



Say "So Long" to a Stressful Thanksgiving Day

by homewarranty.com

Does the thought of having a house full of guests for Thanksgiving curdle your gravy? We get it. Once again, the holiday season arrives on our doorstep with a heavy suitcase packed full of high expectations. For many of us, these expectations for the perfect holiday are tinged with anxiety and stress - not ideal emotions while we gather with friends and family.

Research shows that giving thanks at Thanksgiving may hold more power than we imagined. Therefore, we thought it might be helpful to offer some food for thought on how to create a less stressful Thanksgiving for you and your family. The ingredient list is simple - a dash of gratitude with a sprinkling of positive thinking.

Does Being Thankful Make Us Happier? Dr. Robert A. Emmons, UC Davis, and Dr. Michael E. McCullough, University of Miami, are psychologists who have conducted much research on gratitude. One study asked all participants to jot down a few sentences each week, focusing on particular topics.

One group wrote about what they were grateful for that week, while another group wrote about their daily annoyances and things that had displeased them. After ten weeks, those who wrote about the things they were grateful for felt better about their lives and were generally more optimistic about the world.

Practice a Positive Attitude - A positive attitude opens doors and attracts

opportunities. Being positive feels good and helps those around you feel good, too. Choose to be around positive people and places as it can have a dramatic effect on your mood.

A positive attitude also means allowing yourself to occasionally wallow in "muddy waters." When you're hurt or grieving, it's good to allow yourself to feel loss and sadness. Just remember, there comes a time to move forward.

Help Yourself By Helping Others - Go out of your way to help others by volunteering. Volunteermatch.org can help you create positive change for those around you. Just input your zip code to easily locate volunteer positions available within your community. VolunteerMatch.org offers opportunities in Education and Literacy, Children and Youth, Crisis Support, Animals, Arts and Culture, just to name a few. Nothing takes your mind off your own troubles like helping others in need.

Pat Yourself on the Back - Be proud of your accomplishments and the hard work it took to get where you are. It's not easy, but try to use your "failures" as the valuable learning experiences they are.

Remember why we gather. We've all heard Thanksgiving Day is the busiest travel day of the year. Our friends and family don't travel to taste the perfect pie. Most travel to get to the imperfect people they love spending time with. Now do your part. Accept help if it's offered (and if you need it), and do your best to do the thing you really look forward to - eating, relaxing, and enjoying your guests.



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November Calendar

November 6 - Daylight Saving Ends

November 11 - Veterans Day

November 24 - Thanksgiving Day

November is Military Family Month

Homeowner Tip



Do a Chimney Check

Use a flashlight to inspect the flue damper. Make sure it seals properly as it opens and closes; otherwise you lose precious heat from inside your home this winter. While the damper is open, check the flue for animal nests by making sure you can see daylight at the top. Ensure you have no missing or cracked bricks in the firebox or hearth. Cracks inside the firebox should be repaired before using your fireplace this winter.

Is Your Dishwasher Holiday Ready?

Do you notice an unpleasant odor when unloading your dishwasher, or maybe you have to re-wash a dish after it's run through a cycle? If so, we've got some tips for you.

Clean the Dishwasher Trap - If your dishwasher is not self-cleaning, remove the manual filter located under the bottom rack of your dishwasher. Hand wash in warm, soapy water and rinse thoroughly. You may need to gently scrub (using an old toothbrush) to remove the tougher particles. Clean the area where the filter goes in the dishwasher before putting the filter back in place.

Clean the dishwasher seal - Every few

months, clean the rubber gasket around the door of your dishwasher. Just use a soft, damp towel to wipe away the gunk around the edges. Wipe down the interior walls of the dishwasher, and clean around the soap door.

Deodorize with vinegar - Just pour a cup of white vinegar into the bottom of your empty dishwasher and run it on a "normal" cycle. This will help loosen and clean out old food particles and keep your dishwasher smelling fresh.

Don't crowd - An overstuffed dishwasher won't be able to do its job if it's crammed full of dishes. Give the water in your dishwasher a chance to circulate freely and work more effectively.



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Honey Garlic Butter Roasted Carrots

INGREDIENTS

- 2 pounds carrots washed and peeled (or unpeeled)
- 1/3 cup butter
- 3 tablespoons honey
- 4 garlic cloves minced
- 1/4-1/2 tsp salt plus more for seasoning
- Cracked black pepper
- 2 TB fresh chopped parsley

DIRECTIONS

Preheat oven to 425°F. Lightly grease a large baking sheet with nonstick cooking oil spray; set aside.

Trim ends of carrots and cut into thirds.

Melt butter in a pan or skillet over medium-heat. Pour in honey and cook, while stirring, until completely melted through the butter. Add the garlic and cook for 30 seconds until fragrant while stirring.

Add the carrots and allow the sauce to thicken for a further minute, while tossing the carrots through the sauce. Season with salt and pepper.

Transfer carrots to baking sheet in a single layer so they cook evenly. Toss to evenly coat.

Roast for 20 minutes, or until carrots are fork-tender. Broil (or grill) for 2-3 minutes on high heat to crisp/char the edges.

Season with a little extra salt and pepper if desired. Garnish with parsley.



Recipe and photo courtesy of: cafedelites.com