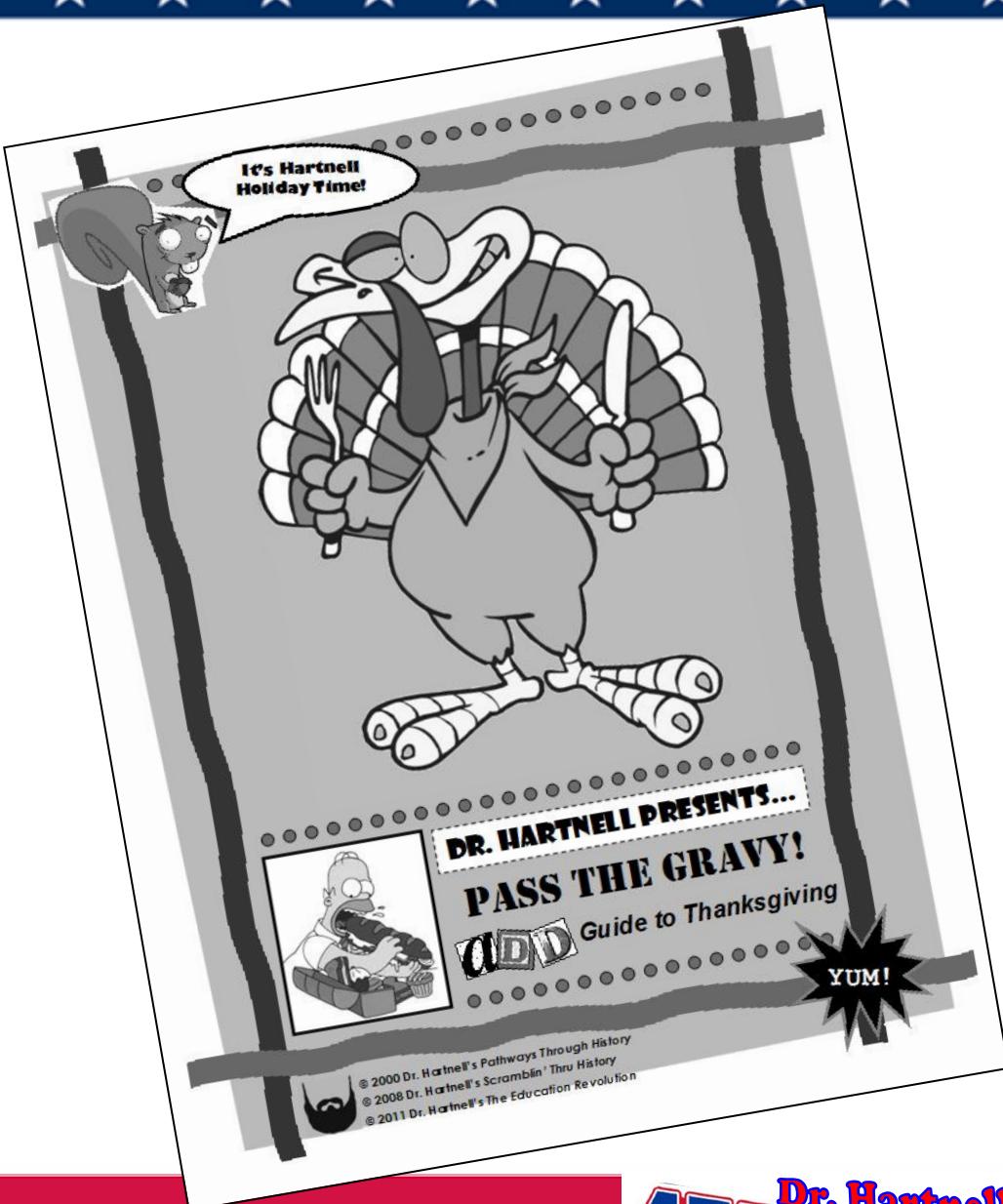


Dr. Hartnell's
135 LIVE!

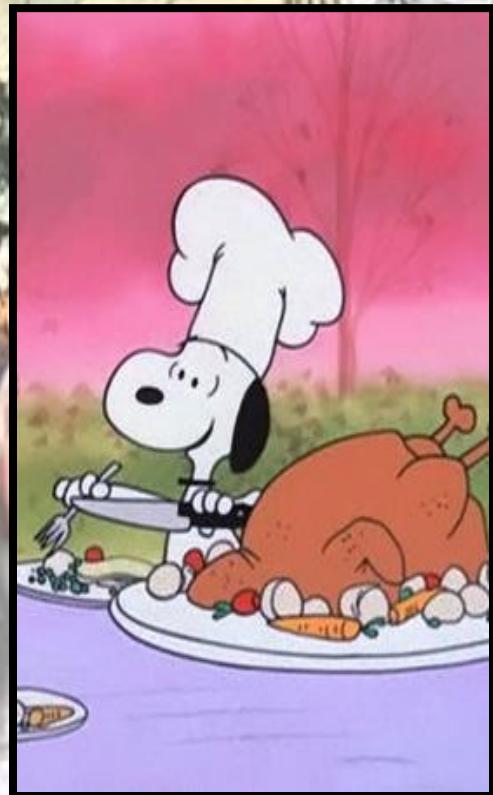


Dr. Hartnell's
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HAPPY THANKSGIVING!

*Well, kids, it's Thanksgiving
time again!*



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HAPPY THANKSGIVING!

Time to cast aside that low-carb diet (I mean, seriously, you didn't you think you would actually stick to it, did you?), pull out your “fat pants”, find a seat at the table within eyesight of the football game, and give thanks for the people (but mostly the food) next to you.



135 **Dr. Hartnell's** **LIVE!**



HAPPY THANKSGIVING!

We can thank the ol' Pilgrims for this great holiday. After all, they were the first to declare a four-day weekend, sleep in late on Thanksgiving morning, and gorge themselves on the finest cooking around.



135 *Dr. Hartnell's* **LIVE!**



HAPPY THANKSGIVING!

The best thing about the First Thanksgiving is that the story we've been taught growing up is 100% WRONG. What's funny is that we all *want to believe* this lie. But that's where I come along... to shatter these elementary-aged, childlike, innocent beliefs (I'm good at that).



135 *Dr. Hartnell's* **LIVE!**



HAPPY THANKSGIVING!

I also know a thing or two about eating. So, if you've finished that record amount of Halloween candy you hauled in thanks to my Trick-or-Treat rules, maybe you should trust me when I talk about these holidays!



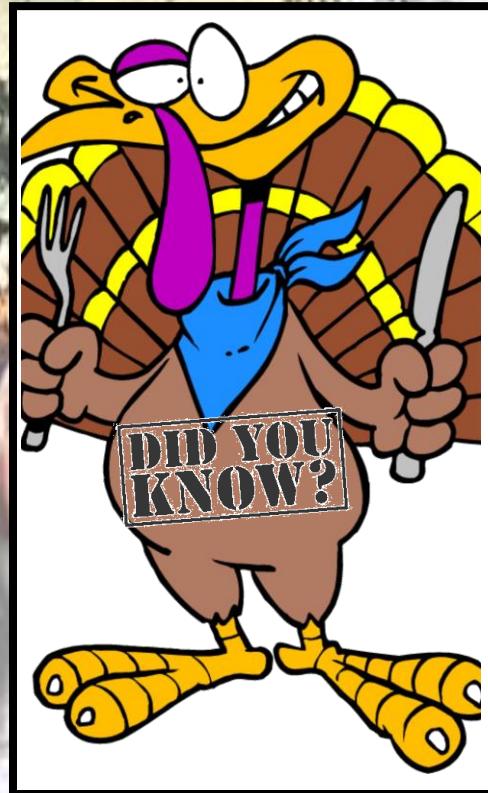
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THANKSGIVING FUN FACT!

Top 10 Favorite Holidays:

1. Christmas
2. *Thanksgiving* ←
3. Halloween
4. Fourth of July
5. Easter
6. New Year's Eve
7. Memorial Day
8. Labor Day
9. Their Birthday
10. Valentine's/Hanukkah (tied)



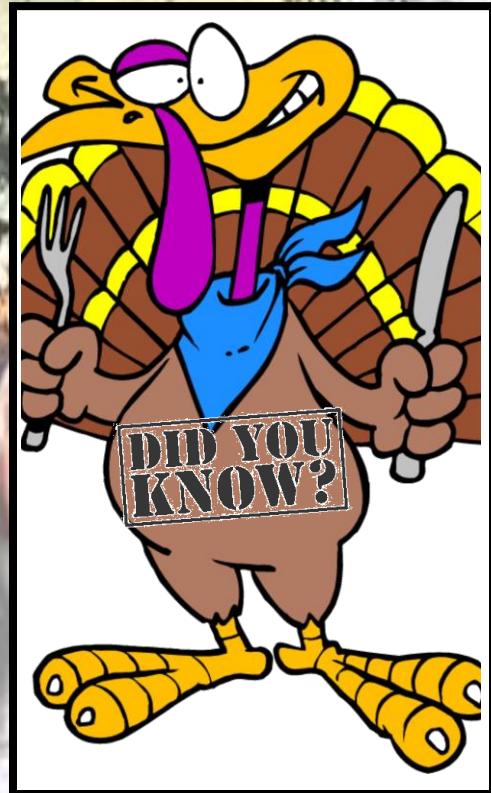
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THANKSGIVING FUN FACT!

An average of 38 million Americans travel 50 miles or more to get to their Thanksgiving destination.

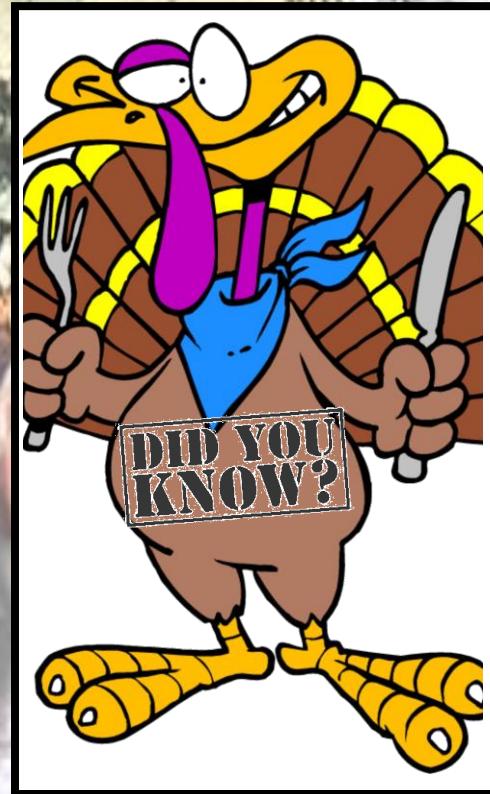
Of these, 31 million (82%) will go by car; 5 million (13%) will go by plane; and 2 million (5%) will go by train.





THANKSGIVING FUN FACT!

The average American eats between 3,000-4,500 calories (and 229 grams of fat) on Thanksgiving. A 160-pound person would have to run for 5 hours, swim for 5 hours, or walk 30 miles to burn off such a meal.

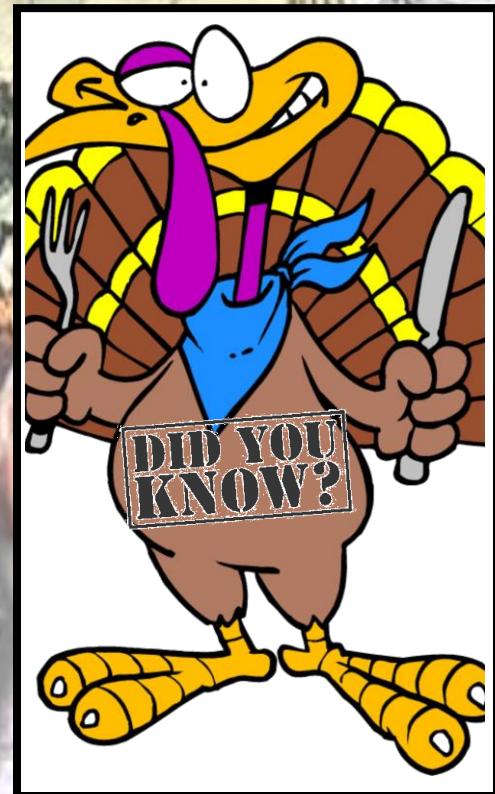


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THANKSGIVING FUN FACT!

10% of people wait until the day before Thanksgiving to complete all of their shopping for the meal; 63% complete their dinner shopping the weekend before Thanksgiving.

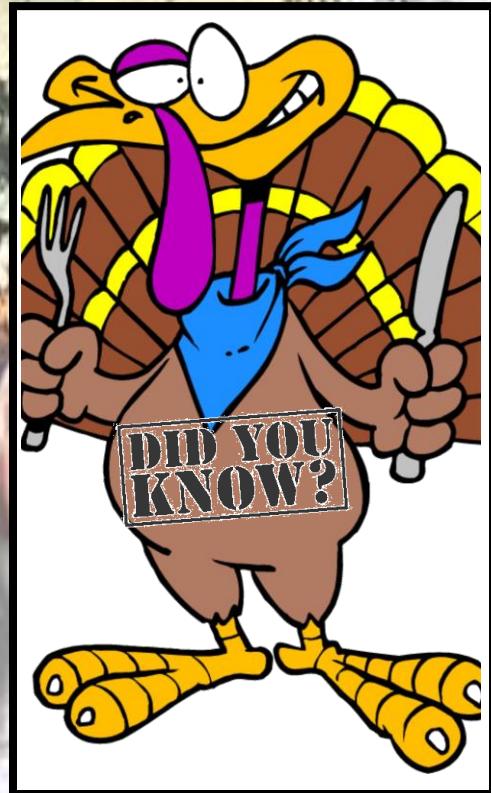


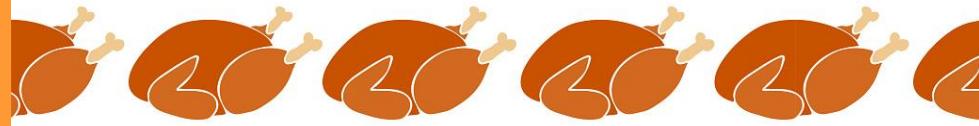
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THANKSGIVING FUN FACT!

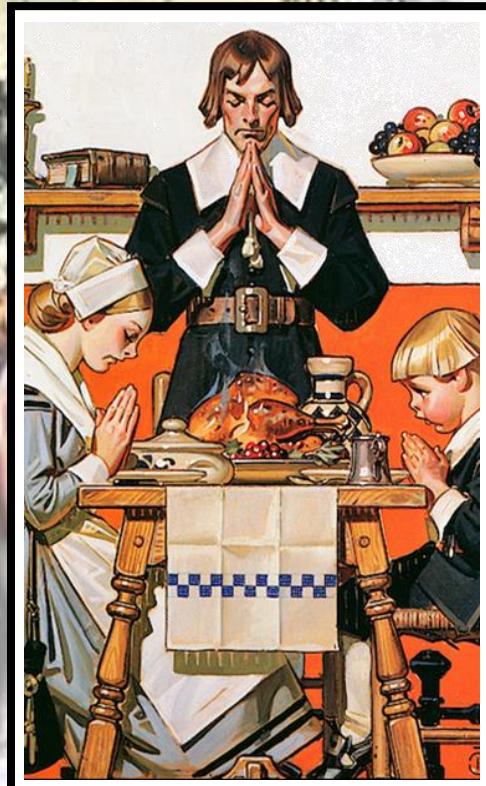
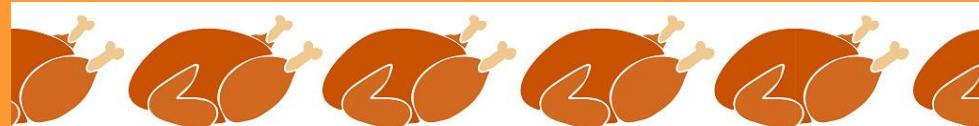
The day before Thanksgiving is the #2 day for pizza consumption, behind Halloween (#1) but ahead of the Super Bowl (#3).





And now...

The History of Thanksgiving



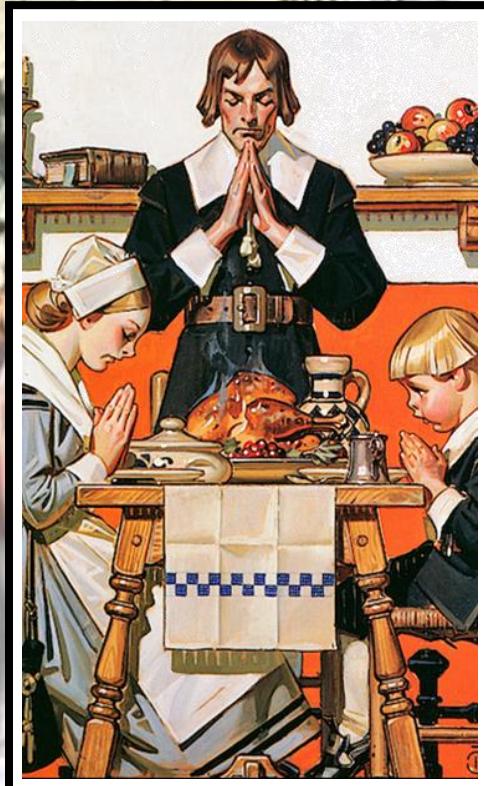
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HISTORY OF THANKSGIVING:

Thanksgiving Day is a legal holiday observed annually in the U.S. on the fourth Thursday of November. (In Canada, Thanksgiving falls on the second Monday in October.)

Most people celebrate by gathering with their family or friends for a holiday feast.

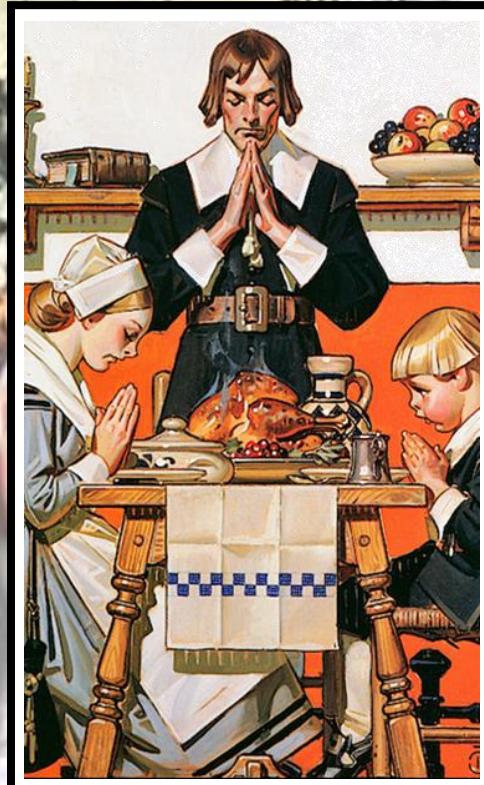


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HISTORY OF THANKSGIVING:

According to tradition, the **First "American" Thanksgiving was celebrated in 1621 by the English Pilgrims** who had founded the Plymouth Colony, now in the state of Massachusetts.

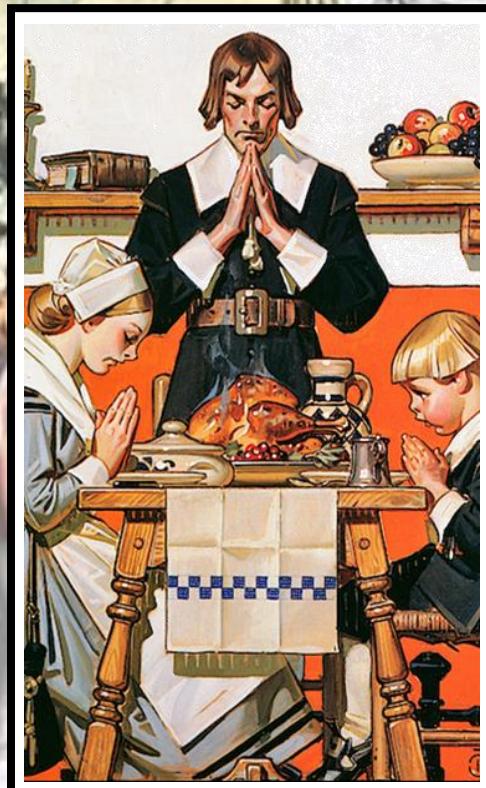


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HISTORY OF THANKSGIVING:

The Pilgrims marked the occasion by feasting with their Native American guests who brought gifts of food. Although this event was an important part of colonial history, there is no evidence that any of the participants thought of the feast as a thanksgiving celebration.

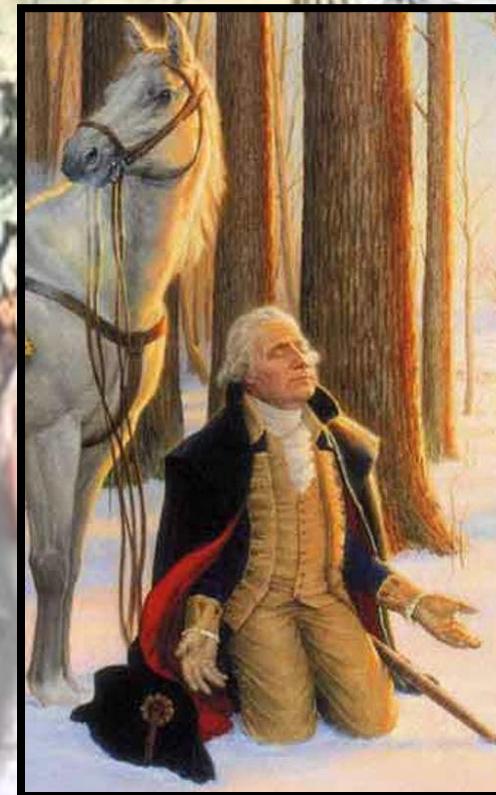


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HISTORY OF THANKSGIVING:

In 1789, President Washington designated November 26th (a Thursday) as a day of thanksgiving in honor of the ratification of the U.S. Constitution.

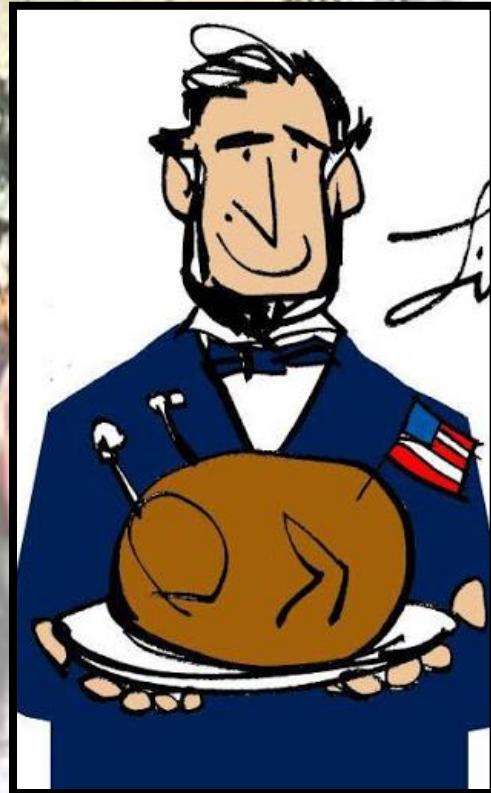


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HISTORY OF THANKSGIVING:

In 1863, during the Civil War, President Lincoln proclaimed the last Thursday in November as Thanksgiving Day in order to bolster the Union's morale.



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HISTORY OF THANKSGIVING:

In 1939, President FDR shifted Thanksgiving from the last Thursday in November to one week earlier to allow for an extra week of shopping before Christmas. Many dubbed the holiday “Franksgiving” and kept with the traditional last Thursday.





HISTORY OF THANKSGIVING:

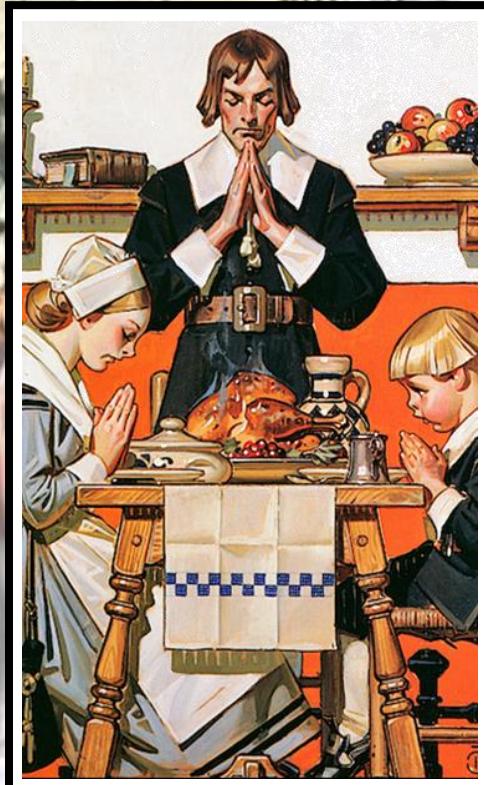
Because of the blowback, in 1941, President FDR signed a bill establishing the fourth Thursday of November as the national Thanksgiving holiday, which it has been since.





HISTORY OF THANKSGIVING:

During the **20th Century**, as the population of the U.S. became increasingly urban, new Thanksgiving traditions emerged that catered to city dwellers.



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HISTORY OF THANKSGIVING:

The day after Thanksgiving gradually became known as the first day of the Christmas shopping season. To attract customers, large retailers like Macy's in New York City began to sponsor lavish parades.

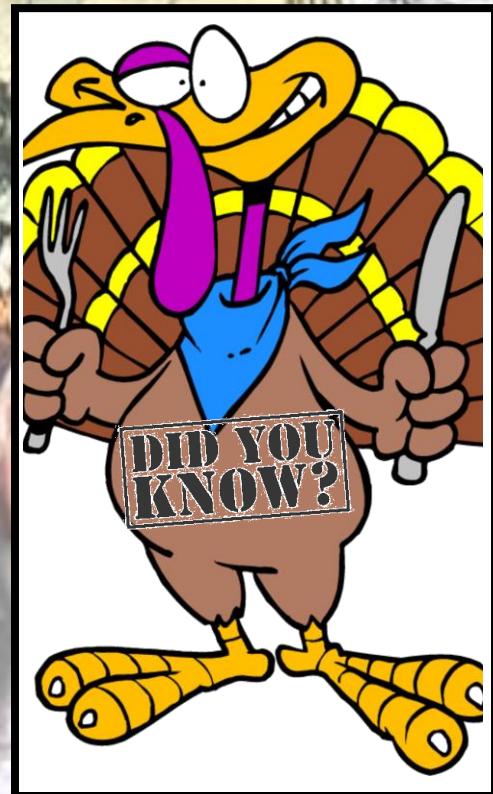


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THANKSGIVING FUN FACT!

In 1925 and 1926, real bears, lions, and tigers were added to the Macy's Thanksgiving Day Parade, but their use had to be discontinued after children ran away screaming.





HISTORY OF THANKSGIVING:

As football became increasingly popular in the **1920s** and **1930s**, many people began to enjoy the holiday at a football stadium, and now the **NFL broadcasts three games on Thanksgiving.**

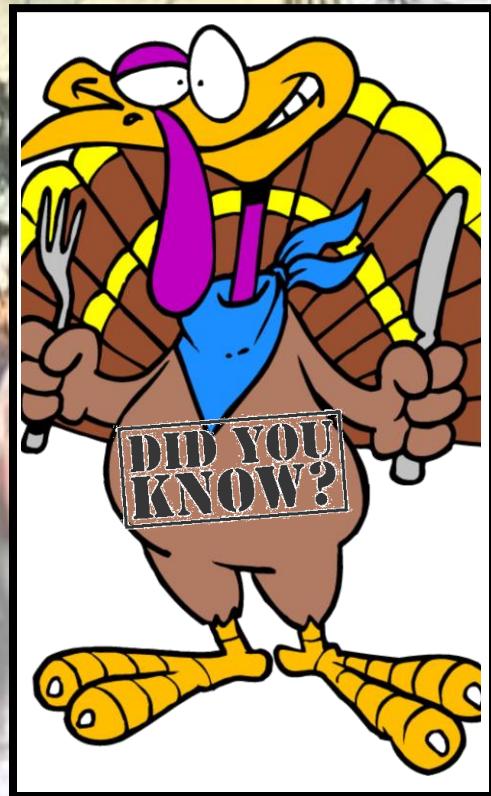


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THANKSGIVING FUN FACT!

The Detroit Lions began playing football on Thanksgiving on November 29, 1934 and lost 19-16 to the Chicago Bears.





HISTORY OF THANKSGIVING:

Coined in 1966, the term “Black Friday” is given to the day after Thanksgiving. It is historically one of the busiest retail shopping days of the year.

**Many consider it the “official”
beginning to the Christmas
shopping season.**

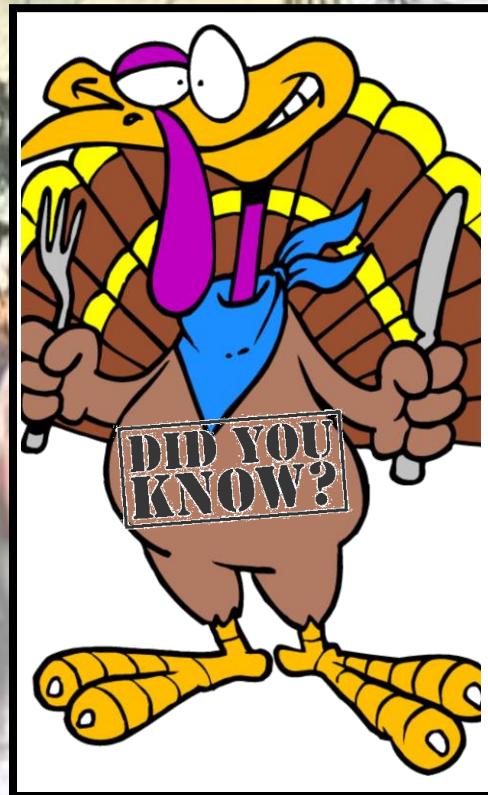


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THANKSGIVING FUN FACT!

The “black” in the name “Black Friday” comes from the accounting practice of using red ink to denote negative values (or losses) and black ink to denote positive values (or profits). Stores try to get back “in the black” on this day.

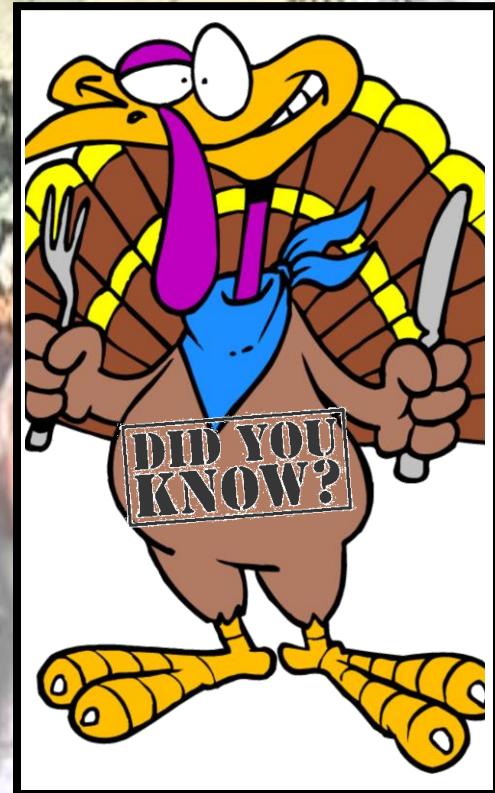


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THANKSGIVING FUN FACT!

“Cyber Monday” refers to the Monday after Black Friday that sees the largest number of Internet sales. (It’s basically just handing money to Amazon.)



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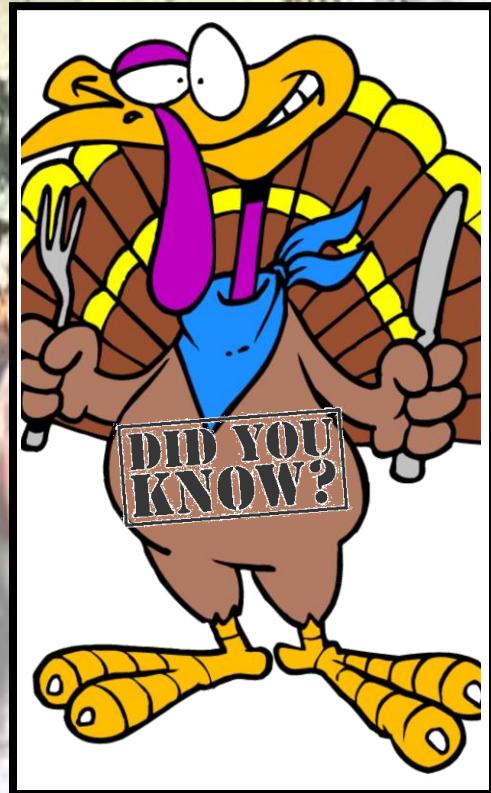




THANKSGIVING FUN FACT!

The last Saturday before Christmas is the busiest shopping day of the year in terms of sales.

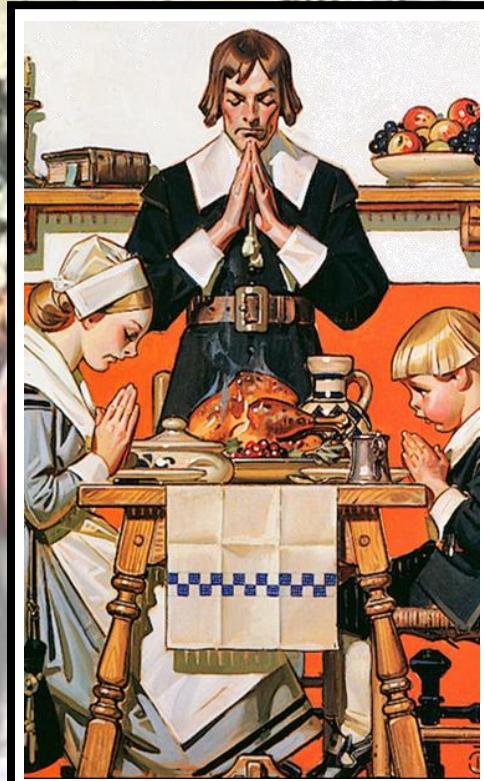
The busiest shopping hour of the holiday season is between 3-4pm on Christmas Eve.





HISTORY OF THANKSGIVING:

Americans today may not be as religious as the Pilgrims of old, but most Americans do share with their family and friends on this special day.



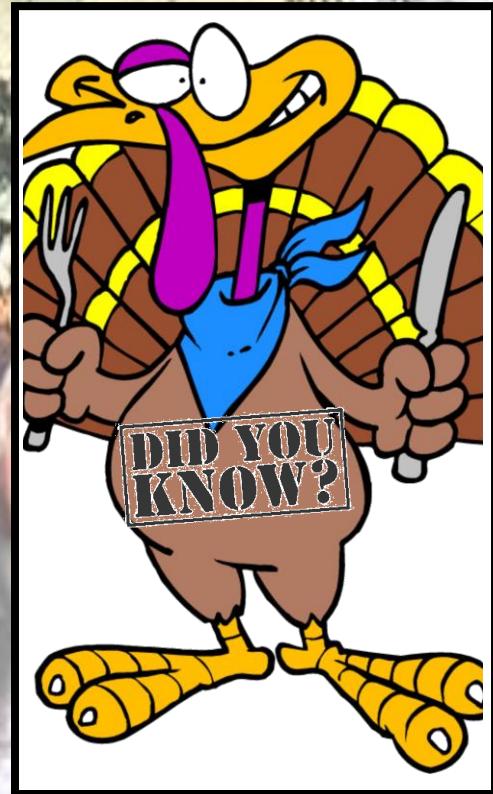
135 Dr. Hartnell's **LIVE!**



THANKSGIVING FUN FACT!

On average, 675 million pounds of food are consumed in the U.S. (as a whole) on Thanksgiving.

The average American will gain 7 pounds between Thanksgiving and New Year's.



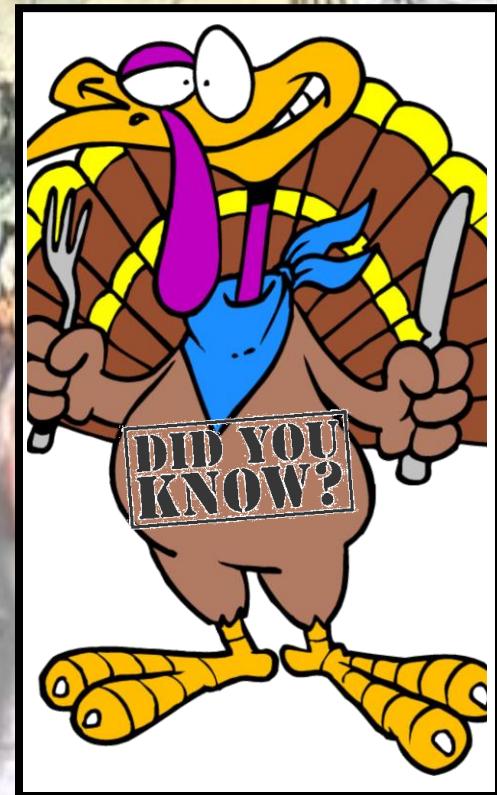
135 Dr. Hartnell's **LIVE!**





THANKSGIVING FUN FACT!

The most popular time to hold Thanksgiving dinner is 2:00pm; over 60% of Americans eat then.

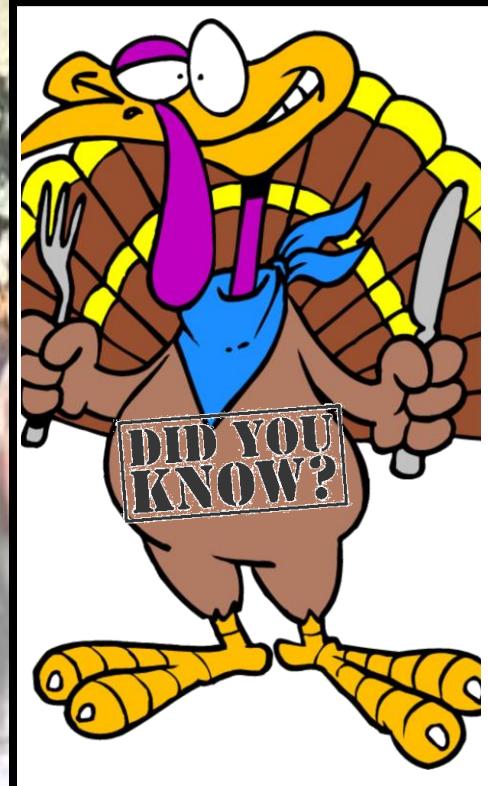


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THANKSGIVING FUN FACT!

68% of adults will enjoy a nap after Thanksgiving dinner.

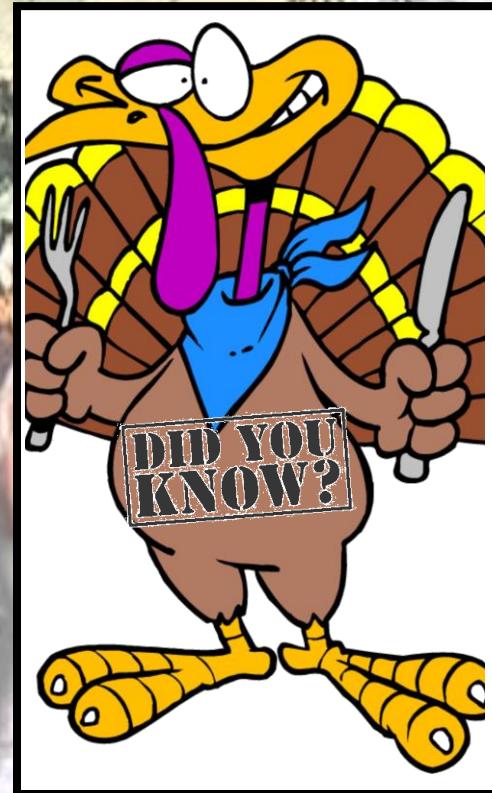


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THANKSGIVING FUN FACT!

Contrary to popular belief, the amino acid "tryptophan" found in turkey is not the only reason you feel sleepy after Thanksgiving. The fact that the meal is load with carbohydrates better explains the need to take a nap.

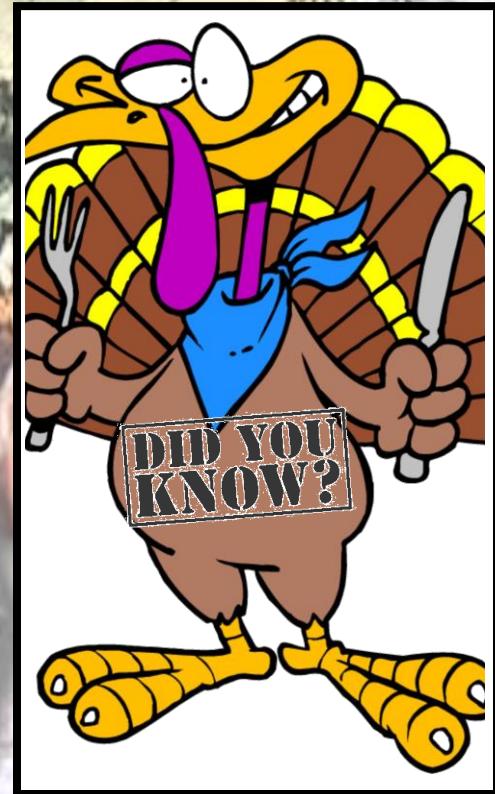


135 **Dr. Hartnell's** **LIVE!**

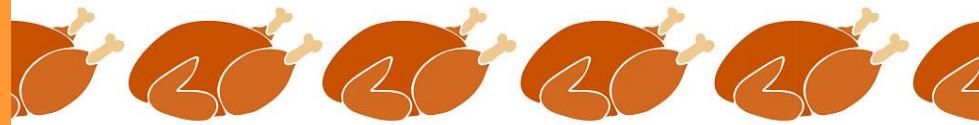


THANKSGIVING FUN FACT!

Turkey is the top-rated item when it comes to eating leftovers the next day. Green beans rank the lowest on the list of desirable leftovers.

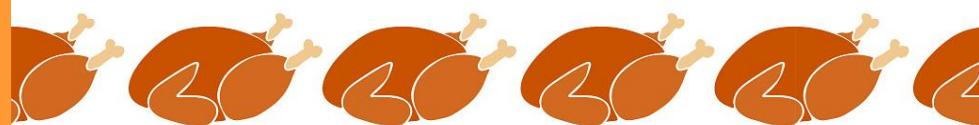


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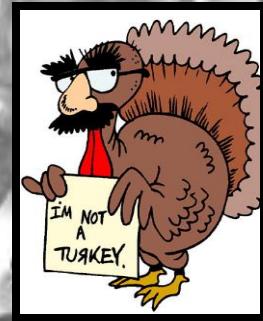


And now . . .

Thanksgiving Myths



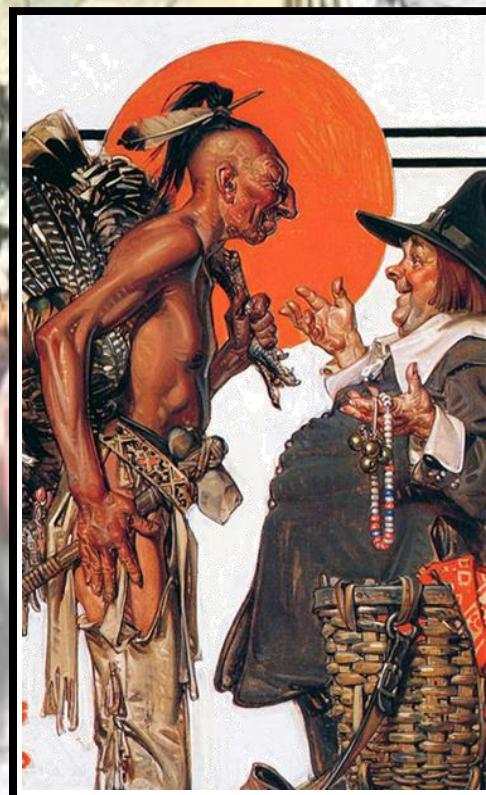
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THANKSGIVING MYTHS:

The Thanksgiving holiday has many myths associated with it since it is an “invented” tradition.

In particular, it's time to debunk the following 10 Thanksgiving Myths (sorry about your childhood)...



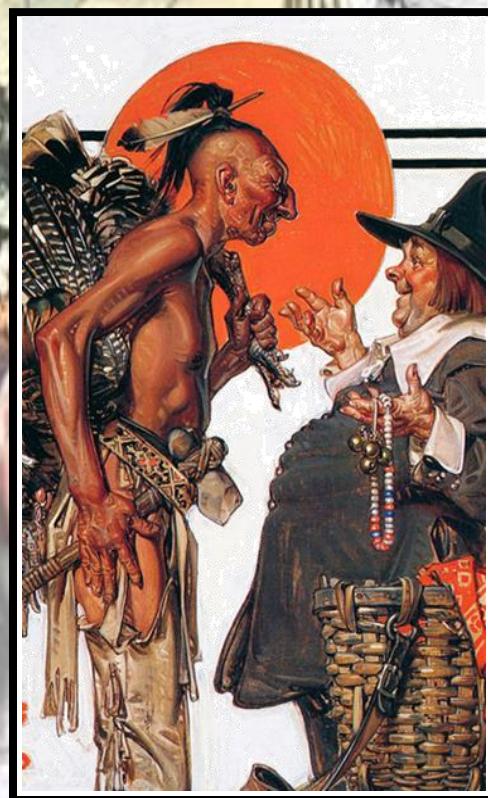
135 Dr. Hartnell's **LIVE!**



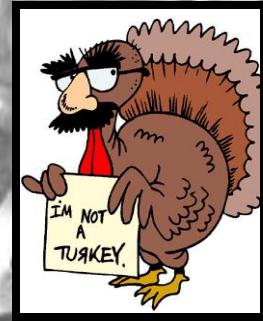
THANKSGIVING MYTHS:

The Pilgrims held the first Thanksgiving...

Texans claim the First Thanksgiving in America actually took place in San Elizario, a community near El Paso, in 1598 (23 years before the Pilgrims' festival). They celebrate the arrival of Spanish explorer Juan de Oñate on the banks of the Rio Grande. De Oñate is said to have held a big thanksgiving festival after leading hundreds of settlers on a grueling 350-mile long trek across the Mexican desert.



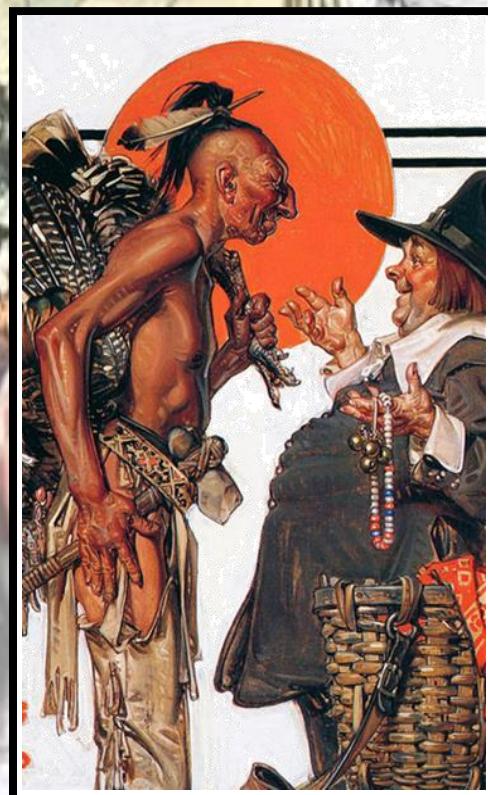
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THANKSGIVING MYTHS:

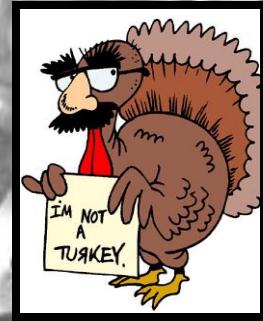
The Pilgrims came to America for religious freedom...

About half the passengers on the *Mayflower* came to establish a community in which they could worship as they pleased. The other half came for... money.



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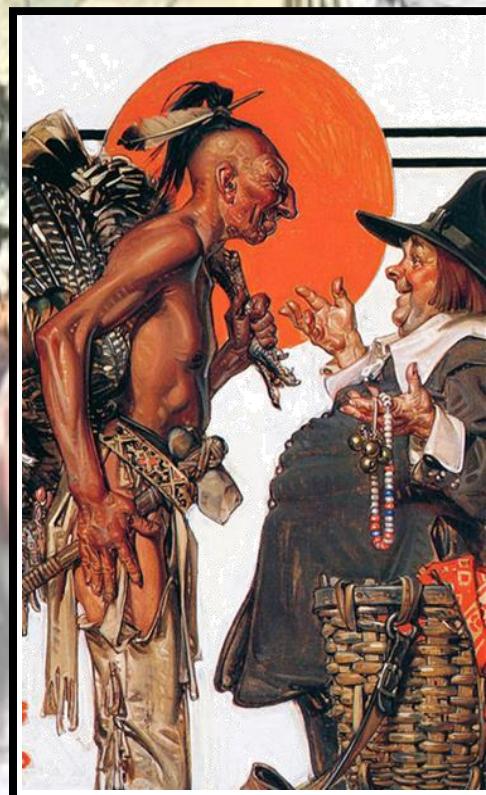




THANKSGIVING MYTHS:

The Pilgrims were heading for Virginia...

The Pilgrims had been granted land in Virginia, but not modern-day Virginia. They had intended to create a settlement at the mouth of the Hudson River in today's New York. At the time, this was considered "Northern Virginia". Of course, they wound up in Massachusetts.



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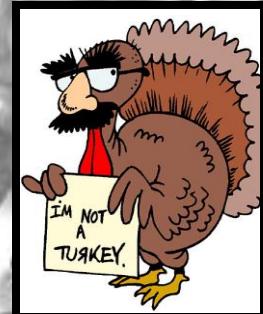
THANKSGIVING MYTHS:

The Pilgrims landed on Plymouth Rock...

According to historian George Willison, who devoted his life to the subject, the story about the Plymouth Rock is "all malarkey, a public relations stunt pulled off by townsfolk to attract attention". The Plymouth Rock legend rests entirely on the dubious testimony of Thomas Faunce, a 95-year-old man who told the story more than a century after the *Mayflower* landed. The Pilgrims didn't even land initially in Plymouth.



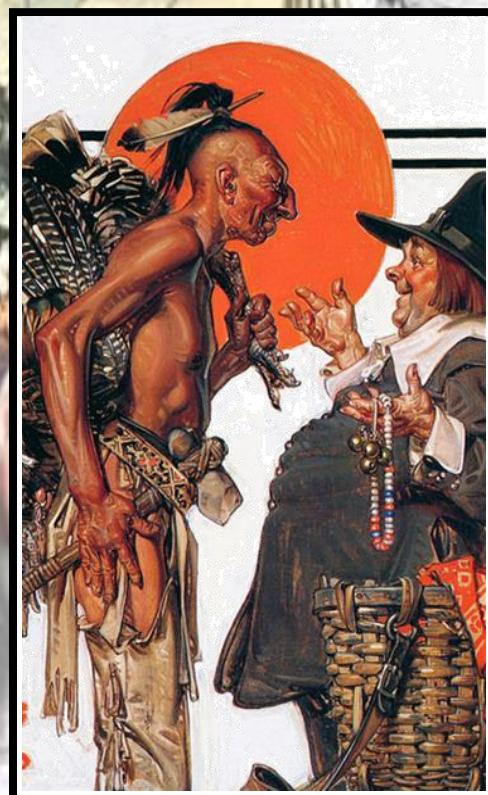
135 Dr. Hartnell's **LIVE!**



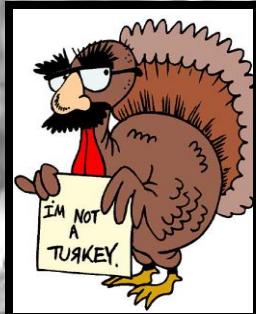
THANKSGIVING MYTHS:

The Pilgrims called themselves
“Pilgrims”...

They weren't referred to as “Pilgrims” until the 1840s. For generations, they were known to New Englanders simply as the “Forefathers”.



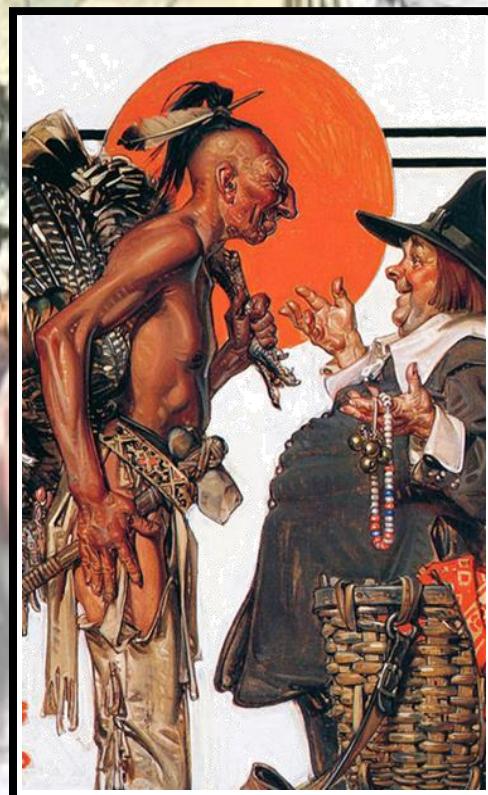
Dr. Hartnell's
135 **LIVE!**



THANKSGIVING MYTHS:

The Pilgrims dressed in black and had buckles on their shoes and hats...

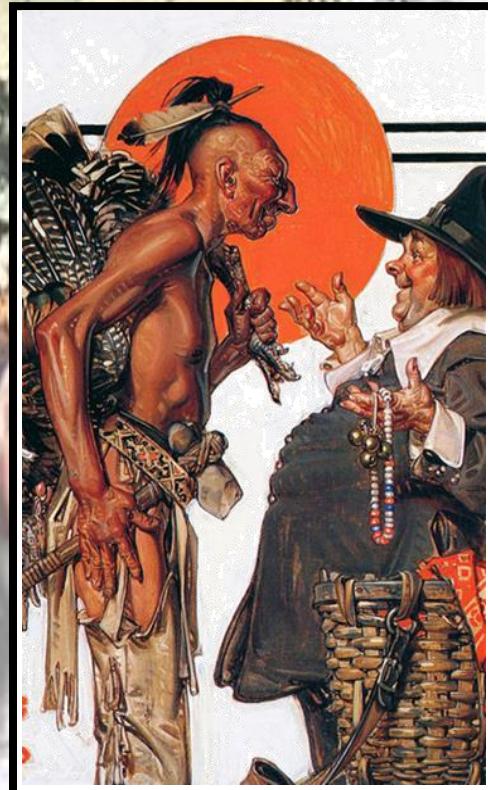
Not only did they NOT dress in black, the Pilgrims did not wear buckles or black steeple hats. During the 19th Century, when the popular image of the Pilgrims was formed, buckles served as a symbol of quaintness. The Pilgrims did dress in black on Sundays, but on most days (including the First Thanksgiving), they wore red, beige, green, brown, violet, gray, and white.



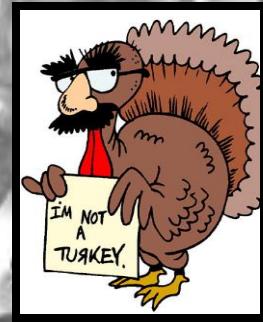
135 Dr. Hartnell's **LIVE!**



THANKSGIVING MYTHS:



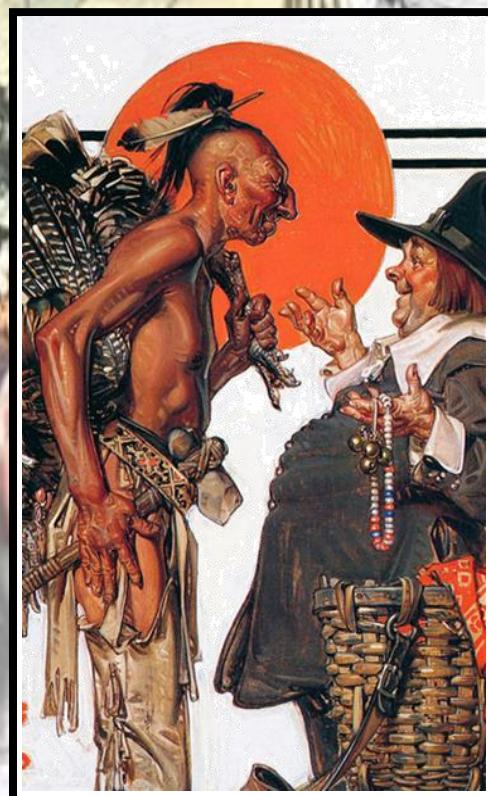
135 Dr. Hartnell's **LIVE!**



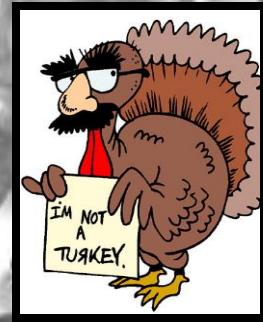
THANKSGIVING MYTHS:

The Pilgrims and Indians sat down together to eat (like you were taught in the 3rd grade)...

The Pilgrims held a three-day festival sometime between late September and mid-November 1621 to celebrate their harvest. The Pilgrims didn't eat turkey and instead ate venison, lobster, and fish. Contrary to legend, the Indians weren't invited to the party in advance. They just showed up (but did bring some deer with them).



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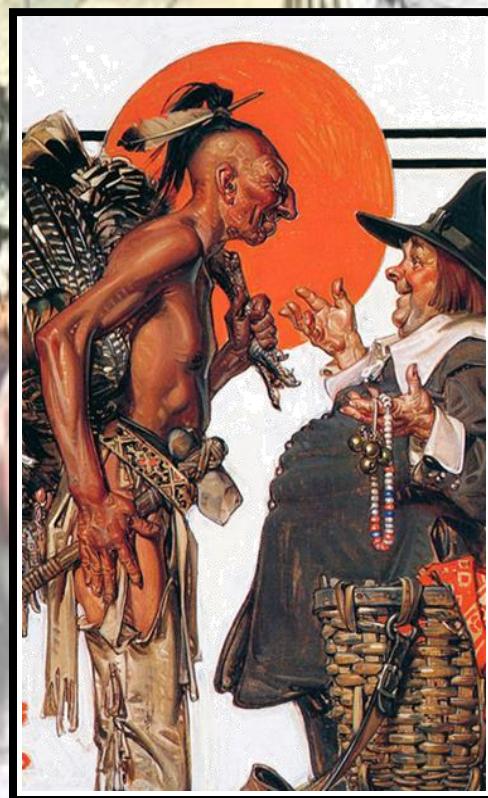


THANKSGIVING MYTHS:

The Pilgrims built log cabins...

No Pilgrim ever lived in a log cabin. The log cabin did not appear in America until the late 17th Century, when German and Swedish immigrants introduced it.

The very term "log cabin" cannot be found in print until the 1770s. Log cabins were unknown in New England at the time the Pilgrims arrived. So what did the Pilgrims inhabit? The Pilgrims lived in wood clapboard houses and Indian-style wigwams.



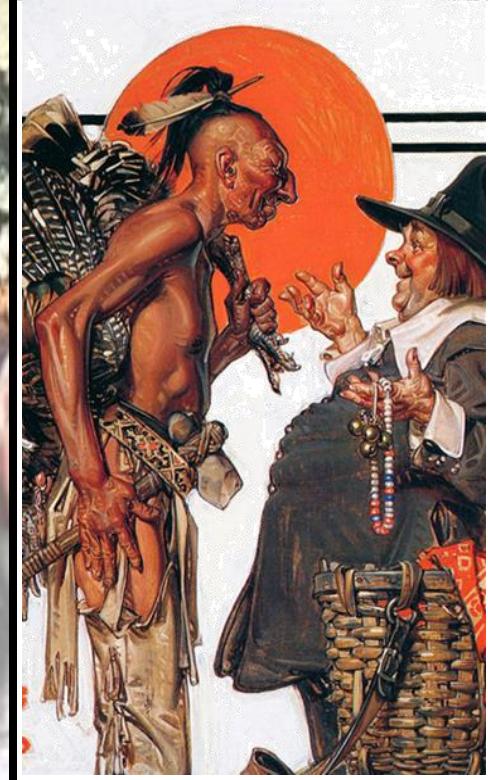
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THANKSGIVING MYTHS:

Pilgrims-Puritans – same thing...

The Pilgrims came over on the *Mayflower* and lived in Plymouth. The Puritans, arriving a decade later, settled in Boston. Puritans considered the Pilgrims "incurable utopians" (or hippies). While both shared the belief that the Church of England had become corrupt, only the Pilgrims believed it was beyond redemption. Thus, they chose the path of Separatism. Puritans held out in hope that the Church would reform.



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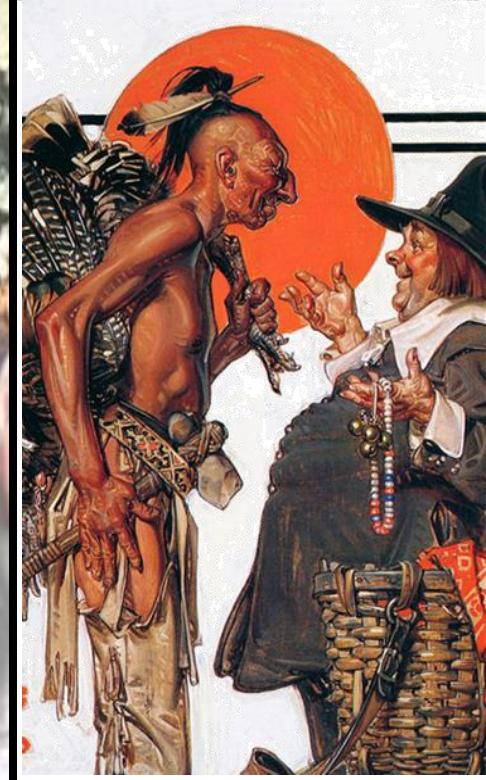


THANKSGIVING MYTHS:

The Pilgrims and Indians remained “friends”...

More English people came to America, and they were not in need of help from the Indians as were the original Pilgrims.

Mistrust started to grow, and the friendships weakened. The Pilgrims began informing their Indian neighbors that their religion and customs were wrong. The Pilgrims displayed an intolerance toward the Indian religion.



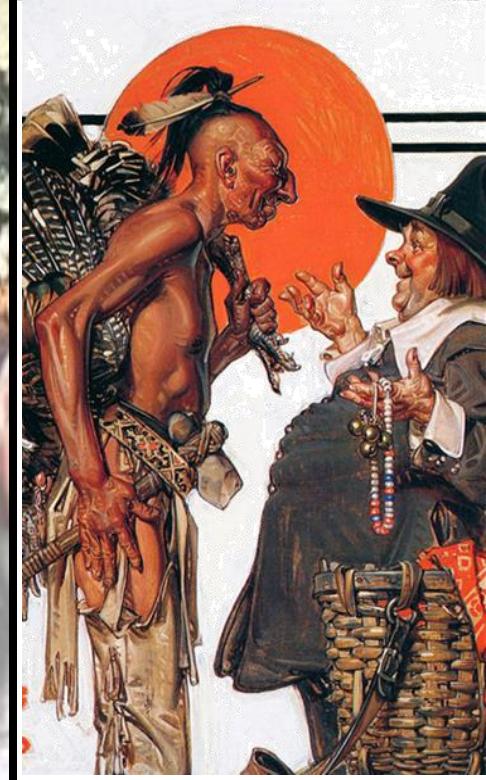
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THANKSGIVING MYTHS:

The Pilgrims and Indians remained “friends”...

The children of the people who ate together at the First Thanksgiving were killing one another in King Philip's War (1675-1676). This was an Indian uprising to resist continued expansion of the English colonies. It was the bloodiest of the Indian wars in terms of relative casualties, and several tribes were virtually or totally eliminated. Six hundred colonists were killed, which included about one-fifth of all the men fit for military service.

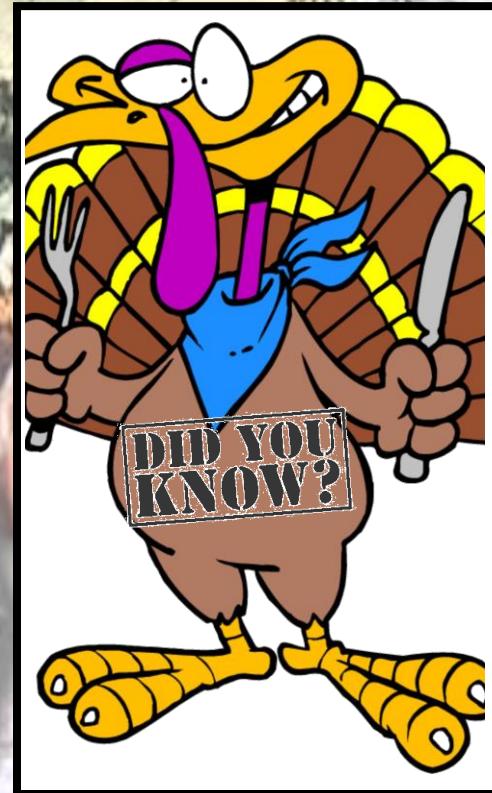


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THANKSGIVING FUN FACT!

Some believe Christopher Columbus gave the turkey its name. Because he thought that the land he discovered was connected to India, he believed the bird he discovered (the turkey) was a type of peacock. He called it "tuka", which is "peacock" in Tamil, a language in India.

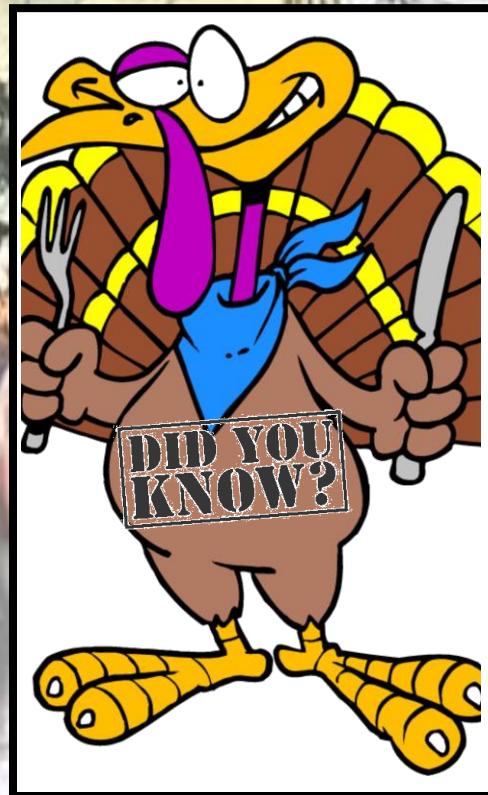


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135 LIVE!



THANKSGIVING FUN FACT!

Benjamin Franklin thought the North American wild turkey should be the country's national bird over the bald eagle. Of course, the turkey of his day was nothing like the domesticated descendants we know today.

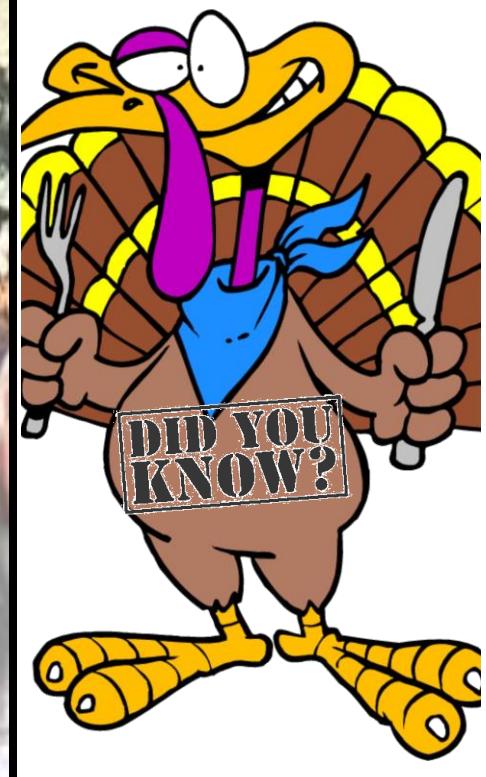


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THANKSGIVING FUN FACT!

Turkeys have great hearing but no external ears. They can see in color and have a wide field of vision (about 270 degrees). However, turkeys have a poor sense of smell, but an excellent sense of taste.

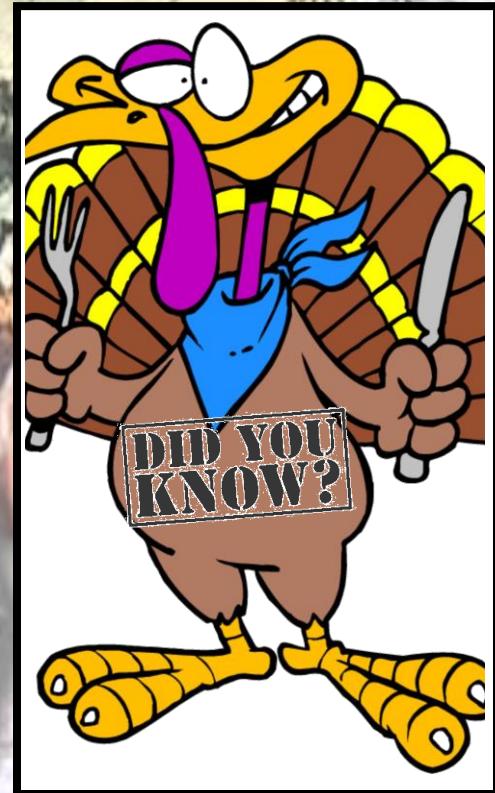


135 **Dr. Hartnell's** **LIVE!**



THANKSGIVING FUN FACT!

On average, 45 million turkeys are eaten in the U.S. on Thanksgiving. One-sixth of all turkeys sold during the year will be eaten on Thanksgiving. Americans spend over \$3.1 billion buying turkeys every year.

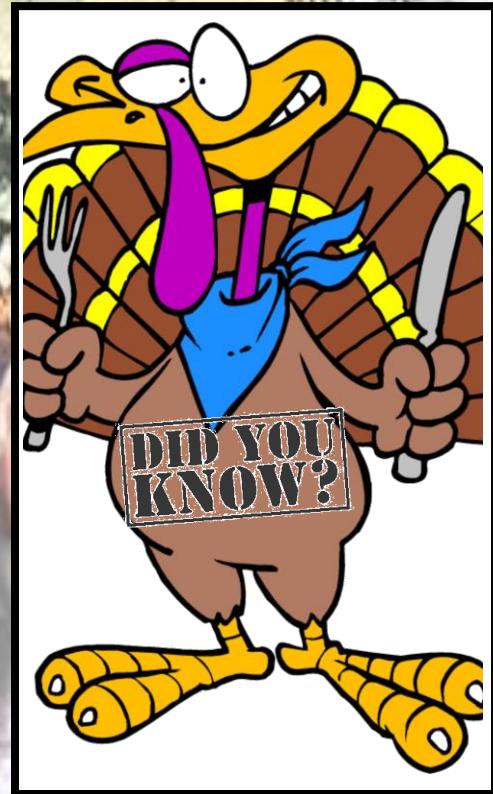


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THANKSGIVING FUN FACT!

Wild turkeys measure 4 feet long from beak to tail, stand as tall as 4 feet, and weigh up to 24lbs. (The heaviest domestic turkey weighed 75lbs.) Despite their size, wild turkeys sleep in trees at night.

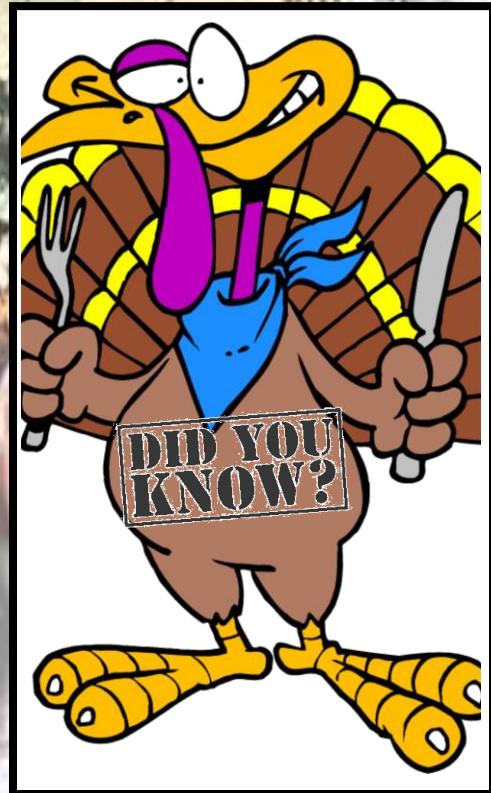


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THANKSGIVING FUN FACT!

Domesticated turkeys cannot fly. Wild turkeys, however, can fly for short distances at speeds of up to 55 mph! They can also reach speeds of 25 mph on the ground.

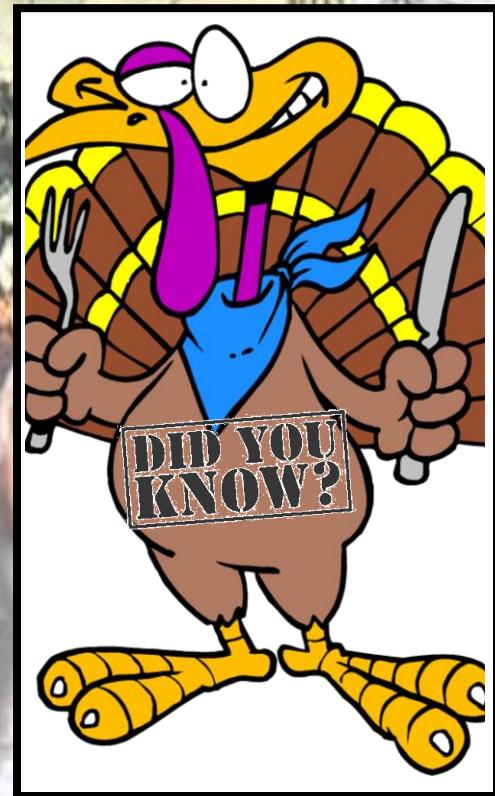


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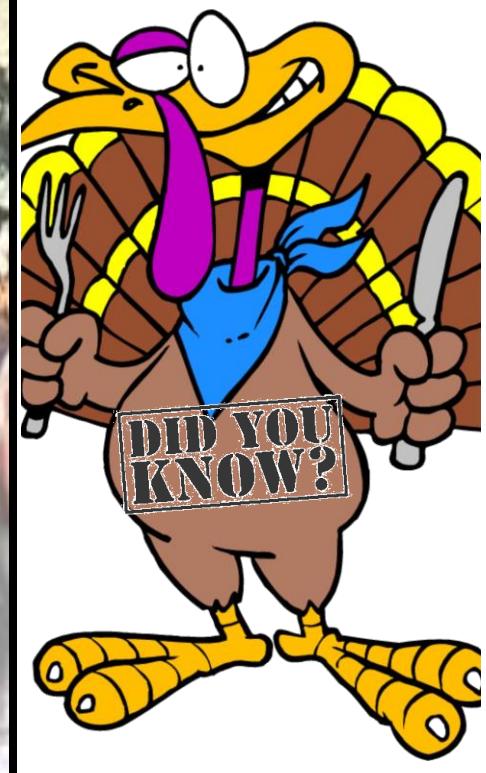


THANKSGIVING FUN FACT!

Every year since 1947, the President pardons a turkey in an actual White House ceremony. The "freed" turkeys are sent to Kidwell Farm, a petting zoo at Frying Pan Park in Herndon, Virginia. → → →

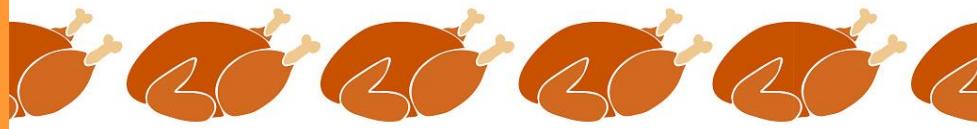


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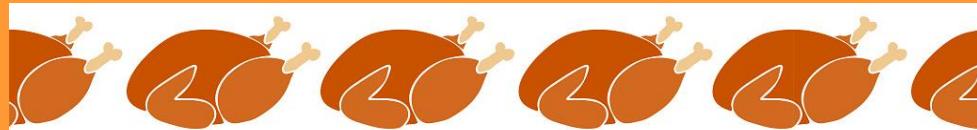
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And now...

How to Eat As Much As Possible





EAT! EAT! EAT! EAT! EAT!



Back in **2000** when Dr. Hartnell was a student teacher at Holt High School in Michigan, he overhead a student say, “**I never get enough to eat on Thanksgiving.**”



135 **Dr. Hartnell's** **LIVE!**



EAT! EAT! EAT! EAT! EAT!

In his never-ending pursuit of teaching students the proper procedures of overeating, he thought about that statement and wrote a guide on how to consume as much food as possible on Thanksgiving. Thus, Dr. Hartnell's *Turkey Day Eating Manual* was born. Enjoy... and eat up!



HARTNELLIAN OVEREATING PHASE I: PRE-GAMING



SINGLE
BYPASS®
BURGER



DOUBLE
BYPASS®
BURGER



TRIPLE
BYPASS®
BURGER



QUADRUPLE
BYPASS®
BURGER



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HARTNELLIAN OVEREATING PHASE I: PRE-GAMING

Hartnell Phase I, Step A – Let it Begin: Unbeknownst to most people, Thanksgiving is NOT meant to be celebrated on just Thursday. In fact, **Thanksgiving begins on Tuesday afternoon and ends sometime late Sunday night.** Yes, these six days border on medically dangerous and will most certainly cast you into the special ring of Hell that Dante has reserved for gluttons! That notwithstanding, **Tuesday is the key night to get your stomach ready by gorging yourself.** Dr. Hartnell usually does this by going to **Mongolian BBQ**, an all-you-can-eat Asian restaurant. In fact, any buffet-style restaurant will do: you can rock it out with the poor college kids at **CiCi's Pizza** or pine away about the "olden" days with the blue hairs at **MCL Cafeteria.** It doesn't matter if the food's good, so long as there's **LOTS of it.** Many people think starving themselves helps increase their ability to eat more. Rookie mistake! Committing such a foul actually *shrinks* the stomach. Like an old sweater you got from your grandmother last Christmas that your mother is making you get out and wear when you visit her at the retirement center, **you must streeeeeetch it out.** This allows for maximum consumption on Thursday. In short, young grasshopper, your "**Stomach Capacity Potential**" ("S.C.P.") doesn't grow by itself. →→→



HARTNELLIAN OVEREATING PHASE I: PRE-GAMING

Hartnell Phase I, Step B - McAwesome: Wednesday is another crucial "exhibition game" in preparation for the "Big Dance" on Thursday. If

Thanksgiving is being held locally (or, even better, at your own house where you have "home field advantage"), and you do not have to travel, a similar gorge-fest of food is necessary. Change up menus.

If you had Asian yesterday, take a tour of Italy today. If you attend school in a district where they obviously hate children and do NOT give you this day off, buy four tray lunches. Don't worry. No one was sitting with you at lunch anyways (you can admit it, you're in a "safe place" here). Still, this day can be tricky because extended periods of travel are often necessary to get to where Thanksgiving is being held. Therefore, you may be forced to skip meals or find yourself deprived of "proper" amounts of food (like on an airplane - and getting overly aggressive with First Class passengers for extra bags of peanuts is apparently "frowned upon" by the FAA). Still, if you have to drive someplace, this can be used to your advantage. (Fun Fact: McDonald's was invented for this very reason.) →→→



HARTNELLIAN OVEREATING PHASE I: PRE-GAMING

For instance, take Dr. Hartnell's "normal" consumption at a McDonald's during the non-Thanksgiving part of the secular calendar year (in other words, when he's NOT "in training"): 10-piece Chicken McNuggets, large French fries, two hamburgers, and a medium Diet Coke (yes, a Diet - don't judge). By **implementing** the proper "**Turkey Day Adjustment Scale**" ("T.D.A.S."), the 10-piecer becomes a 50-piecer. The meal is Super Sized. The two hamburgers become Big Macs. The Diet Coke becomes whatever mop bucket they've got in the back that can be crammed full of ice and delicious caramel-colored soda. It's simple math, really. If you're feeling audacious, take a walk down Heart Attack Alley and **create your own "Super Burgers"**: the McManly and the McKrispy. (Extreme measures are often needed when you can't find what you *really* want on that Value Menu!) To fashion the McManly, **take a whole McChicken and place it between the patties of a McDouble**. Yes. You *read that correctly*. The McKrispy replaces the buns of a McDonald's double cheeseburger with two Krispy Kreme glazed donuts. →→→



HARTNELLIAN OVEREATING PHASE I: PRE-GAMING

Another variation opts to swap out the bread divider between the two halves of a Big Mac with a glazed donut, thus creating a delectable 6,300 calorie "snack". And don't panic if you hear choirs of angels singing and see a beam of Heavenly light as you indulge in such victuals. It just means you have died and gone to Heaven. No really. You're most likely dead. But it was a sweet ride, wasn't it? "And on the 8th day, the Lord invented the McKrispy. He took a bite and declared it was good." (Former student/gastronome protégée and bon vivant Shaun Linden introduced these items to Dr. Hartnell. Sadly, Shaun died three days later when his heart popped like a zit.)



HARTNELLIAN OVEREATING PHASE I: PRE-GAMING



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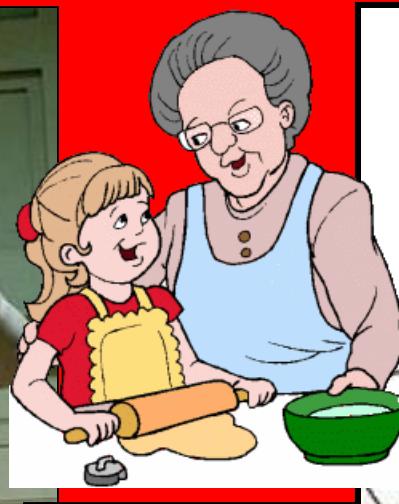
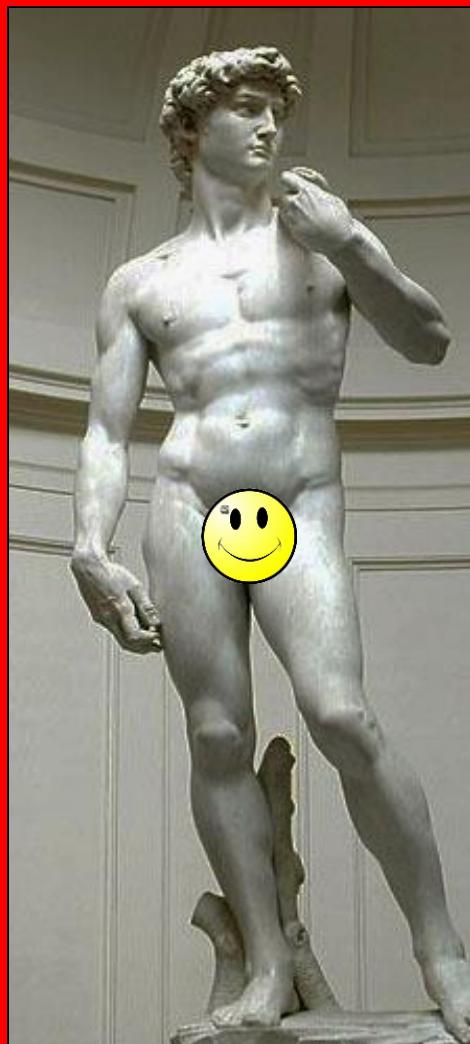
HARTNELLIAN OVEREATING PHASE I: PRE-GAMING



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HARTNELLIAN OVEREATING PHASE II: GAME DAY



FOR EVERY ANIMAL
YOU DON'T EAT

I'M GOING TO
EAT THREE



Dr. Hartnell's
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HARTNELLIAN OVEREATING PHASE II: GAME DAY

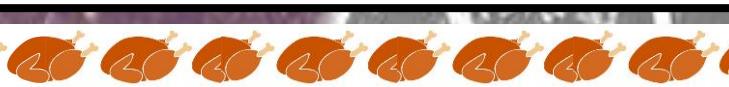
Hartnell Phase II, Step A - Numbers: Congrats! You've reached the "Big Dance". All around you your **relatives pile in**. Take a **head-count** to see the kind of numbers you're up against. Don't sweat it though... since this is the time of year when every psycho, reject, loser family disappointment comes out of the woodwork, you should be able to blend in juuuuuust fine.



HARTNELLIAN OVEREATING PHASE II: GAME DAY

Hartnell Phase II, Step B – Target Weight Gain: No one likes a skinny person. Period. So STOP trying to “health up” my Thanksgiving! Trust Dr. Hartnell on this one. He knows his way around a Thanksgiving table. That being said, hopefully you’ve already **established** your “**Target Weight Gain**” (“T.W.G.”) for this year’s feast. *What’s that you say? You don’t have a “T.W.G.”?* It’s an uncomplicated equation, really. Simply **take your current weight and divide it by 20**. The **number you get is your “T.W.G.”**

Dr. Hartnell weighs 275lbs. 275 divided by 20 is 13.75. Thus, **Dr. Hartnell’s “T.W.G.” is 14lbs**. Remember... this is just a *suggested* “T.W.G.” There’s **nothing wrong with trying to go above and beyond** your “T.W.G.” For an accurate measurement, be sure to weigh yourself Tuesday morning after using the potty and re-weigh yourself Sunday before you go to bed. With that magic number in mind, it’s time to enroll in the University of Gluttony (or UG)! You ready?



HARTNELLIAN OVEREATING PHASE II: GAME DAY

Hartnell Phase II, Step C - Cut off Time: WARNING! Keep in mind the idea "cut-off" time for the consumption of food before Thanksgiving. You are to eat NOTHING five hours prior to the dinner. A major foul is often committed by sleeping in until moments before dinner starts. Bad idea! You've got to "stoke the fire", so to speak, by eating a little something prior to the meal. If you're sleepy, that's fine... lay on the couch and veg for several hours, just make sure you stay awake! Now, if your Thanksgiving feast is being held at noon, put the Cheerios away around 7:00am (if you're even up that early). If the dinner isn't served until 2:00pm, have a moderate breakfast, one bowl of cereal and two donuts (if available). If your Thanksgiving "dinner" is held during normal dinner hours (5:00-6:00pm), Dr. Hartnell offers his condolences. Still, if this is the case, have a massive breakfast (NO LUNCH), which should include the following items: pancakes, bacon, French toast, bacon, eggs, bacon, toast, bacon, donuts, and some bacon. Again, this will leave you plenty of time to still be hungry later... and it gets the stomach juices going! Your heart is a muscle - and bacon is a punch in the chest. It'll help get your ticker pumping. From here on out, water is the way to go. Always leave time for the pre-game poo!



HARTNELLIAN OVEREATING PHASE II: GAME DAY

Hartnell Phase II, Step D – Attire: Wear loose clothing, like sweatpants, wind pants, Zubaz, hoodies, windbreakers, rip-aways (for that Chicago Bulls-styled introduction when you walk in the room).

Chances are, however, motherly figures will require “fancier” attire, thereby rendering these items useless. Therefore, unbuckle your belt or unsnap your pants just before dinner. If need be, buy Dockers two sizes too big to wear (keep the tags so you can return them the next day). This works beautifully if you’re a college students because mothers always worry that you’re not getting enough to eat and will send food your way. And to think your friends laughed at you because you still rock the baggy jeans! Who’s laughing now, Mr. Skinny Jeans? (Side note... this is exactly why department stores suggest you wash pants you buy before you wear them. If not, you might be rocking a pair that Dr. Hartnell crop-dusted with gravy farts for the better part of three hours. Enjoy!)



HARTNELLIAN OVEREATING PHASE II: GAME DAY

Hartnell Phase II, Step E - Breads: Avoid bread BEFORE the meal... these are your fillers! You may be tempted with the various sweet rolls and breads that adorn the table prior to the meal commencing. (You can have bread DURING the meal, but only in moderate amounts.) These "starch bombs" are served by those preparing the meal in order to fill you up so they get more turkey! And such breads are usually given cute little names that make you feel guilty if you don't have at least a few slices. "But, what do you mean you don't want some of grandma's 'Traditional Sweet Bread'?" HA! See! They throw in that word "traditional" to suck you right in! Since when has cracking a tube of Pillsbury croissant rolls constituted "traditional"?! Or perhaps it came from the "traditional" aisle at Kroger's?! Hogwash! Unless that flour is leftover from the Depression and has some sort of symbolic meaning, pump the brakes grandma! (And do you ever see grandma eating any of her own breads? Never!) Sure grandma may weigh 90lbs soaking wet and have cataracts bigger than baseballs, but she's crafty. She's got 70+ Thanksgivings under her belt, so she's got experience and the cockiness necessary to be a champion. Her eyes are on the prize... but... not THIS year grandma! Time to dethrone the champion and take her down a peg.

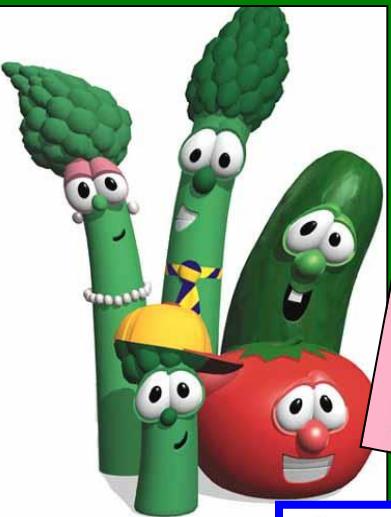


HARTNELLIAN OVEREATING PHASE II: GAME DAY

Hartnell Phase II, Step F – Food Mines: Like with bread, avoid other snacks before the meal (e.g. carrots, chips and dip, mini-hot dogs, crackers, etc.). These are “food mines” because they are everywhere and hard to miss. Don’t screw up your training now! (Again, you can blame grandma for these.) These snacks come during the perfect storm and can catch you in a moment of weakness – you’re sleepy, you’re hungry, and you’re bumming around watching the Macy’s Thanksgiving Day Parade. So, be careful! Should you choose to consume said items, take along a friend to help you quit and “back away”. Or, better yet, take along a vegetarian. That’s why God created them. Have you ever seen the eyes of a vegetarian when they see a carrot and celery platter? They light up like a beaver on Arbor Day. Vegetarians can clear out an entire room of pre-dinner temptations and carve you a path to victory (a.k.a. the dinner table). Just pull the rip cord and turn ‘em loose. They’ll go to work on celery like city workers with a wood chipper after an ice storm. But as with a roller coaster, keep your hands in at all times during that ride!



HARTNELLIAN OVEREATING PHASE III: THE SET UP



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HARTNELLIAN OVEREATING PHASE III: THE SET UP

Hartnell Phase III, Step A - Location! Location! Location!: The art of selecting a seat at the Thanksgiving table is equally as, if not more important than, choosing a profession and/or future mate. Since most feasts are placed upon make-shift tables that consist of dining tables, card tables, and the occasional spare door (all disguised by a lime green table cloth), knowing the ins and outs are essential. Assuming your ADD medication has not wiped out your memory of past Thanksgivings,

you should have some idea of where certain dishes generally start. Don't panic if you aren't sitting right in front of the turkey. After all, you don't want to draw attention to yourself

and come across as overly eager. In fact, **avoid sitting at mid-table.** These people spend too much of their time passing dishes to their left and right. **These spots are generally best filled by the socialites... the relatives that never shut up.** They're like a

walking Facebook account. *Look at me! Look at me! Look at me!* They're too busy "adding friends" than focusing on eating. They best serve your needs as being food servants. **Avoiding sitting next to an infant or toddler.** People generally steer clear of sending food in that direction as they wish to avoid having to look at Thanksgiving on their walls for months to come. →→→



HARTNELLIAN OVEREATING PHASE III: THE SET UP

Avoid being the closest to the kitchen, as you'll be required to get additional water, napkins, silverware, and other items. Ideally, you want to be land-locked, or trapped, since, if "free-bodied", you lose "Critical Gorging Time" ("C.G.T") by having to get up frequently – not to mention the perils of leaving a plate unattended. (This is addressed later.) The ends of tables are the best, as this is generally seen as the location where food goes to die. In other words, the black hole. The cave. The pit. The abyss. Abandon hope all ye who enter here! Plates and dishes that enter this side of the feast are similar to freshman entering college. They enter full of hopes and dreams... they leave dejected and smelling like tears.



HARTNELLIAN OVEREATING PHASE III: THE SET UP

Hartnell Phase III, Step B - Partner Up: Sit next to a person who is equally as hungry as you. This person becomes a critical ally, better known as your "Hunger Partner" ("H.P."). In so doing, the food trays/bowls will remain on your side of the table for extended periods of time. Plus, the two of you can alternate taking turns asking for fourth and fifth servings. For example: "H.P." asks... you both take food when the try is nearby. You ask... you both take food. "H.P." asks... you both take food. There is power in numbers. (*That's why Dr. Hartnell always camps out on the same end as his Cousin Dave, who played football in college. The guy's a machine!*) Avoid sitting at opposite ends of your "H.P.", as this will produce a war on two fronts since the food will travel back-and-forth between the two of you. Anxiety is not good for digestion. You cannot afford a blowout and early exit.



HARTNELLIAN OVEREATING PHASE III: THE SET UP

Hartnell Phase III, Step C - Kiddie Tables: Being forced to sit at the "Kiddie Table" beyond the age of 10 is considered a form of child abuse in 35 states! **Don't be tempted to sit at the Kiddie Table** in order to take advantage of the food that goes there. This food is always the scraps from the "Grown-Up Table" that nobody wants. If the adults don't want it, neither should you! "Kiddie

Table Trauma" ("K.T.T.") is the most common cause of violent flashbacks during the holidays. In fact, Dr. Hartnell's wife Molly only eats dark turkey meat because, growing up, that's all that was left for the kids. Her K.T.T. is pretty severe. In fact, anytime she sees more than three children sitting together at a table, she pees herself, blacks out for an hour, and awakens rocking back and forth while sucking her thumb. (*Our lawsuit is pending...*) Simply put: **know your rights.**



HARTNELLIAN OVEREATING PHASE III: THE SET UP

Hartnell Phase III, Step D - Picky Eaters: Every family has somebody that won't eat. If it's a child, don't bother. Remember, the food on their plate consists of scraps unworthy of the neighborhood dog. If it's a teenager, hellllloooo opportunity! These are usually the real sullen ones that spend their time damning their own existence and hating everything and everyone around them. Still, for the same reason that God created vegetarians, He created **sullen kids** to benefit YOU. These kids are built in community service work efforts. You score major points if you pretend to care about them! So, be the "good sibling" or "good cousin" and **volunteer to sit next to them**. For starters, make sure they are seated at the "Grown-Up Table"... otherwise, ditch 'em. Open with some casual conversation about fire, a dead animal you saw, or the color black. Sullen types are easily distracted by the mashed potato volcano you've made. Trust me. They're already fantasizing that the little pea villagers you've now engulfed with gravy "lava" are their parents, siblings, and other fascist authoritarian figures. While they are either responding with short quips about these topics, or while they are staring through their own plate, **help yourself to their food**. It's fool proof AND they'll wake you up when they torch the house that night. Friend.



HARTNELLIAN OVEREATING PHASE III: THE SET UP

Hartnell Phase III, Step E – Know Your Allies: There is **nothing wrong with sitting by a vegetarian**. Vegetarians (a.k.a. “veggies”) are your allies! For starters, these people hone in on “blockers” (e.g. breads and vegetables). They’ll also take out such road hazards as pea-carrot-tofu samplers that your mom just *had* to make this year. But **the biggest help veggies provide is... they don't eat turkey!** This translates into: **More. For. You.** Make sure every time the turkey is down by the veggie that you pick up the serving tray and ask them, “*You want some?*” When they stare daggers at you, merely comment, “*Oh, riiight. My bad. Ok, well, I'll just have some for you.*” Also, should a veggie fire off a comment like, “*It's wrong for you to eat animals*”, respond with a Hartnellian classic like: “*Yea, but it's not wrong for animals to eat YOU.*” ... or ... “*I'm helping control the over-populated poultry market and therefore reducing the chances of poultry-related illnesses from infecting the world. But that's just me. I guess I don't want the world to die.*” (Sidenote: People often ask, “**What about vegans?**” Well, what about them? **There's no such thing as a vegan. They're mythical creatures like trolls, unicorns, or successful white NBA players.** Besides, being a vegan was sooooooo 2005. We've all moved on.)



HARTNELLIAN OVEREATING PHASE III: THE SET UP

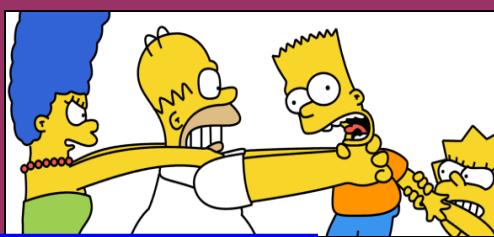
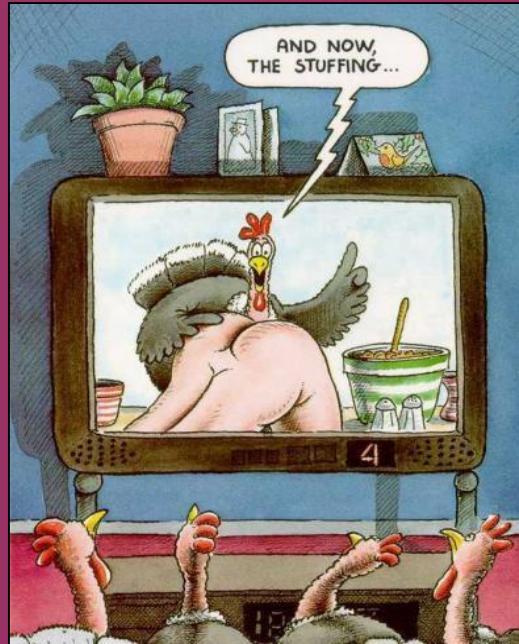
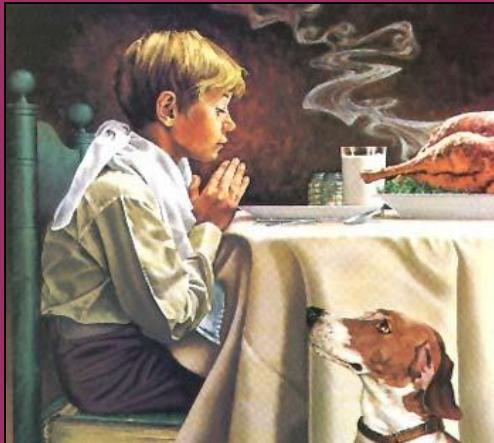
Hartnell Phase III, Step F – The Game: Sit within eyesight of the football game, but make sure you don't get caught watching it. This will result in immediate removal of TV watching privileges this Thanksgiving future Thanksgivings. If this should happen, apologize and positively comment on something your mother made for dinner (like that pea-carrot-tofu sampler). At NO point celebrate a TD or make a facial gesture of disapproval for a bad play/turnover. Unless you're a seasoned Lions or MSU fan, turnovers will test your patience. Dropping f-bombs are tougher to disguise since "F--- me! This is good turkey!" is generally not a standard compliment one utters. This will draw attention to you in a negative way. Remember, feel free to draw attention to yourself, but only in a positive way.

Now, if you cannot be near the TV, arrange ahead of time for someone closest to the TV to give you subtle hints. This can include, but is not limited to: coughing every time your team scores a TD; scratching one's head if the other team scores a TD; tapping one's plate for a FG by your team; scooting one's chair loudly to signal a FG for the opposing team. (For years my mom was convinced that my brother had OCD or tourettes.) For those of allowed to watch the game during dinner, you are clearly the chosen ones. But remember us... the ones who dare to dream of football during dinner.



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Dear Lord, we give thanks for the dinner we are about to receive, and I, myself, pray that the rolls are not burnt all to hell like last year...



Dr. Hartnell's
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HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step A - Grace: While many of us would be content with a pre-dinner prayer along the lines of "Rub a dub dub, thanks for the grub. Amen!", most of us are stuck listening to a min-sermon by Churchoy McChurch. But, long prayers are a bonus! While everyone's praying with their eyes closed, feel free to snipe at the bowls in front of you. Don't get greedy and start putting food on your plate, though. When everyone looks up after the "Amen", they might wonder why you are the only one with a full plate. Penalties for such a sin sometimes are as harsh as not being allowed to have any food until everyone else has some on their plates. (*Where are you when we need you the most, Eighth Amendment?!*) Certainly, proceed with great caution. Unfortunately, unless you have worked out a deal ahead of time with whomever you're sitting by (damn you indiscriminate seating!), your hands may be relegated to holding your creepy half-sister's and your niece's hand during the blessing. Granted, you could pretend to have a cold or work up a sneeze so the person near you opts out of the hand ritual. Wait... is it bad to lie DURING the prayer? Only one way to find out...



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step B – Beverage Selection: Drink water. It helps you digest faster and will let you eat more. Milk will just sit in your stomach and churn. When combined with starches, it becomes a laxative... which means you'll be riding your own "gravy train" sooner rather than later.



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step C – Barter Rolls: While strongly discouraged during your pre-game rituals, bread is okay to have during the meal – but not necessarily to eat. Take three or four rolls when the basket comes around. Do so early because rolls usually only last a few trips around the table. Rolls are essential “dinner weapons” because they can be bartered for turkey and other delicacies. And, if you’re wearing a hoodie, they fit nicely in the front pocket. Plus, if you forget about them until later that night... guess who just got an early Christmas gift? Yup. Chest bump.



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step D – The Bird: This is why I am NOT a vegetarian. Just the smell of turkey alone makes me want to vacuum the air, freeze it, and eat it! I mean, if there was a turkey cologne, I'd wear it (along with my bacon-scented deodorant, of course). Dark meat or white meat? I mean, do you prefer more veins or fewer veins (after all, that's why the dark meat is dark... more veins!)? But who cares?! It's TURKEY!!! Gravy is the great equalizer – it'll cover both kinds of meat. Using the giant serving fork, take enough turkey to cover half of your plate, stacked three high. The other half of your plate should be reserved for your mashed potatoes (more on that later). So whether the bird's deep fried or roasted, as long as it's not still gobbling, dig in! (And if it is still gobbling... get ready for the best Thanksgiving EVER! "Dear Diary, So Thanksgiving dinner mauled my cousin... again.")



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step E - Butt-Bread: Don't waste your time with the stuffing. It is, after all, a bread product! If, in your warped, feeble mind, soggy bread crumbs that have the same consistency as a chewed-up bagel is your idea of a good time, then by all means, pig out. It'll just leave you with less room for turkey. Which means more for me. I mean, look at where they shove it!!! Besides, saying, "Mom, I just love your Butt-Bread" creates a whole new set of issues next week during group therapy...



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step F – Lumpy Delight: Mashed potatoes. Who

would have thought something pale-yellow and lumpy could taste so good? While these usually come in large quantities, there is nothing wrong with taking extra helpings on the first "go around". There are

five steps to properly placing mashed potatoes on your plate. Much like protecting a good rebound in basketball, utilize the following pointers:

- (a) Grasp the bowl in your left arm so it hugs up against your chest;
- (b) With the spoon held firmly in your right hand (reverse if you're a lefty), dig in, keeping the elbow up high to deflect any trespassers or overly aggressive grandparents (today is the one day that I WILL drop grandpa like 3rd Period French class);
- (c) Keeping your head on a swivel and your back arched, secure a well-rounded scoop before moving the spoon up to about ear-level;
- (d) In a controlled-motion, start to bring the spoon down toward the plate;
- (e) Upon reaching approximately chest-level, flick your wrist.

Repeat these steps as necessary or if your first few flicks result in errant throws. (All of this should be done with a wild-eyed, crazed look. Humming "*Glory, Glory Hallelujah*" while scooping is a nice touch, especially if making uncomfortably prolonged eye contact with the person next to you. If you'd rather not sing, do your best Yeti/Chewbacca impersonation.)



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step G - G to the R to the A to the V to the Y:
As for gravy, this essential commodity gets used up way too quickly, mostly squandered on mashed potatoes (and mostly by father figures

who talk while pouring, never bothering to look down to realize they've flooded their plate). Avoid temptations to say things like, "Geez, dad. Want some potatoes with that gravy?" Such comments can result in the gravy dish heading the other direction. NEVER let

someone else pour the gravy on your plate for you, especially someone who has not yet received the gravy themselves. They always have ulterior motives. And why are people "happy" to pour the gravy for you? Where did this impulsive generosity come from? I mean, the same uncle that would gladly drink a full glass of water in front of you while you're dying of dehydration all of a sudden wants to lend you a hand? Step off! Once the gravy is in your possession, provide

equal coverage for the turkey and the mashed potatoes. Making a volcano out of your mashed potatoes is highly recommended and should have already been constructed prior to possessing the gravy. Fill the volcano high enough so it pours down the side, consuming the innocent peas and carrots serving as the fleeing villagers (and scoring points with the sullen kid sitting next to you). →→→



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Remember Dr. Hartnell's motto: "*Ladles are for punch.*" Don't waste your time using them to dispense the gravy. It is Dr. Hartnell's strong belief that gravy should be served in bucket form. But, this is the same guy who feels mashed potatoes should be served in a wheel barrow. Someday should Dr. Hartnell host Thanksgiving dinner, he plans on providing each of his guests with their own kiddie pool filled with mashed potatoes and gravy. Now wouldn't THAT be a sight! Nevertheless, cast aside the worthless decorative ladle and... dump the bowl. Make sure to spill some gravy on the tablecloth in front of you. While it might cause grandma to biff you with her cane, it'll provide a nice little reservoir of reserve gravy for you to use later. (Yes, it's okay to be "that guy" when it comes to gravy.) And should you have leftover gravy, NEVER let it go to waste! Remember making ice cube tray popsicles with the toothpicks when you were growing up? Nothing wrong with Frozen Gravy Pops!



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step H - The Red Menace: Avoid the cranberries, especially when they look like the can they came in. Only grandma knows how old they are... and trust me, she ain't tellin' nobody.

It's almost as though she wants you to get food poisoning. Well played grandma. Well played. Isolate your threats. I like your style. (Side note... Don't be hoodwinked! There's no such thing as "homemade" cranberries... they're simply the ones from the can all mashed up. I mean, how do you make a "homemade" berry? Just like the moon landing, it's all lies!) But, if you're forced to put cranberries on your plate, build a mashed potato wall to keep that red infection from oozing into your Turkey Zone.



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step I - Other dishes: Green bean casserole? Yams? Corn pudding? Hashbrown potatoes? Uh, yes please! Pile it ALL on. Implement the basic displacement rule at this point: as a place clears on your plate, immediately fill the vacant spot with another item. Today is a feast fit for kings with a spread worthy of his majesty Henry VIII... minus the wives.



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step J - Weapons of Choice: There is nothing wrong with commandeering serving spoons and serving forks as your own. After all, these utensils are larger, and, after you eat from them, most people will just let you have them. I mean, have you seen the turkey fork? It's so big enough it puts Poseidon's trident to shame! "Jokes on you, god of the sea!" So, go ahead and take them. It's fine. Evveveryone's doing it.



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step K – The Pelican: Aside from cranberries infecting the rest of your plate, don't worry if your food gels into its very own Pangaea. After all, **if the food is on your plate long enough for it to ooze together... shame on you!** You're better than that. Ever see a pelican eat?! Toss that head back and shovel it down your gullet. **Chewing is overrated.** Inhaling is the preferred way to consume today! Do you think your stomach really cares what hits it first? Let your colon do the sorting. Know your place, colon. Know your place...



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step L - Helpy Helpertons: As stated previously concerning gravy, where did all of this generosity come from? NEVER allow someone else to take your plate and get your servings for you! Demand that the food be sent down your way. Don't fall for the "but the plate's hot" excuse! (That's why you have cranberries in the first place... they're a natural "hand cooler".) Third degree burns are well worth the additional two or three pieces of turkey you may be able to get by doing it yourself. Besides, the local burn ward is decorated nicely this time of year.



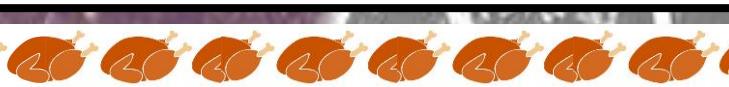
HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step M – Unmanned Plates: Food left untouched on anyone's plate for more than one minute and 24 seconds is "fair game". It's in the Geneva Convention somewhere. There are "food hawks" just waiting for such a moment. If they attempt to take something from your plate, **stab their hand with the salad fork**. Isn't that why you have it? (*It worked when Dr. Hartnell used to baby-sit.*) And that serves as Strike One. Strike Two is a fork in the sternum. Strike Three is a fork in the eye. Hey... you've officially been warned! In the event that you should have to get up for any reason... sneeze on your plate. If you had time to plan this temporary leave of absence, place a pea in your nose and shoot it out when you sneeze. If not, there's nothing wrong with making a face imprint in the mashed potatoes before you leave. Or, if you don't mind your own hair, maybe pluck a few head hairs or goatee hairs and sprinkle it on your plate like parsley. (I mean, parsley is nature's very own beard hairs.) Hey, I'm just saying...



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step N – Old Yeller: Turkey is NOT for dogs. I repeat: Turkey is NOT for dogs. It's a travesty, really. Stop your loved ones from giving that mutt ANY Thanksgiving food under the table (except stuffing or cranberries). Dogs enjoy eating their own feces. Do you really think they're going to even notice the juicy and succulent taste of this bird? First time offenders need to be publicly chastised. Second time offenders need to be locked outdoors with the dog. Third time offenders... well, don't make Dr. Hartnell go "Old Yeller" or "Sounder" or "Where the Red Fern Grows" or "Bridge to Terabithia" on you. (Wait, that last book example didn't have a dog die in it. But it did have a dead girl. Ok, just as funny. That'll work...) After all, no one wants a one-eyed, wounded dog crawling back through the doggie door... so make your shots count. This "under-the-table" maneuver was designed to be deployed only when confronted with your aunt's meatloaf or that stupid pea-carrot-tofu sampler, NOT Thanksgiving turkey.



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step 0 - Distracting Conversations: This is where perusing social media or finally reading the e-mails your mother forwarded you pays off. Now you know the scoop, the dirt, the controversies, and the skeletons that your family would like to keep secret. I mean, **you can't spell families without 'lies'!** Time to exploit this for your own personal gain! Time to unearth so many skeletons it'd make TMZ jealous. To distract others as you secure sixth and seventh helpings, throw out a few softballs of "*Did you guys know that...?*" or "*So I heard...*" and include topics like: politics, religion, the fact that your sister is *really* adopted, grandma's fourth DUI, your uncle's "marriage-for-green-card", that one thing that happened that one time at band camp, or that new nipple ring your nephew is considering getting next semester. I mean, who doesn't want dinner and a show?! It's not truly Thanksgiving until someone drops the f-bomb. (Score extra points if it's grandma!)



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step P – Buffets: **Buffet Thanksgiving dinners are JACKPOTS.** Abuse them. Nothing says “gluttony” quite like an old fashioned buffet dinner! (Yes, even Dante’s licking his lips!) What a concept... **take WHAT you want, WHEN you want, and go WHERE you want with it...** like over to the TV to watch the game. (Hold on, Dr.

Hartnell needs to wipe away a tear of joy.) If you are crafty enough, try NOT to sit down when there is a buffet table available. Just keep walking around it, eating as you go. *One scoop of mashed potatoes for your plate, one for you, one for your plate, one for you...* And yes, you can use the serving spoon to scoop and eat.

That's why it's called a serving spoon, right? What? Would you rather I use my hands?! (Again, under these circumstances, it's okay to be “that guy”.) If specifications are not made (such as, “*Ben, the turkey tray MUST stay on the table this year.*”), simply trade your plate for the turkey tray and leave the house. Where are you going to go? Does it really matter? Just keep walking man, just keep walking...



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step Q - Multiple Houses: Having to make multiple stops on Thanksgiving due to marriage or divorce is actually a great thing! What's better than one Thanksgiving dinner? TWO or THREE! Sure you may hate your new wife's parents with a burning passion that most likely will end with you spouting off Biblical passages and waving a semi-automatic rifle in the air out on the back porch or you may be seriously contemplating jamming a fork in your eye because you'd have more fun wondering if you'll ever see again while sitting in the ER than having to talk about how wonderful your sister-in-law's children are... but hope is on the horizon! And it comes in the form of... drum roll please... **Second Meal!!!** →→→



HARTNELLIAN OVEREATING PHASE IV: GO TIME!

And should this marriage-thing not work out, no biggie. Divorce is all the rage these days. In fact, *half* of all marriages end in divorce. And what do you think the most common date is for divorces to be made "official"? Damn Skippy... the week *before* Thanksgiving. Coincidence? I think not! But it's ok, kids! Nothing says "**revenge**" quite like the holidays and having separated parents! Time to get back at your folks for the emotional scarring and countless sessions of therapy they've inflected on you! "*But Dad lets me watch the football game during dinner.*" ... or ... "*Mom lets me stay out past curfew.*" ...or... "*It's ok, Mom. I'm sure Dad got me what I really wanted for Christmas.*" So don't complain if you have to go to someone else's house later! You get to hit the "**reset**" button on the greatest day of the year... and eat again! Did you die and go to Heaven? No, you're in Akron. But, Second Meal will help you forget that.



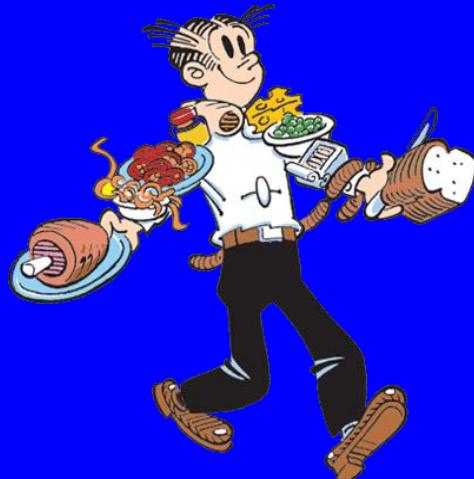
HARTNELLIAN OVEREATING PHASE IV: GO TIME!

Hartnell Phase IV, Step R - Eater's Fatigue (now with Meat Sweats!):

Eat until you're void of emotion! As long as you can still point, you can still ask for food. Grunts of varying degrees are acceptable. Gesticulating with your fork while mumbling often results in people wanting to put food in your mouth just to shut you up. Remember, the more turkey you eat, the more tryptophan you will ingest. This amino acid causes sleepiness, so your eyelids may begin to droop and your motor skills may begin to slow. Gravy blindness... slurring words... is Dad drunk again? Nope. It's his yearly Thanksgiving Stroke. Fight on soldier! You have 364 days to make up for lost sleep. Keep eating until you physically fall from your chair from exhaustion... or, to quote Dr. Hartnell's father, "Eat until your left arm goes numb."



HARTNELLIAN OVEREATING PHASE V: END GAME



Dr. Hartnell's
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HARTNELLIAN OVEREATING PHASE V: END GAME

Hartnell Phase V, Step A - Dessert: By this point in the day, you should have what a friend of Dr. Hartnell's refers to as the "meat sweats". Your brow should be lightly spotted with perspiration, you might be noticeably slurring your words, and, you may or may not be wearing pants. It is at this time that the human body's survival mechanism kicks in. Yes, your body shifts into a gear it didn't even know it had... "Dessert Mode". No Thanksgiving meal is complete without the complimentary array of pies that follows. To avoid cramping up, keep eating. Your transition from dinner to dessert should be seamless... albeit slightly painful. It goes without saying that the #1 pie in the AP/Coaches Poll was, is, and always will be *pumpkin*. (Apple pie had a weak strength of schedule this season.) Now, unless you're a card carrying member of the Communist Party, everyone likes pumpkin pie. As such, you will need to have at least three slices of this brownish-orange triangular treat. →→→



HARTNELLIAN OVEREATING PHASE V: END GAME

Cool Whip and/or ice cream are a must... but, should the host have forgotten said toppings, or should they get used up before your third slice, never fear! There are always ample amounts of mashed potatoes left. Throw a scoop on top and rock it out. (In fact, isn't that how they make Sheppard's Pie?) Other pies have a tendency to make an appearance at Thanksgiving. From apple to pecan to banana crème to cherry to lemon to chocolate to blueberry to mincemeat (for those British relatives) to Tang... **on Thanksgiving, all pies are good pies.** (And yes, my Cousin Andy brought the first ever pie made using Tang powder. Many relatives scoffed at the notion... until they had a slice. And then things got, shall we say, "aggressive", ending with two black eyes, a small kitchen fire, one missing finger, a crying child, and a police report.) All the same, these "lesser" pies still deserve respect for "being in the team photo". Don't get uppity and pass judgment. **Have one slice of EACH.** Don't worry, your stomach is moldable and most likely has found available room in your chest cavity. As long as you have at least one functioning lung, the other can be used to store this additional merriment. Is that "*Eye of the Tiger*" playing faintly in the background? It is, champ. It is.



HARTNELLIAN OVEREATING PHASE V: END GAME

Hartnell Phase V, Step B - Leftovers: Food always wins. It gets the last at-bat. So, despite your best efforts and the nine helpings of food and three changes of pants, there are always leftovers. Similar to how a three-tiered wedding cake manages to feed 300 guests, one plump turkey manages to best its attackers. Is Jesus in the kitchen working His magic to feed to masses? (Granted, if you eat enough, you may very well be conversing with Him later that weekend, so you can ask.) While that may explain the glowing light and the sound of harps, having leftovers is 100% acceptable... and desired. It is NOT a sign of defeat. It's a sign that the Thanksgiving gods have decided to grace you with "a little more". It's like finding that extra French fry at the bottom of the McDonald's bag after you thought you'd finished them all. Jim Gaffigan calls this the much coveted "Bonus Fry". And he's right. It's simply glorious. Leftovers give way to turkey sandwiches, turkey pot pies, turkey stew, turkey a la king, turkey casserole... and turkey cereal. Again, this is why it is critical to shoot for the 2:00pm Thanksgiving dinner "tip off"... it gives you the opportunity to begin eating leftovers before the day is done.



HARTNELLIAN OVEREATING PHASE V: END GAME

Hartnell Phase V, Step C - Reconnaissance: Now that you're either riding the porcelain pony or nursing a ruptured stomach, you've got some necessary time to revisit how you did. Some quality **time to reflect**. Did you stick to your plan? What could you have done differently? Were you successful in achieving your "T.W.G."? Take mental (or actual) notes on what problems you can address before next Thanksgiving, keeping in mind that (if you're Christian) **you still have two additional primer bouts with Christmas and Easter dinners** to keep you somewhat "in shape" for next year. (Or whatever the next big eating holiday might be for your religion.)

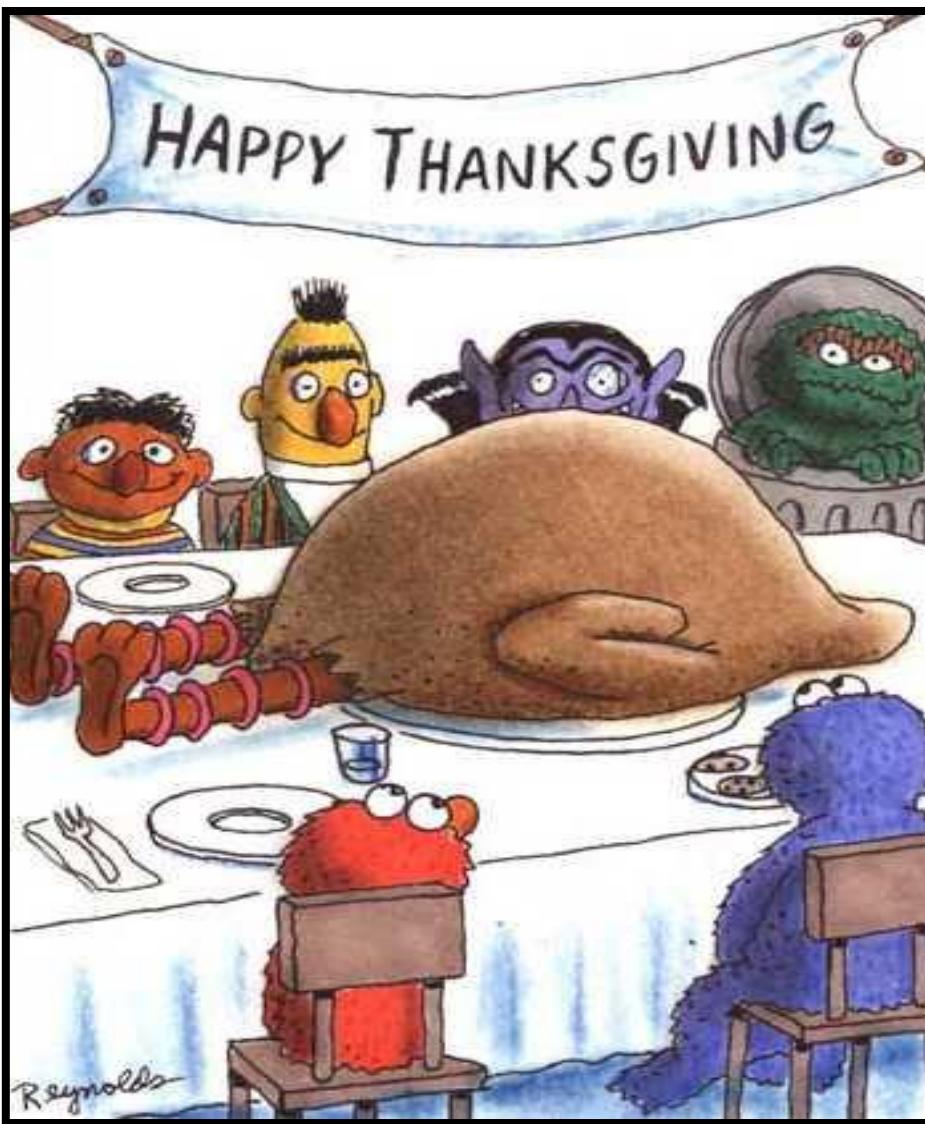


HARTNELLIAN OVEREATING PHASE V: END GAME

Hartnell Phase V, Step D – Recovery: Having spent the better part of six days treating your stomach the way Mike Tyson used to treat boxers back in the 1990s (minus the rape and the ear biting), **you've done quite a number on your body.** Baby step your way down from your "Turkey High" by reducing the size of your turkey portions as you head into the next week. This'll help your body wean itself off that addictively luscious bird. **By no means ever go "Cold Turkey" (yup, pun intended) and stop eating immediately following Thanksgiving.**

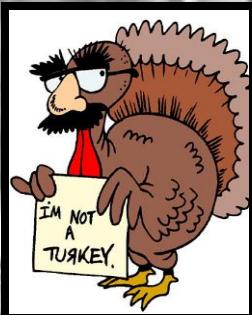
This is why children half your age in Third World countries have worked tirelessly (and most likely on Thanksgiving) to make hockey jerseys. With a nip in the air, **head off to work the Monday after wearing that [enter NHL team name here] jersey loud and proud!** Is it a twist of fate that **Thanksgiving coincides with the start of winter and baggy sweatshirt weather?** Man, those Pilgrims were geniuses!



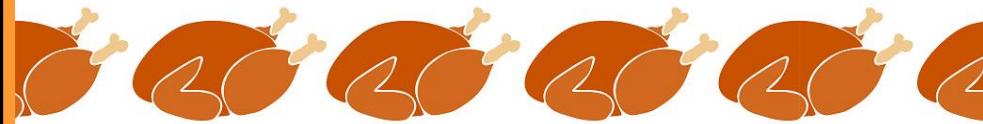


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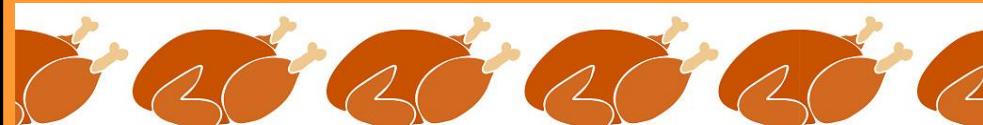


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HAPPY
THANKSGIVING!

(Now go buy stuff....)



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