



THANKSGIVING RECIPES

Thanksgiving is all about great food. Many people have picky taste buds, while others are looking for a change to the typical holiday dishes. Here are some recipes to appeal to varying tastes and budgets.

Vegan pumpkin or squash pie

Results in: One 9-inch pie, 6 servings

Ingredients:
 2 cups well baked and mashed butternut squash or sugar pumpkin (see notes)
 3/4 cup silken tofu
 1/2 cup natural granulated sugar
 1 teaspoon cinnamon
 1/2 teaspoon pumpkin pie spice (or 1/4 teaspoon each of ground nutmeg and ginger)

9-inch good-quality graham cracker or whole-grain pie crust

Directions:
 Preheat oven to 350 degrees.

Mix the pumpkin or squash pulp with the other ingredients, except the crust, in a bowl. Mix until there are no clumps.

Pour the mixture into the crust. Bake for 40-45 minutes.

NOTES:
 To bake butternut squash or sugar pumpkin, cut the squash or pumpkin in half and then scoop out the seeds and fibers. Put the halves in a foil-lined, shallow baking dish with insides face up. Cover the dish tightly with more foil. Bake for 40-50 minutes. When the halves have cooled, scoop out the pulp and discard the skin.

SOURCE: VEOKITCHEN.COM

Thanksgiving sandwich

Results in: 4 sandwiches

Ingredients: 4 sourdough sandwich rolls

1/3 cup cranberry sauce

1 sliced onion

1/3 cup of chopped toasted walnuts

3/4 pound sliced turkey

1/2 cup gravy

Directions: Open the rolls and lightly toast them.

Spread cranberry sauce on the bottom half of the rolls.

Layer the onion, walnuts and the turkey on top of the bottom half of the roll.

Pour gravy on top of the meat and place the upper half of the roll on top.

SOURCE: FOODNETWORK.COM

— Compiled by Kara Paliokas, The State News

LIFESTYLE

SN DECOR

Advertising freshman Nick Halfhill uses dark woods, lighting to create cozy room, page 4B.

Section B | The State News | www.stateneews.com | November 25, 2008

Tuesday

FRIENDLY FIASCOS



PHOTO ILLUSTRATION BY GEORGIA RHODES AND SAM RUIZ/THE STATE NEWS
 Prenursing sophomore Amy Sullivan, foreground, and criminal justice sophomore Brittany Schendel model an idea of friendship ending. Both have had issues with other friends in the past. The two have been friends since their freshman year.

By Marilyn King
 THE STATE NEWS

In a heated argument, the screaming got so loud between Brittany Schendel and a friend, they almost were asked to leave the mall. Now, a year later, Schendel and her yelling match contender are best friends. Friendship, like any other aspect of life, has its ups and downs.

Sometimes there are falling-outs that can't be fixed. Sometimes it's worth it to talk it out with a friend to try and rebuild a tumultuous friendship. The key to realizing when a friendship is worth it, Schendel said, is evaluating the amount of loyalty and trustworthiness that comes with the relationship.

When Schendel spent time away from her friend she argued with in the mall, she realized the friendship was worth fighting for, she said. "I realized she was a true friend," Schendel said. "She was always there for me; even when we didn't get along, she was still there."

Open communication between friends also is important when it comes to maintaining friendships, Schendel said. "With my close friends that I have, when we get into an argument, literally five seconds later we'll be talking again and say, 'This is what we need to change, sorry about that,'" she said. "We're very straightforward and don't have to hide anything."

Friendship fixers

Although it might seem more difficult to maintain friendships once you get older, aging can actually help a person learn

See FRIENDSHIP on page 2B

Residential mediation

Residence Life works with students in residence halls to resolve issues with roommates and friends within the halls.

In addition to a central staff, Residence Life has directors and staff members in each hall who communicate with students.

Resident mentors on each floor sometimes issue a roommate contract at the beginning of the semester to prevent problems between friends.

There are more than 15,000 students in residence halls and about 2,000 students in University Apartments. If you are having issues with a roommate, contact the resident mentor on your floor.

SOURCE: OWEN HALL OFFICE SUPERVISOR ABBEY PARKS

EATING

Celebrating holidays shouldn't include dieting

By Stephanie Goldberg
 THE STATE NEWS

For many students, writing "I am thankful for ..." poems and drawing turkeys using hands as stencils are no longer prominent Thanksgiving traditions. Instead, students associate a smorgasbord atop a dinner table with the holiday, causing focus to shift from Pilgrims and American Indians to weight.

"We're a country obsessed with weight, and it feeds into eating on the holidays," said Ronda Bokram, a registered dietitian at Olin Health Center. "The focus goes away from what the holidays are really about, like being thankful and spending time with family. The focus becomes about food and weight."

Marketing sophomore Terese Landa said she is glad she doesn't have to watch what she eats or worry about gaining weight, especial-

"The idea that people have to diet throughout the holidays makes people more anxious with food. And it's worse for people who already have anxiety around food."

Ronda Bokram, registered dietitian at Olin Health Center

ly during the holiday season when food becomes the center of attention.

But Landa is not the only student who doesn't see drastic changes when looking at the scale during the holidays.

Although there's not a severe rise in body weight during the holiday season, percentage of body fat and fat mass might still increase, according to a 2006 study published in Nutrition & Metabolism, which surveyed the eating habits of 82 college-aged students throughout the holiday season. The study concludes the scale alone is not an accurate way to measure overall

health during the holidays.

However, the obsession and anxiety that comes with food is not only evident on Thanksgiving, Bokram said. It continues throughout the entire holiday season, from the end of November through Jan. 1 — thanks, in part, to the media, Bokram said.

Although Tommie Mianeki, an apparel and textile design sophomore, said she can't wait to eat dinner Thursday night, she agrees media outlets might be the origin of anxiety others experience when faced with a Thanksgiving Day feast.

"There are always diet commercials or newspa-

per ads about not gaining weight," Mianeki said.

The diet industry is only one way these negative messages make their way to the public, Bokram said.

"There are so many magazine articles about how not to eat too much or gain weight during the holidays," she said. "The idea that people have to diet throughout the holidays makes people more anxious with food. And it's worse for people who already have anxiety around food."

Bokram said articles about overeating during Thanksgivings might have over-weight and obese individuals in mind. However, the media's efforts to lower rates of obesity seem to have a greater impact on those with a different mentality about food.

"(The media is) not helping the people they're trying to help and they're hurting other people," Bokram said. "Besides, even if we over-

eat sometimes it's not a big deal. The things we do occasionally really don't matter."

Food becomes a focus during the holiday season, more so than any other time of year, because every event that takes place within that period of time uses food as the center of a social event or holiday, Bokram said.

Though food plays a prominent role in each holiday celebrated this season, it's important to think about why each holiday is celebrated in the first place, Bokram said.

"You have to think about what the holiday is really about," Bokram said. "Distract yourself from thinking about food. Think, who are the people around the table, what is really the meaning of the holiday? Don't make it about the food."

"The food is part of what we do, but really it's about being thankful and being with certain people. Focus on that."