



# Zebra Hoofbeats

Happy November! Can you believe that it is almost 2021? As we head into the end of the year, we would like for you to reflect on the events of 2020 and acknowledge your growth during these tumultuous times. We cannot stress enough how important self-care is. Over the last few weeks, we have been experiencing anxiety about the election and the rising rates of COVID. It is 100% okay to not feel your best all the time. Be kind to your bodies and minds. The Zebra Hoofbeats team is offering support. Our eyes and ears are open! Please do not hesitate to email any of us---even if you just want to rant about something trivial on your mind. We are here to help.



On November 7th, our country made history when Kamala Harris became the Vice President elect of the United States of America. This is a huge win for zebras! She is the first female, first black, and first Indian-American VP. It is an exceptional experience and a privilege to witness such representation in leadership.

The election has been at the forefront of all of our minds, especially in the past week. If you would like to talk to someone about the impact of this election on you, please reach out. University Health and Counseling Services has [support groups](#) and services available. More resources can be found at the end of this newsletter.



## From Connie's Library: *The Invisible Life of Addie LaRue* by V. E. Schwab

Did you know that depression occurs in 6.7% of the US population age 18 and older in a given year? Even I admit to struggling with depression at times in my life. That's why when I finished reading *The Invisible Life of Addie LaRue*, I really wanted to recommend it to my fellow zebras.

I believe this book really captures the inner thoughts of depression well in Henry, one of the characters. Not only that, V E. Schwab gave a glimpse into how people perceive one another, what mark you want to leave in the

world, what is taken for granted, and how to persevere.

The main protagonist, Addie, trades her soul for eternal freedom and immortality with the exception that she is cursed to be forgotten. Over a span of 300 years, Addie experiences horrific events but still finds beauty in living through the arts.

Without giving too much away, I thought it was amazing to read about the relationship between Addie and Henry and their mental health journeys. There is also great representation of diversity in this book!

November has been designated as a celebration month for the first Americans who have been a part of this land for so long and have contributed to the growth of the United States of America.

This commemorative month provides a platform for Native Americans to share their culture, traditions, music, dance, and life values. Not only that, Native American Heritage Month is also an opportunity to educate the general public about tribes and to raise awareness about the challenges Native people have faced throughout history and are currently battling even today.

On Thursday, November 26, Thanksgiving Day, let us be thankful for the first Americans who showed generosity to the English settlers by sharing food during a time of scarcity.



## Native American Heritage Month





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## Small Business Saturday - Nov 28

Small Business Saturday is a shopping holiday held during the Saturday after Thanksgiving, during one of the busiest shopping periods of the year.

In the midst of the recession in 2010, American Express created Small Business Saturday to encourage people to bring more holiday shopping to small businesses.

Supporting local businesses is more important than ever. During this past year, these businesses have taken a hit in finances due to the COVID pandemic. We highly recommend conscientious shopping for the gifts you plan on buying during the holiday season.

### University Health and Counseling Services

[Support Groups and Services](#)

[Group Therapy](#)

[Mindfulness Hour](#)

[Guided Relaxation Exercises](#)

### Shop Local Businesses in Cleveland

[Geiger's](#)

[Room Service](#)

[Lake Erie Pet Food Co.](#)

[LOCLE Box](#)

[Old Brooklyn Cheese Company](#)

[Malley's Chocolates](#)

[CLE Urban Winery](#)

[Cleveland Whiskey](#)

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