

## Main Street News

Dear X-Excel Friends,

This newsletter is written, researched, and organized by the adults that work at X-Excel. This is our opportunity to teach YOU something, and to tell you what we are doing. We hope that you enjoy!

### Employees of the Month



**Alaina** has been nominated as November Employee of the Month at NC#2! Alaina doesn't let anything stop her from coming in every day, putting her best foot forward, and building relationships with everyone she works with. Everyone enjoys listening to her stories.

**Keep up the great job Alaina!**

# November

NC#2

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North Canton, OH  
44720

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Created by:  
Robert C.  
Suzanne D.  
Aaron L.

# Amazingly Good Eggnog

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Researched by Aaron Laslo

## Ingredients:

- 4 cups milk
- 5 whole cloves
- ½ teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 12 egg yolks
- 1 ½ cups sugar
- 2 ½ cups light rum (optional)
- 4 cups light cream
- 2 teaspoons vanilla extract
- ½ teaspoon ground nutmeg



## Instructions:

1. Combine milk, cloves, 1/2 teaspoon vanilla, and cinnamon in a saucepan, and heat over lowest setting for 5 minutes. Slowly bring milk mixture to a boil.
2. In a large bowl, combine egg yolks and sugar. Whisk together until fluffy. Whisk hot milk mixture slowly into the eggs. Pour mixture into saucepan. Cook over medium heat, stirring constantly for 3 minutes, or until thick. Do not allow mixture to boil. Strain to remove cloves, and let cool for about an hour.
3. Stir in rum, cream, 2 teaspoon vanilla, and nutmeg. Refrigerate overnight before serving.

## Hodr: God of Winter and Darkness

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Researched by Suzanne Dalton

The blind twin brother of Baldur, Hodr was equally destined for tragedy, triggering the beginning of the end (Ragnarok). In spite of his handicap, Hodr is believed to be a very strong, capable warrior.

It was Loki who presented him with the fatal dart/spear crafted from mistletoe with an offer to guide his hand. Upon the death of Baldur, the brightness and joy left the Asgard, Midgard, etc. and was transferred to Helheim. Despite the circumstances and atonement of Hodr, it was still required for blood to cleanse blood. When Odin impregnated a giantess with Vali, who grew up within a day, he took the winter god's life.

Alas, Hodr's death added more sorrow to Asgard. Even after Loki had been hunted down and punished, the misery never really abated.

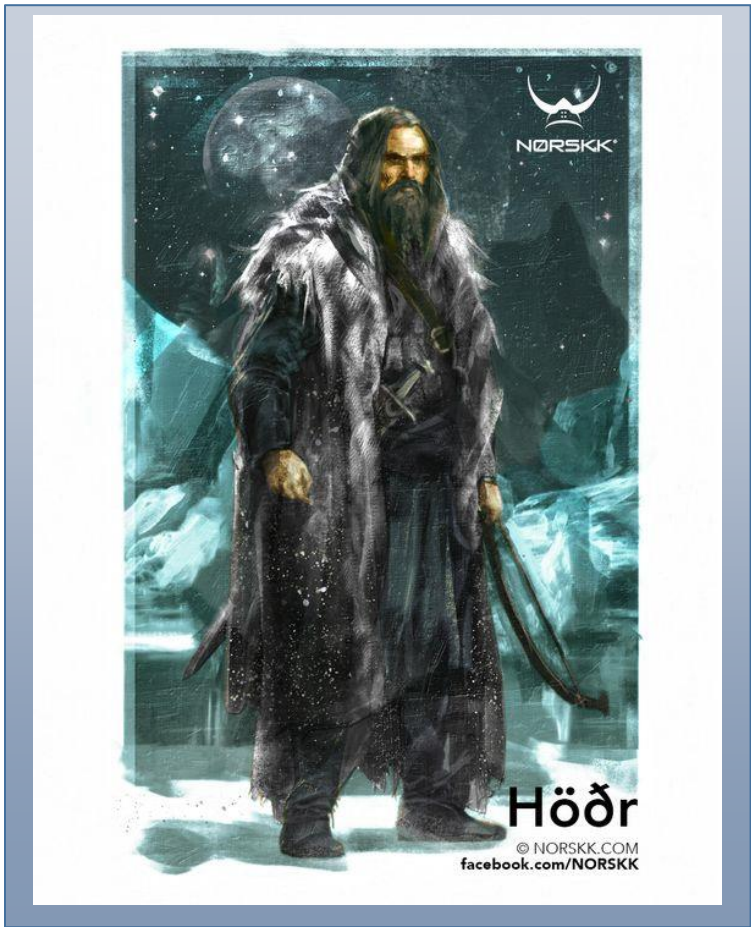
Another narrative has Baldur and Hodr fighting over the hand of Nanna. Hodr makes a perilous journey to the underworld and received a weapon able to overcome Baldur's magically induced strength. With said weapon, Hodr is able to fatally wound Baldur. The former is later killed by Bous.

Baldur's death at the hands of Hodr is symbolic of the end of summer and the coming of winter.

Hodr was reunited with murdered twin in Hel and the two began a reconciliation. In the aftermath of Ragnarok, both brothers are destined to be reborn as joint rulers of the world with the god of winter serving as advisor.

Hodr is seen as god of atonement, redemption and the falsely accused. Those who have experienced tragedy, depression, and/or spiritual crisis often look to him. He is often honored alongside Baldur as well as his sister-in-law, Nanna.

**TV:**  
Game of  
Thrones  
The Almighty  
Johnsons



**SYMBOLS:**  
Blindfolds  
Closed Eyes  
Shadows  
Eclipse  
Anything to do  
with winter

**Comics:**  
Brat-halla  
The Mighty  
Thor

**Names:**  
Hod  
Hothr  
Hotherus

**Video Games:**  
Age of Mythology

**Plants:**  
Mistletoe

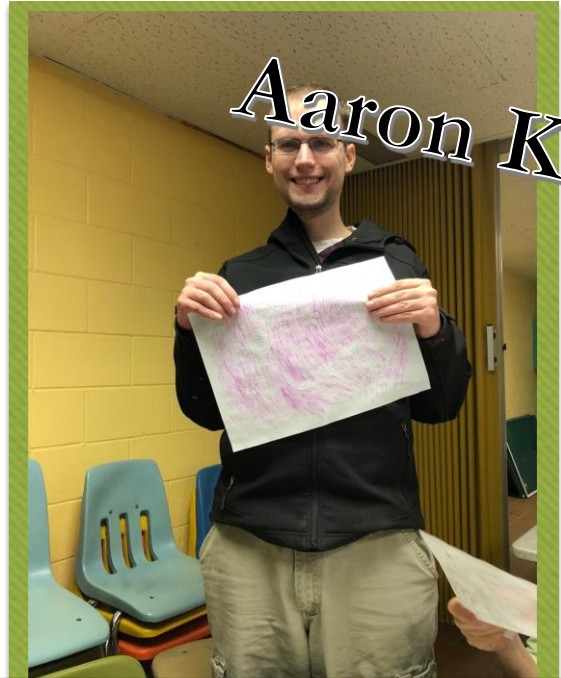
**Titles:**  
Slayer of Baldur  
Companion of Hel  
Blind God  
Thrower of the Mistletoe  
Foe of Vali

We love to GIVE BACK!!!

Aaron L



Aaron K



Every Wednesday, a small group goes to the Total Living Center to volunteer our services. Sometimes we fold clothes, bag canned goods, fill toiletry bags, and sometimes we just color placemats for special dinners that they host. Here is our group making Thanksgiving Day placemats.



Helen



Bambi