



THE BACKPAGE

...the future in health care

Volume 26, Number 25

About The First Thanksgiving Safe Travels and Happy Thanksgiving!!

In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast which is acknowledged today as one of the first Thanksgiving celebrations in the colonies. This harvest meal has become a symbol of cooperation and interaction between English colonists and Native Americans. Although this feast is considered by many to be the very first Thanksgiving celebration, it was actually in keeping with a long tradition of celebrating the harvest and giving thanks for a successful bounty of crops. Native American groups throughout the Americas, including the Pueblo, Cherokee, Creek and many others organized harvest festivals, ceremonial dances, and other celebrations of thanks for centuries before the arrival of Europeans in North America.

Historians have also recorded other ceremonies of thanks among European settlers in North America, including British colonists in Berkeley Plantation, Virginia. At this site near the Charles River in December of 1619, a group of British settlers led by Captain John Woodlief knelt in prayer and pledged "Thanksgiving" to God for their healthy arrival after a long voyage across the Atlantic. This event has been acknowledged by some scholars and writers as the official first Thanksgiving among European settlers on record. Whether at Plymouth, Berkeley Plantation, or throughout the Americas, celebrations of thanks have held great meaning and importance over time. The legacy of thanks, and particularly of the feast, have survived the centuries as people throughout the United States gather family, friends, and enormous amounts of food for their yearly Thanksgiving meal.

What Was Actually on the Menu?

What foods topped the table at the first harvest feast? Historians aren't completely certain about the full bounty, but it's safe to say the pilgrims weren't gobbling up pumpkin pie or playing with their mashed potatoes. Following is a list of the foods that were available to the colonists at the time of the 1621 feast. However, the only two items that historians know for sure were on the menu are venison and wild fowl, which are mentioned in primary sources. The most detailed description of the "First Thanksgiving" comes from Edward Winslow from A Journal of the Pilgrims at Plymouth, in 1621:

"Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together after we had gathered the fruit of our labors. They four in one day killed as much fowl as, with a little help beside, served the company almost a week. At which time, among other recreations, we exercised our arms, many of the Indians coming amongst us, and among the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed upon our governor, and upon the captain, and others. And although it be not always so plentiful as it was at this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty."

Source: Kathleen Curtin, Food Historian at Plimoth Plantation and www.History.com

The Pilgrims' Menu

Foods That May Have Been on the Menu

Seafood: Cod, Eel, Clams, Lobster
Wild Fowl: Wild Turkey, Goose, Duck, Crane, Swan, Partridge, Eagles
Meat: Venison, Seal
Grain: Wheat Flour, Indian Corn
Vegetables: Pumpkin, Peas, Beans, Onions, Lettuce, Radishes, Carrots
Fruit: Plums, Grapes
Nuts: Walnuts, Chestnuts, Acorns
Herbs and Seasonings: Olive Oil, Liverwort, Leeks, Dried Currants, Parsnips

What Was Not on the Menu

Surprisingly, the following foods, all considered staples of the modern Thanksgiving meal, didn't appear on the pilgrims's first feast table:
Ham: There is no evidence that the colonists had butchered a pig by this time, though they had brought pigs with them from England.
Sweet Potatoes/Potatoes: These were not common.

Corn on the Cob: Corn was kept dried out at this time of year.

Cranberry Sauce: The colonists had cranberries but no sugar at this time.

Pumpkin Pie: It's not a recipe that exists at this point, though the pilgrims had recipes for stewed pumpkin.

Chicken/Eggs: We know that the colonists brought hens with them from England, but it's unknown how many they had left at this point or whether the hens were still laying.

Milk: No cows had been aboard the Mayflower, though it's possible that the colonists used goat milk to make cheese.

THE B A C K P A G E

Nov. 25, 2008
Volume 26, Number 25

Texas Chiropractic College...
...the future in health care.

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The BACKPAGE is a weekly publication for the students, alumni and friends of Texas Chiropractic College. Correspondence should be addressed to: BACKPAGE, Attn: Patty Barnes, 5912 Spencer Highway, Pasadena, TX 77505-1699 or call 281.487.1170. Visit our web site at www.txchiro.edu.

IMPORTANT: PROCEDURES FOR FINAL EXAMINATIONS

Final exams will be held Friday, December 12 – Thursday, December 18th. The final exam schedule is now available in the registrar's office. Mixed schedule students need to carefully look over the final exam schedule to see if they have two exams scheduled at the same time. If there are any exam overlaps, the mixed schedule students must advise the registrar's office by noon on Friday, December 5th.

Due to scheduling alterations caused by Hurricane Ike, makeup opportunities for overlapping final exams will be held each afternoon of finals week from 2:00-4:00 p.m. in L-203. If you have an overlapping final, you will be expected to take the makeup exam that same day at 2:00 p.m. It is especially important this trimester that you give the registrar's office ample advance notice of an overlap so that a makeup exam is available for you during the makeup period.

Failure to take your makeup exams during the times offered will result in receiving an incomplete grade which may delay receipt of your financial aid funds for the SP-09 trimester.

Thanksgiving Fun Facts

Over the Years

- Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621. More than 200 years later, President Abraham Lincoln declared the final Thursday in November as a national day of thanksgiving. Congress finally made Thanksgiving Day an official national holiday in 1941.
- Sarah Josepha Hale, the enormously influential magazine editor and author who waged a tireless campaign to make Thanksgiving a national holiday in the mid-19th century, was also the author of the classic nursery rhyme "Mary Had a Little Lamb."

On the Table

- According to the U.S. Census Bureau, Minnesota is the top turkey-producing state in America, with a planned production total of 49 million in 2008. Just six states—Minnesota, North Carolina, Arkansas, Virginia, Missouri and Indiana—will probably produce two-thirds of the estimated 271 million birds that will be raised in the U.S. this year.
- The National Turkey Federation estimated that 46 million turkeys—one fifth of the annual total of 235 million consumed in the United States in 2007—were eaten at Thanksgiving.
- The cranberry is one of only three fruits—the others are the blueberry and the Concord grape—that are entirely native to North American soil, according to the Cape Cod Cranberry Growers' Association.
- According to the Guinness Book of World Records, the largest pumpkin pie ever baked weighed 2,020 pounds and measured just over 12 feet long. It was baked on October 8, 2005 by the New Bremen Giant Pumpkin Growers in Ohio, and included 900 pounds of pumpkin, 62 gallons of evaporated milk, 155 dozen eggs, 300 pounds of sugar, 3.5 pounds of salt, 7 pounds of cinnamon, 2 pounds of pumpkin spice and 250 pounds of crust.

Around the Country

- Three towns in the U.S. take their name from the traditional Thanksgiving bird, including Turkey, Texas (pop. 465); Turkey Creek, Louisiana (pop. 363); and Turkey, North Carolina (pop. 270).
- Originally known as Macy's Christmas Parade—to signify the launch of the Christmas shopping season—the first Macy's Thanksgiving Day Parade took place in New York City in 1924. It was launched by Macy's employees and featured animals from the Central Park Zoo. Today, some 3 million people attend the annual parade and another 44 million watch it on television.
- Tony Sarg, a children's book illustrator and puppeteer, designed the first giant hot air balloons for the Macy's Thanksgiving Day Parade in 1927. He later created the elaborate mechanically animated window displays that grace the façade of the New York store from Thanksgiving to Christmas.
- Snoopy has appeared as a giant balloon in the Macy's Thanksgiving Day Parade more times than any other character in history. As the Flying Ace, Snoopy made his sixth appearance in the 2006 parade.

As we all prepare for Thanksgiving and the upcoming holiday season, I encourage all of you to take a few minutes to reflect on your own lives and give thanks for all that you have.

I myself am forever thankful for my three daughters, the love and happiness they have brought me over the years. I look forward to spending the upcoming holidays with them and hope for many more years to come.

Professionally, I am thankful for the many opportunities being a chiropractor have brought me. I have long enjoyed and appreciated the experience of improving people's lives through my own practice. I am also thankful for the opportunity to serve my chosen profession by being active in the TCA and then the ACA, representing my peers on the state, national and international stages.

I am thankful for the opportunity to serve as the president of Texas Chiropractic College. As the ACA president, I worked to improve the public's views of chiropractic care and educate congressional leaders on the importance of chiropractic as an integral part of the health care system. Now at TCC, I have the unique responsibility of leading the next generation of health care providers into the profession I hold so dear.



Finally, I am thankful for the alumni and friends of TCC. Your support of this school means a great deal to not just me, but the students currently enrolled as well as the ones who will be joining us in the future. I want to thank the folks who give back to the school, not just financially, but also those who take the time to speak and encourage young people to learn more about what it means to be a chiropractor; those who speak with and encourage current TCC students about the realities of being a licensed chiropractor; and those who refer potential students to our admissions office, encouraging them to pursue their dreams.

President's Message

**Richard G. Brassard,
DC, FICC, FACC
President - Texas
Chiropractic College**

I hope you will continue to share your experiences and encourage the bright men and women, who express an interest in helping people, to achieve their dreams at TCC. Your recommendations don't only aide the future of this great college, but they also aide the future of this profession... one which I am most thankful to be a part.

Best Regards,

A handwritten signature in cursive script that reads "Richard G. Brassard, D.C.".

Richard G. Brassard, DC
President
Texas Chiropractic College

Lincoln's Thanksgiving Proclamation, Washington, DC—Oct. 3, 1863

The year that is drawing towards its close, has been filled with the blessings of fruitful fields and healthful skies. To these bounties, which are so constantly enjoyed that we are prone to forget the source from which they come, others have been added, which are of so extraordinary a nature, that they cannot fail to penetrate and soften even the heart which is habitually insensible to the ever watchful providence of Almighty God.

In the midst of a civil war of unequalled magnitude and severity, which has sometimes seemed to foreign States to invite and to provoke their aggression, peace has been preserved with all nations, order has been maintained, the laws have been respected and obeyed, and harmony has prevailed everywhere except in the theatre of military conflict; while that theatre has been greatly contracted by the advancing armies and navies of the Union.

Needful diversions of wealth and of strength from the fields of peaceful industry to the national defence, have not arrested the plough, the shuttle or the ship; the axe has enlarged the borders of our settlements, and the mines, as well of iron and

coal as of the precious metals, have yielded even more abundantly than heretofore. Population has steadily increased, notwithstanding the waste that has been made in the camp, the siege and the battle-field; and the country, rejoicing in the consiousness of augmented strength and vigor, is permitted to expect continuance of years with large increase of freedom. No human counsel hath devised nor hath any mortal hand worked out these great things. They are the gracious gifts of the Most High God, who, while dealing with us in anger for our sins, hath nevertheless remembered mercy.

It has seemed to me fit and proper that they should be solemnly, reverently and gratefully acknowledged as with one heart and one voice by the whole American People. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens. And I recommend to them that while offering up

the ascriptions justly due to Him for such singular deliverances and blessings, they do also, with humble penitence for our national perverseness and disobedience, commend to His tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife in which we are unavoidably engaged, and fervently implore the interposition of the Almighty Hand to heal the wounds of the nation and to restore it as soon as may be consistent with the Divine purposes to the full enjoyment of peace, harmony, tranquillity and Union.

In testimony whereof, I have hereunto set my hand and caused the Seal of the United States to be affixed.

Done at the City of Washington, this Third day of October, in the year of our Lord one thousand eight hundred and sixty-three, and of the Independence of the Unites States the Eighty-eighth.

By the President: Abraham Lincoln
William H. Seward,
Secretary of State

Around Campus...

Spring 2009 Class Schedules Are Now Ready

The Spring 2009 class schedules are now complete and available in the registrar's office. Students in trimesters with multiple lab sections (TR-2, TR-5, TR-7, and TR-8) need to come by our office to select their preferred lab section. Lab sections will be assigned "first come, first serve" based on when the SP-09 registration form was signed and submitted.

Student Reminders About Boards...

Pre boards are after Thanksgiving. Students with mixed schedules need to talk to Dr. Foster in the Assessment Center to see if they are able to take the exam. Applications for national boards are now being accepted at www.NBCE.org. NBCE Written Examinations are scheduled for March 13-15, 2009. The application deadline is Jan. 6, 2009. Late registration ends on Jan. 20. The NBCE Part IV Examination is set for May 15-17, 2009. The application deadline for Part IV is Feb. 10, 2009.

SABCA Continues Toy & Food Drive

The SABCA is continuing to sponsor a toy and food drive in support of the Bridge Over Troubled Waters Women's Shelter in Pasadena. The drive will continue every day during lunch through December 9. Preferred items are canned goods (including corn, green beans, carrots, mixed vegetables, etc.) and new toys. For more information about this program, please contact Tellis Broussard at tellis.broussard@tccstudent.net. Thank you to everyone who has given thus far.

The Bridge was incorporated in 1978 as a non-profit shelter program offering a family-like atmosphere for women and children in crisis situations. Today, it is one of the largest crisis centers in Texas serving survivors of domestic violence, sexual assault, and homelessness. The Bridge provides shelter programs, education and prevention services, crisis counseling and advocacy, and other vital support options to more than 20,000 people annually.

Internal Giving Campaign

The Office of Institutional Advancement is currently focusing on the Internal Campaign for Texas Chiropractic College. The goal of the Internal Campaign is to achieve 100% participation from faculty and staff in our fundraising efforts. We are continually asking alumni, foundations, corporate sponsors and community businesses to give to our annual fund. When these potential donors ask what kind of giving we have on campus, we must be able to tell them that 100% of faculty and staff give back to the College.

The amount you give is not as important as your participation. Faculty and staff are asked to give at a level that is comfortable for them to the annual fund. Attractive TCC gifts are given to donors at various levels. Please help us in our efforts to reach the goal of 100% participation by August 31, 2009. Act now and receive your year-end tax deduction for 2008. Thank you in advance for your participation and for helping make a difference at TCC. If you have any questions, please contact, Debbie Salisbury, Director of Development at 281-998-6085 or dsalisbury@txchiro.edu

Extra Credit Opportunity for Students During Phonathon

Beginning December 3rd, the Office of Institutional Advancement will begin conducting the phonathon to solicit funds for White Coats, Scholarships and to increase bank draft donations. All students are encouraged to attend. **Dr. Isis Zaki, Dr. Ezzat Mikhail, Dr. Martha Freisen and Dr. Hugo Espinosa will be offering extra credit to their students who participate.** Come join the fun and help make a difference at Texas Chiropractic College.

Please contact Debbie Salisbury, Director of Development, for dates & times available at 281-998-6085 or email at dsalisbury@txchiro.edu