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## Family Immigration

November brings Thanksgiving and thoughts about the lives of the first European immigrants to the US. Since the early 1600s, millions of people from all over the world have followed them. Some came willingly and with optimism, some by force, and some to escape death or persecution. Today's painful stories of parents and children at the US southern border make clear that this legacy continues. In the family history of most US citizens is a story of leaving home and friends, and a struggle to balance old values with new ideas.

Families who move to the US face many challenges. This is true

for those who come only for a short time and for those who have come to stay. For some, the transition is smooth, but for many, the early years are difficult.

A first challenge is to decide how and how much to become part of the US culture. This will likely depend somewhat on whether you intend to live here permanently or not. Still, either way, your living situation may affect this decision. Your family roles may change. You may begin (or quit) a paid job — and so, may have less (or more) time with your family. You may now have a very different social identity — perhaps with less status or prestige. Your children may learn English more quickly than you; they may have new responsibilities as a translator for your family. All of these changes affect how your family works from day to day,

and are likely to influence your evaluation of American values.

A second challenge for all is to stay connected to your home culture - its people and its values. Families that change too quickly — or in which some members change faster than others — often have trouble. A common pat-

tern is for one person to “be in charge” of keeping the home country values important. She/he may not learn English well; he/she may cook, dress, arrange holidays, and raise children in ways from home. Others in the family may “be in charge” of taking

on new US ideas and patterns. Children, especially, may not like being “a foreigner,” and may become more “American” than the parents like.

Of course, adjustment is easier for some families than others. Every family brings unique legal, social, economic, language, and educational histories. Some cultures are more different from the US culture than others. Some immigrants enter the US with more job opportunity, government support, and cultural tolerance than others. Still, the people who have the smoothest transitions (a) are flexible in their own and their family roles, (b) make steady progress toward reaching their goals for living here, and (c) insure that all family members feel connected to both new and old cultural values.



Image Source: lawandpracticeblog.com

## Compliments of

### English at Large

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## Cranberry Memories

My mother brought the cranberry sauce to Thanksgiving dinner at Great Aunt Alice's house every year. It was gelled — dark red, thick, shiny — in a wonderful round mold of swirling peaks like a circle of mountains that shimmered and shook. We'd put it into the trunk of the car, still in the mold, where it would stay cold for the hour's drive east from our suburb to her small town in Western Pennsylvania. Many years, it would be snowing lightly. After dinner we would go to cut down our Christmas tree. The snow silently smoothed the transition from one holiday to the next, and the whole day made me happy.

Aunt Alice's house was warm from the gathering family and the smells of turkey and stuffing and pumpkin pies she had made that morning. We'd pile our coats on the white spread of the guest bed, in the room whose walls were covered with our photographs. All of us cousins would sit in the living room — hands in laps, hair combed, dressed in our Sunday clothes on a Thursday, two or three crammed onto the couch beside a comfortable parent, the boys poking each other on the floor till they were told to shush. The adults chatted softly with each other, looking for and finding things they could agree about.

Only after dinner would we be allowed into heaven, Aunt Alice's basement where she

[continued on page 3 sidebar](#)

## Thanksgiving

In 1620, 102 people from England sailed to North America on a boat called the Mayflower. The boat landed at what is now Plymouth, Massachusetts. We call this group the Pilgrims (a pilgrim is someone who travels to visit a holy place, or for religious reasons). About half of these 102 were members of a religious group that had separated from the Church of England. They thought that the Protestant Reformation (and the Church of England, in particular) had not gone far enough in breaking from the Roman Catholic Church. They were looking for a land where they could establish their own, new religion. The US has since been the home of many people fleeing persecution for their ideas, but the Pilgrims were the first.

In the pictures you see today, Pilgrims are usually dressed in black and white, to show their serious religious beliefs, with hats like the one on this page. In fact, they only wore these clothes on Sundays. Other days they wore the brown and green work clothes they had worn in England. Though religious, they were not afraid of fun — beer and liquor were part of their daily diet.

The other half of the Mayflower group came to the New World for economic reasons. They were paid by investors at home to send back beaver furs, cod, and other products. The two halves worked and lived well together, and shared the job of governing the town.

The Pilgrims shared many difficult times. Of the 102 who left from England, 47 died by the end of the first year, mostly from illness that came from being tired, hungry, and overworked. Of the 18 wives who left England on the Mayflower, 13 had died by the end of the year (though only 3 of the 20 children had

died). We know very little about the emotions and thoughts of these women, and can only imagine their fear and sadness.

Some Native Americans were very helpful to the Pilgrims. They taught them to plant corn and barley, to eat oysters, to catch fish with nets, and to hunt wild turkey.

By the end of the first year, the Pilgrims were feeling very grateful. They had grown 20 acres of corn, had started a beaver fur trade, and had built 11 buildings. Fewer people were ill. So they decided to have a three-day harvest feast — the first Thanksgiving celebration.

They invited Massasoit, the Native American chief in this area. He arrived with 90 men (who came with 5 deer to add to the food). The foods we have today at Thanksgiving are foods that the Pilgrims might have had that first year — turkey, cranberries, and pumpkin. (In fact, though, the Pilgrims' journals that describe this feast include lists of many kinds of meat but not one ever mentions a turkey!)

Thanksgiving is always the fourth Thursday of November (this year, November 22). The main event of the holiday is the family dinner — try cooking one yourself (see page 3). Americans focus on their love for each other, and gratitude for their freedom and liberty. Cards and gifts are not traditionally given. Many people travel miles to be with their families — airports and highways are traditionally crowded on Wednesday and Sunday.

Thanksgiving is the only holiday in the year that is uniquely US American and is neither political nor religious. Celebrate it as if it were your own!



# A Traditional Thanksgiving Dinner

Thanksgiving is the only day of the year when almost all Americans eat basically the same thing: turkey, stuffing, cranberry sauce, potatoes, and pumpkin pie. Many families add their own favorites; see [fivethirtyeight.com/features/heres-what-your-part-of-america-eats-on-thanksgiving/amp/](http://fivethirtyeight.com/features/heres-what-your-part-of-america-eats-on-thanksgiving/amp/) for information on regional variations. This holiday is for all religions and all political groups, for newcomers and long-time Americans — everyone who feels thankful for something. Here is how to make a traditional dinner:

## How much turkey should I buy?

A guideline is: one pound per person. So for 10 people, buy a 10-pound turkey. On the other hand, it's good the next day, so buy a big one! In general, younger birds are more tender. A fryer-roaster is (was!) 4 months old, a young hen (female) or tom (male) is 5-7 months old, and a yearling is 12 months old. If you buy a frozen turkey, allow it to thaw in the refrigerator (3-7 days) or in cold water (5-15 hours), never at room temperature (bacteria might grow).

## How do I stuff a turkey?

There are many variations in recipes, each one a favorite to someone. To be honest, I think packaged stuffing is pretty good, and is very easy. But if you're making a Thanksgiving dinner for the "authentic experience," then try making it yourself. Here is how my Great Aunt Alice always made it. I say it's the best! There are four basic kinds of things in stuffing:

*The Bread* — White or whole wheat bread, as much like homemade bread as possible. Slice it, and keep it on the counter for a while, covered with a towel, to make it a bit dry. Then tear it by hand into small cubes.

*The Herbs and Spices* — Salt and black pepper. Sage is traditional, but Aunt Alice didn't like sage.

*The Other Stuff* — Sautéed onions and celery

(cooked briefly in butter) are traditional. Then be creative with a few of these: boiled chestnuts, oysters, sausage, walnuts, pecans, apples, or dried fruit like apricots.

*Something to Make It Moist* — Butter is traditional. Or try olive oil, cream, broth, wine, or apple juice.

After you have washed the turkey and removed the little bag of parts from the inside, put some stuffing into the bird. Do this right before you put it in the oven, or bacteria will grow. Do not put too much stuffing into the bird, because it expands while cooking (use about  $\frac{3}{4}$  cup for each pound of turkey). If you have extra, bake it in a dish. When the turkey is done, mix the inside and outside stuffing together.

## How do I cook a turkey?

Here are the guidelines for a stuffed turkey, from the National Turkey Federation. Bake at 325°:

8-12 pounds	3-3½ hours
12-14 pounds	3½-4 hours
14-18 pounds	4-4¼ hours
18-20 pounds	4¼-4¾ hours
20-24 pounds	4¾-5¼ hours

Unstuffed turkeys take 15-30 minutes less. A meat thermometer placed in the thigh should reach 180°. I have had good luck with turkeys that come with a "pop-up" thermometer in them. When the turkey is done, a little plastic piece pops up!

## Need help?

Call the Butterball Turkey TalkLine (1-800-288-8372) for information (in English or Spanish) on thawing, stuffing, testing for doneness, and more. Or try [www.butterball.com](http://www.butterball.com) for useful videos, recipes, and tips (in English or Spanish). There are several helpful conversion charts there: [www.butterball.com/calculators-and-conversions](http://www.butterball.com/calculators-and-conversions), helpful for using an American recipe.

*continued from page 2 sidebar*

taught nursery school and where we could have our fill of easel paper, riding toys, dress-up clothes, and puzzles. But now, we waited...quietly.

Two or three of the aunts might join Aunt Alice in the kitchen but she didn't need much help. At least, that is what we accepted as true. Aunt Alice was the Expert Cook in our family. When she said the turkey was done, it was done. The amount of salt she added to the gravy was, by definition, the correct amount. She was the unquestioned chief of her kitchen. And so the kitchen was a calm, quiet place — well controlled and timed just right.

Before too long, the call to the three girl cousins would come. Our job was to carry the things that could not spill on the white linen table. The freshly-polished serving spoons were first — we found them lined up on the counter, covered with a spotless white towel to protect them from some imagined dust. Then the bowl of Aunt Ellen's rolls wrapped in a cloth napkin, the five sets of tiny salt and pepper shakers and, when we were older, the ice water.

At the last minute, my mother would do her magic on the cranberry sauce, somehow getting it out of the metal mold, peaks intact, onto the pretty platter. She carried it, as a crown, to the table. Thanksgiving had begun.

## Mailing Packages

Mail slows down in this season because so many people send Christmas cards and packages to their friends and families. If you are shipping packages for December, try to mail them in November.

Go to [ircalc.usps.gov](http://ircalc.usps.gov) to calculate postage for international letters and packages sent through the US Postal Service; prices may be cheaper if you buy the postage on line rather than in the Post Office:

*Priority Mail International* (Delivers in 6-10 business days. Use their free flat-rate boxes or envelopes and pay one price up to a maximum weight (\$11 for their flat-rate envelope, up to 4 pounds; \$37 for their flat-rate box. Get boxes and envelopes at any post office.)

*Priority Mail Express International* (3-5 business days, to 200+ countries; flat-rate envelopes \$43.

Here are some private express services:

UPS: [www.ups.com](http://www.ups.com)

DHL: [www.dhl.com](http://www.dhl.com)

FedEx: [www.fedex.com](http://www.fedex.com)

Most sites are in English or the local language. You can order a pick-up from your home on their website or by telephone, and track the package until it is delivered.

Both the USPS and the private companies will give you nice, sturdy boxes for free.

# The Rules of American Football

Americans play football in elementary school, high school, college, and professionally. The rules at these levels differ slightly. They also change frequently, to keep the game safe, fair, and exciting to the crowds. For example, professional rules are changed from time to time to keep the [popular, important, and ... expensive] players safe. Here are the current professional rules.

## Basic Facts

- A football is a pointed-oval shaped ball, about 11 inches long and 7 inches wide. It weighs 14-15 ounces.
- Playing time is 60 minutes (four 15-minute quarters). But the clock stops often, for various reasons (for example, after every scored point, and in case of penalties, injuries, and incomplete passes). There is a break after two quarters that may include entertainment and marching bands. Including the half-time break, a typical professional game takes 2.5 to 3 hours.
- A football field is 100 yards long, marked on both ends by a *goal line*. Then there is a 10-yard *end zone*, marked on both ends by an *end line*. There is a *goal post* on each end line. The goal post is really two upright (vertical) poles, connected by another horizontal pole (called the *crossbar*). The field is 53 1/3 yards wide.

- Each team defends one goal. The object of the game is to score points by getting the ball across the other team's goal line. Players can advance the ball by *passing* (throwing) or carrying it.

- Each team has 11 players. When a team has control of the ball and is advancing toward the other team's goal line, they are playing *offense*. The other team, at that moment, is playing *defense*. Usually, players specialize in playing offense or defense, and in one of several positions such as *quarterback*, *halfback*, *fullback*, *center*, *guard*, and *end*.

- Teams score points in 4 ways:

*touchdown* (6 points): a player carries the ball over the other team's goal line, or a player catches the ball while he is in the other team's end zone

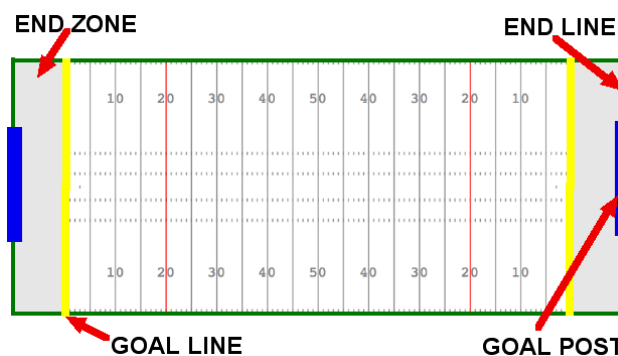
*field goal* (3 points): a player kicks the ball over the crossbar of the other team's goal post

*safety* (2 points): when a player with the ball is stopped in his own end zone, the other team gets the points and becomes the offensive team

*conversion*: after a team scores a touchdown, they can try a conversion play — they either kick the ball through the goal post uprights (for 1 point) or they pass or carry the ball across the goal line again, from the 2-yard line (for 2 points)

## The Game

Each half of the game starts with a *kickoff*. Near the center of the field, a player from Team B kicks the ball off the ground toward Team A's goal line. Team A tries to catch the ball and run toward Team B's goal line. Team B runs toward the ball, trying to stop Team A from *advancing* (going forward). (At this moment, Team A is playing offense, Team B defense.) That play ends when any one of these happens:



[continued on page 5](#)

# Veterans Day

November 11 is Veterans Day, first celebrated in the US in 1919 as Armistice Day, one year after the signing of the treaty that ended World War I. The original focus was on honoring the soldiers who fought and died during World War I. Some people observe a moment of silence at 11:00am on that day (the 11th day of the 11th month), to remember the end of World War I.

Now the focus is broader: to honor those who fought in any American war. The name was changed to Veterans Day in 1954. (The word *veteran* means someone who is very experienced. You can be a veteran teacher, or a veteran singer. But the word also specifically means a person who has been in the armed services.) You may see people wearing red poppies (flowers) in their buttonholes on Veterans Day — a token of thanks for their

donations to the Disabled American Veterans group. Poppies grew in Belgium where many World War I soldiers were buried.

You can join in the spirit of Veterans Day by honoring all those who have fought for peace. If your country has been in a war with the US, this would be a good time to discuss it. Even though history is complex and difficult, begin to discuss the moral issues involved, and what we can do to prevent war in the future. You will have plenty to talk about...

## Day Light Savings Time

Day Light Savings Time will end on the first Sunday of November (November 4, 2018). Put your clocks back one hour. It will start again on the second Sunday of March (March 10, 2018) everywhere in the US except Hawaii and most of Arizona.

[continued from page 4](#)

*The Rules of American Football*

- Team B *tackles* the Team A player who has the ball (pushes him to the ground, or until his knee touches the ground),
- the Team A player who has the ball runs *out of bounds* (off the field), or
- Team A catches the ball in the end zone and touches his knee to the ground.

Team A forms a *huddle* (circle) and decides on the next play. The two teams line up on the *line of scrimmage* (the place on the field where the play ended). Team A is still playing offense. This time, instead of a kickoff, the center from Team A *hikes* the ball to the quarterback (throws or hands it to him, backward under his legs).

Team A gets four *downs* (turns) to advance the ball 10 yards. Every time it succeeds, it gets four more downs to advance 10 more yards. If it fails, Team B becomes offense. Sometimes, if a team realizes it is unlikely to advance the 10 yards (and will soon be playing defense), it will punt (kick) the ball as far as possible. Then, the other team has further to go when it starts to play offense. If a Team A member passes the ball to a teammate, a player from Team B may *intercept* the pass (catch it himself). Team B immediately becomes the offensive team, and tries to advance to Team A's goal.

If a player breaks a rule, his team gets a *penalty*. A penalty may mean that the ball is put further back on the field, away from the goal, before the game continues. Or the team may *lose a down* — if they had been taking their second chance at advancing 10 yards, with the penalty it would be considered their third down. The team with more points at the end of the 4th quarter wins. If the two teams are *tied* (have the same score), they play one more 15-minute quarter. If the score is still tied, the game ends anyway, with a tied score.

# Birthday Biography: Mark Twain

The American writer Mark Twain\* was born on November 30, 1835. The 75 years of his life were ones of major change in the US which, during Twain's childhood was mostly rural. Slavery was legal. And the US did not have much international influence. Twain saw the rise of industrialization and capitalism, the Civil War that ended slavery, and the increase in the worldwide power of the US. The effects of these dramatic changes on the social structure of the US were profound. They formed the basis of Twain's work.

A comedian's goal is to entertain. A humorist's goal is to enlighten and change, and Twain was a humorist. On the surface, Twain wrote funny stories about small-town America, especially the rural south. His most famous books were *The Adventures of Huckleberry Finn* and *The Adventures of Tom Sawyer*. Misbehaving boys, gossiping ladies, and ignorant men were his favorite characters. But these were simply the skeleton for his messages about social injustice, racism, religion, and human nature.

Twain's books are not easy for newcomers to English to read. His characters speak in dialect and his humor assumes an understanding of American culture. But he wrote some of the most famous scenes in American literature. And his descriptions of American character ring true today. Give him a try.

Happy Birthday, Mr. Twain.

\* He was actually born Samuel Clemens.

## A Thanksgiving Vegetable Children Like!

Here's a sure way to get your children to eat butternut squash. I don't think the Pilgrims had canned evaporated milk, but the squash might have been at their table. Its orange color looks great with the peas and cranberry sauce.

- 3 small or 1 large butternut squash (buy it already peeled and cubed, if you can)
- 8 ounces canned evaporated milk (in the supermarket near flour, sugar, and spices)
- 3 eggs
- 1 tablespoon vanilla extract
- ½ cup sugar

1) Turn oven to Bake and set the temperature to 350°.

2) If the squash is not already peeled, remove the outer skin with a vegetable peeler. Cut each squash in half. Throw away the seeds and stringy stuff in the middle. Cut the squash into 1-inch slices. Boil the slices in water till they are very soft (about 20 minutes).

3) Put the squash, milk, eggs, vanilla, and sugar into an electric blender or food processor. Blend until completely smooth. Pour the mixture into an ungreased casserole (glass pan that can go in the oven).

4) Put the casserole into the hot oven and bake for about one hour. The squash should be set (a soft solid, not liquid).

Makes enough for 6-8 people.

6

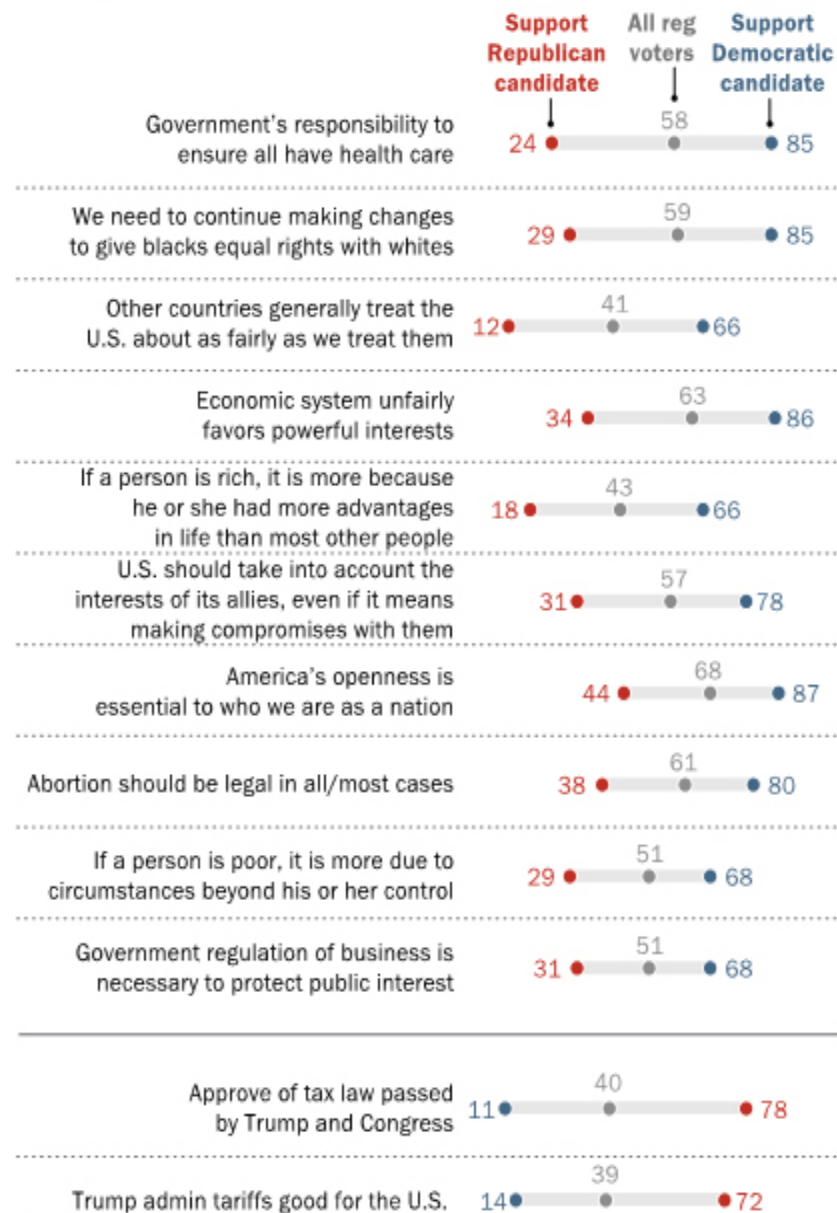
# The American Voter

The charts on this page and the next will give you some sense of what is on Americans' minds as they head to vote (or not) on November 6.

The level of disagreement between Republicans and Democrats is the highest in history - the chart below makes very clear the deep value differences between the parties. This disagreement has led to historic new levels of interest in the mid-term elections, which usually have seen low voter participation rates.

## Sharp partisan divides in voters' views of major issues

% of registered voters who say...



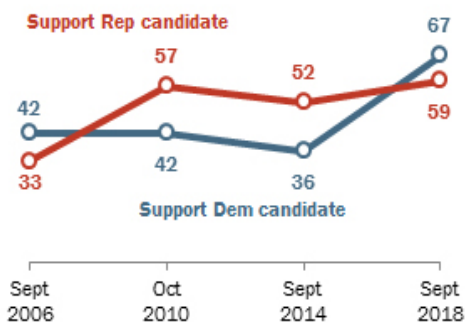
Note: Don't know responses not shown.

Source: Survey of U.S. adults conducted Sept. 18-24, 2018.

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## Voter enthusiasm rises – especially among Democrats

*% of registered voters who say they are more enthusiastic than usual about voting ...*



Note: Based on registered voters.  
Source: Survey of U.S. adults conducted Sept. 18-24, 2018.  
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The survey to the left was conducted during the hearings about Judge Kavanaugh's nomination to the Supreme Court but before the testimony of Dr. Christine Blasey Ford, accusing him of sexual assault when they were teenagers, and before his final confirmation. Republican enthusiasm about the midterms increased during this period, closing the gap with Democrats.

## What to Watch During the Midterm Elections

It can be overwhelming to watch midterm elections, which take place within each of the 50 states. Here are some things to watch, no matter where you live:

### Who is Being Elected?

All 435 members of the House of Representatives and one third of the Senators. A record high number of women- 257 - are running for Congress. Plus many states' governors (states differ in term length) and 6665 state legislator positions. And tons of local ones.

### Power Control

If Democrats win 23 seats in the House of Representatives that are currently held by a Republican, they will then have a majority.

Democrats would have to net gain two seats to have a majority in the Senate. Observers say these states are the most likely (but still not that likely) to flip: Nevada, Arizona, Tennessee and Texas.

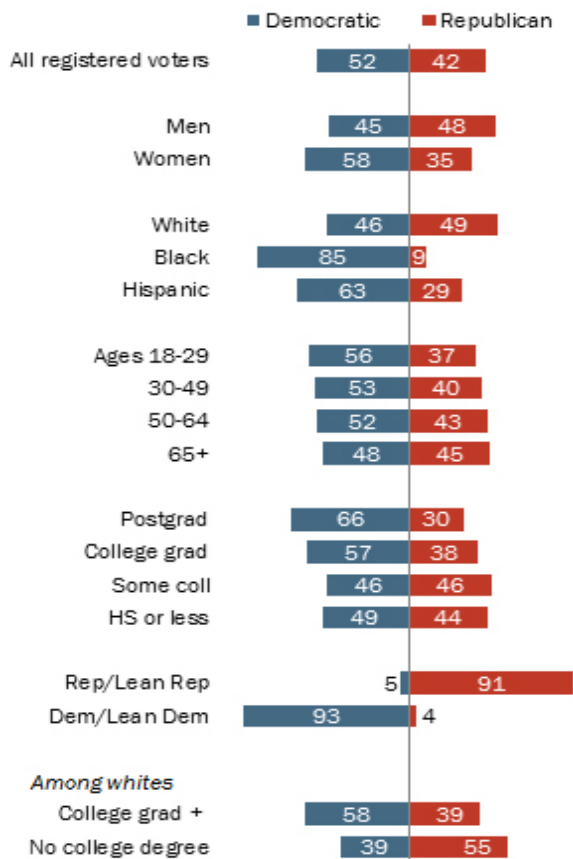
### Firsts

If the following candidates win, they will be the first...

- ♦ Stacey Abrams -- would be first African American female governor in any state (Georgia)
- ♦ Andrew Gillum - would be first African American governor in Texas
- ♦ Rashida Tlaib (Michigan) and Ilhan Omar (Minnesota)- would be first Muslim-American women in the House (and in Congress)
- ♦ Christine Hallquist - would be first transgender governor (Vermont)
- ♦ Jared Polis - would be first openly gay man elected governor (Colorado)

## Large differences in 2018 midterm preferences by gender, education, age

*% of registered voters who say they support or lean toward the \_\_\_ candidate for Congress in their district*



Notes: Based on registered voters. Whites and blacks include only those who are not Hispanic; Hispanics are of any race. N=89 for black registered voters. Other/Don't know responses not shown.  
Source: Survey of U.S. adults conducted Sept. 18-24, 2018.

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So if there is so much disagreement between Republicans and Democrats, who are these groups??

First, note the fairly big difference between men and women. This has not always been the case. The #MeToo movement and the testimony of Dr. Christine Blasey Ford seem to have focused men and women on different issues.

Also note a big difference between those with more vs. less education (postgrad vs. HS or less) -- and at the bottom of the chart, this same education comparison for white people only.

Newcomer's Almanac is published monthly by The Interchange Institute, for people who have recently moved to the United States. Its goal is to promote international understanding by providing information about the American holidays, customs, values, social issues, and language that often confuse and surprise newcomers. It is written by Anne P. Copeland, PhD, who is a clinical psychologist and the Director of The Interchange Institute. She is an American and has lived and worked overseas with her family.

The Interchange Institute is a not-for-profit organization that studies the impact of intercultural transitions on individuals, their families, and the organizations for which they work. From the results of this research, the Institute offers seminars and workshops, produces publications, and provides consultative services to the international newcomers, their organizations, and to host communities, recognizing that change and insight on both sides facilitates smooth transition.

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## That Crazy English: Football Idioms

American English takes many idioms from football:

It's easy to be a *Monday morning quarterback* but it isn't fair. (*It's easy to say what we should have done now that we know the future, but it isn't fair.*) (Football games often occur on weekends. On Mondays, the team gathers to analyze how they played.)

This is your chance to *take the ball and run*. (*This is your chance to do something important and get public recognition for it.*) (In football, it is very dramatic when a player runs down the field with the ball, toward the end zone.)

They are bringing out *the second string* now. (*They are bringing out people who are second-best in skill.*) (The best 11 players on a football team are called the first string. Those who replace them during play are called the second string.)

I guess I'll have to *watch from the sidelines* for a while. (*I guess I will have to watch rather than actually do the work for a while.*) (Those who watch a football game from the side, rather than play in it are said to be on the sidelines.)

Let's just *run out the clock*. (*Let's do nothing except wait — we will be successful if we risk nothing because we are ahead right now.*) (A team who is winning near the end of a game may stop trying to get more points and just keep the ball away from the other team, until the game is over.)



## UNDERSTANDING WHAT YOU READ

Read *Thanksgiving* on page 2. Circle the letter of the best word(s) to complete each sentence:

1. A pilgrim is someone \_\_\_\_\_.
  - a. from England.
  - b. who travels for religious reasons.
  - c. who dresses in black and white.
  
2. The Pilgrims who came to this country in 1620 \_\_\_\_\_.
  - a. all wanted to separate from the Church of England.
  - b. believed it was wrong to drink alcohol.
  - c. faced much illness and death.
  
3. The Pilgrims sent \_\_\_\_\_ back to England.
  - a. fish and animal furs
  - b. people who disobeyed the rules
  - c. money
  
4. The Native Americans in Massachusetts in 1620 \_\_\_\_\_.
  - a. taught the Pilgrims how to catch and grow food in North America.
  - b. ignored the Pilgrims, hoping they would not stay.
  - c. were ignored by the Pilgrims.
  
5. We know from the Pilgrims' journals that the first Thanksgiving dinner \_\_\_\_\_.
  - a. included turkey, cranberries, and pumpkin.
  - b. included deer meat.
  - c. was held in secret so the Native Americans would not try to join them.
  
6. Today, on Thanksgiving Day, \_\_\_\_\_.
  - a. family members give each other many gifts to show their love.
  - b. it is traditional to wear black and white clothes.
  - c. families focus on the freedoms they have.

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## HOMEWORK

## WITH A PEN

1. Read [A Traditional Thanksgiving Dinner](#) on page 3 and [A Thanksgiving Vegetable Your Children Will Like](#) on page 6. Write a recipe for a traditional food from your country. Pretend an American will be making the food. Be sure to explain anything an American would not understand — where to buy the foods, what kind of tool to use, etc.

2. Read [That Crazy English](#) on page 8. Write a list of idioms in your home language that come from sports or games. Use each one in a sentence. Explain what they mean.

3. Read [The Rules of American Football](#) on pages 4-5. Write the rules of a game from your country, for someone who has never played it. Keep it simple!

4. Read [Cranberry Memories](#) on pages 2 and 3. Write about some food you once had, in a way that tells about you and your family or life at that time. Send it to [newcomer@interchangeinstitute.org](mailto:newcomer@interchangeinstitute.org) if you like!

5. Read about the elections on pages [6](#) and [7](#). Write a list of the politicians you have voted for in your life. Did they win?

## VOCABULARY

Read [A Traditional Thanksgiving Dinner](#) on page 3. Pick the correct meaning of each word, as it is used in the context of this article. The numbers in parentheses tell which paragraph the word is in.

- |              |     |                         |                       |
|--------------|-----|-------------------------|-----------------------|
| 1. guideline | (2) | a. mark made with a pen | b. general rule       |
| 2. authentic | (3) | a. genuine, traditional | b. difficult          |
| 3. counter   | (4) | a. work table           | b. measurement device |
| 4. moist     | (7) | a. stuck together       | b. wet                |
| 5. expands   | (8) | a. gains flavor         | b. gets bigger        |
| 6. stuffed   | (9) | a. filled tight         | b. covered with       |

## THE ORDER OF EVENTS

Read [Veterans Day](#) on page 5. Put these sentences in the right order:

- \_\_\_\_\_ a. Americans celebrated Armistice Day.
- \_\_\_\_\_ b. Americans give money to the Disabled Veterans group as a way of marking this holiday.
- \_\_\_\_\_ c. The name of the US holiday changed to Veterans Day to honor all those who fought in any war.
- \_\_\_\_\_ d. World War I ended.

## IDIOMS

Read [That Crazy English](#) on page 8. Re-write each sentence using a football idiom:

1. She has a cold so she will not be able to sing with us; she'll come and listen.

\_\_\_\_\_

2. We are ahead now. Let's wait and not do anything risky.

\_\_\_\_\_

3. Looking back, we all know what we should have done differently.

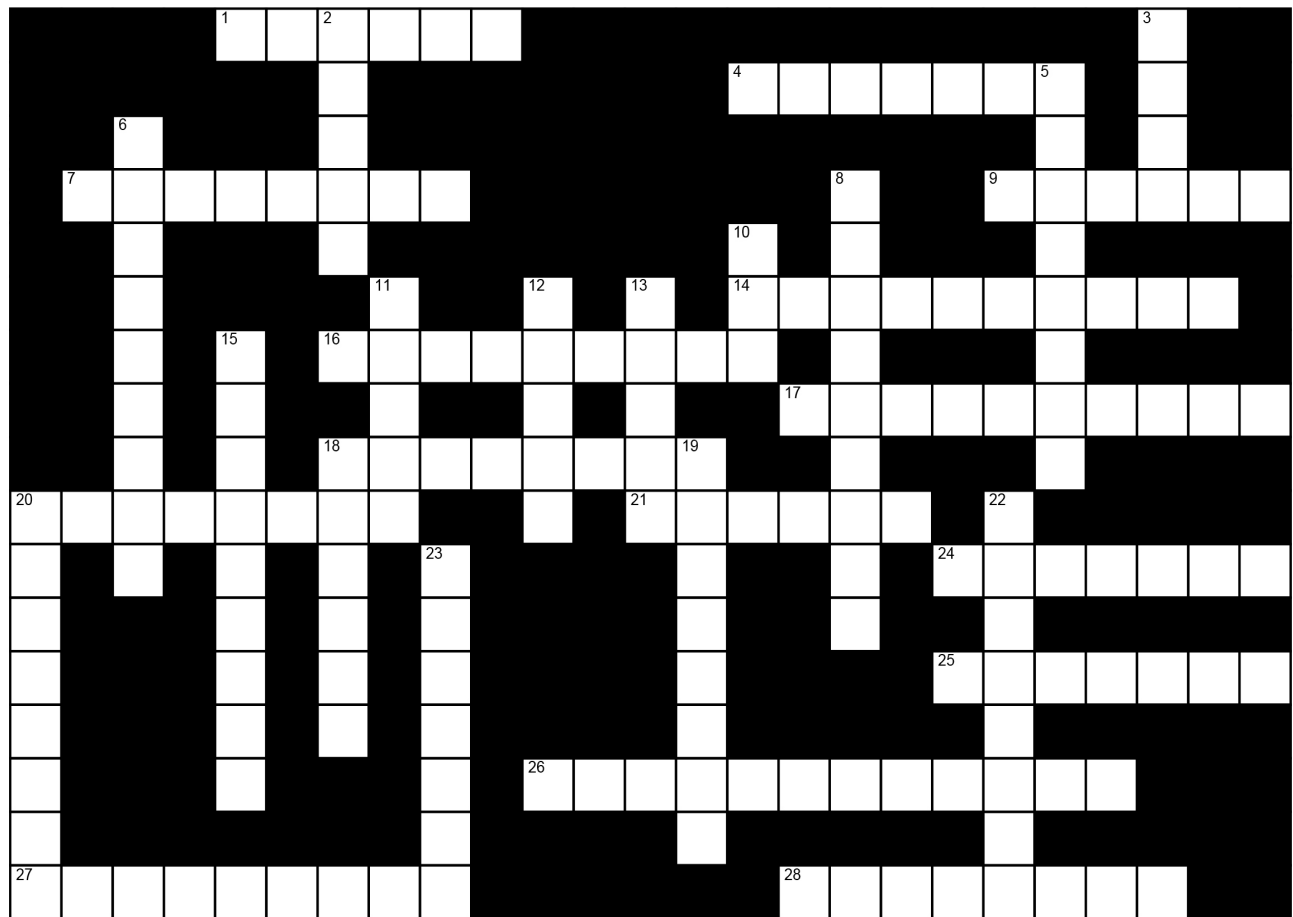
\_\_\_\_\_

4. Now is the time to do your work and get the credit for it.

\_\_\_\_\_

5. The play was put on by actors who were not the best.

\_\_\_\_\_



### Across

1. \_\_\_ Americans were very helpful to the first settlers on American land.
4. Each half of a football game begins with a \_\_\_.
7. \_\_\_ Mail International takes 6-10 business days to deliver a package to another country.
9. More American Democrats think it is government's responsibility to ensure that all have \_\_\_ care, compared to Republicans.
14. Voter \_\_\_ is higher in 2018 than any time since 2006.
16. A \_\_\_ in football earns six points.
17. American men are more likely to be planning to vote for the \_\_\_ Congressional candidate in their district than are women.
18. \_\_\_ Day is a holiday to honor those who fought in a war.
20. \_\_\_ divide, a deep disagreement between two political parties
21. second \_\_\_, not the top players
24. the traditional Thanksgiving dessert, \_\_\_ pie
25. Monday \_\_\_ quarterback, a look back at what might have been
26. a holiday on the fourth Thursday of November
27. watch from the \_\_\_, not be at the center of action
28. A football game is split into four \_\_\_.

### Down

2. Samuel Clemens is better known by another name, Mark \_\_\_.
3. In football, players try to get the ball over the \_\_\_ line.
5. Families new to a culture benefit from being \_\_\_ in their roles.
6. Red \_\_\_ sauce is traditional at Thanksgiving dinner.
8. Children will like \_\_\_ squash if you cook it the right way!
10. For 10 people, buy a \_\_\_-pound turkey.
11. A record high number of \_\_\_ are running for Congress this year.
12. One-\_\_\_ Senators run for election every two years.
13. Football players get four \_\_\_ to advance the ball 10 yards.
15. About half of those on the Mayflower came seeking \_\_\_ freedom.
18. Immigrants have to decide how much to accept American \_\_\_.
19. Traditional turkey \_\_\_ is made of bread, herbs and butter.
20. The immigrants who landed on American land in 1620 were known as the \_\_\_.
22. A comedian entertains, a \_\_\_ enlightens and changes.
23. A football player \_\_\_ another player, or knocks him down.

## OUT AND ABOUT

1. Read [The Rules of American Football](#) on page 4. Watch part (or all) of an American football game. You may see a high school game in your town. Or see one on TV. Watch for an example of: the line of scrimmage, a huddle, a tackle, a touchdown, a field goal and a down.

2. Read [The American Voter](#) and [What to Watch During the Midterm Elections](#) on pages 6 and 7. Read or watch the news. Did the control of either house of Congress change? Were there any surprises?

## IF YOU USE THE WEB

1. Read [Mailing Packages](#) on page 4. Say you have a 4-pound package to ship to your home country. Using the web sites listed, find out the fastest way to send it and the least expensive way to get it there within two weeks.

2. Read [A Traditional Thanksgiving Dinner](#) on page 3. At [www.youtube.com/watch?v=iAe7-GpV98E](http://www.youtube.com/watch?v=iAe7-GpV98E), learn how to carve a turkey.

3. Read [Thanksgiving](#) on page 2. To learn more about the daily lives of the Pilgrims and the Wompanoag Native Americans whom they met, go to [www.plimoth.org/learn/just-kids/home-work-help/what-wear](http://www.plimoth.org/learn/just-kids/home-work-help/what-wear). As you observe holiday illustrations this month, how many of them accurately portray what the Wompanoags or Pilgrims were likely to have worn?

## WITH A FRIEND

1. Read [The Rules of American Football](#) on pages 4 and 5. With a partner, take turns being a Football Expert and a Football Newcomer. As Expert, explain the following to the Newcomer:

- ♦ “Some of the rules of this game on TV seem different from what I watched last year at the high school. Could that be true?”
- ♦ “If a football game has four 15-minute periods, why do the games take so much longer than one hour?”
- ♦ “How does a team get points in this game?”
- ♦ “When and how does one team become the offense team?”
- ♦ “What are the players doing when they all stand in a little circle during the game?”

2. Read all the articles on the November elections on pages 6 and 7. Describe to a partner or friend how new leaders in your home country are chosen.

- ♦ If people vote, do they vote directly for the leader, or do they vote for representatives who, in turn, chose the leader?
- ♦ Do you ever vote directly on social issues (as in a referendum)?
- ♦ Have there been any recent election problems?
- ♦ Do people generally pay a lot of attention to news about the elections?
- ♦ Are there demographic differences (religion, race, age, education, income) in whom people tend to vote for?

3. Read about [Thanksgiving](#) and [Cranberry Memories](#) on page 2 and 3. Describe to a friend or partner a holiday in your home country that involves a meal.

- ♦ What food do you eat? Is there a historic or symbolic reason for eating that food? Who prepares it?
- ♦ Who usually comes to the meal?
- ♦ Are there special rituals you do at the holiday?
- ♦ Are your memories of this holiday positive? Why or why not?

3. Read [That Crazy English: Football Idioms](#) on page 8. With a friend or partner, plan a celebration dinner for your school; every time you each speak, use one of the idioms in the article, even though you are not talking about football.



## ANSWER CORNER

### UNDERSTANDING WHAT YOU READ

1b 2c 3a 4a 5b 6c

### IDIOMS

- 1 She has a cold... she'll watch from the side lines.
- 2 We are ahead...Let's run out the clock.
- 3 Don't play Monday morning quarterback...
- 4 Now is the time to run with the ball.
5. The play was put on by second string actors.

### VOCABULARY

1b 2a 3a 4b 5b 6a

### THE ORDER OF EVENTS

a2 b4 c3 d1



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