

189th Airlift Wing WARRIOR



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Arkansas Air National Guard

Little Rock Air Force Base, Ark.



Aerialporters keep the mission moving, pgs. 4 - 5



Commander's Commentary

By Col. Dean B. Martin
189th Airlift Wing Commander

Greetings 189th Family! The National Guard Bureau focus for the month of November is resilience and the health of the force. The holidays are approaching and for some it is the most wonderful time of the year. Family members and friends that you haven't seen in ages gather together to celebrate. We as a Guard family need to make sure we are taking care of our own during this holiday season.



While many people may feel blessed to experience this, there are some who might not have the same outlook on the holidays. Make sure to check on your Airmen. Some of them might not have family to go home to or loved ones near. The mental health and happiness of those around us is very important, not only to the mission here at the wing, but also to the Airmen that depend on each other every single day!

The holidays can be very stressful and finances can play a huge role in the amount of stress that can pile up during the holidays if you're not careful. Make sure that you are managing a budget and not living outside your means. If you are in need of financial counseling, check in with our financial advisor through the Airman and Family Readiness Center.

The COVID-19 pandemic is still a major concern to our Nation. As with all gatherings and outings, please practice safe physical distancing and use prevention measures when possible during the holiday season. This is a tough time for everyone, but we must break the cycle. Find ways to minimize close, personal contact with those you plan to see during the holidays. Use masks and keep a safe physical distance when possible. Disinfect high-use or touch areas and make sure you have plenty of hand sanitizer and soap ready for your guests.

As a final reminder November is Native American and Alaskan Native heritage month. The Defense Equal Opportunity Management Institute theme this year is "Honoring the Past, Securing the Future". The focus is recognizing Native Americans and Alaskan Natives, and their respect for natural resources and the Earth, for having served with valor in our Nation's conflicts, and for their many distinct and important contributions to the United States.

Remember to be safe during the holidays! Be mindful of the weather, allowing yourself extra time if traveling long distances, and practice safety when cooking this holiday season. "Check Three GPS" is a great risk management tool to employ as you plan your holiday activities. Happy Holidays! Deano



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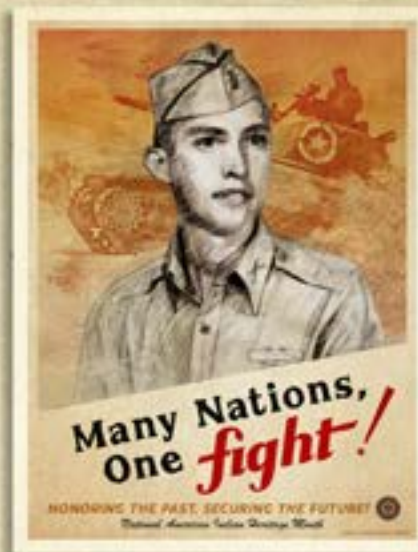
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Honoring the Past, Securing the Future: 189th Airlift Wing honors National American Indian Heritage Month

CULTURAL
AWARENESS

OBSERVANCE
NATIONAL AMERICAN INDIAN HERITAGE MONTH



FACTS

The Department of Defense joins the nation in paying tribute to American Indians and Alaskan Natives who demonstrated selfless service and sacrifice in the U.S. Armed Forces: Army, Army Air Forces, Marine Corps, Navy, Coast Guard, National Guard, and the home front during World War II.

American Indians and Alaska Natives, served in overwhelming numbers after the attack on Pearl Harbor in 1941. Forty-four thousand of a total Native American population of 350,000 saw active duty. Over 6,000 Alaska Natives served in the Alaska Territorial Guard. For their service they earned many distinguished medals and honors including: Purple Hearts, Distinguished Flying Crosses, Bronze Stars, Silver Stars, Air Medals, Distinguished Service Crosses, and three Congressional Medals of Honor—the highest military award granted in the country.

One of America's most acclaimed WWII combat units was the 45th Infantry Division, known as the Thunderbirds for their distinctive insignia. They saw 511 days of combat, and fought at Salerno, Anzio, St. Maxine, and Alsace, crossed the Rhine, helped take Munich, and liberated the Nazis' infamous Dachau death camp.

Many American Indians served in the 45th, including three who received the Medal of Honor: Jack Montgomery (Cherokee), Ernest Childers (Muscogee [Creek]), and Van T. Barfoot (Choctaw).

In addition to the large number of men who took part in the war, there were many Native women who served in the Armed Forces as members of the WAVES (Women Accepted for Volunteer Emergency Service), WACS (Women Army Corps), and Army Nurse Corps.

On the home front an estimated 40,000 Indians left their reservations for the very first time and sought jobs in the defense industry. Women took over many of the roles that the men previously handled becoming farmers, mechanics, lumberjacks, delivery personnel, and other jobs needed to be handled on the home front.

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices."

PRESIDENT HARRY S. TRUMAN



Aerialporters keep the mission moving

By Master Sgt. Jessica Roles
189th Airlift Wing Public Affairs

The 189th Aerialport Flight works tirelessly to provide consistent air cargo support to the 189th Airlift Wing. From tactical training bundles to vehicles, Aerialporters keep the pace going and play a key role in support of any mission. From beginning to end, the entire process takes a significant amount of time. Measuring for accurate weight, and even distribution on the pallets, the Airmen make sure to meet all checks and balances before sending the cargo to the aircraft. Aerialport prepares anywhere between eight and ten pallets each week for training, ensuring they are prepared for any realworld scenario that might come up. With more than 40 aerialporters to accomplish the mission, their streamlined process accompdates an average of 25 drops per month.







Department of the Air Force to conduct focus groups on interpersonal violence

By Secretary of the Air Force Public Affairs
Secretary of the Air Force Public Affairs

The Department of the Air Force will soon conduct focus groups with Total Force Airmen and Space Professionals about their experiences surrounding interpersonal violence.

The focus groups are scheduled to begin the week of Oct. 26 and consist of interpersonal violence survey participants who volunteered to take part in small-group discussions.

Interpersonal violence ranges from stalking and bullying to domestic violence, sexual assault and abuse.

“Within the interpersonal violence survey, members could opt-in to take part in a limited amount of focus groups. These groups will help us understand our members’ perspectives surrounding interpersonal violence,” said Brig. Gen. April Vogel, director for manpower, personnel, recruiting and services at the National Guard Bureau, and the interpersonal violence task force lead. “Their voices are an imperative piece to determine if we are keeping our Airmen and Space Professionals safe when they face interpersonal violence.”

The focus groups are part of an approach in which the focus-group data, survey data and data gathered from reviewing past cases involving interpersonal violence will be used to identify any themes or proposed areas for improvement.

The survey portion concluded Oct. 9, and approximately 68,000 Total Force Airmen and Space Professionals participated,

including civilians.

“Thank you to everyone who took part in the survey. We know your time is very valuable. We explored multiple avenues to gather data and this survey was the most comprehensive way to initially reach the Total Force,” Vogel said. “Currently, the collected survey data is being analyzed by our experts, and we will begin to compile our findings.”

A comprehensive review of the findings, to include both the focus group and survey data, is scheduled for early 2021.

The task force stood up in July with the goal of exploring processes, programs and leadership actions associated with keeping Airmen and Space Professionals safe when faced with interpersonal violence situations. The task force will ultimately be developing recommendations for senior leadership review focused on improving Department of the Air Force policies, processes and actions in this area.



U.S. AIR FORCE



THE HISTORY OF VETERANS DAY



★ **HONORING ALL WHO SERVED**

ORIGINS

1918 11th Hour - 11th Day - 11th Month
On November 11, 1918, fighting ceases during World War I when an armistice goes into effect on the eleventh hour of the eleventh day of the eleventh month. This day is celebrated worldwide and comes to be known as the end of "the war to end all wars."

1919 *"...the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory..."*
- President Woodrow Wilson, 1919

1938 **Armistice Day: A Federal Holiday**
On May 13, 1938, Congress passes legislation making Armistice Day, November 11, a legal Federal Holiday.

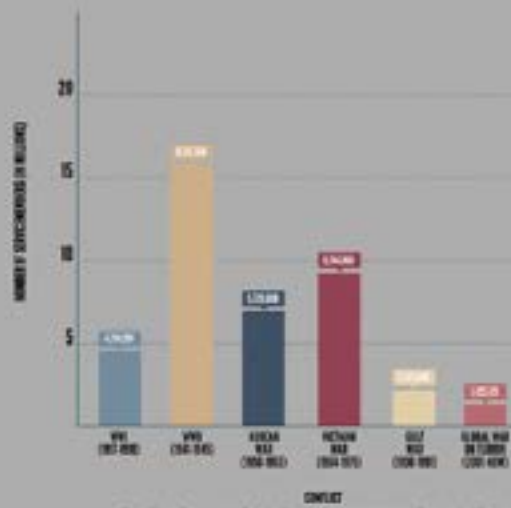
1954 **Armistice Day Becomes Veterans Day**
Veterans of World War II and the Korean War, in addition to veterans of World War I, are now being honored on Armistice Day. So, on June 1, 1954, President Dwight D. Eisenhower signs legislation changing the name of Armistice Day to Veterans Day.

1968 **The Uniform Holiday Bill**
On June 28, 1968, the Uniform Holiday Bill is signed, moving the observance of Veterans Day from November 11 to the fourth Monday in October, effective in 1971. However, many states did not agree with this transition and continued to celebrate Veterans Day on November 11 because of its historic significance to Armistice Day.



1978 **The 'Veterans' of Veterans Day**
In 1978, the annual observance of Veterans Day returns to November 11 after President Gerald R. Ford signed Public Law 95-206 (95 Stat. 476) on September 26, 1975.

TOTAL U.S. SERVICE MEMBERS BY WAR (WORLDWIDE)*



The red poppy became a symbol of remembrance among the allied countries after Col. John McCrae, a surgeon with Canada's First Brigade Artillery, wrote a poem expressing his grief over the rows and rows of poppies among the graves of soldiers who had died on Flanders' battlefields during World War I. Today, veterans organizations around the U.S. distribute poppies as a tribute to those who gave their lives in service of our country.

VETERAN STATISTICS



22 MILLION+
Number of veterans who have served in the U.S. Armed Forces.



2.1 MILLION
Approximate number of veterans in California, the most of any U.S. state.



1,000+
Number of hospitals and medical centers the U.S. Department of Veterans Affairs operates worldwide.



2.2 MILLION+
Number of World War II veterans who went to college on the G.I. Bill.

1 MILLION+
Number of veterans who are currently receiving education benefits from the U.S. Department of Veterans Affairs.



144
Number of veterans and military service organizations in the U.S.



1930
Year the U.S. Department of Veterans Affairs was created.

* Total Expenditures by War (Inflation-adjusted figures as of May 2019). Source: U.S. Department of Veterans Affairs, Department of Defense, External Veterans Care Center, U.S. World War I Centennial Commission, U.S. Army Center of Military History, Philip Brant, 1994; U.S. World War II, www.military.com; Philip Brant, 2005; Philip Brant and Heritage Foundation, Communications and Outreach Division.



Secretary of Defense Employer Support Freedom Award request for nominations

About the Freedom Award

The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. Government to employers for their support of their employees who serve in the Guard and Reserve.

Nominations must come from a Guard or Reserve member who is employed by the organization they are nominating, or from a family member.

The award was created to publicly recognize employers who provide exceptional support to their Guard and Reserve employees. It is the highest in a series of employer recognition awards given by the Department of Defense.

Almost one-half of the U.S. military is comprised of the Guard and Reserve. The Department of Defense shares these citizen warriors with their civilian employers, many of whom provide significant support to their employees who serve in the Guard and Reserve. This award recognizes employers who provide the most outstanding support for their Guard and Reserve employees and is presented annually by the Secretary of Defense.

History of the Freedom Award

The Secretary of Defense Employer Support Freedom Award was instituted in 1996 under the auspices of Employer Support of the Guard and Reserve (ESGR). ESGR is a Department of Defense office established in 1972 whose mission is to gain and maintain employer support

for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws and resolving conflict between employers and service members.

Secretary of Defense William Perry authorized the first award in 1996 and presented it to Schneider National, McDonnell Douglas, United Parcel Service Central Florida District, Tektronix, Inc. and National Life of Vermont. In the years since, a total of 280 employers have received this prestigious award. Today, up to 15 awards are presented each year to employers in three categories, large business, small business and the public sector.

The nomination process is open to all Guard and Reserve personnel or a family member acting on their behalf and applications are submitted online to ESGR. A national selection board comprised of senior Defense officials and business leaders select the award recipients.

Nomination Information

Do you have the flexibility you need to succeed at work and in the military? Does your employer support your service from drill weekends to deployments without concern for your job? If you answered “yes,” consider nominating your employer for the Secretary of Defense Employer Support Freedom Award.

Nominate your employer at <https://www.freedomaward.mil/>. The nomination form takes about 10 - 15 minutes to complete. Just click “Nominate Employer” on the FreedomAward.mil





AFWERX announces Reimagining Energy Challenge for Department of Defense

By AFWERX
AFWERX Public Affairs

AFWERX, the Air Force's innovation catalyst, announces the Reimagining Energy for the DOD Challenge, seeking solutions to create the future of resilient energy production, transmission, use and storage. The Department of Defense (DOD) is currently the largest energy consumer globally. By reducing demand and reliance on petroleum and modernizing the energy infrastructure, the Air Force can improve the way they consume energy, increase sustainability and remain adaptable to future impacts of climate change and reduction in fossil fuels.

This is an incredible opportunity for the DOD to partner with innovative industries and academia to identify, fund and launch new energy strategies from now until the year 2045. The Challenge is seeking solutions that can be implemented immediately, those that require some further development and also moonshot ideas that may not be implemented until 2045.

“The disruption of the energy sector is already happening. There's unbelievable innovation occurring in how we produce, transmit and store energy. The DOD must partner with those leading this disruption in both industry and academia, to ensure we maintain our competitive advantage,” stated Col. Charles Bois of the Air Force Disruptive Technology Team.

The Reimagining Energy for the DOD Challenge will gather the right people from industry, government and academia to identify solutions for a sustainable energy infrastructure for the DOD. The goals of the Challenge are to leverage all energy sources for military use such as wind, solar, thermal, hydro, nuclear and hydrogen, and increase mission effectiveness and quality of life, while reducing our dependence on fossil fuels. Our aspirational targets are to eliminate all fossil fuel dependency and achieve a carbon negative DOD.

The Reimagining Energy for the DOD Challenge encompasses six specific topics:

- Energy Transmission & Distribution
- Mobile & Fixed Energy Storage
- New Warfighting & Operational Equipment Not
- Dependent on Fossil Fuels
- Data Availability for Improved Planning & Decision Making,
- Energy Culture, Policy & Education

“I am really excited for this challenge for two reasons. First, this will change the way the DOD consumes, stores, distributes and uses energy which has strategic benefit and benefits the planet at the same time given the aspirational carbon negative target. Second, this challenge is running concurrently with a Small Business Innovation Research focus area which creates a lot of opportunity for small businesses in the U.S. to receive government funding to support this initiative,” said Mark Rowland, innovation actualizer for AFWERX.

The call for solutions is open until Oct. 29. Submissions are accepted from across the globe, both domestic and international organizations and individuals are encouraged to participate. The full challenge overview and details to submit a proposed solution is available at afwerxchallenge.com/energy. Preview the informational video for additional details here.



- Permanent & Mobile Energy Generation



Maintenance uses virtual reality to train

By Master Sgt. Jessica Roles
189th Airlift Wing Public Affairs

In today's Air National Guard, innovation and streamlining processes are vital to mission success. More and more, Airmen are sharing ideas to improve processes making their respective organizations work faster and more efficiently, often saving the Air National Guard money in the process.

Airmen assigned to the 189th Maintenance Group with the assistance of Mass Virtual, a virtual solutions company, recently implemented a new process that involves the use of virtual reality. The module, designed for the C-130H Legacy aircraft, presents detailed training for more than 200 maintainers in a virtual form, similar to the way aircrew utilize a simulator to train before an actual flight. The training can be tailored to maintainers of all Air Force specialty codes and each training module can be built for almost any task or scenario.

“This program allows maintainers to train on



tasks without utilizing a physical aircraft and in turn, increases aircraft availability,” said 2nd Lt. Brian Davis, the 189th MXG executive officer, and project officer for the virtual reality program. “This will save our group a lot of time and effort in the long run.”

The initiative was initially formed in cooperation with Air Mobility Command A4, Air Education and Training Command A3-6, and the 19th and 314th Airlift Wings to improve training presentation and readiness for maintenance Airmen. This same type of virtual training has been implemented within the operations environment as well, assisting aircrew with loadmaster, pilot, navigator, and flight engineer training.

The program consists of virtual reality and headsets, which maintenance Airmen who are in upgrade training will use to perform their virtual duties. The virtual headsets are connected to computers which are monitored by evaluators or supervisors. With virtual training becoming a reality, new partnerships within the C-130 enterprise will be built and virtual reality can be a tool used by experienced maintainers to teach entire classrooms of C-130 maintainers from different wings in virtual reality.

“When we can use this to help other wings, that's when we'll really start harnessing the power of this technology. It shouldn't differ at all, except for in the feel for the training,” Davis said. “But even that is coming along with the wider adoption of haptics and other technology to actually feel what you're working on. Virtual training is continually expanding to more capabilities and creating new ways for today's digital Airmen to learn and become more proficient in their jobs. Ultimately, this will lead to better maintainers and better-maintained aircraft.”

The future for the 189th Airlift Wing and the Air National Guard is bright. The wing is currently leading the way for the C-130 enterprise as well as the Air National Guard. The use of virtual reality allows



(Courtesy Photos)



Airmen to become more proficient and confident on tasks before they perform them in a real-world scenario, allowing for additional safety precautions and minimizing the risk of detrimental mistakes during training.

“I’m excited for a robust training ecosystem to develop around virtual reality as the possibilities for its use are endless,” said Col. David Allen 189th MXG commander. “The end result will be better-trained maintainers who will use that proficiency to produce a higher quality aircraft for our formal training unit. Just like aircrew members utilize the flight simulator to gain experience, this VR environment is the “maintenance sim” and should be leveraged in the same way.”



Health of the Force - Resilience

Chaplain Support

1) What services does the Chaplaincy offer that relate to the four pillars and building resilience? When it comes to the 4 pillars, the main focus for Chaplaincy is to help others develop their spiritual fitness. However, it is important to realize that the other pillars play a part in spiritual resilience. We can also help Airmen get on the right track with all the pillars either through direct help or through appropriate referrals and recommendations.

2) Who can use the services of the chaplain? 189th AW Chaplain services are for all members of the 189th and their families.

3) What types of resources and services does the chaplain's office provide those who are seeking assistance within the four pillars?

When it comes to the Spiritual pillar, we have religious based materials available on-hand in the Chaplaincy area. We also have materials embedded within the wing in MXG and LRS. If there is a specific spiritual resource need or request that we do not have on hand, we will work with other agencies to locate them.

4) When is the chaplain available to those seeking resources?

During the week, the Chaplain office area is open during regular business hours and Chaplains are available any time to assist with a crisis. The chaplain team and offices are also open and available during UTAs. We provide a protestant worship service at 0800 on Sunday mornings of each UTA in Building 106, and we can provide information regarding other worship opportunities on base and in the local area.

5) As a chaplain, what is the main pillar your office focuses on when helping others? We are concerned about the spiritual fitness of all Airmen and their families. We provide resources, pastoral counseling, and advocacy to help others develop and grow in the area of spiritual resiliency. Spirituality is recognized as a crucial element in the total force fitness of service members. We want to help others on their journey to discover and develop their human spirit. Spiritual fitness outcomes include purpose and meaning in life, core values, uplifting relationships, quest for knowledge and truth, realizing potential, greater satisfaction and commitment, increased happiness, and much more. Let us know how we can help and come on by any time!

Airman and Family Readiness Support

1) What services does the AFRP provide? The Airman & Family Readiness Program provides an array of resources from help with financial management such as budgets to financial crises such as not being able to pay a rent. We can also assist with resume writing, parenting tools, stress management and more. You can come to us for anything, if we don't have the resource for it, we'll help you find the person who does.

2) Who can take advantage of the AFRC services at this wing? The primary targets for A&FRP services at the 189th Airlift Wing Airmen and their families. Say a spouse is looking for a job and wants some help with the search and resume process, we are here for them. You've probably heard we have an awesome relaxation room complete with a massage chair that is for Airmen, but also for their families when needed. If someone were to come to our office from outside our wing, if we couldn't help them directly we would attempt to point them in the right direction.

3) At what point does the AFRP play a significant role in the morale and wellness of Airmen and their families? We would like to think the A&FRP is always playing a significant role in the lives of our Airmen, but there are specific moments that are probably most impactful. Helping Airmen transition back home from their deployments is an important role, and we take it very seriously. We have reintegration classes and resources to support them and their families during those times. When our Airmen deploy, helping their children understand what their parents go through and why is vital to the health of the family.

We do that through books, programs and educational videos that are available to our families. Holidays can be particularly stressful on a family due to both relational stress of visitors and the financial stress of buying gifts and food. We support our families in a variety of ways, but the most practical and long-lasting is through financial education. Learning how to manage money is critical. We have many resources and budgeting tools to support our Airmen.

4) How does the AFRP promote the resilience, health and well-being of Airmen and their families? When these areas of our Airmen's lives are well cared for, it creates more resilient Airmen and contributes to the overall ability to accomplish the mission.

5) What new and innovative ideas do you have for our AFRP to help with resilience? We are working on revamping and strengthening our Key Spouse Program. This will mean our military spouses will, in time, have someone they can go to with any questions, concerns or issues and they will be heard. Key Spouses will be in direct contact with First Sergeants and commanders, and will be able to find the answers to questions that may otherwise be hard to get for our spouses. We have a ton of other ideas like outdoor theatre nights with our new 20-foot inflatable movie screen to provide some structured family time, spouse workshops and more. I don't want to give away all the ideas because they will take time to develop, but great things lie ahead, that I can promise!

Mental Health

1) What services do you provide the wing as the director of psychological health? As the Director of Psychological Health, or DPH, I am here to provide mental health resources and short-term non-medical counseling for 189 AW service members and dependents. This is a voluntary program. I can be a resource for you in the form of counseling or providing information to other resources, if necessary. The primary purpose of the Psychological Health Program is to build unit and community capacity by promoting and empowering the creation of a culture of psychological fitness.

2) How do Airmen reach out to take advantage of your services when they need help strengthening their mental pillar? Sometimes it can feel hard to take the first step toward wellness. Being fit and always ready, includes your mental health. We are dealing with life stressors all the time and that can take many forms. At times, the stressors feel like too much and you might need extra help coping and taking care of your health. You can reach out by phone, email, virtual, or walk-in.

3) How do you help Guardsmen build resilience? Prevention is key to this so that tools and skills can be built and strengthened in order to help mitigate crises and distress. Maybe that looks like learning new coping skills or mindfulness exercises. This could be prioritizing certain tasks that are within our control to manage. This could be working on communication skills with co-workers or family members to increase connection and build empathy. You don't have to be in crisis or in distress to seek assistance from me or another helping resource.

4) Regarding suicide prevention, how do you work with other entities to ensure the mental wellness of Airmen? I work closely with the chaplain, SARC and Airman and Family Readiness to ensure wellness. There are times that members would prefer to seek spiritual guidance or need assistance that AFRC can better provide. We have no problems coming together to provide help to our members.

5) Do you provide the same services to family members that you provide Airmen? I do provide the same services to service members and their dependents. I complete an assessment and if the member or family member needs to be referred to a provider for treatment or another resource that can best fit the needs of the individual, I will do that as well.



Warrior of the Month:

Senior Airman Dakota Hillman



Senior Airman Dakota Hillman, a 189th Logistics Readiness Squadron air transportation journeyman, prepares a pallet for a C-130H cargo drop Oct. 24, 2020, at Little Rock Air Force Base, Ark. The 189th Aerialport Flight prepares cargo to drop from aircraft, including pallets, vehicles and more..(U.S. Air National Guard photo by Master Sgt. Jessica Roles)

Rank/Name: SrA Dakota Hillman

Unit: 189th Logistics Readiness Squadron

Guard Status: Full-time

Position: Air Transportation Journeyman

Hometown: Sherwood, Arkansas

Time on Station: 4 years

Time in Service: 4 years

Goals: To finish college and get a career in something I enjoy. To do at least four more deployments

Hobbies: Going to the gym, spending time with friends, traveling, and taking

pictures

Commander's Priority Portrayed: Innovation

How this core value is portrayed:

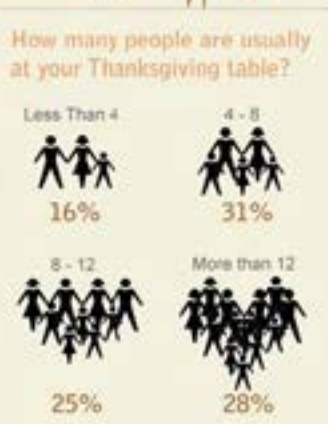
SrA Dakota Hillman displays innovation through his diligent work ethic by supporting the AATC Test Det developing new and improved air drop and C-130 combat system capabilities. SrA Hillman has supported 22.2 tons of cargo that were used for expanding modern air drop concepts as well as supporting the 189th FTU mission, training future C130 aircrew students.



Thanksgiving is Thursday Nov. 26th!
Check out some fast facts about
one of our favorite holidays! Happy
Thanksgiving to you and your families!



Thanksgiving by the numbers

- ### Top 5 Must-Have Kitchen Items on Thanksgiving Day
1. Double Oven
 2. Food Processor
 3. Mixer
 4. Regular Oven
 5. Fryer
- 48%** of people bake their turkeys
- 1 out of 10** people don't make turkeys on Thanksgiving

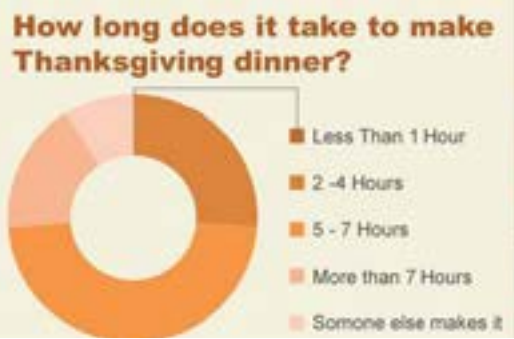


55% think they consume between 2,000 and 4,000 calories on Thanksgiving


however the average American eats around 4,500 calories on Thanksgiving which is equivalent to 14 slices of pumpkin pie

What's one cooking tool your mother used to make Thanksgiving dinner that you've never needed?

Baster
Potato Mixer Electric
Masher



41% of people make Thanksgiving dinner completely from scratch



This survey was taken by 351 respondents on Viewpoints.com. For more information about this survey, please e-mail us at info@viewpoints.com.