

DeVille

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Daylight Saving Time Ends Sunday, Nov. 1st

If you set your clocks back an hour on Saturday night, you'll wake the next day feeling well rested. You've had an extra hour of sleep.

Daylight Saving Time was used in many countries during World War I. President Franklin Roosevelt brought it back during World War II. It was called War Time. While it saved just 1 percent of energy use, considering the whole country, it was a lot.

Thanksgiving Do's and Don'ts...

If you plan on hosting family and friends for Thanksgiving Dinner, you will want to make every effort to send them home healthy and safe. Check these tips for holiday entertaining:

- DO thaw a frozen turkey in the refrigerator for a couple of days before cooking. Leaving it at room temperature will thaw it faster, but is unsafe. Never stuff the turkey the night before cooking. The cavity encourages bacterial growth that could make you ill.
- Don't start the turkey baking the night before at a very low temperature. The bird and stuffing will be at a dangerous temperature for too long. Roast the turkey at 325 degrees F, allowing 15 to 18 minutes per pound for the stuffed bird.
- DO refrigerate leftovers within two hours after the meal is over.

Wherever you find yourself this Thanksgiving, know that we count you among our "special blessings". Thanks for being such wonderful people to work with and serve.

Holiday Travel Wisdom

If you'll be traveling by auto this holiday season, be sure to consider these safety tips:

- Have the car serviced and checked out well before starting. Tell others where you will be and when to expect your return.
- Don't forget the cellphone charger.
- Carry jumper cables or a battery charger, a big flashlight and some hand tools. Have an empty one-gallon gas can, paper towels and disposable ponchos in your vehicle. Bring water and snacks for yourself and your passengers.
- In a cold climate, have blankets and extra clothes available. Have a small shovel in case you get stuck in snow.
- When parking, put valuables away.

Try These Strategies for Saving Money

The coronavirus has had a significant impact on the economy, and on personal finances. The Fox Business website offers some advice for weathering the storm:

- **Pay down existing debt.** If you carry a balance on your credit card (as opposed to paying in full every month), making more than the minimum payment can save you money on interest charges in the long run. If you have good credit, look for a credit card with a lower interest rate and move your debt there.
- **Refinance student loans.** With interest rates at record lows, it's a good time to look into refinancing your student loans. Talk to your lender to find out what options are available.
- **Build up your savings.** This can be difficult when times are tough and money is tight, but emergencies can strike without warning. Set up an automatic payroll deduction plan so part of your paycheck goes directly into a special account. Every little bit helps.



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Lifestyle

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Sunday

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Exercising safely when at the gym

After months of quarantine, some gyms and health clubs are starting to slowly reopen, and many people are eager to start exercising again after being confined to their homes. Is it safe to go to the gym, though? The Indiana Daily Student offers this advice for getting back in shape:

- **Exercise outside if possible.** Riding a bike or taking a brisk walk is generally safer than going to any enclosed space. Some gyms are setting up outdoor exercise spaces to accommodate their members.

- **Check the spacing.** If you choose to go back to your gym, make sure that bikes, treadmills, and other exercise machines are spaced out adequately. If not, you should go back home.

- **Ask about cleaning.** Find out how often and how thoroughly staff cleans and disinfects the equipment, and whether you can bring your own cleaning supplies.

- **Wipe down the equipment.** Even if staffers clean stuff off, bring your own disinfectant towels and sprays so you can wipe down everything you

use before and after you touch it. Clean your hands often as well. Bring your own water bottle. You don't want to drink from the gym's shared fountain or fill up your water bottle there.

- **Wear your mask.** Find a mask that fits well and lets you breathe while you're exerting yourself. If exercising with a mask causes difficulty breathing, either slow down or avoid the gym altogether.

- **Start off slow.** If you haven't worked out in a while, don't jump right back into it. Begin with a lower weight, speed, intensity, or mileage to avoid injury.

- **Be careful with team sports.** If you play basketball or some other sport at the gym, make sure balls and other gear are being cleaned frequently. Maintain social distancing and wear a mask. Clean your hands often and don't touch your face while you're playing.

- **Bring hand sanitizer.** Don't rely on the gym's procedures alone. Bring your own sanitizer so you can immediately clean your hands after touching any surface.



Easy appetizer: Stuffed Medjool Dates

- 40 medjool dates
- 1 cup mascarpone cheese
- ½ cup Shelled Roasted & Salted Pistachios, chopped
- ⅔ cup pomegranate arils
- Zest from 1 large orange
- Juice from ½ large orange

Make a lengthwise slit in each date, then squeeze the ends toward each other to open the fruit and remove the pit.

Stuff each date with 1 tsp mascarpone cheese. Press 6 to 10 pomegranate arils into mascarpone cheese. Press a pinch of chopped pistachios into the mascarpone cheese in each date. Sprinkle orange zest over top of dates. Drizzle juice from ½ orange over filled dates. Chill and serve. Makes 40 stuffed dates.

Chef's tip: If you are short on time, you can make these the night before, up through adding the pomegranate arils and pistachios. Cover and refrigerate. Zest and squeeze juice from the orange just before serving.



Simple food safety tips for Thanksgiving

- The best way to thaw a turkey is in a refrigerator, according to USDA recommendations. Allow 24 hours for each four to five pounds, in a refrigerator cooled to 40 degrees or below. Be sure to let the turkey thaw in a container so juices will not drip onto other foods.
- If you must thaw a turkey in cold water, be sure it is in a leak-proof bag. The turkey should be submerged in cold water. Allow 30 minutes per pound. Change the water frequently. USDA recommends every 30 minutes. Cook immediately when thawed.
- Cook turkey to 165 degrees in thickest part of the breast, inner thigh, and inner wing.
- Wash hands with soap and water for at least 20 seconds before touching any food.
- Do not store stuffing inside a turkey. Refrigerate it separately.
- Don't wash the turkey. According to the USDA, loosely attached bacteria can contaminate the kitchen when you wash meat or poultry. Studies have found bacteria cling to sinks, sponges and towels. Bacteria is effectively killed in the oven. The best idea is to take the turkey out of the package and put it straight into the pan.



Turkey 101: Carving the bird

Thanksgiving dinner is usually about the turkey. You don't have to be a surgeon to carve one correctly, but proper carving and slicing techniques will ensure you get the most meat from your bird and enable you to present an attractive meal to your friends and family. Follow these easy techniques for successfully carving your holiday turkey:

- Let your 10-pound-or-bigger turkey stand at room temperature for 10 to 20 minutes after cooking and before slicing. This allows the juices to distribute evenly throughout the turkey. Netting and cooking bags are also easier to remove after waiting.
- Slice or carve the turkey on a sanitized cutting surface. Knives, pans, and covers should be sanitized, too.

Resanitize boards and knives every 30 minutes. Wear disposable food-handling gloves while carving or frequently wash your hands thoroughly.

- Immediately after the 10 to 20 minutes holding time, carve the turkey into major sections (i.e., breasts, thighs, drumsticks, and wings).
- To serve turkey hot, place sections in pans. Cover with foil or plastic film to retain heat and moisture and to minimize the possibility of contamination. Your turkey should be at least 140° F when placed in the holding pans. A maximum holding time of 20 to 30 minutes is recommended.
- Slice the sections into serving pieces, arrange them on a plate, and add garnish. Enjoy!

A meatless Thanksgiving?

A vegetarian Thanksgiving isn't a contradiction of terms. The traditional turkey may be a favorite, but you've got other options available that don't force you to compromise your principles or your enjoyment. Consider these meatless alternatives:

- **Butternut squash with stuffing.** Take four medium-size butternut squash, $\frac{3}{4}$ cup of raw wild rice, a cup of chopped red onion, and other spices and ingredients. Find the recipe on vegkitchen.com for a dish that serves eight people.
- **Lasagna.** A good, filling entrée that can be prepared with all kinds of vegetables and meat substitutes (like tofu). Spinach, zucchini, and mushrooms are popular ingredients.
- **Winter squash risotto.** Risotto calls for patience and lots of careful stirring, but can result in a satisfying and delicious meal. One medium butternut squash, or 2 to 3 delicata squash, can be used in a risotto recipes found on Veggie Table's site at theveggietable.com.

Want a better complexion? Check the fridge.

Your mother was right. What you eat really does affect your complexion. In her book *Smart Medicine for Your Skin*, dermatologist Jeanette Jacknin pinpoints which foods to eat to combat specific skin conditions.

Eating yellow or orange fruits and vegetables helps prevent sun damage. These foods are packed with beta-carotene and antioxidants, like vitamins C and A. Combined they act like a natural sunscreen.

Recent research has shown that drinking green tea can also prevent sun induced skin damage. Green tea contains polyphenols which reduce cell damage caused by ultraviolet radiation. (A word of caution: these foods should supplement not replace topical sun screens).

To combat wrinkles, include almonds, brown rice and olive oil in your diet. These foods contain high amounts of vitamin E which can protect the cell membranes of the skin. In fact, a study conducted in Australia recently found that people who eat these foods have the least amount of wrinkles.

To improve the skin's elasticity and prevent thin skin, eat whole grains, seafood and garlic. These foods are rich in selenium which can slow the signs of aging by preserving the suppleness of skin tissue.





Happy Thanksgiving

The entire community staff joins in wishing each of our residents a Happy and Blessed Holiday!

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 Daylight Saving Ends Rent Due.	2 Deviled Egg Day	3 Election Day Don't Forget to Vote!	4 Use Your Common Sense Day	5 Men Make Dinner Day	6 Saxophone Day	7
8 Tongue Twister Day	9 World Freedom Day	10 Sesame Street Day	11 Veterans Day We Salute Our Veterans. Thank you for your service.	12 Pizza with the Works Except Anchovies Day	13 World Kindness Day	14 Loosen Up, Lighten Up Day
15 Clean Out Your Refrigerator Day	16 Fast Food Day	17 Take a Hike Day	18 Mickey Mouse Day	19 Use Less Stuff Day	20 Name Your PC Day	21 November is Gratitude Month
22 Family Pajama Night	23 Espresso Day	24 November is World Vegan Month	25 Shopping Reminder Day	26 Thanksgiving Happy Thanksgiving!	27 Shop 'til You Drop!	28 November is Aviation History Month
29 Throw Out Your Leftovers Day	30 Cyber Monday	November 2020				