

# Gilbert Will Clarify Checking Old Deeds

EPHRATA (Lancaster Co.) — Geri Gilbert, archivist at the Lancaster County Court House, will discuss "Checking Old Deeds" on Monday evening, Nov. 27, at 7:30 p.m. at the Lancaster Mennonite Historical Society, 2215 Millstream Road, Lancaster.

The meeting is sponsored by Grave Concern, Inc.; a recognized non-profit organization, promotes the preservation, restoration and maintenance of historic burial places throughout Lancaster County and facilitates the gathering and exchange of information through regular educational, historical and technical assistance programs. It also administers funds for such purposes. Historic Burial Places are, by definition, graveyards in which burials were made more than 100 years ago and none within the past 50 years.

Many early deeds for farms on which family cemeteries were placed included restrictions and/or mandates for care and

responsibility of these plots. Over the years, as title passed from one person to another, in many cases such restrictions

and mandates were dropped from the wording in the deeds. Nonetheless, in most cases, such restrictions are legally

applicable today but may not be known without a search of early deeds. The public is invited.

## Lighten Up Thanksgiving Dinner

Holiday meals don't have to pack such a high calorie punch. Simple makeover tips can lighten a meal and keep the taste good:

- Baked turkey — choose a plain bird over a self-basting bird to lower the sodium content. To ensure a moist bird, bake unstuffed, leave the skin on while roasting and remove from the oven when internal temperature reaches 180 degrees in the breast.

- Gravy — use a gravy cup or refrigerate the pan juices (to harden the fat) and skim the fat off before making gravy. Save around 56 grams of fat per cup!

- Dressing — use a little less bread and add more onions, celery, vegetables or even fruits such as cranberries and apples.

- Candied yams — leave out the margarine and marshmallows. Sweeten with fruit juice, such as apple, and flavor with cinnamon.

- Green bean casserole — cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.

- Mashed potatoes — use skim milk, garlic powder and a little Parmesan cheese instead of whole milk and butter.

- Bread — serve smaller pieces or omit.

Use low-cal margarine.

### The Best Light Pumpkin Pie

*This pumpkin pie saves 151 calories and 12 grams of fat per slice from the traditional version and it tastes identical!*

- 1 cup ginger snaps
- 16-ounce can pumpkin
- ½ cup egg whites (about four)
- ½ cup sugar
- 2 teaspoons pumpkin pie spice (cinnamon, ginger, cloves)
- 12-ounce can evaporated skim milk

Preheat the oven to 350°. Grind the cookies in a food processor. Lightly spray a nine-inch glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the pan evenly. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Store in the refrigerator.

Allow to cool and slice in eight wedges. Optional: serve each wedge with fat free whipped cream.

Serves eight. Each slice: 165 calories, 1.5 g fat, .5 g saturated fat, 1.5 mg cholesterol, 170 mg sodium, 32 g carbohydrate, 2 g fiber, 6 g protein. Diabetic Exchange: 2 bread.

### Fat Facts

3.5-Ounce Serving:	Contains Fat g:
Turkey skin.....	39.0
Roast beef.....	15.0
Turkey wing with skin .....	12.3
Dark turkey meat with skin .....	11.5
Roasted ham.....	9.0
Turkey breast with skin .....	7.3
Dark meat without skin .....	7.0
Turkey breast without skin.....	0.7

Source: USDA Database

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### ATTENTION AUCTIONEERS:

Due to Thanksgiving Holiday,  
November 23rd,  
Deadline for the  
November 25th issue will be  
**FRIDAY,**  
**NOVEMBER 18**

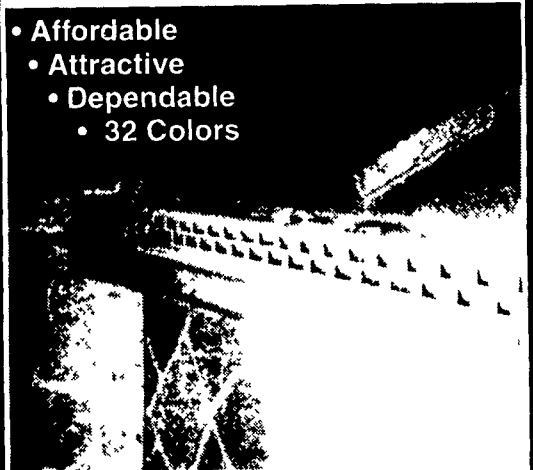


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