

Spice it up with Ann

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Thanksgiving is almost upon us. It is time to talk turkey! Not everyone eats turkey, but if you do, who will prepare it? If you are on your own this year, consider cooking your own turkey. The sales on turkey at this time of year make it a very affordable meat. You can buy several if you have room in your freezer. It is a wonderful special meal in the doldrums of January or February.

Most people choose a frozen turkey since they are generally less expensive. Kosher and organic turkeys are somewhat better for the body, but generally more expensive. Frozen turkeys often have an odor when defrosted but have always tasted fine once cooked. The odor may be in the packaging.

Frozen turkeys need to be defrosted before cooking. Many people do not allow enough time for the defrosting process. The package usually says to allow two to four days to defrost, but three to five days is often more accurate. Frozen turkeys can be immersed in cold water overnight to thaw. A five gallon bucket or cooler may be used. Ice packs on top will help maintain coolness if using a bucket, and a weight or ice pack may be needed to keep the top of the turkey submerged. The turkey may be marinated or defrosted in brine for extra flavor and moistness. Check out brined whole turkey at www.bettycrocker.com for details.

Several common bacteria live in raw poultry. Be sure to thoroughly wash hands and all surfaces that come into contact with raw poultry. Plain soap and warm water works fine. Cleanse countertops and sinks well before preparing other foods to avoid cross-contamination.

Turkeys may be roasted stuffed or unstuffed. The turkey will take longer to cook if stuffed. If stuffing the bird, have the stuffing and roasting pan ready before pulling the turkey from the refrigerator. Also preheat the oven to 325 degrees. Any large pan with sides can be used for roasting a turkey. Inexpensive aluminum pans are available at the grocery store if you do not have a large enough pan. Be careful if using a disposable pan, however. Being less sturdy, they may bend if not supported with two hands.

Cutting open the plastic bag is a dramatic moment. A sink is the best place to prepare a turkey since juices drip out. The pale pink skin of the turkey has obvious feather holes. The legs are often held together with a metal clamp. It often works to leave the clamp in place as the neck and organs are removed from the cavity. The organs are usually in a wax paper style bag and may be in the other end of the body.

Remove the neck and organs and start boiling them in a pot of water with any onion, celery tops and peelings that are on hand. This broth can be used for gravy, other dishes later in the day or the start of broth for turkey soup. If you like liver, it is ready to eat after about 10 minutes of cooking. It is delicious with salt! The hard gizzard and oval heart are enjoyed by some, but can also just be boiled with the neck, then discarded.

Rinse the turkey and be sure water can flow through the bird. If the center is a bit frozen, warm water may help defrost it. It may take a little longer to cook if not fully defrosted. Many cookbooks say to pat dry and rub with salt and pepper, but the turkey will still be delicious without these steps. Stuff the turkey now, if you are cooking the dressing, or filling as it is called locally, inside the bird.

There are fancy contraptions for sale that make it easy to remove the turkey from the pan. This is to allow the juices in the pan to be used for gravy more easily. These devices are not necessary. A friend with a clean rag or old, clean pot-holder can hold the turkey at the end while the juices are poured off. Some folks brush (with hands or brush) oil or melted butter over the bird while others leave it plain. Bake at 325 degrees and check it periodically, perhaps using a spoon to pour juices up over the turkey. Cover the wings and drumstick with foil if they start to look too dark.

When is the turkey done? Check the chart on the back of the turkey wrapper or in a cookbook. A 20 pound turkey takes four and a half to five hours if unstuffed. An eight to 12 pound bird may take three to four hours. A popup thermostat is nice, but not necessary. If you have a thermometer the internal temperature in the center of the bird near the thigh should be 185 degrees. If you do not have a thermometer, the thigh joint should move easily and there should be no pink when the breast is cut into.

The turkey should sit for about 15 to 30 minutes. This cooling makes it easier to carve. Start carving by removing the wings and legs, grabbing the appendage with the non-dominant hand and cutting with a sharp knife at the joint. Use a fork to hold the slice as you carve the breast. When all the slice-able meat has been removed, pick off bits of meat to be used in soup, turkey salad or casseroles later. These bits can be frozen. Boil the carcass when done or save it in the fridge or freezer to boil later for a delicious soup.

A turkey is a dramatic main dish that is relatively easy to make. For the work of one afternoon, you can have healthy leftovers for a week or two.

The Office of Student Affairs at Penn State Harrisburg is accepting nominations for Student Achievement Awards. The Student Achievement Awards include The John W. Oswald Award, The Ralph Dom Hetzel Memorial Award, The Jackson Lethbridge Tolerance Awards and The Graduate Student Award. Nomination forms and descriptions of the awards, as well as the requirement are available in the Student Services Office, C120 Olmsted; Student Assistance Center, W117 Olmsted; and from the School Offices. Submit completed nomination forms to Kathy Eckinger, Student Services, C120 Olmsted, no later than Wednesday, November 28, 2007.

"Federal Government Jobs" information session will take place on Thursday, November 15 at 5 p.m. in room E-314 Olmsted, to learn about federal civilian job opportunities at the Naval Inventory Control Point (NAVICP) and the Naval Acquisition Career Center (NACC), both in Mechanicsburg. Undergraduate and graduate student of all majors should attend. For further information and to indicate your plans to attend, please contact PSH Career Services, W-117 Olmsted, 948-6260.

Reuben Fast Horse and his family bring Native American dance, song, culture, and history to Penn State

Harrisburg on Nov. 13 at 12:30 p.m. in the Olmsted Auditorium. A resident of the reservation at Fort Yates, N.D., Fast Horse is an educator, singer, dancer, drummer, craftsman, and storyteller. His repertoire includes the Buffalo and Eagle dances which have almost disappeared from Lakota culture. A gifted singer, he performs Lakota songs as well as those in Ojibway, Dine, and Blackfoot languages.

Nadine Zahr is anything but the stereotype of the demurring neo-folk singer. The singer and songwriter brings her unique and enthusiastic talents to Penn State Harrisburg's Stack's Stage at noon Nov. 12.

Things You Need To Know

Penn State Harrisburg is again participating in the annual Toys for Tots campaign in conjunction with the Harrisburg office of the U.S. Marine and Naval Reserve Center. Collection bins for the campaign, which runs from November 2 through December 8, will be placed throughout campus for donations of new or gently used toys. Bins will be located in Olmsted Building, the Capital Union Building, Bookstore, and the library on campus. For information, phone 948-6254.

Stepping Stone Child Care Center has immediate enrollment openings! Located on the Penn State campus, the center serves children ages six weeks through 12 years and has priority enrollment and tuition discount for children

of Penn State students, faculty, staff and alumni. Stepping Stone is open Monday through Friday 7 a.m. to 6 p.m. and provides nutritious snacks and lunch. It also provides individualized and group developmentally appropriate activities that promote learning through play, exploration, social, problem solving, and creative thinking experiences. For more information call 948-6128.

The free shuttle service from the campus to the Village of Pineford in Middletown and to the Willow Garden Apartments in Highspire will continue until the end of the semester. The shuttle will leave at 9:15 p.m. from the bus stop located behind the Olmsted Building

(Penn State Way), Monday through Thursday. For information, contact the Student Life Office at 948-6018.

The women's basketball team is looking for practice players to scrimmage against the team during practice sessions. If you are interested in playing basketball in the evenings, please contact head coach Marissa Hoover at mrg159@psu.edu.

Water Fitness classes will take place from 12 p.m. to 1 p.m. Monday, Wednesday and Fridays and 5:30 to 6:30 p.m. Tuesdays and Thursdays. These are free for current PSH students, and \$45.00/14 Class Punch card for PSH staff and faculty.

PSPEC rocks Pittsburgh

By **RYAN DINGER**
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Each fall the Penn State Professional Engineers and Contractors (PSPEC) takes an educational trip to the Pittsburgh area. This year, the trip was held over October 23 and 24.

The trip, hosted by the Constructors Association of Western PA (CAWP) and the Master Builders Association (MBA), highlights key construction projects in the Southwestern, PA region.

The trip also includes a banquet with various construction and engineering firms from the region. One of the feature job sites visited was the Meadowcroft Rock Shelter, located in Washington County.

The rock shelter is an archeological site which dates back at least 12,000 years.

The site, located in a deep valley on a hillside, was first discovered by Albert Miller in 1955. The Rock Shelter was occupied by humans

since the Paleo-Indian times but abandoned by Native Americans during the Revolutionary War.

Once re-discovered, archeologist Dr. James Adovasio excavated the large shelter starting in 1973.

The artifacts that were found would prove to be extraordinary and cause uproar in the historical community.

While exact dates are difficult to determine, radiocarbon dating from the artifacts puts the Native American inhabitants in the rock shelter at 16,000 years ago. The controversy stems from supporters of Clovis First, a prehistoric Native American Culture discovered in New Mexico.

Clovis first has been widely accepted in history books as the first site for human occupancy in North America. If radio carbon dating, controversial in itself, is accurate it would mean that the occupants of the Meadowcroft Rock

Shelter were the first inhabitants of North America. Archeologists generally agree that even without radiocarbon dating the rock shelter

struts connected to rock piles below to support the structure. Ascending to the viewing platform, visitors will be able to look down into the archeological site and see different artifacts and the locations where they were found.

PSPEC members were given an up close tour of the rock shelter.

The tour included a brief history lesson of the site, as well as



Photo courtesy of RYAN DINGER

can be traced to 13,000 years ago. Regardless of the date, Meadowcroft is a discovery that will be changing to pages of history books for years to come.

The site itself is undergoing many changes.

The enclosure around the rock shelter has been undergoing renovations that will be completed in early 2008. The new enclosure gives visitors to the site a unique viewing perspective of the rock shelter.

The steep hillside location provided various obstacles for the engineers and contractors to work around.

One of these obstacles were implementing large cylindrical

explanation of all the changes and renovations occurring. The site itself was able to be viewed from a small porthole during the tour due to the renovation.

Many members had not heard of the site before and were impressed by the structure being built around it. Senior member Rob Miller stated that the site was "Extremely intriguing and was a superb integration of architectural and engineering design." The group, as a whole, found the trip to be very interesting and pertinent as they were able to view different jobsites and make new connections with possible employers.



Photo by MARIN BENDORITIS/Capital Times

The Penn State Harrisburg Veterans Days Ceremony was on Nov. 8 in front of the library. Matthew Mahoney, pictured left, introduced the keynote speaker, LTC Burt A. Beibuyck, pictured right. Beibuyck has been part of the U.S. Army for 20 years, graduating from West Point in 1982, becoming a second lieutenant in the United States Army's Transportation Corps in 1986. Beibuyck served for 10 years as a transportation corps officer in the United States and Europe, transitioning to Information Operations Career Field as a Systems Automation Officer and Information Technology Professional. He received his masters degree Computer Science from Indiana University in 1997 and has recently been on duty as a Branch Chief for Command and Control Systems at North American Aerospace Defense Command and United States Northern Command in Colorado Springs. Beibuyck, a decorated lieutenant, spoke about the sacrifice that the men and women of the armed services make while serving. He told of how it feels to touch American soil after bring overseas and honored the veterans who had served and died for their country. A wreath was placed in honor of those whose lives were lost while serving in the armed services as bagpipes played amazing grace. The event was sponsored and planned by XGI, the co-ed veterans fraternity on campus.