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Wednesday	November 27th	7:00 AM – 6:30 PM
Thursday	November 28th	closed
Friday	November 29th	7:00 AM – 6:30 PM
Saturday	November 30th	8:00 AM – 4:00 PM
Sunday	December 1st	8:00 AM – 4:00 PM

New Sharon Clinic will be closed November 28th & 29th.

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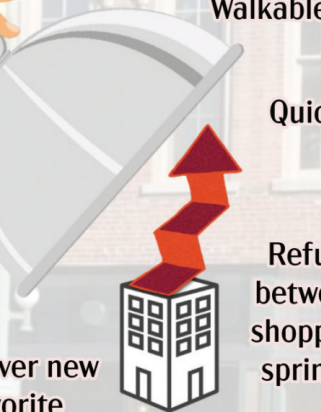
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Choose a stocking for a child and purchase the items listed on the back.

The unwrapped gifts and the stockings can be turned in to the Oskaloosa Police Department, Walmart, or at Mahaska Drug no later than December 9th, 2024.

This program is sponsored by the Oskaloosa Police Association, Mahaska County Sheriff's Posse, Oskaloosa Fire Department and Reserves, HyVee, Fareway, The Shoe Department, Walmart, C.E.R.T. Team, Brown's Shoe Fit Co, and Mahaska Drug.

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November 29th is Plaid Friday

November 30th is Shop Small Business Saturday

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November 30th 11:00 - 3:00

December 7th 11:00 - 2:00

December 14th 1:00 - 5:00

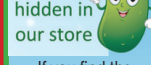
December 21st 11:00 - 5:00

December 24th 11:00 - 1:00

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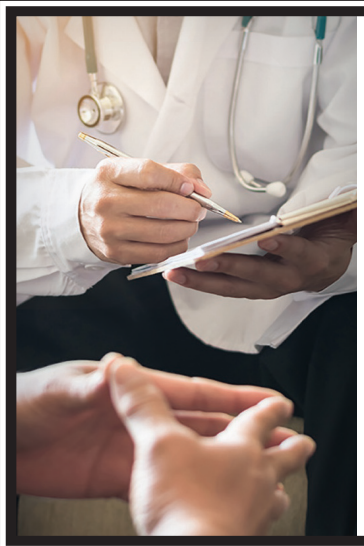
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*Iowa Market Study; Coda Ventures 2022



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There's so much to think about when prepping Thanksgiving. Between the full spread of sides and desserts, it's all too easy for the turkey recipe to become an afterthought. But the bird deserves its top spot as the show-stopping centerpiece of the table, and we're here to help.

RECIPES FOR THANKSGIVING



The centerpiece of your meal

EASY TURKEY WITH APPLES AND GLAZE

Follow these directions and you will have the perfectly tender and juicy holiday turkey. The flavor from the apples in the cavity permeates the meat, most noticeably in the dark parts. The apple juice poured on top caramelizes in the baking process and gives the turkey a sweet and savory flavor. A fantastic centerpiece for your holiday meal.

INGREDIENTS:

- 12-pound turkey, giblets removed
- 3 apples, cored and quartered
- 12-ounce container apple juice concentrate, thawed
- 1 ¾ cups chicken broth
- 1 ½ teaspoons dried sage

DIRECTIONS:

- 1. Heat oven to 325 degrees. Line large roasting pan with foil.
- 2. Place turkey in pan. Rub inside and outside of turkey with salt and pepper. Stuff apples inside turkey.
- 3. Pour apple juice over turkey.
- 4. Pour broth into bottom of pan.

- 5. Sprinkle turkey with sage.
 - 6. Loosely cover turkey with foil. Roast 3 hours.
 - 7. Remove foil and roast another 30-60 minutes, brushing with liquid until bird is done inside.
- Note: We recommend using a meat thermometer while cooking. The turkey thigh should read 180 degrees and the turkey breast 170 degrees.*

SAUSAGE STUFFED MUSHROOMS

This is a rich and filling stuffed mushroom recipe for anyone who enjoys sausage. They're spicy, savory and juicy. We recommend trying to buy uniformly sized mushrooms, the larger the better. It will make for a nicer presentation.

INGREDIENTS:

- 1 pound ground hot sausage
- 8-ounce package fresh (white) button mushrooms
- ¾ cup water, as needed
- ½ cup bread crumbs
- ¼ cup fresh grated Parmesan cheese
- 1 clove garlic, minced
- 1 tablespoon olive oil
- Salt as needed



DIRECTIONS:

- 1. Remove stems from mushrooms. Some will pop out of caps easily. Others may require removal with small paring knife.
- 2. Apply oil to medium baking dish and coat. Place caps (stem side up) in the dish, forming series of small cups. Don't worry about gaps in between, just evenly distribute.
- 3. Mince mushroom stems.
- 4. Brown sausage in medium skillet with garlic. Drain fat when done.
- 5. Add bread crumbs, cheese, mushroom stems and garlic.
- 6. Slowly add water as mixture cooks. Reduce heat and cover. You want cheese to melt and concoction to have texture of thick paste.
- 7. Taste and add salt and pepper as needed.
- 8. Spoon mixture into open mushroom caps. Take left-over mixture and fill in gaps.
- 9. Place in preheated oven at 350 degrees. Bake about 40 minutes until mushrooms are soft. Serve and enjoy.

TRADITIONAL MASHED POTATOES

There are dozens of ways to make mashed potatoes and even more opinions on how to do it. If you follow this method, you will have perfectly creamy mashed potatoes. The trick to this recipe is to warm the butter, milk and sour cream.

INGREDIENTS:

- 5 pounds potatoes
- 1 stick butter
- ½ cup whole milk
- ½ cup sour cream

- 1 tablespoon garlic salt
- 1 teaspoon pink Himalayan salt
- 1 teaspoon fresh ground pepper

DIRECTIONS:

- 1. Set large pot of water on medium heat. Add salt to water.
- 2. Peel potatoes and rinse. Cut into 1-inch cubes. Place into pot and add more water until all potatoes are covered.
- 3. Bring to boil, then lower heat and simmer, uncovered, about 15 to 20 minutes or until potatoes easily fall apart.
- 4. In small separate saucepan, set butter, milk and sour cream on low heat. Stir and turn off heat so as not to boil.
- 5. Drain potatoes into colander.



- 6. Place potatoes in large mixing bowl, and begin using potato masher until about half the cubes are crushed.
- 7. Create cavity in the center of potatoes and add butter mixture and desired spices. Fold potatoes over cavity and work in using masher.
- 8. If smoother texture is desired, use electric mixer on low speed to continue blending all ingredients. Serve hot. If potatoes cool while other food is being prepared, place them in baking pan, cover with foil and bake until desired temperature.

PUMPKIN PIE CHEESECAKE

This pumpkin pie cheesecake will be a scrumptious addition to your holiday baking. Simple to make, it combines classic pumpkin pie flavors with the silky creaminess of a cheesecake.

INGREDIENTS:

- Two 8-ounce packages cream cheese, room temperature
- 2 eggs
- ¾ cup sugar
- ½ teaspoon ground ginger
- 1 ½ teaspoons cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon cloves
- 1 can pumpkin
- ½ teaspoon vanilla extract
- 1 package graham cracker pie crust

DIRECTIONS:

- 1. Combine cream cheese, sugar and scrambled eggs in bowl. Mix together until cream and sugar are smooth.
- 2. Add cinnamon, ginger, nutmeg, cloves and vanilla. Then add can of pumpkin.
- 4. Mix very well using electric beater.
- 5. Pour into premade graham cracker pie crust.
- 6. Bake in oven at 350 degrees for about 40 to 45 minutes.
- 7. Remove from oven and let cool slightly. Add whipped cream or caramel topping as desired.



TIPS TO SIMPLIFY YOUR DINNER

Thanksgiving is a much anticipated holiday for get togethers.

Food is indeed a focus, and that can be a little overwhelming, if not intimidating, for those tasked with hosting the celebration. Guests might come to expect certain staples, including turkey and mashed potatoes. Such expectations can make it easier to plan a menu, but sticking to standard bearers is not the only way to simplify meal planning on this beloved holiday.

• **Accept help, but keep it limited.** It's customary for loved ones invited to Thanksgiving celebrations to offer to bring a dish to dinner, and that can alleviate some of the work hosts are tasked with managing. However, hosts can keep things simple by asking only a small handful of guests to prepare a side dish. Once the quota is filled, politely decline any additional offers to bring food. It can be hard to find space on the table if too many guests bring dishes from home, and that can lead to hurt feelings if certain sides are ignored or left on the kitchen counter due to a lack of real estate.

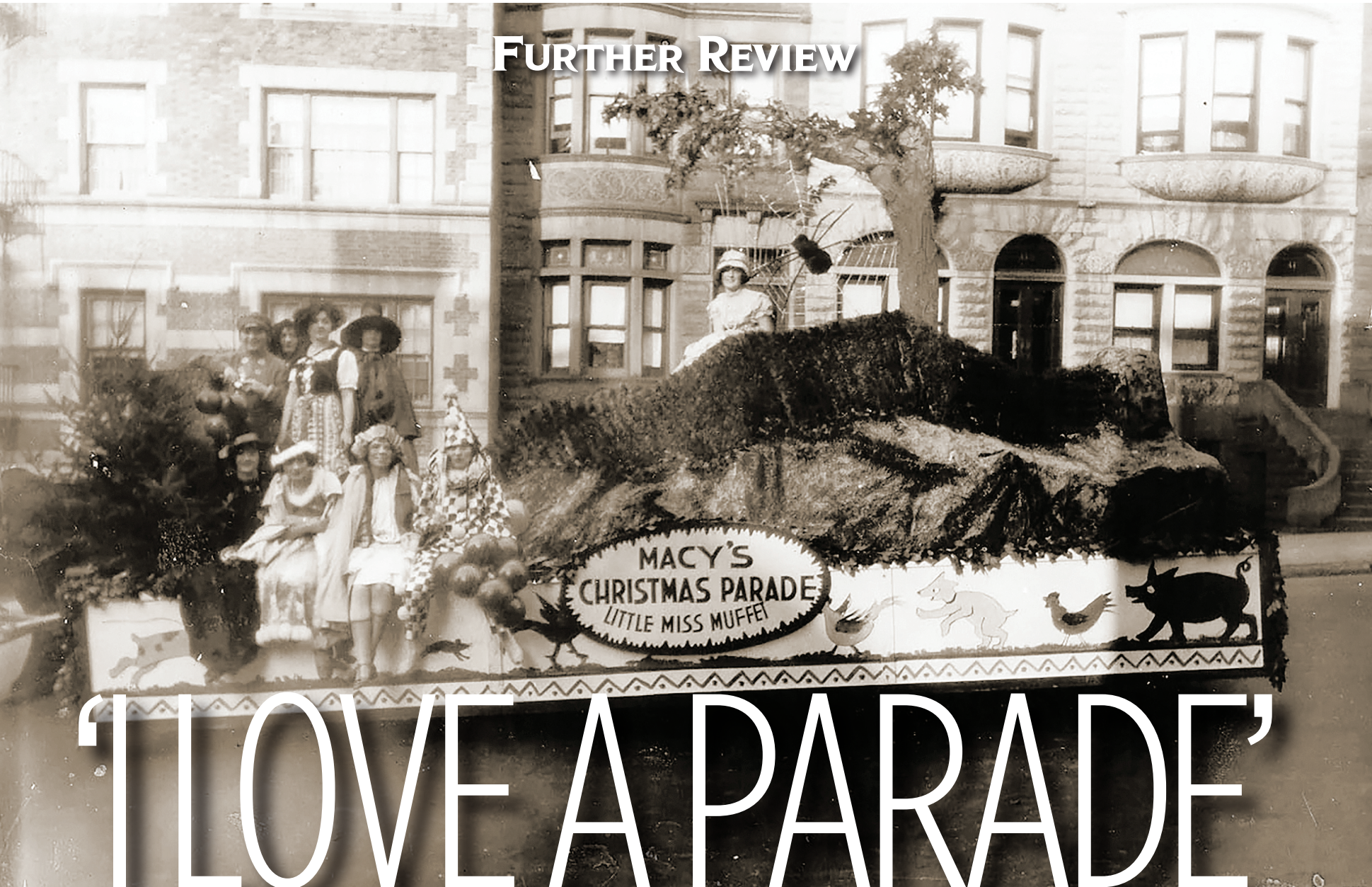
• **Explain your desire to reduce food waste.** Another way to simplify the meal is to avoid succumbing to the temptation to cook too much food. The Calorie Control Council notes that Americans consume between 3,000 and 4,500 calories during Thanksgiving celebrations.

Such consumption is unhealthy not only for people, but for the planet as well. The U.S.-based nonprofit ReFED, which is devoted to stopping food waste, estimated that Americans wasted 312 million pounds of food during Thanksgiving 2023. Hosts who want to avoid excessive amounts of food can simplify meal prep by cooking less and explaining to guests that they aspire to reduce food waste.

• **Keep table settings simple.** Unless you're planning to post photos of the family meal on Instagram this Thanksgiving, you can skip the more elaborate formal table settings in favor of a simple setup you might use on most nights when dining at home. Polishing the silver and folding cloth napkins to impress is a time-consuming task that can complicate meal preparation. Keep it simple with less formal settings, which will allow guests to focus on eating a delicious, homecooked holiday meal.

• **Purchase a premade dessert.** It might be tempting to try your hand at a homemade dessert, but it's far easier to purchase pies and ice cream from a local farmer's market in the days leading up to Thanksgiving. This approach ensures hosts have it a little easier once the main course has been served and consumed.





By Charles Apple | THE SPOKESMAN-REVIEW

The first one was held on Thanksgiving Day, but it wasn't advertised as a Thanksgiving Day Parade. Promotional materials called it a "Christmas Parade" and a "Marathon of Mirth."

It was only two blocks long, with four floats, a mounted police unit, a collection of animals from the Central Park Zoo and a number of costumed characters on foot. There were none of the parade's soon-to-be famous oversized balloons. Those wouldn't come along until 1927.

But the first Macy's parade was held Nov. 26, 1924 — 100 years ago.

THE FIRST MACY'S PARADE IN 1924



Elephants from the Central Park Zoo march in the parade.

The first thing you should know about the Macy's Thanksgiving Day Parade is that it wasn't the nation's first department store-sponsored Thanksgiving parade. That honor belongs to Philadelphia, where Gimbel's launched a parade in 1920. And it wasn't even New York's first Thanksgiving Day tradition. In 1870, children began dressing up — usually as street urchins — and going door-to-door begging for candy. This "Ragamuffin Day" tradition would gradually move to Halloween,

squeezed out of New York by the Macy's event. The Macy's parade began in 1924, when store employees, many of them immigrants, wanted a way of expressing their new American heritage. They asked their boss, Rowland Hussey Macy, for permission to hold a festival on Thanksgiving Day that would herald the coming of Christmas. Macy immediately saw the promotional value of such an event and set up a parade — more of a moving

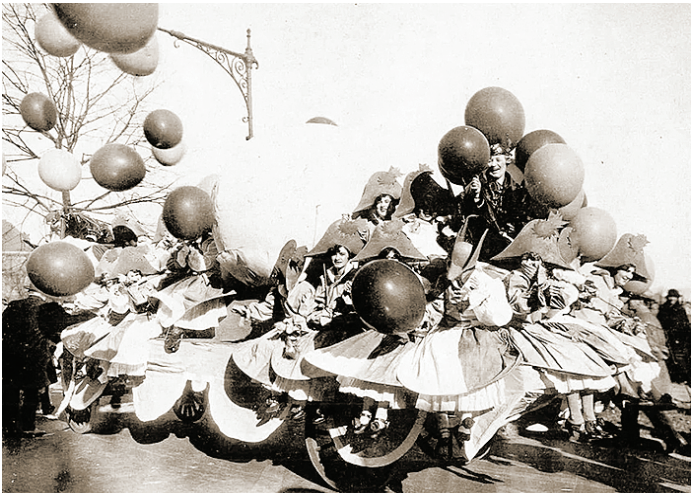


Santa's float at the rear of the first Macy's parade.

street festival, really, like a holiday season Mardi Gras — that would start in Harlem and end at the front door of the store on Herald Square. The parade included four floats, a New York Police mounted patrol unit and a collection of animals from the Central Park Zoo. The giraffe reportedly had trouble ducking his head to get under an elevated train line. Also, there were clowns, tumblers, dancers and other street performers and four bands, including a jazz band

of Macy's employees, a 75-piece military band and a drum and bugle corps. A thousand Macy's employees participated in that first parade, while an estimated quarter-million watched. Spectators were encouraged to fall in behind Santa, who brought up the end of the parade. At the end, Santa was crowned "King of the Kiddies" and climbed aboard a throne on the store's new entrance marquee.

THOSE WONDERFUL BALLOONS



The Balloonatics float from the 1926 parade.

In 1927, the Macy's Christmas Parade was officially renamed the Macy's Thanksgiving Day Parade. By that time, it had become clear that live animals just weren't cut out for a Thanksgiving Day Parade. Macy's officials noted the popularity of a float the previous year that carried dozens of helium filled balloons and decided to replace the live animals with giant hot-air-filled balloons in the shape of animals and

cartoon characters. The 1927 parade featured "a human behemoth" 21-feet tall, a 60-foot dinosaur, a 25-foot-long dachshund and the first cartoon character balloon, Felix the Cat. While inflating the balloons was tough work, deflating and packing them away was an even bigger chore. In 1928, parade officials hit on the idea of simply releasing balloons after the parade and then offering a



The Felix the Cat balloon in 1927.

\$100 reward for their return. Some were returned in tatters. This tradition ended in 1932. In 1934, Macy's in-house balloon design department collaborated with Walt Disney to create the first Mickey Mouse balloon. The completed balloon was 40 feet tall and 23 feet wide and required 25 attendants to hold it down and guide it through the parade route. The parade was suspended for three



The Mickey Mouse balloon in 1934.

years during World War II. It resumed in 1945 and, two years later, was featured in the movie "Miracle on 34th Street." The Macy's Thanksgiving Day Parade was first broadcast on TV in 1948. The balloons have been grounded when winds are high — most recently in 1971. In 1997, however, a Cat in the Hat balloon was blown into a lightpost that fell on a spectator and left her in a coma for 24 days.

THE 2024 PARADE BY THE NUMBERS

49	90	90	15	33	11	24	8,000	300	200
Balloons to be included this year. Six are new for 2024.	Minutes to inflate each balloon with helium.	Handlers for each balloon during the parade route.	Minutes to deflate each balloon after the parade.	Floats to be included this year.	Marching bands to be included this year.	Featured performers to be included this year.	Volunteers — some are Macy's employees — who participate in the parade.	Pounds of glitter used in each year's parade.	Pounds of confetti used in each year's parade.