



WREEL READERS

WOMEN READING TO ENHANCE AND ENRICH LIVES

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VETERANS DAY - NOVEMBER 11

A day to honor the men and women of the armed forces who have either sacrificed or made a commitment to sacrifice their lives for the safety and protection of the United States of America.

As you go about your daily routine, take a moment to remember the men and women of our armed forces and their families. Whether you agree or disagree with the current war, remember that when an individual enlists in the military they take an oath to obey the orders of the President of the United States and the orders of the officers appointed over them. Service to the United States of America becomes their duty. It becomes their job.

When one enlists in the United States Military, active duty or reserve, they take the following oath:

I do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the orders of the officers appointed over me, according to regulations and the Uniform Code of Military Justice.

Officers, upon commission, swear to the following:

I do solemnly swear that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter

I challenge you to remember the men and women of our armed forces, honor their service to the United States of America and pray for the



encouragement of their families.

Want to Participant in the 2009 Inaugural Events?

Tickets to the 56th Inaugural Ceremonies will be provided *free of charge* and distributed through Members of the 111th Congress. The Joint Congressional Committee on Inaugural Ceremonies does not provide tickets to the public. Members of the public interested in attending the Inaugural Ceremonies should contact their [Member of Congress](#) or [U.S. Senators](#) to request tickets.

Tickets to balls and other events related to the Jan. 20 presidential inauguration will be hard to come by, but you can always join the crowds along the parade route. Hundreds of thousands of people always gather along Pennsylvania Avenue to watch the procession from the Capitol to the White House after the swearing-in ceremony. However, there is no guaranteed that you will get a glimpse of the president and his family.

The public should be aware that no website or other ticket outlet actually has inaugural swearing-in tickets to sell, regardless of what they may claim. Tickets will not be distributed to Congressional offices until the week before the inauguration and will require in-person pick-up. ***“Any website or ticket broker claiming that they have inaugural tickets is simply not telling the truth,” said Howard Gantman, Staff Director for the Joint Congressional Committee on Inaugural Ceremonies.*** “Tickets for the swearing-in of President-elect are all provided through members of Congress, and the President-elect and Vice President-elect through the Presidential Inaugural Committee. The public is urged to view any offers of tickets for sale with great skepticism.”

For additional information, visit at:

<http://inaugural.senate.gov/index.cfm>

HOW TO REDUCE YOUR UTILITY BILLS DURING THE HOLIDAY SEASON

Holiday time usually means an increase in utility bills for most households—especially if you are preparing large meals at home.

- ✓ When you are using your stove, oven and dishwasher and opening your refrigerator frequently, your energy bills can rise considerably higher than normal. You can help reduce those extra costs by employing the following practices:
- ✓ When you use your oven to roast a turkey or ham, there is no reason to preheat the oven. Since the cooking process for these holiday meats is a long, slow process, preheating is unnecessary. While you have something cooking inside the oven, do not open it up to take a look at how your dish is doing. Instead, use the oven light. When you open your oven door a significant amount of heat can escape, and your oven temperature can drop by 25 degrees.
- ✓ When you are using your oven, it is perfectly fine to cook more than one item at a time, just make sure you leave enough room around each dish for air to circulate. If you use glass or ceramic pans in your oven, you can reduce your baking temperature by 25 degrees.
- ✓ If you have an electric stove, make sure that you match the pan size to the burner size as closely as possible. If you use a 6-inch pan on an 8-inch burner, you can waste up to 40 percent of the energy used. Remember, using your microwave oven is a fast and energy efficient way to cook your vegetables or heat up leftovers after the main meal is over.
- ✓ Your refrigerator can account for up to 15 percent of your home's total energy use. Try to keep the door closed as much as possible. It is more efficient to keep the door open a little longer and retrieve several items at once than it is to open the door several times for shorter periods.
- ✓ When you use your dishwasher, only run it when you have a full load, and use cold water to rinse the dishes before you put them in the dishwasher.

Try using this holiday season as a chance to change your energy habits in the kitchen and see how much you can save year round.

—adapted from consumerenergycenter.org

Giving Thanks

It is the time of year to give thanks with family and friends. So as the holiday season begins, take time out for those around you.

- He who thanks but with the lips, thanks but in part; the full, the true Thanksgiving comes from the heart.
- J.A. Shedd
- Remember God's bounty in the year. String the pearls of His favor. Hide the dark parts, except so far as they are breaking out in light! Give this one day to thanks, to joy, to gratitude! - Henry Ward Beecher
- Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow. - Edward Sandford Martin
- We can always find something to be thankful for, no matter what may be the burden of our wants, or the special subject of our petitions. - Albert Barnes
- Enter into his gates with thanksgiving, and into his courts with praise; be thankful unto him, and bless his name. For the Lord is good... - Psalm 100:4, 5a
- Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus. - I Thessalonians 5: 16-18
- Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.



A tasty, healthy holiday dressing

Do you love dressing with your turkey, but hate the fat, sodium and calories that eating a helping of it adds to your diet? If so, then maybe you need to try a new recipe. Using alternative ingredients, but keeping that good old-fashioned taste is the key.

This holiday season, you can have your dressing without blowing your diet. Just give the following recipe a whirl:

- 4 cups whole wheat bread cubes
- 1 cup vegetable broth
- 1 tablespoon olive oil
- 1/2 cup onion, chopped
- 1 cup celery, chopped
- 1/4 cup parsley, chopped
- 1 teaspoon dried tarragon
- 1/2 teaspoon paprika
- 1/8 teaspoon nutmeg
- 1/2 cup cranberries, chopped
- 1 cup whole water chestnuts
- 1 cup chopped apple
- 1 cup browned vegetable protein sausage substitute

In a large skillet, sauté the chopped celery and onion in olive oil until tender. Add vegetable broth and continue to simmer. Remove from heat. In a large bowl, combine the bread cubes, chopped parsley, tarragon, paprika, nutmeg, chopped cranberries, water chestnuts and chopped apple. Stir in the sautéed onion, celery and any remaining broth. Add browned sausage substitute. Spray a two-quart baking dish with nonstick spray. Spoon mixture into the dish. Cover; bake at 350 degrees for 20 minutes; uncover. Bake 10 more minutes. **Serve hot.**

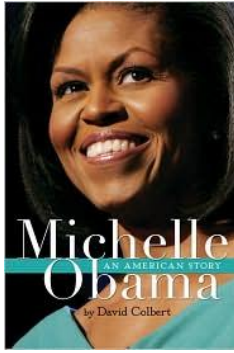
How to carve your turkey— Successfully

To obtain the highest yield and best results from your turkey, you should use proper carving and slicing techniques.

This can also make your turkey more eye appealing. Follow these simple techniques for successfully carving your turkey:

- Allow turkey products of more than 10 pounds to stand at room temperature from 10 to 20 minutes after cooking and before slicing. This allows the juices to distribute evenly throughout the turkey. Netting and cooking bags are easier to remove after the recommended 10 minutes standing time. The maximum standing time should be 20 minutes.
- Slice or carve on a sanitized cutting surface. Knives, pans and covers should be sanitized, too. Re-sanitize board and knives every 30 minutes.
- Wear disposable food-handling gloves while carving or thoroughly wash your hands frequently.
- Immediately after the 10 to 20 minutes holding time, carve the turkey from its carcass into major sections (i.e., breasts, thighs, drumsticks and wings).
- To serve turkey hot, place sections in pans. Cover with film to retain heat and moisture and to minimize the possibility of contamination. Hold at 140 degrees Fahrenheit or higher in a hot holding device (i.e., cabinet, steam table). Turkey must be at least 140 degrees Fahrenheit when placed in the holding pans. The heating device will only maintain temperature. A maximum holding time of 20 to 30 minutes is recommended.
- Slice the sections into serving pieces, plate and garnish.
- If turkey is to be served immediately, slice and shingle no more than 1 inch deep in shallow steam table pans. Cover with film, refrigerate at 35 to 40 degrees Fahrenheit. We recommend cooked, sliced turkey reach 40 degrees Fahrenheit in two hours or less.

—adapted from eatturkey.com



Suggested Readings

Michelle Obama by David Colbert

Michelle Obama grew up on Chicago's South Side, and while the world outside her door was chaotic and ever changing, her family provided a stable environment in which she could grow and flourish. This look at Michelle Obama's life and the turning points that shaped her shows how a girl from a working class background could rise to become one of the most influential women of her day.

This is more than a straight chronological retelling. This book looks at Michelle Obama's life story within the context of the larger movements in African American history: slavery, freedom, the Reconstruction era, the Civil Rights movement, and finally, her own era.

History is what has shaped Michelle and challenged her. Ultimately, not only has she overcome any obstacles put before her, she has carved out her own place in history as well.

Publish Date: January 2009
ISBN-13: 9780547249414

Creating the Smoky Eyes Look

Smoky eyes have been a big style for quite awhile and there is no sign this particular trend is dying. Follow the step-by-step instructions below to get the perfect smoky eye.



What You Need:

- ✓ Eye primer (you don't need it, but it's great for keeping shadow in place)
- ✓ 2 Shadows: One light, one darker
- ✓ Eyeliner
- ✓ Make-up brushes
- ✓ Mascara

1. Apply a cream concealer over your eyelid to create smooth base for your eyeshadow.
2. Use a pencil liner (black or gray looks best) to trace your top lashline from the inner corner to the outer. Then, use the same pencil to dot between your lower lashes. Smudge both lashlines with a cotton swab or an eyeliner brush.
3. Sweep powder shadow (brown, gray and dark green all work with black or gray liner) over your lid and into your crease, blending the color up and outward. **Tip:** To prevent color from fading and give your lids a more shimmery finish, pat a cream shadow over the concealer on your lid first, wait five minutes, then top with a matching powder shadow.
4. Dust a lighter, neutral eyeshadow over just your browbone.
5. Finish with two coats of black mascara.

Remember to keep lips nude. When applying strong makeup (like smoky eyes or red lips) put the focus on either eyes or lips, never both.

UPCOMING EVENTS

December 20, 2008
WREEL Readers'
Monthly Meeting

November 14 – 16, 2008
Miami Book Fair

January 20 – 25, 2009
Zora Neale Hurston
Festival

March 12 – 15, 2009
Romance Slam Jam

May 16 – 17, 2009
National Black Book
Festival

July 31 – August 2, 2009
National Book Club
Conference



I have traveled the
world twice over,
Met the famous; saints
and sinners,
Poets and artists, kings
and queens,
Old stars and hopeful
beginners,
I have been where no
one has been before,
learned secrets from
writers and cooks
all with one library
ticket
to the wonderful world
of books.

- Anonymous -

Visit
www.wreelreaders.com
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