wrapping paper to find just what you wanted under the tree? You can give those memories to area children by participating in Jubilee Christmas in Daviess County.**

**Jubilee Christmas trees are up at area churches and businesses, including the Washington Times-Herald office at 201 E. Main St. Grab a paper ornament off of the tree, buy a gift corresponding to the tag or donate funds for a teen gift or grocery voucher. Jubilee gifts should be returned to participating businesses unwrapped by Dec. 6. This year, 140 families with 363 children will participate in the program that allows families to select three gifts for each child.**





# Tips to kick the common cold to the curb

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**T**he common cold is appropriately named. According to the American Lung Association, adults get an average of two to four colds per year while children typically get between six and eight colds annually. Colds indeed seem an inevitable part of life, and that may be even more so during winter.

Though colds can strike at any time, Johns Hopkins Medicine notes that the increased incidence rates of colds during cold seasons like fall and winter may be attributable to the increased amount of time people spend indoors. Extra time indoors means individuals spend more time in tight quarters with other people, which is notable because colds are highly contagious. There might not be a way to avoid colds this winter, but Johns Hopkins notes there are some strategies that can help treat a cold and potentially lessen its severity.

- **Hydrate.** A concerted effort to stay hydrated can help your body fight the cold and potentially make you feel better by easing congestion. When a cold strikes, make sure you drink plenty of the right fluids, which include water,

decaffeinated tea with lemon, and broth. Caffeine can cause dehydration, so avoid coffee and caffeinated teas and sodas. Throat-soothing warm liquids like tea and broth can serve dual functions for those whose colds include a sore or dry throat.

- **Gargle with salt water.** Though it may seem like an old wives' tale, gargling with salt water can effectively alleviate the pain and swelling of a sore throat. Johns Hopkins recommends a saltwater gargle with about one teaspoon of salt per cup of warm water.
- **Utilize a humidifier.** Johns Hopkins notes that cold air holds less moisture than dry air. Dry air can worsen symptoms associated with sore throat, so a humidifier can be used to make indoor air more moist and therefore more soothing to a sore throat. Johns Hopkins also reports that dry nostrils are more vulnerable to viruses, so employing a humidifier in winter may help your body more effectively fend off cold viruses.
- **Get plenty of rest.** Sleep helps to strengthen the body's immune system, making it more effective at fighting off and overcoming the cold virus. Johns Hopkins recommends adults get between eight and 10 hours of sleep when they come down with a cold.
- **Avoid unproven "treatments."** Some cold treatment techniques are ineffective at combatting cold viruses. Johns Hopkins notes that antibiotics are designed to treat bacterial infections, not viruses. In addition, there is little evidence suggesting zinc and vitamin C have any impact on cold viruses.

Colds may be inevitable, but knowing what to do when a cold strikes may help reduce the severity and length of the common cold.




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Water, decaffeinated tea with lemon, and broth soothe a sore throat and ease congestion.



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# CATCH THE *Christmas Spirit*

## **Dec. 1**

**CHRISTMAS PARADE OF LIGHTS** in Historic Downtown Vincennes, 6:30 p.m.

**GROUSELAND (Harrison Mansion, Vincennes)**  
**CANDLELIGHT TOUR**, 6-9:30 p.m.

## **Dec. 1-2**

**FIRST CITY CHRISTKINDLEMARKT AND FESTIVAL**,  
Patrick Henry Square, Vincennes.

## **Dec. 1-3**

Veale Creek Players (Washington) present **"A SEUSSIFIED CHRISTMAS CAROL."**

## **Dec. 2**

**DAVIESS COUNTY LIGHTED CHRISTMAS PARADE "A STORYBOOK CHRISTMAS."** Parade, 6 p.m. near Seventh Street and Bedford Road. Santa will be Homebuilding Savings Bank, 2002 N.E. Second St., after the parade.

**BLUE JEANS COMMUNITY CENTER 3RD ANNUAL CHRISTMAS EXTRAVAGANZA.** Breakfast with Santa, 8 a.m., photos, chili supper, 5 p.m. and lighted tractor parade, 6:30 p.m.

**ODON CHRISTMAS ON MAIN**, 10 a.m.

## **Dec. 3**

**LOOGOOTEE'S HOMETOWN CHRISTMAS**, Lee Kavanaugh Gym, noon -6 p.m. Christmas parade starts 6 p.m.

## **Dec. 4**

**ODON LIGHTED CHRISTMAS PARADE**, 6 p.m.

## **Dec. 8-10, 15-17**

Old Town Players (Vincennes) present  
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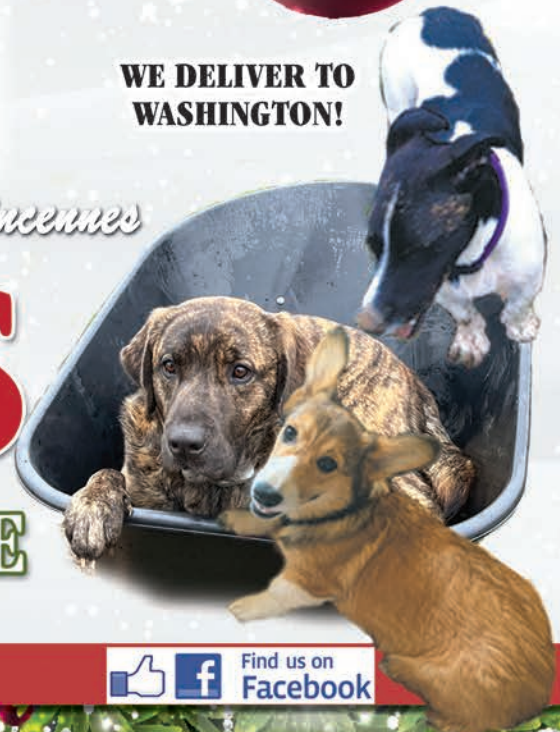
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