

# THE ARC INFORMER

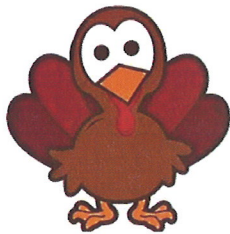
The Arc of Amador and Calaveras  
San Andreas site

Volume 19 Issue 11  
November 2022

## Thanksgiving Traditions By Melanie LaSalle

We have a lot to be thankful for, especially when we have family and friends surrounding us. My favorite thing about Thanksgiving is helping my family, cook, dinner, and sharing memories of the past. Also, it's fun watching the football games on TV. When we all sit around the table, we all say what we are thankful for. Sometimes, we decorate the table with pretty centerpieces, table cloths, candles, place settings, etc.

And, of course, there's a lot of delicious food to enjoy. Some people enjoy appetizers before dinner. What does thanksgiving mean to you? It gives us the opportunity to spend time with the people in our lives. Lastly, whenever you're feeling grateful, just reflect on the special times with the family members that aren't with us anymore.



At the beginning of November, we said goodbye to one of our Calaveras Community Specialists, Martina Price, as she moves on to other endeavors. Martina and her contributions will be missed. We wish Martina all the happiness and success she deserves!



**Calaveras Arc Halloween Party 2022 From left:**  
Brandy, Martina, Dakota, Cole, Katie, and Martha

The Arc Informer is an original publication produced by  
program participants of The Arc

### Newsletter Journalists

Eric Figel  
Melanie LaSalle  
Brett Ashworth  
Suzanne Jasper  
Ashley Penrod

### Special thanks

Eric Figel

### Mystery Search

Can you find Mr. Stix? He is hiding  
somewhere in the Arc Informer.  
By Nick Knapik



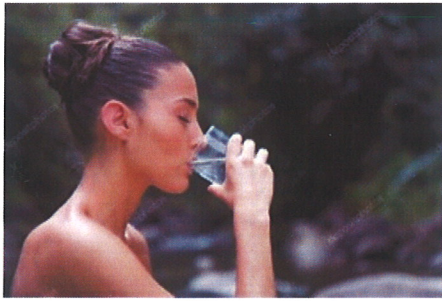
### Stories in this issue:

Introduction Article.....	pg. 1
Rebus.....	pg. 2
November Facts.....	pg. 2
Riddles.....	pg. 4
Comic Strip.....	pg. 4
Recipe.....	pg. 5
Haunted House Project.....	pg. 6
Riddle Answers.....	pg. 6
Rebus Solution.....	pg. 6
Crossword Puzzle.....	pg. 7
November. Weather.....	pg. 8
November Birthdays.....	pg. 9

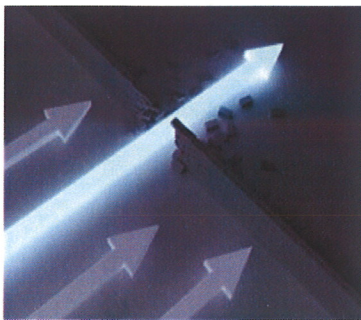


# November 2022 Rebus

by Nick Knapik



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Rebus Solution on Page 6

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## November fun facts

By Suzanne Jasper

November 1, 1968 The movie ratings system is first implemented by Hollywood

November 2, 1889 North and South Dakota are admitted as 39th and 40th US states

November 3, 1913 An income tax is first introduced in the USA

November 4, 1980 Ronald Reagan defeats incumbent US president Jimmy Carter by a wide margin

November 5, 1935 The board game Monopoly is first released

November 6, 1860 Abraham Lincoln is elected the 16th president of the US

November 7, 1944 Franklin D. Roosevelt wins reelection becoming the only US president to be elected for a fourth term

Continued on Page 3



November 8, 1889 Montana is admitted as the 41st US state

November 9, 1887 The United States receives rights to Pearl Harbor, Hawaii

November 10, 1969 Sesame Street TV show is broadcast for the first time

November 11, 1889 Washington is admitted as the 42nd state

Veterans day is November 11

Birthstone, topaz, and citrine

Birth Flower chrysanthemum

Zodiac signs, Scorpio and Sagittarius

November 12, 1936 The San Francisco Oakland bay bridge open to traffic for the first time

November 13, 1940 Walt Disney releases the breakthrough, animated film Fantasia

November 14, 1971 Mariner reaches Mars, and he comes first spacecraft to orbit another planet

November 15, 1977 Close Encounters of the Third Kind opens in theaters

November 16, 1959 The Sound of Music Broadway musical opens

November 17, 2003 Arnold Schwarzenegger is elected governor of California

November 18, 1978 The Blues Brothers appears for the first time on Saturday night live

November 19, 1863 president Abraham Lincoln give the Gettysburg Address

November 20, 1984 McDonald's makes the 50 billionth hamburger

November 21, 1789 North Carolina is admitted as the 12th US state

November 22, 1963 in Dallas, Texas US president John F. Kennedy's assassinated

November 23, 1897 The pencil sharpener is patented

November 24, 1989 The movie Toy story 2 is released by Disney/Pixar

November 25, 1940 Woody Woodpecker first appears in film

November 26, 1917 The National Hockey League is founded

November 27, 1920 The first Macy's Thanksgiving day parade is held in New York City

November 28 Blake Smith becomes the first goalie in NHL history to score a goal in the game

November 29, 1987 Joe Montana of the SF 49ers completes an NFL record 22 consecutive passes



# Riddles, Jokes, Puns

**Riddle 1:** You see me once in June, twice in November, and not at all in May. What am I?

**Riddle 2:** What color socks do bears wear?

**Riddle 3:** I add lots of flavor and have many layers, but if you get too close I'll make you cry. What am I?

**Riddle 4:** How do you fix a flat pumpkin?

**Riddle 5:** What do you get when you drop a pumpkin?



Answers on Page 6

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## Comic Strip

By Eric Figel





# Easy Beef Stroganoff

## Ingredients

**Wide Egg Noodles** - You can use either extra wide egg noodles or wide noodles. They are same thing just slightly different sizes and shape of noodle. Make sure you are using the 12 ounce bag. Cook according to package directions and remember to add salt so they have some flavor to them.

**Ground Beef** - I use lean 93/7 ground beef but you will drain the fat off anyways so feel free to use whatever ground beef you want.

**Onion** - I use a yellow onion or a white onion for this recipe.

**Salt, Pepper, Garlic Powder, Onion Powder** - Seasonings for the ground beef.

**Brown Gravy Mix Packet** - Probably the secret ingredient! It helps thicken up the stroganoff sauce and provides so much flavor.

**Sour Cream** - The signature ingredient in a beef stroganoff. Provides a lighter color to the creamy sauce.

**Cream of Mushroom Soup** - I don't use this ingredient a lot in my cooking but in this recipe it's so good. With the other added ingredients it really helps perk up the canned mushroom sauce.

**Dried Parsley**



## Instructions

**Start Water Boiling For Pasta** : I like to put my pot of water onto the stove top before I start browning the ground beef. This way, by the time the time the ground beef mixture is cooked and simmering, it's time to add the noodles into the boiling water. This way it's all done at the same time.

**Cook Ground Beef** : Brown and crumble the ground beef, onion, and seasonings until beef is no longer pink. Drain the excess grease/liquid from the pan.

**Add Stroganoff Ingredients** : Add the brown gravy mixed with water, sour cream, and cream of mushroom soup into the cooked ground beef. Stir and let it come to a low boil. Once boiling, reduce heat to medium-low and let it simmer for 10 minutes while the egg noodles cook.

**Cook Egg Noodles** : Once the meat is simmering throw the egg noodles into the boiling water and cook according to package instructions. Drain the noodles but do not rinse them.

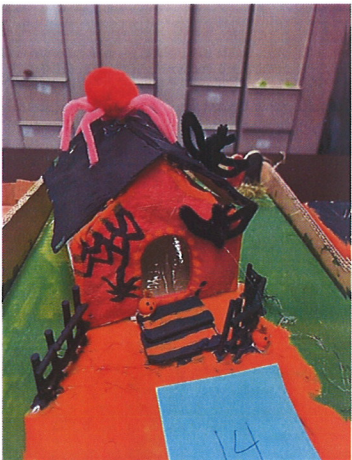
**Combine** : Add cooked egg noodles and dried parsley into the creamy stroganoff mixture and stir it up. It's ready to serve!



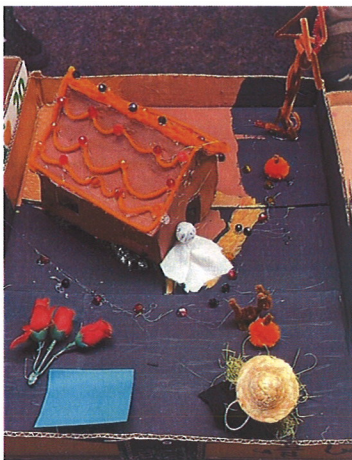
We had a Haunted House decorating activity in October for Halloween. This activity allowed our people to express their creativity. In total, we had over 30 houses made by our people. Here are some of the unique designs.



Mike Woolsey's House



Claire Piper's House



Suzanne Jasper's House

Riddle Answers

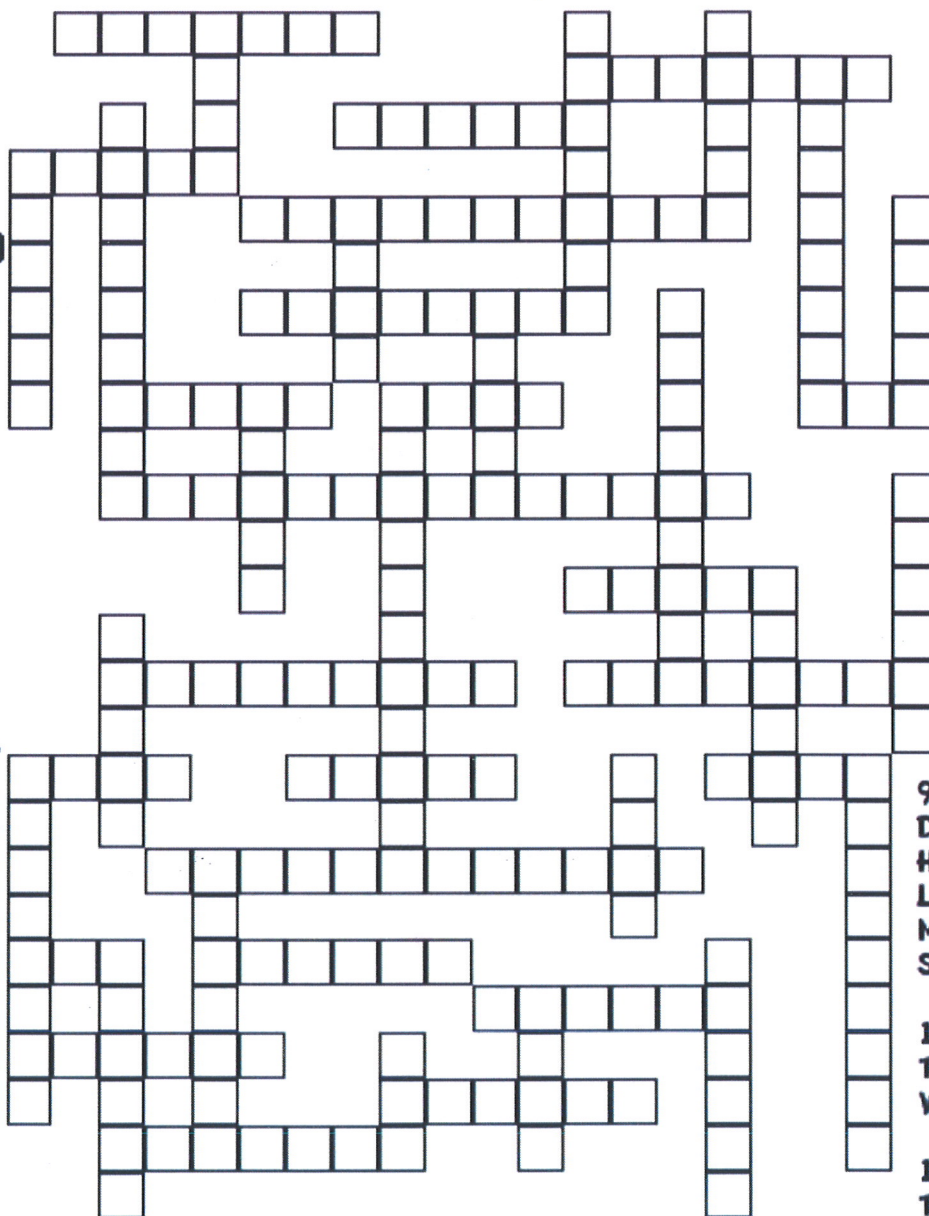
- Riddle Answer 1: The letter "e".
- Riddle Answer 2: They don't wear socks, they have bear feet.
- Riddle Answer 3: An onion.
- Riddle Answer 4: By using a pumpkin patch.
- Riddle Answer 5: A squash.

Rebus Solution

"Drinking turkey through a straw."



# Autumn Fill In



## Word List

### 3 Letters

Bus  
Car  
Red

### 4 Letters

Cold  
Cool  
Fall  
Loam  
Mice  
Time  
Wind  
Wood

### 5 Letters

Boots  
Brown  
Chill  
Cloud  
Fairs  
Geese  
Rainy  
Skate  
Trees

### 6 Letters

Apples  
Autumn  
Grains  
Leaves  
Orange  
Raking  
School  
Season  
Slacks  
Yellow

### 7 Letters

Harvest  
Hunting  
October  
Sweater  
Walking

### 8 Letters

December  
Football  
November

### 9 Letters

December  
Halloween  
Labour Day  
Migration  
September

### 11 Letters

Temperature  
World Series

### 12 Letters

Thanksgiving

### 14 Letters

Remembrance Day



