

## Thanksgiving

-Native Americans had a tradition at the end of harvest to give thanks to their deities long before Europeans arrived.

-There is some question as to whether the Plymouth colonists and the Wanmpanoag Indians or British colonists in Bereley Plantation, Virginia celebrated the actual 1st Thanksgiving.

-The legacy of thanks and feast has survived the centuries as people throughout the U.S. gather family and friends and eat enormous amounts of food for their yearly Thanksgiving meal.

### Top 10 Sides Served

- 1.Ham
- 2.Cranberry Sauce
- 3.Green Bean Casserole
- 4.Potato Salad
- 5.Macaroni and Cheese
- 6.Sweet Potatoes
- 7.Stuffing
- 8.Mashed Potatoes
- 9.Butter Rolls
- 10.Pumpkin or Pecan Pie



### Karaoke

Thursday,  
Dec. 3  
8p.m.-12a.m.  
Campus  
Center Food  
Activity Court

GROOVES  
& GRINDS

# Toilet Talk

November 20, 2009

## Turkey Time!

### Did You Know...

...More than 40 million green bean casseroles are served on Thanksgiving.

...91% of Americans eat turkey on Thanksgiving.

...Turkeys have heart attacks. When the Air Force was conducting test runs, fields of turkeys would drop dead.

...In 1941 congress declared Thanksgiving a national holiday.

### Answer to Last Week's Question:

The male turkey is called Tom and the female Hen.

**Easy Tip on Living Laker Green:** If you're not serving tofurkey this year, consider a "heritage turkey," such as an American Bronze, Bourbon Red, or Black Turkey, which will both be greener and tastier than a conventional turkey farmed on a large scale.

**Question of the Week:** Out of the 2.3 million adults that made a suicide plan, how many adults actually committed suicide?

### Events of the Week:

Saturday, Nov. 21st: SAPB Fall Fest. Hewitt Union Ballroom 10a.m.- 10p.m.

Saturday, Nov. 21st: LUL and LSU "Stroll Competition." Campus Center Food Court. Starts at 5p.m. Free.

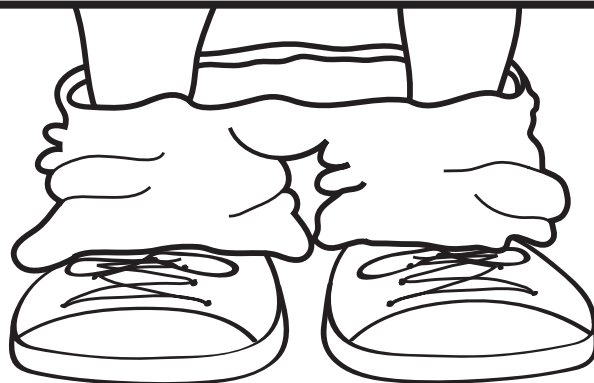
Sunday, Nov. 22nd: Alpha Phi Alpha Fraternity Incorporated 1st Annual Turkey Bowl (to raise money for turkeys for the Oswego Salvation Army Soup Kitchen). Lee Hall Field House. 11a.m.-6p.m. Cost is \$20 to register a team or \$3 to register individually.

Tuesday, Dec. 1st: SEFA Holiday Bakeoff from 1-3p.m. in 211 Culkin. Votes/tastes are 2 for \$1, proceeds go to United Way.

Questions? Comments? Suggestions? Get Involved.  
Give us a call! 312-5648 Or email  
lifestyle@oswego.edu



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### Words to whiz by...

"Life is like an onion; you peel off one layer at a time and sometimes you weep."

- Carl Sandburg

### Fun Facts

..Pilgrims ate with spoons, knives and their fingers, no forks.

..No one knows if the Pilgrims actually ate turkey.

..Puritans and Pilgrims are different. The Puritans did not land on Plymouth Rock and they came a decade later than the Pilgrims.

### Macy's Day Parade

- Started in 1920's.

- Many of Macy's employees were 1st-generation immigrants and wanted to celebrate Thanksgiving with a parade.

-The employees marched from 145th St to 34th St.

-They dressed up in costumes and rode on floats.

- One honored tradition is the release of the balloons, which float for days..

-Now, nearly 3 million people attend the parade.



Walker Health Center  
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Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistants Jenna Bernardelli and Michael Hotchkiss, Intern Danielle Hawley and Peer Educators Dawn-Marie Allen-Kent, Jeanelle Colon, Charlene Irving, Chanel Lindsay, Jessica Raghunanan and Amirah Wint. Sources available upon request.

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