November 27th: Thanksgiving Dinner!

International students, scholars and their families are invited to participate in a traditional American Thanksgiving Dinner. You will be welcomed into a local home to participate in the celebration of this annual event. Members and friends of Rochester Global Connections are the dinner hosts. **Please register by Thursday, November 20, 2014.** You can register by going to [http://www.rochesterglobalconnections.org/events/thanksgiving-dinner](http://www.rochesterglobalconnections.org/events/thanksgiving-dinner). This is a free event and transportation is available. If you have a friendship volunteer, check with them before responding - they may be expecting you for dinner. If you register and your plans change so that you are unable to attend, it is ESSENTIAL that you notify the host and Rochester Global Connections by phone.

**Travel Reminder:** Please visit the ISO website at [http://www.iso.rochester.edu/travel.htm](http://www.iso.rochester.edu/travel.htm) to read about travel procedures before going home or travel outside the US.

**Celebrate the UR Global Village this November!**

Celebrate the benefits of international education and cultural exchange, here at the University of Rochester and worldwide! **International Education Week** will be officially celebrated during the third week of November, 17th to 21st, but there is more to do throughout the month, and the year! The University has scheduled a wide array of events to highlight the various aspects of international education within our campuses throughout the month. We hope that you will participate in celebrating the UR Global Village! Please see the full schedule online [http://rochester.edu/iew/schedule.html](http://rochester.edu/iew/schedule.html). For up-to-date information about the many events, programs, and activities celebrating international education at the University of Rochester this month, check out and "like" the UR Global Village Facebook page: [www.facebook.com/URGlobalVillage](http://www.facebook.com/URGlobalVillage).
American Cultures: Thanksgiving! Thanksgiving, celebrated on the fourth Thursday in November, at the end of the harvest season, is an annual American Federal Holiday to express thanks for one's material and spiritual possessions. The period from Thanksgiving Day to New Year's Day often is called the holiday season. Most people celebrate by gathering at home with family or friends for a holiday feast.

Thanksgiving generally is considered secular and is not directly based in religious canon or dogma. Though the holiday's origins can be traced to harvest festival that have been celebrated in many cultures since ancient times, the American holiday has religious undertones related to the deliverance of the English settlers after the brutal winter at Plymouth, Massachusetts.

**Turkey Safety tips**
- Thawed turkey may be kept in the refrigerator up to 4 days before cooking
- Use paper towels, not cloth, to wipe off turkey and clan up juices.

**Food Safety Tips:**
- Keep cold food below 40 degrees and hot food above 140 degrees.
- Thaw your frozen meat on a tray in the refrigerator or in cold water with the breast side facing down. Once thawed, prevent uncooked juices from dripping onto other foods in the refrigerator by placing packaged meats on a separate tray or in a sealed dish.
- Cook fresh meat as soon as possible, but no later than the Use-By date on the package. Fully cooking meat destroys bacteria that could cause food-borne illness.
- Store raw meats away from the cooked meats, as well as away from fresh fruit and vegetables, to prevent cross contamination from occurring.
- Store cooked meats in the refrigerator as soon as your meal is over. The maximum time limit for keeping cooked meats at room temperature is 2 hours.
- When transporting cooked meat from your home to a party or another location, remember to keep it cold in a cooler or similar vehicle.
- Experts recommend using two cutting boards, one strictly to cut raw meats and the other for vegetables and cooked foods. Cutting boards should be washed thoroughly in hot, soapy water after each use and allowed to air dry or be dried with clean paper towels.
- Wash hands, work surfaces, and utensils touched by raw meat and its juices with hot, soapy water.
- Use a meat thermometer to determine turkey's doneness. If you don't have a meat thermometer to measure the internal temperature of the stuffing in the turkey, the stuffing should be cooked separately.
- Use cooking methods that allow the turkey to reach an internal temperature of 140 degrees in less than 4 hours and final temperature of 180 degrees in the thigh. If stuffed, the stuffing should reach 165 degrees. Avoid using a low roasting temperature or partial cooking method.
• Store turkey, stuffing, gravy, broth and other leftover cooked foods in separate containers in the refrigerator within 2 hours of cooking. Remove turkey from bones before storing.

Source: The American Dietetic Association

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