

Enjoy November

YOUR COMPLETE GUIDE TO ENJOYING AMERICA : NOVEMBER 2012 ISSUE:6

HAPPENINGS • FITNESS • NUTRITION • DRINK • FOOD • TRAVEL • MUSIC • MOVIES • HOME

THIS ISSUE IS
BROUGHT TO YOU
BY:



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**GREAT
SANDWICH
RECIPES**

... AND MORE!

WHAT'S HAPPENING IN NOVEMBER



NOV. 3:
NATIONAL
SANDWICH DAY

NOV. 4:
DAYLIGHT
SAVINGS ENDS



NOV. 6:
ELECTION DAY

WHAT'S HAPPENING IN



NOV. 11:
VETERANS DAY



NOV. 22:
THANKSGIVING

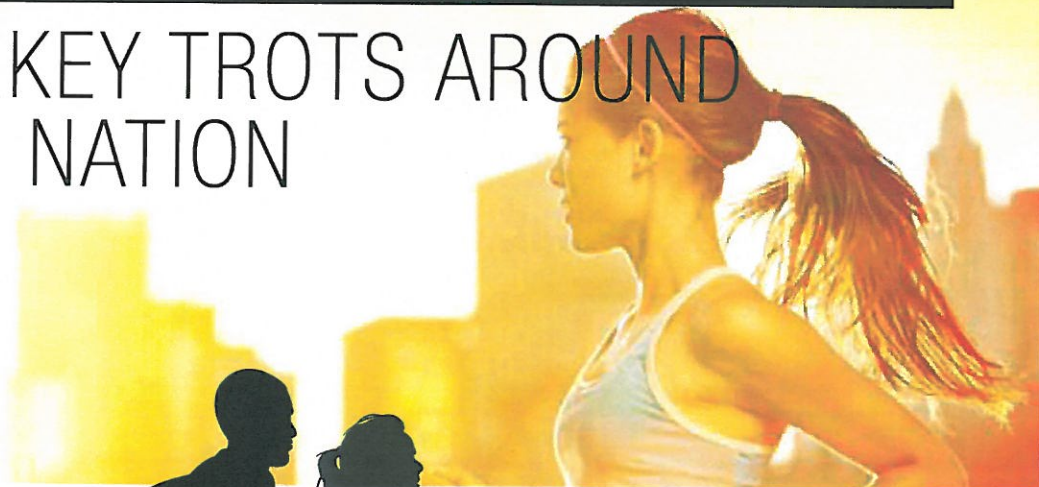
NOVEMBER



NOV. 23:
BLACK FRIDAY

NOV. 26:
CYBER MONDAY

FITNESS TURKEY TROTS AROUND THE NATION



Huntington Beach, CA
3rd Annual Causelife
Turkey Trot 2012

Sarasota, FL
2012 ALSO Turkey Trot

Duluth, GA
Sugarloaf Country Club
Thanksgiving Turkey
Trot

Highland Park, IL
North Shore Turkey Trot

Winnetka, IL
Winnetka Turkey Trot 2012

Ann Arbor, MI
Ann Arbor Thanksgiving Day
Turkey Trot

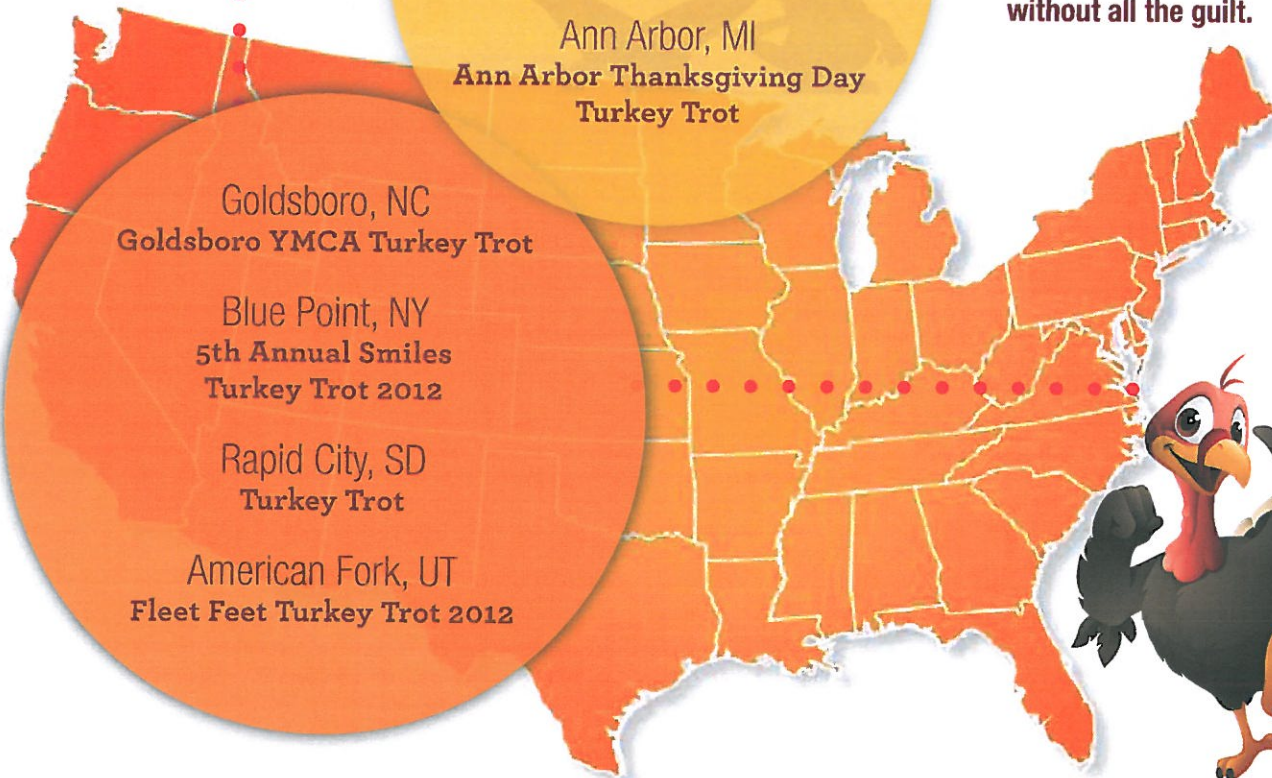
Goldsboro, NC
Goldsboro YMCA Turkey Trot

Blue Point, NY
5th Annual Smiles
Turkey Trot 2012

Rapid City, SD
Turkey Trot

American Fork, UT
Fleet Feet Turkey Trot 2012

Hey, you! Yes you, the one with the turkey leg in your hand. Thanksgiving may be the most gluttonous day of the year, but that doesn't mean you can't do something healthy (and fun) too! All across the U.S. on Thanksgiving Day, you have the opportunity to get up and out before settling down with a huge meal by participating in your local Turkey Trot run. And who knows, getting out and doing something active during the day may allow you to enjoy another helping without all the guilt.



NUTRITION

KEEPING HEALTHY AROUND THE HOLIDAYS

There are plenty of reasons to slack off on healthy eating around the holidays. You're running out to go shopping, attending parties (all with good food) and simply just busy. But even when you're running low on time, you don't have to cut out making healthy decisions. Here are a few ideas to help guide your eating habits this holiday season.

Get your ZZZs

Make sure you are getting enough sleep each night and try to stick to a normal routine. This will help your body stay on schedule and you'll avoid pitfalls like eating too many slices of pumpkin pie and inhaling too much caffeine to keep yourself awake!



Breakfast is the most important meal of the day

You've heard this before, right? But do you make sure to eat breakfast every day? Well, today is a great time to start. Start your day off right with breakfast and you may just find yourself eating less - not only throughout the day, but at all your holiday parties!



And while you're at it, don't skip lunch either

If you're planning to eat a big meal for dinner, don't plan on skipping other meals. Eating lunch will give your body the fuel it needs to keep you both focused and energized, especially during the holiday season when you may be burning the candle at both ends!

Do something active

Get moving at some point during the day, even if it's only for a few minutes. Take a brisk walk in the cool fall weather to get your blood flowing, or head to your local mall where you can shop while burning calories. Exercise will not only increase your blood flow, but also give you a boost of energy to carry you through the day. Plus, it may just keep you away from the extra snack foods later!

Got water?

Drinking water during your holiday festivities will keep you hydrated and is a healthier choice over alcoholic beverages.

Two parties = two times the food

If you're invited to multiple Thanksgiving feasts, don't feel like you have to gorge yourself at both. Try to be strategic and limit what you eat at each gathering. You could have extremely small portions of the meals or have appetizers at one party and a meal at the other. Before you leave your house, have a plan in mind and stick to it!

No Skin

As tempting as it may be, stay away from eating turkey skin. It's full of calories and fat that you just don't need to fill up on with so many other great dishes to try!



Veggies - delicious (and filling)

Not only can veggies be delicious but they'll also fill you (and your plate) up. Enjoy an extra helping of veggies instead of other calorie-filled sides, and you won't feel as guilty at dessert time!

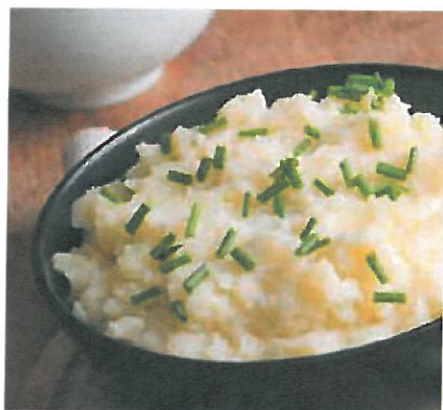
Moderation!

No matter what you're eating or drinking this holiday season, remember that moderation is key. Sure you may have an extra cookie or two, but don't overdo things, have a game plan to keep you on track or you may pack on some unexpected holiday pounds!

HEALTHY SIDE DISH IDEAS FOR THANKSGIVING

Need some great side dishes to go with your fabulous décor? Here are two easy recipes that will leave your guests wanting more. And they can even have seconds, because these dishes are also good for you!

MASHED POTATOES AND BROCCOLI PURÉE



What you'll need:

- 1 pound broccoli, trimmed and coarsely chopped
- 1/2 pound Russet potatoes, peeled and diced
- 4 scallions, thinly sliced
- 1 1/2 quarts water
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons butter, softened
- 1/4 cup fresh-squeezed lemon juice

Directions:

In a large pot, cook broccoli, potatoes, and scallions in 1 1/2 quarts of simmering water until vegetables are very tender, about 15 minutes.

Drain and reserve 1/2 cup cooking liquid.

Combine vegetables with reserved cooking liquid in food processor.

Pulse until mixture is almost smooth.

Whirl in salt, pepper, butter, and lemon juice.



RICE STUFFED SQUASH

What you'll need:

- 1 cup mixed basmati and wild rice
- 3 cups water
- 4 small acorn squashes
- 3/4 cup cooked chestnuts (canned or vacuum packed), roughly chopped
- 1/2 cup dried cranberries
- 1 small red onion, finely chopped
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped parsley
- 1/2 cup grated mozzarella cheese
- Salt and pepper

Directions:

- Put the rice in a saucepan, add 3 cups water, and bring to a boil.
- Cover and simmer very gently until the rice is just tender, about 20 minutes. Drain off any excess water.
- Preheat the oven to 350°F.
- Using a sharp knife, slice off the top quarter (stalk end) of each squash.
- Set aside the little hats and scoop out the seeds and fiber from the center of the squashes using a small spoon. Trim the bases to make them level, if necessary.
- Season the cavity of each squash lightly with salt and pepper and place them in a large oven-proof dish or roasting pan.
- Mix together the rice, chestnuts, cranberries, onion, thyme, parsley, and mozzarella in a large bowl. Season lightly with salt and pepper.
- Spoon the rice stuffing into the squashes, pressing it down, and mounding it up neatly on top. Replace the reserved "hats" on top.
- Bake until the flesh of the squash is tender when pierced with a small, sharp knife, about 45 minutes. Serve hot.



DRINK COCKTAIL OF THE MONTH

LIBERATION LIBATION

WHAT YOU'LL NEED

Cinnamon

Sugar

2 oz Vermont Gold Vodka

*1/2 oz Maple Syrup (plus additional for
coating the rim of the glasses)*

1 1/2 oz Sparkling Apple Cider (non-alcoholic)

DIRECTIONS

Combine equal parts cinnamon and sugar
on a shallow plate.

Lightly moisten the rim of a cocktail glass
with maple syrup and dip into the spice
mixture to coat the rim.

Add the vodka and maple syrup to a
mixing glass and fill with ice.

Stir, and strain into the prepared
cocktail glass.

Top with sparkling
apple cider.



TRAVEL 10 PLACES TO HONOR VETERANS AROUND THE U.S.

November 11th is Veterans Day, when we honor those who have served and continue to serve our great nation. Throughout the U.S., there are many great spots to visit and take in some history, while paying tribute to those who have dedicated their lives to our country. While Washington, D.C. plays host to many historic monuments, there are a variety of other locations that you can visit this Veterans Day. Check out our list of suggested sites below.

Arlington, VA

Civil War Unknowns Monument, Arlington National Cemetery

Arlington, VA

U.S. Marine Corps War Memorial

Arlington, VA

Tomb of the Unknowns, Arlington National Cemetery

Arlington, VA

Spanish-American War Monument, Arlington National

Guam

War in the Pacific National Historic Park

Honolulu, HI

USS Arizona Memorial

Kansas City, MO

National World War I Museum

King of Prussia, PA

Historic Valley Forge, Valley Forge National Historic Park Cemetery

San Diego, CA

Veterans Museum and Memorial Center, Balboa Park

Roswell, GA

Faces of War Monument

Washington, D.C.

National WWII

Washington, D.C.

African American Civil War Memorial

Washington, D.C.

Korean War Veterans National Memorial

Washington, D.C.

Vietnam Veterans Memorial

FOOD GREAT SANDWICH RECIPES

APPLE HERB CLUB SANDWICH



Serves 1-2

What's a better way to keep your family (and whomever they're toting around) fed and happy than having yummy sandwiches on hand? These recipes also make great party sandwiches during football games and other events!

What you'll need:

- 1/4 teaspoon dried tarragon
- 1/4 teaspoon dried thyme
- 1/8 teaspoon dill weed
- 2 tablespoons mayonnaise
- 1/8 teaspoon lemon juice
- 3 slices rye bread
- 3 thin slices deli turkey
- 1/2 cup peeled Granny Smith apple, thinly sliced
- 3 slices Colby-Monterey Jack cheese
- 3 thin slices deli ham
- 2 lettuce leaves
- 2 teaspoons prepared mustard

Directions:

In a spice grinder or with a mortar and pestle, grind the tarragon, thyme and dill until the mixture becomes a fine powder.

Transfer to a small bowl; add mayonnaise and lemon juice.

Spread on two slices of bread. Layer with turkey, apple, cheese, ham and lettuce.

Spread mustard on remaining slice of bread; place over lettuce.

Cut into 4 pieces and serve with toothpicks to keep them together!



GREAT SANDWICH RECIPES

Barbecued Chicken Salad Sandwich Serves 8



What you'll need:

- 1-1/2 pounds boneless skinless chicken breast
- 1/2 cup barbecue sauce
- 1 cup mayonnaise
- 1/2 cup finely chopped onion
- 1/2 cup chopped celery
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 8 kaiser rolls, split
- 16 tomato slices, 2 per sandwich
- 8 lettuce leaves

Directions:

Place the chicken in a large resealable plastic bag; add barbecue sauce. Seal the bag and turn to coat. Refrigerate overnight.

Grill chicken, covered, over medium-hot heat for 6-8 minutes on each side or until a meat thermometer reads 170°. Cool; cover and refrigerate chicken until chilled.

Chop chicken; place in a large bowl. Stir in the mayonnaise, onion, celery, salt and pepper flakes. Serve on rolls with tomato and lettuce.

Buffet Sandwich Serves 11



What you'll need:

- 1 loaf unsliced French bread (1 pound, 20 inches long)
- 3 to 4 tablespoons mayonnaise
- 2 tablespoons butter, softened
- 1 tablespoon prepared mustard
- 10 lettuce leaves
- 5 pieces thinly sliced deli ham
- 5 slices pimiento loaf, halved (optional)
- 10 slices salami
- 10 slices Swiss cheese, halved
- 5 slices part-skim mozzarella cheese
- 10 thinly sliced sweet red or green pepper rings

Directions:

Cut bread into 22 slices, leaving slices attached at the bottom. Cut off and discard the end pieces.

In a small bowl, combine the mayonnaise, butter and mustard until blended. Spread over every other slice of bread.

Between the slices, spread mayonnaise mixture, place a lettuce leaf, a half slice of ham, a half slice of mozzarella cheese and one pepper ring.

To serve, cut completely through the bread between the plain slices.

MUSIC GREAT TUNES FOR YOUR THANKSGIVING GATHERING

WHILE SOME THANKSGIVING PARTIES WILL ONLY HAVE THE SOUNDS OF SCREAMING KIDS AND FOOTBALL, YOU CAN CHANGE ALL OF THAT WITH THE RIGHT SELECTION OF MUSIC.

If you're able to wrestle the remote control from the hands of football fans at your thanksgiving party, hit the mute button.

A fun playlist with songs from a variety of genres will entertain all of your guests, and may just keep the TV muted for a few extra minutes while you enjoy your meal, and each other's company.

"BE OUR GUEST"
(BEAUTY AND THE BEAST)
JERRY ORBACH AND ANGELA LANSBURY

"GIVE THANKS AND PRAISES"
BOB MARLEY

"SWEET POTATO"
CELIA

"THANK YOU"
DIDO

"MAKING PIES"
PATTY GRIFFIN

"THANKSGIVING THEME"
(A CHARLIE BROWN THANKSGIVING)
VINCE GUARALDI TRIO

"CRANBERRY SAUCE"
KATI MAC

"AMERICAN PIE"
DON MCLEAN

BLACK FRIDAY PLAYLIST

Quite possibly the most anticipated day in November, Black Friday is a nationwide shopping phenomenon.

So make sure to get lots of sleep Thanksgiving night, because you're waking up at 4am to get a good deal on a flat screen TV!

And what do all athletes need to pump them up before a race? That's right, good music! Shopping for bargains is no different. You need a playlist to keep you focused whether you're waiting in line or driving to the next store. Check out our suggested tunes below!



.....
Lily Allen

“Nan You’re A Window Shopper”

The Beatles

“Can’t Buy Me Love”

Fergie

“Labels or Love”

.....
The Jam

“Shopping”

The Kinks

“Dedicated Follower of Fashion”



.....
Patti Page

“How Much is That Doggie in the Window”

.....
Dolly Parton

“The Bargain Store”

Smokey Robinson & The Miracles

“Shop Around”

De La Soul

“Shopping Bags”



HOME & LIFESTYLE

CREATING THE PERFECT THANKSGIVING ATMOSPHERE

Nothing says holiday time like creating the perfect warm and inviting atmosphere in and around your home. It's a time to gather with your friends and family and give thanks for all you have. So why not take a few extra steps this year to give your home a little extra something that will have your guests feeling welcome?

Lay out the welcome mat

When guests enter your home, make them feel welcome and at ease as soon as they step in the door. Decorate your entryway with an arrangement of natural colors and rustic décor like pinecones, colorful gourds and dried flowers.

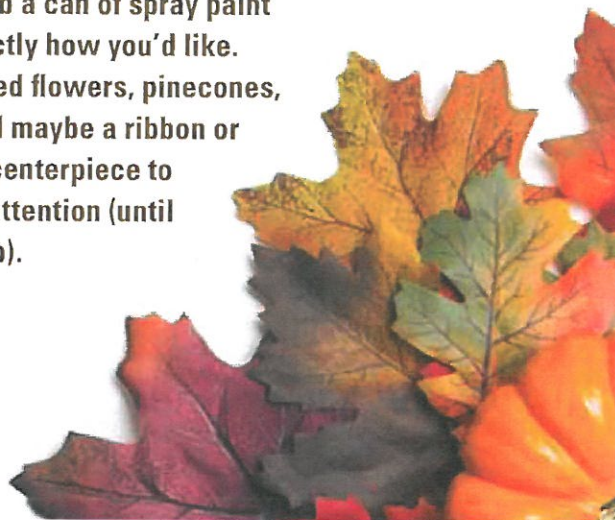
Infuse your home with scents

The season definitely has a certain smell of warm cinnamon and spices. Create an inviting aroma in your home with a scented candle, or decorate your centerpieces and entryway with cinnamon sticks. You'll be sure to enliven your guests' senses as soon as they open the front door.



A centerpiece to wow them

You can create a beautiful (and inexpensive) centerpiece by using many of the same materials from your entryway décor. Most people have baskets from holidays past lying around. Not the right color? Grab a can of spray paint to customize it exactly how you'd like. Include fresh or dried flowers, pinecones, small pumpkins and maybe a ribbon or two and – voilà! A centerpiece to grab your visitors' attention (until the turkey shows up).

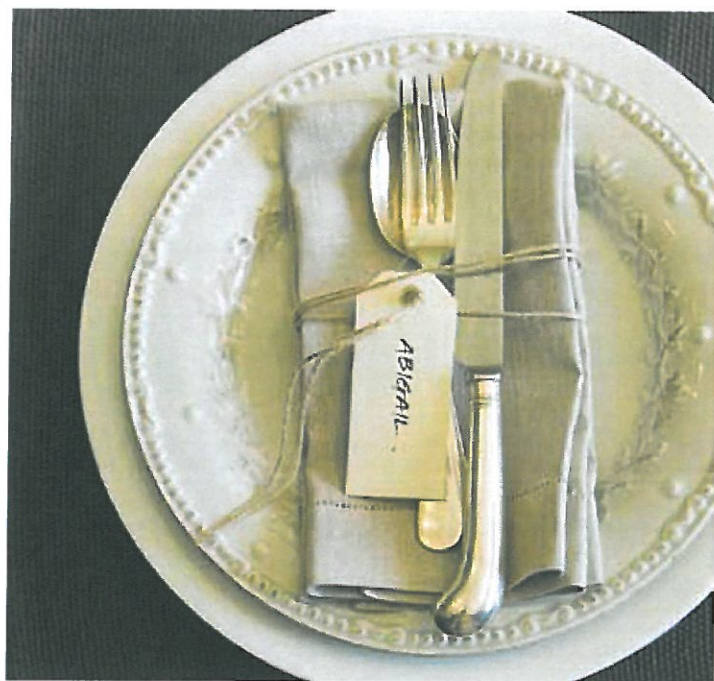


Hello, my name is...

Welcome your company to the table by making individual nametags. Personalized nametags make your guests feel at home at their place setting. These are great if you're inviting new friends and family to your table this year! Or if you're looking to mix up the same old family gathering, you can move people to exactly where you'd like them to sit. Who knows, it may liven up the conversation!

The always classic "kids table"

Break the mold this year and make the kids table the coolest place to be (even for 20 year olds who are still forced to sit there). Give the kids an activity like making hand-shaped turkeys. Have each kid trace their hand, cut it out and decorate to their heart's content. Afraid they'll mess up the table with arts and crafts? Cover it with brown paper (brown grocery bags will even do) and let the creativity flow (hopefully not onto the floor)!

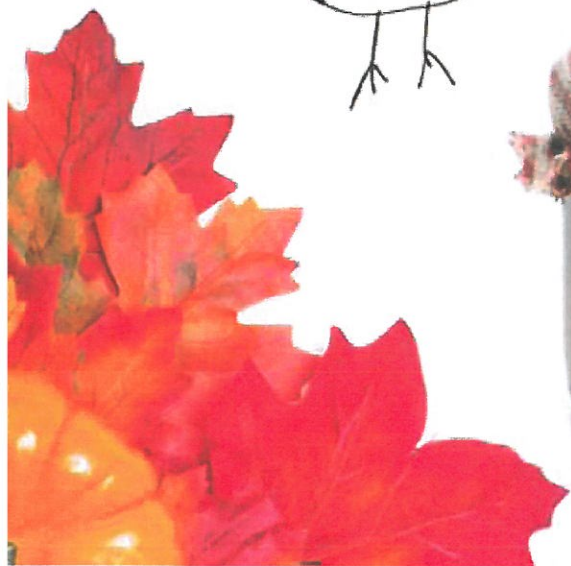


Don't let the adults off so easy

While the kids are busy doing crafts, have some fun at the "big kid" table. There's no reason why the adults can't do a craft at the table while waiting to eat. It's sure to kill some time, get the creative juices flowing and ensure your party guests (both young and old) are having fun!

Parting gift

Really want your guests to remember the night? Give them a small gift on their way out the door for that extra touch. You can find mason jars at many stores or pick them up at a local flea market. Tie a ribbon around the lid and fill with whatever you'd like your guests to have. Potpourri, coffee or even homemade jam can add a special touch at the end of a great holiday gathering!



HOME & LIFESTYLE TIPS AND REMINDERS FOR DAYLIGHT SAVINGS

While many people only see Daylight Savings as one more hour of sleep, it's also an essential time of year to catch up on a few chores around the house. So set your own internal clock and take stock of a few important items in and around your home! Here's a list of tasks to get you started:

Take out those screen doors

and install the storm doors to save on your heating bill. A task you definitely don't want to be doing during the first chill of the year.

If you don't open your windows during the winter, take down window screens and store them for winter in order to prevent any damage they might incur during the winter months.

Change the batteries

and test your smoke alarms and carbon monoxide detector.

Review your family's home escape plan in the event of a fire.

Have your furnace inspected before it gets too cold and your repairman becomes booked.

Clean out your dryer vent.

While you may empty the trap, take one more step and detach the hose from the back and make sure you've got a clear line out.



It's also a good time

to change your vacuum cleaner bag, which many people forget about throughout the year!

Winter storms aren't too far away, so also check your emergency stocks. Make sure you have plenty of water, non-perishable food items, batteries and snow shovels.

As cold season is upon us, take a few minutes to assess your medicine cabinet. Get rid of expired medications and refill what you'll need for the winter months.

There are plenty of outside chores to do before winter arrives.

Put away your lawnmower and get the snowblower inspected to make sure it's ready for duty. Also don't forget to put away any garden hoses that may still be attached outside. A line freeze up won't be easy to deal with come next spring.

Just one last thing, did you remember to change your clocks?

MOVIES NEW FLICKS IN NOVEMBER

WRECK-IT RALPH

Genre(s): Family, Animation, Comedy
Release Date: November 2

Starring: John C. Reilly, Sarah Silverman, Jack McBrayer, Jane Lynch

In this animated comedy about a video game, Ralph is fed up with Fix-It Felix getting all the glory in their arcade world. He takes matters into his own massive hands and sets off on a game-hopping journey through every generation of video game to prove he's got what it takes to be a hero.

THE MAN WITH THE IRON FISTS

Genre(s): Action
Release Date: November 2

Starring: RZA, Russell Crowe, Lucy Liu, Daniel Wu, Byron Mann

This is an action-adventure inspired by kung-fu classics. *The Man With the Iron Fists* tells the epic story of warriors, assassins and a lone outsider hero in nineteenth-century China who must come together to destroy the clan traitor who would finish them all.

THE TWILIGHT SAGA: BREAKING DAWN PART 2

Genre(s): Fantasy, Drama, Romance
Release Date: November 16

Starring: Kristen Stewart, Robert Pattinson, Taylor Lautner, Ashley Greene, Kellan Lutz

The astonishing conclusion to the series, *The Twilight Saga: Breaking Dawn Part 2*, illuminates the secrets and mysteries of this spellbinding romantic epic that has captured millions.

ANNA KARENINA

Genre(s): Romance
Release Date: November 16

Starring: Keira Knightley, Jude Law, Aaron Taylor-Johnson, Matthew MacFadyen, Domhnall Gleeson

This is a new take of the epic story of love, adapted from Leo Tolstoy's timeless novel of the same name. The story explores the capacity for love that surges through the human heart. As Anna questions her happiness and marriage, change comes to all around her.

SILVER LININGS PLAYBOOK

Genre(s): Comedy
Release Date: November 21

Starring: Bradley Cooper, Jennifer Lawrence, Robert De Niro, Chris Tucker, Jacki Weaver

Pat Solitano loses everything: house, job and wife. Now he's back with his mom and dad after spending eight months in a state institution on a plea bargain. He's determined to rebuild his life, remain positive and reunite with his wife. All Pat's parents want is for him to get back on his feet - and to share their family's obsession with the Philadelphia Eagles football team. When Pat meets Tiffany, a gal with problems of her own, things get complicated.

LIFE OF PI

Genre(s): Drama
Release Date: November 21

Starring: Suraj Sharma, Irfan Khan, Gérard Depardieu, Adil Hussain, Tobey Maguire

Yann Martel's ponderous adventure novel gets the big-screen treatment with this adaptation. This coming-of-age story surrounds the son of a zookeeper who survives a shipwreck by stowing away on a lifeboat with a zebra, an orangutan, a hyena, and a Bengal tiger by the name of Richard Parker.



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