



THRIVE SBY



November

Favorite Thanksgiving Food by State

AL: Dressing **AK:** Hashbrown Casserole
AZ: Green Bean Casserole **AR:** White Gravy
CA: Mashed Potatoes **CO:** Mashed Potatoes
CT: Mashed Potatoes **DE:** Mac and Cheese
DC: Mac and Cheese
FL: Sweet Potato Casserole
GA: Mac and Cheese **HI:** Turkey Gravy
ID: Green Bean Casserole **IL:** Mashed Potatoes
IN: Deviled Eggs **IA:** Corn **Kansas:** Creamed Corn
KY: Broccoli Casserole **LA:** Cornbread Dressing
ME: Side Salad **MD:** Mac and Cheese
MA: Stuffing **MI:** Green Bean Casserole
MN: Mashed Potatoes
MS: Baked Sweet Potatoes
MO: Rolls **MT:** Mashed Potatoes
NE: Green Bean Casserole
NV: Mashed Potatoes **NH:** Cranberry Sauce
NJ: Stuffing **NM:** Green Bean Casserole
NY: Stuffing **NC:** Mac and Cheese
ND: Mashed Potatoes **OH:** Green Bean Casserole
OK: Rolls **OR:** Biscuits **PA:** Stuffing **RI:** Stuffing
SC: Mac and Cheese **SD:** Crescent Rolls
TN: Sweet Potato Casserole
TX: Green Bean Casserole **UT:** Rolls **VT:** Stuffing
VA: Mac and Cheese **WA:** Mashed Potatoes
WV: Rolls **WI:** Mashed Potatoes
WY: Brown Gravy

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DOG PARK MEET & GREET/ COSTUME CONTEST





THRIVE SBY

NOVEMBER EVENTS

- November 4 at 5:00 pm
 - Yoga at the Zoo
- November 10th from 10am -2pm
 - Choice of Massage or Reflexology
- “November 17th at noon
 - "Mindfulness" Lunch & Learn
- November 23rd from 3pm-5pm
 - Take & Bake Pizza Night
- November 29th at 1:00 pm
 - Turkey Trot

Stress Management Tips for the Holiday

1. Acknowledge your feelings
2. Reach Out
3. Be realistic
4. Set aside differences
5. Stick to a budget
6. Plan ahead
7. Learn to say no
8. Don't abandon healthy habits
9. Take a breather



Ally Wright

ZOOLOGICAL PARK



INTERESTS

Hobbies: Painting, Hiking

Music: Turnover, Modern Baseball, A\$AP

Rocky

Food: Anything Vegan!

This or That?

Marvel or DC Comics

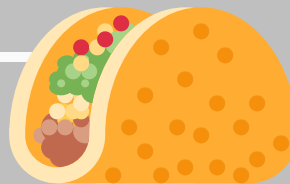
Zoo or Aquarium



Ice Cream Cone or Snow Cone

Truth or Dare

Italian Food or Mexican Food

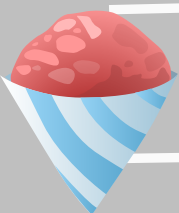


Comedy or Drama

Invisibility or Super Strength



Beach Home or Log Cabin





HEALTHY MAC & CHEESE

Prep Time: 2 minutes Cook Time: 12 minutes
6 servings by Olena Osipov

INGREDIENTS

- 3 cups whole wheat elbow macaroni
- 3 cups of vegetable or chicken broth
- 1 cup whole milk
- 2 tbsp butter
- 1/4 tsp garlic powder
- 1/4 tsp mustard
- 3/4 tsp salt
- Ground black pepper
- 1 cup marble or cheddar cheese
- 1/4 cup parmesan cheese



INSTRUCTIONS

1. In a medium pot, add broth, milk, butter, garlic powder, mustard, salt, ground black pepper and bring to a boil.
2. Add elbow macaroni and cook for 8-10 minutes, stirring every few minutes to prevent sticking. Cook until al dente or desired firmness and adding more milk or broth if you wish.
3. Turn off heat. Add marble cheese and Parmesan cheese in portions and stir between each until melted. That's it.
4. Serve immediately as mac and cheese tastes best fresh. Saucy, creamy and so comforting!
5. Top with your favorite hot sauce, everything bagel, Montreal steak spice, paprika, nutmeg, soy sauce and even honey. Or with leftover chopped bacon. I like to bake mine at 425 degrees F for 20 minutes. Way less mess.

tomato
chup



THRIVE SBY

**Tuesday
3:00-5:00pm**

THE PANTRY

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for City of Salisbury employees
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**LOCATED AT THE DOWNTOWN
VISITOR CENTER**

**Bring what you can,
take what you need**

Spaghetti