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Thanksgiving clips

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Six Tips to Makeover Your Favorite Holiday Dessert

Thoughts to Share

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Every day is a day of Thanksgiving, for no matter what, each of us has been given a Journey that is truly unique and takes us to and through many worlds. I am so blessed to know each of you, some only by name. Thank you each for what you do for your communities. sdc

Videos (15)

- [Bet You Didn't Know: Thanksgiving](#) Video Clip (2:38)
- [History of Thanksgiving](#) Video Clip (3:15)
- [Thanksgiving Becomes a Holiday](#) Video Clip (2:01)

Take advantage of "nutritionally dense" holiday foods

Perhaps you've never thought of traditional holiday foods as a nutritional gift. You may have considered those 10 pounds you gained from holiday eating more of a nutritional wake-up call than a gift. Fortunately, many holiday food staples can supply our bodies with a multitude of health-enhancing nutrients and when consumed in moderation, can actually become *year-round* nutritional staples. So during this holiday season, be sure to include these health enhancing foods:

Pumpkin: You can eat that scrumptious pumpkin pie without all the guilt! Pumpkin is an excellent source of beta-carotene (269 percent RDA per half-cup serving), which is converted to resistance-building vitamin A. Pumpkin is also a wonderful source of iron (17 percent RDA per half-cup serving), a mineral essential for transporting oxygen to our working cells. And surprisingly, canned pumpkin contains 15 times more beta-carotene than fresh pumpkin. Reduce the fat content of pumpkin pie by using egg substitute and evaporated skim milk instead of whole eggs and cream, and replace the traditional pastry crust with crushed ginger snap cookies or graham crackers instead.

Cranberries: Cranberries are a fruit for all seasons, although they're more apparent during the holidays. The cranberry's plant pigment that provides color to our holiday plate also provides a number of compounds that have shown early promise against cancer and heart disease. The ellagic acid in cranberries has been shown to help prevent tumor growth by disarming cancer-causing agents. In addition, cranberries contain two powerful flavonoids--quercetin and myricetin--that have been shown to prevent damage to blood vessel linings, thereby playing a

role in the prevention of artery disease. Because cranberries are tart when eaten alone, many cranberry sauce recipes call for a lot of sugar. Generally, reducing the sugar content by 25 percent still yields a tasty product. Many diabetics have used the sweetener Splenda (sucrolose) instead of sugar with great success. Splenda is stable for cooking and baking and measures just like sugar, without the added calories.

Turkey: Since the pilgrims' first Thanksgiving feast, turkey has been a staple protein source. Turkey also provides significant sources of B-vitamins, selenium and zinc, nutrients essential for optimal nerve and immune function. Skip the outer skin and you'll avoid most of the fat. While white meat (turkey breast) is generally considered the most nutritious part of the bird with its low fat content, darker meat contains 10 percent more iron per three-ounce serving. When selecting a turkey, choose fresh, unbaked rather than pre-basted--these are injected with an oil and salty broth mixture. You can baste the turkey with broth, sherry or white wine rather than butter to further reduce the fat content.

Sweet Potatoes: Despite an impressive nutritional profile and sweet flavor, sweet potato consumption has gone down instead of up. A four-ounce sweet potato contains a mere 143 calories and provides over 100 percent of our daily needs for beta-carotene. It also provides more than a quarter of our daily needs for vitamins C and E--nutrients that have been shown to help protect cell damage in athletes competing in extreme environments (e.g., altitude, heat, cold, pollution), as well as enhance muscle recovery after intense running efforts. In addition, sweet potatoes are an excellent source of iron, a nutrient commonly lacking in vegetarian athletes. So expand your intake of sweet potatoes beyond the traditional Thanksgiving casserole: Add sweet potatoes to chili or your favorite potato salad recipe; shred it raw into hamburger, meatloaf and meatball mixtures; toss chunks of it into salads; or use mashed sweet potato as ravioli stuffing.

Chestnuts - "Chestnuts roasting on an open fire" provide quite the nutritional punch. In contrast to other calorie- and fat-laden nuts, chestnuts contain less than one gram of fat per ounce, while providing a hefty dose of fiber (3.7 grams), vitamin C (12 percent RDA), and folic acid (10 percent RDA)--nutrients important for immune function, formation of collagen and reduced risk for cardiovascular disease. Chestnuts are good in stuffing, pilaf, vegetable side dishes and soups. They're also excellent snacks by themselves.

Table 1: Calories Found in Alcoholic Beverages

<u>Beverage</u>	<u>Serving size</u>	<u>Calories</u>
Beer	12 ounces	160
Light Beer	12 ounces	100
Non-alcoholic Beer	12 ounces	32
Red Wine	4 ounces	85
White Wine	4 ounces	80
Wine Cooler	8 ounces	120
Daiquiri	4 ounces	225
Margarita	4 ounces	270
Gin and tonic	4 ounces	150

Pina colada 4 ounces 262

Six Tips to Makeover Your Favorite Holiday Dessert

By [Lois TCA](#)

Here are **six tips to makeover your favorite holiday dessert** and still keep that sweet flavor:

Cut the Fat and Calories

To cut calories and saturated fat replace full-fat dairy products with low-fat alternatives. In baked goods such as sweet breads, try nonfat buttermilk in place of cream or milk.

Say Buh-Bye Fat

Replace half of the fat (butter or oil) with plain yogurt, mashed bananas or apple sauce.

Get Whipped

Substitute whipped butter for regular butter (whipped butter has half the calories and saturated fat as regular butter). Refrigerate the dough for at least one hour before baking to ensure a similar end product.

Get Heart Healthy

Replace butter with heart-healthy oil such as Canola, peanut or corn oil. Unlike butter, oil does not contain air; therefore, use 1/4 to 1/3 less oil when replacing butter with oil.

Add a Little Nutrition

To add protein, fiber and nutrients, replace at least half of the flour with whole wheat pastry flour.

Go Nuts!

Add raisins or other dried fruit or nuts to cookies or bars instead of chocolate morsels. Or, decrease the chocolate morsels by half and replace with dried fruit or nuts.

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[Kim Townsend](#) updated her status: "thoughts to share. Itcn-Ag Biae is a determining factor in taste. Old, large males are preferable to young toms (males) as tom meat is stringy. The opposite is true for females: old hens are tougher birds. Turkeys have great hearing, but no external ears. They can also see in color, and have excellent visual acuity and a wide field of vision (about 270 degrees), which makes sneaking up on them difficult. However, turkeys have a poor sense of smell (what's cooking?), but an excellent sense of taste. The ballroom dance known as the Turkey Trot was named for the short, jerky steps a turkey makes. Did you know that turkey's have heart attacks? When the Air Force was conducting test runs and breaking the sound barrier, fields of turkeys would drop dead. At the original Thanksgiving, there was no milk, cheese, bread, butter, mashed potatoes, corn or pumpkin pie. The brand Stove Top introduced their famous boxed stuffing in 1972, and now sells around 60 million boxes of their stuffing around Thanksgiving. An estimated 40 million green bean casseroles are served on Thanksgiving. Campbell's Green Bean Casserole recipe (using their cream of mushroom soup) was developed in 1955. The first to put green beans on their menu were the French. China is the largest producer of fresh green beans. A

potato is 80% water. Yams and Sweet Potatoes are NOT in the same family, they are in separate botanical families. Sweet potatoes have been around since prehistoric time. The potato is the 4th most important crop in the world— after wheat, rice and corn. Royals used to wear potato blossoms on their clothing as a fashion statement. The Pilgrims named the fruit "cranberry" because their drooping heads in the spring reminded them of a crane. A cranberry is most ripe when it is able to bounce. There was approximately 709 million pounds of cranberry produced in the United States in 2009. The top pumpkin growing states are Illinois, California, Pennsylvania and New York. Pumpkins are 90% water and is a fruit and grows on 6 of the 7 continents. · While most Americans are counting their blessings, firefighters are putting out nearly 4,300 blazes. On a normal day, 23% of fires take place in residences, but on Thanksgiving, that percentage jumps to 35%. The vast majority of these fires—83%—start on top of the stove or in the oven. These blazes claim more lives than fires on an average day, and cause 25% more property damage."

The Real Story of the First Thanksgiving

By Benjamin Franklin (1785)

"There is a tradition that in the planting of New England, the first settlers met with many difficulties and hardships, as is generally the case when a civiliz'd people attempt to establish themselves in a wilderness country. Being so piously dispos'd, they sought relief from heaven by laying their wants and distresses before the Lord in frequent set days of fasting and prayer. Constant meditation and discourse on these subjects kept their minds gloomy and discontented, and like the children of Israel there were many dispos'd to return to the Egypt which persecution had induc'd them to abandon.

"At length, when it was proposed in the Assembly to proclaim another fast, a farmer of plain sense rose and remark'd that the inconveniences they suffer'd, and concerning which they had so often weary'd heaven with their complaints, were not so great as they might have expected, and were diminishing every day as the colony strengthen'd; that the earth began to reward their labour and furnish liberally for their subsistence; that their seas and rivers were full of fish, the air sweet, the climate healthy, and above all, they were in the full enjoyment of liberty, civil and religious.

In today's selection -- **a memory of a Thanksgiving dinner**, deep in the Great Depression on an isolated farm in Alabama. The memory is from Truman Capote of his second-grade year, when his relatives, though poor, opened their house to far-flung neighbors who lived in "lonesome places hard to get away from." For Capote these were lonely years too, except for his friendship with his ancient and slightly addled cousin Miss Sook -- his divorced parents had abandoned him to those relatives.

"A lively day, that Thanksgiving. Lively with on-and-off showers and abrupt sky clearings accompanied by thrusts of raw sun and sudden bandit winds snatching autumn's leftover leaves.

"The noises of the house were lovely, too: pots and pans and Uncle B.'s unused and rusty voice as he stood in the hall in his creaking Sunday suit, greeting our guests as they arrived. A few came by horseback or mule-drawn wagon, the majority in shined-up farm trucks and rackety flivvers. Mr. and Mrs. Conklin and their four beautiful daughters drove up in a mint-green 1932 Chevrolet (Mr. Conklin was well off; he owned several fishing smacklers that operated out of Mobile), an object which aroused warm curiosity among the men present; they studied and poked it and all but took it apart.

"The first guests to arrive were Mrs. Mary Taylor Wheelwright, escorted by her custodians, a grandson and his wife. She was a pretty little thing, Mrs. Wheelwright; she wore her age as lightly as the tiny red bonnet that, like the cherry on a vanilla sundae, sat perkily atop her milky hair. 'Darlin' Bobby,' she said, hugging Uncle B., 'I realize we're an itty-bit early, but you know me, always punctual to a fault.'

Which was an apology deserved, for it was not yet nine o'clock and guests weren't expected much before noon.

"However, everybody arrived earlier than we intended -- except the Perk McCloud family, who suffered two blowouts in the space of thirty miles and arrived in such a stomping temper, particularly Mr. McCloud, that we feared for the china.

Most of these people lived year-round in lonesome places hard to get away from: isolated farms, whistle-stops and cross-roads, empty river hamlets or lumber-camp communities deep in the pine forests; so of course it was eagerness that caused them to be early, primed for an affectionate and memorable gathering.

And so it was. Some while ago, I had a letter from one of the Conklin sisters, now the wife of a naval captain and living in San Diego; she wrote: 'I think of you often around this time of year, I suppose because of what happened at one of our Alabama Thanksgivings. It was a few years before Miss Sook died -- would it be 1933? Golly, I'll never forget that day.'

"By noon, not another soul could be accommodated in the parlor, a hive humming with women's tattle and womanly aromas: Mrs. Wheelwright smelled of lilac water and Annabel Conklin like geraniums after rain. The odor of tobacco fanned out across the porch, where most of the men had clustered, despite the wa-vering weather, the alternations between sprinkles of rain and sunlit wind squalls."

Author: Truman Capote

Title: A Christmas Memory: One Christmas, and The Thanksgiving Visitor

Publisher: Random House Pages: 84-87

Date: Copyright 1967 by Truman Capote renewed 1995 by Alan U. Schwartz

Native Heritage Month

November is American Indian & Alaska Native Heritage Month. Heritage Month is a time to celebrate the rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. It's also an opportunity to highlight the important contributions of Native peoples and the shared histories between tribal nations and other communities.

Throughout Heritage Month, the Native American Rights Fund will look at different elements of Native heritage from both an historical and contemporary perspective. Where applicable, we will also highlight some of NARF's work that relates to the area.

Thanksgiving

Each November in America we celebrate the harvest festival of Thanksgiving. Over the years, much lore has evolved surrounding early Thanksgivings and feelings of brotherhood and good will between pilgrim settlers and the Native inhabitants of North America. Sadly, most of these stories are inaccurate at best, and serve to ignore or gloss over a broad history of atrocities. In our hearts, we cannot celebrate Thanksgiving Day in the way revisionist history teaches our school children. We still feel the pain and suffering of our ancestors as the Pilgrims celebrated their thanksgivings by theft of our lands and the genocide of our peoples.

Still, Native Americans are grateful for all that nature provides, and many of us celebrate the Thanksgiving holiday in our own ways. Moreover, we give thanks every day as we greet the morning star in the eastern sky giving thanks to the Creator, our families, our ancestors and our survival.

We wish you and your families a happy holiday, and hope you are able to set images of pilgrims aside and join in gratitude for the bounty the living earth provides us. In that spirit, let us share with you the words of "Thanksgiving" from our Mohawk relatives in belief that one day there will truly be a Thanksgiving for all.

Thanksgiving Address

Greetings to the Natural World

The People

Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as people.

Now our minds are one.

The Earth Mother

We are all thankful to our Mother, the Earth, for she gives us all that we need for life. She supports our feet as we walk about upon her. It gives us joy that she continues to care for us as she has from the beginning of time. To our mother, we send greetings and thanks.

Now our minds are one.

The Waters

We give thanks to all the waters of the world for quenching our thirst and providing us with strength. Water is life. We know its power in many forms-waterfalls and rain, mists and streams, rivers and oceans. With one mind, we send greetings and thanks to the spirit of Water.

Now our minds are one.

The Fish

We turn our minds to the all the Fish life in the water. They were instructed to cleanse and purify the water. They also give themselves to us as food. We are grateful that we can still find pure water. So, we turn now to the Fish and send our greetings and thanks.

Now our minds are one.

The Plants

Now we turn toward the vast fields of Plant life. As far as the eye can see, the Plants grow, working many wonders. They sustain many life forms. With our minds gathered together, we give thanks and look forward to seeing Plant life for many generations to come.

Now our minds are one.

The Food Plants

With one mind, we turn to honor and thank all the Food Plants we harvest from the garden. Since the beginning of time, the grains, vegetables, beans and berries have helped the people survive. Many other living things draw strength from them too. We gather all the Plant Foods together as one and send them a greeting of thanks.

Now our minds are one.

The Medicine Herbs

Now we turn to all the Medicine herbs of the world. From the beginning they were instructed to take away sickness. They are always waiting and ready to heal us. We are happy there are still among us those special few who remember how to use these plants for healing. With one mind, we send greetings and thanks to the Medicines and to the keepers of the Medicines.

Now our minds are one.

The Animals

We gather our minds together to send greetings and thanks to all the Animal life in the world. They have many things to teach us as people. We are honored by them when they give up their lives so we may use their bodies as food for our people. We see them near our homes and in the deep forests. We are glad they are still here and we hope that it will always be so.

Now our minds are one.

The Trees

We now turn our thoughts to the Trees. The Earth has many families of Trees who have their own instructions and uses. Some provide us with shelter and shade, others with fruit, beauty and other useful things. Many people of the world use a Tree as a symbol of peace and strength. With one mind, we greet and thank the Tree life.

Now our minds are one.

The Birds

We put our minds together as one and thank all the Birds who move and fly about over our heads. The Creator gave them beautiful songs. Each day they remind us to enjoy and appreciate life. The Eagle was chosen to be their leader. To all the Birds-from the smallest to the largest-we send our joyful greetings and thanks.

Now our minds are one.

The Four Winds

We are all thankful to the powers we know as the Four Winds. We hear their voices in the moving air as they refresh us and purify the air we breathe. They help us to bring the change of seasons. From the four directions they come, bringing us messages and giving us strength. With one mind, we send our greetings and thanks to the Four Winds.

Now our minds are one.

The Thunderers

Now we turn to the west where our grandfathers, the Thunder Beings, live. With lightning and thundering voices, they bring with them the water that renews life. We are thankful that they keep those evil things made by Okwiseres underground. We bring our minds together as one to send greetings and thanks to our Grandfathers, the Thunderers.

Now our minds are one.

The Sun

We now send greetings and thanks to our eldest Brother, the Sun. Each day without fail he travels the sky from east to west, bringing the light of a new day. He is the source of all the fires of life. With one mind, we send greetings and thanks to our Brother, the Sun.

Now our minds are one.

Grandmother Moon

We put our minds together to give thanks to our oldest Grandmother, the Moon, who lights the night-time sky. She is the leader of woman all over the world, and she governs the movement of the ocean tides. By her changing face we measure time, and it is the Moon who watches over the arrival of children here on Earth. With one mind, we send greetings and thanks to our Grandmother, the Moon.

Now our minds are one.

The Stars

We give thanks to the Stars who are spread across the sky like jewelry. We see them in the night, helping the Moon to light the darkness and bringing dew to the gardens and growing things. When we travel at night, they guide us home. With our minds gathered together as one, we send greetings and thanks to the Stars.

Now our minds are one.

The Enlightened Teachers

We gather our minds to greet and thank the enlightened Teachers who have come to help throughout the ages. When we forget how to live in harmony, they remind us of the way we were instructed to live as people. With one mind, we send greetings and thanks to these caring teachers.

Now our minds are one.

The Creator

Now we turn our thoughts to the creator, or Great Spirit, and send greetings and thanks for all the gifts of Creation. Everything we need to live a good life is here on this Mother Earth. For all the love that is still around us, we gather our minds together as one and send our choicest words of greetings and thanks to the Creator.

Now our minds are one.

Closing Words

We have now arrived at the place where we end our words. Of all the things we have named, it was not our intention to leave anything out. If something was forgotten, we leave it to each individual to send such greetings and thanks in their own way.

Now our minds are one.

<http://www.playingforchange.com/episodes/71>

Moapa solar plant deal signed

By [Keith Rogers](#)

LAS VEGAS REVIEW-JOURNAL

Posted: Nov. 20, 2012 | 3:32 p.m.

The sun is shining more brightly on the Moapa River Indian Reservation today.

Council members for the city of Los Angeles approved a \$1.6 billion, 25-year pact Tuesday to purchase solar power from a company that will build nearly 1 million photovoltaic panels on tribal land.

"I just can't believe that we're actually going to have something like this on the reservation," Moapa Band of Paiutes Chairman William Anderson said after arriving at McCarran International Airport on a flight from Los Angeles, a few hours after the council made its unanimous decision to purchase power from K Road Moapa Solar.

"We are going to have a solar farm and jobs for our people," Anderson, 39, said about the 320 members of the Moapa band.

They will serve as landlords and provide sand and gravel for the project, the largest solar plant on tribal lands in the United States.

Expected to go online in 2016, the 250-megawatt solar farm will generate enough electricity for 118,000 homes more than 280 miles away in Los Angeles.

Anderson said the farm consisting of some 910,000 solar panels will be built on 2,000 acres on the 71,680-acre reservation. It will be across from the tribe's Moapa Travel Plaza truck stop, west of the Valley of Fire exit off Interstate 15, about 35 miles northeast of Las Vegas. It will be southwest of NV Energy's coal-fired Reid Gardner power station, which the tribe blames for health problems.

In a statement Tuesday, U.S. Sen. Harry Reid, D-Nev., said, "Unlike the old, dirty technologies used at the nearby Reid Gardner coal plant, this new solar project will not emit any hazardous emissions, wastes, or carbon pollution."

Reid said the public-private-tribal partnership "is a powerful example" of how clean energy can boost Nevada's economy, by creating 400 jobs during construction and up to 20 permanent jobs for continued operations.

"In building out K Road's solar capabilities in Nevada, hundreds of clean energy jobs will be created," Reid said. "By beginning the process of working toward energy independence, the Moapa Band of Paiutes will have a unique opportunity to strengthen their local economy."

Plans call for a transmission line to deliver some solar power to the tribe's truck stop. In addition, members of the Moapa Band of Paiutes will be employed to shuttle workers to the project site and provide environmental monitoring to ensure habitat for federally protected desert tortoises is maintained.

"This is a perfect match," legal tribal administrator Yvette Chevalier said.

"I think the people in the Moapa Band of Paiutes have been waiting many, many, many years for economic development to happen on tribal land. I think it's going to pave the way for further economic development," she said.

The Los Angeles Department of Water and Power will have the option to purchase the solar energy farm at various stages starting in 2026 for \$339 million and \$398 million.

K Road Power calls itself an independent power producer that develops, owns and operates utility-scale renewable energy projects with a focus on building photovoltaic solar facilities to generate clean and reliable energy.

Based in New York City, it has offices in San Francisco and Shanghai. K Road is partnered with Barclays Natural Resource Investments, a division of Barclays Capital, the investment banking unit of Barclays Bank PLC.

Chevalier said the Moapa Band of Paiutes has a second solar project in its sights with Res Americas and is aiming for a third, a wind energy project that tribal members plan to develop.

"This is opening the way for them to engage in renewable energy to create more benefits and grow their knowledge in the energy industry," she said.

Anderson said the 150-megawatt Res Americas solar project will consist of photovoltaic panels that convert sunlight directly into electricity and a separate system that uses mirrors or reflectors to concentrate sunlight on a tower containing a fluid that heats up and creates thermal energy that can be converted to electricity.

That project will be built on 1,000 acres of tribal land.

In his statement, Reid thanked Los Angeles Mayor Antonio Villaraigosa and Interior Secretary Ken Salazar for backing the K Road project, which for the most part helps California meet its renewable energy goals.

"Nevada has become a clean energy leader, and I will continue to work so Nevada's communities have opportunities to harness their immense clean energy potential," Reid said.

"We have a true opportunity to transform Nevada's economy into the vibrant core of Western and national clean energy market opportunity unlike anywhere in the world," Reid's statement said.

Under California's renewable energy law, the Department of Water and Power must generate 25 percent of its power from solar, wind and other renewable energy sources by 2016, and 33 percent by 2020.

The Department of Water and Power currently relies on renewable energy sources for more than 17 percent of its power.

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