

AMBERGLEN

CONNECTIONS

SPONSORED BY THE AMBERGLEN GOOD WORKS COMMITTEE



NOTE FROM THE PUBLISHERS/EDITORS

Deb & Ron Rowe

GREETINGS AMBERGLEN NEIGHBORS!

Another month has passed and we are now entering our biggest holiday seasons. Summer is gone and winter is knocking on our doors bringing its breath of cold air, seemingly endless rain, (ugh, and because we are taking care of the twins, no more escapes to the Arizona sunshine) and occasional snow. Remember to dress appropriately when stepping outside for that brisk morning walk or when exercising your pet. And...don't forget the umbrella!

With Thanksgiving and Christmas just around the corner, our lives will become much busier. Please keep safety in mind as you climb those ladders to hang your outside Christmas lights. The "buddy system" is always best; someone to steady the ladder (to provide a soft landing if you fall) and offer additional decorative ideas (even if you don't want them).

You will notice some different articles in this issue. We are trying to keep things interesting and informative for our Amberglen families. Unfortunately, we did not have any volunteers for the Amberglen Family of the month or the Amberglen pet of the month so we do not have these featured articles in the November Newsletter. We need volunteers! Please remember that we do not publish anything if we do not have your permission. All featured families and pet owners must review and approve the content before it is posted. So, if you would like to continue to have these articles be a part of our community newsletter, please help us out by volunteering. It only takes about an hour of your time and we would love to share your stories. If you would like to volunteer, please email us at amberglenconnections@gmail.com. We would love to hear from you!

Regards,

Deb and Ron Rowe



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PUBLICATION TEAM

Designer/Publisher/Writer: Deb Rowe
In, Out, & About in Greater WA / Ore: Shane LaBeck

Content Coordinators/Editors: Deb Rowe, Wendy Gilbert,
Ron Rowe, Chuck Polacek, John Grant, and Don Covert,
Shane LaBeck

ADVERTISING

David Alka - YBARRA

IMPORTANT PHONE NUMBERS

- Battle Ground Fire and Rescue-Station 26360-687-4535
- Clark County Fire District 6.....360-576-1195
- Clark Public Utilities360-992-3000
- Clark Regional Wastewater District360-750-5876
- City of Vancouver Utility Services360-487-7999
- Clark County Sheriff360-397-2211
- Emergency..... 911
- Gaiser Middle School360-313-3400
- Laurin Middle School360-885-5200
- Mental Health/Behavioral Crisis 988
- Non-Emergency360-693-3111
- Pleasant Valley Middle School.....360-885-5500
- Pleasant Valley Primary School360-885-5500
- Prairie High School.....360-885-5500
- Waste Connections.....360-892-5370
- Washington State Patrol360-449-7999

FEEDBACK/ IDEAS/ SUBMISSIONS

Have feedback, ideas or submissions? We want to hear from you! Deadline for submission is the 7th of each month, one month prior to the publication of the newsletter in which the content is scheduled to appear. Submit submissions to amberglenconnections@gmail.com

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Amberglen Connections newsletter is currently online at:

<https://amberglegoodworks.com>

Scan the QC Code to get to the site



AMBERGLEN HOA BOARD INSIGHTS

Hello neighbors. Hope you are all doing well. I just wanted to mention a few things that have changed in our neighborhood since last month.

Thanks to Ron Rowe for making 68th Street a bit brighter. He reported a street light that has been out for a few months. If you see conditions like this in our neighborhood, please report it to a member of the board so that we may look into fixing the problem.

I would also like to thank the native planting volunteers led by Tiffany Kullgren for the wonderful job they did to beautify our neighborhood. As we enter our rainy season, these plants should flourish. For more detail, please see the [article](#) in this newsletter and on our [website](#).

The AGW is currently planning our first Holiday Gathering to be held on Dec. 2nd. This gathering is not only our end-of-year celebration but it is also in support of the Clark County Food Bank. For more details, see the [article](#) in this newsletter as well as the article on our [website](#).

Also, I have noticed that some of us are still putting our Recycling out on a weekly basis. Please remember that this is now a bi-weekly occurrence.

One more item before I close: The annual HOA & Budget Approval Meeting will be held on Nov. 14th at 6pm at the Quality Inn and Suites conference room at 7001 NE Highway 99. All residents are encouraged to attend.

Stay safe and well, Wendy Gilbert

AMBERGLEN GOOD WORKS COMMITTEE INSIGHTS

Please remember to get out there and vote by November 8th! Let your voice be heard!

Thanks to Tiffany Kullgren for leading the team to beautify Amberglen with the native plant Project. Additional thanks to Dave Kullgren, Jane Cicala, Karl, Patti, and Katera Durovchic, John Grant and Don Covert, Song Natiola, Sue Nelson, Chuck Polacek, Ron Rowe, Karen Schaefer, and Karen Williams for their great planting job.

I also wanted to mention that the AGW will be hosting its first annual Holiday Gathering on December 2nd. For information about this event, please see the article in this [newsletter](#) and on our [website](#). Hope to see you there.

Regards, Chuck Polacek



IN, OUT & ABOUT GREATER WA / ORE

If you find yourself with free time, here are a few suggestions for activities near our community.

- [VDA's First Friday Downtown](#)
First Friday each month Downtown Vancouver
5-9pm
- [Fall Farmers Market](#) Esther Short Park
weekly on Saturday until 12/17
- [Lough Legacy Veterans Parade](#) Fort Vancouver
11/5 750 Anderson St
- [NW'S LARGEST Garage Sale & Vintage Sales](#)
11/5 17402 NE Delfel Rd, Ridgefield
- [Trumpet Virtuoso Craig Morris](#) Vancouver Symphony
11/5-11/6 205 E. 11TH STREET, LL-4
SAT. 7-9 PM SUN 3-5 PM
- [Comedy On Tap](#) Kiggins Theatre
11/10 8pm. 1022 Main St
- [BRET MICHAELS NOTHIN' BUT A GOOD VIBE](#) ILANI
11/11 8PM 1 Cowlitz Way, Ridgefield
- [FALL LEAVES WATERCOLOR MAKE & TAKE](#) Van Art Space
11/12 1:30-3:30PM 8700 NE Van Mall Drive 283
- [The Cult](#) ilani
11/13 7pm 1 Cowlitz Way, Ridgefield
- [Amberglen HOA & Budget Approval Meeting](#)
11/14 6pm 7001 NE Highway 99
Quality Inn and Suites
- [Holiday Sip and Shop](#) Downtown Camas
11/17 4 - 9 PM
- [CooperCon](#) Kiggins Theatre
11/18-11/20 10am - 4pm 1011 Main St
- [Jurassic Quest](#) Clark County Event Center
11/25-27 Fri. 9am - 8pm Sat 9am - 8pm Sun 9am - 5pm
17402 NE Delfel Rd, Ridgefield
- [The Rocky Horror Picture Show](#) Kiggins Theatre
4th Saturday until 12/24 10pm 1011Main St.

If you want to share an Amberglen community event or other events/activities, send an email to:

amberglenconnections@gmail.com.

THANKSGIVING ACCORDING TO WIKIPEDIA

TRADITIONAL THANKSGIVING (AS WE KNOW IT)

Thanksgiving is a federal holiday in the United States, celebrated on the fourth Thursday of November.^[2] It is sometimes called **American Thanksgiving** (outside the United States) to distinguish it from the Canadian holiday of the same name and related celebrations in other regions. It originated as a day of thanksgiving and harvest festival, with the theme of the holiday revolving around giving thanks and the centerpiece of Thanksgiving celebrations revolving around a Thanksgiving dinner.

The dinner traditionally consists of foods and dishes indigenous to the Americas, namely turkey, potatoes (usually mashed or sweet), stuffing, squash, corn (maize), green beans, cranberries (typically in sauce form), and pumpkin pie. Other Thanksgiving customs include charitable organizations offering Thanksgiving dinner for the poor, attending religious services, watching parades, and viewing football games.^[1] In American culture Thanksgiving is regarded as the beginning of the fall–winter holiday season, which includes Christmas and the New Year.

New England and Virginia colonists originally celebrated days of fasting, as well as days of thanksgiving, thanking God for blessings such as harvests, ship landings, military victories, or the end of a drought. These were observed through church services, accompanied with feasts and other communal gatherings. The event that Americans commonly call the "First Thanksgiving" was celebrated by the Pilgrims after their first harvest in the New World in October

1621.[https://en.wikipedia.org/wiki/Thanksgiving_\(United_States\) - cite_note-](https://en.wikipedia.org/wiki/Thanksgiving_(United_States) - cite_note-)

[FOOTNOTEBradford195285%E2%80%935](https://en.wikipedia.org/wiki/Thanksgiving_(United_States) - cite_note-FOOTNOTEBradford195285%E2%80%935) This feast lasted three days and was attended by 90 Wampanoag Native American people and 53 Pilgrims (survivors of the Mayflower).

Less widely known is an earlier Thanksgiving celebration in Virginia in 1619 by English settlers who had just landed at Berkeley Hundred aboard the ship *Margaret*. Thanksgiving has been celebrated nationally on and off since 1789, with a proclamation by President George Washington after a request by Congress. President Thomas Jefferson chose not to observe the holiday, and its celebration was intermittent until President Abraham Lincoln, in 1863, proclaimed a national day of "Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens", calling on the American people to also, "with humble penitence for our national perverseness and disobedience .. fervently implore the interposition of the Almighty hand to heal the wounds of the nation...". Lincoln declared it for the last Thursday in November. On June 28, 1870, President Ulysses S. Grant signed into law the *Holidays Act* that made Thanksgiving a yearly appointed federal holiday in Washington D.C. On January 6, 1885, an act by Congress made Thanksgiving, and other federal holidays, a paid holiday for all federal workers throughout the United

States.[https://en.wikipedia.org/wiki/Thanksgiving_\(United_States\) - cite_note-FOOTNOTEStraus20141%E2%80%9315](https://en.wikipedia.org/wiki/Thanksgiving_(United_States) - cite_note-FOOTNOTEStraus20141%E2%80%9315)

Under President Franklin D. Roosevelt, the date was moved to one week earlier, observed between 1939 and 1941 amid significant controversy. From 1942 onwards, Thanksgiving, by an act of Congress, signed into law by FDR, received a permanent observation date, the fourth Thursday in November, no longer at the discretion of the President.



FIRST THANKSGIVING

THE SPRUCE GOOSE



Howard Hughes 'Spruce Goose' Flying Boat

This massive machine is the crown jewel of the [Evergreen Aviation & Space Museum](#) in McMinnville, Oregon. The one-of-a-kind aircraft is the centerpiece of the museum in a building that was—quite literally—designed around it. And you better believe the museum is celebrating the 75th anniversary.

THE HUGHES FLYING BOAT

The aircraft was first conceived during World War II, when there was a growing need to get men and supplies over to England and Allied ships were being sunk at an alarming rate by German submarines.

In 1942, Henry Kaiser, a steel magnate and shipbuilder, came up with the concept of a giant seaplane to transport men and supplies. He enlisted the help of Hollywood producer and aircraft designer Howard Hughes. At the time, aluminum and steel were considered strategic materials needed for the war effort, so this aircraft had to be designed from non-strategic materials, such as wood. It was constructed of Duramold, a composite material made of birch and resin, which is then laminated together.

The name *Spruce Goose* was a nickname given to the project by Hughes' critics. It was said that Hughes hated the name, as he thought of the aircraft as an engineering marvel, not to mention the aircraft was not constructed from spruce. Historians would later note that some of the men who worked on the airplane allegedly referred to it by another name which I will not print but it references Birch and a dog in heat. The size of the price tag, not to mention the size of the airplane itself, raised eyebrows in Congress, as lawmakers who had allocated the funds for the airplane demanded proof that it could actually fly. The first step was to conduct taxi tests for the mammoth seaplane. Thousands of people and scores of journalists turned out to watch the flight on November 2, 1947. Hughes was at the controls as he took the H-4 (Spruce Goose) from its berth in Long Beach into the harbor. On board were dozens of crew members, along with a significant number of journalists from both radio and newspapers. Hughes made two taxi passes, keeping the aircraft below its 95 mph lift-off speed. On the third pass, he accelerated, allowing the aircraft to lift off. Thus, "Two hundred tons are airborne!" The aircraft flew for approximately one mile at an altitude of approximately 70 feet over the water. When Hughes was asked if the 30-second flight was intentional, he replied, "Certainly. I like to make surprises!" Unfortunately, the Spruce Goose never entered production and never flew again. The war had ended in 1945 so the Spruce Goose was no longer needed.

November 2, 2022 is the 75th anniversary of the one and only flight of the Hughes 'Spruce Goose' Flying Boat.

NEARBY NEIGHBORHOOD PROJECTS

WHAT'S BEING PROPOSED AT NE 119TH STREET AND NE 72ND AVENUE?

Cascade Deck & Fencing has submitted a proposal for review to Clark County to begin the development of 3.29 acres of commercial business space located on NE 119th Street and NE 72nd Avenue.

The proposal was submitted on July 18, 2022 and the public comment close date was August 2, 2022.

The proposal calls for the construction of two buildings, in two phases consisting of office, retail space, warehouse, parking, and a storage yard area.

If the project is approved, construction of phase 1 would begin in the Spring of 2023. We will keep you informed about the status of this project since it will impact the Amberglen residents during the two construction phases.



AGW HOLIDAY GATHERING

COME ONE AND ALL TO AMBERGLEN'S FIRST ANNUAL HOLIDAY GATHERING!



Date: Fri. Dec. 2 Time: 6:30PM - 8:30PM Where: Salmon Creek Grange 1900 NE 154th St

The Amberglen Good Works (AGW) will be hosting our very first, (hopefully of many) holiday gathering. This gathering will give all of us here at Amberglen the opportunity to get to know each other and share in the holiday spirit, enjoying delicious appetizers, desserts, punch and coffee. There will also be music and games to get us all into the holiday spirit. All Amberglen residents and families are welcome to attend. Invitations will be delivered early in **November**. **Please don't forget to RSVP!**

This gathering will also allow us to lend a hand to the Clark County Food Bank before the end of the year. We encourage you to bring canned food items from the list below as a donation for the food bank. The more items you bring, the better your chance of winning one of the three door prizes valued at around \$50 each (steering committee members and members of the holiday party subcommittee are not allowed to participate in the raffle). The raffle will be held at the end of the party.

DOOR PRIZE RAFFLE TICKETS WILL BE AWARDED BASED ON THE FOLLOWING:

- Attendance (one per person attending)
- Number of canned food items donated
- Participation in games
- Carpooling (since parking is somewhat limited)
- Cash donations to the party fund

ACCEPTABLE FOOD ITEM DONATIONS

Cooking/Olive oil	Canned & dried beans (pinto, black, kidney, refried)	100% fruit juice (canned, plastic, or boxed)
Shelf-stable milk	Canned meats (tuna, chicken, salmon, corned beef)	Low-sugar fruit, dried fruit, jams and jellies
Canned fruits	Canned stew, chili, hearty soups & broth	Other healthy, low-fat, low-sugar products
Canned vegetables	Peanut butter & other nut butters	Boxed macaroni, pasta, rice, cereal, corn meal
Ethnic spices & sauces		

ITEMS NOT ACCEPTED

Rusty or unlabeled cans	Alcoholic beverages, mixes, or soda	Hygiene products
Perishable or homemade items	Open or used items	Baby care items
Noncommercial canned or packaged items	Individual/travel-size toiletries	Dog Food

KEEP AMBERGLEN BEAUTIFUL!

PROJECT COMPLETED: NATIVE PLANTINGS



Over a dozen Amberglen residents, inspired by plans for the AGW Native Plantings Project, came together on the 15th of October to beautify what had been characterized as the "big, ugly dirt patch" at the intersection of NE 67th Avenue and NE 114th Street. Led by Tiffany Kullgren, the neighbors made short work of the task, planting two dozen native specimens and spreading handfuls of wildflower seeds in a couple of hours. For the full story behind this great effort to keep Amberglen beautiful, click the link to see the article posted on the AGW website at [Project completed: Native plantings – Amberglen Good Works](#)

NOVEMBER FUN FACTS

November derives from the Latin root novem- meaning “nine” because in the Roman calendar there were only 10 months in the year, and November was indeed the ninth month. The word November was first recorded before the year 1000.

FASCINATING FACTS ABOUT NOVEMBER BABIES

- They have a topaz birthstone that has many colors.
- They might be amazing athletes.
- They are less likely to develop heart problems.
- They may have a super rare birthday. Five of six rarest birthdates on the Calendar are November 24th, 25th, 26th, 27th and 28th.

HISTORICAL EVENTS

- **November 1:** All Hallows Day, also known as All Saints Day among Roman Catholics, commemorating those who have no special feast day.
- **November 1, 1950:** President Harry Truman was the target of an unsuccessful assassination attempt by two members of a Puerto Rican nationalist movement.
- **November 2, 1947:** The first and only flight of Howard Hughes Spruce Goose flying boat occurred in Long Beach Harbor.
- **November 3, 1957:** Soviet Russia launched the world’s first inhabited space capsule, Sputnik II, which carried a dog named Laika.
- **November 4, 1825:** The Erie Canal was formally opened in New York.
- **November 5, 1733:** The first issue of the New York Weekly Journal was published by John Peter Zenger, a colonial American printer and journalist. A year later he was arrested on charges of libeling New York’s royal governor.
- **November 11, 1918:** The US and Canada celebrate the end of WWI every year
- **November 17, 1869:** The Suez Canal opened.
- **November 18, 1903:** The United States and Panama signed the treaty that provided for the Panama Canal.
- **November 19, 1863:** Abraham Lincoln gave his Gettysburg Address.

QUOTES AND SAYINGS

- ❖ “There comes a time when people get tired of being pushed out of the glittering sunlight of life’s July and left standing amid the piercing chill of an alpine November.” – Martin Luther King, Jr.
- ❖ “In November, you begin to know how long the winter will be.” – **Martha Gellhorn**
- ❖ “November: The last month of autumn, but the beginning of a new adventure; time to take a risk and do the unexpected.”- **Unknown**
- ❖ “This is the month of nuts and nutty thoughts,— that November whose name sounds so bleak and cheerless. Perhaps its harvest of thought is worth more than all the other crops of the year.” – **Henry David Thoreau**
- ❖ “The Month of November makes me feel that life is passing more quickly. In an effort to slow it down, I try to fill the hours more meaningfully.” – **Henry Rollins**
- ❖ “Now in November nearer comes the sun down the abandoned heaven.” – **D. H. Lawrence**
- ❖ “November always seems to me the Norway of the year.” – **Emily Dickinson**
- ❖ “I... invite my fellow-citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next as a day of thanksgiving and praise to our beneficent Father who dwelleth in the heavens.” – **Abraham Lincoln**

NOVEMBER TRIVIA (ANSWERS ON LAST PAGE)

- November is the last of 4 calendar months to have what?
- What hairy event can men participate in during November?
- If you were conceived on Valentine’s Day, would you be born at the start, middle, or end of November?
- The Bell Telephone Company introduced the first push-button phone to the public on 18 November of what year?
- In Indiana during November, what is most likely to be involved in a crash with a vehicle?
- In November 1990, Mary Robinson became the first female to do what in Ireland?

7 TIPS FOR A HEALTHY THANKSGIVING

ARTICLE BY JAMES COLQUHOUN, THE FILMMAKER BEHIND FOOD MATTERS

When it comes to holiday celebrations, it can be difficult to resist all those extra treats and temptations, with good intentions sometimes flying out the window. It is possible to keep a reign on your health and feel fantastic throughout Thanksgiving, however, with these seven simple tricks.

1. Load Up on Veggies

With roast turkey a common thanksgiving meal in many homes, it is the ideal dish to boost with veggies. Load up on pumpkin, kale, sweet potatoes, asparagus, carrots, onions, cabbage, Brussel sprouts, green beans, garlic, and mushrooms, and you will find you have a plate of sensational goodness right there – no guilt necessary! Just be careful how you cook your veggies, using a high-quality oil if roasting (keeping oil to a minimum), steaming as many veggies as possible to ensure their nutritional value is maintained. Complement them with homemade gravy and fresh cranberry sauce, and voila!

2. Experiment with a New Menu

Thanksgiving is the perfect time to cook up a storm, so why not break some boundaries and do something different this year? It's the perfect moment to think outside the square and make your own thanksgiving classics! With so many delicious and healthy recipes available, you can nurture your body with tasty nutritional dishes galore. Try gluten/grain/dairy/meat-free if you want – it's up to you!

3. Practice Conscious Consumption

Eating mindfully and slowly is one of the best ways to listen and respond to your body. Being aware of each mouthful as you eat brings your mind to the moment and helps your stomach connect with your brain, allowing you to sense when you feel satisfied. The antithesis of mindless consumption, conscious consumption enables you to revel in and feel grateful for each taste, flavor, and sensation that you encounter.

4. Hold Back on The Gluten

Gluten is a protein composite found in several types of grains, including wheat, spelt, rye and barley. Gluten does not agree with everyone, and even in those who do not experience an obvious intolerance, it has been shown to cause lethargy, bloating, stomach pain, diarrhea, and irritable bowel syndrome to just name a few side effects. Gluten has even been linked to some serious autoimmune diseases such as Hashimoto's thyroiditis, multiple sclerosis, and type 1 diabetes. Holding back on the bread over the holiday period is therefore not unwise.

5. Steer Clear of Refined Sugar

One of the main sources of calories is refined sugar – and it is poison! In fact, excessive sugar consumption is probably the largest factor underlying obesity and chronic disease in America. It damages the immune system, causes mood swings and premature aging, and contributes to ailments such as tooth decay, osteoporosis, and heart disease. Found in pre-packaged foods, refined sugar is toxic, and should be avoided at all costs.

6. Look After You

If you are out dining with friends or family over the Thanksgiving period, don't feel you have to bend to peer pressure by gorging on the food you would rather not have. Feel free to refuse a second helping or give the chocolate box a swerve. If eating out, suggest a restaurant you know has a great healthy menu. You deserve to look after yourself and ultimately your body will thank you for it.

7. Limit Your Alcohol Intake

Everyone loves to relax and unwind over the holiday season, but overdoing it in the alcohol stakes can leave you feeling sluggish, moody, dehydrated, and on a big come-down. With alcohol depleting the body of essential minerals and nutrients, zapping energy, and causing weight gain, keeping tabs on the amount you consume is a good idea. Alternatively, you could ditch it altogether, and go for a fresh juice mocktail instead, packed full of feel-good fabulousness!

NOVEMBER TASTY TIDBIT

PUMPKIN LAYER CAKE WITH MASCARPONE FROSTING

INGREDIENTS FOR CAKE

- Unsalted butter for greasing
- 3 cups all-purpose flour, plus more for dusting
- 2 tablespoons ground cinnamon
- 1 ½ tablespoons ground ginger
- 1 ½ teaspoons baking soda
- 1 teaspoon baking powder
- 1 ½ teaspoon kosher salt
- 4 large eggs
- 1 ½ cups packed light brown sugar
- One 15-ounce can pure pumpkin puree
- 1 cup canola oil

INGREDIENTS FOR FROSTING

- 1 ½ sticks unsalted butter, softened oiled
- 1 ½ teaspoon pure vanilla extract
- 1 ½ cups mascarpone cheese
- 3 cups confectioners' sugar
- Kosher salt

DIRECTIONS

1. Preheat oven to 350°F.
2. Butter two 9-inch cake pans and line the bottoms with parchment paper.
3. Butter the paper and dust with flour, tapping out the excess.
4. In a medium bowl, whisk the 3 cups of all-purpose flour with the cinnamon, ginger, baking soda, baking powder, and salt.
5. In a large bowl, using a hand mixer, beat the eggs with the brown sugar, pumpkin, and oil at medium-high speed until blended. At low speed, beat in the dry ingredients.
6. Scrape the batter into the prepared pans and bake in the center of the oven for about 40 minutes, until a toothpick inserted in the center of the cake comes out clean. Let cakes cool in the pan for 30 minutes and then peel off parchment paper.
7. For the frosting, in a large bowl, using a hand mixer, beat the butter, with the confectioners' sugar, vanilla and a pinch of salt until smooth.
8. Add the mascarpone and beat at a high speed just until smooth; do not overbeat. Refrigerate the frosting until just set, about 30 minutes.
9. Set 1 cake layer on a platter. Spread ¾ cup of the frosting on top and cover with the second cake layer.
10. Spread a thin layer of frosting all over the cake and refrigerate until set, about 15 minutes. Spread over the top and side of the cake and refrigerate until firm, at least 30 minutes before serving.



CORNBREAD DRESSING WITH BUTTERY SAGE CROUTONS

INGREDIENTS

- 10 Cups 1-inch-cubed savory cornbread
- ¾ cup unsalted melted butter (6 oz)
- (Optional) 1 pound thick-cut bacon, chopped
- 1 ½ cups chopped Gala apple
- ¼ cup chopped fresh flat-leaf parsley
- 1 teaspoon kosher salt
- 3 ½ cups chicken or vegetable broth
- 4 cups torn (1-inch) white bread slices
- 2 tablespoons chopped fresh sage
- 2 cups chopped yellow onion
- 1 cup chopped celery
- 2 tablespoons fresh thyme leaves
- ½ teaspoon ground black pepper
- 3 large eggs

DIRECTIONS

1. Preheat oven to 350°F. Toss together 5 cups cornbread cubes, torn white bread, ½ cup melted butter, & sage in a large bowl.
2. Add cornbread mixture in two batches to medium heated skillet, cooking & stirring until bread is toasted, 5 to 8 minutes.
3. Transfer cornbread mixture to a large bowl, & set aside. Wipe skillet clean.
4. Add bacon to skillet; cook over medium heat, stirring often, about 12 minutes.
5. Remove bacon with slotted spoon & add to cornbread mixture (reserve 2 tablespoons bacon drippings).
6. Add onion, apple, celery, parsley, thyme, ½ teaspoon salt, & ¼ teaspoon black pepper. Stir until softened, about 5 minutes.
7. Add onion mixture to cornbread mixture & crumble remaining cornbread cubes into cornbread mixture.
8. Whisk 3 cups broth, eggs, ½ teaspoon salt & ¼ teaspoon pepper into medium bowl until blended.
9. Place mixture in 13x9-inch baking dish & drizzle with remaining broth & melted butter.
10. Bake until lightly toasted, about 35 minutes.



NOVEMBER PET TIPS



Since we were not able to provide a November Amberglen pet, we thought we would do a segment on pet health. If you have a pet, you know how important your pet is.

There are many **steps you can take toward keeping your pets healthy** and this is something every pet owner should want to achieve. After all, a healthy animal is a happy animal! So, to help you to make sure you're on the right track, we've did some research and pulled together some top tips for keeping your pet healthy, so they can live a long and happy life with you.

1. **Keep your pet at a healthy weight.** A roly poly puppy or chubby kitten might look cute, but carrying extra fat is not good for your pet's health. At the same time, an overly skinny pet is no healthier as it has no reserves in case of illness.
2. **Make sure your pet gets regular exercise.** Not only will this help you to achieve number one above and keep your pet's cardiovascular system in good health, but regular aerobic exercise will also help keep your pet mentally stimulated and help to avoid behavioral problems. However, assuming your dog has access to a yard is not enough – they need to get moving! This can be great for your health too as a dog can make the perfect workout partner. However, do also bear in mind that over exercise can lead to a sore and limping animal which is no good either. A few short walks may be a better option and can give just as much healthy exercise with no damage, especially for the older pet.
3. **Feed a balanced, nutritious diet.** Much of the commercial pet food on the market today is the animal equivalent of junk food and is just not good for your pet. A raw food diet is the closest to a natural diet for carnivores that we can achieve and dogs that eat a natural diet live longer, healthier lives and supplements can help balance a raw food diet when needed.
4. **Seek natural ways to support your pet's health.** Just as is the case for us humans, a more holistic and natural approach to caring for your pets is becoming ever more beneficial in today's modern society.
5. **Have your veterinarian examine your pet** at least once a year to make sure he or she is healthy and to help detect any potential problems early.
6. **Vaccinate** your pet against potentially deadly diseases such as distemper, parvo, panleukopenia and rabies, but avoid over-vaccination by blood testing to see what (if any) vaccinations need to be repeated rather than just routinely giving them. But remember that some vaccinations are mandatory in certain states and countries and so must be given.
7. **Keep your pet free of parasites** (fleas and ticks, heartworm, etc.) – consult your veterinarian for the best product for your pet and consider the wide range of natural alternatives to chemical wormers on the market today, such as HomeoPet's WRM Clear.
8. **Spay or neuter your pet.** By spaying or neutering your pet, you'll help to control the pet homelessness crisis, which results in millions of healthy dogs and cats being euthanized each year simply because there aren't enough homes to go around. There are also medical and behavioral benefits to spaying (female pets) and neutering (male pets) your animals, as spaying helps prevent uterine infections and breast tumors, which are malignant or cancerous in about 50 percent of dogs and 90 percent of cats and neutering your male companion prevents testicular cancer and some prostate problems. There are also many behavioral benefits as your spayed female pet won't go into heat and your male dog will be less likely to roam away from home. Do be aware of the different types of neutering such as organ conserving neutering. Recent research has shown that while neutering does reduce reproductive related cancers, it can increase other cancers. Organ sparing neutering can give the best of both worlds.

HOMES PENDING & SOLD IN 98686

Address	Price \$	Bed	Bath	Sq Ft	Sold
17911 NE 46th Ct Lot 2	638,610	4	3	2,321	New
4700 NE 118th S	724,950	3	2.5	2,679	New
4608 NE 118th St	749,950	4	3	2,770	New
5708 NE 119th St	589,000	1	1.5	900	New

IT'S CLASSIFIED

Have something to sell or give away? It might be just the thing your neighbor is looking for! Post it here by sending us a request to:

amberglenconnections@gmail.com

The request must be less than 40 words and must be submitted no later than the 7th day of the month to be included in the next month's newsletter.

DISCLAIMER: The Publication Team has the right to decline any request it deems not appropriate for posting.

CROSSWORD PUZZLE

PRINT THIS PAGE TO SOLVE THE PUZZLE. ANSWERS ARE ON THE LAST PAGE. NO PEEKING!

THEME: FUNNY YOU SHOULD ASK.

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18									
20														
23								24			25	26	27	
			28		29	30	31			32	33			
34	35	36		37				38	39					
40			41		42						43			
44				45						46		47		
48							49				50			
51				52	53	54				55		56	57	58
		59	60					61	62	63				
64	65				66							67		
68					69							70		
71					72							73		

1.	Money Owed	48.	Ornamental mat
14.	Hairstyle sported by the Jackson 5	49.	Legislate
17.	Ocean Spray flavor lead-in	51.	NHL star Bobby
20.	Question posted on the rear of a company vehicle	52.	Take-Home
23.	Eurythmics singer Lennox	55.	Ancient Brits
24.	Guitar pioneer Paul	59.	Question posed by a traffic cop to a speeder
25.	7 th Greek letter	64.	So long, in Salerno
28.	Number drawing game	66.	Boozer
32.	Love Train band	67.	Gasoline ingredient phased out starting in the 70's
34.	Not hers	68.	Toy with which you can "walk the dog"
37.	Question posed by Costello to Abbott	69.	Paris River
40.	Eight: Prefix	70.	Make eyes at
42.	First name of a pilot's mom and the bomber he flew	71.	Do some light cleaning
43.	"To ___ not..." Shakespeare	72.	Kick out
44.	Question posed by a game show's "mystery guest	73.	Close by
47.	Testing used successfully by the Innocence Project		

SUDOKU (MEDIUM)

PRINT THIS PAGE TO SOLVE THE SUDOKU.
ANSWERS ARE ON THE LAST PAGE. NO PEEKING!

4	3		2				6	
	8				1	4		
		1	7	4				3
1					2	6		
		6		5		3		
		3	4					7
3				7	4	2		
		9	6				7	
	4				9		3	6



AMBERGLEN CONNECTIONS

NOVEMBER TRIVIA ANSWERS

- (1) 30 Days (2) 'Movember' where shaving of the face is done on the first of the month and not repeated for the rest of it.
- (3) Middle (4) 1963 (5) A deer (6) became President

CROSSWORD PUZZLE ANSWERS

.	E	B	T		S	H	O	T	S		S	L	A	T	
A	F	R	O		P	E	D	A	L		T	O	M	E	
C	R	A	N		A	R	O	M	A		U	N	I	X	
H	O	W	S	M	Y	D	R	I	V	I	N	G			
A	N	N	I	E				L	E	S		E	T	A	
				L	O	T	T	O		O	J	A	Y	S	
H	I	S		W	H	O	S	O	N	F	I	R	S	T	
O	C	T	A		E	N	O	L	A		B	E	O	R	
W	H	A	T	S	M	Y	L	I	N	E		D	N	A	
D	O	I	L	Y			E	N	A	C	T				
O	R	R		N	E	T				C	E	L	T	S	
			W	H	E	R	E	S	T	H	E	F	I	R	E
C	I	A	O		A	L	K	I	E		L	E	A	D	
Y	O	Y	O		S	E	I	N	E		O	G	L	E	
D	U	S	T		E	X	P	E	L		N	E	A	R	

SUDOKU

4	3	5	2	9	8	7	6	1
9	8	7	3	6	1	4	2	5
6	2	1	7	4	1	9	8	3
1	7	4	9	3	2	6	5	8
8	9	6	1	5	7	3	4	2
2	5	3	4	8	6	1	9	7
3	6	8	5	7	4	2	1	9
5	1	9	6	2	3	8	7	4
7	4	2	8	1	9	5	3	6