

# the alternative

A COMMUNITY NEWSLETTER FOR *Seven Oaks* RESIDENTS



During the holiday season, consumers are buying turkeys for that big family meal. Everyone wants to find the perfect bird, but cooking it properly is even more

important. These tips can help you create a safe and delicious main course.

### Buying a Turkey: Fresh vs. Frozen

Fresh and frozen birds differ in cook time and storage time, not taste or quality. If you like to buy your turkey ahead of time, try a frozen bird. If you have limited storage space, you may prefer a fresh turkey.

Frozen turkeys can be kept frozen for up to one year. Fresh turkeys can only be kept in the refrigerator for one or two days, after which they must be cooked or frozen. Store a fresh turkey in a pan in the refrigerator until you are ready to cook it. Always keep raw animal products separated from ready to eat food products.

Do not buy pre-stuffed turkeys. These turkeys can contain harmful bacteria if handled improperly.

When deciding what size to buy, estimate one pound of fresh or regular frozen turkey for each person. For frozen pre-stuffed turkeys, estimate 1½ pounds per person.

Most turkeys are sold in vacuum-sealed plastic wrap. Leave the turkey in the original packaging and keep it frozen until you are ready to cook it. Unless you thaw the turkey gradually in the refrigerator, you will not be able to refreeze it once it has thawed.

The safest--but slowest--way to thaw a frozen turkey is to keep it in the refrigerator in its original packaging, with a pan underneath to catch any drips. The turkey will need to thaw one day for every five pounds. Turkey thawed using this method can be kept in the refrigerator for one to two days and even

refrozen if necessary.

To thaw your turkey more quickly, submerge it in potable water in the kitchen sink. Clean the sink thoroughly. Put the turkey in a heavy freezer bag and close it tightly. Place it in the sink, and fill the sink with cold water--70°F or lower--until the turkey is completely submerged.

Change the water every half hour to keep it cool. The turkey should thaw for about thirty minutes per pound. Cook the turkey immediately after thawing it, and do not refreeze it.

Remember to disinfect the sink immediately after removing the thawed turkey. Do not use the sink again until it has been thoroughly cleaned and disinfected.

If you're really in a hurry, you can use a microwave--if the turkey will fit. Check the microwave owner's manual for the recommended power level and amount of time per pound. Remove all packaging and place the bird in a microwave-safe dish. The turkey must be cooked immediately after thawing. It is not safe to refrigerate or refreeze a microwave-thawed turkey.

### Stuffing

According to the USDA, the safest way to make stuffing is to cook it separately, not inside the turkey. Measure the temperature at the center of the stuffing with a food thermometer to make sure that it reaches the minimum temperature of 165°F.

To save time, you can prepare the stuffing ingredients in advance. Keep wet and dry ingredients separated--and the wet ingredients refrigerated--until just before you cook the stuffing.

Cooking the stuffing inside the turkey is not as safe as cooking the stuffing separately. If you do choose to stuff the turkey, pack the stuffing loosely, and cook the turkey immediately after stuffing it. Remove the stuffing from the turkey about twenty minutes after the turkey is done cooking.

### Cooking

Be sure to remove the giblets immediately after

thawing. Preheat the oven to at least 325°F. Place the turkey in a shallow roasting pan. For the meat to be safe to eat, the inside of the turkey must reach at least 165°. You may cook the turkey to a higher temperature if desired.

Use a food thermometer to check the temperature at the thickest part of the turkey breast and at the innermost part of the thigh and wing. Even if your turkey comes with a "pop-up" thermometer, double-check the temperature with a food thermometer.

Cook an unstuffed turkey for approx. fifteen minutes per pound. Allow a few extra minutes per pound for a stuffed turkey.

Cooking the turkey uncovered will give it a great roasted flavor, but it can also dry out the meat. Put the turkey in an oven cooking bag for more tender meat and faster cooking. Follow the manufacturer's directions on the bag. Other options include pouring half a cup of water into the bottom of the pan or covering the turkey with the roasting pan lid aluminum foil. Covering the turkey will reduce splatter and overbrowning.

After removing the turkey from the oven, let it stand for fifteen to twenty minutes before carving to allow the juices to settle.

### Frozen Turkey

You can safely cook a frozen turkey without thawing it first. A frozen bird will take fifty percent longer to cook than a thawed or fresh turkey. Remove the giblets with tongs or a fork while the turkey is cooking.

### Early Preparation

Some people prefer to cook their turkeys a day or two in advance. Once the bird has been cooked, carve it and refrigerate the meat in small, shallow containers. The wings, legs, and thighs may be left intact. You can also refrigerate the juices that collect in the bottom of the pan during cooking.

On the day that you plan to eat the turkey, reheat the meat in an oven heated to at least 325°F. To keep the meat tender while reheating it, cover the dishes with lids or cover the meat with gravy or the cooked juices. I hope you enjoy!

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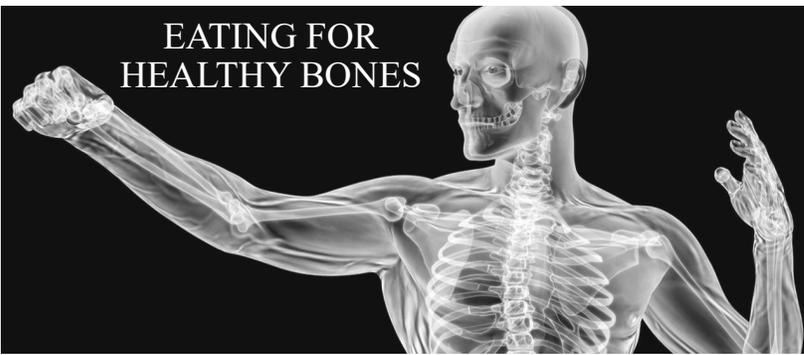
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## EATING FOR HEALTHY BONES



According to American Bone Health, Tampa Bay has the highest rate of bone fractures of any metropolitan area of equal size in the U.S. with an average of 44 osteoporosis related fractures occurring daily among women 65 and older. More people suffer from fractures due to osteoporosis than from heart attacks, strokes and breast cancer combined. Osteoporosis is preventable and treatable through healthy behaviors and safe physical activities. Eating nutrient-rich foods and safe exercises promoting good posture, stamina and coordination can contribute to optimal bone health.

Some possible signs of osteoporosis are loss of height (1 ½ - 2 inches), minor fractures, back pain, decrease in grip strength and poor posture. Chronic diseases such as diabetes, rheumatoid arthritis, kidney, liver, lupus, Celiac disease, Crohn's, and ulcerative colitis can increase the risk of osteoporosis due to medications and/or malabsorption of nutrients. Other risk factors include advancing age, post-menopausal women, being underweight and diets high in animal products and low in fruits, vegetables and calcium.

Medications that may impact bone health include the diabetes medications, Actos and Avandia, proton pump inhibitors prescribed for acid reflux, seizure medications and steroids. Both Actos, Avandia and long-term use of steroids suppress bone building osteoblasts. Proton pump inhibitors also known as PPI's, such as Prilosec and Nexium reduce stomach acid necessary for the absorption of calcium and magnesium. These minerals in addition to others are necessary for bone strength.

Proper nutrition plays a major role in the prevention and treatment of osteoporosis. Besides calcium and Vitamin D which are well documented, other nutrients are needed for bone health. These include magnesium, phosphorus, zinc, Vitamin K2, protein, boron, copper, Vit A, Vit C, and folic acid. Conversely, substances such as excessive alcohol, salt and protein from animal sources can weaken bones.

Protein is important for bone health due to its role in collagen formation and calcium absorption. As we age, a slightly higher protein intake is necessary to preserve muscle mass which decreases by 3-5% every decade starting in our 30's. Protein requirements for most adults are approximately 60-80 grams/day. Plant food sources of protein include nuts, seeds, soy, lentils, beans while animal sources include meat, poultry, eggs, dairy products and fish. Excessive intake of animal sources of protein can weaken bones by acidifying the blood. To maintain the body's narrow pH range, the body reaches into its alkaline reserves: the calcium from bones. This can be minimized by consuming a higher proportion of plant-based protein vs animal sources along with adequate calcium intake.

Calcium is important for bone health since 99% of calcium is found

in bones and teeth. Most calcium in the U.S diet comes from dairy products such as milk, cheese, yogurt, and cottage cheese. Plant sources of calcium include almonds, beans, broccoli, lentils, collard greens, kale, edamame and tofu. Other non-dairy sources of calcium include sardines, canned salmon and calcium fortified cereals and juices. Ironically, Americans consume more calcium than most other countries in the world despite having one of the highest rates of hip fractures. This has been postulated to be due to the high consumption of animal proteins along with low intake of fruits, vegetables and plant sources of protein. Other factors may be differences in activity levels and sunlight. The recommended intake of calcium is 1,000 – 1,200 mg/day for most adults. Calcium/Vit D supplements may be necessary for those unable to consume this level.

Vit D is necessary for bone health due to its role in improving calcium and phosphorus absorption and by inhibiting the breakdown of bone. Vit D also signals muscle cells to make new protein which is needed for muscle strength and stability particularly in the elderly who are more prone to falls. There are limited food sources of Vit D: among them are fatty fish such as salmon, trout, sardines, eggs, portobello mushrooms, and Vit D fortified milk and other Vit D fortified foods. A supplement may be necessary, particularly if blood levels are low. Up to 42% of the adult population in the U.S. have low blood levels of Vit D. According to the Institute of Medicine those at risk for Vit D deficiency are shown to have blood levels of 30 nmol/L or 12 ng/ml or less. Most people have sufficient blood levels at 50 nmol/L or 20 ng/ml. The recommended daily intake of Vit D is 600-800 IU/day for most adults. In addition to bone health, Vit D is also needed for immunity and protection against cancer.

Magnesium is another vital nutrient for bone health since it is needed to convert Vit D from its inactive to active form and its connection to calcium. Calcium and magnesium work together in many functions such as regulating heart rate, muscle tone and contraction and nerve conduction. The optimal ratio of calcium to magnesium is 1:1, although, this is rarely achieved in the standard American (SAD) diet. For example, cow's milk has 9 parts calcium to magnesium, while plant sources have a 1:1 ratio. In the "What we eat in America" report, at least one half of American's don't get enough magnesium in their diet since the typical diet tends to be low in magnesium rich foods such as leafy green vegetables, beans, nuts and seeds, soybeans and tofu.

Phosphorus is combined with calcium in the formation of bones and teeth. Similar to magnesium, the American diet tends to be high in phosphorus compared to calcium. This increases the risk of bone loss due to a disruption in calcium absorption. Much of the phosphorus in the U.S. diet is from processed foods and animal proteins.

Sodas, particularly, colas are of concern, particularly if substituted for calcium sources of beverages. Check ingredient list for phosphoric acid, pyrophosphate or dipotassium phosphate.

Achieving strong bones is possible by a combination of optimal nutrition, safe physical activities, supplements and possibly medications. Suggested resources are American Bone Health with their Tampa affiliate: Healthy Bones Tampa Bay, National Osteoporosis Foundation, Eatright.org: national dietetic association for nutrition information.

Barbara Freedland, RD/N: registered dietitian/nutritionist



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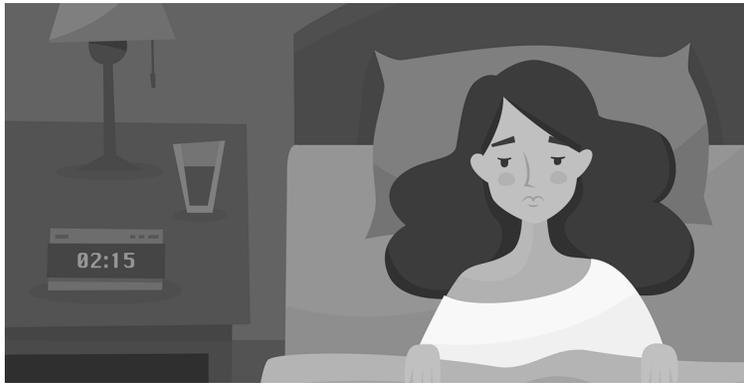
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## When You Can't Sleep: CBD & Troubled Sleep

By Dawn Hudson, Community Relations, Bliss CBD & Wellness Market



We are an exhausted nation. These days so many of us are not falling asleep or have trouble staying asleep. Oye! Tossing and turning. Watching the clock. Listening for noises from outside like owls and garbage trucks have really got our sleep rhythms out of sync.

Can you relate?

Customers enter CBD stores and first exclaim they have not been to a shop like this and are generally following up on the nudges from a concerned family member or good friend. Physicians, Physical Therapists and Wellness Practices frequently recommend an exploratory visit to Bliss CBD & Wellness Market.

Before you agree to 'give in' to the typical Ambien prescription or a medicine closet full of melatonin, take this advise.

### Explore your options.

American Hemp and its primary extract CBD can be used in many forms like oil, topical cream, gummy candies, a wide variety of flavored drinks and smokeable 'cigarettes' referred to as pre-rolls. What's right for you? Ask for an explanation and a sample!

Fact: Hemp is legal in Florida and does not require a medical marijuana card to make a purchase. And it has no euphoric side effects.

### What is your sleep problem?

Everyone is different. Ask yourself, do you have problems falling asleep? Or staying asleep?

Smoking or vaporizing CBD is very fast acting (90 seconds more or less) and is considered short-acting too; the effects last about an hour. A tincture under your tongue is considered medium-acting because it takes about 20 minutes to kick in and lasts 4-5 hours. Lastly there are many tasty edibles, water soluble tinctures or capsules which can take up to an hour to take effect but typically last between 6-8 hours. (Excellent choice if you need help staying asleep).

### Create a bedtime routine

Here's some old-fashioned and valuable advise. Your health is your wealth, so pay yourself a nightly dividend by doing these simple things: plan for bedtime by wrapping up your day a few hours before you hit the sheets; turn off the gadgets; practice self-care. Wind down with a spritz of CBD body cream or face cream? Take a CBD bath. Or simply massage a tiny bit of CBD balm between your toes. The mood-boosting power of CBD could be just the nature-inspired change you need to rest better. Ask for a sample.

Feeling good is the new looking good. Bliss CBD & Wellness Market is open daily in Carrollwood (13721 North Dale Mabry Tampa 33618) and offers practical advice about CBD products and complimentary samples. 813-435-3991

## Veterans Day

In the USA, Veterans Day annually falls on November 11. This day is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied nations and Germany in 1918. Veterans are thanked for their services to the United States on Veterans Day.

### Observance

Veterans Day is intended to honor and thank all military personnel who served the United States in all wars, particularly living veterans. It is marked by parades and church services and in many places the American flag is hung at half mast. A period of silence lasting two minutes may be held at 11am. Some schools are closed on Veterans Day, while others do not close, but choose to mark the occasion with special assemblies or other activities.

Veterans Day is officially observed on November 11. However, if it falls on a week day, many communities hold their celebrations on the weekend closest to this date. This is to enable more people to attend and participate in the events

### History

On the 11th hour of the 11th day of the 11th month of 1918 an armistice between Germany and the Allied nations came into effect. On November 11, 1919, Armistice Day was commemorated for the first time. In 1919, President Wilson proclaimed the day should be "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory". There were plans for parades, public meetings and a brief suspension of business activities at 11am.

In 1926, the United States Congress officially recognized the end of World War I and declared that the anniversary of the armistice should be commemorated with prayer and thanksgiving. The Congress also requested that the president should "issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) was approved on May 13, 1938, which made November 11 in each year a legal holiday, known as Armistice Day. This day was originally intended to honor veterans of World War I. A few years later, World War II required the largest mobilization of service men in the history of the United States and the American forces fought in Korea. In 1954, the veterans service organizations urged Congress to change the word "Armistice" to "Veterans". Congress approved this change and on June 1, 1954, November 11 became a day to honor all American veterans, where ever and whenever they had served.

In 1968 the Uniforms Holiday Bill (Public Law 90-363 (82 Stat. 250)) made an attempt to move Veterans Day to the fourth Monday of October. The bill took effect in 1971. However, this caused a lot of confusion as many states disagreed with this decision and continued to hold Veterans Day activities on November 11. In 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which stated that Veterans Day would again be observed on November 11 from 1978 onwards. Veterans Day is still observed on November 11.



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## How to Stretch Your Dinner for Unexpected Dinner Guests?

You are about to sit down to dinner with your family of four and friends stop by. What do you do? You could wait patiently for them to leave or you can ask them to join you. Waiting can be difficult, but if you have not planned ahead, inviting the extra dinner guests can make the meal a bit light. Here are some tips you can use to stretch your dinner for unexpected dinner guests.

Add a salad or soup to stretch your dinner. Turn your three-course meal into a four-course meal by grabbing some salad from your refrigerator or soup from your pantry. This pre-dinner course will help to fill up everyone's stomach so you can serve smaller than usual entrees which really goes far.

Shred the meat to stretch your dinner. Instead of serving chicken breasts or steaks which may have been on the menu, shred the meat and sauté it with onions to stretch it a little. Then serve it on top of your rice or other side dish, or in tortillas wraps.

Add bread to stretch your dinner. Use any bread you have in the house to make garlic bread or cheese bread. If you do not have bread but have frozen pizzas, make one or two of those and cut into strips instead of wedges and serve in a bread dish. Make another side dish to stretch your dinner for unexpected dinner guests. If you



are serving rice, make more. It may help to have some boil-in-the-bag rice on hand. If you are making pasta, increase the amount of that. If you have some frozen vegetables in your freezer, you have an instant side dish you can add. You may have less sauce or meat per serving, but increasing the starch or vegetable will increase your meal.

Most living rooms are large enough to turn into an over sized dining room if needed, which is a great way to seat large crowds of Thanksgiving or Christmas guests. You can also pull dining room and kitchen tables into the living room, and then look for other tables that could be used to seat people. Sewing tables, plastic patio tables, card tables, and even the kid's hobby tables all work for extra seating. To create a sense of unity, the tables you have collected for this

extra holiday seating should be covered with identical paper or vinyl tablecloths (red works quite well), and decorated with a poinsettia and an arrangement of white candles for the table centerpiece as a very nice decoration.

**Sheet of plywood and saw horses**  
Got a 4" x 8" sheet of plywood sitting in the garage? Placed on a couple of saw horses, plywood sheets are a fantastic way of seating at least ten unexpected holiday dinner guests. Once the table is covered with a cloth, no one can tell they are eating on plywood. To camouflage the saw horses, you can move them as close to the middle as possible and then drape with some fabric.

Sit back and enjoy the extra company!



Thanksgiving Trivia Questions:

1. Which Native American tribe celebrated the first Thanksgiving with the Pilgrims?
2. What year was the first Thanksgiving held?
3. Which president made the first Thanksgiving day proclamation?
4. In 1941, congress declared Thanksgiving day to be held on what Thursday in November?
5. Macy's Thanksgiving day parade started during which decade?
6. Which ship did the Pilgrims sail on to Plymouth Rock?
7. Which historical figure wanted the turkey to be the national bird?
8. Which President set the official celebration day for Thanksgiving as the last Thursday?
9. Turkey should be cooked to what degree Fahrenheit?
10. How many Turkeys are cooked in the US for Thanksgiving each year?

Thanksgiving is a day rich in traditions, but how much does your family know about those traditions? These trivia questions are a great way to get conversations started and to test your family member's smarts. Some fun ideas for using these questions include, writing the questions on cards with the answers on the back and placing them around the appetizer buffet, or you could hold a trivia contest after dinner with the winner being exempt from kitchen clean up.

ANSWERS  
TRIVIA

1. The Wampanoag Indians
2. 1621
3. George Washington
4. The fourth Thursday
5. The 1920's
6. The Mayflower
7. Benjamin Franklin
8. Abraham Lincoln
9. 165 degrees Fahrenheit
10. 45 million



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