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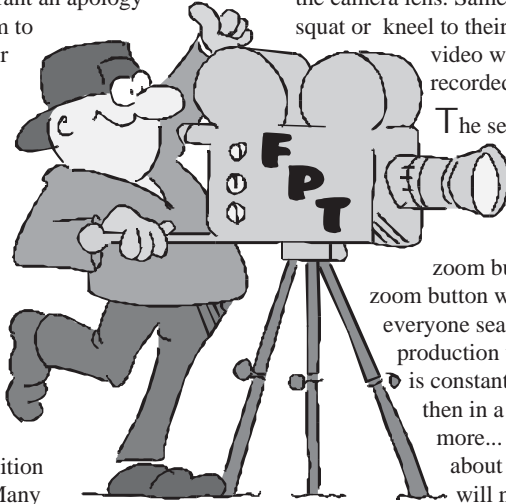
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## 3 Steps to Better Home Videos

By Sean Harris

Do your home videos stink? Are they so bad that they usually warrant an apology before you show them to others (including your children, who are the actual stars of your production)? If you answered "yes" to either of these questions (or both), then rejoice! There are three simple steps that you can take to make your home video look much better.

The first step is to get a good composition before your record. Many people seem to have the assumption that you should press the record button and then proceed to hope that the action that you want to record finds its way into the viewfinder. I call this the "record-everything-and-something-good-may-happen-method". When you record everything, you actually record a whole lot of nothing and very little something. Some *Soccer Moms* actually employ the above method while talking to another Soccer Mom or while cheering the child's performance (sometimes while holding the camcorder with one hand). This produces even less quality video. A simple formula for success is to compose your shot in the viewfinder. If you do not like what you see i.e. sun is glaring, action is too far away, etc., then move the camera or zoom the lens to compose your shot properly. Remember, you are not cemented to the spot in which you are standing. You can move to another even better location! Do not be lazy in choosing the spot or spots from which you make history. Once you like what you see in the viewfinder, then press the record button. When the action stops stop recording. Long takes are often boring. That is why, on national television, that a single take or shot is usually less than 8 seconds long. Another helpful rule of thumb is to compose your shot on eye-level. What this means, for instance, is if you are six feet tall and you want to record a dog that is one foot tall, resist the temptation to record from a standing position- shooting



down at the dog. Get on the dog's eye-level with the camera lens. Same rule applies with children, squat or kneel to their eye-level when taping. The video will look much better when recorded from their point of view.

The second step is married to the first step. I call this step the "get-your-finger-off-the-zoom" step. Do not be a zoom rider. Don't ride the zoom button; don't even touch the zoom button while recording! You'll make everyone seasick while watching your production when you do this. The shot is constantly zooming in, then out, then in a little, and then out some more... I don't even like to write about this. In a real movie, you will never see the zoom move.

Feature films do not record while zooming (except the *Blair Witch Project* and it made everyone sick). A real director of photography will compose his shot, then record it. Move the camera not the lens. Don't try to shoot everything with one take. It is great to have a zoom lens, but use the zoom to get the shot framed up properly then record. A series of different shots from different locations is the key to a *fun to watch* video- not one long shot.

Lastly, brace yourself. For better video, use a tripod. If you don't have one and will not get one, you can still steady yourself. Use two hands, instead of one. Rest the camera on a table, chair, car or folded coat. Sometimes shots are great when you rest the camera on the floor or ground. The wider the lens is set, the steadier the shot will be. If you can, shoot with a wide setting on the zoom and move the camera if need be. Often, you can rest the camera in your lap for a great shot. Also, turn on the *stead-shot* function if you are shooting handheld.

Hopefully, these simple suggestions will make your home videos look better and be much easier to watch. Also, remember that your camcorder only works when you use it. FPT

Sean Harris is the owner of Harris Television Productions in Gray, TN. HTP specializes in producing broadcast productions. © 2005 Sean Harris

## THE 12 DAYS OF THANKSGIVING

- On the First Day.....  
We give thanks for the fresh turkey feast and its hot trimmings.
- On the Second Day.....  
We bless the cold turkey sandwiches, sloshy cranberry sauce, and hard rolls.
- On the Third Day.....  
We praise the turkey pie and vintage mixed veggies.
- On the Fourth Day.....  
We thank the pilgrims for not serving bison that first time, or we'd be celebrating Thanksgiving until April.
- On the Fifth Day.....  
We gobble up cubed bird casserole and pray for a glimpse of a naked turkey carcass.
- On the Sixth Day.....  
We show gratitude (sort of) to the creative cook who slings cashews at the turkey and calls it Oriental.
- On the Seventh Day.....  
We forgive our forefathers and pass the turkey-nugget pizza.
- On the Eighth Day.....  
The word "vegetarian" keeps popping into our heads.
- On the Ninth Day.....  
We check our hair to make sure we're not beginning to sprout feathers.
- On the Tenth Day.....  
We hope that the wing meat kabobs catch fire under the broiler.
- On the Eleventh Day.....  
We smile over the creamed gizzard because the thigh bones are in sight.
- On the Twelfth Day.....  
We apologize for running out of turkey leftovers. And everybody says, "Amen!" FPT

## Turkey F.A.Q.s (frequently asked questions)

How long will our Thanksgiving feast leftovers last?

A cooked turkey will last for about 3 or 4 days. Gravy and stuffing only last for about 1 or 2 days. Freezing the turkey will last about 4 to 6 months. Frozen and stuffing may only be good for about a month.

What is a Giblet?

Giblets are the edible internal parts of a fowl, including the gizzard, heart, liver, and neck. Usually they are removed, placed into a plastic or wax bag and then reinserted into the turkey's vacant body cavity. A Thanksgiving tradition is to make gravy stock from the giblets.

What is a Gizzard?

A gizzard is a part of the turkey's stomach that helps in the digestion of difficult to digest items such as seeds.

Why do turkeys "gobble"?

A gobble (the official name of the sound a turkey makes) is a seasonal call that male turkeys (often called "Tom" or "Gobblers") make. They make the gobble sound when they hear loud noises and

when they settle in for the night. On a quiet day turkeys have been heard gobbling from a mile away. Female turkeys (called hens) make more of a clicking sound. Baby turkeys are called poults.

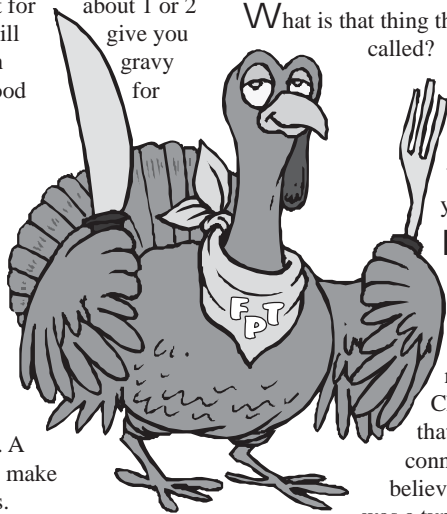
What is that thing that hangs off a turkey's neck called?

It is called a wattle. It can grow to a large size, and is extremely elastic. Most breeders remove them at a young age.

How did the turkey get its name?

Many theories abound on how the turkey got its name. One theory is that Christopher Columbus thought that the land he discovered was connected to India, and that he believed the bird he discovered was a type of peacock. So he referred

to it as a 'tuka,' which means 'peacock' in Tamil, an Indian language. Another theory claims that since the Native American name for turkey is 'firkee'; that is how the turkey got its name. Another theory is that because when a wild turkey is afraid it makes a sound which sounds like "turk-turk-turk". Another theory is that Christopher Columbus took some of the birds back to Europe where people Turkish merchants were trading in birds like these so they began calling them "turkey birds". Maybe its because domesticated turkeys can't fly so as a bird they are quite the "turkey"?  
FPT



## TIPS FOR FLYING WITH KIDS

As any parent knows, traveling with children has its own unique rewards and challenges. But even experienced "road trip" parents may be a bit intimidated by the prospect of flying with kids. With a little knowledge and a little preparation, though, traveling by air can be a walk in the park!

Here are 24 tips to make your own family travels more enjoyable.



1. Make a list: From diapers, wipes, and formula, to changes of clothing, you know

what items your family can't live without. Make a checklist beforehand and you'll be ready to fly!

2. Dress for success: Check out how the weather is behaving at your destination so you can keep everyone comfortable and happy at both ends of the journey.

3. Allow extra time: Call ahead before you leave home to make sure your flight is on time. Also, keep tabs on the Homeland Security Advisory System level, so you know if you need to allow extra time for security. Then arrive at the airport early, so you can locate parking, make bathroom stops, negotiate lines, and find your way around without being stressed.

4. Lighten your load: Instead of standing in line at the ticket counter, use the curbside skycap

*Please see "Flying Tips on page 7*

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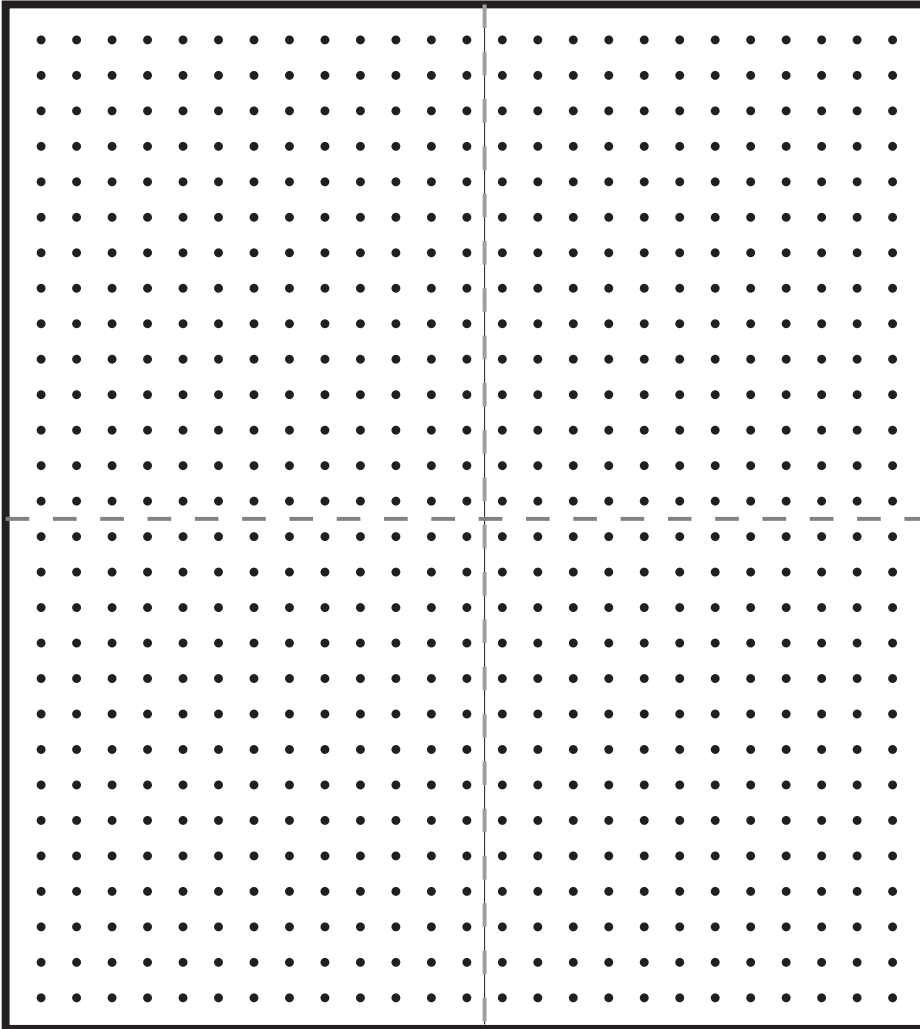
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**How to Play:** You can play with as many players as you want. Each player takes a turn drawing a straight, perpendicular line (no diagonals). You only draw one line from one dot to another. If your line closes in a box you get to put your initial in that box. If you can make another box after the first you can keep going until you can no longer close in a box. the player with the most boxes wins. You can use the whole board or use the small lines to divide the board so you may play 4 games.

Why did they let the turkey join the band? Because he had the drumsticks

Why did the police arrest the turkey? They suspected it of fowl play

What's the key to a great Thanksgiving dinner? The turKEY

What did the turkey say before it was roasted? Boy! I'm stuffed!

Where did the first corn come from? The stalk brought it

How did the Mayflower show that it liked America? It hugged the shore

## These Jokes are Turkeys!

If April showers bring May flowers what do May flowers bring? Pilgrims!

Why did the turkey cross the road? It was the chicken's day off.

Why do turkeys always go, "gobble, gobble"? Because they never learned good table manners!

What sound does a space turkey make? hubble, hubble, hubble.

What key has legs and can't open doors? A Turkey.

Gobbler said, "Doctor, help me! I can't stop acting like a turkey!"

"I see," said the doctor. "How long have you had this problem?"

"Let me think a second. Mom laid the egg in 1954..."

What did the mother turkey say to her disobedient children?

If your father could see you now, he'd turn over in his gravy!

If the Pilgrims were alive today, what would they be most famous for? Their AGE.

Why can't you take a turkey to church? Because they use such FOWL language.

What are the feathers on a turkey's wings called? Turkey feathers.

What's the best dance to do on Thanksgiving? The turkey trot.

Can a turkey jump higher than the Empire State Building? Yes - a building can't jump at all.

What do you get when you cross a turkey with an octopus? Enough drumsticks for Thanksgiving.

How can you make a turkey float? You need 2 scoops of ice cream, some root beer, and a turkey.

What kind of music did the Pilgrims like? Plymouth Rock.

Which side of the turkey has the most feathers? The outside.

## Flying Tips

*Continued from page 5*

service found outside the terminal. Often, the skycap line is not nearly as long as the ticket counter line.

As any parent knows, traveling with children has its own unique rewards and challenges. But even experienced "road trip" parents may be a bit intimidated by the prospect of flying with kids. With a little knowledge and a little preparation, though, traveling by air can be a walk in the park!

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4. Lighten your load: Instead of standing in line at the ticket counter, use the curbside skycap service found outside the terminal. Often, the skycap line is not nearly as long as the ticket counter line.

5. Keep ID handy: Keep your tickets and ID easily accessible. One idea is to wear a lanyard that has a slot for light paperwork and your driver's license. Some airlines offer these on a complimentary basis, so be sure and ask.

6. Hitch a ride: The distance to your departure gate may be quite a hike. Many airports offer motorized carts with drivers that can take you there in a jiffy.

7. Gate-check strollers: "Gate check" means you can bring your stroller to the aircraft and the

airline personnel will safely put it in the cargo bin. Upon arrival at your destination, the stroller will be retrieved and brought to you as you deplane.

8. Pre-board perk: Always take advantage of this perk. You might even get the chance to take a picture of your child in the captain's seat! The main purpose of pre-boarding is to give you time to get settled, store carry-on luggage, and secure the car seats. An important detail every parent should know is that the Federal Aviation Administration requires a sticker on the car seat, stating that the car seat is approved for air travel. Be sure to check that the appropriate sticker is present and know its location before you get to the airport.

9. Crying cures: The most common reason children cry on the plane (besides being tired or hungry) is because the pressurization is hurting their ears.



This usually occurs during takeoff and landing. If your child is showing signs of ear problems, give him/her a drink, some food, or a pacifier; the sucking or swallowing will help to relieve the pressure.

10. Avoid airsickness: When you are requesting your seat assignments, keep in mind that the back of the airplane is the most turbulent area, which is often the culprit of airsickness.

11. Pack a snack: Bring a few of your child's favorite snacks, since delays are always a possibility and a hungry child is an unhappy passenger.

12. Stay away from caffeine: Flying may not be the time to allow your child a soda with caffeine, since the seats are small and space is limited. Just remember: A child, plus caffeine, plus a small seat, equals chaos, which is also equal to a crazed parent.

13. Prevent spills: Turbulence can happen when you least expect it, so even if your child is old enough to handle drinking from a regular cup, pack a lid or sippy cup to prevent a wet mess.

14. Plan bathroom visits: During flight, make a visit or two to the lavatory to avoid the need to go during takeoff and landing. If you need time to use the restroom yourself, ask a flight attendant or a nice passenger to keep an eye on your children.

15. Showtime: The clouds will only hold your child's attention for so long. A CD or DVD player with earphones, a read-along book, coloring books, travel games, and their favorite toys can help keep them amused.

16. Comfort is key: A travel pillow and blanket are worthy items to tote for when the onboard supply runs out.

17. Sit back and relax: Your children are more likely to be well-behaved and happy if mom and dad are calm, prepared, and in a good mood. And that will make you come out feeling like a winner!

18. Read to them before the trip: Try a book called *Airport* by Bryon Barton. From the excitement of arrival to the wonder of taking off, this picture book captures all the magic of an airport.

19. Stuck at the airport? Harriet Baskas, Expedia's "Stuck at the Airport" author, reports on the facilities and services at more than sixty-five airports worldwide. Check these handy guides for facility information, food options, and kid-friendly activities.

20. Lap vs. seat: If your kid's a wiggler, putting them in a car seat in their own seat will make them feel more secure and stationary (and keep you more comfortable, as well). Over the age of 2, it's mandatory for kids to have their own seat.

21. Bring a mat to change diapers: Remember, you're dealing with limited space on an airplane.

22. Bring a change of clothes: Just in case they have an accident.

23. Consider a car seat backpack: These are specially made to carry the empty car seat, freeing up your hands to hold your more precious cargo.

24. Consider flight times: Early in the morning or late at night are the times when your child is more apt to sleep. FPT

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By Chris Joker

## We don't put the cat in our mouth.

"We don't put the cat in our mouth." These words should not even be able to be put together in a sentence. This is a sentence one would never think about saying. This is a sentence one should never *HAVE* to say. This is a sentence I have had to say. I believe I have never repeated the sentence in context since but I remember the exact time I did. My daughter was about 10 months old when she...put the cat in her mouth. When I uttered the now infamous sentence for a moment I was out of my body looking down thinking, did I *REALLY* just say "We don't put the cat in our mouth?" I not only said it, I was adamant that this was knowledge I must impart to my daughter. How could one possibly get through this life without such wisdom?

I began noticing how wise I was (uh am) as a parent. I began taking notes in hopes of someday perhaps writing a philosophical parenting book in order to share my obvious parental wisdom with new parents. I picture families sitting together perhaps in front of the fireplace or around the kitchen table. Maybe the family is holding hands as dad and mom take turns sharing tidbits of wisdom from my book. After reading one of these obviously wise sayings they take turns sharing what this wisdom means to them.

Now that my children are a bit older (my youngest is 6) I find my wisdom does not come as often. The book is on hold. In order to keep this wisdom from being lost to the ages I now share it with you. Free of charge. Use it as you will I only ask that you only use this wisdom for good. These are actual sentences that have come out of my mouth:

- "The dog bowl is not a doll bath"
- "Toothpaste is not hair gel"
- "Your brother's head is not a baseball"
- "The dog is not a horse"
- "Don't paint your sister"
- "Just because \_\_\_\_\_ fits in, doesn't mean we can get it out"
- "\_\_\_\_\_ does not go in your nose"
- "We don't put our head in the toilet"
- "Don't lick the furniture"
- "Don't eat \_\_\_\_\_ off the road"
- "Soap is not food"
- "Don't eat the snake" (I don't remember how THIS one came about but it is on my list)
- "Your DOLL can be late or miss school, YOU Can't!"
- "Don't put the dinosaur on your toast"
- "Don't lick the mannequin"
- "Don't put your head in the trash can"
- "Don't put things off the floor in your mouth"
- "Don't put a knife in your mouth"
- "Don't put bacon on your face"
- "If you have to hide it in your pants you probably shouldn't be playing with it"
- "You have 2 hands so you don't need to use your head to carry the jelly"
- "Don't put your feet on the ceiling"

Ahh, parental wisdom there's nothing like it. As I read over this list I again think to myself "these are things that should never have to be said" but as parents we say such ridiculous things everyday. I'm sure you have some of the same type of sentences rolling off your tongue everyday. Because Family Pastime Magazine believes in sharing good parenting skills we have partnered with our good friends at Cow & Coffee to offer a wonderful prize package to the caregiver with the best submission of a parental wisdom that truly should never have to be said. Look on page 18 for full details and go to [www.familypastime.com](http://www.familypastime.com) or mail in your entry today. FPT

### Family Specials at Local Restaurants

**Applebee's** – 2100 N. Roan Street, Johnson City Wednesday - \$.99 Kid's Meal (12 and under)

**Fuddruckers** – 2519 Knob Creek Road, Johnson City Monday – Wednesday Kids Eat Free After 4:00 p.m. (1 child with each adult)

**O'Charley's** – 112 Broyles Drive, Johnson City 1920 N. Eastman Road, Kingsport 3173 Linden Drive, Bristol Kids Eat Free Every Day – (2 children with each adult)

**Pizza Hut** – Local Areas Tuesday – Family Feast Specials

**Pizza Inn**- Johnson City and Elizabethton Buffet based on children's age. \$.35 x age (up to age 10) for instance: 1-year-old only costs \$.35, 2-year-old \$.70 etc.)

**If you know of a family special at a local business send the info to editor@familypastime.com so we can add it to next month's list. FPT**

## Two Thanksgivings

*continued from page 1*

the month, because November had five Thursdays that year. Since statistics showed that most people did not do their Christmas shopping until after Thanksgiving, business leaders feared they would lose money, especially during the Depression, because there were only 24 shopping days between Thanksgiving and Christmas. They asked Franklin Roosevelt to make Thanksgiving one week earlier. President Roosevelt ignored those concerns in 1933, but when Thanksgiving once again threatened to fall on the last day of November in 1939, FDR reconsidered the request and moved the date of Thanksgiving up one week. Thanksgiving 1939 would be held, President Roosevelt proclaimed, on November 23rd and not November 30th.

Changing the date of Thanksgiving seemed harmless enough, but in actuality proved quite controversial. It was so upsetting that thousands of letters poured into the White House once President Roosevelt announced the date change. Some retailers were pleased because they hoped the extra week of Christmas shopping would increase profits, but smaller businesses complained they would lose business to larger stores. Other companies that depended on Thanksgiving as the last Thursday of November lost money; calendar makers were the worst hit because they printed calendars years in advance and FDR made their calendars out of date for the next two years. Schools were also disrupted by Roosevelt's decision; most schools had already scheduled vacations and annual Thanksgiving Day football games by the time they learned of Thanksgiving's new date and had to decide whether or not to reschedule everything. Moreover, many Americans were angry that Roosevelt tried to alter such a long-standing tradition and American values just to help businesses make more money. (\*Many Americans at the time believed that the Pilgrims chose the last Thursday in November to be Thanksgiving, but that is not the case. Although Americans had celebrated days of thanksgiving before, it was not until 1863 when President Lincoln began the observance of Thanksgiving in November.)

As opposition grew, some states took matters into their own hands and defied the Presidential Proclamation. Some governors declared November 30th as Thanksgiving. And so, depending upon where one lived, Thanksgiving was celebrated on

the 23rd and the 30th. This was worse than changing the date in the first place because families that lived in states such as New York did not have the same day off as family members in states such as Connecticut! Family and friends were unable to celebrate the holiday together. Franklin Roosevelt observed Thanksgiving on the second to last Thursday of November for two more years, but the amount of public outrage prompted Congress to pass a law on December 26, 1941, ensuring that all Americans would celebrate a unified Thanksgiving on the fourth Thursday of November every year. FPT

*Please see "Letter to FDR" page 21*

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Candy Corn  
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## Talking Turkey

- American Indians hunted wild turkeys as food as early as 1000 A.D. They made turkey "callers" out of turkey wing bones. They used the feathers to decorate ceremonial clothing. The spurs on the legs of wild tom turkeys were used on arrowheads and the feathers were used to steady the arrows.

- Wild turkeys nearly disappeared in the early 1900s because of over hunting and the massive cutting of trees (their homes) to make way for farmland and homes. Today there are wild turkeys in every state except Alaska.

- Astronauts Neil Armstrong and Edwin Aldrin ate turkey in foil packets for their first meal on the moon.

- The average turkey hen will lay 110 to 115 eggs during a 28-30 week period

- June is National Turkey Lover's Month.

- At one time, the turkey and the bald eagle were each considered as our national symbol. Benjamin Franklin argued that the turkey should be our symbol because he felt the turkey, although "vain and silly", was a better choice than the bald eagle, because he thought the Bald Eagle was "a coward". Thomas Jefferson opposed Ben Franklin and legend has it that Franklin named the male turkey a "tom" to spite Jefferson.

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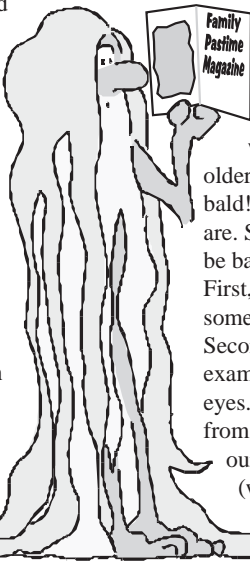
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## A "Hairy" Tale

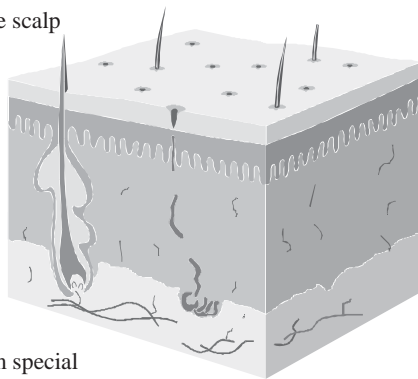
If someone walks up to you and asks you if your hair is alive, what will you say? As strange as it may sound, hair is not living; and, it does not really "grow." The hair we see on our bodies is actually dead protein (PRO-teen) which has been pushed up from special cells deep in our skin. These cells are called follicles (FALL-ick-culs). These follicles are alive, but the hair they produce is not. There are about 5 million hair follicles spread all over the body. Some people have more, some have less. About 120,000 follicles are found on the scalp, yet they can produce as much as 100 feet of protein a day (that would be 7 miles of hair a year).

Scientists tell us that the average scalp hair produces about a half-inch per month. But not all follicles make hair all the time. Some follicles hibernate (rest), sometimes for 3 or 4 months, and then begin producing hair again. Some hair is straight, some is wavy, and some is curly. How a hair grows depends on the shaft (base) of the hair. Hair comes in a variety of colors, too. The color comes from special



cells called melanocytes (mell-un-O-sites) which deposit pigment (the substance which gives hair its color) in hair roots. As people grow older, pigment is produced less and less, causing gray hair. White hair is caused when there is no pigment at all. As we grow older, some of us will lose our hair and become bald! Look around at how many bald men there are. Scientists suggest that 20% of all men will be bald. Hair serves several important functions. First, it acts as a sensor to tell our brain when something touches our skin (like a mosquito). Second, it provides protection. Eyelashes, for example, help keep foreign objects out of our eyes. Third, it can "shield" portions of our bodies from harmful effects of the environment. Hair on our heads often helps prevent serious sunburn (which is why many bald men wear caps!).

Fourth, hair sometimes provides insulation for the body, and works with the skin and glands to prevent heat loss or to lubricate the skin. FPT



## Thanksgiving Forecast

Turkeys will thaw in the morning, then warm in the oven to an afternoon high near 190F. The kitchen will turn hot and humid, and if you bother the cook, be ready for a severe squall or cold shoulder.

During the late afternoon and evening, the cold front of a knife will slice through the turkey, causing an accumulation of one to two inches on plates. Mashed potatoes will drift across one side, while cranberry sauce creates slippery spots on the other. Please pass the gravy.

A weight watch and indigestion warning have been issued for the entire area, with increased stuffiness around the beltway. During the evening, the turkey will diminish and taper off to leftovers, dropping to a low of 34F in the refrigerator.

Looking ahead to Friday and Saturday, high pressure to eat sandwiches will be established. Flurries of leftovers can be expected both days with a 50 percent chance of scattered soup late in the week. We expect a warming trend where soup develops. By early next week, eating pressure will be low as the only wish left will be the bone. FPT

## Ridiculous Sentences

One player calls out 4 random letters. The others at the table (or in the car or doctor's office, etc.) write a sentence on a piece of scrap paper with all the words in the sentence starting with the letters given out (in the same order) so J-K-Y-R might become: "John Knows Your Rabbit" or "Just Keep yellow Radishes". After everyone reads their sentences it's time for another round.

## Tips for Preparing the Perfect Holiday Turkey

Holiday feasts can often end up more draining than enjoyable. You know the typical scenario; waiting eight hours for the turkey to cook, taking up all the room in the oven for rolls and pies. Worrying about how things will turn out. All that effort, only to sit down at the table and bite into a dry, tough turkey breast.

Never again! Let these simple tips from TV chef Bryan Woolley help you prepare the perfect poultry feast – moist, juicy and full of holiday flavor. All while freeing up time for baking warm rolls and pies in the oven. Roasting a gourmet turkey can be simple and easy.

First, choose a bird that's the right size. The standard for holiday cooking suggests one pound of meat per person. Get a slightly larger bird if you want to allow enough meat for some leftover sandwiches while watching the game later. Frozen turkeys will require a couple of days to thaw in the fridge before cooking. To avoid contamination and spoilage, do not thaw your holiday fowl on the countertop.

"I like to follow three tips for ensuring a delicious, moist turkey," said chef Bryan Woolley, host of the TV cooking series *Eat, Drink and Be Merry*. "First, I inject the meat with a syringe. Then, I rub the skin to create a flavorful seal. And finally, I cook with a moisture-infusing process to speed up cooking time and keep all the moisture inside the bird."

The night before the feast, inject your turkey using a meat injector. Convenient and simple to use, these large syringes allow you to infuse the flavors of your favorite white wine, beer or lemon-lime soda to create added flavor. Be sure to infuse about 1/3 cup of liquid into each breast and a small amount into the thigh and leg areas. While the bird rests in the fridge overnight, the juices will marinate deep into the meat.

Prepare your bird with a coating of dry spices

and seasonings; creating a skin full of rich flavor that permeates into the meat while roasting. Most dry rubs have a high salt content, which helps create a seal around the turkey, ensuring moist and tender results.

"A variety of new cooking tools are available that guarantee a fast and juicy holiday turkey," Woolley said. "Using a product that forces steam up inside the cavity helps keep the meat tender and juicy."

The Turkey Cannon is fashioned after the popular 'beer can chicken' craze, which uses a can of beer under a squatting chicken to speed-roast the bird in any outdoor grill. However, the Turkey Cannon takes the concept a step further, allowing cooks to use the item on the grill or in the kitchen oven.

The concept works like this.

First, pour a cup of white wine (beer, soda or other liquid mixture if you prefer) into the cylinder of the Turkey Cannon. After rubbing dry seasoning onto the bird, place the turkey's cavity over the reclined cylinder, breast up. Holes in the top of the cylinder will allow the steam from the liquid to infuse deep into the breast meat. This process not only speeds up cooking time, but also adds flavor. A 12-pound turkey roasts in only a couple of hours. Tip: When cooking in the oven, be sure to use a cookie sheet or tray under the Cannon to catch any drippings for gravy.

Another concept that gets the turkey out of the kitchen and onto the patio is the Keg Roaster. This unique dome looks like a large beer keg, holding the turkey upright over a can of your favorite beverage. First, you must drink out half of the can's contents. An unopened can could explode; a full can will spill liquid all over and an empty can doesn't add flavor or moisture while cooking. The liquid steams the turkey from the inside while the heat from the included single-burner cooker roasts

the bird on the outside. Cook about two hours for a 12-pound turkey. The meat is tender and full of juice. Tip: Add a handful of soaked wood chips under the turkey to infuse excellent smoke flavor into the meat.

Juicy turkey is always easy when using the cast iron Ultimate Turkey Roaster by Camp Chef. The natural properties of cast iron cookware seal in the moisture and add flavor. This roaster sits atop any kitchen range top or outdoor burner. A center cone enables the unit to work like a convection oven, forcing heat to circulate rapidly throughout the roaster and speeding up cooking time.

Pouring a cup of liquid into the bottom of the Ultimate Turkey Roaster steams the flavors deep into the bird. A 12-pound turkey cooks in less than two hours on a standard outdoor burner or about 4 hours on an electric stove top. Either way, the oven is available for baking any last minute treats. Tip: Always cook turkey to 170 degrees F when checked with a calibrated meat thermometer.

When cooking any poultry, ensure maximum food safety by consistently washing your hands and preparation surfaces with dish soap and hot water. "Do not allow utensils to cross contaminate with other items and cause potential sickness," said

Woolley.

Dry, tasteless turkey is finally a thing of the past. Every holiday feast can be full of delicious memories by injecting marinade, applying a dry rub and roasting with a moisture-infusing accessory.

Looking to cook up a delicious goose or a small chicken? Simply adapt the above guidelines and watch your guests weep tears of joy as they feast on your meal. Additional tips for preparing a juicy turkey are available online at [www.CampChef.com](http://www.CampChef.com) or call the free Camp Chef help line at (800) 650-2433 with any juicy turkey questions.



Courtesy of ARA



## Across

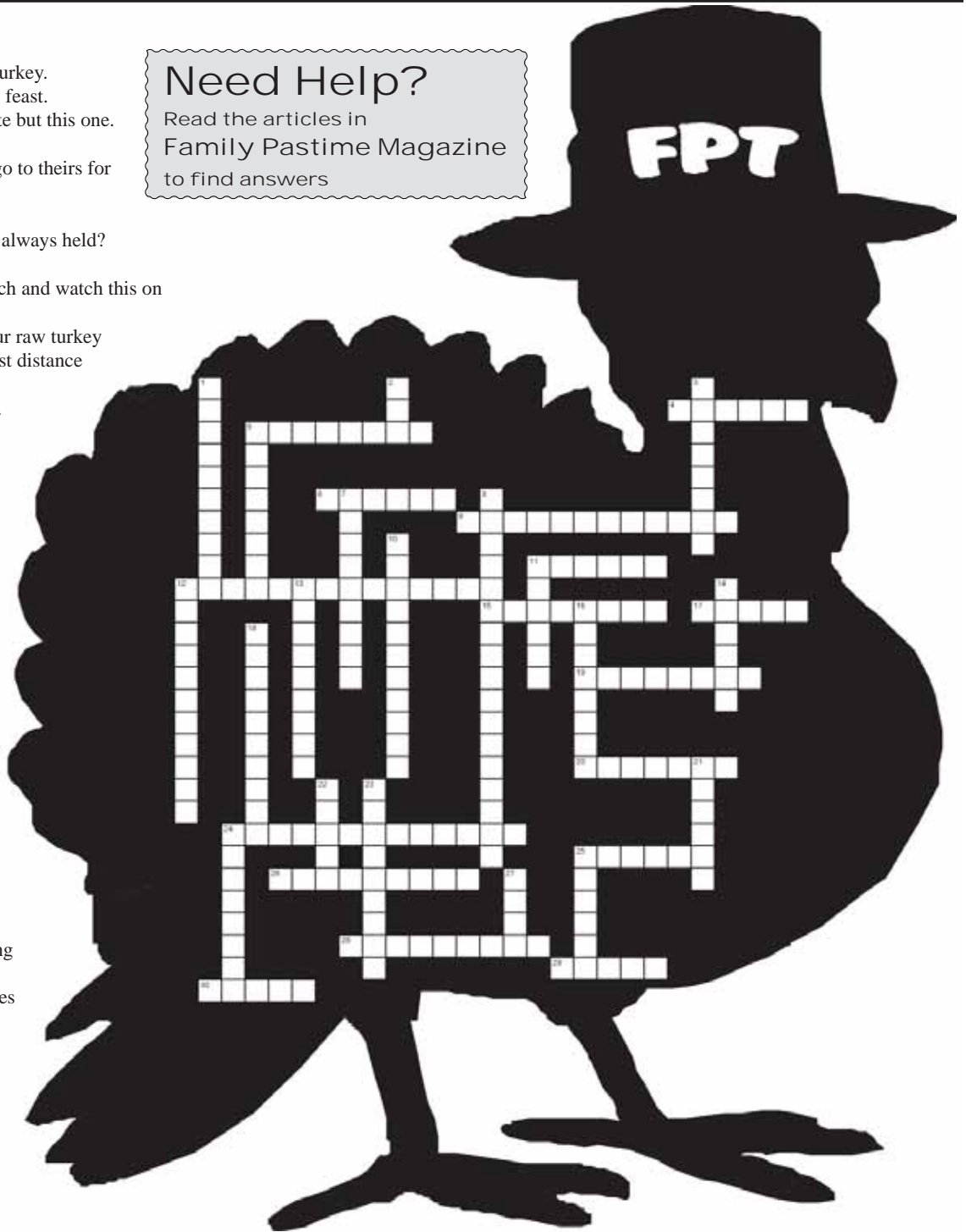
4. Native American name for a turkey.
5. Hosted our first Thanksgiving feast.
6. Wild turkeys live in every state but this one.
9. A day of thanks.
11. Comes to your house or you go to theirs for Thanksgiving.
12. Creamed spuds.
15. On what day is Thanksgiving always held?
17. What a baby turkey is called.
19. A lot of people lay on the coach and watch this on Thanksgiving day.
20. "Surprise" package inside your raw turkey
24. Has eaten turkey at the greatest distance from home.
25. What a pilgrim has on his hat.
26. Tribal Chief at first Thanksgiving.
28. Pilgrims ship.
29. Serve me in a boat.
30. Where turkeys often sleep.

## Need Help?

Read the articles in  
Family Pastime Magazine  
to find answers

## Down

1. Horn of plenty.
2. Adult male turkey.
3. Pull on me and make a wish.
5. Where the pilgrims landed.
7. These seem to last forever after Thanksgiving.
8. This officially starts the day after Thanksgiving.
10. Part of your feast that will bounce.
11. On which Thursday is Thanksgiving held.
12. People watch this on Thanksgiving too. It's full of hot air.
13. Tasty and helpful when playing the drums.
14. The sound a male turkey makes
16. What goes into a turkey?
18. Dessert
21. Almost our national symbol
22. Length of the first Thanksgiving feast.
23. Tribe that attended our first Thanksgiving.
24. Month of Thanksgiving
25. Helps keep your bird moist.
27. National turkey lover's month.



Look in next month's issue for the answers.

Put Magnet here

Put Magnet here



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# Family Fun Events November

Send information on your upcoming events to: [events@familypastime.com](mailto:events@familypastime.com) or **Family Pastime** P.O. Box 3161 Johnson City, TN 37602

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday 1</b> All Saint's Day	<b>Wednesday 2</b> All Soul's Day	<b>Thursday 3</b> National men make dinner day Family Movie/Pizza Night Woodland 5:30	<b>Friday 4</b> Festival of Seasons: a gift market Nov. 4, 6-9 p.m. → Milligan College Derthick Hall. Jewelry, candles, baskets etc.. \$5 donation for admission to benefit student scholarships	<b>Saturday 5</b> Nov. 5, 9 a.m. - 4 p.m. Hands On! Regional Museum's Festival of Trees Begins: 11/05/2005- Ends: 11/16/2005. Auction on the 18th. Johnson City. 423-434-HAND. <a href="http://www.handsonmuseum.org">www.handsonmuseum.org</a>
<b>Sunday 6</b>	<b>Monday 7</b> Gingerbread House Day. "S.T.E.P." Systematic Training For Effective Parenting North SideConference Room*System wide* 9 am	<b>Tuesday 8</b> Cook Something Bold and Pungent Day. National parents as teachers day. Goodies For Grandparents North Side 8 am	<b>Wednesday 9</b> "S.T.E.P." Systematic Training For Effective Parenting North SideConference Room*System wide* 9 am	<b>Thursday 10</b>	<b>Friday 11</b> Veterans Day Book Character Day Fairmont 2 p Fall Fest. Mt. View 5pm Christmas Craft Show Sycamore Shoals Elizabethton 48 local craftspeople. 543-5808. Mistletoe Market, Abingdon <a href="http://www.abingdon.com/tourism">www.abingdon.com/tourism</a>	<b>Saturday 12</b> Old-Fashioned Christmas at the Farmstead. Elizabethton 423-772-0190 <a href="http://www.tnstateparks.com">www.tnstateparks.com</a>
<b>Sunday 13</b> Christmas Craft Show Sycamore Shoals Elizabethton ← Mistletoe Market Abingdon	<b>Monday 14</b> National American Teddy Bear Day. "S.T.E.P." North SideConference Room*System wide* 9 am	<b>Tuesday 15</b> America Recycles Day Healthy Holidays Family Depot-RC 9:30 am	<b>Wednesday 16</b> "S.T.E.P." North SideConference Room*System wide* 9 am Grandparent's Day Woodland Lunch (PreK-2nd)	<b>Thursday 17</b> Homemade Bread Day Great American Smokeout Grandparent's Day Woodland Lunch (3rd-5th) Family Craft Night South Side. 6:30 p.m.	<b>Friday 18</b> Donuts For Dads Mountain View 8:00 a.m.	<b>Saturday 19</b> Kids Night Out Freedom Hall Pool 461-4872 Third Saturday of each month 6:30 p.m. - 9 p.m. Ages: 5 and up Water fun, games and a movie. Thanksgiving Garrison at Fort Watauga → Sycamore Shoals, Elizabethton.
<b>Sunday 20</b> Thanksgiving Garrison at Fort Watauga Sycamore Shoals, Elizabethton. Name your PC Day	<b>Monday 21</b> Pumpkin Pie Day World Hello Day World Television Day Grandparent's Day Fairmont Lunch (2nd & 3rd)	<b>Tuesday 22</b> Humane Society Anniversary Day	<b>Wednesday 23</b>	<b>Thursday 24</b> Thanksgiving	<b>Friday 25</b> International Day For the Elimination of Violence Against Women.	<b>Saturday 26</b>
<b>Sunday 27</b>	<b>Monday 28</b>	<b>Tuesday 29</b>	<b>Wednesday 30</b>	<b>Thursday 1</b> <b>DECEMBER</b>	<b>Friday 2</b> Breakfast With Santa Fairmont 9:00 a.m. (PreK & K)	<b>Saturday 3</b>

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# Hands On!

*Continued from page 1*

gests. After a brief bit of negotiating they agree to make them different shades of green. Mom, realizing this is probably the best she is going to get, agrees.

Color issue worked out, Bunch helps measure out ingredients all the while explaining what they are. She then walks them through the experiment. There is much pouring, mixing and kneading. "Voila"

silly putty is born! Bunch then imparts the scientific wisdom. Explaining that the compound is a polymer, molecules in a long string. That's what gives it its look and feel. She talks about how if you roll it into a ball and let it sit on the table it will flatten out because it is not a true solid. Bunch explained to me later that she always tries to impart the science behind the experiment to the children couching the explanation to the child's developmental level. After the silly putty is complete and the children have had a chance to play with it, it is put into a plastic bag with the child's name on it and set aside for retrieval when the family leaves the museum.

Now I have the queen to myself. She explains

that the lab has been open since the beginning of October. The idea with the lab is to provide a place teachers, parents and grandparents (I'm sure they will let aunts, uncles etc. also) can bring children to learn about science in a fun and safe environment. The lab also gives children a hands-on experience with equipment and tools they might not otherwise have access to.

There is even more equipment on order, including a virtual dissection program. Every two weeks or so the experiments will change. Recently Jr. Scientists have made "super balls" worked with surface tension experimented with freezing things in liquid nitrogen and explored microscopes. "There will always be something exciting the children can either touch or take home", explained Bunch. Use of the lab is included in your admission to the Hands On Regional Museum.

Other Lab offerings include: Discovery Lab Rats, an after-school program for children 6 to 9 years old that meets from 3:30 to 4:30 on Thursdays. "Break

Camps" for children on break from school and help for special groups such as the Girl Scouts, School and Home School classes. For more information contact the Hands On Regional Museum at 423.434.HAND or visit the website [www.hands-onmuseum.org](http://www.hands-onmuseum.org). FPT



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# Time-Crunched Families Can Turn Baking Time into Family Time

Some of the happiest family memories are made in the kitchen. Everyone cherishes a time when they baked cookies with grandma, or remembers the first cake they made for dad's birthday. Children learn so much though cooking and baking. They learn how to follow directions, math and measurement, as well as food and kitchen safety. They sharpen fine-motor skills and practice getting organized and sharing family responsibilities.



Courtesy of ARA Content

together opens dialogue between child and parent, grandparent, babysitter, or any caring adult who is spending time with a child. It gives them an opportunity to listen to each other's thoughts and ideas while working through the creative process together. Cooking also helps children feel a sense of accomplishment and gives the adult opportunities to encourage and praise them. "You're creating a memorable experience each time you bake with a child," says Andrea Zeilinger, mother of two and co-creator of Crayola Crafty Cooking Kits, "and

the best part is the memory lasts long after the treats are gone. The smell of something special in the oven conjures the happy memory every time." "Creating shared experiences is what is most important," adds Jimmy Zeilinger, Andrea's husband and the co-creator of Crafty Cooking Kits. "We want our children to have the fond memories that we both have as adults about cooking with a loved one when we were kids. And we were inspired by the fun we have with our daughters in the kitchen. Best of all, you get to eat when you're finished."

*Please see "Family Bake Time page" 21*

But adults and children who spend time in the kitchen together gain so much more. Cooking

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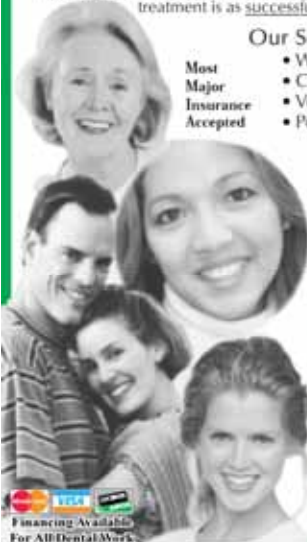
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# Kid Friendly Recipes



In discussions with my parent friends it seems that getting children to eat somewhat healthy food is a universal struggle. To help alleviate this situation Family Pastime has searched the globe for recipes that make meal time a bit more palatable for our children. Try out these recipes and be sure to give us feedback on our web site [www.familypastime.com](http://www.familypastime.com) or if you have a recipe you would like to share you may submit it to: [recipes@familypastime.com](mailto:recipes@familypastime.com) or mail it to Family Pastime P.O. Box 3161 Johnson City, TN 37601. Bon Appétit!

## Popcorn Ball Turkey

### Supplies:

Popcorn balls (see recipe below)  
Peanut butter cup miniatures (head)  
Butterscotch chips (beak)  
Cinnamon tic tacks (wattle)  
Small pretzels (feet)  
Decorator frosting  
Colored paper  
Toothpicks  
Scissors  
Peanut Butter Popcorn Balls  
3 quarts popped corn  
1/2 cup brown sugar 1/2 cup light corn syrup  
1/2 cup chunky peanut butter  
1/2 tsp vanilla  
1/8 tsp salt

Combine brown sugar and corn syrup in a saucepan and heat to a rolling boil, stirring constantly. Remove from heat. Stir in peanut butter, vanilla and salt until well blended. Pour over popcorn, stirring until well coated. Shape into balls.

### How to:

Cut several feathers from colored paper. Poke toothpicks in and out through the bottom of each feather leaving half the toothpick sticking out. Poke the toothpick on each feather into the back of the popcorn ball making two rows of feathers. Unwrap the peanut butter cup. Use decorator frosting to attach or "glue" the widest side of the peanut butter cup to the turkey for the head. Use a toothpick to poke two dents in the top of the peanut butter cup for the eyes. Use decorator frosting to attach or "glue" a butterscotch chip onto the peanut butter cup for a beak. Use the frosting to attach a tic tac to the bottom of the peanut butter cup for the wattle. Use the frosting to attach two pretzels to the bottom of the popcorn ball as feet.

## Caramel Apple Dip

8 oz. cream cheese, softened  
3/4 cup brown sugar  
1 tsp. vanilla  
Chopped peanuts (optional)  
Beat all ingredients until blended. Garnish with chopped nuts. Serve with freshly-sliced apples.

## Chicken Nuggets

### Supplies:

1 egg  
2 tablespoons milk  
3 cups cornflakes, finely crushed  
1 pound boneless chicken breast, cut into 1 or 1 1/2 inch bite-sized pieces

### Cooking spray

Preheat oven to 400 degrees. Whisk eggs and milk together in a small bowl; set aside. Place cornflake crumbs in a gallon-sized zip top bag. Dip each chicken piece in the egg and milk mixture, then let the kids help by shaking the pieces in the cornflake crumb bag. Place each coated nugget on a cookie sheet coated with cooking spray. Bake for 15 minutes or until done. Serve with your favorite dipping sauce. Makes 6 servings.

## Guess My Category

Think of a category (Like vans, yellow cars, convertibles, etc.) Every time you see an item in your category count it out loud. Everyone in the car tries to guess your category. The person that guesses it gets to think of a category next.

## Recipe for Healthy Kids: Fun Not Fat

National Turkey Federation recommends after-school snacks that cut fat, boost protein

Pizza. Doughnuts. Cookies, cake and candy. Kids' after-school snacks and post-activity treats can be loaded with sugar and fat, contributing to the nation's childhood obesity problem.

But the National Turkey Federation is urging parents, teachers, coaches and others to recognize that kids don't have to have fat to have fun. And to help them replace high-calorie, fatty snacks with ones that are high in protein and low in fat, the federation is offering creative ideas for healthy and tasty alternative treats.

"Introducing children to healthy eating habits at a young age can play an important role in influencing their overall health," said Sherrie Rosenblatt, the federation's senior director of marketing and communications. "Lean protein is a great substitute to unhealthy snacks, and turkey in particular is extremely nutritious, low in cost, versatile, and well-liked by kids."

Some studies suggest that children who consume more low-nutrient density foods (defined as visible fat; table sweeteners, candy, and sweetened beverages; baked and dairy desserts; and salty snacks) consume more calories overall. Because turkey breast is higher in protein and lower in saturated fat and calories than many popular snack foods, it is the perfect after-school snack solution.

There are many turkey-based, kid-friendly snacks, among which are:

- 1/2 roasted turkey breast sandwich, made with whole-grain bread, lettuce, tomato, mustard

Please see "Fun Not Fat" page 23

# ADULT CONTEST ✪ ADULT CONTEST

Family Pastime Magazine and Cow & Coffee have teamed up to put together a wonderful Prize package. Use it as Several family fun outings, Get a baby sitter and use it as a Parent's night out double date or mix and match. Here's what the package includes:

- |  |  |
|--|--|
| <p><b>1.</b> A movie night out for 4 including:</p> <ul style="list-style-type: none"> <li>• 4 movie passes</li> <li>• 4 espresso drinks</li> <li>• 4 desserts of your choice</li> </ul> | <p><b>2.</b> Lunch for 4 including:</p> <ul style="list-style-type: none"> <li>• 4 lunch entrée's of your choice</li> <li>• 4 Drinks</li> <li>• 4 bags of chips</li> </ul> |
| <p><b>3.</b> An Ice Cream party for 4 including:</p> <ul style="list-style-type: none"> <li>• 4 Calf-size ice cream cones</li> </ul>   |  |

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**RULES:** This contest is for caregivers (parents, grandparents, aunts uncles babysitters etc.). To enter send in your best *"We don't put the cat in our mouth"* words of wisdom (see *"Father Knows Jest"* on page 8 for further explanation). These are "words of wisdom" that should never have to be said but as a caregiver you have found yourself saying them.

Enter as many as you like. Include a description of the circumstances around which you had to utter these *"words of wisdom"* (location, children's age, circumstances, outcome or anything else you would like to contribute about the events). Entries will be judged on such things as, originality, outrageousness, humor, creativeness and of course overall wisdom. Enter online by going to [www.familypastime.com](http://www.familypastime.com) and clicking on the "contest" button near the top of the page or mail your entries to: Family Pastime Magazine Cat in Mouth Contest, P.O. Box 3161 Johnson City, TN 37602-3161.

Deadline is December 15, 2005 the winner will be announced in the January 2006 issue of Family Pastime Magazine and online. All entries become property of Family Pastime Magazine. Decision of judges is final. Family Pastime Magazine employees, and contest sponsor employees and their families are not eligible. Family Pastime Magazine cannot be held responsible for lost or misdirected entries.



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ALWAYS WEAR SAFETY GOGGLES

ALWAYS HAVE ADULT SUPERVISION!

## Can We Eat It?

By Susan Lachmann

Fall, fall, fall is all a lovely time of scents and colored treasures. You deserve the enticing spice of cinnamon mixed with apples to enliven olfactory senses! Here's a simple recipe that requires some simple planning to create a memorable token of fall.

When making this recipe with first grade students, the question arose: "Can we eat it?"

Read to find out! Remember to plan ahead and appreciate how things change!

Supplies:

- 4 oz. cinnamon
- 1 Tbls. ground cloves
- 1 tsp. ground nutmeg (or use pumpkin pie spice – add cloves and nutmeg measure)
- 3/4 C. applesauce
- 2 Tbls. white glue

How to:

Mix all dry ingredients in a big bowl.

Stir in the wet ingredients.

Work the dough with hands for 2 minutes (on a count top sprinkled with cinnamon so it won't stick use fingertips so dough won't stick all over your hand)

Roll out to 1/4" thickness.

Cut into shapes with cookie cutter.

Poke a hole for a hanging string

DRYING:

Place shapes on a paper towel for one day,

On day two, place on waxed paper,

By day three, they're nearly dry,

Day four you can hang them!

These smell sooooooo good! You can make holiday tree ornaments from this recipe, also drawer scenters, even a necklace pendant. YUM!

\*Must stay dry, otherwise likely to soften and crumble.

FPT



## Homemade Bubble Gum

Lab Supplies:

- 1/3 cup Gum Base
- 3/4 cup Powdered Sugar
- 3 tablespoons Corn Syrup
- 1 teaspoon Glycerine
- 1/2 teaspoon Citric Acid
- 5 drops Flavoring

Into a microwave safe or heat resistant dish, place the Gum Base, Citric Acid, Corn Syrup with Glycerine and flavoring mixture.

**Microwave Method:** Place all of the gum base into a microwave safe dish. Heat the gum base on high for 1 minute. Remove the gum base from the oven and stir it. If it has not melted, place it back in the oven and heat for 30 more seconds. Stir it again and repeat heating until the gum base is gooey.

**Stove top Method:** Place the gum base in a heat resistant dish that will fit in a saucepan of boiling water. Cover the pan and bring the water to a boil. Turn the heat down so the water is at a simmer. Heat the gum base until it becomes gooey. This can take up to 10 minutes. Be sure not to let the water boil dry.

Measure out 1 heaping tablespoon of powdered sugar and set it aside for later. Pour out about one half of the remaining powdered sugar onto your work surface. Make a well in the middle of the pile.

Pour the melted gum base mixture into the well. The gum base may still be hot but it will cool quickly.

Dip your fingers in the powdered sugar and begin kneading the gum base and sugar together. Work it as if kneading bread dough. Add more of the powdered sugar whenever the dough gets sticky. Continue adding sugar until you have a smooth, stiff dough. You must knead the gum dough until all the sugar is worked in. This will take at least 15 minutes. The more kneading the better. Kneading too little will cause the gum to break up when chewed.

Now it's time to roll out your bubble gum and cut it into pieces. You can make a rope about 1/2 inch in diameter and then cut individual pieces about 1/2 inch long. Using scissors make this very easy. If you like your gum in sticks, roll out the gum with a rolling pin and then cut out the strips with your scissors.

Dust all of the gum pieces with the tablespoon of powdered sugar we set aside. Store your bubble gum in a ziplock bag. You can wrap individual pieces in wax paper too! FPT

(1) Turkey facing other way, (2) Glasses up-  
side-down, (3) Bird added behind flowers, (4)  
Casserole dish changed, (5) Candles smaller, (6)  
Water pitcher turned around, (7) Sheep under  
table, (8) Dog in hand of scarecrow, (9) Basket  
missing, (10) Placemat changed, (11) Serving  
spoon missing, (12) Round candle missing, (13)  
Kachina doll moved, (14) Book different, (15)  
Hat on duck changed, (16) Different wine bottle,  
(17) Right forks moved, (18) Candle holders  
change sides (19) Left place setting switches  
sides, (20) Right chair missing, (21) Flowers on  
back shelf gone, (22) Button missing on ducks  
vest, (23) Candle in back lit, (24) Fork in scare-  
crow hand, (25) They are on two different pages.

DOUBLE TAKE

## Let's Talk Turkey

• According to the U.S. Department of Agriculture, more than 45 million turkeys are cooked and eaten in the U.S. at Thanksgiving—that's one sixth of all turkeys sold in the U.S. each year. American per capita consumption of turkeys has soared from 8.1 pounds in 1980 to 13.8 pounds in 2002. In 2003, the average American ate 17.4 pounds of turkey.

• A 15 pound turkey usually has about 70 percent white meat and 30 percent dark meat.

• Last year, 2.7 billion pounds of turkey was processed in the United States.

• In 1995, retail sales of turkey reached approximately \$4.4 billion. They are expected to \$4.7 billion in 2000.

• Age is a determining factor in the taste of your turkey. Old, large males are preferable to young toms because tom meat is stringy. The opposite is true for hens: old hens are tougher birds.

• A turkey under 16 weeks old is called a fryer. A five to seven month old turkey is called a young roaster, a yearling is a year old and any turkey 15 months or older is called mature.

• Turkeys are the only one of the breeds of poultry native to the Western Hemisphere.

• Domesticated turkeys cannot fly. Wild turkeys can fly for short distances at speeds up to 55 miles per hour. They can also run at speeds of 20 to 25 miles per hour.

• Turkeys often sleep in trees.

• Turkeys' heads change colors when they become excited. Kind of like how your dad's face gets red when he gets mad.

• Contrary to popular belief, turkeys do not look up when it's raining and drown. Turkeys have eyes set on the sides of their heads so to look up they would actually have to turn their head sideways and look up with one eye.

• Turkeys can have heart attacks: turkeys in fields near the Air Force test areas over which the sound barrier was broken were known to drop dead from the shock of passing jets.

• The ballroom dance known as the Turkey Trot was named for the short, jerky steps a turkey makes.

• Eating turkey does not cause you to feel sleepy after your Thanksgiving dinner. Carbohydrates in your Thanksgiving dinner are the likely cause of your sleepiness.

• The heaviest turkey ever raised weighed in at 86 pounds -- about the size of a large German Shepherd -- and was grown in England, according to Dr. Sarah Birkhold, poultry specialist with the Texas Agricultural Extension Service.

• Native Americans celebrated many thanksgiving festivals before Europeans ever arrived in America. For instances, the Wampanoag tribe held six thanksgiving festivals during the year.

• The pilgrims of the Plymouth colony along with Chief Massasoit. And about 90 Wampanoag Indians celebrated our first Thanksgiving feast in 1621.

• That first Thanksgiving feast lasted 3 days and included food and games.

• Even though the Pilgrims hosted what we consider our first Thanksgiving dinner, our American holiday didn't actually begin until almost 170 years later, after the Revolutionary War. In 1789, both Houses of Congress by their joint Committee requested both Houses of Congress have by their joint Committee requested President George Washington to "recommended a day of public thanksgiving and prayer" to thank God for blessing America. President Washington declared November 26, 1789, as the first national day of prayer and thanksgiving to the Lord.

• Why does Canada celebrate Thanksgiving on a different day than the United States? Canada's Thanksgiving falls on the second Monday in October and instead of celebrating a day of thanks started with the Pilgrims, Canada's Thanksgiving is celebrated to give thanks for a successful harvest. Harvest is earlier in Canada because they are so far north. FPT

## THANKFUL PLACEMATS

These fun to make placemats not only help teach your children the meaning of thanksgiving but also are a great way for them to express their thankfulness and love for family and friends.

### SUPPLIES:

Old newspapers and magazines and/or computer printer

Construction paper

Wax paper

Scissors

Crayons or markers

### TO DO:

1. Help children look through old magazines and newspapers for images of things they are thankful for. You can also print images of family, friends, pets etc. off your computer to use. Cut pictures, photos, and words from your sources and set them aside.
2. Preheat your iron to medium setting (no steam).
3. Cut two sheets of wax paper to desired size for the placemats.
4. Have children place their clippings on one sheet of wax paper.
5. Place the second sheet of wax paper on top of the first and iron together.
6. Check to make sure the paper has stuck together.
7. Let placemat cool.
8. Trim edges.

### Other Suggestions:

Children can write a special note to parents, grandparents or whoever will be joining you for Thanksgiving and place it in the placemat before ironing.

Use pinking shears or craft scissors with designer blades to shape the edges.

Clear contact paper may be used in place of wax paper. FPT



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## Letter to FDR

From Shelby O. Bennett, Shinnston, W. Va.  
August 15, 1939

The President  
White House  
Washington, D.C.

Mr. President:

I see by the paper this morning where you want to change Thanksgiving Day to November 23 of which I heartily approve. Thanks. Now, there are some things that I would like done and would appreciate your approval:

1. Have Sunday changed to Wednesday;
2. Have Monday's to be Christmas;
3. Have it strictly against the Will of God to work on Tuesday;
4. Have Thursday to be Pay Day with time and one-half for overtime;
5. Require everyone to take Friday and Saturday off for a fishing trip down the Potomac.

With these in view and hoping you will give me some consideration at your next Congress, I remain,

Yours very truly  
Shelby O. Bennett

*Related to "Two Thanksgivings page 1*

## More Turkey Talk

- Since 1947, the National Turkey Federation has presented a live turkey and two dressed turkeys to the President. The President does not eat the live turkey. He "pardons" it and allows it to live out its days on a historical farm.
- Turkey is low in fat and high in protein.
- White meat has fewer calories and less fat than dark meat.
- During the 1700s, in England, turkeys wore booties to protect their feet as they were walked to market in herds.
- It is rumored that the costume that Big Bird (from Sesame Street) wears is made of nearly 4,000 white turkey feathers (dyed yellow).
- Turkeys don't have external ears like humans, but they have excellent hearing.
- Turkeys see in color. And although turkeys can see movement almost a hundred yards away they do not see well at night. So its o.k. to let them drive during the day but you might want to take the wheel at night.
- Turkeys have a wide field of vision (about 270 degrees), which makes sneaking up on them difficult.
- Turkeys have a poor sense of smell (Of course they do smell good...while cooking).
- More turkeys are eaten on Thanksgiving than Christmas and Easter combined.
- The five most popular ways to serve leftover turkey are as 1) a sandwich, 2) stew or soup, 3) salad, 4) casserole and 5) stir-fry.

## Family Bake Time

*continued from page 15*

The Zeilingers are not suggesting setting kids loose in the kitchen. Rather, adult and child should cook as a family activity. By working and spending time together, the channels of communication should naturally open up, allowing for often-needed bonding for time-crunched families.

Families should cook and eat together as often as possible. Though the demands of work, school, soccer practice and dance classes can strain a family, research shows that eating together often becomes a thread that holds the family together and the kitchen table a place where bonding occurs through conversation and comfort.

But where to begin? The Zeilingers offer these tips for creating shared memories in the kitchen:

\* Allow children to be original. There's no right or wrong way to decorate a cookie! Let them be free with their imaginations, and they'll be proud of the end result.

\* Play with food. Let kids explore by kneading, rolling and re-rolling dough and trying different shapes and sizes. Do so along with them.

\* Use the down time while the project is cooking to talk with your child. Start with how you're going to decorate the treat, for instance, once it's out of the oven.

\* Be patient. Things are going to spill on the counter. Worry about cleaning up the mess later.

\* Use your imagination and urge your child to do so as well. You never know what you may come up with together.

\* Share what you baked. Write a message on a brownie to turn it into a "postcard" for grandma, or paint a batch of cookies in school spirit colors for a teammate. For relatives out of town, consider taking a picture of the baked creation and emailing it. It will extend the enjoyment for everyone. For ideas and creative decorating tips, go to [www.CraftyCookingKits.com](http://www.CraftyCookingKits.com).

Once done, make sure your child knows that he or she is responsible for helping to clean the mess

left over. Whether it's washing dishes, sweeping up crumbs or simply bringing things to the sink, everyone who cooks is responsible for cleaning up, no matter how small the part.

If you're family is crunched for time, Jimmy and Andrea Zeilinger have the solution with Crayola Crafty Cooking Kits, the innovative product invented by parents who know what busy family life is like. With Crafty Cooking Kits, the Zeilingers offer a unique shared kitchen experience between child and adult. These all-inclusive kits allow the child to "think outside the cookie cutter" and create treats that are as much fun to make as they are to eat. Kits include all ingredients, puzzles and activities and information about posting your creation on a Virtual Refrigerator to share with friends and family through the Crafty Cooking Kits Web site.

For more information, visit [www.CraftyCookingKits.com](http://www.CraftyCookingKits.com) or call (216) 292-7700. FPT

Courtesy of ARA Content

Traveling game:

Car Ball

Pick two colors from this list:

- Red
- Green
- Blue
- White
- Black
- Silver
- Tan
- Yellow

The first color you picked is your point color. Every car of that color that passes you get one point. Pick a goal like 10 or 20 or higher depending on the length of your trip. The second color that you picked cancels your score. So if you have 8 when the car of the second color passes you have

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Family Pastime Kid-toons

by kids for kids

This month's episode: "Elastinator 2000" Story and Illustrations by Carla age 12, Johnson City, TN



"Hello, my name is Jaylenn and you are watching Invention TV. Today we have Jack Neelson with us."

"Hi Jack!"  
 "Hi Jaylenn"  
 "What is your invention?"  
 "The Elastinator 2000"

"The Elastinator 2000!  
 It's a TV screen cleaner, It's an Oven mitt, It's a Bowl cover, it's a hat, it's Guinea pig pajamas, it's a mitten, it's a fan belt and more!"

"hey, hey-"  
 "HEY! Give me back my sock"  
 "You mean that wasn't your sock?"

The End!

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## The Cranberry "Scoop"

John Webb, the first recorded New Jersey grower, was also the first person to notice that good cranberries bounce. Because he had a wooden leg, John couldn't carry his cranberries down the stairs, so he dropped them instead. He soon noticed that the firmest berries bounced to the bottom but the rotten ones stayed on the steps.

The cranberry is one of three fruits native to North America. The other two are the Concord grape and the blueberry.

Wild cranberries were probably served at the first Thanksgiving meal.

Massachusetts, Wisconsin, and New Jersey are the top three cranberry growers in America. About 10% of the country's cranberries come from New Jersey.

If you lined up all the cranberries produced in North America in 2000, they would stretch from Boston to Los Angeles more than 565 times.

The first cranberry crop was harvested in 1816 in Massachusetts.

Cranberries grow wild in northern states from Maine to Wisconsin and down the Appalachian Mountains to North Carolina.

There are 4,400 cranberries in one gallon of cranberry juice.

In 1996, the worldwide cranberry harvest produced 40 cranberries for every person on the planet.

Good, ripe cranberries will bounce, which is why they are nicknamed "bounceberries." FPT

## DOUBLE TAKE

Here's how "Double Take" works: On page 3 there is another picture very similar to this one except there are at least 24 differences. Your job is to find all of the differences. Somewhere in the magazine (if I didn't forget to put it there) there is a list of the differences so you can check your work. NO CHEATING!!!

## Fun Not Fat continued from page 17

and low-fat cheese

- Turkey roll-ups, made by rolling slices of roasted turkey breast in lettuce leaves or whole-grain tortillas
- Mini personal pizzas, made by topping whole-grain English muffins or tortillas with pizza sauce and turkey breast pieces
- Finger foods, such as roasted turkey breast strips, baby carrots, sliced bell peppers and cucumbers with low-fat dressing for dipping
- A cup of turkey noodle soup
- Or 1/2 turkey bean burrito, made with low-fat fried beans, low-fat shredded cheese, and a whole-grain tortilla

Reprinted by permission of National Turkey Federation and for more information to visit [www.eatturkey.com](http://www.eatturkey.com).

## Fresh or Frozen?

There is no quality difference between a fresh or frozen turkey. Frozen turkeys are flash frozen immediately after packaging to 0 degrees F or

below and held at that temperature until purchased. Once defrosted, the meat is practically as fresh as the day it was processed. Fresh turkeys are deep-chilled after packaging and have shorter shelf lives. Because they are perishable and require special handling and merchandising, fresh turkeys are slightly more expensive than frozen turkeys.

Choose the product that best meets your needs without sacrificing quality. By purchasing a frozen turkey, you can get the turkey in advance and take advantage of special sales and coupons. Fresh turkeys provide convenience because they do not require thawing.

Fifty-seven percent (57%) of those surveyed by the National Turkey Federation reported purchasing a frozen turkey for Thanksgiving dinner; thirty-one percent (31%) purchased a fresh turkey. FPT

Thanks to the National Turkey Federation and for more information to visit [www.eatturkey.com](http://www.eatturkey.com).



## Thanksgiving Word Scramble

1. DSIUTCMRK \_\_\_\_\_
2. GINGTVKNAIHS \_\_\_\_\_
3. AELWTT \_\_\_\_\_
4. SREBTA \_\_\_\_\_
5. GLTEBSI \_\_\_\_\_
6. EEANRBSRRIC \_\_\_\_\_
7. OIWBHSEN \_\_\_\_\_
8. EDGNISRS \_\_\_\_\_
9. THEIW ETAM \_\_\_\_\_
10. SIGLMIPR \_\_\_\_\_
11. NKUPPMI IEP \_\_\_\_\_
12. EKUYRT \_\_\_\_\_
13. GIRZZAD \_\_\_\_\_
14. ECPNA IEP \_\_\_\_\_
15. AUCIORCOPN \_\_\_\_\_
16. IKML \_\_\_\_\_
17. TWESE TOAOESPT \_\_\_\_\_
18. DAMSEH EAOPOTST \_\_\_\_\_
19. ETBURT \_\_\_\_\_
20. SRLLO \_\_\_\_\_
21. PNA \_\_\_\_\_
22. LOFLOTBA \_\_\_\_\_
23. EDARAP \_\_\_\_\_
24. SFFTNIUG \_\_\_\_\_
25. LREMOWAYF \_\_\_\_\_
26. REGEN BANE RSAEOSLCE \_\_\_\_\_



This parking sign is something to be thankful for!

## Tasty, Nutritious Lunch Box Choices Made Easy

With so many foods to choose from, it's no wonder parents struggle to find the right balance between what's good for their kids and the kinds of foods their kids will want. Fortunately for kids and parents, sometimes nutrition and good taste can often be found in the same package.

Lauren Niemes, Executive Director, Nutrition Council of Greater Cincinnati, offers several simple suggestions on how parents can transform their child's lunchtime fare into a nutritious and tasty meal. "By adding these creative little extras, you can help your child meet the updated US Dietary Guidelines which call for increases in fruit and vegetable consumption," said Niemes.



Courtesy of Getty Images and ARA Content

assortment of nuts, raisins, crunchy cereal flakes, dried apple and strawberry slices. Sprinkle some cinnamon on top for added sweetness and flavor.

To help parents find other easy ways to incorporate fruits into their children's lunch box, produce companies like Chiquita Brands International have introduced smaller and pre-packaged snack options that help kids meet the USDA's recommended two to five servings of fruits a day.

Chiquita Fruit Bites, fruit snack packs with crisp apple slices, are an excellent example of ready-to-eat choices for parents that are ideal for lunch boxes and snack-time. These sweet and tasty bite-sized apple slices are fun for kids to eat and provide them with

essential vitamins and minerals such as Vitamin A, iron, and magnesium.

If fitting more fruits and vegetables into your son or daughter's school eating plan still seems like a lot of work, consider this: one large banana is the equivalent of one cup of fruit. "That means the banana you sliced up on that bowl of cereal this morning can put your little one half way to his daily goal," points out Niemes.

For those parents who may want to help their child maintain a healthy weight, low-fat diets rich in foods containing fiber – such as bananas -- tend to produce a feeling of fullness, which can help control the quantity of food he eats. A single medium banana has 16 percent of the daily reference value of dietary fiber – and no fat, sodium or cholesterol. And a banana is easy to grab on the way out the door as your child leaves to catch the school bus for a quick breakfast or to save as an afternoon snack.

For those craving the same terrific taste and nutritious benefits of a banana but not necessarily hungry enough to eat a full one, Chiquita's new Chiquita mini's are a naturally smaller variety of bananas that are perfect for snacking, lunch boxes

and smaller appetites. Measuring about half the size of a regular banana, Chiquita mini's offer the same great taste of a regular banana and are a tasty, nutritious snack that are fun for kids to eat at lunchtime or anytime.

So the next time you pack your child's lunch box for school, go ahead and give your kids the great taste they crave and the nutrition they deserve. After all, there's no need to choose between the two.

For more information on tasty, nutritious lunch box treats for your kids and some simple recipe ideas, log on to [www.chiquita.com](http://www.chiquita.com) and click on the link that says "Discover." FPT

Courtesy of ARA Content

### Editor's Corner

Wow, here we are on issue 4. What a wild and fun ride it is. Last month we did not have room to put in our 2 cents worth. This month we have a little room. We want to continue to thank everyone for being so supportive of our efforts to bring a fun wholesome family oriented publication to the Tri-Cities. We also invite you to join us. If you have an idea for a story, information about an upcoming activity or anything else you would like to contribute please do not hesitate to call, write or e-mail us with the details. We also invite you to visit the website ([www.familypastime.com](http://www.familypastime.com)) often. It is slowly but surely being updated and added to. Next month will be our big holiday issue. Let us know if there are any holiday topics or stories you would like to see covered. Finally, **have some fun with your family.** I took my kids to Fender's Farm today for the corn maze. I stood and watched them play on the slides and hay climb before going into the maze and then it hit me..."Why am I standing here watching them?" I slid on the slide, climbed the hay and chased them around. When is it that we forget how to play? I say, NO MORE! Jump in and have fun. No matter who you are, what your station is or what clothes you are wearing. You have an opportunity, dare I say it an obligation to play with your children. You will be building a lifetime of memories and closeness with your children that you can never replace and never recapture. So please, go out soon and have fun with your family!

- Add vegetables, such as lettuce, tomatoes, or green peppers to a plain turkey or tuna fish sandwich for a colorful crunch. Instead of heavy mayonnaise, try flavoring the sandwich with a squeeze of lemon juice for some added zest.
- Brown bag baby carrots or celery sticks for a crunchy snack packed with essential vitamins and nutrients.
- Replace donuts and cupcakes with a natural, fat-free treat, such as a banana. A banana offers the sweet taste that your child craves, but, unlike traditional desserts, will provide your child with essential nutrients including fiber, Vitamin C, Vitamin B6 and potassium.
- Sliced apples with peanut butter make for another timeless, snack-time favorite. The fiber in the apple will help keep your child full until dinner, and the peanut butter is an excellent source of protein.
- Prepare your child's favorite sandwich using whole grain, honey wheat bread for a slightly sweet taste with added texture.
- Pack a healthy trail mix filled with a nutritious



"Braggin rights" is a great place to brag on someone in your family or just a good friend or neighbor. So many people in our community do things "above and beyond". Its not for money or fame, they do them because, "That's what you do". Well we at Family Pastime Magazine would like to give credit where credit is due. If you have someone you would like to brag on, send us the story. You can send it to **Braggin Rights** at Family Pastime P.O. Box 3161, Johnson City, TN 37602. Or e-mail your story to [bragginrights@familypastime.com](mailto:bragginrights@familypastime.com)

Please send us information and pictures about someone you know we should include in "braggin rights!"

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## Football schedule



Date	Opponent	Location	TV	Time	Outcome
* 09/03/2005	Alabama-Birmingham	KNOXVILLE	Jefferson Pilot	12:30 PM	WIN 17-10
09/17/2005	Florida	Gainesville, Fla.	CBS	8:00 PM	lose 16-7
09/24/2005	LSU	Baton Rouge, La.		TBA	WIN 30-27
* W 10/01/2005	Mississippi	KNOXVILLE		TBA	WIN 27-10
* 10/08/2005	Georgia	KNOXVILLE		TBA	lose 14-27
* 10/22/2005	Alabama	Tuscaloosa, Ala.		TBA	lose 3-6
* 10/29/2005	South Carolina	KNOXVILLE		TBA	lose 16-15
* 11/05/2005	Notre Dame	South Bend, Ind.	NBC	2:30 PM	
* 11/12/2005	Memphis	KNOXVILLE		TBA	
* 11/19/2005	Vanderbilt	KNOXVILLE		TBA	
* 11/26/2005	Kentucky	Lexington, Ky.		TBA	
12/03/2005	SEC Championship	Atlanta, Ga.	CBS	TBA	

\*HOME games are in ORANGE



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Elizabeth with her dad, Joe and mom, Decna. May, 2005



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