



TALK OF THE TOWERS

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**Tower 41
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Thanksgiving Quotations

- What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving? – Erma Bombeck
- Who does not thank for little will not thank for much. – Estonian proverb
- Got no check books, got no banks. Still I'd like to express my thanks – I got the sun in the mornin' and the moon at night. – Irving Berlin
- The unthankful heart... discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings! – Henry Ward Beecher
- Best of all is it to preserve everything in a pure, still heart, and let there be for every pulse a thanksgiving, and for every breath a song. – Konrad von Gesner
- An optimist is a person who starts a new diet on Thanksgiving Day. – Irv Kupcinet
- Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving. – WT Purkiser
- I love Thanksgiving turkey—it's the only time in Los Angeles that you see natural breasts. – Arnold Schwarzenegger
- Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. – Melody Beattie
- None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy. – Fred De Witt Van Amburgh
- Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. – Oprah Winfrey
- The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving. – H.U. Westermayer



Tower 41 Newsletter

If you have anything special you would like to share with the residents of the Tower 41 Condominium, please let the manager know by the last day of each month so we can include it in the following month's newsletter.

What is Chanukah? (Begins at Sundown December 8, 2012)

In 2nd century BCE, in an effort to pull Jews away from Judaism and adopt the Greek culture – Hellenism, the Syrian-Greek regime of Antiochus outlawed aspects of Jewish observance, including the study of Torah, which began to decay the foundation of Jewish life and practice. In response, a band of Jewish settlers took to the hills of Judea in a

revolt against this threat to Jewish life. Led by Matitiyahu, and later his son Judah the Maccabee, this small band of devout Jews led guerrilla warfare against the Syrian army. Antiochus sent thousands of well-armed troops to crush the rebellion, but the Maccabees succeeded in driving the foreigners from their land.

pure seal of the High Priest could be found. Miraculously, the small jar of oil burned for eight days, until a new supply of oil could be brought. From then on, Jews have observed a holiday for eight days in honor of this historic victory and the miracle of the oil.



Jewish fighters entered Jerusalem in December, 164 BCE. The Holy Temple was in shambles, defiled and desecrated by foreign soldiers. They cleansed the Temple and re-dedicated it on the 25th day of the Jewish month of Kislev. When it came time to re-light the Menorah, they searched the entire Temple, but only one small jar of oil bearing the

Today, the observance of Chanukah, meaning “dedication” features the lighting of a special Chanukah menorah with eight branches (plus a helper candle), adding one new candle each night. Other customs include spinning the dreidel (a top with Hebrew letters on the sides), eating “oily” foods like potato latkes (pancakes) and sufganiyot (jelly donuts), and giving Chanukah gelt (coins) to children.

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Recipe for Latkes

Ingredients

- 4 medium potatoes
- 1 medium onion
- 2 eggs
- 3/4 cup matzah meal (flour or bread crumbs can be substituted)
- salt and black pepper to taste
- vegetable oil

Shred the potatoes, onion and bell pepper into a large bowl. Press out all excess liquid. Add eggs and parsley and mix well. Add matzah meal gradually while mixing until the batter is doughy, not too dry. (you may not need the whole amount, depending on how well you drained the veggies). Add a few dashes of salt and black pepper (don't taste the batter - it's really gross!). Don't worry if the batter turns a little orange, that will go away when it fries. Heat about 1/2 inch of oil to a medium heat. Form the batter into thin patties about the size of your palm. Fry batter in oil. Be patient: this takes time, and too much flipping will burn the outside without cooking the inside. Flip when the bottom is golden brown. Place finished latkes on paper towels to drain. Eat hot with sour cream or applesauce.





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Great American Smokeout

The American Cancer Society has designated November 20th as the Great American Smokeout. Started in 1977, this day encourages smokers to give up smoking for one day, hopefully marking the first day of a smoke-free life. More Americans try to quit smoking on the day of the Great American Smokeout than any other day of the year, including New Year's Day. If you are ready to quit smoking, these tips can help you.

Make a List. Create a list of reasons for quitting. Carry it with you or tape it to your dashboard. You may consider writing your list on the back of a photo of your loved ones. Experts say that you will be more likely to quit if you can make an honest attempt to quit and if you believe that the benefits of quitting outweigh any benefits you feel from continuing to smoke.

Set a Date. Make a strong personal commitment to quit by choosing a date to quit. November 18th would be a great day to choose. You can probably find a buddy or two to join you for at least one day. Picking a date too far into the future may give you too much time to change your mind.

Avoid Temptation. Try to avoid places and situation that are likely to trigger cravings during the first days and weeks of quitting. Let friends and family know of your commitment and solicit their help. Reducing or eliminating alcohol consumption is also helpful.



Change Your Behavior. Try to replace smoking with other activities or distractions. Consider drinking water, chewing gum, or exercising. Be sure to get plenty of sleep each night and eat a healthy diet. It is also helpful to get rid of all cigarettes, lighters, ashtrays, and other smoking related items.

Reward Yourself. Plan what to do with the money you'll be saving. Treat yourself to dinner out (in a non-smoking restaurant), or take a relaxing bath to celebrate another smoke-free day. If you save the money in a jar, you can see how well you are doing each day.

Get Help If You Need It. There are a variety of treatments available to help you quit smoking, from gums and patches to medication. Talk to your doctor about all of your options.

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