# Best tips to stay healthy, safe this holiday season

**BY MELISSA PATRICK**
**StatePoint**

The holiday season is a joyous time to reconnect with family and friends, but it can also throw your wellness routines out of alignment. Doctors advise prioritizing healthy choices now so you can start 2026 feeling your best.

"Amid the hustle and bustle of the holidays, it's easy to lose sight of our well-being, overindulge in food and drink, and feel stressed. A little awareness and a few healthy habits can go a long way in helping you and loved ones enjoy the season in good health," says Dr. Bobby Mukkamala, president of the American Medical Association.

For a healthy and happy holiday season, the AMA recommends the following tips:

1. **Watch what you eat**. Pay attention to labels and avoid ultra-processed foods, especially those high in added sodium, saturated fats and sugar. Consider having a healthy snack before the big meal or offer to bring a healthier dish for the holiday spread. Drink water instead of sugar-sweetened beverages, and eat nutritious, whole foods such as fresh fruits and vegetables alongside richer holiday dishes.

2. **Prioritize your mental health**. Factors such as holiday spending and navigating time with extended family can bring on extra seasonal stress. Get sufficient sleep and exercise, and don't hesitate to talk to a mental health professional when you need help managing stress.

3. **Prioritize physical activity during this busy time of year**. A good rule of thumb for adults is at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week. Brisk walks, bike rides, hikes and family-friendly sports like basketball and touch football can provide easy, fun ways to get off the couch and elevate your heart rate. If you're traveling, don't forget to pack your sneakers!

4. **Be prepared when traveling**. Whether you're flying or taking a road trip, you might be tempted to grab convenient yet unhealthy food for the journey. Consider packing your own snacks, such as fresh fruits and vegetables or small portions of dried fruits and nuts. When flying, pack your medication in your carry-on bag instead of your checked luggage so it's easily accessible. Keeping medication handy will help you avoid missing a dose on busy travel days, especially amid flight delays. Stay hydrated and drink plenty of water during your flight, as air travel can cause dehydration. And keep your body moving in-flight to avoid blood clots.

5. **Make smart choices and plan ahead if you're driving**. In December 2023 alone, 1,038 people died in alcohol impaired-driving crashes in the United States. If you plan to drink, always arrange for a sober driver or alternative transportation. And if you are the designated driver, commit to 100 percent sobriety. Also, make sure to get plenty of sleep before your road trip, as drowsy driving is responsible for an estimated 100,000 car crashes each year nationwide.

6. **Vaccination remains the best protection against several serious respiratory viruses circulating this fall and winter, particularly as people are spending more time indoors and gathering for the holidays**. The AMA encourages you to speak with your physician or other health care professional to determine which vaccines are best for you.

7. **Start New Year's resolutions early**. Speak with your doctor or other health care professional about quitting tobacco, nicotine and e-cigarettes, and declare your home and car smoke-free to protect loved ones from secondhand smoke exposure.

"While you're celebrating this holiday season and reconnecting with family and friends, remember to take care of your health," says Dr. Mukkamala. "Eating well, staying active, and taking precautions to prevent the spread of respiratory viruses can help you enjoy the season and start the new year strong."




**JASE HUNDLEY dressed up as a John Deere tractor from Lost Valley Farms this year for the annual Bremen Elementary School Halloween costume parade. The parade is a long-standing tradition built on creativity and local spirit. The incredible turnout and overwhelming local support proved once more that this beloved event remains a highlight of the season for the entire Bremen community.**

# Avoid holiday home repair disasters

**StatePoint**

As the weather turns colder and the holidays draw near, many of us are making a home maintenance list and checking it twice.

From weatherizing pipes to tackling simple fixes, T-Rex brand, a leading manufacturer of premium repair tapes, finds that nearly 60 percent of Americans live in "weekend project mode" or consider their house a full-time job in fall and winter. Despite their efforts, more than half of people say they've experienced a home repair disaster right before or during the holidays and they've even had to make an urgent repair in the cold wearing pajamas "because it couldn't wait."

"We found the average American spends six to 15 hours a month this time of year on seasonal upkeep; yet, home hiccups still happen frequently when they least expect it, mainly due to extreme cold, rain and strong winds," Kerry Haugh, director of marketing for T-Rex Tape, says. "Most people compare the stress of last-minute repairs to last-minute gift shopping, saying they both equally give them gray hairs around the holidays."

To help you stay ahead of holiday home headaches, T-Rex Tape is sharing insights on how to be prepared when maintenance or repair issues inevitably arise.

**Prioritize Like A Pro**

The survey shows that Americans prioritize repairs like fixing leaky faucets and pipes (57 percent) and minor roof leaks (55 percent), while often skipping or delaying less urgent projects, like repairing clogged gutters and small cracks in walls or siding. With that in mind, break repairs into "fix now" and "fix later" lists. Tackle timely problems first, such as placing temporary patches and seals on leaks to stop further damage from occurring, then schedule less critical projects for a later date so that nothing is forgotten during the holiday bustle.

**Embrace Your Inner DIYer**

A tough repair doesn't always require a tough bill. Seventy percent of people say they have $300 or less set aside for surprise fall and winter fixes--so it comes as no surprise that 74 percent choose to DIY it when repairs are needed in colder weather, while more than half ask family and friends for help to save money. The good news is that many repairs are easy. For instance, foam weatherstrip seals and window insulation kits can be quickly and easily installed to block climate-controlled air from escaping through drafty doors or windows, while gutter guards can help prevent clogs from leaves and debris.

**Build A Simple Fix Survival Kit**

Homeowners say gutters, roofs, car parts, snow shovels and outdoor lighting are the first to break when the first big cold front approaches. When seasonal repairs hit, more than 80 percent of people rely on heavy-duty duct tape as their secret weapon to make a quick fix. Among their must-have items to keep in the toolbox, 73 percent choose waterproof repair tape, like T-Rex Waterproof and Repair Tape, to go alongside recommended items like weatherproof caulk, tarps or plastic sheeting, a headlamp with spare batteries, and rock salt to prevent slips when DIY takes them outside.

## Center activities

The Pennyrile Allied Community Service (PACS) has announced their November activities at the Muhlenberg County Senior Citizens Center in Powderly.

For more information on any activity, please call the center at 270-338-6222.

*Thursday, Nov. 26*--Closed for Thanksgiving.

*Friday, Nov. 27*--Closed.

*Monday, Nov. 30*--Walk with Ease BingoCize 9:30 a.m., baseball 12 noon.

*Tuesday, Dec. 1*--Walk with Ease chair yoga 10 a.m., baseball 12 noon.

*Wednesday, Dec. 2*--Walk with Ease BingoCize 9:30 a.m., baseball 12 noon.

*Thursday, Dec. 3*--Walk with Ease Chair Yoga 9:30 a.m., Lawyer appointments 10 a.m., baseball 12 noon.

## County meetings planned

Paradise Park Regional Industrial Authority, Inc. will host their next quarterly meeting on Dec. 17.

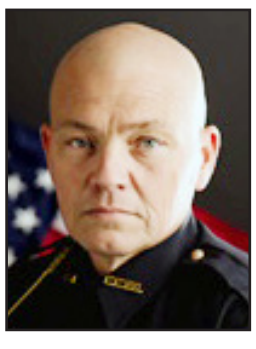
They meet at 50 Career Way in Central City.

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The Muhlenberg County Fiscal Court will meet at 4 p.m. in the Fiscal Courtroom on Dec. 10.

# Jason Phillips' unit number retired from Central City

Interim Mayor Malcolm West honored Central City Policer Officer Jason Phillips last week with a day in his honor. West also declared that Unit No. 163 is now retired from the Central City Police Department.



**JASON PHILLIPS**

The mayoral decree read as follows:

"Whereas, Jason Freeman Phillips joined the Central City Police Department on Nov. 16, 2020 and dedicated years to the service and protection of the citizens of Central City as a Central City Police Officer until his end of watch on Sept. 17, 2026.

"During his all-too-brief six years with the Central City Police Department, he served the public with caring and compassion and as a fellow officer was always smiling and ready to brighten the darkest situations with that smile and a joke or two.

"He took pride in making a difference in the lives of others and was respected and loved, not only for the work he did, but for the person he was.

"His brothers and sisters in blue were more than co-workers; they were family. The bounds he formed throughout his career, the lives he touched and the memories he created will never be forgotten.

"Whereas, Jason Phillips was a supportive and devoted father to his children, Noah, Jaycee, Brady and Emersyn and wife Kelly. He brought the same devotion to his job, this community and the officers he worked with daily. The bonds he formed throughout his career, the lives he touched and the memories he created will never be forgotten.

"Whereas, Jason Phillips gave so much to this City and its citizens through his dedication, compassion and caring nature, it is fit that he be honored.

"Now therefore, I, Malcolm West, Mayor of the City of Central City, on behalf of the City and its citizens, do hereby proclaim and declare Nov. 18, 2026 to be Jason Freeman Phillips Day and do hereby proclaim and declare that Jason's Unit No. 163 is retired and shall never be used again by the Central City Police Department."

