



The Bell Tower Bulletin

INTERNATIONAL STUDENTS AT LCCC

by Barb Armstrong

IN THIS ISSUE

Armstrong: International Students
Nott: Cool Household Hints
Pasky: Visiting David Letterman
Broekel: Holiday Mailing Changes
Nesbit: Voicemail vs. Email
Armstrong: Your Thanksgiving Turkey
Nesbit: Thanks for the Turkey

REGULAR FEATURES

Staff Council Meeting Minutes
Computer Tips
Comings & Goings
The Recipe File
Quick Movie Reviews
Question of the Month
Meet Your SC Rep

BELL TOWER STAFF

Editor
Diane Nott

Production
Carol Broadfoot
Peggy Nesbit

Photography
Paul Modic

Distribution
Judy DeMarino

Communication Committee:
Barb Armstrong
Ken Collins, ex off.
Saundra Daniels
Mandie Nelson
Richard Pasky

Bell Tower Bulletin
CC010

extension - 7768

belltower@lorainccc.edu

You may not know it, but LCCC is host to a number of international students this year. Currently we are educating 76 non-immigrant students from 46 different countries, of which 22 are from South Korea. According to David Arredondo, Coordinator of International Recruitment and Student Support, non-immigrant students are those who are here on temporary visas; in other words, those who come to the United States to learn and then return home. These students are classified as F-1 students; those who are exchange visitors are classified as J-1; and religious workers are classified as R-1. Last year, the 2006-2007 academic year, the non-immigrant students totaled 92, the highest international enrollment ever at LCCC.

The other type of international student at LCCC is the immigrant student, which is a “non-American citizen who has begun the process to immigrate to America as a permanent resident or who has received permanent resident status,” according to Arredondo. Last academic year, LCCC had 63 students in this category. The total number of international students has been steadily increasing since 1998, when we had a total of 34 students in both categories.

The international students join in everything on campus that the non-international students do. Many of them work on campus, but the F-1 students are limited to 20 hours per week. You may see them working in Student Life, the Library, the Fitness Center, or anywhere else that they are needed. As far as housing, some of the students choose to stay with a host family, that is, a family that is willing to house and feed them for a year; some of the international students have relatives or friends that they stay with; or some choose to live on their own in an apartment. LCCC is willing to help them get set up to be on their own if they want this type of service. Approximately half of the international students need help with English. That is where the newly developed ESL (English as a Second Language) Department comes in. The ESL Department, which is a part of Academic Foundations Division, has classes in English to help anyone with a low enough knowledge of the language.



The Bell Tower Bulletin

It has become an LCCC tradition to honor all international students with the annual International Student Dinner, which will take place on November 9 this year. The students are sent an invitation and do not need to bring a thing. They and a guest can enjoy a nice catered dinner, in a casual atmosphere, where the entertainment is usually a foreign film in the Stocker Center Theater. So let's give a hearty welcome to all the international students, who are helping LCCC become a truly global environment.

Lorain County Community College Staff Council Executive Committee Meeting August 8, 2007 Minutes

- OSCE Report: Tim Howard gave a report on the OSCE Planning Meeting which took place at LCCC on 8/2/2007. The Summer 2008 OSCE Conference will take place at LCCC on June 19th and 20th. It is Dr. Church's wish that more staff members be able to participate in next year's conference. OSCE is exploring the possibilities of some type of Medical Insurance Plan that could be made available to part-time staff. OSCE is trying to implement a statewide fundraiser and LCCC will be the test run for this by hosting a jewelry sale on August 31. Tim also reported that OSCE wants to set up an Advisory Board with past members. The next OSCE Quarterly Meeting will be in October, 2007.

- Spring Break 2008: Kelly Meyer will chair the Committee.

- Family Fest 2008: A subcommittee was formed and Andrea Lyndes and Sandra Daniels will co-chair.

- Ken went over the draft of guidelines for Staff Council Salary & Benefits Committee (SCSBC) members. It was established that we will continue to work on fine tuning the draft and the following members volunteered to work on it: Cheryl Miltner, Fran McCaffrey, Dan Carrero, Andrea Lyndes and Sandra Daniels. The following members will serve on the SCSBC Committee until those guidelines are established: Ken Collins, Peggy Betts, Dan Carrero, Andrea Lyndes, Nate Neeland, Cheryl Miltner, Fran McCaffrey and Miguel Rivera

- Leadership Building Session for the Staff Council Executive Members will be at Sandy Ridge Reservation on October 9 from 9:00-4:00.

MEET YOUR STAFF COUNCIL REPRESENTATIVE by Barb Armstrong

William D. Carrero, or Dan as most people know him, is new to Staff Council Executive Committee this year. He is the representative of group 9. Dan works in Information Systems and Services as a Computer Resource Leader and his job responsibilities are managing the AS/400, the SAN (Storage Area Network), the Helpdesk, and Technical Support. Since he was just elected this June, his term will not expire until June of 2008. Dan feels that the role of SCEC is to be the voice of the LCCC staff. He would like to see SCEC "truly make a difference on important matters, and gain equal footing with other committees when it comes to decisions that affect all LCCC employees." Other committees that Dan serves on are Staff Council Salary and Benefits Committee, HRD, AQIP, Convocation, and Vision 21. He feels that SCEC has made many improvements during the tenure of past president Tim Howard, such as creating the Staff Council Salary and Benefits Committee.

On a more personal note, Dan, who was born in Lorain, Ohio, met his wife here at LCCC while both were attending classes. He has three children, 17 year-old twin boys and a 14 year-old daughter, all of whom he is extremely proud of. His favorite TV show is *The Andy Griffith Show*, because "things were much simpler back then" and his favorite actress is Lauren Bacall. Dan's dream is to be a professor of Astronomy at a big over-paying university on the upper East Coast and to live in a "big house on a cliff in the New England area overlooking the Atlantic Ocean" and, of course, to have his children nearby, each of them being famous doctors in some big East Coast hospital. However, until that happens, you can reach him at extension 7083 in Room AT119 or at his email address, wcarrero@lorainccc.edu.



The Bell Tower Bulletin

Into the Wild by Barb Armstrong

This is the one movie that I saw this month, but it was worth every penny that I spent to see it. The story is based on the book *Into the Wild* by Jon Krakauer and is about a young man, Chris McCandless, who rebels against his materialistic parents by traveling to Alaska to attempt to survive in the wild. The book was well written and is in a factual style that only Krakauer can do well and not bore you to tears. He interviewed everyone who had anything to do with Chris and pieced it together to create a story that was fluent and interesting. The movie, directed by Sean Penn, does the same thing, only better. Yes, there are flashbacks, but they aren't of the confusing variety. Penn made a point to film at every stop that young Chris McCandless, or Alexander Supertramp, as he called himself, visited. The locations such as Astoria (Oregon) and Bullhead City (Arizona) were interesting, but not glamorous. Penn wanted to show the places exactly the way they were in 1992 when Chris started hitchhiking to Alaska.

The director evidently fell in love with Krakauer's book and set out to idealize young Chris, play by Emile Hirsch. Chris's parents are played by William Hurt and Jena Malone and are portrayed as less than perfect in the movie version. Their constant fighting and bickering prompt Chris to give his law school savings to a charity and hit the road without telling them. In the book, however, I found his parents to be materialistic, but not the ogres that they are made out to be in the movie. His sister, played by Marcia Gay Harden, is barely seen in the movie, but her voice is heard as a constant narration in the background during Chris' travels.

The variety of characters that young Chris meets is interesting. All of them take a liking to the young man and try to direct him back to his parents, but to no avail. Chris, who is actually maturing during his travels, constantly writes to one of the men that befriended him and this is brought out in the movie. He finally makes it to Alaska, but has very limited outdoor skills. Most of the skills that he does have come from books that he bought along the way on wild edible plants, and on a brief hunting lesson he received from one of his friends. Chris mostly relies on the novels of Jack London to gain knowledge of the wild country of Alaska. But Chris is a romanticist at heart and this suits him.

The shots of Alaska are stunning and when you see them on the big screen, you can understand why Chris would want to go to this area in the first place. The movie is well done and deserves an academy award, in my opinion. The book, on the other hand, is excellent in its own way. I enjoyed both of them.

Computer Tips by Diane Nott

Let's Refresh – Copy and Paste

Let's begin with copying. There are a couple of different ways you can copy something on your computer. Both are pretty easy to do, so you'll just have to decide which one you prefer. But, before you can do anything else, you have to figure out what you want to copy. Once you've done that, click your mouse button, hold it down and drag it over what you'd like to copy. It will then be highlighted. You can then either **right click** and choose **Copy** or you can hit **Ctrl + C** on your keyboard. Next up is the paste function. This always comes after the copy, because you have to have something copied so that you can paste it. Go to where you'd like to paste your material (in an e-mail, a Word document, etc.) and click your mouse once. Then you can either **right click** and choose **Paste** or hit **Ctrl + V** on your keyboard. That's all there is to that!

If you ever want to cut something out (a portion of text, a picture, etc.) of what you're working on, all you have to do is highlight it and then you can either **right click** and choose **Cut** or hit **Ctrl + X** on your keyboard. That part of your document will then disappear. Now, what if you're working on something and you make a mistake? You probably want to undo it, right? Well, the easiest way to do that is to hit **Ctrl + Z** on your keyboard. That combination will automatically undo what you just did. Cool, huh? Yep, just a couple mouse clicks or a few taps on your keyboard will take you a long way!

Cool Keyboard Stroke: Whenever you walk away from computer, you should always lock it. You never know who might be around to poke into your stuff. There is just one simple keystroke. Hold down the <Window> Key. The one next to the <ALT> button and then press the <L> key. That way your information and computer is safe and secure. You can do this even if you are working on a document, spreadsheet, PowerPoint, etc. You can keep your work open and get back to it when you return to your desk.

The Bell Tower Bulletin

Cool Household Hints submitted by Diane Nott

PETS:

Eliminate ear mites. All it takes is a few drops of Wesson corn oil in your cat's ear...Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

Kills fleas instantly. Dawn dishwashing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Good-bye fleas!

Rainy day cure for dog odor. Next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.

PEOPLE:

Drinking two glasses of Gatorade can relieve headache pain almost immediately without the unpleasant side effects caused by traditional "pain relievers."

Colgate toothpaste makes an excellent salve for burns.

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of "curiously strong" Altoids peppermints. They'll clear up your stuffy nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes; then apply it as massage oil for instant relief from aching muscles.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly— even though the product has never been advertised for this use.

Honey remedy for skin blemishes. Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing.

Listerine therapy for toenail fungus. Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection. To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.

Cleaning liquid that doubles as bug killer. If menacing bees, wasps, hornets, or yellow jackets get into your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart splinter remover. Just pour a drop of Elmer's Glue-All over the splinter; let dry and peel the dried glue off the skin. The splinter sticks to the dried glue.

Hunt's tomato paste boil cure. Cover the boil with Hunt's tomato paste as a compress. The acid from the tomatoes soothes the pain and brings the boil to a head.

Balm for broken blisters. To disinfect a broken blister, dab on a few drops of Listerine.

Vinegar to heal bruises. Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process

Quaker Oats for fast pain relief. It's not for breakfast any more! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.



Comings and Goings by Diane Nott

Comings

Mr. Salvatore Belardo, Plant Operations Worker, Physical Plant Operations
Effective November 12, 2007.

Goings

Betty Rhodes, Distributed Learning, retiring
effective October 31, 2007.

The Bell Tower Bulletin

Question of the Month by Diane Nott

November 1st is National Men Make Dinner Day. So the question of the month is:

**For the Men—what’s your favorite dinner to cook?
For Women—what is the best thing your male significant other (or son) can cook?**

My son is turning into quite the baker - he makes awesome peanut butter brownies and just made two pies (fresh apple and cherry) this past weekend. He also loves to make biscuits.

-Ann Loepp, Enterprise Development

Scrambled eggs and chocolate chip cookies. We use the same ingredients, but his are always better.

-Laura Trout, Allied Health

My husband makes his Dave’s world famous chili....don’t know if it is because I don’t eat chili...

-Pam McVey, Library/Learning Resources

My husband, Ron, makes his “Daddy’s Roast” just as his late father did. He keeps the recipe a secret and he even shops for the ingredients himself. The meal of roast beef, gravy, mashed potatoes, corn, and rolls is the family’s favorite and makes a wonderful, old-fashioned Sunday dinner.

-Michele S. Timko, Marketing & Media Relations

I like to start with a nice spring mix salad with raspberry vinaigrette dressing, for dinner I like a filet mignon (medium Rare) with shrimp scampi, wild rice, oven roasted asparagus, and a nice glass of cabernet. For dessert I like a Crème Brulee’ and a cappuccino

-Brandon Case, Food Services

My son, John, makes the best pork roast dinner ever! He injects Creole butter and teriyaki marinades into the roast and flavors the outside with spices. Then he cooks it on the Ronco rotisserie for 2 hours....YUMMY! He makes egg fried rice and green beans as accompaniments. This is my favorite dinner.

-Lu Phillips, Institutional Effectiveness & Planning

How about cereal or tomato soup?

-Katherine Fitzgibbons, Financial Aid

The only thing that I know that my husband can cook without burning up something is hot dogs and beans. The last time he tried to cook something; he ended up calling me at work and told the person to answer the phone that it was an emergency. Of course I thought something happened to one of the kids. It turned out to

be that he was trying to cook Italian sausage and did not know what to do with it after he boiled it. When I got home, the kitchen was a mess and the pan that he used to try to fry the sausage was black from being burnt. I think I will just let him do the beans and franks.

-Valerie McLaughlin, Connections Center

My favorite dinner to make is barbeque western cut ribs with a baked potato.

-William Torres, Physical Plant

My husband makes a great steak and corned beef hash.

-Stacy Mitchell, Academic Advising

I grill all the meat & fish outdoors, where most of my other chores also occur. I am also very good at ordering pizza.

-Richard Pasky, Academic Foundations

My husband can cook a great steak, and my 13-year-old son, Gregory, makes a delectable pizza from scratch.

-Marge Rozmarynowycz, IS&S

My boyfriend makes an awesome wheat pizza. His Mom made it when he was a kid and now he makes it for us! It’s great.

-Christina Neidert, Security

My wife and I share cooking duties pretty equally. I love to make Grilled Pecan Encrusted Grouper, and I have a great recipe for Pork Medallions in Mustard Cream Sauce (call your cardiologist). But my wife’s favorite thing I cook is Sausage Noodle Bake, a recipe I’ve had for years and have modified significantly. It’s a great potluck or football party recipe, and you can prepare it now and bake it later. (*see Recipe File for Jeff’s Recipe*)

-Jeffrey J. Walmsley, Allied Health and Nursing

HAHAHA!!! LoL!!! Does re-heating what I’ve already made in the microwave count?

-Karen McLean, Student Life

My ex-hubby does excellent ribs on the grill. My son is also an excellent grill man. Must be hereditary. (smile)

-Dussina A. Warfield, Social Sciences and Human Services

My husband is a really good cook but the kids and I think his beef stew or London broil with shallots are probably his two best dishes. Yum!

-Krista O’Neill, Connections Center

My son can manage an omelet pretty gracefully; another male who occasionally feeds me makes good veal marsala.

-Patty Mack, Academic Foundations

The Bell Tower Bulletin

Visiting Dave Letterman in NYC by Richard Pasky

Sitting in the audience of a TV show is a lot of fun, and it's easy to do. It just takes time and money. In early September I requested seats via email to The Late Show with David Letterman. One may request up to three dates at a time. I chose Mondays in October, and was excited to get a call from a staffer offering seats to the October 1st show, only five days away. He first asked me a trivia question about the show – what is Alan Kalter's job? – easy, he's the announcer. Then he asked if we already had made our travel plans. We had not, so he said we needed to call him back and let him know what they were, and then he would explain how to get the tickets. It just so happened that Continental had a special low price for that weekend, and we were lucky to get seats. We were on our way!

We surfed the web for a hotel near the theater at 53rd & Broadway, and found the *Park Central* only two blocks away. After checking in, we ate at the legendary Stage Deli and had giant pastrami & chicken salad sandwiches. Since it was Saturday and the Dave Letterman show wasn't until Monday night, we had plenty of time to sight see. New York is full of famous sights, such as Ground Zero, St. Patrick's Cathedral, Central Park, Staten Island, and the American Museum of Natural History. We weren't really bored for those three days. On Monday, we arrived at the theater at 2 p.m. to pick up our tickets. Lucky we both had photo IDs, which were required. We each filled out forms to note if we had unusual hobbies or stupid human tricks.

The show is taped at 4:30 p.m., so we had some time to kill. Before the taping, the staffers get everyone pumped up to make sure we applaud a lot, and stay enthusiastic. A comedian warms up the audience once we were seated, provides more coaching about applause, and then the band plays a few songs. Just before the show starts, David Letterman comes out to chat for a couple of minutes, taking questions from the audience. Someone asked if he ever was in a car with female racer Danica Patrick. He acknowledged that he had been. He also asked the audience how many were from New York City, and only three raised their hands. I believe that they try to pack the audience with tourists who will likely be more enthusiastic than jaded NY locals. We had seats in the center, 4th row, which were great for the show, but the camera and cue card guy were blocking our direct view of David

Letterman. Luckily there were many monitors overhead to assure that everyone sees the show clearly. During commercial breaks, staffers talk to Dave about the show in progress while the audience is treated to some “best of” comedy pieces from past shows, and also the band plays.

We wandered around after the show toward Times Square and had dinner. (Don't forget this was taped in the late afternoon) We headed back to the room, to wait for the Letterman show to come on. When it came on, we expected the panning of the audience to be shown at the time it was taped, just before the final musical guest. Instead they played the audience waving right after the first guest left. There we were waving and clapping, me proudly wearing my Indians shirt. It was quite an experience. To get tickets to the David Letterman Show, go to this website: <http://www.cbs.com/latenight/lateshow>



The Bell Tower Bulletin

Mailing Changes of May 2007 May Affect Your Holiday Packages

by Karen Broeckel

For those sending overseas packages this holiday season, please be advised of changes regarding your mail.

The Postal System now requires customs forms to many overseas locations including certain APO/FPO destinations for packages weighing over 16 ounces. Also, certain restrictions apply to content, preparation and handling of those packages depending upon the destination. To access information on APO and FPO addresses and restrictions, go to www.pe.usps.com and click Postal Bulletins, then go to the current issue to see the article 'Overseas Military Mail'.

To ensure delivery of international and military mail by December 25, please enter your mail or packages by the following dates:

Military

Parcel Post—November 13th

Space Available Mail (SAM)—November 27th

Parcel Airlift—December 4th

Priority Mail/First-Class—December 11th

Express Mail—December 18th

International

First-Class/Priority Mail—December 4th

Express Mail—December 12th

Global Express Guaranteed (GXG)—December 19th

Mailing Tips:

Remember, this is the year the USPS has gone to 'size-based rates' instead of 'weight-based rates'. Using correct size containers will help avoid surcharges for oversized packaging.

If you are reusing a box, cover all barcodes

Seal your package at all seams with packaging tape that is at least two inches wide. Do not use masking or cellophane tape, cord, string or twine.

Type or print the delivery address only once placing parallel to the longest side of the package. Place a strip of clear packaging tape over the address to prevent smearing.

Calculate rates on line at www.usps.com under Shipping Tools

Send Priority Mail and Express Mail domestic and international via Click-N-Ship on the USPS website. Delivery Confirmation is available at no additional charge when using this service; also carrier pickup service is free when you print your postage label from your PC. Schedule a pick-up for your Click-N-Ship package at www.usps.com/pickup. The date on the package must

reflect the date of the pick-up. Discounts on international postage apply when using this service.

New—any mail piece weighing more than 13 ounces with ordinary postage stamps, must be presented for mailing to an employee at a Postal Retail center. Do not place in a collection box, packages will be returned to sender if over the 13 ounce maximum.

Following these regulations will ensure that your package is received on a timely and secure manner. Happy Holidays!

source: www.worldstart.com

Voicemail vs. Email

By Peggy Nesbit

Maybe it's because I am by nature a writer, but I really don't like the phone—especially voice mails. And it's occurred to me that there are two groups of people in this world of techno-messages: those who prefer voicemail and those who prefer email. I'd much rather write an email than leave a voicemail message any day but when I send an email to a voicemail person, I'm not liable to have the nearly instantaneous response I expect. There are several people here in the bookstore who are voicemail people. They see that little red light on their phone and they're on it in a second. They maybe check their email once a day and because of that have such big "piles" of emails that they are overwhelmed and tend to just skim over them.

Then there are people like me. I check my email a lot. It's hardwired into my brain. And I will often answer a voicemail with an email (but usually call and tell the voice mailer to check their email!) But I don't think that I spend a tremendous amount of time answering emails. I feel that I express myself better in written form. It gives me time to think of all the things I forget to tell someone on the phone.

Now there are two hybrids of voice and email. One is the text message, a written message sent from your cell phone, and the instant message, which is like a phone conversation "written" via web sites like Yahoo and AOL. I know that my nephew uses text messaging to send instant messages to me which is perfectly fine because I still get to read them and type back.

So is there common ground for writers and talkers? Obviously there is because we were been doing it before the technology ever was invented. I just have to be more diligent about my voicemail and they need to watch out for emails from me!

The Bell Tower Bulletin

The Recipe File



Sausage Noodle Bake

submitted by Jeffrey J. Walmsley

1 10-ounce can Cream of Chicken soup
½ cup plus 2 tablespoons milk
1½-2 cups shredded cheddar cheese
1 pound mild pork sausage cooked and crumbled
½ pound noodles, cooked
2 tablespoons chopped green pepper
2 tablespoons chopped pimento
buttery cracker crumbs, like Ritz or Club

Pre-heat oven to 350. Grease a 9x13 or similar sized baking dish. In a pot, combine soup and milk. Cook slowly until blended and warm. Add 1 cup cheese, stir until melted. Add sausage, noodles, green pepper and pimento and heat until blended. Pour into the baking dish. Top with cracker crumbs and ½ -1 cup remaining cheese. Cover and bake 20 minutes. Remove cover and bake until golden brown and bubbly, about 15 minutes.

Thanks for the Turkey

By Peggy Nesbit

The English Pilgrims who first celebrated Thanksgiving in 1621 with New England wild turkey would have been used to a large and varied list of birds eaten in Old England. Below is a list of some birds eaten in England throughout history:

Duck, geese, and swan, heron, egret, crane, stork, pelican, teal, great auk, gannet, cormorant, and gulls. Pheasant, quail, partridges, and bustards (extinct now but similar to a turkey in that they seldom flew because they could weigh up to 25 pounds!) Hen (chickens), capon (castrated male chicks), pigeons, doves. (Guinea fowl and peacock were foreign birds introduced to the island by the Romans.) Blackbirds, larks, finches, sparrows, thrushes.* (By 1770's, song birds had fallen out of fashion as food and were kept as house pets in cages.)

The most daring fowl most modern Americans have eaten is pheasant, quail, or partridge—or even duck and goose. But it's certain that our ancestors, no matter where they were from, ate many more kinds of birds than chicken and turkey. Here's hoping you have a Happy Turkey Day; I'm just glad we aren't having Swan Day!

* The French still considered the small song bird called an ortolon a great delicacy, eating everything but the beak and feet in on bite! And they call themselves civilized!

YOUR THANKSGIVING TURKEY

by Barb Armstrong

With all the publicity lately on animal cruelty, food enhancers, and pesticides in our food, I started to wonder about how the turkey that most of us cook for Thanksgiving gets raised. It was difficult to come up with a non-biased website on turkey farming – most of them were presented by PETA – but I managed to piece together some facts that won't scare your socks off, but make you think about our food source in general.

The bargain turkey that most of us buy for 89 cents per pound or less is usually raised on a turkey farm. Here, the turkeys are bred in a warehouse-like structure, given less than three square feet of space to roam in, have their beaks and toes trimmed to prevent injury to each other, and fed a diet of high protein food (including slaughterhouse leftovers) to promote rapid growth. These turkeys are usually slaughtered between the age of 14 and 25 weeks. The conditions under which they are slaughtered are usually not much better than their living conditions, but then, I imagine, if most of us visited any slaughterhouse, there would be more vegetarians in the world.

Turkeys labeled free-range are actually not roaming the farm like we all ideally want to think. Technically free-range turkeys are given "access to the outdoors." This could be as little as an open gate. According to a University of California poultry specialist, "most free-range birds are still fenced in corrals....They're not out exercising. These birds are raised much like the regular turkeys." The USDA has not set similar standards for turkey farmers and processors as they have for other poultry, therefore there are no regulations that are followed. It is up to the individual farmer.

So how do we, as consumers, know which turkeys are raised humanely? The best way to tell is to look for the American Humane Association "Free Farmed" label on the turkey you buy or look for a bird that comes from a farm endorsed by the Animal Welfare Institute. Stores such as Trader Joe's, Whole Foods Market, The Bin, and The Web of Life usually carry turkeys, as well as other meat, that are humanely raised. Or you could skip the turkey altogether and serve a Tofu Turkey. As for me, after researching this article, I think I will pay a little extra for a humanely raised turkey this year.

For those brave enough to read the unglossed facts, you can go to the following websites:

<http://www.peta.org/feat/nc/index.html>
<http://www.free-range-turkey.com>