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Gratitude and attitude are not challenges; they are choices.

- Robert Braathe



Create Your Own Family/Friends Game Night

Every second week of November, libraries around the world celebrate International Games Week, inviting their communities to come to the library for games, fun, and community building. It's a terrific way to meet new people in your community and connect with your local library. And if your local library doesn't host an International Games Week event yet, you could be just the person to volunteer to organize one!

If International Games Week reminded you that you like playing games and wish you had more fun in your daily life, it may be time for you to set up your own Family/Friends Game Night to strengthen your connections and have some fun.

Who do you want to play with?

Family? Friend group? Coworkers? Neighbors?

Are you looking for age-appropriate fun for the whole family, or grown-ups only? Do you want to bond with your immediate family, or do you want a more social event? What about a recurring family game night where sometimes you invite one of the kids' friend's families to join in? How about a couples night where everyone gets a little time for connection outside of the usual date-night ideas? Talk to some people and see who might be interested!

Where do you want to play?

Your family might want to set up at the kitchen table or in the living room, while friends may want to take turns hosting or meet up at a local coffee shop or pub. You'll want to make sure the space has everything you need to play comfortably-comfortable seating, a sizeable tabletop, lighting, open space, or equipment.

What do you want to play?

There is an endless array of games to choose from. There's a variety of board games, cards, and tabletop games to suit any age and interest. Some people have rec rooms outfitted with pool tables, ping pong, darts, air hockey, and more-- or your town may have arcades, bowling alleys, and game rooms open to the public. Set up a multiplayer video game on a big screen or projector for group play. You can even set up your own games like balloon tennis, indoor minigolf, or scavenger hunts. Or get creative and design your very own board game!

When will you play?

The biggest challenge may be finding time to play. Life can get busy. Scheduling conflicts can be difficult to manage. It's easy to let fun little things like game night fall by the wayside but dedicating this time to building your relationships and having a little fun is one of the most important things you can do in your life.



Roasted Butternut Squash

Ingredients

- 1 butternut squash
- 1 cup chopped red onion
- 2 tablespoons olive oil
- 1/3 cup sweetened dried cranberries (such as Craisins)
- 3 ounces fresh spinach, stems removed and leaves torn in bitesize pieces
- 1/3 cup chopped pecans (Optional)

Directions

Step 1

Preheat oven to 450 degrees F (230 degrees C). Lightly grease a baking sheet.

Step 2

Slice butternut squash cross-wise into 1-inch slices; peel and clean each slice, removing and discarding seeds and stringy pulp from the center. Cut cleaned slices into 1-inch cubes.

Step 3

Toss squash cubes, onion, and olive oil together in a bowl until coated; transfer to the prepared baking sheet.

Step 4

Roast in the preheated oven until squash is tender and starting to brown, 25 to 30 minutes.

Step 5

Toss squash mixture, spinach, dried cranberries, and pecans together in a serving bowl and serve warm.

Source: allrecipes.com



Generator Safety

Regular generator maintenance is crucial for both reliability and safety. Here's a fall reminder to inspect your generator, change the oil and air filters, and ensure your fuel is fresh so that it's ready when you need it.

Home generators are important emergency survival tools, and they present serious risks like electrical shock or electrocution, fire, and carbon monoxide poisoning.

Read through these safety reminders, and ensure that children and all household members are educated on the risks.

- Read and follow the instructions in the user's manual. There's important information about proper usage, location, connection, maintenance, and safety. Follow the instructions and review periodically.
- Carbon monoxide poisoning is deadly. If you start to feel sick, dizzy, or weak while using your generator, get to fresh air right away. Place carbon monoxide detectors on every floor, test the batteries frequently, and if an alarm goes off, get to fresh air quickly.
- **Choose the location carefully.** Keep portable generators outdoors, 20ft away from doors, vents, and windows. Direct the exhaust away from living or camping areas. Never use inside a garage, basement, crawlspace, or enclosed area.
- **Keep dry.** Operate a generator on a dry surface, under a canopy, and do not touch with wet hands. Do not operate in active rain or snow.

- **Check on your generator during use.** Even properly connected portable generators can become overloaded, resulting in overheating.
- Turn off the generator and let it cool before refueling.
- Store fuel in approved safety cans in a protected area away from living areas and away from fuel-burning appliances (like heaters or water heaters).
- Use heavy duty outdoor rated cords with no damage or fraying.
- Never try to power the house by plugging the generator into a wall outlet. If you want to permanently connect a generator to your home s wiring, have an electrician install a power transfer switch that meets electrical codes in your area.

Keep your generator in working order, and stay safe when using it.

Sources: redcross.org and esfi.org