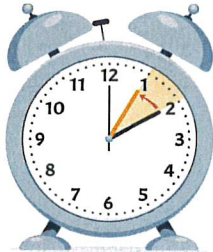


# Crestview Happenings

**Daylight  
Saving Time  
Ends**

**6th  
November**



**Christmas in the Country  
Craft Fair  
November 19th  
9 A.M.—3 P.M.**

**Location: YMCA  
Craft fair with food, crafts,  
and chances to win prizes..**



**GHA Staff will once again be providing this year's Thanksgiving Dinner as a token of our Appreciation to each of you! Dinner will be served at Hillcrest in the Community Room at noon.**



**If you would like a ride over to Hillcrest, please be sure to let us know.**

# Thanksgiving Day

Pegi Schlis, CTRS, ACC, AC-BC

## HISTORY

**T**he first national Thanksgiving proclamation was issued by President George Washington in 1789. November 26, 1789 was a day set aside for "Public Thanksgiving and praise, and duty calling us devoutly to express our grateful acknowledgements to God for the manifold blessings he has granted us."

Thanksgiving, as we now know it, is largely the result of the hard-working efforts of *Godey's Lady's Book* editor, Sarah Josepha Hale. Hale started her one-woman crusade for a Thanksgiving celebration in 1827. In her editorials, she encouraged the public to write to their local politicians. Over a period of 40 years, she wrote hundreds of letters to governors, ministers, newspaper editors, and each President. She always made the same request that the last Thursday in November be set aside to "offer to God our tribute of joy and gratitude for the blessings of the year." In an attempt to strengthen spirits during the Civil War in 1863, President Lincoln declared the last Thursday in November as a national day of thanksgiving starting in 1864.

In 1939, 1940, and 1941, President Franklin D. Roosevelt thought the day was too close to Christmas (some sources say he wanted to lengthen the Christmas shopping season) so he proclaimed Thanksgiving as the third Thursday in November. In 1941, Congress passed a joint resolution for Thanksgiving to be celebrated on the fourth Thursday in November, starting in 1942.

## FIRST THANKSGIVING DINNER


The Wampanoag tribe of Native Americans helped the Pilgrims survive their first year in the New World, and they celebrated together in the autumn of 1621 with a holiday feast. Information about the first Thanksgiving comes from a letter written in December 1621 by Edward Winslow. He was one of the people who sailed from England in 1620 that founded the Plymouth Colony in Massachusetts. According to Winslow, it was considered a harvest celebration and took place over three days sometime between late September and mid-November in 1621. The celebration included feasting, games, and military exercises. They ate wild turkey, venison (Native Americans brought this), fish, and shellfish and native wild plants including Jerusalem artichokes, garlic, cranberries, grapes, walnuts, and chestnuts. They also ate food from their gardens including cabbage, carrots, cucumbers, leeks, parsnips, and pumpkins.

## PUMPKIN TRIVIA

- ✓ Pumpkins were on the menu at the first Thanksgiving as stewed pumpkin.
- ✓ Pumpkins have been grown in North America for more than five thousand years. They are native to Central America and Mexico.
- ✓ Pumpkins are grown on six of the seven continents, with Antarctica being the sole exception.
- ✓ Pumpkins are a fruit and member of the squash family which includes cucumbers, honeydew melons, cantaloupe, watermelons, and zucchini.
- ✓ Pumpkins are 90% water.
- ✓ The largest pumpkin ever grown was 2,323.7 pounds.
- ✓ The largest pumpkin pie weighed 3,699 pounds and was 20 feet in diameter.
- ✓ Native Americans fed pumpkins to their horses.
- ✓ Pumpkins were once recommended as a cure for freckles and used as a remedy for snake bites. Eating the seeds was thought to help men avoid prostate cancer.



## SIMPLE IDEAS FOR USES FOR SMALLER PUMPKINS

- ❖ **Serving Bowl** Cut off the top making it wide enough that a small bowl can be inserted. Use a spoon to hollow it out. Place a bowl inside.
- ❖ **Candleholder** Follow the same procedure for a serving bowl but place a tall candle inside.
- ❖ **Turkey Fruit Kabob Holder** Make skewers of fruit leaving room on the pointed end to insert into a pumpkin. Use a pear to make the turkey's head; connect the upside-down pear to the pumpkin with a toothpick. Use two cloves for eyes and a strip of red pepper for the nose / wattle.
- ❖ **Pumpkin Vase** Follow the same procedure for a serving bowl but place a vase inside to hold fall flowers. 



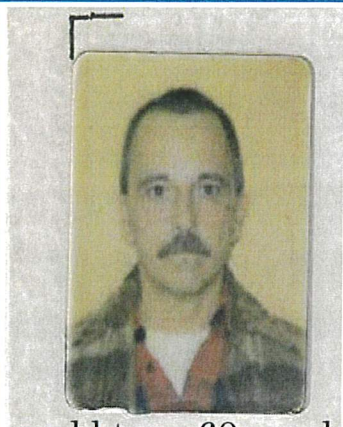


Autumn  
is my favorite  
pumpkin color pumpkin



# VETERANS DAY

## HONORING ALL THOSE WHO SERVED



**Dennis Becker**  
Navy  
1968—1978

Dennis was drafted into the Navy in 1968. He was stationed at NAS Lemoore, CA. After his training, his primary job held multiple duties. Dennis was assigned to the typing pool where he could type 60 words per minute, but could be assigned to other duties if needed such as janitorial work and guard duty. Dennis did not get to go over seas being he was considered to be too short. During this time, President Nixon ended the Vietnam War which meant Dennis was able to get out of the military one year early. One thing Dennis wishes civilian knew about the military is that it is tightly controlled. You weren't allowed to talk about anything that goes on there to anyone on the outside.

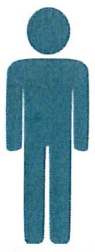
**Thank you for your service Dennis!**

### Reminder:

All Work Orders *must* be called into the office. The office staff will notify maintenance of any issues that need to be taken care of.  
**Thank You!**

# DIABETES

This chronic disease, characterized by abnormal blood sugar levels, incurs significant health, disability and financial cost in Louisiana.



**TYPE 1**

- Body doesn't make any or enough insulin
- Type 1 can develop at any age
- No known way to prevent Type 1

- Body can't make insulin properly
- Type 2 can develop at any age
- Most Type 2 cases can be prevented

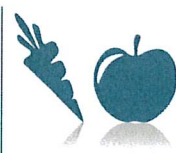


**TYPE 2**

### Prevent, delay and/or manage Type 2 by:



Losing weight, if needed



Maintaining a well-balanced, healthy diet



Regular physical activity



Working with your doctor



Depending on your diabetes type and severity, your doctor may prescribe oral medication or insulin that is injected



Learn more at [wellaheadla.com/programs/diabetes](http://wellaheadla.com/programs/diabetes)



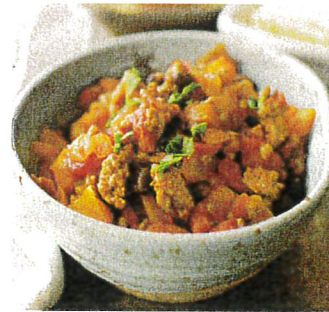
## Turkey Chili For One

### Ingredients:

- 2 teaspoons olive oil
- 2 ounces chopped onions
- 1 yellow or red pepper , chopped
- 1 clove garlic , minced
- 5 ounces ground turkey
- ½ teaspoon Italian seasoning
- ¼ teaspoon smoked paprika
- ¼ teaspoon kosher salt
- ⅛ teaspoon coarsely ground black pepper
- 10 ounces canned tomatoes (with their juices)
- 2 ounces canned black beans , rinsed and drained
- For topping: cheese, sour cream, tortilla chips, or cilantro. (optional)

### Instructions:

1. Heat the oil in a 10-inch skillet over medium heat. Add the chopped onions and peppers. Cook, stirring occasionally for 2 minutes.
2. Add the minced garlic and cook for 1 minute longer.
3. Next, add in the ground turkey and break up the meat; stir occasionally and cook until no longer pink, about 8 minutes.
4. Add the Italian seasoning, smoked paprika, salt, and pepper; stir for about 10 seconds.
5. Next, add in the tomatoes and black beans. Bring to a boil, then reduce heat and simmer for 10 minutes.
6. Taste and adjust seasonings and salt as necessary. Garnish with Parmesan cheese, sour cream tortilla chips or cilantro!





## SALTED CARAMEL HOT CHOCOLATE IN THE SLOW COOKER

### INGREDIENTS

- 2 cups milk chocolate chips
- ¾ cup caramel sauce
- 4 cups milk
- 2 cups heavy cream
- 1 tsp vanilla

### INSTRUCTIONS

1. Combine the milk chocolate chips, caramel sauce, milk, and heavy cream in your crockpot.
2. Cook on low for 2-3 hours, stirring occasionally.
3. Once the chocolate is melted and the ingredients are combined and warmed through, stir in vanilla and sea salt. Serve warm.



### Winter Weather Driving Safety

  
La Crosse, WI

- Winterize your vehicle. Check the battery.
- Check the forecast and road conditions ahead of time.
- Consider adjusting your route to avoid poor driving conditions.
- Carry a cellular phone for use during emergencies.
- Keep the gas tank near full.
- Coordinate with others your destination and times of travel.
- Yield to snowplows. The snow cloud they produce can lower visibilities to near zero. **Stay back - Stay Alive!**

**Have a survival kit in your car:**

- Extra blankets or sleeping bag
- Flashlight with extra batteries
- First Aid kit with pocket knife
- Booster cables
- A rope
- A small shovel
- A bag of sand or cat litter for traction
- Plastic bags (for sanitation)
- Extra gloves, hat, and socks
- Non-perishable food items and bottled water
- Road maps (for alternative routes)



**If you do get stuck:**

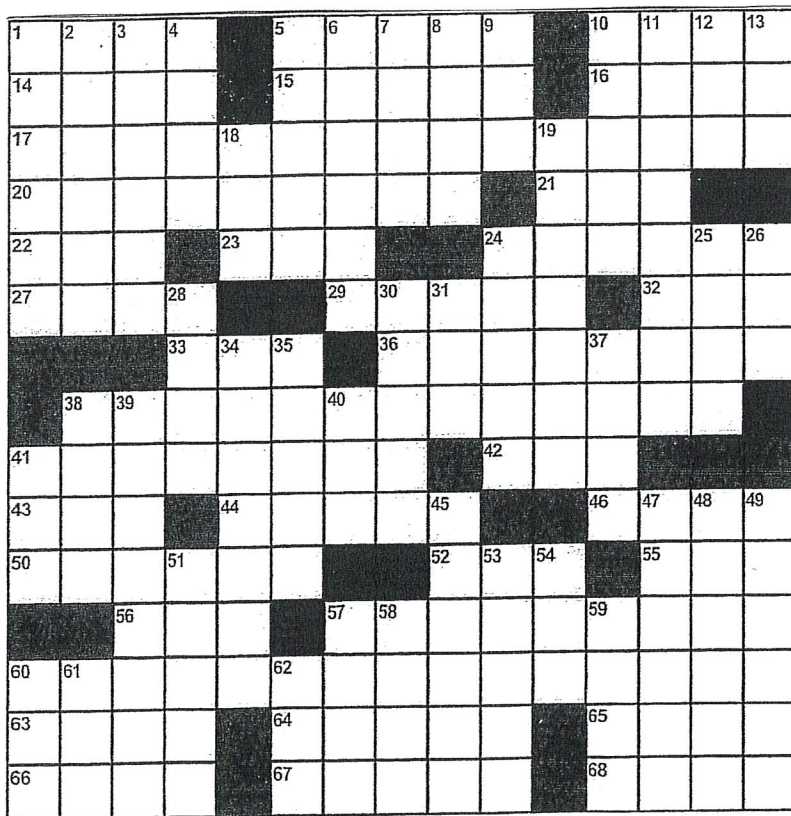
- Stay with your car. Do not try to walk to safety.
- Start the car for about 10 minutes every hour for heat.
- Keep the exhaust pipe clear of snow.
- Tie a bright colored (red or orange) cloth to the antenna.
- Turn the dome light when running the engine.
- If you must venture away from the car, use a life-line or rope.

## WINTER DRIVING SAFETY TIPS

- PLAN AHEAD - CHECK 511
- STAY ALERT
- AVOID DISTRACTIONS
- SLOW DOWN
- BUCKLE UP
- DON'T CROWD THE PLOW

## ACROSS

- 1) "Beg pardon ..."
- 5) Much, slangily
- 10) It's far from a flattop
- 14) Handed-down history
- 15) Hole-\_\_\_ (golf coup)
- 16) Common roller-coaster feature
- 17) They include numerators and denominators
- 20) Providing bearings
- 21) Tiny carpenter
- 22) Thing picked up at the beach
- 23) Animated Olive
- 24) Drunk, in slang
- 27) Not us
- 29) Short choral composition
- 32) Tokyo of long ago
- 33) "Much \_\_\_ About Nothing"
- 36) Fence for defense
- 38) It includes angles and shapes
- 41) Jon Bon Jovi, for one
- 42) "What \_\_\_ the odds?"
- 43) Notable period of history
- 44) Golden Horde member
- 46) D.C. veterans
- 50) Spanish capital
- 52) Clairvoyant's favorite letters?
- 55) Lobster eggs
- 56) Moray, e.g.
- 57) Evolution adherent
- 60)  $X = 3$ ,  $X + 2 = 5$ , and others
- 63) Pavarotti solo
- 64) Tossed with force
- 65) Singing club
- 66) Like much lingerie
- 67) Make fun of
- 68) Half a matched set



## DOWN

- 1) March family creator
- 2) "Yippee!" alternative
- 3) Ferret's cousin
- 4) Humorous internet image
- 5) Full of dryer fluff
- 6) Photographed or taped
- 7) In a quandary
- 8) It might produce a run
- 9) Former nuclear power agcy.
- 10) Flared dress style
- 11) Shoes, sandals, sneakers, etc.
- 12) Director Howard
- 13) Photo \_\_\_ (media events)
- 18) Plastic \_\_\_ Band
- 19) More moth-eaten, e.g.
- 24) Historic Alabama city
- 25) Challenge to a canoeer
- 26) Bambi's mother, e.g.
- 28) Bit of Halloween attire
- 30) Musical with its own glasses?
- 31) "The \_\_\_ of Pooh"
- 34) Concentrate, in a way
- 35) Group of eight
- 37) It's used to take flight?
- 38) When doubled, a Society Island
- 39) Campus VIP
- 40) Gangster's gun in old films
- 41) Sleep phenomenon
- 45) "The Twilight Zone" telecasts, today
- 47) Baltimore's bird
- 48) Body shop convenience
- 49) Has a hunch
- 51) One way to get out of debt
- 53) Metal-shaping tool
- 54) Place for an orchestra
- 57) Take out, to an editor
- 58) Lung opening?
- 59) Approaching, in romantic poetry
- 60) "Do the Right Thing" pizzeria owner
- 61) Common savings vehicle
- 62) Little salamander

ROE  
AFRO  
BORA  
AEC  
ARE  
ALCOTT  
LOANER  
ARIA  
PIT  
TORN  
COMMONFRACTIONS  
OCTAD

EEL  
DARWINIAN  
MOTET  
RERUNS  
DOE  
AHM  
REM  
INONE  
FOOTWEAR  
NIGH  
RON  
THEM

PALISADE  
ROCKSTAR  
STEP  
ORIENTING  
BASICGEOMETRY  
TAO  
ACADEMIC  
SAL  
HOORAH  
ALINE  
TEASE  
GLEE

TAN  
ERMINE  
SENSES  
ONFILM  
REPAY  
EFT  
SWAGE  
DELE  
MEME  
ADO  
EDO  
FLUNG  
ANT  
ONO

MADRID  
TATTIER  
IRA  
SNAG  
ORIOLE  
DISTILL  
SELMA  
OYL  
STEWED  
TATAR  
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SIMPLEEQUATIONS  
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HERS  
ERA  
LOOP

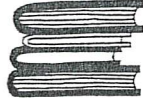


## HUMOR PAGE

### BOOKS NEVER WRITTEN

*Source Unknown*

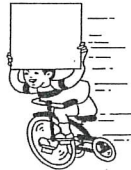
- ☺ *Pancakes* by Sir Rupp
- ☺ *Wild Life* by Annie Mal
- ☺ *High Jump* by Lee Ping
- ☺ *Proofreading* by Ty Poe
- ☺ *P.E. Class* by Jim Shortz
- ☺ *Mom Cars* by Minnie Vann
- ☺ *Cereal Wars* by General Mills
- ☺ *Nothing Inside* by M.T. Pages
- ☺ *The Day After* by Tom Morrow
- ☺ *Rocket Science* by Jean Yuss
- ☺ *Chicken Recipes* by Terry Yaki
- ☺ *Outdoor Cooking* by Barbie Cue
- ☺ *Getting Started* by Moe Mentum
- ☺ *Paying Attention* by Dee Stracted
- ☺ *Sailing with the Wind* by Lee Ward
- ☺ *A Guide to Fishing* by Rod N. Reel
- ☺ *A Guide to Old Age* by Akin Payne
- ☺ *Fun at the Circus* by Tamon D. Lyons
- ☺ *The End of the Rainbow* by Jack Potts
- ☺ *Emergency Preparedness* by Justin Case



### YOU KNOW YOU'RE NOT A KID ANYMORE WHEN...

*Source Unknown*

- ☺ You dream about prunes.
- ☺ Neighbors borrow your tools.
- ☺ You're proud of your lawn mower.
- ☺ You wear black socks with sandals.
- ☺ You can go bowling without drinking.
- ☺ Your ears are hairier than your head.
- ☺ Your back goes out more than you do.
- ☺ You sing along with the elevator music.
- ☺ You take a metal detector to the beach.
- ☺ You know what the word "equity" means.
- ☺ You constantly talk about the price of gas.
- ☺ The only jogging you do is to your memory.
- ☺ You buy a compass for the dash of your car.
- ☺ Your best friend is dating someone half his age.
- ☺ Your arms are too short to read the newspaper.
- ☺ People who call at 9 p.m. ask, "Did I wake you?"
- ☺ You answer a question with "Because I said so!"
- ☺ You would rather go to work than stay home sick.
- ☺ You no longer think of speed limits as a challenge.
- ☺ You enjoy hearing about other people's operations.
- ☺ You have a party, and neighbors don't even know it.
- ☺ The end of your tie doesn't come anywhere near the top of your pants.
- ☺ You quit trying to hold in your stomach, no matter who walks into the room.



### THANKSGIVING DAY HUMOR

- ☺ Why did the turkey sit on the axe? **TO HATCHET**
- ☺ What is a turkey's favorite dessert? **PEACH GOBBLER**
- ☺ How do you send a turkey through the mail? **BIRD CLASS**
- ☺ What key has legs and can't open doors? **A TURKEY**
- ☺ Which side of a turkey has the most feathers? **THE OUTSIDE**
- ☺ What is it called when a turkey fumbles in football? **A FOWL PLAY**
- ☺ Why did the cranberries turn red? **THEY SAW THE TURKEY DRESSING.**
- ☺ When is turkey soup bad for your health? **WHEN YOU'RE THE TURKEY**
- ☺ What did the turkey say to the computer? **GOOGLE, GOOGLE, GOOGLE**
- ☺ Why shouldn't you look at turkey dressing? **BECAUSE IT WILL MAKE HIM BLUSH**
- ☺ Why do turkeys lay eggs? **BECAUSE IF THEY DROPPED THEM THEY WOULD BREAK**
- ☺ Why did the farmer have to separate the chicken and the turkey? **HE SENSED FOWL PLAY.**
- ☺ Who is never hungry on Thanksgiving? **THE TURKEY BECAUSE HE'S ALREADY STUFFED**
- ☺ How do you make a turkey float? **TWO SCOOPS OF ICE CREAM, SOME ROOT BEER, AND A TURKEY**
- ☺ Do you know why you can't take a turkey to church? **BECAUSE HE USES SUCH FOWL LANGUAGE**
- ☺ Can a turkey fly higher than the Empire State Building? **YES, BUT THE EMPIRE STATE BUILDING CAN'T FLY**
- ☺ What do you get when you cross a turkey with an octopus? **ENOUGH DRUMSTICKS FOR THANKSGIVING DINNER**
- ☺ Why did the turkey cross the road? **IT WAS THANKSGIVING DAY, AND HE WANTED PEOPLE TO THINK HE WAS A CHICKEN.**

- ☺ Mom: I was going to serve sweet potatoes with Thanksgiving dinner, but I sat on them.  
Son: What are you serving now?  
Mom: Squash





**Gothenburg Housing Authority**

810 20th  
308-537-7275  
Fax: 308-537-3695

**OFFICE HOURS**  
Monday thru Friday (except holidays)  
8:00 AM to 4:30 PM

**Website: [www.gothenburg-housing.com](http://www.gothenburg-housing.com)**



LIKE US ON FACEBOOK

at: Gha Authority

**Mission Statement**

The Gothenburg Housing Authority is committed to providing adequate and affordable housing in a professional, fiscally prudent manner that sustains families, supports community needs, and promotes economic opportunity.



Equal Housing Opportunity

**Board of Directors**

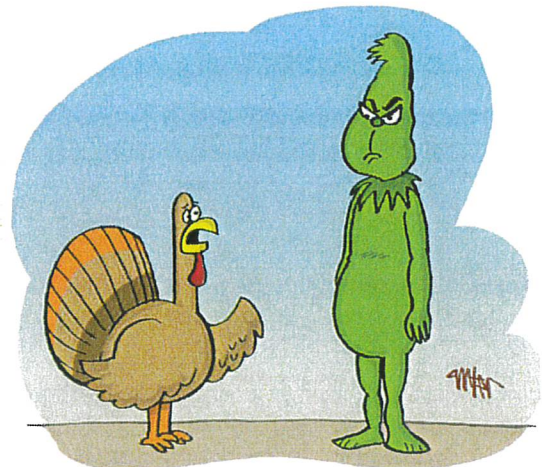
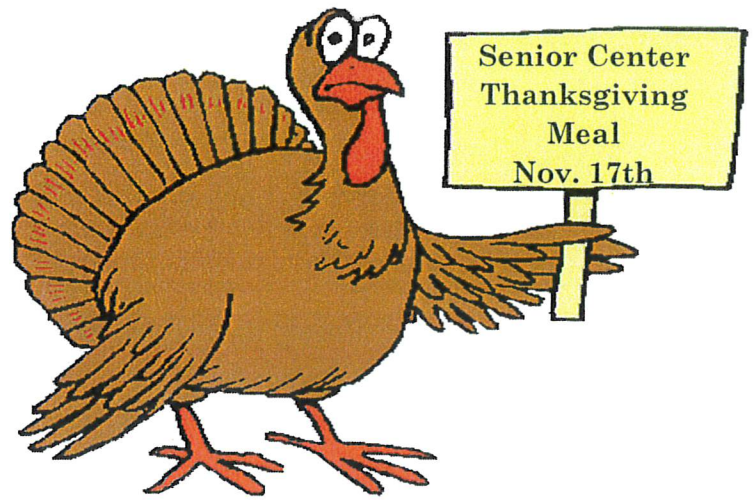
Jackie Kuxhausen 308-537-2402  
Jim Hudson 308-784-4919  
Charlene Ogier 308-537-3863  
Eldon Rodine 308-529-1199  
Jack Kniss 308-537-3008  
Patty Barkmeier 308-529-2847

**AFTER HOURS**

**Emergencies Only**

Maintenance: 308-529-7714  
308-529-7332

Executive Director: Gerri~ 308-708-0223  
Admin. Assistant: Nancy~ 308-537-2275  
Office Manager: LaDonna~ 308-529-2686



"We'd like to hire you to steal Thanksgiving."

1	A	H	E	M		5	L	O	T	S	A		10	A	F	R	O	13	
14	L	O	R	E		15	I	N	O	N	E		16	L	O	O	P		
17	C	O	M	M		18	O	N	F	R	A	C	T	I	O	N	S		
20	O	R	I	E	N	T	I	N	G		21	A	N	T					
22	T	A	N		23	O	Y	L		24	S	T	E	W	E	D	25	26	
27	T	H	E	M		28			29	M	O	T	E	T		32	E	D	O
					33	A	D	O		36	P	A	L	I	S	A	D	E	
			38	B	A	S	I	C		40	G	E	O	M	E	T	R	Y	
41	R	O	C	K	S	T	A	R		42	A	R	E						
43	E	R	A		44	T	A	T	A	R		45			46	P	O	L	S
50	M	A	D	R	I	D			52	E	S	P		55	P	R	O	E	
			56	E	E	L		57	D	A	R	W	I	N	I	A	N		
60	S	I	M	P	L	E		62	E	Q	U	A	T	I	O	N	S		
63	A	R	I	A			64	F	L	U	N	G		65	G	L	E	E	
66	L	A	C	Y			67	T	E	A	S	E		68	H	E	R	S	

