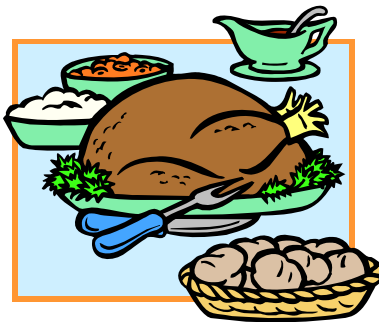




Just as a reminder that November 7th is time to turn your clock back an hour for daylight savings time. Also it's that time of year again to get your flu shot. Be sure to go to your clinic, a Minute clinic or a Target clinic to have your flu shots covered at 100%.



November 11th is Veterans Day; the Benefits office will be closed this day in observance of the holiday. Thank the Veterans in your life for their service for our country and freedom.



Thanksgiving is a time to get together with family and friends so we can give thanks for the things we have. What do you give thanks for this year? It is also a great time to trade recipes, hugs, and thoughts with those you have not seen in a while.

QUOTE OF THE MONTH

“Books are the carriers of civilization. Without books, history is silent, literature dumb, science crippled, thought and speculation at a standstill.”

Barbara W. Tuchman