



BELLAIRE AT DEVONSHIRE



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Healthy Choices at Holiday Meals

Here's a tip when you're faced with a holiday meal spread: Look for the healthy options first. Results from a Cornell University study showed that people filled 66 percent of their plates with one of the first three foods they saw on a buffet. Making smart food choices from the start steered diners to continue them for the rest of the meal.

Happy Birthday!

Lisa Samples	11/02
Jean Boone	11/03
Sandy Keiffer	11/13
Cebert Riddle	11/28
Janet Nelson	11/28



Pass the Potatoes

An analysis in November 2016 determined that the most Googled Thanksgiving side dish is mashed potatoes.

'Fun' Is One

How many words can you come up with using the letters in "thankfulness"?



November 2018



Easy as Pie

The "Pumpkin Capital of the World" is the Illinois town of Morton. For nearly a century, it's been home to a plant that processes the fruit and produces most of the world's supply of canned pumpkin. When ready-made pumpkin puree first became available at markets in the early 1900s, it made it much easier for home cooks to create pumpkin pie and other holiday desserts.

Classic Kitchen Toy

National Easy-Bake Oven Day on Nov. 4 celebrates the iconic toy that allows children to bake their own treats. The miniature appliance debuted in 1963 and was inducted into the National Toy Hall of Fame in 2006.

Special Delivery

The U.S. Postal Service, UPS and FedEx are expected to deliver about 2 billion packages during the weeks between Thanksgiving and New Year's Eve.

BINGO

H	S	E	R	F	
Say, See	So, Stars	Early	Ramparts	Fight	Words in the
Hailed	Stall		Red	Flag	First Verse of
Home	Streaming		Rockets	Free	"The Star-
Home	Sur-spangled			Banner"	Names of
Harrison	Saffre			Faulkner	Famous Men
Hearst	Shakespeare	Free Space	Rehquist	Frawley	Named
Holden	Shanahan				William
Hunt	Sherman				
Hornet	Silverfish			Freshly	Insects
Housefly	Sow bug	Earwig	Roach	Fly	
Housefly	Squash bug				
Housefly	Sinkbug				
Harm					
Hash browns					
Huevos	Sausage eggs	Eggs Benedict	French toast	Fried eggs	Breakfast
Home fries	Scrambled eggs	English muffin	Raisin Bran	Fruit	Orders
Home fries					
Housecoat	Shirt, Shirt	Free Space	Robe	Frock	Garments
Housecoat	Sweater				
Housecoat	Suit				
Housecoat	Skirt, Slip				
Housecoat	Shorts				
Housecoat	Smalls				

Words in the First Verse of "The Star-Spangled Banner"

Last Names of Famous Men Named William

Insects

Breakfast Orders

Garments

F	R	E	S	H
		FREE SPACE		
		FREE SPACE		

"This Month In History" NOVEMBER

1917: Made up of five Canadian teams, the National Hockey League is created in Montreal.

1926: U.S. Route 66 is officially established. The 2,400-mile two-lane highway from Chicago to Los Angeles became a legendary east-west link.

1931: Homemaker Irma Rombauer self-publishes her favorite recipes in "The Joy of Cooking." The classic cookbook has since sold over 18 million copies.

1941: President Franklin D. Roosevelt signs a bill proclaiming the fourth Thursday in November as the official Thanksgiving holiday.

1954: The U.S. Marine Corps Memorial is dedicated in Arlington, Va. The monument depicts the raising of the American flag at the 1945 Battle of Iwo Jima.

1967: With a cover price of 25 cents, the first issue of Rolling Stone magazine goes on sale in San Francisco.

1972: In response to an international energy crisis, the speed limit on all U.S. highways is lowered to 55 mph to help conserve gasoline.

1984: Fred Rogers, of the children's TV series "Mister Rogers' Neighborhood," presents one of his sweaters to the Smithsonian's National Museum of American History.

1997: Disney's "The Lion King" opens as a Broadway musical.

2010: A groundbreaking ceremony is held for George W. Bush's presidential library in University Park, Texas.

2017: Britain's Prince Harry and American actress Meghan Markle announce their engagement.