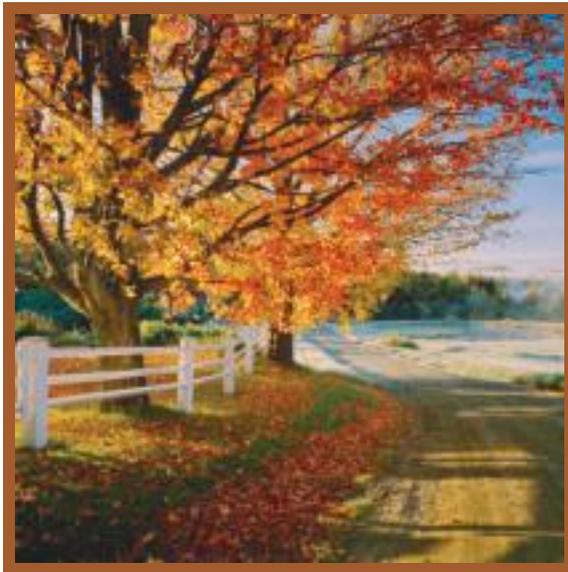




*A Room with a View.*

## NOVEMBER 2020



## NOTES & NEWS

### Pie Takes the Cake

For many people, Thanksgiving dinner wouldn't be complete without a slice of pie—or two! Pumpkin, apple, pecan, and sweet potato are the top holiday dessert picks, according to surveys.

### Quiet Cardio

When exercising at home, you don't have to make noise in order to break a sweat. Instead of workouts that require jumping or dancing, try moves that keep your heart rate up but your feet on the floor, such as squats, lunges and torso twists. These quiet routines won't disturb your neighbors, and they have the added benefit of being easier on your joints.

### Put the Brakes on Your Shopping Cart

When shopping online, hit the pause button before checking out and it could save you money. When you leave your shopping cart idle on a site for a day or two, the retailer may email you a discount coupon code so that you'll complete the purchase.

## HIGHLIGHTS

### Saluting Veterans With Savings

Many restaurants and retailers salute military veterans with freebies and discounts on Veterans Day, Nov. 11. Complimentary meals and beverages are widely offered. Call ahead or check online to see if proof of military service is required to take advantage of deals.

### Take 10

When work, family and holiday tasks pile up, be sure you make time for self-care. No matter how busy you are, take at least 10 minutes for yourself each day doing something you enjoy or simply relaxing.

### Sweep With Socks

It's officially fuzzy socks season! If you find some worn-out pairs while sorting through your stash, put them to use as eco-friendly cleaning rags. Slip one over your hand or the head of a dust mop, and the sock's fluffy fibers will easily pick up lint from surfaces.

### Decorative Do-Over

If you had whole pumpkins and gourds on display as decorations last month, give them a quick and easy makeover for November so they can do double duty. Transform their look with a coat of paint in a neutral color, or brush on a colorful plaid design.

## BULLETIN BOARD

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# TRIVIA WHIZ

## Acres of Acorn Trivia

Tiny seeds that turn into mighty oak trees, acorns adorn many fall tables as a symbol of the season. When you see them scattered on the sidewalk or decorating a Thanksgiving centerpiece, tip your cap to these acorn facts:

- Though size and shape vary depending on the species of oak, acorns are generally round or oval nuts with a woody cap. When ripe, the green nuts turn brown and drop to the ground.
- An oak tree doesn't form acorns until it's about 20 years old. A tree that is 70 years old can yield thousands of acorns in one year.
- Most oak trees only produce acorns every two to three years. Years with a bumper crop of acorns are called mast years, since mast is a term for the fruits of forest trees.
- Animals that love eating acorns include squirrels, deer, mice and many types of birds, which depend on the nutrient-packed seeds for survival.
- People can eat acorns too, and they were a main source of food for many native tribes in North America.
- Roasted acorns are enjoyed as a snack, and they can also be ground into a gluten-free flour or brewed into a caffeine-free coffee substitute.
- In folklore, acorns represent wealth and protection. They're associated with the Roman goddess Diana and the Norse god Thor.

**"The creation of a thousand forests is in one acorn."**

**—Ralph Waldo Emerson**



## Get a Gratitude Attitude

A thankful heart is a happy heart—it may sound cliché, but scientific research says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. The following exercises in gratitude can lead to a happier you.

*Keep a journal.* A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating

gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

*Create a collage.* Hang a bulletin board where you'll see it every day, and pin photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. This inspiration board serves as a visual reminder of the good things in your life.

*Say "thank you."* Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

*Give back.* Studies show that people who volunteer have a more positive outlook. Donating your time, skills or money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose.

## Virtual Holiday Happenings

You can use the power of technology, along with holiday traditions, to celebrate the joy of the season.

Video chats and phone calls are key ways to stay connected with those you love, both near and far. Arrange these virtual visits during seasonal activities. From baking pies to decorating your home to raising a toast at Thanksgiving dinner, go digital and set up a laptop, tablet or smartphone to link with your loved ones while enjoying annual traditions.

Do you have favorite movies or TV specials that you watch during the holidays? Schedule a time with a relative or friend to watch it "together," but in your own homes, and send each other texts during memorable scenes.

Everyone loves to receive mail, and greeting cards are a classic way to stay in touch and show you care. Reach out to people in your life by

sending season's greetings in the form of a card or letter. A cookie or craft exchange is a fun way to spread holiday cheer among a group.

Often, a holiday meal is followed by a board game or round of cards. If you can't play with the usual crowd in person this year, participate in an online version, or challenge family members to beat your scores in a video game that you all enjoy.

No matter who you're with or where you are, find little ways to make holiday celebrations special.





# WIT & WISDOM



## How Did Turkey Become a Thanksgiving Tradition?

The annual celebration of Thanksgiving has come to be symbolized by a funny-looking fowl that gobbles—the turkey. So how did this North American bird become the centerpiece of the holiday and inspire the nickname Turkey Day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then.

However, the Pilgrims' tradition of giving thanks for harvests became common in parts of the country, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor Sarah Josepha Hale had lobbied for such a day, and she wrote about New Englanders serving roast turkey for these festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey is larger than a chicken or goose and can feed a crowd of people.

Gobbling up turkey as a main dish on holidays and special occasions was also reflected in popular books throughout the 19th century. All this helped reinforce the turkey's image as a symbol of Thanksgiving.

## Featured Recipe

### Homemade Mashed Potatoes

Simple and satisfying, mashed spuds are a classic side dish for holiday meals, but easy enough to cook up for a weeknight dinner.

#### Ingredients:

- 2 pounds baking potatoes (about 6 medium)
- 2 teaspoons salt, divided
- 1 cup milk
- 3 tablespoons butter
- 1/2 teaspoon pepper

#### Directions:

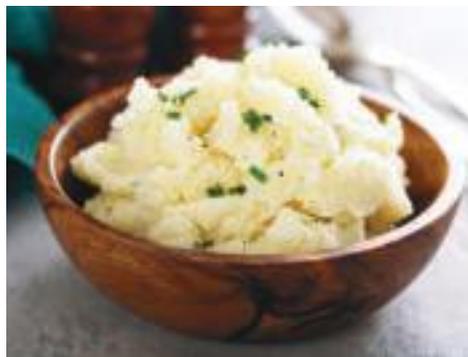
Peel potatoes, then cut into chunks. Place in a large pot and cover with water. Add 1 teaspoon salt. Over medium heat, bring to a boil. Reduce heat and continue cooking until potatoes are fork tender, about 20 minutes.

Drain potatoes well then return them to pot. Mash with a fork or potato masher until smooth.

In a small saucepan, heat milk and butter over low heat until butter is melted. Pour mixture over potatoes and stir to combine. Season with remaining salt and pepper.

For added flavor, top with chopped parsley or chives, grated cheese or bacon bits.

Find more recipes at [ChooseMyPlate.gov](http://ChooseMyPlate.gov).



“Thanksgiving is a time of togetherness and gratitude.”

—*Nigel Hamilton*

“I love Thanksgiving because it’s a holiday that is centered around food and family.”

—*Marcus Samuelsson*

“Thanksgiving is a joyous invitation to shower the world with love and gratitude.”

—*Amy Leigh Mercree*

“Thanksgiving. That’s the day people celebrate having food by eating as much of it as possible. ... That’s the day they try to eat every turkey, pumpkin, and cranberry on the face of the earth. It’s a tradition.”

—*Jim Davis*

“An optimist is a person who starts a new diet on Thanksgiving Day.”

—*Irv Kupcinet*

“Thanksgiving is the holiday that encompasses all others. All of them, from Martin Luther King Day to ... Valentine’s Day, are in one way or another about being thankful.”

—*Jonathan Safran Foer*

“Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving.”

—*Amy Grant*

“Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for granted all that you have.”

—*Catherine Pulsifer*

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”

—*Willard Scott*



# November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Don't Forget to Fall Back, NOV. 1: Daylight Saving Day	3	4 Pest Control by Appt. ONLY	5	6 	7
8	9	10 National Vanilla Cupcake Day	11 <b>Veterans Day</b> Pest Control by Appt. ONLY	12	13	14
15 National Recycling Day	16	17 National Homemade Bread Day	18 Pest Control by Appt. ONLY	19	20 	21
22	23	24	25 Pest Control by Appt. ONLY	26 	27 Black Friday	28
29 Cyber Monday	30	<h1>November</h1>				

## "This Month In History" NOVEMBER

**1921:** The Tomb of the Unknown Soldier is dedicated at Arlington National Cemetery in Virginia. The ceremony took place on Armistice Day three years after the end of World War I.

**1947:** England's future queen, Princess Elizabeth, marries naval officer Philip Mountbatten at London's Westminster Abbey.

**1956:** Rock 'n' roll star Elvis Presley makes his movie debut in the Western "Love Me Tender." The film's title was changed to showcase the singer's No. 1 hit song.

**1970:** Engineer Douglas Engelbart receives a patent for his invention, the computer mouse. He called the device a mouse because the cord looked like a tail.

**1984:** McDonald's marks a milestone by cooking up its 50 billionth hamburger at a celebration in New York City.

**1992:** Carol Moseley Braun makes history as the first African American woman elected to the U.S. Senate, representing Illinois.

**2000:** U.S. President Bill Clinton travels to Vietnam. He was the first American leader to visit the country since the end of the Vietnam War.

**2002:** The TV cooking show "Barefoot Contessa," hosted by Ina Garten, premieres on the Food Network channel.

**2016:** Earning over \$3 million in a single week, the musical "Hamilton" sets a Broadway record.