

# Enjoy October

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: OCTOBER 2014 Vol 3 ISSUE: 5

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

## TY'S TIPS



THE ULTIMATE  
FALL MENU

SKIP TRICKS

FOOD  
FACE-OFF

CREEPY  
COCKTAIL

guaranteedRate<sup>®</sup>

The Home  
Purchase Experts<sup>®</sup>

THIS ISSUE IS BROUGHT TO  
YOU BY:



**Christopher Tenggren**  
**RE/MAX Great American**  
**North**  
**BROKER/REALTOR**

40W160 Campton Crossing/Unit E

St. Charles, IL 60175

P: 630-513-0222

C: 630-408-2750

F: 630-313-4220

[Christopher@HomesInTheFoxValley.com](mailto:Christopher@HomesInTheFoxValley.com)

[HomesInTheFoxValley.com](http://HomesInTheFoxValley.com)







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**OCTOBER 3**  
NATIONAL  
DIVERSITY DAY



**OCTOBER 3-4**  
YOM KIPPUR

# WHAT'S HAPPENING IN



**OCTOBER 10**  
WORLD MENTAL HEALTH DAY

**OCTOBER 11**  
NATIONAL CHESS DAY

# OCTOBER



**OCTOBER 13**  
COLUMBUS DAY



**OCTOBER 24**  
UNITED NATIONS DAY



**OCTOBER 31**  
HALLOWEEN



# HEARTY COQ AU VIN

**E**arthy, cozy and the perfect balance of elegant and rustic, this stew is ideal for entertaining a group or freeze and use at a later date. The whole house will smell incredible too!



## SERVINGS: 6

### WHAT YOU'LL NEED

4 chicken thighs  
4 chicken legs  
2 cups full-bodied red wine, such as Cabernet Sauvignon  
Coarse salt and freshly ground pepper  
8 ounces slab bacon, cut into ½-inch cubes  
Olive oil  
1 medium onion, finely chopped  
8 garlic cloves, thinly sliced  
10 white pearl onions, blanched and peeled  
½ pound small cremini mushrooms  
1 tablespoon tomato paste  
3 tablespoons all-purpose flour  
2 tablespoons Cognac

5 fresh thyme sprigs  
2 bay leaves  
1 ounce chicken liver, coarsely chopped  
Flat-leaf parsley, for garnish

### DIRECTIONS

#### STEP 1

Place chicken in a large bowl, and add wine. Cover, and refrigerate overnight.

#### STEP 2

Preheat oven to 325 degrees.

#### STEP 3

Remove chicken from wine, and pat dry; reserve wine. Season chicken with salt and pepper.

#### STEP 4

Cook bacon in a Dutch oven over medium-low heat until crisp, about 20 minutes. Transfer bacon to a plate, leaving drippings in pot. Add

two tablespoons olive oil to bacon drippings.

#### STEP 5

Raise heat to medium-high. Working in batches, cook chicken, flipping once, until crispy and golden, four to five minutes per side. Transfer to a plate.

#### STEP 6

Add chopped onion to pot, and cook four to five minutes. Add garlic, and cook two minutes. Add pearl onions and mushrooms, and cook until brown, four to five minutes. Stir in tomato paste and flour, and cook two minutes. Add Cognac, and cook, stirring, one minute.

#### STEP 7

Return bacon and chicken to pot. Add thyme and bay leaves. Strain reserved wine and add along with the chicken livers. Bring to a simmer. Cover, and place in oven



until chicken has cooked through and vegetables are tender, 45 minutes to one hour. Discard herbs, and skim fat from surface.

### STEP 8

Serve over horseradish mashed potatoes (see next recipe) and garnish with parsley.



## HORSERADISH MASHED POTATOES

Delicious on their own or coq au vin, these creamy taters have an autumn bite!

**SERVINGS: 8**

### WHAT YOU'LL NEED

4-½ pounds russet potatoes (about 7), peeled and cut into 1-inch pieces  
Coarse salt and ground pepper  
1 cup heavy cream  
1 cup whole milk  
½ cup (1 stick) unsalted butter  
¼ to ⅓ cup prepared horseradish  
½ cup sour cream

### DIRECTIONS

#### STEP 1

In a large pot, bring potatoes to a boil in salted water over high, then reduce to a rapid simmer and cook until potatoes are tender when pierced with a knife, about 15 minutes.

### STEP 2

Drain and return potatoes to pot. With a potato masher, mash until potatoes are fluffy and free of large lumps. For a smoother texture, pass potatoes through a ricer or food mill into pot.

### STEP 3

Meanwhile, in a small saucepan, heat cream, milk and butter over medium-low until butter melts. Slowly pour cream mixture into potatoes, stirring until combined. Whisk in horseradish to taste and sour cream and season with salt and pepper.



## SWEET POTATO PIE

This spin on a classic recipe features a meringue topping, sure to please the guests at your fall table!

**SERVINGS: 8**

### WHAT YOU'LL NEED

2 pounds sweet potatoes  
1 pie crust (homemade or frozen, thawed)  
All-purpose flour, for surface  
2 large eggs, lightly beaten  
½ cup whole milk  
½ cup heavy cream  
⅓ cup granulated sugar  
¼ cup light-brown sugar  
½ teaspoon salt  
½ teaspoon freshly grated nutmeg  
1 teaspoon pure vanilla extract

### FOR THE MERINGUE

3 large egg whites  
Pinch of salt  
¼ teaspoon cream of tartar  
½ cup granulated sugar

### DIRECTIONS

#### STEP 1

Make the sweet-potato pie: Preheat oven to 425 degrees. Pierce sweet potatoes in a few places with a fork, and bake until very soft, about 1 hour 15 minutes, depending on size of potatoes.

#### STEP 2

Meanwhile, roll out dough into a 12-inch round on a lightly floured surface. Fit into a 9-inch pie plate, and trim edge, leaving a ½-inch overhang. Refrigerate until firm, about 1 hour.

#### STEP 3

When sweet potatoes are cool enough to handle, scoop out enough flesh to measure 2 cups (reserve any remaining flesh for another use), and transfer to a food processor. Add eggs, milk, cream, sugars, salt, nutmeg and vanilla, and process until smooth.

#### STEP 4

Reduce oven temperature to 375 degrees. Pour filling into crust. Bake until filling puffs and cracks around edge and pie is just set, 50 to 55 minutes. Let cool completely on a wire rack, about 2 ½ hours. Pie can be kept at room temperature for one day, covered loosely with parchment or foil.

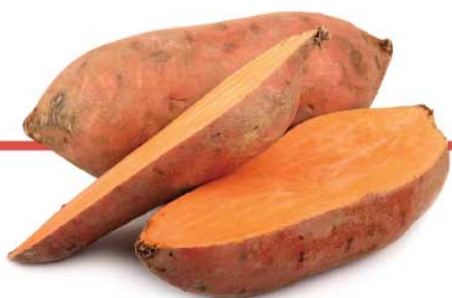
#### STEP 5

Make the meringue: Beat egg whites, salt and cream of tartar in a bowl with a mixer on low speed until foamy. Raise speed to high and add granulated sugar in a slow, steady stream. Whisk until stiff, glossy peaks form, about five minutes. Spoon meringue on top of pie. Lightly brown meringue in places with a small kitchen torch (or broil about seven inches from heat source about 45 seconds).



# ★ ★ ★ ★ ★ THE SHOWDOWN ★ ★ ★ ★ ★

Similar in taste and texture, staples of autumn cooking and often used interchangeably in dishes, sweet potato and pumpkin are perfect competitors in the battle for the healthiest seasonal vegetable! Here's the nutritional breakdown so that you can see which starch reigns supreme.



NUTRIENT	SWEET POTATO	PUMPKIN	WINNER
<b>Calories</b>	187	49	Pumpkin weighs in with way fewer calories.
<b>Fat</b>	.3g	.2g	But it's a draw when it comes to fat.
<b>Protein</b>	7%	4%	Sweet potatoes get a few punches in for protein.
<b>Fiber</b>	24%	12%	And they are both heavy hitters in terms of fiber.
<b>Carb</b>	15%	4%	Pumpkin gets the edge on carbs.
<b>Sugar</b>	14g	5g	And the sugar!
<b>Calcium</b>	7%	4%	But sweet potatoes make a comeback with calcium.
<b>Iron</b>	10%	8%	It's an even fight with iron.
<b>Magnesium</b>	11%	6%	Sweet potatoes take the lead when it comes to magnesium.
<b>Potassium</b>	16%	16%	Back to square with potassium.
<b>Sodium</b>	3%	0%	An even fight when sodium comes into play.
<b>Vitamin C</b>	53%	20%	Whoa! Sweet potato has pumpkin on the ropes with Vitamin C.
<b>Vitamin A</b>	774%	282%	<b>IT'S A KNOCKOUT!</b> <b>SWEET POTATO WINS!</b>

## HAUNTED PLAYLIST

If you aren't feeling the same old ghoolish songs this Halloween, download these tunes for a playlist that's sure to haunt your guests!

### HOSTING A HALLOWEEN BASH?

Here's a tip: Hunt down some spooky loops to mix into the playlist. Just search online for creepy stock sounds and put a few clips in between each song for the ultimate eerie, sonic party ambiance.

- 1 PEOPLE ARE STRANGE - The Doors
- 2 SOMEBODY'S WATCHING ME - Rockwell
- 3 RUNNING WITH THE DEVIL - Van Halen
- 4 DON'T FEAR THE REAPER - Blue Oyster Cult
- 5 PET SEMATARY - The Ramones
- 6 WEREWOLVES OF LONDON - Warren Zevon
- 7 NIGHTMARE ON MY STREET - DJ Jazzy Jeff & The Fresh Prince
- 8 BAD TO THE BONE - George Thorogood & The Destroyers
- 9 WITCHY WOMAN - The Eagles
- 10 HELL'S BELLS - AC/DC

STEREO

ST 33



# TY'S TIPS / DOs AND DON'Ts FOR ARRANGING ROOMS

Finding the right furniture setup can make the difference between a great space and an awkward one. Try these tips for a fresh look that's just the right fit.

Courtesy of:  
Ty Pennington Design Team

OCTOBER'S TIP FROM  
**INTERIOR  
DESIGN  
STAR  
TY  
PENNINGTON**



**DO** start with the biggest piece. Once you position your sofa (or bed), you'll know where your tables and other smaller pieces should go. It's not rocket science!

**DON'T** break your back. Draw a floor plan and templates of your furniture (or buy an inexpensive kit to help you). Experiment with different arrangements on paper before you do any heavy lifting.

**DO** find a focal point for each room. Whether it's a fireplace, an amazing view or a piece of artwork, decide where you want to center attention and position pieces around it.

**DON'T** block traffic. Allow about three feet for pathways in and out of a room and avoid layouts that force people to cut through conversation areas or in front of the television.



**DO** cast a perfect glow. A chandelier should hang about 30 inches above the dining table to avoid distracting glare. If people will be walking underneath it, plan for a minimum 78-inch clearance from the floor.

**DON'T** tip the scale. Create visual balance by placing large objects on opposite sides of the room.

**DO** place a table within reach of every seating piece, and make sure there's adequate light or a lamp nearby. You need a place to set drinks and books, and light for reading. Choose side tables that are about as tall as the arm of the chair or sofa they are next to.

**DON'T** place your TV directly opposite a window. The glare will prevent optimal viewing. If there's no other spot for it, get room darkening drapes or shades.

**DO** take rooms to new heights. Break up the horizontal lines made by sofas and long tables with tall pieces—floor lamps, high-back chairs or an urn filled with long, willowy branches.

**DON'T** space out. Place chairs and sofas no more than eight feet apart. Too much distance kills conversation. In the dining room, allow at least 36 inches from the edge of the table to the wall (or other furniture), so there's room to push back chairs.

**DO** break up large, open spaces by creating distinct zones. Group furniture by activity: lounging, working, eating, etc. Use area rugs to define each zone, and face groupings away from each other so that the shapes and lines of the furniture form natural divisions.

**DON'T** obstruct views; enjoy them. Place a desk under a window to spark creativity.

**DO** welcome guests with an inviting foyer. Keep it simple with an area rug, a mirror and a console table and make sure it's easy to navigate.

**DON'T** be afraid to break up sets. If there are more than three pairs of anything in one room, move some pieces out. Symmetry is good, but too much is a snore.

**DO** throw a party. See where your guests move all the chairs. Sometimes the best arrangements are the ones that come naturally.

**DON'T** be a wallflower. Be bold and angle furniture to give rooms drama. Furniture placed around perimeters ends up being too far apart and generates a "waiting room" effect.

**DO** have an open door policy. Make sure you can fully open and close all of your doors.

**DON'T** place your bed up against a wall. If possible, try to leave a 36-inch walkway on all sides for ease of movement and making the bed.

**DO** anchor rooms with area rugs. In most cases, a room looks more pulled together when all of the furniture's legs rest on the rug. Leave at least 18 inches of bare floor space around the rug to make a frame and a warm, layered look.

**DON'T** take these rules as absolute gospel! Edit and tweak them as needed. Your home is an expression of you, so arrange your furniture (using these tips as a guide) in ways that make you comfortable and reflect your taste.





## YOU LIKELY HAVEN'T USED A JUMP ROPE SINCE GRADE SCHOOL, BUT ONE OF THE MOST PORTABLE AND CONVENIENT CARDIO TOOLS AVAILABLE DESERVES A COMEBACK!

Relearn how to use it, and you'll be lean, spry and conditioned. Who says you need expensive gym equipment to get a great workout? Burn 160 calories in no time with this budget-friendly, fat-blasting routine!



### DIRECTIONS

The following workout consists of a warmup, eight different 60-second jumping exercises, an extra credit exercise and a cool down. Rest 30 seconds between each exercise before moving on to the next one. If you have time, repeat the exercises twice before starting your cool down, or complete just one set for a quick cardio boost!

### WARM-UP BASIC FORWARD JUMP

(Time: 2 minutes)

If you're a jump rope veteran, do a basic jump for two minute. If this is your first time—or if it's been since grade school—swing the rope forward in an arch over your head and then down toward the ground, jumping over the rope with both feet on every revolution.

### EXERCISE 1 ALTERNATING HIGH KNEES

(Time: 60 sec.)

**Targets:** Arms, abs, butt and legs

Jump rope, bringing right knee up in front of you as close to hip height as possible while left leg skips as usual. Switch legs on the next jump, bringing left knee up.

### EXERCISE 2 ROPE RUNNER

(Time: 60 sec.)

**Targets:** Arms, abs, butt and legs

Jump rope, trying to touch right heel to butt while left leg skips as usual. Switch legs on the next jump, bringing left heel toward butt.

### EXERCISE 3 SIDE-TO-SIDE JUMP

(Time: 60 sec.)

Jump a few inches to your left as you swing the rope, then to your right. Get into a rhythm.

### EXERCISE 4 BACKWARD JUMP

(Time: 60 sec.)

Swing the rope backward for each jump.

### EXERCISE 5 SINGLE-LEG JUMP-LEFT

(Time: 60 sec.)

Lift your right leg in the air and keep it suspended. Jump rope, using your left foot only; land softly.





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Make sure you've got a plastic "speed" rope, which is much more durable than cotton ones and far easier to use.

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Before you start, measure and trim the rope to fit your height. When you stand on the middle of the rope, the handles should extend to your armpits.

+++

Perfect form: hold the handles with hands at hip height, elbows bent and tucked close to your body, keeping your upper arms tight to your sides. Your chest should be out and your shoulders relaxed and down. Keep your jumps small—you only need to clear the height of the rope—and stay on your toes throughout the workout.

## EXERCISE 6 SINGLE-LEG JUMP RIGHT

(Time: 60 sec.)

Switch feet. Lift your left leg in the air and keep it suspended. Jump rope, using your right foot only; land softly.

## EXERCISE 7 ALTERNATING JUMP

(Time: 60 sec.)

Jump on one foot and then the other, back and forth, moving both the rope and your feet as fast as you can. Similar to a football hot-feet drill.

## EXERCISE 8 FOOT-CROSS JUMP

(Time: 60 sec.)

Cross your feet over each other on each rep. Alternate the foot that lands in front.

## EXTRA CREDIT DOUBLE JUMP

(Time: 30 sec.)

Jump high enough that you can pass the rope under your feet twice on every revolution. If you can't do it fluidly, practice it for one minute trying to get as many doubles as you can—it doesn't matter how many times you miss.

## COOL-DOWN BASIC FORWARD JUMP

(Time: 2 minutes, refer to warm up step)





As the temperature drops and the light shifts to autumn bronze, take your family out to discover the rural beauty of a fall festival. These unfiltered views into classic Americana are full of food and fun for all ages. If you're unfamiliar with the fall festival, it may be hard to picture, as they are wide ranging in festivities per region and state, however there are a few staples that are a sure thing: an abundance of yummy local, seasonal delicacies, live music and competitive events. If you're a first-timer or simply looking to branch out from your own hometown celebration, we've rounded up some of the warmest communities to visit on chilly October days.

## SONOMA COUNTY HARVEST FAIR

Sonoma, California

Oct. 3-5

Obviously, the grape harvest is why the crowds flock to the Sonoma County Harvest Fair, and here, all ages can participate. Come for the grape stomp but stay for the pygmy goat show, cow-milking contests, pumpkin toss, sheepdog trials and ever-popular giant pumpkin weigh-in. This fest has it all.

**For the kids:** Bring your little animal lovers for a display that won't disappoint, including a pet pig show, waterfowl exhibit and a llama parade! Top it off with a magic circus, an Etch A Sketch contest and an Easy Bake Bake-Off.

**For the parents:** A Sonoma trip isn't complete without wine tasting. This one offers unlimited samples for \$40. There's even a Port & Chocolate Garden for those with a sweet tooth.

## CIRCLEVILLE PUMPKIN SHOW

Circleville, Ohio

Oct. 15-18

This autumn event is a true spectacle, with two pageants, seven parades, karaoke, farm demonstrations, pet training expositions and nonstop live music. The Circleville Pumpkin Show is so important here that students are even given days off of school so that they can participate.

**For the kids:** The Big Wheel Race and messy egg toss are kiddy favorites. The magic acts are popular for everyone, or perform as a family





in the Stand Up 'n Sing competition. Round it all out with a pumpkin pie-eating contest.

**For the parents:** The music is a big draw here. With funk, bluegrass, country rock, gospel, and jazz music, there's something for every music lover.

## THE 64TH ANNUAL FLORESVILLE PEANUT FESTIVAL

Floresville, Texas

Oct. 7-9

A quick drive south of San Antonio sits a little-known well of peanut pride and paraphernalia. This peanut-focused festival kicks things off with an opening coronation gala, led by Queen Tunaep and King Reboog (peanut and goober spelled backwards, respectively), and things get weirder and more fun from there.

**For the kids:** Endearingly titled "The Goober Games," kids can partake in peanut races (balancing a peanut on a spoon while running), face painting, a kiddie parade (with decorated bikes, wagons, and trailers), Folk dancers, mariachi bands and Texas Gunslingers.

**For the parents:** Tap into your throwback romantic spirit and get twirling at the charming Friday and Saturday night dances to live music set under the town's large oak tree.

## FALL HARVEST FESTIVAL

James River Park, Virginia

Oct. 19

This Virginia fair is about as authentic old-fashioned as it gets. Chock-full of historic crafts and events like butter churning, candle dipping and apple pressing using original machines from the early 1900s.

**For the kids:** There's a slew of general amusement like face painting, pumpkin painting, sack races, apple bobbing and cornhusk doll making, or for the more adventurous, the fair offers two wagon rides—an afternoon trip to the scenic Tye River Overlook and a spooky haunted hayride version that leaves after sundown.

**For the parents:** Sip hot cider around the cozy evening bonfire.

## TOWN OF PORTER CABBAGE FESTIVAL

Porter, New York

Oct. 3

As eccentric events go, this one has to be toward the top of the list. If you've never seen 3,000 people get creative with cabbage, this festival's for you. Intrigued? Wait until you see local celebrities model custom cabbage couture in the Cabbage Leaf Costume Show.

**For the kids:** The Cabbage Toss competition is the kiddie crowd favorite but there's also a fun run, petting zoo, pony rides, bounce house and pumpkin painting to round-out hours of wholesome fun.

**For the parents:** Besides the general splendor of this picturesque upstate town, grown-ups have the added draw of watching their kids eat cabbage and indulging in their own wine tastings. Local wineries offer free tastings and by-the-glass pours.

## WELLFLEET OYSTER FEST

Wellfleet, Massachusetts

Oct. 18-19

Nothing is more quintessentially "Cape" than a fresh batch of oysters. This fall festival may not tout pumpkins or hayrides, but the focus on local ingredients, brisk waterfront location and boisterous community atmosphere make this event of the best ways to spend an October weekend.

**For the kids:** A family-friendly area, complete with clowns, a moon bounce, face painting and oyster jewelry making provides lots of fun for the little ones. There's even a children's steel drum workshop.

**For the parents:** Get raw at the "Taste the Terroir" seminar, which features four oyster and two clam samples from six different sections of the harbor. Then test your speed in the highly competitive shucking contest. These participants don't mess around: The grand prize is \$1,000! If the raw revelry isn't your thing, take a spin on the dance floor at the annual at the Disco Dance instead.

## SANTA FE HARVEST FESTIVAL

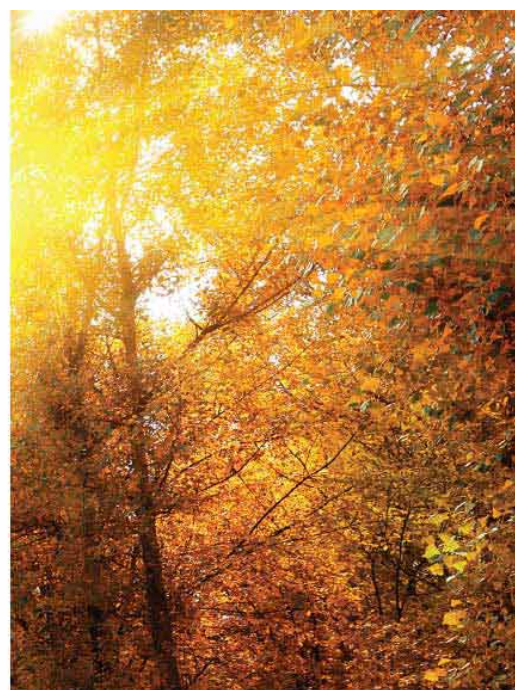
Santa Fe, New Mexico

Oct 4-5

From stringing red chile ristras, to cooking handmade tortillas on the authentic outdoor grill, the Santa Fe Harvest Festival is a chance for families to interact with traditional New Mexico ritual and culture.

**For the kids:** Kids can get hands-on with corn-husk doll making, taste tradition with biscochitos straight from a beehive oven, or they can watch burros crush sorghum to make gooey molasses. For the whole family, skilled weavers demonstrate how to wash, dye and spin wool, and explain the history and process of weaving with real, working mills.

**For the parents:** This festival puts on visually stunning displays of culture and tradition. Fashion shows highlight both contemporary as well as traditional New Mexico fashions, while dancers perform ballet folklórico well as matachines—a captivating dance indigenous to the region.



## + MUSIC FAN?

Many now-megastars got their start on these quaint community stages. Both Beyoncé and Christina Aguilera performed at the State Fair of Texas before they topped the billboard charts, so keep an eye out for the stars of tomorrow!

## NATIONAL APPLE HARVEST FESTIVAL

Arendtsville, Pennsylvania

Oct. 4-5 & 11-12

This southern Pennsylvania festival has been worshipping the apple in various forms for more than 50 years! In fact, there are so many apple-related events here that the festival spans two weekends. If that sounds like too much apple for you, consider the myriad forms the fruit can take: candies, jams, pastries, pancakes, syrups and sauces. For the competitive spirit, both the pie-eating and apple-bobbing contests get fairly rowdy. Or, skip the food all together and watch the tractor parade instead.

**For the kids:** Aspiring singers can take their turn at karaoke, while dance enthusiasts can watch performances by cloggers, Native Americans or a children's ballet. This fest also supplies the typical hoopla: hayrides, petting zoos, pony rides and puppet shows.

**For the parents:** This fair hosts an incredibly eclectic car show, displaying both antiques and classic vehicles. And with nearly 300 vendors selling local wares and goods, there's plenty to shop and ogle.



# DRINK / CREEPY COCKTAIL



**THESE DAY-GLOW GREEN BEVERAGES ARE PERFECT FOR HALLOWEEN PARTIES AND ANY GHOULISH GATHERING THAT CALLS FOR SOMETHING MORE CAULDRON THAN COSMO.**

The Spooky hue comes from fresh fruit and herbs! The secret ingredient is dry ice, which will get the cocktail bubbling and smoking to send a yummy chill up your spine. It's alive!

## WHAT YOU'LL NEED

### Pitcher

Martini glass (or for an even spookier look, use a glass measuring cup)

1 cup of boiling water

1 cup of sugar

2 cups of packed mint leaves

6 kiwis

1 cup gin

16–24 food-grade dry ice chips (available online or at many local grocery stores)

### Blender

Cheesecloth

Fine sieve

Pitcher

### Ice

1 liter of sparkling water or club soda

Chemistry flasks

Sprinkles for glass rim (optional)

**YIELDS: 8 SERVINGS**

## DIRECTIONS

### STEP 1

In a shaker, pour 1 cup boiling water over 1 cup sugar. Stir until sugar has dissolved; refrigerate until cool.

### STEP 2

Puree 2 cups packed mint leaves (1 small bunch) with  $\frac{1}{4}$  cup cooled syrup in a blender. Add 6 peeled, quartered kiwis and blend until just smooth. Add remaining syrup.

### STEP 3

Pour through a cheese-cloth-lined fine sieve into a pitcher; discard solids. Stir in ice, gin and 1 liter sparkling water or club soda.

### STEP 4

Remove dry ice from its packaging. Using tongs, drop two to three dry ice chips into each serving glass.

### STEP 5

Pour drink over the dry ice and serve smoking!



## SAFETY TIPS

Because dry ice is so cold, it can cause major skin damage, like frostbite. Be sure to use tongs or gloves to place it in your drink. Also, remember that dry ice is used only for its visual and cooling effects, and the tablets themselves should not be consumed. When you purchase dry ice, it will be pre-packaged in a special container; store it there until the moment you're ready to serve.



Release dates subject to change.

## GONE GIRL

Genre(s): Drama, Thriller  
Release Date: October 3

Starring: Ben Affleck, Rosamund Pike, Tyler Perry, Neil Patrick Harris

"Gone Girl" is an eerie and complex thriller based upon the global bestseller by Gillian Flynn, which unearths the dark secrets at the heart of a modern marriage that appears to be blissful and loving on the surface. When a young man reports that his beautiful wife has gone missing on their fifth wedding anniversary, he and their marriage come under the public lens. As the police dig deeper into what seemed to be a healthy marriage, a media frenzy grows and Nick's portrait of a happy union begins to crumble. Soon his lies, deceptions and strange behavior have the whole town, and the audience, wondering the same horrible question.

## THE GOOD LIE

Genre(s): Drama  
Release Date: October 3

Starring: Reese Witherspoon, Corey Stoll, Arnold Oceng, Ger Duany

In 1993, the sole survivors of the brutal genocide in Sudan—an entire displaced generation of young boys orphaned by war—trekked as many as a thousand miles on foot through a sweltering and perilous desert in search of safety. Known simply as "The Lost Boys," their story of survival and tragedy reached humanitarian groups worldwide and 15 years later, a relief effort would bring 3,600 of them to America to start new lives in an alien world. "The Good Lie" brings their narrative of loss and triumph to life, taking us from the sandy expanse of the African desert to the cold and unforgiving Western world of the U.S. Soulful, heartbreaking and unbearably real, this story is rich with loss and love, enriched by epic performances from Sudanese actors, many of whom were real-life children of war.

## THE HERO OF COLOR CITY

Genre(s): Animation, Family  
Release Date: October 3

Starring: Christina Ricci, Owen Wilson, Rosie Perez, Craig Ferguson

Follow the epic adventures of a diverse troop of passionate crayons as they try to protect their magical, highly saturated, vibrant world from a bad-guy dictator who threatens to render their entire home solely in black and white. "The Hero of Color City" is loaded with inspiring life lessons and endearing characters.

## ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY

Genre(s): Comedy, Family  
Release Date: October 10

Starring: Steve Carell, Jennifer Garner, Ed Oxenbould, Bella Thorne

"Alexander and the Terrible, Horrible, No Good, Very Bad Day" is the live-action adaptation of the beloved children's picture book. This simple, yet compelling story tracks one day in the life of a young boy, an extremely frustrating, bad day. From waking up to find gum in his hair, through all forms of youthful adversity, to threatening to move to Australia, we watch the boy endure a lot of turbulence and discomfort. This film reminds the viewer what it feels like to be young, giving us all a laugh and a little perspective.

## THE JUDGE

Genre(s): Drama, Mystery  
Release Date: October 10

Starring: Robert Downey Jr., Robert Duvall, Vera Farmiga, Billy Bob Thornton

"The Judge" follows a hot-shot big city lawyer who returns to his childhood home for the first time in years in order to support his estranged father, the town's judge, who is suspected of murder. Initially setting out to uncover the truth about the events that lead to his father's arrest, he instead winds up reconnecting with the family that he long-ago abandoned, rediscovering a home that he thought he'd lost.

## THE BOOK OF LIFE

Genre(s): Animation, Comedy  
Release Date: October 17

Starring: Diego Luna, Zoe Saldana, Channing Tatum, Christina Applegate

This animated comedy features a compelling and unique visual style that chronicles the eye-opening journey of Manolo, a young man torn between living up to the expectations of his family and pursuing his own dreams. This stunning odyssey follows Manolo as he tackles an incredible adventure, spanning three fantastical worlds, each forcing him to face one of his greatest fears. Rich with vibrant characters, refreshing themes and an outstanding pop-music soundtrack, "The Book of Life" is an experience from start to finish.

1 A



## ST. VINCENT

Genre(s): Comedy  
Release Date: October 24

Starring: Bill Murray, Melissa McCarthy, Chris O'Dowd, Naomi Watts

Maggie and her adopted 12-year-old son, Oliver, begrudgingly move in next door to eccentric loner and war veteran Vincent, off-put by his weird and apathetic antics. But when Oliver gets locked out after school one day, Vincent allows him to stay at his house until his mom gets home. Pleasantly surprised by the boy's company and desperate for cash, Oliver ends up staying with Vincent every day after school and becomes his fast lifestyle sidekick, learning the ins and outs of gambling, drinking and courting a prostitute. Hilarity and a heart-warming relationship develop. "St. Vincent" is a small movie with a dark but big heart.

40mm

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# Enjoy October

THIS ISSUE IS BROUGHT TO YOU BY



**Christopher Tenggren**  
**RE/MAX Great American North**  
BROKER/REALTOR

40W160 Campton Crossing/Unit E  
St. Charles, IL 60175  
P: 630-513-0222  
C: 630-408-2750  
F: 630-313-4220  
Christopher@HomesInTheFoxValley.com  
HomesInTheFoxValley.com  
MLS ID :1077

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



**Melissa Griffey**  
VP of Mortgage Lending

**P: 630-364-7539 C: (630) 373-1051**

mgriffey@guaranteedrate.com  
www.guaranteedrate.com/mgriffey  
1240 Iroquois Ave Ste 300 - Naperville, IL 60563

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