

Happy Thanksgiving



Healthy Holiday Recipe Swaps

Special to
The Leader Tribune

Although presents garner most of the fanfare during the holiday season, there is no denying that food and entertaining also figure prominently this time of year. Delish magazine reports that Christmas food consumption ranks third, behind Thanksgiving and Super Bowl Sunday, among Americans, and that a single Christmas meal can weigh in at 3,000 calories, not factoring in any other food consumed that day.

No one wants to feel held back while having fun with family and friends, but smart food choices can mean healthier living during this season of festivities. Dish up these alternatives when holiday entertaining.

- Lean on leaner cuts of meat. A strong body is built on protein, and holiday hosts often make a meat or poultry dish the star of the holiday dinner table. When selecting holiday fare, choose leaner options such as "round" or "loin" roasts; otherwise, select white-fleshed fish and skinless poultry in lieu of other options.

- Use broths instead of creams. Soups and gravies are popular this time of year, and both can be made healthier by opting for stock or broth bases over more fattening milks or creams when creating these recipes.

- Create a one-crust pie. Pie is one of the more popular holiday desserts, and plenty of the calories come from a rich, buttery crust. Lighten up by serving a one-crust pie, such as pumpkin or sweet potato. Fruit-based pies like apple or blueberry also can be made with one crust. Simply top the fruit with a light crumb coating.

- Find ways to incorporate vegetables. Vegetables are low in calories and rich in vitamins and nutrients. Many also are high in fiber, so they can help people avoid overeating. According to dietary experts from the American Heart Association, people should aim for four to five servings of vegetables each day. When making a plate, fill half of the plate with vegetables. Enhance dishes like lasagna or other pastas with fresh vegetables as well.

**RECIPE SWAPS
CONTINUED PG 2B**

Have a Blessed
Thanksgiving
Wishing Everyone A Joyous Time Spent
With Family & Friends As We Celebrate
A Time Of Thankfulness.
from the
**City of Fort Valley,
Mayor & City Council**





Wishing everyone a safe and joyous Thanksgiving!

CITY OF BYRON GEORGIA
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The Byron Police & Fire Departments along with the **BYRON GEORGIA** Convention & Visitors Bureau





The Leader  Tribune
Peach County's Newspaper

The staff at The Leader Tribune wish all of our readers, subscribers and advertisers a Warm and Wonderful Thanksgivings.

And a special 'Thank you' to all of our contributors, your contributions are appreciated. We do our best keep the Peach County newspaper uniquely local as possible and your community contributions are a great asset to us. Thank you to everyone who helps make The Leader Tribune a local newspaper!

Pecan Pie Makes A Perfect Dessert This Thanksgiving

Special to

The Leader Tribune

A Thanksgiving dinner table can be a sight to behold. For foodies and others who love the array of comfort foods on display come the second Monday in October (in Canada) or the fourth Thursday in November (in the United States), Thanksgiving is a day to circle on the calendar each year.

While a mouthwatering turkey and sides like mashed potatoes and stuffing garner the bulk of the attention on Thanksgiving, the dessert table also can be a tempting place to direct one's eyes. Though no dessert is off limits on Thanksgiving, pie is a particularly popular option on Turkey Day. With that in mind, those tasked with crafting something for dessert this Thanksgiving can consider the following recipe for "Pecan Pie" courtesy of Lines+Angles.



- | | | | | | | | |
|-------------------------------------|------------------------|---------------------|-----------------------|------------------------------|---------------------|-------------------|---------------------------------|
| 1 1/2 cups pecans, coarsely chopped | 1 cup light corn syrup | 1/2 cup brown sugar | 1 tablespoon molasses | 2 tablespoons butter, melted | 2 tablespoons flour | 1/4 teaspoon salt | 1 teaspoon pure vanilla extract |
|-------------------------------------|------------------------|---------------------|-----------------------|------------------------------|---------------------|-------------------|---------------------------------|

- Preheat oven to 350 F.
- Spread pecans along the bottom of the prepared pie shell.
- In a large bowl, mix the remaining ingredients and pour over pecans. The pecans will

rise to the surface of the pie.

- Bake for 60 to 65 minutes until the filling has set. Pie is done when the center reaches 200 F. Pie center when lightly tapped should spring back. Remove pie from oven and let cool on a wire rack for at least 2 hours.
- Serve.

Preparation time: 15 minutes
Cooking time: 1 hour, 5 minutes
Cooling time: 2 hours
Total time: 3 hours, 20 minutes

PECAN PIE

Makes 8 servings

- 9-inch unbaked frozen deep dish pie shell, thawed

RECIPE SWAPS

CONTINUED FROM 1B



- Skip the fried bird. Although deep-frying a turkey can reduce cooking time, frying historically is not the best cooking method for those who are making health-conscious choices. Rather than frying, consider spatchcocking (also known as butterflying) the turkey to enable it to cook faster. Use fresh herbs and seasonings instead of butter and oil to flavor your turkey as well.
- Skip the cocktails. The Center for Science in the Public Interest says that classic cocktails with little to no added sugar typically fall into the 150- to 200-calorie range, while others can be about 200 to 300 calories each. Many people will want to save those extra calories for dessert or another indulgent dish rather than drinking them away. If you want to simulate a cocktail, make a spritzer with sparkling water and unsweetened cranberry juice.
- Celebrants can make some smart choices in the foods and beverages they eat to enjoy a healthier holiday season this December.

Consider These 13 Gratifying Thanksgiving Facts

Special to

The Leader Tribune

Thanksgiving is a time to gather with family and friends and reflect on one's blessings. In 2022, Canadian Thanksgiving takes place on October 10, while Americans celebrate on November 24. In anticipation of these holidays, here are some interesting facts about the Thanksgiving celebration.

- American Thanksgiving is largely modeled on a 17th century harvest feast shared by the English settlers and the Wampanoag tribe.
- Canadians celebrate Thanksgiving on the second Monday of October. It is based on European harvest festivals.
- The National Turkey Federation says around 45 million turkeys will be eaten on Thanksgiving, which equates to about 720 million pounds of turkey being consumed (with the average turkey size being 16 pounds).
- The Butterball hotline answers roughly 100,000 calls every year on its turkey question hotline.
- In 1953, the Swanson company overestimated the num-

ber of frozen turkeys it would sell for the holiday season by 26 tons. Rather than waste the meat, Swanson sliced it up, repackaged it and created the first frozen TV dinners.

- Thanksgiving in America may be older than many recognize. While Thanksgiving is largely tied to the 17th century settlers, the National Parks Service says in 1565 Spanish settlers in St. Augustine (now Florida) celebrated by having a meal to which they invited the native Seloy tribe. The Spanish served pork stew, sea biscuits, red wine, and garbanzo beans. Some say the Seloy contributed turkey, venison and maize.
- Thanksgiving didn't become a civic holiday until Abraham Lincoln made it one after the Civil War tragedy. Thanksgiving was declared a national holiday on October 20, 1864.
- The Pilgrims did not refer to themselves as "pilgrims." They used the word "separatists" as they were separating themselves from a larger belief system.
- In addition to Canada and the United States, Grenada, Liberia, the Philippines, Saint Lucia, and the Netherlands

celebrate their own versions of Thanksgiving.

- Each year, the American president "pardons" a turkey from slaughter on Thanksgiving. This tradition dates back to when Abraham Lincoln's son was upset that his family's turkey that was going to be killed for Thanksgiving dinner.
- According to the U.S. Calorie Control Council (CCC), an average American may consume 4,500 calories and 229 grams of fat on Thanksgiving Day.
- The Macy's Thanksgiving Day Parade is an annual tradition. People line the parade route in New York City or tune in to watch the parade on television. It originated in 1924 and the famed balloons were added in 1927.
- Apple pie is the pie of choice for Thanksgiving, even though pumpkin pie is prevalent this time of year.
- Thanksgiving is a popular holiday in Canada and the U.S. Many traditions have been borne of the holiday, and it is a favorite time of year for many people.

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Wishing Everyone A Happy Thanksgiving!



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Living Thanks



We have been blessed by all of our great guests this year and want to express our gratitude and wish everyone a Happy Thanksgiving.

1 THESSALONIANS 5:18



The Railroad Café
117 Lowe Street | Fort Valley, GA 31030
(478) 827-5252 www.rrcafe.biz
www.facebook.com/therailroadcafe/




Have a Safe and Happy Thanksgiving Holiday!



Sheriff Terry Deese
& the Peach County Sheriff's Department
478-825-8269 www.peachcountysheriff.com | Facebook

Did You Know?

People may eat anywhere from 3,000 to 4,500 calories during Thanksgiving dinners, which is more than what should be eaten in a day.



Guess Who?

I served as a fill-in during the Macy's Thanksgiving Day Parade in a popular holiday movie. I proved to be such a hit that I soon appeared regularly in the main store in midtown Manhattan.

Answer: Kris Kringle

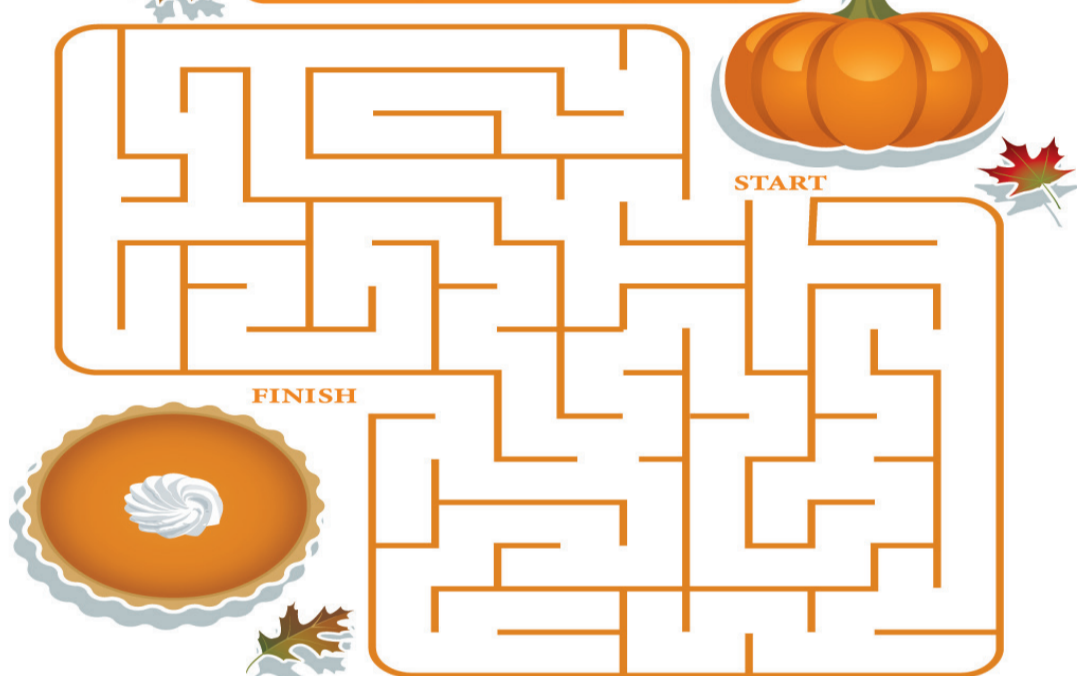


From Our Patch to Yours, Happy Thanksgiving!

We couldn't pick a better bunch of neighbors, and we're so thankful for your friendship and support at Thanksgiving and all year long. We hope your holiday is a happy one, filled with good company, food & good times.



Happy Thanksgiving



Massee Lane Gardens

We Wish Everyone
A Happy Thanksgiving!

2024-2025 Camellia Blooming Season and Festival of Camellias at Massee Lane Gardens & 80th Anniversary

Festival of Camellias Calendar of Events

Middle Georgia Camellia Society and Flint Energies Camellia Show
Saturday Feb. 21, 2025, Noon - 4:00 p.m.
Sunday Feb 22, 2025 1:00 p.m.- 4:00 p.m.
Ongoing Events & Displays Throughout Feb.
Food Trucks: February 1st, 8th, 15th, 22nd
Free Tea Tastings: February 1st & 15th

Kick Off Celebration with Free Admission:
Saturday, February 1, 2025: Admission will be free to kick off the month of camellia fun. Activities include self-guided tours, complimentary nature scavenger hunts with prizes, inflatable house & slide and fun art activities for children.

Little Buds Day: Saturday, February 8, 2024, 10:00 a.m. - 4:30 p.m.: Families will enjoy Little Buds Day. The event and activities are free for children 12 and under. Activities include scavenger hunt with prizes, DIY arts & crafts tables, inflatable house & slide & a Wildlife Program!

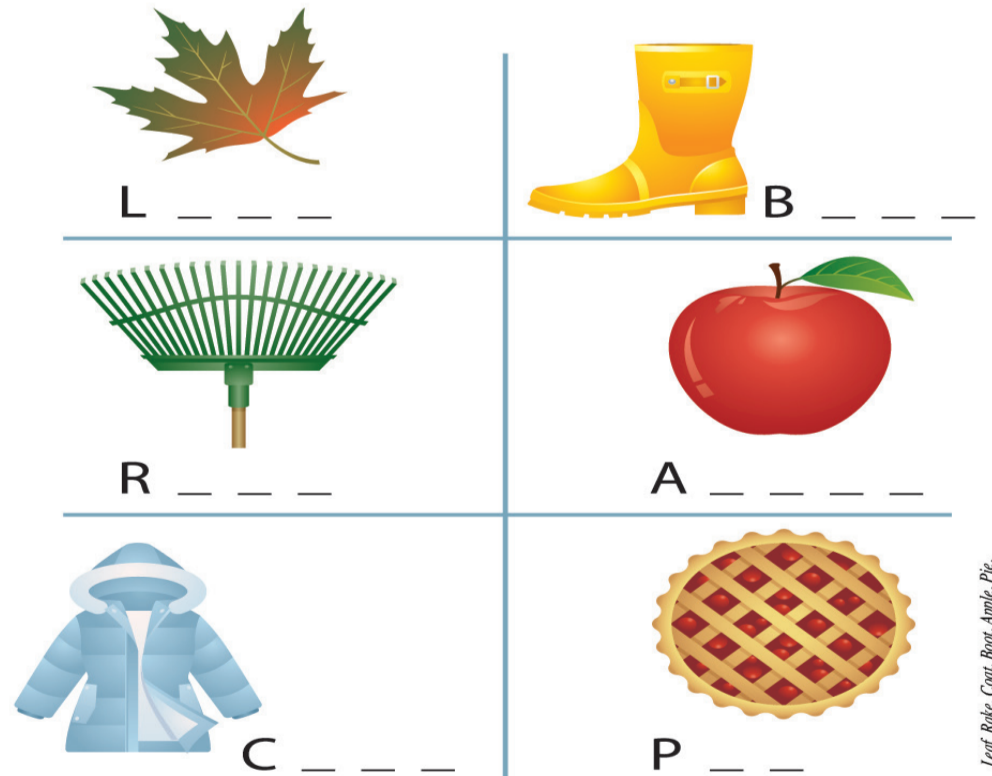
Composting for Kids Workshop:
Saturday, February 15, 2025 11:00 a.m.: Our own Superintendent of Gardens Massee Lane Gardens, William Khoury, will give a presentation on composting at home for the kids.

Saving Money Talk for Kids Workshop:
Saturday, February 15, 2025 - Drop by Table: Matt Callahan of Synovus Bank presents a very important discussion about saving money for the kids.

Workshop Day: Sunday, February 16, 2025, 1:00 p.m. - 4:00 p.m.: Camellia Waxing
Ikebana Exhibit: February 1-3, 2025
Guided Tours & Box Lunches: Call now for Box Lunch and Guided Tour Reservations! Tours are \$10 per person. More info.email ask@americancamellias.org

Be sure to call (877) 422-6355 to make or confirm reservations for your group's preferred date as well as note the scheduled date on the lunch order form.

100 Massee Lane Road, Fort Valley, GA • (478)967-2358



Leaf, Rake, Coat, Boot, Apple, Pie.

As the leaves
turn gold and yellow....
The air turns crisp....
Thanksgiving comes,
a time to remember...

Our blessings and make good cheer
With all of those who are far and near!



Wishing you a very
special Thanksgiving!
- Rep. Robert and Cynde Dickey
District 140



Warm Wishes at Thanksgiving
As we celebrate the many blessing we've been so lucky to enjoy this year, we count the people of Peach County among them.

Martin Moseley,
Chairman Peach County Commission

What Better Way To Thank Someone Special ... Give Them A Day At The Salon!
Happy Thanksgiving
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GIVE Thanks WITH A grateful Heart
HAPPY THANKSGIVING DAY!



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THANKSGIVING
is a time to remember our blessings and make good cheer with all those who are so dear!

Wishing Everyone A Warm and Cozy Thanksgiving!
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Happy Thanksgiving
Fort Valley Fire Department
Wishing all of Peach County a wonderful Thanksgiving. As we celebrate being thankful with our family and friends, we encourage you to use fire safety while preparing those turkeys.
Call 911 for Emergencies



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Store Hours: Mon. - Fri. 8:30am - 6:30pm, Sat. 9am - 1pm
We wish everyone wellness and good health as you enjoy the Thanksgiving Holiday.
Have a Blessed Thanksgiving



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