

THANKSGIVING: A TIME TO GAIN PERSPECTIVE



Thanksgiving is a uniquely American holiday. Just the word itself makes us think of an elaborate family meal with turkey, stuffing, and pumpkin pie. And perhaps in the background is the image of the Pilgrims in their big black hats, starched white collars, and buckled shoes sitting down with Native Americans to enjoy a banquet of plenty.

Historians, as far as they can determine, confirm that our forefathers from England did share a feast with members of the Wampanoag tribe sometime in the autumn of 1621, celebrating a bountiful harvest. The Pilgrims were most likely not wearing big black hats, and the main dish was venison rather than turkey, but there are journal entries from two eyewitnesses attesting to the event.¹

What's interesting is that this meal of thanksgiving was not new to 17th century Plymouth. Both the English and the Indians had traditions for celebrations of this type stretching back for generations.

In fact, the first official American Day of Thanksgiving, proclaimed by the new Congress in 1777 was tied to an older English tradition. The Puritans especially were known for declaring days set aside to give thanks, usually after the end of a war, drought, or other great trial. The Sabbath, their name for Sunday, wasn't an appropriate day for feasting and celebration, so a thanksgiving feast could very well happen on a Thursday.

According to historians at Plimoth Plantation, the organization that maintains the original settlement site, it wasn't until about 1900 that Thanksgiving was tied to the 1621 event at Plymouth Colony in the public's imagination.

"By the beginning of the 20th century, the Pilgrims and the Thanksgiving holiday were used to teach children about American freedom and how to be good citizens. Each November, in classrooms across the country, students participated in Thanksgiving pageants, sang songs about Thanksgiving, and built log cabins to represent the homes

of the Pilgrims."

It's an example we can all learn from.

In our current day of non-stop commerce, Thanksgiving seems to get squeezed out by the retail juggernauts of Halloween and Christmas.

We would do well to consider the advice of American author and journalist E.P. Powell: "Thanksgiving day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude."²

We hope you have a Happy Thanksgiving!

Source: Efficient Advisors

Golf Tip of the Week



Make Lob Shots Easy

You're in the rough, on the edge of the green. Your ball is about five to 10 feet from the hole. Your only hope is lobbing it.

Ideally, you knock the ball high and it floats gently down near (or in) the hole.

So, what's the trick?

Good lob shots are made when you have some cushion under the ball. If the ball is on hard soil or deep into the rough, you must do a pitch to get it to the green.

However, if your ball sets high enough, a lob may provide you with more ball control. Get a club with the most loft. Before taking a grip, make sure the clubface is open. Take a wider stance and lower the handle.

This allows you to make a shallow swing. The wedge glides through the turf, going under the ball to create plenty of loft.

As you swing the club back, form the letter L with your lead arm (left for right-handed players) and the club.

As you swing through, create a backward L with the shaft and other arm as the club passes under the ball.

A good way to remember this is by thinking of L to L.

Tip adapted from GolfDigest!

Recipe of the Week

No-Bake Cranberry Cheesecake



Serves 8

Ingredients:

½ cup whole-berry cranberry sauce or preserves
1 teaspoon powdered gelatin
¾ cup heavy cream, cold
12 ounces cream cheese, softened
4 ounces fresh goat cheese, softened
⅓ cup sugar
2 teaspoons vanilla extract
½ teaspoon grated lemon zest

1/8 teaspoon salt
1 ready-to-eat graham cracker crust

Directions:

1. Mix cranberry sauce in a blender or food processor until almost smooth.
2. Put two tablespoons of cold water in a small, microwave-safe bowl. Sprinkle gelatin over the water. Set it aside for five minutes.
3. Beat cream in a mixer on high until stiff peaks form.
4. Mix the cream, goat cheese, sugar, vanilla, lemon zest, and salt in a separate bowl until smooth.
5. Put the gelatin in a microwave and heat for 15-20 seconds or until runny. Remove from the microwave.
6. Slowly beat the gelatin into the cheese mixture; folding gently, add in the whipped cream.
7. Spread half of the cranberry sauce on the bottom of the crust.
8. Spread the cheese mix evenly over the top.
9. Randomly swirl the cranberry sauce on the top using a paring knife.
10. Put it in the refrigerator, uncovered, for at least three hours.

Recipe adapted from Good Housekeepingⁱⁱ

Health Tip of the Week



Losing No More Snoozing

You're tired, but you don't seem to get a good night's sleep.

So, what's a sleepless sleepyhead to do?

Here are 7 tips for better snoozing:

1. Turn off the TV, the computer, and any other blue-light devices at least an hour before you plan on sleeping.
2. No napping. If you do, keep it short (20 minutes or less) and make it early in the day.

3. Don't look at the clock. Seeing the time can make you worry about the day ahead.
4. Try to neutralize your neck. Get a good-sized pillow—not flat or fat.
5. Seal your mattress with an air-tight, plastic covering to help prevent mold, dust mite droppings, and other allergens.
6. Coffee (or caffeine) in the morning might be OK. But after noon, you might have trouble falling asleep.
7. Exercise will help you sleep, but not too close to bedtime. Don't work out three to four hours before you go to bed.

Getting a good night's sleep may take a little planning. But it'll be worth it in the morning.

Tips adapted from WebMDⁱⁱⁱ

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Our mailing address is:

Ballentine Capital Advisors
23 Buena Vista Way, Suite B
Greenville, SC 29615

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1. <http://go.efficientadvisors.com/e/91522/nksgiving-thanksgiving-history/5qj39q/577274417>
2. <http://go.efficientadvisors.com/e/91522/author-EP-Powell-Quotes-1274-/5qj39s/577274417>

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ⁱ <https://www.golfdigest.com/story/lob-shots-made-easy>

ⁱⁱ <https://www.goodhousekeeping.com/food-recipes/a41239/no-bake-cranberry-cheesecake-recipe/>

ⁱⁱⁱ <https://www.webmd.com/a-to-z-guides/discomfort-15/better-sleep/slideshow-sleep-tips>