



There's something powerful about saying, "Thank you." Two simple words that offer praise and gratitude. At a time when negativity dominates local news and social media, giving positive feedback is renewing. It sets you apart. Try saying thank-you to your spouse for cooking dinner, to your kids for picking up after themselves, or to your parents for providing love and support. A simple thank-you sounds simple, but it's not. It takes vulnerability. Luckily, Thanksgiving is made for thank-yous. Sitting around the dinner table is the perfect time to tell your family and friends how much they mean to you. Over home-cooked goodness, sharing loving words is a recipe for holiday success.

Try downloading our selection of gratitude songs in the **Music** section. If your Thanksgiving dinner doesn't turn into a dance party with *Sly & The Family Stone* singing "Thank You (Falettinme Be Mice Elf Agin)" then nothing will!

I'm grateful for the chance to travel to one of my bucket list destinations, Morocco. In this month's **Travel** section, I share my journey into this exotic North African luxury destination. Knowing that everyone is focused on Thanksgiving dinner, this month's **Food** section shares a recipe I brought back from Marrakech. Everyone knows how to bake a turkey, but have you ever tried Tagine Chicken? It's the remedy to bland chicken your taste buds have been craving.

Happy Thanksgiving!



Enjoy, Chrystal Caruthers Editor-in-Chief Chrystal.Caruthers@rate.com

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### November 2016

**NOVEMBER 1** 

All Saints' Day

NOVEMBER 6

Daylight Savings Time End

NOVEMBER 8

Election Day

**NOVEMBER 12** 

National Pizza Day

**NOVEMBER 14** 

World Diabetes Day

**NOVEMBER 16** 

International Day for Tolerance

**NOVEMBER 17** 

Great American Smokeout (Quit Smoking Day)

**NOVEMBER 24** 

Thanksgiving Day

**NOVEMBER 25** 

Black Friday

**NOVEMBER 26** 

Small Business Saturday

**NOVEMBER 27** 

Advent begins

**NOVEMBER 28** 

Cyber Monday

**NOVEMBER 29** 

Giving Tuesday

Observances

National Adoption Month

National Diabetes Month

Astrological Sign

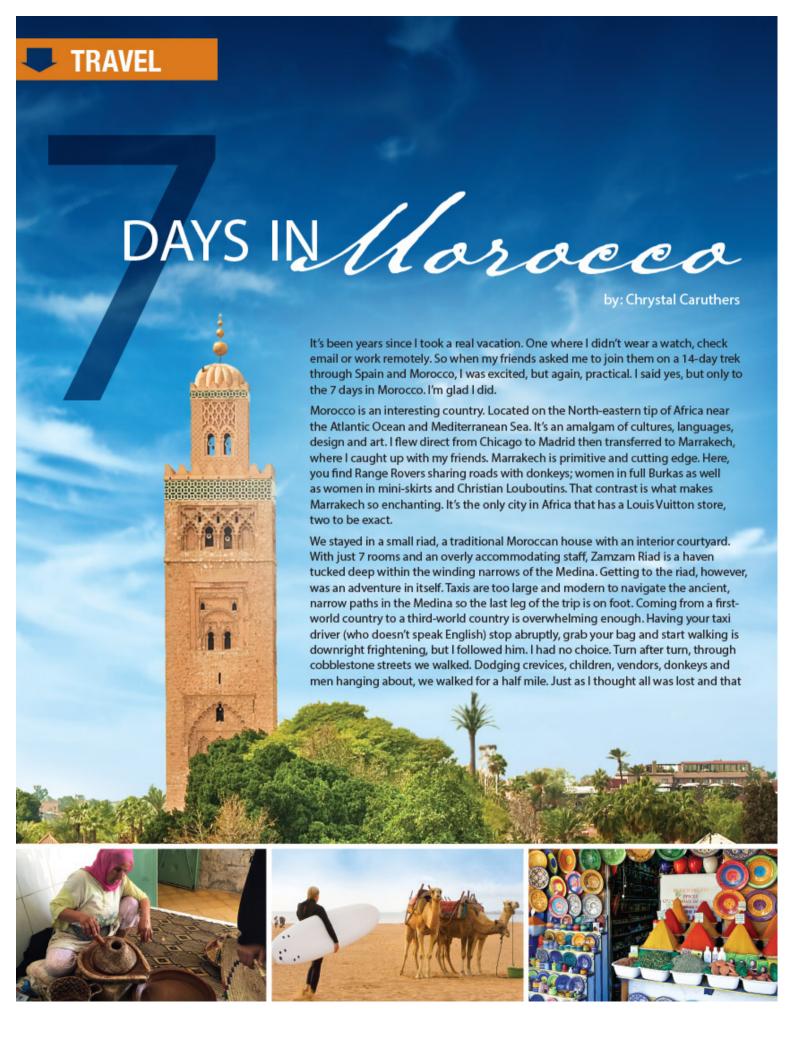
Scorpio

Birthstone

Topaz & Citrine

Flower

Chrysanthemum









I would disappear forever into the darkness behind the rubble, a large artisan carved door opened and Faisal smiled and said "Welcome, Chrystal, how was your flight?" Warm smiles, my friends, and a relaxing Hammam spa treatment greeted me and melted away all apprehension.

#### MOROCCAN RUGS

If you've ever longed for a hand-knotted virgin wool Berber carpet, they're all over Marrakech. The Berber people from the Atlas Mountains weave these rugs to insulate their walls, floors and roofs. In the riads, every bedroom floor is covered with the soft thickness of wool rugs — a cozy comfort after walking miles through the Medina, a mazelike medieval walled city. One of the reasons I wanted to go to Morocco is to buy an authentic rug and other goodies. The exchange rate is favorable for Americans. One hundred dollars is about 367 Moroccan dirhams. In other words, a bargain. I purchased an 8x10 wool rug for about \$550. At Restoration Hardware, a similar Moroccan rug would have been more than \$4,000.

#### SOUKS

Within the walled Medina are souks, open air markets, where shop owners offer handmade textiles, art, clothing and more. Negotiating is encouraged, and I love a bargain. I scored embroi-

dered cotton caftans for lounging around the house, light fixtures, perfume, original canvas oil paintings and more. The options are overwhelming, in the best way. One of my favorite things about shopping in Morocco is the hospitality. After each purchase, shopkeepers offered to make us refreshing mint tea. Surprisingly, hot tea is comforting in hot weather. Who knew?

#### **BEACH**

We traveled three hours east to the beach town, Essaouira, where surfers rode the waves and camels lounged on the beach. Yes, camels were chilling in the sun, just like us. Horses ran through the water and tourists just took it all in. Game of Thrones fans know Essaouira, a UNESCO World Heritage fortified seaport, as Astapor, a city where Daenerys Targaryen gains her army. This late 18-century city is mix of African and European culture. In Essaouira, we ate prawns and Champaign while dining seaside. Again, the dollar goes a long way. We stayed at Riad Rebali, the most luxurious place on the beach. With a private pool, separate bedroom suites, multiple dining areas and a rooftop made for star gazing, the worries of daily life felt a million miles away.

#### ARGAN OIL

On the road to Essaouira, we saw goats in trees. This is particular to Morocco.



Goats hop into the trees, perch themselves onto the gangly branches to eat the seasonal fruit. The benefit, the goats excrete clumps of seeds that are pressed into the highly prized, and very expensive, argan oil. We visited a women's cooperative that makes argan oil. It's a labor intensive industry. First, the nuts are cracked with rocks, then ground into a paste before being pressed into oil.

#### INSPIRATION

Fashion designers have been traveling to Marrakech for years for a one-stop dose of global inspiration. Yves Saint Laurent purchased a 12-acre botanical garden here in 1980 that is now open to the public. It houses a Berber museum and a haute couture gift shop. Mara Hoffman's 2016 one-piece colorful swimsuits were inspired by this garden, a rich mix of cacti and primary colors.

If you ever have the chance to visit Morocco, do it. My words don't do it justice. It was a transformational vacation that made me feel grateful for all that I have while also feeling that much of what we work for is unnecessary. It's beautiful. The people are welcoming and warm and because of them, I now want to learn a second language. Most Moroccans speak at least three languages perfectly.



# Tagine Chicken

Recipe courtesy of Zamzam Riad with preserved lemons & olives

- 1 Whole chicken (skinned and guartered)
- 2 Preserved lemon peels
- 1 Cup green olives (with pits)
- 5 Garlic cloves (grated)
- 2 White onions (chopped)

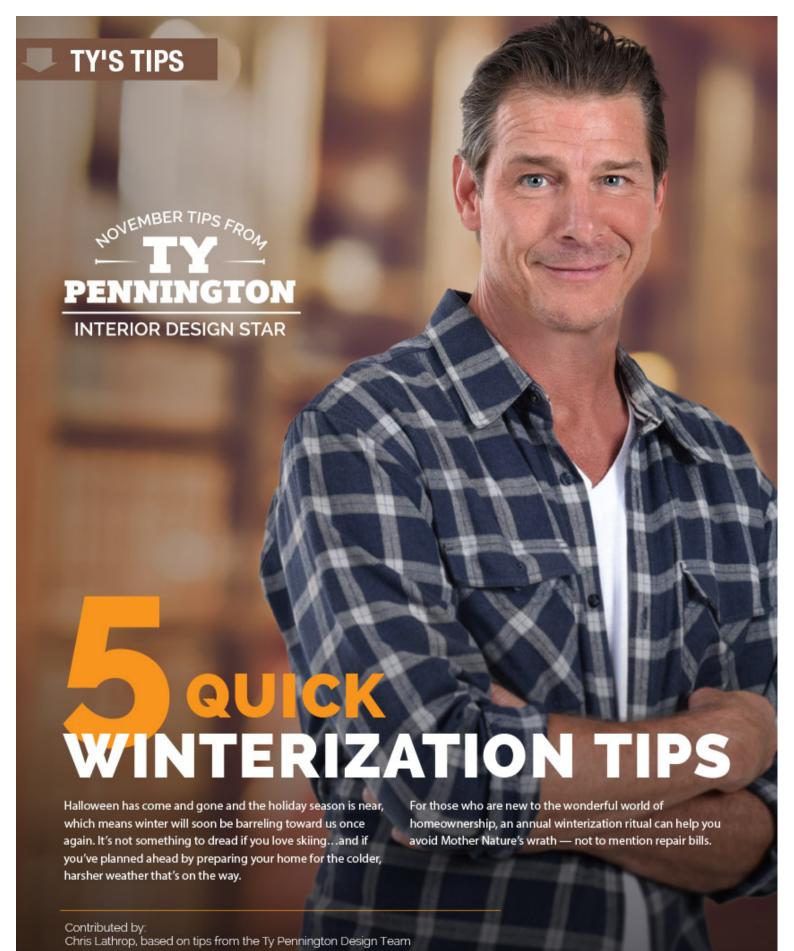
- 2 Tablespoons parsley (chopped)
- 1 Teaspoon salt
- 2 Teaspoons black pepper
- 2 Teaspoons ginger (grated)
- 2 Pinches of saffron
- 2 Tablespoons of vegetable oil
- 2 Tablespoons of olive oil
- 6 Ounces of water

### INSTRUCTIONS:

ENJOY!

Add both oils to the bottom of the Tagine. Add chopped onions, garlic, ginger, saffron and parsley. Season skinless chicken with salt and pepper. Mix (by hand) with chicken. Place Tagine on stovetop over medium high heat for 10 minutes. Sauté. Add lemon peels on top of chicken. Add olives. Add water, reduce heat to low, cover Tagine and let cook for 1.5 hours checking frequently to add a little water, if necessary.







Here are 5 things to pay attention to (and fix if necessary) when preparing your home for winter. I'll start with something that might surprise you:

#### AIR CONDITIONER

Yep, it'll be turned off for the next several months, but if you want your central air conditioning system to work properly again in the summer when temperatures shoot up again, you should cover the top portion of the outdoor unit with a piece of plywood, or a trash bag, to keep falling ice and other debris from collecting inside. Covering the entire unit can help keep it from looking weather beaten, but more importantly, it can also prevent moisture from escaping. Added bonus, it will keep small animals away who seek warmth within. Remember, cover it now to prevent mechanical failures later.

#### **HEATING SYSTEM**

Okay, this one is more obvious. Don't wait until you really need it to find out if there's a problem with your heating system. Do a test run before temps fall into the 50s, or lower, to make sure it's generating warm air. Before winter is also a good time to change the air filters and the batteries in your smoke and carbon monoxide detectors.

#### CHIMNEY

This is another part of your house where critters seeking warmth can cause problems so you should check for nests that could block airflow. Since that involves climbing a ladder, consider hiring a chimney sweeper to do the job and give your flue a professional cleaning as well.

#### ROOF

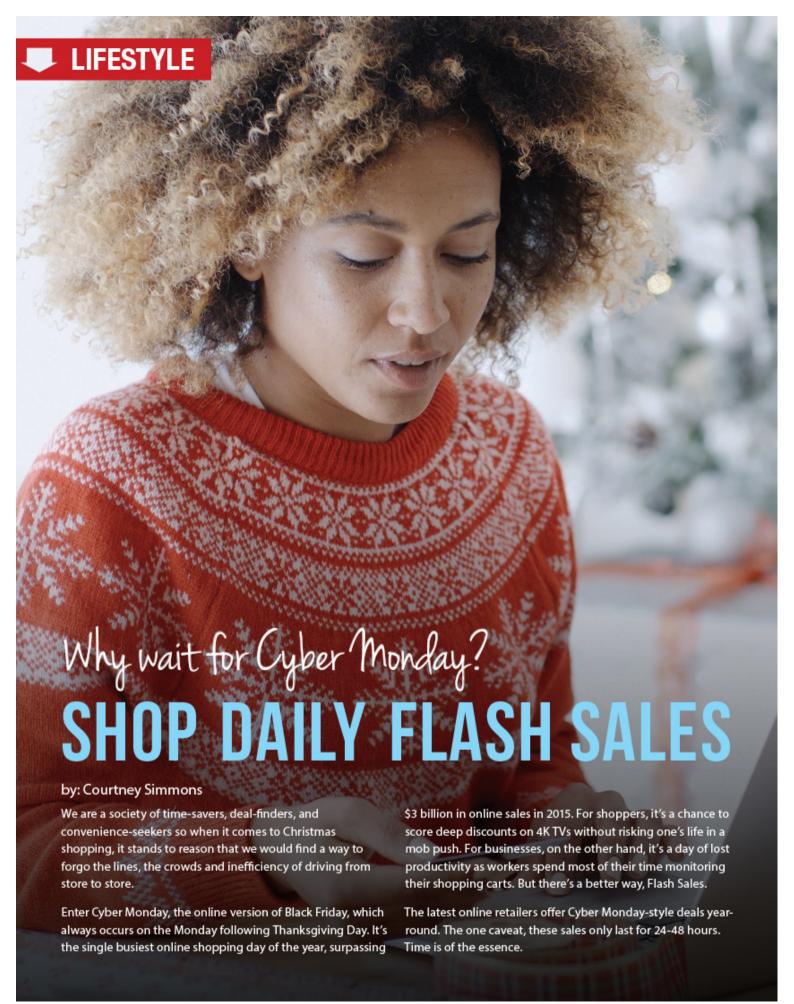
As we all know, heat rises. And when it rises inside your house during the

winter, it warms up your roof. In snowy climates, this can cause ice dams — snow melts and drains toward your gutters then freezes again. To alleviate this issue, make sure your roof has enough vents to allow excess heat to escape. Also, make sure they're not obstructed.

#### OUTDOOR SPACE

If the type of grass in your lawn calls for it, put down some winterizing fertilizer with the proper amounts of nitrogen and potassium. Apply some sealer to your wooden deck if it's overdue for a treatment. Cover your patio furniture, or better yet, store it in the garage, shed or basement. Finally, buy some plastic and foam faucet covers to keep your outside water fixtures from freezing, and your pipes from bursting.

Once your home is buttoned up for winter, you can focus on bundling yourself up in ugly sweaters for the holidays.



# How does it work?

Most Flash-Sale Sites are membership based, meaning they want your email address. When sales are announced, members race to click, and buy their favorite luxury brands – Prada, Max Mara, Vince – all at discounts you can't find in stores. Best of all, most include free shipping! Here's our list of flash sale sites worth testing your Christmas shopping list on.

# FASHION + ACCESSORIES

Belle & Clive – A division of Bluefly. com, it started in the fashion district of NYC. Burberry coats up to 30% off, Tod's handbags up to 35% off and Prada pointy-toe pumps for \$539.

Beyond the Rack – This Montreal-based site is like an online department store. It has kids, maternity and a curvy women's section. Find Celine handbags, Versace silk scarves and Alexis Bittar jewelry.

HauteLook – Acquired by Nordstrom in 2011, HauteLook offers daily curated, "west coast casual" fashion. Think Sam Edelman boots, Tart jumpsuits and Kenneth Cole New York outerwear.

PIndr – For the hipsters, PIndr offers 48 and 72-hour flash sales. Here, you find a curated selection of streetwear from brands like Fly Society, Ransom and Billionaire Boys Club, to name a few.

# HOUSEWARES

Joss & Main – A combination of blogstyle content and hot deals on rugs, light fixtures and duvets. Here you'll find retail brands like Wayfair, All Modern, Birch Lane, and Dwell Studio.

One King's Lane – An interior designercurated site that offers home décor and travel essentials at discounted prices. Sales last for 72 hours. Shipping starts at \$7.95.

Ruelala – Yes, you can also furnish your new home from this site.

**Gilt Home** – Barware, closet organizers, candles, and furniture all in one place at 48-hour intervals. There are discounts, but this is still high-end shopping.

### TRAVFL

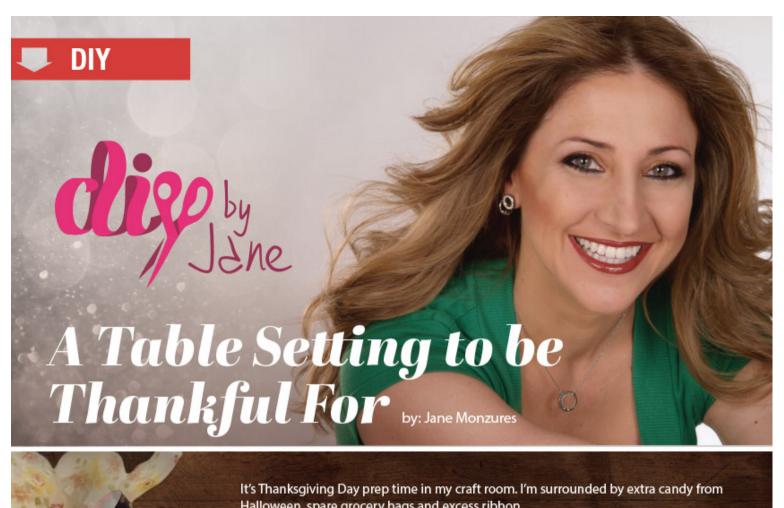
**Living Social Escapes** – Daily inspiration on adventures at a great price.

Gilt Travel – Score hotel rooms at Calistoga Ranch, Omni Chicago Hotel or Hyatt Regency Dubai. These deals last several days.

Ruelala – Yes, they also offer destination hotels at deep discounts. Think spa retreat at Canyon Ranch, for a special members-only price.

Jet Setter – Planning a trip to Nicaragua? JetSetter has a hotel room for you at a deep discount. Traveling to New York for a show? JetSetter also has rooms at the Arlo NoMad in Midtown. This site offers luxury accommodations, but you have to act fast.

Groupon – The one that started it all is still around and offering value. Plan a trip to Thailand (airfare and hotel included) for \$1,199 with Groupon Getaways. Deals change constantly.





#### **PLATE SASHES**

For the plate sashes you'll need scissors, fabric markers, orange fabric — you can use an old table cloth or bed sheet (just make sure it's something you don't mind cutting up) — a standard lighter, or brown ink pad, if you don't feel comfortable using an open flame.

First, cut the orange fabric into 20x4 strips. Cut as many plates sashes as you have guests.

Next, test the fabric for flammability. You want to slightly burn the edges of each strip to give them a weathered look. You can use a match, but I found it easier to use a lighter. Let the fire singe the fabric edge then extinguish it immediately. This craft should only be performed in a well ventilated area. Also, because of the fire use, this craft is not for kids. For a kidfriendly alternative, rub a black ink pad along the edge of the fabric to achieve a similar burnt-vintage look.

Once both sides of the sash have a weathered look, it's time to get creative.

Grab a red or gold fabric marker and write your guests' names on each sash. You can also add embellishments like flowers, leaves, ribbons and bows.

#### **SWEET TREAT BOXES**

This is a great way to use up all that left over Halloween candy plus, it adds a beautiful surprise to your Thanksgiving table.

You will need several used, empty cardboard jewelry boxes, a brown



paper bag, tape, scissors, ribbon and lots of candy or cookies.

First, wrap the boxes in craft paper, or, if you're fond of up-cycling, use a brown paper bag. Be sure to wrap the top and bottom of each box separately so it's easy for your guests to open.

Next, tack the ribbon on the inside of the box. Tie a beautiful bow with your ribbon. You can use fall colors, or any ribbon that matches your table décor. I like to use two different ribbons to make the box look more colorful and inviting. Stock it full of treats and place one at every place setting on your table. Now that's what I call stuffing a sweet treat box!

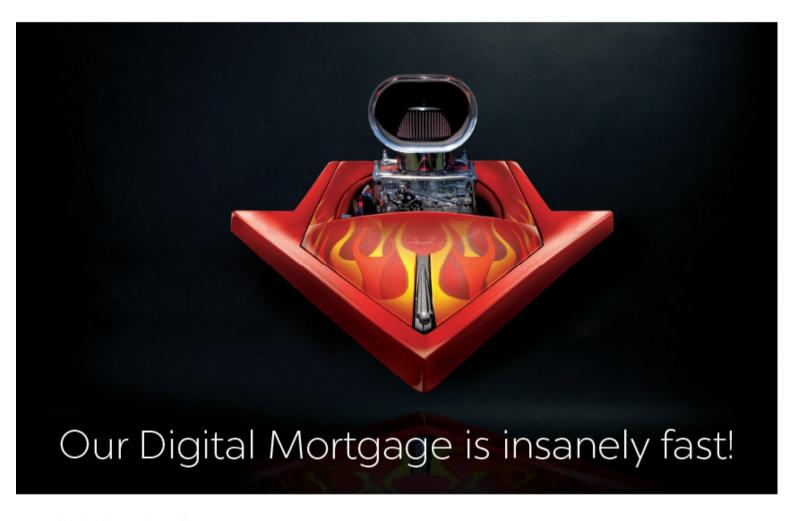
Happy Thanksgiving!











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