

# Enjoy November

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: NOVEMBER 2013 Vol 2 ISSUE: 6

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

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... AND MORE!



**NOVEMBER 1**  
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# WHAT'S HAPPENING IN



**NOVEMBER 5**  
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# NOVEMBER



**NOVEMBER 27**  
HANUKKAH BEGINS



**NOVEMBER 28**  
THANKSGIVING



**NOVEMBER 29**  
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# NUTRITION HEALTHFUL HUES: THE 'COLORS DIET'



In search of a straight-forward plan for optimum nutrition? This elementary diet has just one rule: eat colorfully. That's right—some nutritionists believe that we can simplify our dietary needs by color, since the fruits and veggies with the most vibrant hues tend also to pack the most nutritional punch. Here is a colorful new way to look at eating, just in time for fall produce!



## The drab diet 'DON'TS'!

Foods at the white end of the spectrum can be full of high glycemic starches and sugars and should be eaten only occasionally. White foods include: white potatoes, white pasta, white rice, white bread, white flour, white sugar, white beans and white dairy.

### Red Foods

Packed with phytochemicals like lycopene and anthocyanins, red foods help increase heart and circulatory health, improve memory and decrease the risk of certain types of cancers. Try these red foods:

**Cranberries** – High in antioxidants and proanthocyanidins, cranberries have been shown to prevent urinary tract issues and to reduce inflammation in the body.

**Beets** – This low-calorie veggie is high in fiber, folate, and vitamins A, C and K. Beets have been shown to optimize digestive health, decrease inflammation and help fight heart disease.

### Orange and Yellow Foods

Orange and yellow foods are high in antioxidants such as vitamin C, carotenoids, bioflavonoids, and teaming with alpha- and beta-carotenes. They have been linked to increased immunity, a decreased risk of some cancers, healthy eyes and skin, good digestion and optimal brain function. Favorites include:

**Sweet potatoes** – Often touted as one of the healthiest veggies we can eat, sweet potatoes are high in fiber, vitamins A and C, iron and antioxidants. Eating sweet potatoes has been shown to promote healthy skin, increase immunity and decrease the risk of cancer.

**Pineapple** – Pineapple is high in bromelain, an enzyme that helps regulate and neutralize body fluids and aids in digestion. It's high vitamin C content has also been linked to a decrease in heart disease, cancer, cataracts and stroke.

### Green Foods

Green fruits and vegetables contain varying amounts of potent phytochemicals, such as lutein and indoles. Benefits include a lower risk of some cancers, improved eye health, rejuvenated musculature and bone and strong teeth. Stock up on these healthy green foods:

**Broccoli** – High in calcium and iron and has been linked to stronger teeth, bones, and muscles and a decreased risk of cancer.

**Spinach** – This leafy green is high in antioxidants and vitamin K, which helps strengthen bones.

### Blue/Purple Foods

These colorful foods get their bright hue from anthocyanins, which are linked with antioxidants and anti-aging properties in the body. Blue and purple foods help promote bone health, and have been shown to lower the risk of some cancers, improve memory, increase urinary-tract health and even increase circulation and microcirculation. Here are a few of our favorite blue/purple foods:

**Blueberries** – Blueberries are high in fiber (2.4g per 2/3 cup), vitamins E and C and antioxidants. Eating blueberries has been linked to improved cholesterol, increased urinary-tract health and a boost in brain activity.

**Eggplant** – In addition to being high in fiber (8% of your daily needs), eggplant is also high in vitamin C, calcium and phosphorus which promote strong bones and teeth.



# TRAVEL COLOR ROAD TRIPS: VIBRANT FALL U.S. DRIVING ROUTES

What better way to experience the electric fall landscape and fresh, crisp air than hitting the open road? Here are some of the best routes in the country for immersing yourself in nature's seasonal masterpiece, and a few suggested destinations to hit along the way. Let's go leafing!

## East: Jacob's Ladder Scenic Byway, Massachusetts

Located in the Berkshires region, Jacob's Ladder Scenic Byway begins in Lee and weaves its way through Becket, Chester and Huntington before ending in Russell. The 35-mile stretch runs along Route 20, and was originally built in 1910 to accommodate the first horseless carriages. Today, the route runs almost parallel to the highway, and visitors are encouraged to meander at a slower pace to enjoy the natural scenery.

**Not to be missed:** The Huntington Country Store, where visitors can shop for country goods, holiday merchandise and spices.

## Midwest: Hayward Lakes, Wisconsin

The Hayward Lakes region of Wisconsin is such a leaf-peeping delight that visitors can choose from six self-guided color tours, which highlight the prime spots for fall foliage. Plus, the tours provide suggestions for interesting stops and historical facts along the way.

**Not to be missed:** The great outdoors. Hayward Lakes is only a stone's throw away from many natural sights, including the Chequamegon-Nicolet National Forest, providing endless opportunities for hiking, picnics and wildlife viewing.

## West: Feather River Scenic Byway, California

It's not surprising California is known as the Golden State, especially when driving along the Feather River Scenic Byway in fall, when the valley erupts in color. The route covers 130 miles, beginning in the Sacramento Valley and traveling through the Sierra Nevadas

before ending in the Great Basin. As a bonus, visitors will encounter traces of railroad and gold mine memorabilia along their journey.

**Not to be missed:** Plumas-Eureka State Park, where visitors can learn about the early days of gold mining and California's history.

## Mountain West: Grand Mesa Scenic and Historic Byway, Colorado

During the fall, Colorado's landscape becomes a tapestry of colors, and one of the best spots to witness this transformation is from the world's largest flat-top mountain. You can reach it by taking the 63-mile Grand Mesa Scenic and Historic Byway, which begins off Route 70 and passes by lakes, fields of wildflowers, narrow canyons and evergreen forests.

**Not to be missed:** Cedaredge, where you can tour Pioneer Town, a 19th-century western village complete with saloon, jail and blacksmith shop.

## Blue Ridge Parkway, Virginia and North Carolina

During the fall, the area's 100 different species of trees set the mountains ablaze in autumn's rich colors on the Blue Ridge Parkway, or what some refer to as "America's Favorite Drive." Following the Appalachian mountain chain, the drive covers 469 miles and starts in Shenandoah National Park in Virginia and ends in the Great Smoky Mountains National Park in North Carolina.

**Not to be missed:** The Mabry Mill, where guests can take part in a variety of craft demonstrations. For those traveling longer than a day trip, fall foliage vacation packages are available.

Peak colors can vary year to year, so be sure to check the leafing maps at [weatherchannel.com](http://weatherchannel.com) to determine the optimum timing before setting out on your leaf viewing quest.



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# MUSIC FALL PLAYLIST: TOP TEN SONGS INSPIRED BY AUTUMN

*Harvest Moon*  
Neil Young

*Northern Sky*  
Nick Drake

*Autumn Sweater*  
Yo La Tengo

*Moondance*  
Van Morrison

*Apartment Story*  
The National

*Leaves That Are Green*  
Simon & Garfunkel

*Turn! Turn! Turn!*  
The Byrds

*Dead Leaves and the  
Dirty Ground*  
The White Stripes

*Autumn Almanac*  
The Kinks

*November Rain*  
Guns N' Roses



A man with short dark hair, wearing an orange long-sleeved shirt and blue jeans, stands in the center of the frame holding a silver laptop. Behind him is a large, white, modular bookshelf filled with books, decorative objects like a wooden animal sculpture, and stacks of books. Three large, colorful spherical pendant lights (brown, blue, and red) hang from the ceiling. The background wall is made of red brick.

### Onto the book shelves.

While your office shelves might not come to mind when you think of clutter, a quick sprucing of your books can make a major impact on the beauty of the room and on the overall sense of order. Many interior designers recommend organizing your books into a distinct visual system, both for ease of finding your favorite read, and also to eliminate visual chaos. The trend of color-blocking books, conventionally just a trick for magazine photo shoots, has recently made its way into home decor, and it can be a bold way to add some punch to your shelves. Or, if you're not looking for a big change, try simply creating a rhythmic pattern by alternating stacks both vertically and horizontally and from biggest to smallest.

The average American wastes 335 hours each year searching for items around the house.

Seasonal organizing can cut that time by 40%...maybe it's time to add Fall Freshening to your to-do list!





# LIFESTYLE FALL FRESHENING TIPS

Major home cleaning overhauls are classically associated with the first buds of April, but new research shows that the time-honored ritual of spring cleaning has an underappreciated seasonal counterpart. A new study by ApartmentGuide.com found that despite tradition, 80% of people do a major home organization each autumn. So roll up your sleeves and follow these three useful tips for the newest housekeeping calendar item, "Fall Freshening"!



## Begin with your closet.

Reportedly, the most common source of clutter come autumn is clothing. There are many tricks and methods for closet reorganization, but this season, instead of simply storing your sun-dresses and digging out your parkas, try parsing out items you could live without. Thankfully, technology is on your side for this effort; new sites like Poshmark.com and Tradsey.com are designed to help you capitalize while unloading your unwanted items. Once you've streamlined your collection, try color-coding or category blocking to straighten-up your closet space.

## Move to your pantry.

Instead of a full overhaul of your shelves, save time by simply organizing your existing food goods into zones. First, identify meal categories based on your lifestyle—breakfasts, packed lunches, weeknight dinners, late-night snacks—and designate an area for each, with the most frequently used categories in the easiest to reach spots. This method will keep you organized and reduce your meal preparation time all year round.



## Plan Ahead

Go to a retailer's site early, pick out everything you want and add it to your shopping cart. Also make sure you have your credit card info and shipping address on file. Then, once the sale has started, see if your products are available at Black Friday prices.

## Be an Early-Bird

Some retailers jump the gun and start their online sales as early as midday Thanksgiving. Then again, many sales start between midnight and 3 a.m. (Eastern) on Friday. If you have trouble staying up, try a quick nap after dinner. How do you know when online sale goes live? Well, you could reload a retailer's page for hours. Another option is to monitor Black Friday sites like [BFAds.net](http://BFAds.net)

## Get Your Doorbusters

Those incredibly cheap deals designed to get people in the door may also be available online. Retailers often say they won't sell doorbusters online, but that's not always true. Last year, for instance, Walmart offered all of its doorbusters online—but not until later in the day on Friday.

## Verify the Deals

Not all Black Friday advertised items are great deals. Others will become available the weekend before Thanksgiving, on Cyber Monday or in mid-December. To separate the ho hum from the good deals, use price-checkers such as [BizRate.com](http://BizRate.com) or [PriceGrabber.com](http://PriceGrabber.com)

Are you a Black Friday bargain guru? Rather than brave the elements, risk being trampled at 5 a.m., or camp out on concrete, why not cut to the front of the lines this year and cozy up to your computer instead? Find our tips below for tackling Black Friday online—no wrestling skills required.



## Check the Return Policy

Before buying, find out the store's return policy. While many stores have extended their return deadlines into January, others are clamping down by imposing restocking fees on certain categories of items, or by denying refunds to serial returners.

## Ask for Gift Receipts

Gift receipts generally include a description of the item purchased but do not disclose the price paid. Including a gift receipt with your gift will make life easier on the recipient by allowing them to return or exchange an item for its original purchase price.





# NEW BOOKS/NEW WRITERS FOR FALL

## FALL'S FICTION BLOCKBUSTERS: WHAT TO READ NOW



### AMERICAN SPIRIT

by Dan Kennedy

When Matthew, a forty-something media executive, finds his Manhattan job, health and Connecticut marriage crumbling, he looks for direction in every deviant and holistic solace he can conceive of, and soon he's on a stumbling, sideways vision quest that takes him from strip malls to national parks to a Bali medical clinic, engaging with a collection of absurdly eccentric, memorable characters along the way. In this heroic, hilarious debut novel, Dan Kennedy gives us an Everyman who takes us to the dark valleys and neon-lit edges of contemporary American life.

### ENON

by Paul Hardin

*Enon* traces a year in the life of Charlie Crosby as he tries to come to terms with a shattering personal tragedy, in the dynamic landscape of New England, its seasons mirroring his turbulent emotional odyssey. Along the way, Charlie's encounters are brought to life by his wit, his insights into history and his yearning to understand the big questions. A stunning allegorical novel about one man's enduring love for his daughter, from a cherished Pulitzer Prize-winning novelist, hailed as one of the most gifted of his generation.

Autumn has long been the most eventful season for readers. Like summer is to film's biggest releases, fall brings to bookworms the most anticipated blockbusters of the literary calendar. This year is no exception! In honor of National Author's Day on November 1, cozy up with one of these must-reads and you're sure to be entertained!

### GOLDFINCH

by Donna Tartt

Theo Decker, a 13-year-old New Yorker, miraculously survives an accident that kills his mother. Abandoned by his father, Theo is taken in by the family of a wealthy friend. Bewildered by his strange new home on Park Avenue, disturbed by schoolmates who don't know how to talk to him, and tormented above all by his unbearable longing for his mother, he clings to one thing that reminds him of her: a small, mysteriously captivating painting that ultimately draws Theo into the evermore dangerous underworld of art. *Goldfinch* is old-fashioned story of loss and obsession, survival and self-invention, and the ruthless machinations of fate.

### THE CIRCLE

by Dave Eggers

When Mae Holland is hired to work for the Circle, the world's most powerful internet company, she feels she's been given the opportunity of a lifetime. As Mae tours the open-plan office spaces, the towering glass dining facilities, the cozy dorms for those who spend nights at work, she is thrilled with the company's modernity and activity. What begins as the captivating story of one woman's ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy and the limits of human knowledge.

### SOMEONE

by Alice McDermott

An ordinary life—its sharp pains and unexpected joys, its bursts of clarity and moments of confusion—lived by an ordinary woman. *Someone* is about her journey, both common and not at all. Marie as a child: a girl in glasses waiting on a Brooklyn stoop for her beloved father to come home from work; her first heartbreak and her eventual marriage; her brother's brief stint as a Catholic priest, subsequent loss of faith, and eventual breakdown; the Second World War; her parents' deaths; the births and lives of Marie's children; the changing world of her Irish-American enclave in Brooklyn. McDermott sketches all of it with sympathy and insight.

### BLEEDING EDGE

by Thomas Pynchon

It is 2001 in NYC, in the lull between the collapse of the dot-com boom and the terrible events of September 11. Maxine Tarnow is running a nice little fraud investigation business on the Upper West Side, chasing down different kinds of small-scale con artists and following her own code of ethics. She soon finds herself mixed up with all the various mobsters, drug runners, bloggers, hackers, code monkeys and crooked entrepreneurs necessary for a wild and thrilling adventure. Thomas Pynchon weaves an enthralling, historical romance of New York in the early days of the internet, not that distant in calendar time but completely remote from where we are today.



# FITNESS HOLIDAY FITNESS RECIPE: HIIT THE GYM

Before the impending holiday season sends you into a panic with visions of excess calories and abandoned fitness regimens, consider trying HIIT (High Intensity Interval Training). HIIT doesn't require any special equipment or expensive personal trainers, all you need is a stopwatch! This new workout claims to deliver the same calorie burn of a 60-minute workout...in 4 minutes. So, follow our formula and see if this workout system is a hit for you!

The secret to HIIT is in the format, not in the moves themselves, taking your body to full exertion in small, manageable bursts. Each period of high-intensity effort is followed by just enough rest to get you ready for another burst, ultimately increasing the total amount of effort expended (and calories burned).

## Here's how it works:

- A "HIIT cycle" is comprised of eight sets of 30 seconds, totaling four minutes of exercise. Each 30-second set is divided into 20 seconds of maximum exertion, followed by 10 seconds of rest. For real results, each 20 second burst of activity must be performed at your absolute, maximum effort.
- With HIIT, the exercise possibilities are limitless, but here are 5 examples of moves that can be applied to the HIIT system. You can mix and match the sets, in any order, depending on what works best for you.
- Do one set of each exercise listed to the right (20 seconds activity, 10 seconds rest), 8 times (4-minutes total), rest for 1 full minute, then continue to the next move. Proceed until all 5 moves are completed (20 minutes total).

## Squat Jumps

**20 seconds squat jumps**  
**10 seconds rest**

Lower into a squat and then quickly jump up, reaching both arms overhead, landing back in a squat, and repeating as quickly as you can. Push to your maximum effort level during the short interval.

## Ski Moguls

**20 seconds ski moguls**  
**10 seconds rest**

Ski moguls are side-to-side squat jumps done with your feet together. Use your arms to help move quickly side to side and jump as high as you can. Go all out for the full 20 seconds!

## Burpees

**20 seconds burpees**  
**10 seconds rest**

Stand with your feet hip width apart, squat down to the floor and place your hands on the ground. Jump your legs back into a full plank position, and quickly jump your feet back into a squat and jump up, reaching your arms overhead. If you need more of a challenge, you can also add a push up from your plank before jumping back up.





Though there are many versions of HIIT today, the original regimen was designed in 1996 by Professor Izumi Tabata as a means for Olympic speed skaters to achieve maximum training benefits in the minimum amount of time. That's why HIIT can also be referred to as a "Tabata."

### Need help keeping interval time?

The Tabata Pro app will do the trick! Or if you are wary of sweating near your phone, try a waterproof GYMBOSSE timer instead, which can be preprogrammed to buzz or vibrate (or both) to signal the start and stop of each interval.



### Tips for HIIT Success:

- Plan your moves and workout structure ahead of time for total efficiency.
- Remember to work at an all-out maximum intensity during the 20-second work interval and embrace the 10 seconds of rest in between - you'll need it!
- Do a quick, 3-minute warm-up before you begin by jogging in place or walking briskly around the room.
- Play with different arrangements to keep the workout fresh, and find other HIIT moves online to mix it up!
- Once you've finished, be sure to catch your breath completely, and if you have time, wind down with some light stretching.



## Shuffle Jump

**20 second shuffle jump**  
**10 seconds rest**

Stand with your feet hip width apart, squat down and reach your right hand to the floor, to the outside of your right foot. Push off both legs and jump up and to the left, landing in a squat, reaching your left hand to the outside of your left foot. Repeat as quickly as you can, from side to side, for one minute.

## Mountain Climbers

**20 seconds mountain climbers**  
**10 second rest**

From a full plank position, alternate 'running' your knees into your chest as quickly as you can. Push your speed as much as possible so that you are completely out of breath by the end of 20 seconds.



# FOOD CREATIVE THANKSGIVING LEFTOVERS

Put an eclectic spin on your Thanksgiving leftovers this year. We've assembled a worldly remix of creative recipes that will spice up your post-holiday meals and have you craving Turkey Day all year round!

## Chilaquiles with Roasted Tomatillo Salsa and Poblanos

Yields 4  
Courtesy: food52.com

### What You'll Need:

#### Chilaquiles

- 2 1/2-3 cups of shredded turkey
- 1 cup tomatillo salsa (recipe to follow)
- 8-10 yellow corn tortillas
- 3 oz mild cheddar cheese, shredded
- 6 oz of queso fresco, crumbled
- 2 poblano peppers
- Sour cream for topping (optional)

#### Tomatillo Salsa

- 10 tomatillos
- 1/2 bunch cilantro
- 1 large garlic clove
- 1 jalapeno pepper
- 3 tablespoons lime juice
- 1 tablespoon oil
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 cup water to thin it out a bit (optional)

### Directions:

#### Chilaquiles

First, roast the poblanos by charring their skin on open stove flame (a few minutes on each side until they look burned). Put them in a closed plastic bag for about 10-15 minutes and the skin will come off easily. Do not wash them to take the skin off as it will remove the smoky taste. Discard seeds and cut into small-medium cubes.

Then, mix the poblanos with the shredded turkey. Put 2 tablespoons of the tomatillo salsa in the bottom of a squared dish (8 1/4" x 8 1/4"). Top with tortillas (half them and use the straight part around the sides. About 2 1/2 tortillas for one layer). Spread 3 tablespoons salsa on the tortilla layer. Put on top half of the turkey and poblano mixture. Scatter the 1/3 of the crumbled queso fresco on top and 1/3 of the shredded cheese. Repeat: layer of tortillas, salsa, turkey and cheese. Finish with a layer of tortillas, salsa and cheese.

Bake in 380 degree oven for 20-25 minutes, until has a bit of color at top. Serve with tomatillo salsa top with sour cream.

#### Tomatillo Salsa

First, discard the tomatillos husks and wash them well. Cut the tomatillos to halves and put on a baking sheet and drizzle them with a bit of oil and salt. Bake in 400 degree oven for 25-30 minutes. Let them cool a bit.

Next, chop the garlic. Discard the jalapeno seeds and cut to medium pieces. Then, put the roasted tomatillos, garlic, jalapeno, cilantro, salt and pepper into a food processor and process until you get a smooth salsa. Pour in a bowl and mix in the lime juice and oil. Taste for salt. If too thick, add water to thin it out a bit, so it will be more spreadable.





## Asian Turkey-Noodle Soup with Ginger and Chiles

Yields 6

Courtesy: bonappetit.com

### What You'll Need:

- 3 1/2 oz medium-wide (linguine-width) rice noodles, broken into 6-inch lengths
- 6 cups homemade turkey stock or low-salt chicken broth
- 1/2 cup thinly sliced shallots (about 3 large)
- 6 1/8-inch-thick rounds peeled fresh ginger
- 2 tablespoons fish sauce (nam pla or nuoc nam) or soy sauce
- 2 cups diced cooked turkey (about 10oz)
- Fresh bean sprouts
- Fresh mint leaves
- Thinly sliced serrano chiles
- Lime wedges

### Directions:

Place noodles in large bowl. Add enough boiling water to cover noodles. Let stand until noodles are soft, about 5 minutes; drain.

Combine stock, shallots, ginger, and fish sauce in large pot. Bring to boil. Reduce heat to low, cover partially, and simmer 10 minutes. Discard ginger slices. Return stock to boil. Stir in noodles and turkey; simmer until turkey is heated through, about 3 minutes.

Ladle soup into bowls. Serve, allowing diners to top each serving with bean sprouts, mint leaves, chiles, and lime wedges to squeeze over.

To make turkey stock: Break up the carcass so that it fits into a 6-quart or larger pot. Add 3 quarts water and 1 each coarsely chopped onion, carrot, and celery stalk. Bring to boil, skimming off any foam. Add 6 parsley sprigs, 1/2 teaspoon dried thyme, and 1/4 teaspoon whole peppercorns. Simmer 2 to 3 hours. Strain, then skim off any fat from surface of the broth.



## Turkey Banh Mi

Yields 1-2

Courtesy: marthastewart.com

### What You'll Need:

- 1 cup chilled cooked turkey
- 2 tablespoons mayonnaise
- 1 teaspoon hot chile sauce (such as Sriracha)
- 8 thin slices peeled cucumber
- 1/4 cup grated carrot
- Generous handful of fresh cilantro
- 1 whole-wheat baguette
- Jalapeno chiles, if desired

### Directions:

First chop chilled cooked turkey, and mix with mayonnaise spiked with hot chile sauce.

Then layer turkey with thinly sliced peeled cucumber, grated carrot, and a generous handful of fresh cilantro inside a whole-wheat baguette. Add more heat with sliced jalapeno chiles if desired.

## Barbecue Pulled-Turkey Sandwiches

Yields 4

Courtesy: bonappetit.com

### What You'll Need:

#### Slaw

- 3 tablespoons mayonnaise
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon celery seeds
- 3 cups thinly sliced green cabbage

#### Barbecue Turkey

- 2 slices applewood-smoked bacon, chopped
- 1 cup tomato puree
- 1/4 cup apple cider vinegar
- 1/4 cup water
- 3 tablespoons (packed) dark brown sugar
- 1 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 2 1/3 cups shredded cooked turkey (light and dark meat)
- 4 soft rolls (such as onion, egg or wheat)

### Directions:

#### Slaw

Whisk mayonnaise, apple cider vinegar, and celery seeds in small bowl to blend. Season to taste with salt and pepper. Add cabbage; toss to blend. Cover bowl and chill. Prepare ahead; can be made 1 day ahead. Cover and chill.

#### Barbecue Turkey

Sauté bacon in heavy small saucepan over medium heat until crisp and brown, about 5 minutes. Add tomato puree, apple cider vinegar, 1/4 cup water, dark brown sugar, chili powder, and ground cumin. Bring sauce to boil; reduce heat and simmer 5 minutes. Season to taste with salt and pepper.

Add shredded cooked turkey to barbecue sauce and bring to boil. Reduce heat and simmer until turkey is heated through, stirring occasionally.

Split and toast rolls. Divide turkey and slaw among rolls. Press tops down lightly to compress, then serve.





# DRINK GIN-GIN MULE

Celebrate  
National Gin Day  
on November 7th  
with this tasty  
gin cocktail!

## GIN-GIN MULE:

Measure the lime juice, Simple Syrup and mint into a mixing glass. Muddle well to extract the mint's flavor. Add ginger beer, gin and ice. Garnish with a mint sprig and lime slice (optional). Serve with a straw.

## SIMPLE SYRUP:

In a medium saucepan combine 1 part to 1 part water. Bring to a boil, stirring, until sugar has dissolved. Allow to cool.

## INGREDIENTS

3/4 oz fresh lime juice
1 oz Simple Syrup
1 oz ginger beer
1 1/2 oz gin
2 sprigs of mint, 1 for muddling, 1 for garnish
Lime slice for garnish, optional





# MOVIES NEW FLICKS IN NOVEMBER

Release dates subject to change.

## ABOUT TIME

Genre(s): Romantic Comedy  
Release Date: November 1

Starring: Domhnall Gleeson, Rachel McAdams, Bill Nighy, Tom Hollander, Margot Robbie, Lydia Wilson

At the age of 21, Tim Lake discovers he can travel in time. The night after another unsatisfactory New Year party, Tim's father tells him that the men in his family have always been able to time travel. Tim can't change history, but he can change what happens in his own life and decides to make his world a better place by getting a girlfriend. Sadly, it turns out to be a not so easy task.

## THE DALLAS BUYER'S CLUB

Genre(s): Drama  
Release Date: November 1

Starring: Matthew McConaughey, Jennifer Garner, Jared Leto, Steve Zahn, Denis O'Hare

In 1986, Ron Woodroof, a tough Texas electrician, is diagnosed with AIDS and given six months to live. Frustrated with the lack of available medical options and unwilling to accept a death sentence, Woodroof finds a lifeline using alternative drugs and creates a lucrative smuggling business that makes the drugs available to those with AIDS.

## ENDER'S GAME

Genre(s): Sci-Fi  
Release Date: November 1

Starring: Asa Butterfield, Harrison Ford, Ben Kingsley, Hailee Steinfeld, Brenden Meyer, Abigail Breslin

A hostile alien race has attacked Earth and if not for the legendary heroics of International Fleet Commander Mazer Rackham, all would have been lost. In preparation for the next attack, the highly esteemed Colonel Graff and the International Military are training only the best young children to find the future Mazer and a shy, but strategically brilliant boy, is pulled out of his school to join the elite.

## THOR: THE DARK WORLD

Genre(s): Sci-Fi, Action  
Release Date: November 8

Starring: Chris Hemsworth, Natalie Portman, Tom Hiddleston, Idris Elba, Anthony Hopkins

Marvel's Thor: The Dark World continues the big-screen adventures of Thor, the Mighty Avenger, as he battles to save Earth and all the Nine Realms from a shadowy enemy that predates the universe itself.

## THE WOLF ON WALL STREET

Genre(s): Drama  
Release Date: November 15

Starring: Leonardo DiCaprio, Jonah Hill, Kyle Chandler, Jean Dujardin, John Bernthal, Margot Robbie

Jordan Belfort, a Long Island penny stockbroker, served 20 months in prison for refusing to cooperate in a massive 1990s securities fraud case. This case involved widespread corruption on Wall Street and in the corporate banking world, including mob infiltration.

## FROZEN

Genre(s): Family, Animated  
Release Date: November 22

Starring: (Voices) Kristen Bell, Idina Menzel, Josh Gad, Jonathan Groff, Santino Fontana, Alan Tudyk

A prophecy traps a kingdom in eternal winter, so Anna must team up with Kristoff, a daring mountain man, on the grandest of journeys to find the Snow Queen and put an end to the icy spell to save the kingdom from destruction.

## THE HUNGER GAMES: CATCHING FIRE

Genre(s): Sci-Fi, Drama  
Release Date: November 22

Starring: Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth, Philip Seymour Hoffman, Elizabeth Banks, Woody Harrelson

Katniss Everdeen has returned home safe after winning the 74th Annual Hunger Games along with fellow tribute Peeta Mellark. But winning means that they must turn around and leave their family and close friends, embarking on a "Victor's Tour" of the districts.

## DELIVERY MAN

Genre(s): Comedy  
Release Date: November 22

Starring: Vince Vaughn, Chris Pratt, Cobie Smulders, Brett Robertson, Jack Reynner, Bobby Moynihan

An affable underachiever finds out he's fathered 533 children through anonymous donations to a fertility clinic 20 years ago. Now he must decide whether or not to come forward when 142 of them file a lawsuit to reveal his identity.







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