

## FEATURES

# 12 Area Financial

## 2024 IN REVIEW AND 2025 ECONOMIC FORECAST

A look back at 2024 – and what our financial leaders expect in 2025.



### 10

#### WELL BEING



#### STAYING CONNECTED

The post-holiday season can be one of the most emotionally challenging times of the year. Coming out of that, the importance of building connection and staying connected requires intentionality, something we have to value and prioritize.

### 34

#### NAVIGATING LATE ADOLESCENCE



#### A GUIDE TO IMPERFECTION AND GROWTH

The bridge between childhood and adulthood is marked by exploration, vulnerability and the formation of identity. Now, it seems, adulthood is taking longer than ever. Shared goals and expectations are critical in helping achieve the eventual mastery of life's complexities.

### 36

#### PARENTING



#### THE STRONG-WILLED CHILD

Are you struggling to raise a strong-willed child? Take heart, you are not alone. Recognize their positive characteristics and do not listen to the labels others are trying to put on children.

### 30 TALES FROM TOMMY: BENT NAILS

There is a difference between work and make-work.

### 31 ONE SQUARE INCH: JANUARY IS A SEASON OF BEGINNING AND A EXPERIENCE OF WAITING

It is a time to renew and refresh or a time of fretting.

### 40 ENTERTAINING IDEAS: HERE'S TO A HEALTHY START IN THE NEW YEAR!

Becky shares her favorite healthy dishes from some local restaurants, plus provides smart-choice recipes too.

## DEPARTMENTS

**6 Buzzwords:** Business news on people, promotions, moves and more.

**9 Calendar:** Concerts...comedy...Chili Cook Off...hockey and indoor soccer!

**28 Legacy:** National Philanthropy Day Luncheon honored local organizations and individuals.

**32 Night Out:** PPHM's Tidings of the Trees kicked off the holiday season!

**38 Festive:** The lighting of the Olivia's Angels Hospice Tree is a time for memories.

**43 Chomp:** Resolve to enjoy more meals prepared by your favorite restaurants.



**On the cover:** What's the forecast for your money in 2025?

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