Although predictable this time of year, I’d like to take a moment to share what I am thankful for. As many of you know this past year I have been working on my thesis, and I’d like to take the time to thank you all for your overwhelming support! I know this year has included a transition for all of us, but from the number of people who volunteered to be a part of the study, those who ask me how its going, and those who congratulate me before I’ve even finished, I have to say that I am so thankful for each and every one of you. While working on a thesis is meant to be a learning process I feel I learn so much more from you all on daily basis. So, thank you, and at this time I encourage you to thank those around you who have contributed to your lives as you have immensely contributed to mine.

~Kimberly
Veterans Day falls on November 11th this year. Remember to thank all the wonderful men and women who have served and are currently serving our country. Make sure to fill out your ballot to vote on Tuesday November 4th! Every vote counts!

Another successful Homecoming Race! Thank you all for your time and support, see you next year for the 35th!

Quote

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

- John F. Kennedy

November is a month of cherishing memories and showing gratitude towards those who help create them. However, November also brings attention to causes such as Alzheimer’s Awareness, Lung Cancer Awareness, and American Diabetes Month. As these diseases grow more common among Americans, we must recognize that awareness and education are the first steps to combating such serious illnesses. Do not hesitate to communicate with friends and family about these issues; after all, it can be an opportunity to teach or learn something new. To learn more, please visit:

- www.alz.org
- www.cancer.org
- www.diabetes.org

Thanksgiving Recipes

**Aunt Peggy’s Sour Cream Mashed Potatoes:**

**Ingredients**
- 3 lbs. red potatoes, unpeeled and cut into 1-inch pieces
- 1/4 cup butter or other butter substitute
- 1/2 cup sour cream

**Directions**
1. Place potatoes in 4-quart saucepot and cover with water. Bring to a boil over high heat. Reduce heat to medium and cook 10 minutes or until potatoes are very tender; drain.
2. Return hot potatoes to saucepot and add butter; mash. Stir in sour cream. Season, if desired, with salt and black pepper or chives!
3. Enjoy!

**Butternut Squash Soup:**

**Ingredients**
- 1 clove garlic, chopped
- 2 large shallots or 1 medium onion, chopped (about 1 cup)
- 1 medium butternut squash, peeled, seeded and cut into chunks (about 5 cups)
- 2 potatoes, peeled and cut into chunks
- 2 Tbsp. olive oil
- 2 tubs Chicken Stock
- 6 cups water
- 1 tsp. finely chopped fresh thyme and/or rosemary leaves
- 1/2 tsp. ground ginger

**Directions**
1. Preheat oven to 450°.
2. Toss squash, potatoes, shallots, garlic and olive oil in small roasting pan. Roast, stirring once, 35 minutes or until vegetables are tender and just starting to brown.
3. Bring water, Chicken stock, roasted vegetables, thyme and ginger to a boil over high heat in 5-quart saucepan. Reduce heat to low and simmer, stirring occasionally, 10 minutes.
4. Process soup, in batches, in blender until desired consistency. Serve!