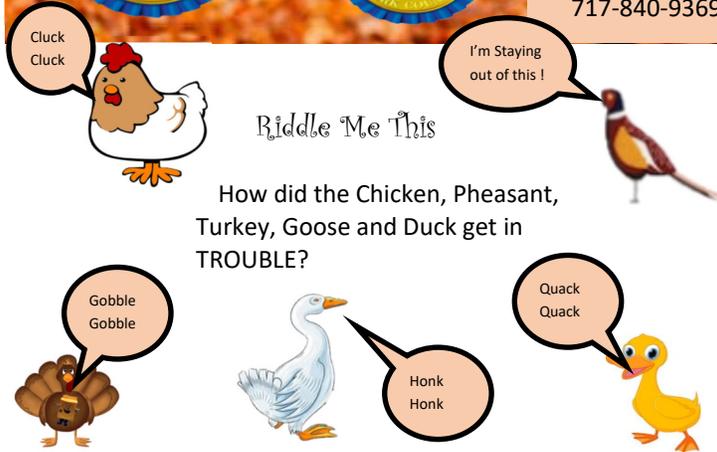


November 2019



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Riddle Me This

How did the Chicken, Pheasant, Turkey, Goose and Duck get in TROUBLE?

Did You Know?

After the Thanksgiving feast has come and gone for another year, without fail, your relatives will probably comment on how sleepy they feel and blame it on the turkey. While a heavy case of the 'holiday-itis' is normal following the big meal, its cause is not necessarily cut and dry. What is tryptophan, anyway? Far from a mere scapegoat on which to blame the enjoyable excesses of festive feasting, this interesting chemical plays an important role in the human body that is worth knowing about. Talk of tryptophan is as ubiquitous as the Thanksgiving turkey, but what is it exactly? Simply put, tryptophan is an essential amino acid. Amino acids are the building blocks of the various proteins the body needs to repair muscle fibers and create hormones that regulate an individual's system. They are called essential because the body cannot make these building blocks itself, relying entirely on dietary sources for its supply. Turkey isn't the only source of tryptophan, either. It is found in almost all sources of animal protein, including eggs, other meats, and dairy products.



November Birthdays

Happy Birthday to all of our amazing tenants born in November
And just to name a few....



Remember to Find Phillip hidden 3x in this Newsletter!



Sherman Street

Linnea Bradford
Andrea Taylor
Michael Torres
Alexa Pretty

Queen Street

Mary Holt
Chase Moser
Beverly Myers
Richard Daly
Michael Stevens

Tenant Reminder

Please prepare accordingly for the upcoming harsh weather, check your unit and make sure the ropes are completely tucked under the doors and double check the layout of your items as they may shift over time and may need to be rearranged.

Recipe Corner

TURKEY PRETZELS

Directions:

- 1 bag of chunky pretzels (not the thin ones)
- chocolate melts
- sprinkles
- edible eyes
- small Oreo cookies
- corn candy



It's exactly how it looks. Melt the chocolate, dip the pretzels, add sprinkles while the chocolate is still soft, add a small Oreo (see picture for placement) and use the melted chocolate to stick on the corn candy and edible eyes. Done.

Tenant Drawing

Everyone enjoys a surprise for the Holiday gift giving. So this year we are going to Surprise you! Inside the Box is a Special Gift we have chosen just for 1 of our Lucky Tenant's to Win. Stop in and Enter the drawing to WIN what's inside the Box! Winner will be announced at the end of the Month of November. Good Luck.

