



A look at Waverly as girls basketball season begins

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Chillicothe Gazette



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LET THE HOLIDAY BEGIN

THANKSGIVING ARRIVES AT YOUR DOOR WEDNESDAY

This year, we're delivering Thursday's Thanksgiving Day paper one day early. The holiday edition is full of festive favorites, including the Big Thanksgiving Crossword, extra puzzles, gift guides, Black Friday shopping and more!



THE BIG CROSSWORD PUZZLE

THE WEDNESDAY PAPER

And don't miss your Wednesday edition! Head to the eNewsPaper on our website and read it from cover to cover.

Chillicothe Salvation Army welcomes new member



Lieutenant Travis Payne is excited to bring the Chillicothe Salvation Army back to life by working with the community. SHELBY REEVES/ CHILLICOTHE GAZETTE

Lieutenant Travis Payne building local connections

Shelby Reeves
Chillicothe Gazette
USA TODAY NETWORK

CHILLICOTHE – The Chillicothe Salvation Army recently welcomed Lieutenant Travis Payne to the area. He has already started helping by building connections in the community and working to better the local Salvation Army.

Payne has been associated with the Salvation Army for around 16 years. His family originally reached out to the organization for help with food and utilities. Soon after, he would start attending youth programs and the Salvation Army sleepaway camp every summer for seven years. During this time, he said he was able to make great friends and could easily relate to the kids he

was helping.
"As someone who came from that setting myself, growing up poor and with a single mom, I could relate," said Payne. "I understood the struggles that they were going through."
He would later start serving others as a youth pastor and eventually go

See **PAYNE**, Page 2A

Proposal would make it harder to amend constitution

Ohio GOP plan would require 60% of voters to enact changes

Haley BeMiller
State Bureau
USA TODAY NETWORK

A new proposal from Ohio GOP leaders would make it harder for voters to amend the state constitution, an avenue advocates for abortion access and redistricting reform are expected to pursue in the coming years.

Secretary of State Frank LaRose and state Rep. Brian Stewart, R-Ashville, are spearheading an effort to require 60% of voters to enact citizen-led amendments, instead of a simple majority of 50% plus one vote. The measure unveiled Thursday comes in the form of a proposed amendment that voters would need to approve before it takes effect.

The change would not apply to the state's initiated statute process, meaning it would not affect current efforts to legalize recreational marijuana. Amendments put forward by the Legislature, which requires a supermajority in both chambers to place on the ballot, would still only need a simple majority of voters to pass.

"Ohio's constitution has been far too susceptible to efforts by outside groups and special interests seeking to alter the people's constitution to achieve

See **PROPOSAL**, Page 2A

Tips from counselors on how to avoid holiday stress

Shelby Reeves
Chillicothe Gazette
USA TODAY NETWORK

CHILLICOTHE – While the holidays are a joyous time for many people they can also be very stressful.

With the nights getting longer and

colder some individuals will experience seasonal depression while others will experience stress and anxiety surrounding money and family. To help the counselors at Mares Cares got together and thought of tips to help people manage their stress during this time.

Around 5% of people, according to the

Cleveland Clinic, will experience seasonal affective disorder. The same study found that anywhere from 10% to 20% of people will experience a lesser form of this depression called the winter blues.

Patricia Mares recommends to patients a happy light. This UV light is meant to be used for 20 minutes a day

while you are doing dishes, homework or reading and simulates being in the sun. This can help lessen the sadness that comes with nights getting longer.

While it may seem like cliché advice Alvin Mares recommends self-care

See **STRESS**, Page 2A

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Plenty of sun.
Forecast, 2A



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LOCAL WEATHER

TODAY HIGH: 51 LOW: 26
Plenty of sunshine

WEDNESDAY HIGH: 54 LOW: 25
Plenty of sunshine

THURSDAY HIGH: 56 LOW: 44
Mostly cloudy

FRIDAY HIGH: 51 LOW: 33
Cloudy with showers

SATURDAY HIGH: 49 LOW: 35
A couple of rain or snow showers

ALMANAC
Sunrise: 7:23 a.m. Sunset: 5:09 p.m.
Moon phase: Waxing crescent

SUN & MOON
Sunrise: 7:23 a.m. Sunset: 5:09 p.m.
Moon phase: Waxing crescent

MOON PHASES
New, First, Full, Last
Nov 23 Nov 30 Dec 7 Dec 16

NATIONAL EXTREMES
48 contiguous states Sunday
High Temperature: Anaheim, CA 82°
Low Temperature: Yellowstone N.P., WY -16°

LOTTERIES

OHIO
(Drawings: Nov. 21)
Pick 3 (early): 0 1 9
Pick 4 (early): 3 5 5 2
Pick 5 (early): 5 5 3 4 9
(Drawings: Nov. 20)
Pick 3 (late): 6 7 4
Pick 4 (late): 7 2 1 8
Pick 5 (late): 8 0 7 0 9
Rolling Cash 5: 17 18 28 31 34
Classic Lotto: Monday's jackpot was \$1.6 million.

MEGA MILLIONS
Tuesday's jackpot is an estimated \$259 million.

POWERBALL
Monday's jackpot was an estimated \$20 million.

Stress

Continued from Page 1A

during this time. He said you have to be able to help yourself before you can help anyone else so it is important to think of self-care as a necessity, not something that makes you selfish. Whether it is watching TV, taking a bath or participating in your hobby Mares said it is important to take care of yourself.

If things start to feel unmanageable alone the counselors remind people that it is OK to reach out for help. There are so many ways to get help, whether it be on-line, over the phone or in person.

During this season people tend to spend more time with family and for some this could equal more stress. One way Mares helps clients relax during these times is by helping them manage their expectations. She encourages people to be realistic and honest with themselves when creating expectations so they are not disappointed when everything is not perfect.

"I think if our expectations are a Hallmark movie, we are all going to fall short," said Mares.

Connected to setting expectations, Teagan McFadden reminds people that they can't control everything that happens but they can control how they react. For example, you might not be able to stop your uncle from

saying something you don't like from across the dinner table but you can control how you respond to him.

Setting boundaries is also a large part of managing stress during the holidays. Mares said it is important to be able to say no during these times and that saying no can help lessen the burden of the holidays. These boundaries can be about topics that can and can't be discussed during dinner or about what projects you can take on. If saying no is difficult for you you can also compromise for example maybe you can't direct the holiday play but you could help in a smaller role.

"It's OK to say learn to say no," said Mares. "It's ok to not fulfill everyone's wish."

Finally, when it comes to family stress it is important to remember that just because someone is family that does not mean they get an automatic pass into your life. The Rev. Jessica Warth said it is possible to create your own family of supportive friends and community members to spend the holidays with.

Between gift-giving and traveling the holidays can quickly get expensive. According to a survey done by the National Retail Federation 62% of shoppers this year found it important to spend money on gifts and celebrations for the holidays. However, spending more money on holidays can lead to making cuts in other parts of life or creating debt.

Mares said this time of the year is a great time to look at your budget and see if it needs adjusting. It is impor-

tant to set a budget and stick to it. He said this is also a perfect time to make a new year's resolution to save more money for next year and do better managing finances.

There are also many gifts that don't require any money. Megan Maxwell reminds people that gift-giving is just one of the five love languages, the others being words of affirmation, acts of service, quality time and physical touch. If money is tight consider experiences or acts of service that a recipient might like more.

Sara Flowers pointed out that social media can also add stress to the season. Seeing the perfect pictures of happy families and perfect holidays can make people feel like they did not do good enough. Mares, however, reminds people that these pictures are just one moment in time and nobody has a perfect life.

"There are people that look like they have perfect lives when actually none of us have perfect lives," said Mares. "There's Instagram perfect, Facebook perfect then there's reality."

Overall during this holiday season, it is important to listen to yourself and see what you need. As Mares said, we are the experts on ourselves so if you need a break or need to set a boundary do it. It will help you in the long run.

Shelby Reeves is a reporter for the Chillicothe Gazette. You can email her at SReeves@gannett.com or follow her on Twitter @Shelby_Reeves.

Payne

Continued from Page 1A

into the Salvation Army College for Officer Training. He graduated from this training in 2019.

Payne previously served in the Northern Kentucky corps, in the Cincinnati area. He came to Chillicothe after the previous officer moved to another post. He admits that before moving he knew nothing about the area, but now that he is here he is eager to meet new people and find out more about the community.

At the Salvation Army Payne has what he calls a two-fold job, he both preaches and handles administrative duties. He is also in charge of helping with

various programs the army offers to the community.

One of the biggest programs, the one the Salvation Army is arguably best known for, is the Red Kettle Campaign. This program helps raise money outside of stores to help the local community. Since moving to Chillicothe Payne has been working hard on this campaign trying to get volunteers to collect money and setting up angel trees for children to receive Christmas gifts.

"We are always busy but Christmas is by far our busiest time," said Payne.

In his new position, Payne has many goals, the biggest being to help the local Salvation Army grow. He said the Chillicothe salvation army was once on the brink of shutting down, he wants to make sure people know, however, that it is still here and helping people.

He plans to do this by connecting with the community and creating partnerships in the area. He also hopes to build on the current programs offered to the community and add new ones based on the needs he sees.

Outside of his career, Payne enjoys playing video games, watching Marvel movies and cooking. He also likes to get outside and hike, luckily for him, Ross County has many beautiful places to do so. Payne also said he is a big fan of the theatre and enjoys musicals and stories with a good message.

"I'm thrilled to be serving the Chillicothe community," said Payne. "I know first-hand how valuable The Salvation Army can be in providing hope to families in need. I look forward to immersing myself in the community and rebuilding the programs provided by The Salvation Army here."

Proposal

Continued from Page 1A

their own ends," Stewart said. "We have repeatedly watched as special interests buy their way onto the statewide ballot and then spend millions of dollars crowding the airwaves seeking to secure fundamental changes to our state."

Illinois and Florida also require constitutional amendments to pass with 60% of the vote.

The resolution, introduced by Stewart, needs to pass both the state House and Senate with 60% of the vote to be placed on the ballot. LaRose said he hopes to put the question before voters in the May election, which means the Legislature would need to pass it by the end of the year.

Republicans hold supermajorities in both chambers, meaning no Democratic support is needed to advance it.

"We know why they're doing this: They want to stop all challenges to their power grab, but the people will not let it happen," state Rep. Bride Rose Sweeney, D-Cleveland, said. "The people will not vote to silence themselves on issues like workers' rights, voters' rights, and abortion rights. The reckless arrogance of an unchecked GOP supermajority is on full display."

Republicans seek change ahead of possible abortion question

The proposal comes as advocates for abortion access debate whether to put a ballot question before voters in 2023 or 2024 to replace Ohio's six-week ban. No decisions have been made yet, but any constitutional amendment would need to draw a line, somewhere after conception and before birth, to determine when abortion is legal in Ohio.

About 68% of likely Ohio voters said they oppose Ohio's current ban on abortions after fetal cardiac activity is detected, which typically happens six weeks into a pregnancy, according to a USA TODAY Network Ohio/Suffolk University poll released in September. And 84% supported abortion exceptions for victims of rape or incest, which are not included in state law.

LaRose dismissed speculation about whether his proposed amendment is related to the

abortion debate.

"If somebody thinks that their favorite issue is not capable of mustering a 60% vote, then maybe they should think twice about proposing that as a constitutional amendment," he said.

Haley BeMiller is a reporter for the USA TODAY Network's Ohio Bureau, which serves the Columbus Dispatch, Cincinnati Enquirer, Akron Beacon Journal and 18 other affiliated news organizations across Ohio.

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