

FITNESS • HEALTH • DRINK • FOOD • TRAVEL • TY'S TIPS • MUSIC • MOVIES

Enjoy

NOVEMBER 2015

THIS ISSUE IS BROUGHT TO
YOU BY:



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TY'S TIPS

HOME DESIGN TIPS FROM
TY PENNINGTON



Giving Thanks
with a Dash of Fun

Shake that
sugar habit

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The Home
Purchase Experts®

WHY GO PALEO?

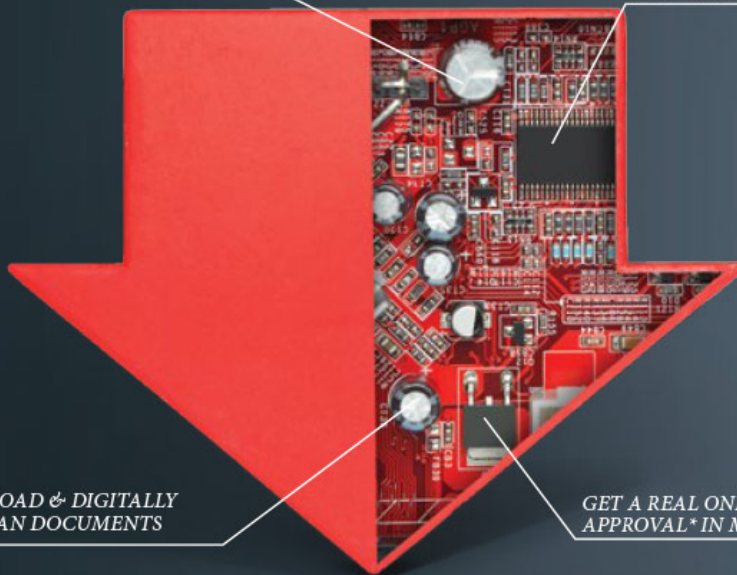
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ALL ABOUT NOVEMBER

EVENTS, HOLIDAYS AND THEN SOME



November 2015

NOVEMBER 1

Daylight Savings Time Ends

NOVEMBER 1

All Saints Day

NOVEMBER 2

National Deviled Egg Day

NOVEMBER 3

Election Day

NOVEMBER 5

National Doughnut Day

NOVEMBER 11

Veteran's Day

NOVEMBER 18

Mickey Mouse's Birthday

NOVEMBER 19

Great American Smokeout
(American Cancer Society event to get people to stop smoking.
#GreatAmericanSmokeout)

NOVEMBER 21

National Adoption Day

NOVEMBER 26

Thanksgiving

NOVEMBER 29

Advent begins

Observances

American Diabetes Month

Lung Cancer Awareness Month

Native American Indian Heritage

National Family Caregivers Month

Giving Thanks with a Dash of Fun

THANKSGIVING IS A TIME FOR FAMILY, FRIENDS, FOOD AND FUN IF YOU'RE LUCKY ENOUGH TO SCORE AN INVITATION TO A WELL COOKED FAMILY MEAL.

If you, on the other hand, are the planner, the cook, the sole person in charge of preparing this once-a-year gorge fest, then it's also a time of nail biting stress. But it doesn't have to be! We've gathered a few ideas to help turn your Thanksgiving holiday prep work into family-friendly outings that offer the perfect backdrop for giving thanks. Follow us on a journey of Thanksgiving-inspired road trips.

APPLE ORCHARD

Desserts are a Thanksgiving staple —apple pie, pumpkin pie, sweet potato pie – all lovingly prepared with the freshest ingredients. So gather up the kids and trek out to a local apple orchard. There, you can find the freshest apples to give your pie that extra special touch. Apple picking also gets the kids involved in preparing the big dinner. Still, everything can't be focused on the kids. Be sure to ask about the orchard's homemade cider. Cider could make for a delicious adult holiday cocktail when served with spiced rum.

Holiday Tip: Get your camera, any smartphone will do, and snap a few photos. Candid and staged shots of your apple-picking outing will make a cool personalized holiday card. Try www.Shutterfly.com for custom printed holiday cards.





HISTORY MUSEUM

Although Thanksgiving is a great time to get together with family and friends to eat all of your favorite holiday foods, it's sometimes easy to forget that it's a holiday rooted in the founding of this great country. Take some time to learn more about America, the founding of this country and evolution of the Thanksgiving holiday. A good-old-fashioned trip to an actual American history museum or local library is in order. You may think you know it all, but this visit could leave you learning something you weren't expecting.

Holiday Tip: Take all of your newly learned Thanksgiving knowledge and put your family and friends to the test. Create a trivia game to keep everyone entertained while awaiting the Thanksgiving feast. Spread the knowledge and share the love by posting video clips of the fun to your Facebook or Instagram account.



FARMERS' MARKET

Leave behind the hectic grocery stores buzzing with anxious holiday shoppers and enjoy the fall weather at a local farmer's market. Every meal should include fresh ingredients and it's never been easier to buy local. Look online to find farmer's markets near you and take a quick weekend trip out to one or two. Ask a friend you haven't seen in a while to join you. Now you've turned your grocery shopping into opportunity to catch up with someone you've only seen via LinkedIn updates. An in-person moment is just one more thing to be grateful for.

Holiday Tip: Don't forget to stock up on farm fresh jams, spices, sauces, and pies. Farmers' markets can offer a wide variety of goods and time savers.



PUMPKIN PATCH

Pumpkin patches aren't just for Halloween. Think of it as the perfect place to craft a centerpiece for your Thanksgiving table. Shop around for mini pumpkins, squashes and gourds. Add in some stray pieces of hay or barley, and arrange it all in a wicker basket for a handmade centerpiece.

Holiday Tip: For a Pinterest-worthy table setting, gather a few mini pumpkins while you're at the pumpkin patch to hold a nametag for each of your dinner guests. Martha Stewart would be proud.



Contributed by: Maisie Sackett

Thanksgiving Fun Facts

- Abraham Lincoln declared Thanksgiving a federal holiday during the Civil War in 1863. He wanted to express gratitude to the Union Army for its victory at Gettysburg.
- Swanson invented the TV dinner in 1953 because the company didn't have enough whole frozen turkeys to sell. They sliced up the turkeys they had, added two side dishes, and packaged them for individual sales. Voila! A meal time classic was born.
- New York was the first state to adopt an annual Thanksgiving holiday.
- Thanksgiving is a North American holiday, and that includes Canada! Those maple-loving Canucks celebrate it on the second Monday in October.

↓ DRINK

HARVEST MUDSLIDE

SERVES: 1

WHAT YOU'LL NEED

1 ounce vanilla vodka

1 ounce coffee liqueur

1 ounce pumpkin pie liqueur

1/2 ounce milk

whipped cream and cinnamon
(for garnish)

DIRECTIONS

In a cocktail shaker, add ice and all of the ingredients above. Shake and dump everything into a small hurricane glass. Top with whipped cream and sprinkle cinnamon for garnish. *Enjoy!*



Shake that Sugar Habit

With the holiday season around the corner, it's time to address our holiday addiction, sugar. We all love the homemade pies, cookies and cakes that find their way to our house as friends stop by, but remember, sugar and carbs are one in the same. Our bodies break carbohydrates down to sugar. And all of that processed sugar wreaks havoc on your physical and emotional health. During the holidays, this sugar cycle will do nothing but wear you down and turn you into a bundle of nerves.

SO IF YOU CRAVE ENERGY, SKIP THE SUGAR. FOR A CLEARER HEAD, TRY THESE STRESS-BUSTING, GUILT-FREE FOODS.



Oatmeal

Believe it or not, oatmeal encourages the flow of serotonin, a calming hormone. To reap the most benefit, you'll want to use steel cut oats also known as Irish or Scottish oatmeal. These groats require some stove time. Steel cut oats take longer to digest, and that's a good thing. These oats stay in your body longer balancing your blood sugar levels and inhibiting cholesterol absorption. That means its calming effect will last longer.

Yogurt

We already know that probiotics promote a healthy gut (thanks, Jamie Lee Curtis!), but studies show it also calms regions of the brain that are associated with emotion and pain. If you don't like yogurt, opt for a live probiotic like Kefir, kimchi or sauerkraut.

Blueberries

Just a half a cup of blueberries a day are packed with enough stress-busting vitamin C and antioxidants to not only keep colds at bay, but keep your stress levels low. They also make a great snack fresh or frozen.

Nuts and Seeds

Almonds, cashews, pistachios, walnuts, pumpkin and sunflower seeds are all great sources of magnesium and many other vitamins and minerals. Magnesium is a mineral used to treat anxiety, chronic fatigue syndrome and high blood pressure. It supports serotonin production – with low magnesium comes low serotonin production.

Avocado

This smooth, creamy fruit contains high levels of potassium, which is great for your nerves, skin and blood pressure. This good-fat fruit is nutrient dense boasting nearly 20 vitamins and minerals.

Salmon

Omega-3 fatty acids not only decrease anxiety and stress, but are great for heart health. Grill a salmon filet with orange slices for a doubly good stress fighter. The additional vitamin C will help your body manage cortisol, the stress hormone your body releases during fight-or-flight moments.

Turkey

Thank goodness for tryptophan! This beautiful amino acid actually tells the brain to release serotonin. It can't get much easier. Eat more turkey!

Dark Chocolate

Similar to omega-3s, the flavonoids in dark chocolate offset some of the cortisol released into the body. But before you reach for a Snickers bar, be sure you're making the right chocolate choices. To get the calming effects of dark chocolate, you need to eat 70-85% cocoa. A 100 gram bar of dark chocolate has another powerful benefit, 11 grams of fiber.

While you may not always make perfect food choices, a good balance is generally 80% healthy, and 20% not so healthy—at least in my opinion! Those buttercream cupcakes might taste great, but it will drag your mental and physical self-down. Make smarter choices this holiday season and watch as your friends and family see a calmer, more enjoyable, you.

Contributed by: Selene Garcia



TY'S TIPS

NOVEMBER TIPS FROM
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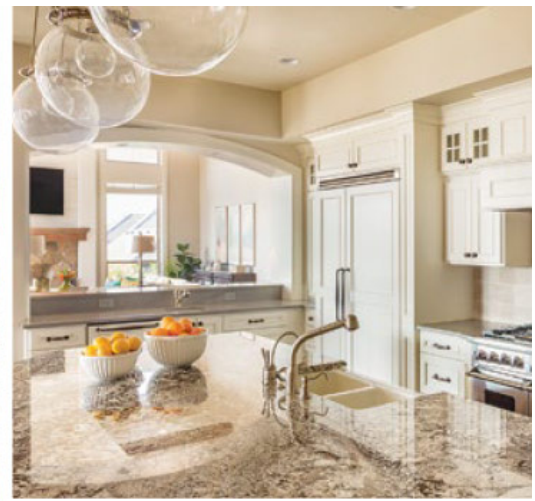
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PENNINGTON

4 Ways to Make or Break Your Home's Value

There's a right way and a wrong way to do everything. Upgrading your home is no exception, whether you're doing so to get more enjoyment from a house you plan on staying in for a while or to get a higher sale price for something you'll be leaving soon. Before we get to the big ticket items, there are several inexpensive ways to add incremental value to your home without going overboard. Assuming you don't take your design cues from *Liberace*, you can't go wrong with any of the following aesthetic enhancements:

- Fresh paint and grout
- New light fixtures and dimmer switches
- New wall plates for light switches and electrical sockets
- New ceiling fans
- New interior and exterior door knobs

Now if you're looking to really kick up the value of your home, here are 4 ways to do it (just be careful not to overdo it).



Add a room

Increase your home's square footage by adding a den or a master bedroom suite. It's a sure-fire way to add value, but be careful, it can backfire on you. If the addition doesn't blend in with the overall design of the home, if it takes up too much yard space or if it makes your house stand out in a bad way compared to others on your block, you may have done much more harm than good.

Build a porch or deck

Want to add a deck? Buyers and appraisers will compare it to others in your area so do your research. Take a look around your neighborhood. The goal is to blend in. You don't want to over improve by building with Trex composite decking materials in a neighborhood where pressure-treated yellow pine is widespread. You probably won't recoup that kind of investment. But if you build a nicer and slightly bigger deck that will give your house a favorable bump in value.

Renovate your kitchen and bathrooms

Kitchens and bathrooms sell houses, but they can have the opposite effect if you get too ambitious with those renovations. For example, if you go with a Sub-Zero fridge and granite countertops, but most of your neighbors have Frigidaire and Formica. Suddenly you have the most expensive house on the block. Not a big deal if you plan on staying in your home for the long haul, but unnecessary and possibly counterproductive if your goal is a quick flip.

Investing in your home requires research. If you're not careful, you can end up losing money. Don't let this happen to you!

Upgrade your heating and cooling systems

If you're running window air conditioning units in the summer and space heaters in the winter, installing a central HVAC is a serious value booster. But this is an area where you don't want to underdo it. If the new system has an insufficient heating or cooling capacity related to the size of your home, it'll make things uncomfortable. Hot and cold spots will cost you more every month in heating and cooling bills. The wasted energy costs will never outweigh the savings of buying a cheap HVAC system.

Contributed by: Chris Lathrop, based on tips from the Ty Pennington Design Team

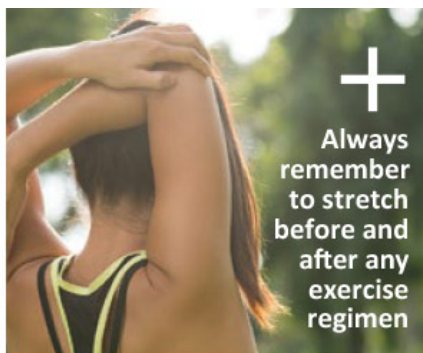
7 On The Go Exercises, No Equipment Needed!

If you're traveling to visit family and friends during the holidays, you might not have access to a gym to work off those delicious calories from Thanksgiving dinner. But don't worry. It's really easy to stay fit without weights, machines or fancy equipment.

We created a starter list of some exercises that you can do anywhere.

NO EXCUSES!





Planks

1| HIGH PLANK

This exercise is simple, yet effective. High planks have become popular because they engage multiple muscle groups and build deep inner core muscles. Stack your shoulders over your wrists and stack your feet hip-width distance apart (similar to a push-up position). Keep your hips level to your shoulders and gaze down at the floor entire time. Hold for 30 seconds—or for how long it takes for your body to start to shake! Repeat two more times.

High Planks improve flexibility, balance and posture.

2| SIDE PLANK

Start on your left side with your knees straight. Prop your torso up on your left elbow and forearm. Raise your hips until your body forms a straight line from your ankles to your shoulders. Hold this position for 30 seconds.

If that's too easy, add a Hip Lift. To do a Hip Lift, lower your hips to the floor, pause before touching the ground then return your hips to the starting raised position. Repeat on your right side.

Side planks stretch and strengthen your wrists, hamstrings, arms and stomach.

3| PLANK WITH SHOULDER TAPS

Start in a basic high plank and hold. Then lift your right hand to your left shoulder and tap, now return to the start position. Alternate arms and continue these movements for at least 10 reps on each side. By adding shoulder taps to a high plank, you reap all of the benefits of high plank while also improving hand and eye coordination.

Pilates Inspired Exercises

4| EXTERNAL HIP RAISE

Want lean and toned thighs? Then this exercise is for you. Lie on your right side and support your upper body with your hand and elbow in a straight line, torso raised. Your hips and thighs stay on the floor. Legs straight, pull your abs in tight, and lift your left leg up to hip height, left foot flexed. Then, lift slightly higher and rotate your heel to the ceiling.

Lower down and return to hip height. Switch sides and repeat on your left leg.

For more of a challenge, add a resistance band around your ankles and do the above movements. Still not enough? Try moving your foot in a circular motion 10 times to the right, then 10 times to the left, while still hip-height in the air. Always switch sides and repeat with the other leg.

5| 30-60-90S

Lay on your back with your arms to your sides. Extend your legs straight up in the air and flex both feet. Slowly lower your legs to 30-degrees and hold for 5-seconds. Now, lower to 60-degrees and hold again. Lastly, lower your legs to 90-degrees (they should be parallel to your shoulders). Hold, then flutter kick for 10 seconds. Repeat at least two more times. These leg lifts not only challenge your abdominal muscles, but also work your hip flexors and quads.

Crunches

6| YOGI BICYCLES

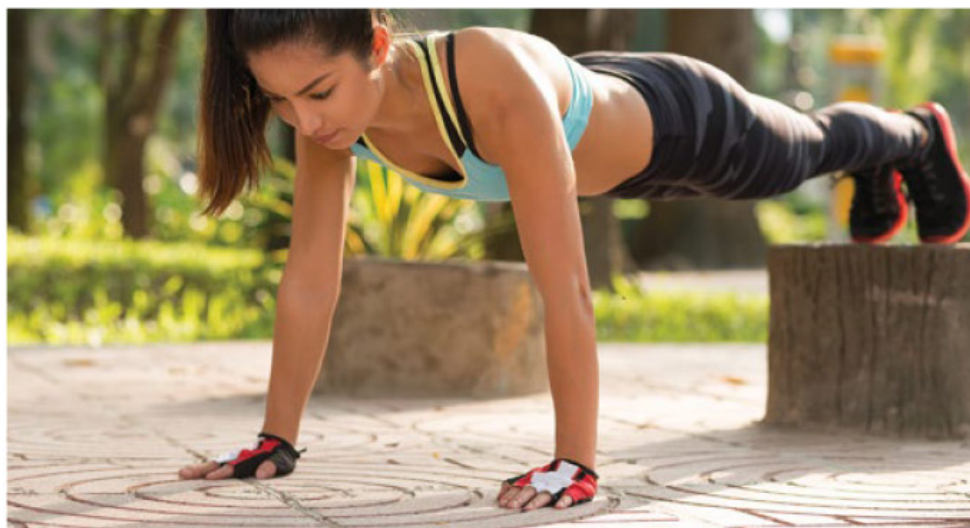
This variation of crunches targets your obliques, better known as “love handles.” Start out on your back. Gaze up to the ceiling and spread your arms out wide. As you come up for your first crunch, reach your right elbow towards your left knee. Tap. On your second exercise draw your left elbow towards your right knee. The slower you go, the better it is for your core. Repeat at least 10 times on each side.

7| STRAIGHT LEG CRUNCHES

Start with your back on the ground and extend your legs straight up at a 90-degree angle. Using the strength in your abs, lift your shoulder blades off of the floor. Pulse up 10-20 times. Unlike traditional crunches, keeping your legs above your heart allows you to work deeper into your abs.

With all of these crunches, planks and yogi bicycles in the can, you're sure to have room for Christmas cookies!

Contributed by: Sarah Amundsen



FOOD

WHY GO PALEO?

YOUR PALEO CHEAT SHEET

Does the Paleo diet seem confusing? It isn't! Just follow along with this handy chart.



- Dairy
- Grains
- Processed Foods & Sugars
- Legumes
- Starches
- Alcohol
- Refined Sugars (cookies, candy, artificial sweeteners)
- Processed Oils (Soybean, canola, corn)



- Fruits
- Vegetables
- Meat
- Seafood
- Nuts & Seeds
- Healthy Fats (Avocado, Coconut oil, almonds)
- Eggs

You may have heard of the Paleo Diet, but what is it anyway? The Paleo Diet—commonly referred to as the “Caveman diet”—is a carefully cultivated eating plan where the goal is to eliminate processed foods completely. That means: No dairy. No sugar. No corn. No grains. And while you’re at it, no complex carbohydrates. Sweet potatoes and vegetables are allowed because they’re all natural simple carbs. The goal here is to leave out all of the bad stuff and get back to eating the way cavemen ate thousands of years ago. The Paleo Diet, when done right, can help with weight loss, reduce bloating, balance blood glucose levels, and create leaner muscles all while keeping you full and satisfied. Intrigued?

Try our Thanksgiving Paleo Menu. It’s packed with hearty Paleo alternatives to the carb-heavy traditional recipes. Trust us, your guests will ask for seconds without the bloat that keeps them hanging around all night! →



Citrus and Herb Turkey

- An 18lb turkey, thawed
- 8 tablespoons of extra-virgin olive oil
- Grated zest of two lemons
- 3 handfuls of fresh rosemary
- 3 handfuls of fresh thyme
- 1 handful of fresh sage
- 2 teaspoons sea salt, plus more for seasoning
- 2 teaspoons freshly ground pepper
- 3 lemons quartered

Rinse the turkey in cool water and pat dry with paper towels. Let the turkey rest for two hours outside of the fridge on a baking sheet.

Preheat the oven to 450 degrees.

In the food processor, combine the olive oil, one handful of rosemary, one handful of thyme, one handful of sage, lemon zest, and half of the salt and half of the pepper. Truss the turkey and place the turkey on a metal rack inside

the roasting pan. Using your hands, rub your herb olive oil all over your turkey—make sure you get under the skin! Season with the remaining salt and pepper. Stuff the turkey with the remaining herbs and the quartered lemons.

Bake the turkey for 30 minutes.

Reduce the oven to 350-degrees and bake the turkey for an additional 2 hours. Baste the turkey with the drippings in the pan and rotate the pan every 45 minutes.

After 2 ½ hours of cooking, check the internal temperature of the turkey with a meat thermometer. If the turkey is golden brown and 175 degrees internally, take it out. If it's 175 degrees internally, but not brown crank up the temperature to 450 degrees for 15 minutes to crisp the outside and then remove the turkey from the oven.

Let the turkey rest to let all the juices settle before carving and enjoy!



Cauliflower Mash

- 1 medium-large head of cauliflower trimmed and cut into small pieces
- 1 tablespoon extra-virgin olive oil
- Salt & pepper

Bring a large pot of water to boil. Add cauliflower and cook until very tender. Reserve ½ cup of the water and drain the cauliflower. Add cauliflower, olive oil, and one tablespoon of reserved water to your food processor. Blend until smooth, adding water as needed and salt and pepper to taste.



Paleo Pumpkin Pie Bites

- 1 can of pumpkin puree
- 2 very, very ripe bananas
- ½ cup coconut sugar
- 1 ½ teaspoon cinnamon
- ¼ teaspoon ginger
- ¼ teaspoon nutmeg
- ¼ teaspoon sea salt

Preheat your oven to 350 degrees.

In a blender or food processor, combine all the ingredients and blend until smooth. Spoon the mixture into lined muffin tins. Bake for 20-25 minutes. Let the pie bites cool for 10 minutes out of the oven and then move to the fridge for 45 minutes to firm them up. Top with Paleo whipped cream and serve!

Paleo Whipped Cream

- 2 cans of refrigerated coconut milk
- 2 tablespoons Grade-A maple syrup
- 1 teaspoon vanilla extract

Scoop the solid coconut cream off the top of the cans, leaving behind the liquid. Combine coconut cream, maple syrup, and vanilla in a mixing bowl and using an electric mixer, beat on high until the whipped cream is fluffy (10 minutes). Try not to eat it straight out of the bowl and top any and all your paleo desserts with this delicious whipped topping!

Contributed by: Kat Bremhorst

You've Got that Grateful Feeling

After a marathon day of chopping, slicing and stuffing, it's time to put your feet up and really reflect on what you're thankful for. We've compiled a list of songs to help inspire you to get in touch with your grateful side. Enjoy!



Thanksgiving Theme
Vince Guaraldi Trio

Amazing Grace
Whitney Houston

**Be Thankful For
What You Got**
Yo La Tengo

I Want to Thank You
Dido

I Thank You
Sam & Dave

Grateful
Rita Ora

**What a
Wonderful World**
Louis Armstrong

I Want To Thank You
Alicia Myers

**Thank You for
Being a Friend**
(Golden Girls Theme)
Andrew Gold

Ode to My Family
The Cranberries

Thank You Girl
The Beatles

We Are Family
Sister Sledge

Homecoming
Kayne West f. Chris Martin

Turkey Song
Adam Sandler

Release dates subject to change.

SPECTRE

Genre(s): Adventure, Action, Sci-Fi

Release date: November 6

Rating: PG-13

Starring: Daniel Craig, Christoph Waltz, Ralph Fiennes

When you think November, you think Thanksgiving, football and family. Let's not forget about Bond, James Bond. Director Sam Mendes returns to the Bond universe after the successful November 2012 release, *Skyfall*. Daniel Craig's fourth outing as the double "O" agent sends Bond on a trail to uncover a cryptic message from his past about a sinister organization. As M battles political forces to keep the secret service up and running, Bond will have to uncover the real truth by any means necessary behind SPECTRE. With an ensemble cast, you won't want to miss out on one of November's most talked about movies.

THE PEANUTS MOVIE

Genre(s): Animation, Adventure, Comedy

Release date: November 6

Rating: PG

Starring: Madisyn Shipman, Francesca Capaldi, Mariel Sheets

The Peanuts gang is making its big screen debut and bringing more than 50 years of comic history to a movie theater near you. Join your favorite characters on a fun-filled adventure as Charlie Brown embarks upon an epic quest. Not to be left out, Snoopy takes to the skies to pursue his arch-nemesis, the Red Baron. Based on the imagination of Charles M. Schulz, you won't want to miss this animated adventure suitable for the whole family.

THE 33

Genre(s): Drama

Release date: November 13

Rating: PG-13

Starring: Antonio Banderas, Cote de Pablo, Juan Pablo Raba

It was 2010 when 33 Chilean miners who were trapped inside the San Jose Mine in Chile for more than two months. Now this movie captures the harrowing scene when the miners discover their radio is useless, the medical kit is empty and the food supply is limited. Mario Sepulveda becomes the leader of the miners, dividing food into rations, and becoming the staid voice amidst saving the miners from spiraling into chaos and fear. Strap on your hard hat as things get tight in this disaster drama perfect for the whole family.

THE HUNGER GAMES: MOCKINGJAY – PART 2

Genre(s): Adventure, Sci-fi, War

Release date: November 20

Rating: PG-13

Starring: Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth

The fourth and final installment of The Hunger Games film series follows Katniss Everdeen, symbolized by the "Mockingjay." With the nation in an all-out war, Katniss confronts President Snow in one last showdown. The "girl on fire" and her team of her closest friends risk their lives to liberate the citizens of Panem all while staging an assassination attempt on President Snow. Will Snow's "game" composed of traps, enemies and mortal choice be too much for Katniss and her squad? Or will their survival be the future of Panem? Buy a ticket to find out.

THE GOOD DINOSAUR

Genre(s): Comedy

Release date: November 25

Rating: G

Starring: Raymond Ochoa, Jeffrey Wright, Steve Zahn

The human race has always asked the question: What if the asteroid that forever changed life on Earth missed and giant dinosaurs never become extinct? The talented minds behind Toy Story, Finding Nemo and the most recent fan favorite/box office hit, *Inside Out*, return to take on the dinosaur world. Pixar is at it again in this epic journey following an Apatosaurus named Arlo who makes an unlikely human friend. Travel through the vast prehistoric mysterious landscape filled with beautiful scenery with Arlo as he learns the power of confronting his fears and becoming his best self. With a stellar past lineup of hit movies filled with love and laughter, Pixar is sure to leave a special place in your heart this Thanksgiving with *The Good Dinosaur*.

THE NIGHT BEFORE

Genre(s): Comedy

Release date: November 25

Rating: R

Starring: Seth Rogen, Joseph Gordon-Levitt, Lizzy Caplan

Three best friends since childhood—Ethan, Isaac and Chris—have been hosting an annual Christmas Eve reunion for nearly a decade filled with debauchery and hilarity. Enter adulthood. The tradition is coming to an end and to make it as memorable as possible, the trio sets out to find the holy grail of all Christmas parties. Nonstop laughs, Christmas spirit and over the top scenarios will surely give you loads of holiday fun during this Thanksgiving release.

THE DANISH GIRL

Genre(s): Drama, Biography

Release date: November 27

Rating: PG-13

Starring: Alicia Vikander, Amber Heard, Eddie Redmayne

The Danish Girl is surely to get some Oscar nods this year as Best Actor Oscar winner, Eddie Redmayne, for last year's *The Theory of Everything*, returns for another impressive transformation. The remarkable love story inspired by the lives of artists Lili Elbe and Gerda Wegener. Lili and Gerda's marriage and work evolve as they pilot Lili's groundbreaking journey as a transgender in the first male to female sex reassignment surgery. With the talented Alicia Vikander (Ex Machina, *The Man from U.N.C.L.E.*) this movie promises emotional performances you won't want to miss.

Contributed by:
KJ Schultz





Christopher Tenggren
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