

INTRO TO RECIPE CONTEST

We got the great idea from one of our Avery Ranch residents, of having a monthly recipe contest. You can send in your favorite recipes that fit in to our themes for each month. Starting in December our theme will be "Delicious Delights". Send in your Dessert theme recipes by Dec 8th. The winner will be posted in the Jan newsletter.

Should you choose to submit a recipe, you acknowledge and agree to:

- 1) Include your name and email address on the top right hand corner of the recipe you are submitting. Submit recipes to averyranch@peelinc.com by 8th of each month. In the Subject line state: Monthly Recipe Contest. Recipes posted in this newsletter are attributed to the individual that submitted the recipe.
- 2) Your recipe is your original work and has not been copied or reproduced from any published or copyrighted source
- 3) You grant us and our visitors a royalty-free license to edit, publish, create derivative works from, and otherwise use the recipe, at no charge, in any medium and for any purpose.

We are not responsible for the outcome of any recipe you try. We assume no obligation or liability with respect to these recipes and make no warranties, express or implied, including, but not limited to, the warranties of fitness for a purpose or non-infringement. We are not responsible for any domestic accidents that could result from preparation of the recipes or for any kind of food borne disease. Use your best judgment when cooking with raw ingredients such as eggs, meat, chicken or fish. An adult should supervise children in the kitchen. We assume no responsibility for any typos or other defects in any of the information provided. We are excited to see what you come up with! Good Luck and Get Cooking Y'all!



Centipedes have a single pair of antennae on their head and a long, worm-like body. They have one pair of legs per body segment with the first pair of legs modified to function as claws and are used to capture prey. These claws are sometimes called fangs since they are connected to poison glands that can inject venom to subdue captured prey.

Most centipedes found in Texas are relatively small, but the red headed centipede, Scolopendra heros, can reach over nine inches when full grown. The bite of larger species of centipedes may cause extreme discomfort and pain.

Centipedes can live from one to six years. They prefer moist, protected habitats such as under stones, rotted logs, leaves or bark. Winter is spent as an adult and eggs are laid in soil during warm months and are covered by a sticky substance.

Centipedes are predaceous with many species feeding on other arthropods, such as insects. Their modified pair of legs, or claws, is directly under the head, allowing prey to be injected with venom.

Most centipedes can only bite with their poison claws located directly under the head resulting in a bee-like sting; however, Scolopendra can harm a person with the sharp claws of its many walking legs. Each walking leg is tipped with a sharp claw capable of making tiny cuts in human skin. A poison produced from the attachment point of each leg may be dropped into the wounds resulting in an inflamed and irritated condition. The best rule of thumb is to never handle large centipedes.

With cooler weather, centipedes may move inside homes to avoid extreme temperatures. Tips to prevent centipedes from sharing your home:

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NEWSLETTER INFO

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(Continued from Cover)



- move objects providing harborage away from the structure such as compost piles, firewood and stones
- create a band of gravel, or similar material between the foundation of the home and any landscape beds that touch the structure
 - occasionally turn mulch near structures to allow it to dry out
- seal cracks, crevices, and pipe penetrations with sealant that will expand with our temperature extremes
 - repair weather stripping around doors and windows as needed
- properly ventilate crawl spaces or areas under the home to allow for air flow through the area
 - use perimeter sprays around a building's foundation

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

AUTUMN DANCE

By: Sharonna Banks

Falling leaves
The wind through the trees
The brisk bite in the air
Summers gone
The spring far off
Winter lingers near
The autumn leaves upon us
It's the special time of year

Crisp and crunch underfoot Chill upon your neck

Pumpkin Spice is everywhere Cinnamon too
The smell of the season fills the air and takes hold of you
A time to remember and be thankful for the harvest
A time to recollect about how far the father has brought us
With family and friends around

So close and near
The autumn winds don't feel so cold
It only draws us near.

HEY MOM AND DAD IT'S CRAFT TIME

QUICK AND EASY PAPER BAG TURKEY CRAFT



STRETCH YOURSELF IN MORE WAYS THAN ONE. The holiday countdown is on and we know your calendar is filling up by the minute, but with more than 1,000 fitness classes offered each week, the YMCA of Austin is here to help you stretch yourself. Keep the commitment to your health through the holidays, and burn off your seasonal stress at a YMCA near you. Free classes for members include indoor cycling, yoga, pilates, water exercise, group exercise and so much more. For more than a workout. For a better us. CONVENIENT BRANCH LOCATIONS LEARN MORE & JOIN TODAY AT AUSTINYMCA.ORG NORTHWEST FAMILY YMCA 5807 McNeil Dr • 512.335.9622

What you will need:

1 paper bag preferably lunch bag size

1 Pack of construction paper pick five colors (this works best with primary colors but pick whatever color you and your little want to make your turkey)

1 Black Sharpie or Pen

1 Glue stick or Glue

Here's what to do:

- Take the brown paper bag flip it so the fold part (or bottom) is up.
- Draw eyes the bag on the folded bottom parts center the eyes in the middle.
- Take your construction paper and cut out nine feathers make sure to make sure colors up.
- Take a piece of orange construction paper and cut out a triangle for the turkey's beak.
- Use your red construction paper and cut out a wavy waddle.
- Take your glue stick and glue down your beak right under the turkey's eyes.
- Add your wavy waddle to one side of the beak.
- Now flip over the paper bag and glue down your feathers to each side of the bag remember to alternate colors.
- Let your turkey dry for 30 to 45 minutes



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NOVEMBER NIGHT

By: Adelaide Crapsey

Listen..

With faint dry sound,
Like steps of passing ghosts,
The leaves, frost-crisp'd, break from the trees
And fall.



THANK YOU FROM THE EDITOR!

I just wanted to say a quick thank you for those who wrote in to tell us their opinions about how we could improve our newsletter. Special thank you goes out to Jessica. Please know that we are always here for you if you have any suggestions or Thoughts on the newsletter. Maybe you just want to send an email to say hello, feel free. You can reach me at averyranch@peelinc.com

PERFECT PUMPKIN FRITTERS

If you're like me you have way more pumpkin left over than you know what to do with, after you carve your jack o lantern. While looking online I came across this great little recipe at allrecipes.com It was originally submitted by Dakota Kelly. The Prep time is 5 min, cook time 10 mins, and the delicious treat will be ready in just 15 mins.

Ingredients:

- 1 cup of pumpkin puree
- 1 egg lightly beaten
- 1 Cup of all-purpose flour
- 1 teaspoon of curry powder
- 1 teaspoon of salt
- 4 Cups vegetable oil for frying
- 1 teaspoon baking powder

Here's how you get started:

In a medium sized bowl, combine all ingredients. The pumpkin, egg, flour, baking powder, curry powder, and salt.

Now Mix thoroughly until all smooth.

Next Heat up the oil in a deep saucepan to 325 degrees F. Drop batter by spoonsful into hot oil. Fry until golden brown, about 2 minutes. Remove with a slotted spoon, and serve immediately.

I don't know about you but I'm thinking of adding littler powdered sugar to mine while warm. Yum yuuum. If you're looking for pictures and more info you can head over to allrecipes.com and search Pumpkin.



Join us every Sunday morning at 10:00 a.m. at the MUV Dance Center

MUV Dance Center

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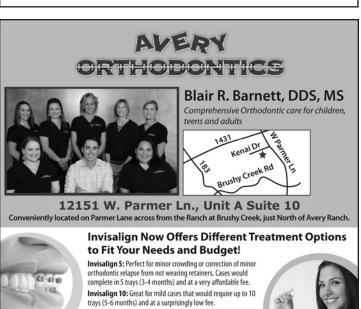
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