

# Food Tips: 6 Recipe Ideas for Thanksgiving Leftovers



By Nicole Maher

One of the biggest food holidays of the year is Thanksgiving. From full-sized turkeys, to mounds of mashed potatoes, to various types of desserts, there is no shortage of options when it comes to preparing the perfect holiday meal. However, after you've cooked and shared the day with your family, you'll likely be left with numerous leftovers. Check out some of the following [food tips](#) that'll allow you to use these Thanksgiving leftovers and transform them into entirely new meals.

# Get ready to enjoy your Thanksgiving leftovers with these food tips and six potential recipe ideas.

**1. Old-fashioned turkey sandwich:** The easiest thing to make with Thanksgiving leftovers is a simple turkey sandwich. In the days following the holiday, you are probably tired of cooking and looking for an easy way to use up the leftovers in your fridge. A simple sandwich complete with sliced turkey, cranberry sauce, lettuce, and tomato is an easy way to clear out some of the extra food and keep the cooking to a minimum! Use some leftover dinner rolls or rye bread to free up even more room in your kitchen.

**Related Link:** [Food Tips: Healthy Thanksgiving Meal Alternatives](#)

**2. Turkey pot-pie:** A turkey pot-pie, or shepherd's pie, is a great way to eliminate some of the leftover meat and vegetables. Throw your remaining turkey into a pot along with your leftover vegetables and gravy before covering the top with potatoes or stuffing. This food tip will leave you reliving your perfectly created Thanksgiving meal a few days later, with all the flavors in one bite!

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**3. Sweet potato waffles:** Not all leftover recipes have to be devoted to lunch or dinner meals. Make use of some of your leftover sweet potatoes the following morning by making sweet potato waffles for breakfast. By mashing your remaining sweet potatoes and adding them to your favorite waffle recipe, along with some brown sugar and cinnamon, you'll cook up the perfect

fall-flavored breakfast to round out the autumn season.

**4. Turkey and vegetable soup:** Another option that allows you to use numerous different leftovers in one new dish is turkey and vegetable soup. This one is relatively self explanatory as you simply cut or shred some leftover turkey and mix in your remaining carrots, potatoes, and celery from your Thanksgiving meal. This food tip also provides for a lighter option if you still feel stuffed from the large meal you prepared days before!

**5. Thanksgiving leftovers casserole:** While the idea of cooking a casserole may sound old-fashioned, they are still a great way of utilizing leftovers from any major holiday, especially Thanksgiving. This option allows you to use everything from leftover turkey, to vegetables, to even your leftover stuffing. Incorporating different spices is also a great way to modernize your casserole and eliminate some of the traditional Thanksgiving flavors you may be tired of at this point!

**6. Cranberry-apple pie:** Finally, no week of Thanksgiving leftovers is complete without a dessert option. While you may be finishing off various baked goods from Thanksgiving day itself, that doesn't mean you should skip out on making a new dessert from your leftovers. Mix in some cranberries and apples into a pie crust to use some of your remaining cranberry sauce. You can also substitute sweet potatoes into a pumpkin pie recipe if you prefer that option, which still allows you to make use of some leftovers.

**What are some other recipe ideas for Thanksgiving leftovers? Start a conversation in the comments below!**

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# Health Trend: Five Diet Tips for Surviving Thanksgiving Dinner



By [Meghan Khameraj](#)

Thanksgiving is a wonderful time to celebrate family, togetherness, and food. In fact, it wouldn't be Thanksgiving without a variety of food to feast upon with your loved ones until you pass out into a food coma. This time of year can be stressful for your body and health. You shouldn't have to miss out on the holiday festivities, but you should also be aware of the impact it has on your well-being. There are many [health trends](#) that gain popularity around the holiday season, so it can be confusing to figure out which one fits your lifestyle the best. It's important to realize that not every diet works

for every type of body; it may take some trial and error to figure out which works best for you!

## **Skip the post-holiday guilt! In these health trends, what are some diet tips to help you make the most of the holiday?**

**1. Eat breakfast:** It may be tempting to skip breakfast on Thanksgiving to save your calories for later. Instead of missing out on the most important meal of the day, have a small breakfast of cereal or avocado toast. If you skip breakfast, then by the time of your Thanksgiving festivities, you'll be starving and prone to overeating.

**Related Link:** [Health Tips: Where Intermittent Fasting Goes Wrong](#)

**2. Get active:** While Thanksgiving may be known for food and lounging around with family and friends, there are many holiday activities that will get you moving. Play a game of football or go on a fall walk to help you beat that all too familiar Thanksgiving lethargy.

**3. Listen to your body:** We're all familiar with the feeling of overeating. Our bodies do a pretty good job of letting us know what we should or shouldn't be doing. Once you feel full, despite still having food on your plate, you should stop eating. This will help you avoid that uncomfortable feeling we all get when we overeat.

**4. Be realistic:** Even if you're concerned about your health and body, that shouldn't get in the way of you enjoying the holiday. It logically makes sense that you would gain some weight on a holiday, especially one that is known for food. Don't be overly harsh or mean to yourself if you happen to

overeate. You're allowed to enjoy yourself and that should be your main focus during the holiday season.

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**5. Exercise:** If you happen to feel guilty after Thanksgiving, don't beat yourself up about it. You can always exercise to shed the extra weight you may have gained. Set a weekly exercise regime to follow until your body feels healthy!

**What are some other ways you can stay healthy during Thanksgiving? Let us know in the comments below!**

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## **Fitness Trend: Throw Around The Pigskin This Thanksgiving**





By [Ahjané Forbes](#)

Thanksgiving is a time when we spend time with our family eating turkey and ham with all the fixings. This holiday is notorious for excessive weight gain, cooler temperatures, and, of course, football. Many NFL teams play on this holiday because of the gain of viewership, since most people have the day off from work. Rival teams play to be crowned the winner while die-hard fans are screaming at their screens with excitement, anger, or a little bit of both. The first ever championship game on Turkey Day was between Yale University and Princeton in 1876, though college football is now held the day after on Black Friday. Spending time with your family watching football can create many memories, but getting out here and playing football with your family can determine whose house dinner will be at for next year!

**It's time to throw around the pigskin this Thanksgiving! What are**

# some ways this fitness trend can provide health benefits?

**Exercise:** After eating and waiting for your food to digest, exercise can come in handy. Although you can't gain weight from one single big meal, it is very important to exercise to keep your body healthy! Football is a game that the whole family can participate in. Split the family into teams (children vs children and adults vs adults). Play the four quarters, have a water boy, cheerleaders, a referee, and of course, fans! Everyone will be involved and getting much-needed exercise!

**Reduction of Stress:** Releasing endorphins can make your body react better to pain. This will create a more positive feeling throughout your whole body. Stress for the duration of several weeks can cause a weakened immune system, high blood pressure, fatigue, and depression. Exercise can make your body happier, stress-free, and healthier.

**Related Link:** [Dating Advice for Your First Thanksgiving as a Couple](#)

**Bonding:** Not every member of your family has been there since the very beginning. Some married into it, and some were born into it. Getting them involved in a game of football can make them feel like a part of the family. Make the new baby giggle and laugh when a touchdown is made, or have the new spouse be a part of the team or keep score. They will feel welcomed!

**Mental health:** People who suffer from seasonal disorders can be feeling a bit under the weather around Thanksgiving. Playing or watching football with family can improve someone's mood. The "feel good" aspects that football has on a person's well-being may lift their spirits. This distraction can take your family members' minds off of their daily struggles!



**Related Link:** [Health Tips: Where Intermittent Fasting Goes Wrong](#)

**Tradition:** Playing football on Thanksgiving with the family can easily turn into a tradition to pass down for years to come. It is a way to add a little more excitement to the holiday and celebrate the importance of family.

**Love:** People who do not like football usually don't know how the sport works. Learn how the plays are called, how many points a touchdown is, what a fumble and penalty flag are, when a field goal or punt is considered and how to know if you are off-sides. Learning these things can make someone fall in love with the game of football. It can also help if you are seeing the game in person.

**Cardio:** Speaking of love, what better way to take care of your heart than by throwing around the football? Moving your muscles can pump more oxygen into your blood stream and heart. Increasing the levels of oxygen in your lungs can get rid of waste in your body.

**What are some ways you can exercise with your family this Thanksgiving? Let us know in the comments below!**

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**Celebrity Interview: Actress  
Haylie Duff Talks  
Thanksgiving Meals and**

# Marriage



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Between being a mom, an actress, and a blogger, Haylie Duff has her hands full. With the holidays fast approaching, she needs to find recipes and meals that are quick and delicious for her family.

In our exclusive [celebrity interview](#), we chat with Duff about her favorite Thanksgiving memories, while she gives us some great advice for preparing easy meals during this time of the year.

## Celebrity Interview with Haylie

# Duff: Thanksgiving Dinner Advice, Family Traditions, and Life with Two Kids

Duff loves spending Thanksgiving with her family, and when asked about her favorite memory, she didn't hesitate to share. "One [memory] that really comes to mind is we were thawing our big turkey, for the big day, out on our front porch when we lived in the hill country," she said. "Somehow our neighbor's two dogs got a hold of it while it was thawing out in the hot air of the South." Duff says that the disappearing turkey was a great mystery for her and her family that year. She recounts that she didn't really even care about the turkey; she was just happy to celebrate with loved ones.

While talking about Thanksgiving dishes, the mom of two tells us that she would rather do all of the prep work before the big holiday meal, so that she can spend more time with her family. That's part of the reason the actress partnered with Libby's during this busy time of year. "I really love using Libby's canned vegetables because they're pre-sliced and they're pre-chopped," she admits. Not to mention, "They are also celebrating their 6th annual [getbacktothetable.com/cansgiving](http://getbacktothetable.com/cansgiving) sweepstakes and I'm all about giving back and thinking about the things I'm thankful for," she said.

**Related Link:** [Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom](#)

After being the only one in her family who lacked cooking skills, Duff decided to start *The Real Girls Kitchen* blog. "It was time for me to learn how to cook for myself," the blogger said. "I started posting things online that I did well on and that I made mistakes on." She loved that her readers were

learning along with her and that sometimes the mistakes turned out to be good surprises. She shares with us that her go-to side dish is baked sliced carrots and beets with maple syrup and seasonings, bringing a colorful, tasty addition to the table.

**Related Link:** [Celebrity Interview: 'Fuller House' Actress Lori Loughlin Talks About the Holidays & Her 'Tight Knit Family'](#)

Before wrapping our celebrity interview, we had to know if marriage to Matt Rosenberg, Duff's fiancé and father of her children, is expected in the future. "We talk about it all the time, but show me a free weekend," she laughs. Being a mom of two kids along with a job, a clothing line, and a blog can make it very difficult for this [celebrity couple](#) to find time to settle down.

*You can keep up with Haylie Duff by following her blog, [The Real Girls Kitchen](#), or The Real Girls Kitchen [Instagram](#) page. You can also follow Haylie's personal [Instagram](#).*

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## Love & Libations: Palate Pleasing Pairings & Celebrity Couple Inspiration for Thanksgiving Day





By [Yolanda Shoshana](#)

Thanksgiving is a time for spending with the ones who we love. That also means it's a time when wine and cocktails are flowing to celebrate gratitude and the joy of being together. Here are some beverage ideas perfect for pairing with your Thanksgiving meal, whether you're having a special [date night](#) with your partner or a dinner with your friends and family.

**Related Link:** [Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines](#)

A great way to butter up your mother-in-law is with a bottle of bubbles. Slip her a bottle of Carlos Santana's Supernatural Brut. The blend of Chardonnay and Pinot grapes is a creative collaboration between Mumm Napa and Santana. The aromas of apple, fig, and vanilla are signatures of the holidays. Mumm Napa is one of the best sparkling wine houses around, so she will probably hide the bottle to save it all for herself.

## Celebrity Couple Inspiration for

# Thanksgiving Day

Bring [celebrity couple](#) Jay-Z and [Beyoncé](#) to your Thanksgiving table by busting out a bottle of D'USSÉ. A lot of people think of Cognac as a drink for men, but women also love the brandy as well. Your relatives will be thrilled to indulge! Plus, if you aren't married yet, maybe it'll get you "marriage material" points. D'USSÉ has notes of caramel, spices, and honey that will excite your nose as well as your palate. Use the brandy to mix up some cocktail classics like a Sidecar or French 75, which go great with turkey, cranberries, and dressing. Above all else, Cognac is an elixir of love, mainly because it makes everybody feel good.

When you know that your partner digs Scotch, you can most certainly pair it with a Turkey Day feast. A good selection is Haig Club Scotch Whisky, a single grain scotch whisky in a striking blue bottle that is as posh as its British creators [David Beckham](#) and Simon Fuller. Think toffee and butterscotch notes with a short finish. Keep it simple by adding a touch of club soda to it to pair with dinner. If you still plan to serve wine with dinner versus the whisky, make a light Scotch-based cocktail as an aperitif to kick off the festivities.

**Related Link:** [Celebrity Couple: David Beckham Shares Sweet Birthday Message for Wife Victoria](#)

When your Thanksgiving meal is over, a perfect way to chill with your significant other or family and friends is by having an after-dinner drink such as a Limoncello. The Italian lemon liqueur is mainly produced in Southern Italy. While it's slowly becoming more popular around the world, it's the second most popular liqueur in Italy. Danny Devito's Limoncello is the pick that will do the trick. Devito ended up getting into the Limoncello game after drinking far too many with George Clooney and showing up tipsy for an interview on *The View*. This is what you call turning lemons into Limoncello!

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

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## Date Idea: Give Thanks to One Another



By [Melissa Lee](#)

It's that time of year again. It's time for family, friends, and slaving over a hot stove.

**Are you a newlywed worried about preparing your first Thanksgiving dinner? Don't worry, you're not the only one! Cupid's got you covered, and you may be able to make this into a date idea.**

First you have to determine how many people you'll be entertaining. Try checking out some recipes for large groups of people. These recipes will make it very easy to cook for a crowd. For a small, intimate crowd, try some unique appetizers that will fit perfectly on a small side table, like cheese fondue.

**Related Link:** [Date Idea: Mexican Cooking Classes: Spice Up Date Night](#)

Too lazy to cook? Don't worry. Many food stores sell ready-to-go Thanksgiving dishes. If you live in the Manhattan area, be sure to consider these marketplaces.

**Related Link:** [Date Idea: Give Thanks For Your Health](#)

After the meal, when all waistbands at the table are comfortably tight, be sure to have a dessert prepared. If you want to stay traditional, be sure to have the all-American pumpkin pie waiting in the oven. For those who don't have a taste for pumpkin pie, try having an assortment of cookies, brownies, and ice cream on standby.

**Have any romantic Thanksgiving recipes to share? Comment below and share with our other readers.**



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# Tips For A Happy Friendsgiving–It’s Like Thanksgiving, But A Whole Lot Cooler



By Kayla Garritano

Have you gotten an invitation yet to one of the hottest new trends for Thanksgiving? If you haven't, you may very well be getting one soon. Skip [date night](#) and have a "Friendsgiving"—aka: a Thanksgiving celebration with friends. The big difference is you get to call all the shots and do it your own way. Friendsgiving can happen on Thanksgiving Day,

but most people host them a few weeks before so they can enjoy both. Typically Thanksgiving with family is a traditional holiday and on the conservative, tame side (if you've had relatives fall asleep in the Lazy-Boy right after the meal, you'll know what we're talking about), but Friendsgiving can be anything you want! Now aren't you excited to throw your own Friendsgiving?

## **These expert tips will help you make your Friendsgiving fun and festive:**

**1. The Invitation List.** It's a good rule of thumb to invite friends who are grateful to share your table. Stick with a good group of people who are unlikely to create stress or drama. Try to invite like-minded friends and those that you think will get along well. Set a simple rule upfront that some topics are off limits such as politics, religion and how the Cubs won the World Series.

**2. Keep It Simple.** There is very little point in hosting a dinner party if you don't enjoy it. The easiest way to do this is by keeping everything simple. What's most important is your guests are happy and comfortable. Set a minimal table with a couple of candles and a little nature, like pinecones or greenery in a glass vase. Skip the formal dinner setting—save that for a family Thanksgiving or Christmas. Make it even easier by setting up a buffet table where your guests can help themselves. This also makes clean up faster.

**3. Set a Meal Theme.** Since this isn't a traditional Thanksgiving, feel free to have a little fun. Pick a theme such as Throwback Thanksgiving and have friends bring side dishes that were popular in another era. You can also ask your guests to dress the part. It will make for a memorable

Friendsgiving! You can also step completely away from the typical fare of turkey and mashed potatoes and go with Mexican, Italian or Asian. Or be bold and order pizza with store bought pies. Shortcuts are welcome here. You're not trying to impress your mother-in-law with this one. Just remember to ask everyone to bring a side dish to help make your job easier, go potluck for the entire meal or order it from a local restaurant.

**Related Link:** [Date Idea: Friendsgiving](#)

**4. Delegate Responsibilities.** These are your friends and they're going to want to help you out and you should let them. It will make the day so much more relaxing if you're not stressing and overworked in the kitchen. If you have friends that are meeting for the first time, helping out is a great ice breaker. Jot down the tasks on post-it notes and have every one grab one on their way in the door. You may find your boyfriend's best friend doing dishes with your old college roommate. What an easy way to get the conversation going, "How about your wash and I'll dry?"

**5. Don't Forget the Entertainment.** No Friendsgiving would be complete without entertainment! Are any of your friends musically inclined? If so, have them bring their instruments and get a sing-a-long going. Another fun activity is karaoke. You can pick up a home karaoke machine very reasonably or find one used. Put on some fun music and encourage everyone to pick a song. A simple homemade photo booth will also keep the fun going. Just hang a sheet or tablecloth on the wall, lay out some props and signs to hold (like "Friendsgiving 2016-Where You Can Pick Your Friends"). You can simply use the camera on your phone or let your friends use their own phones for photos.

**6. Give Back at Your Friendsgiving.** In America, 1 in 5 kids are struggling with hunger. Your Friendsgiving can make a difference. By hosting a No Kids Hungry Friendsgiving, your

guests can have fun enjoying your dinner party while also giving to a worthy cause. No Kid Hungry will offer tons of resources to make your event a success from fundraising tips to exclusive chef recipes. Or you can simply ask each guest to bring a canned good to the dinner to donate to the local food pantry.

**Related Link:** [How Celebrities Celebrate Thanksgiving](#)

**7. Don't Forget to Uber.** Dinner parties like Friendsgiving usually include cocktails and wine. Relaxing and having a couple of drinks is expected. Just make sure your guests get home safely by calling Uber or for a taxi.

*Jeffrey Welder is the Marketing Director and Interior Decorating Expert at Vânt Wall Panels. Vânt Wall Panels completely transform a room in just minutes. Inspired spaces make for inspired living. It's the most innovative, cost and user-friendly wall décor system ever created. They're perfect for every room in the house from the kitchen and bedroom to the living room and office. Learn more about Vânt by visiting <https://www.vantpanels.com/>. You can follow them [Instagram](#), [Facebook](#), [Twitter](#), [Pinterest](#).*

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## Date Ideas: Be Thankful (And Chefs) Together





By Erika Mionis. Updated by [Josh Ringle](#)

It's that time of year again. It's time for family, friends, and slaving over a hot stove. Are you a newlywed or a new couple and are worried about preparing your first Thanksgiving dinner? Don't worry, you're not the only one! Cupid's got you covered.

## Check out these Thanksgiving date ideas!

First, you have to determine how many people you'll be entertaining. Here's a great piece of [dating advice](#): Always be prepared! Obviously, the more people, the more work you will have to do. But that doesn't necessarily have to be true. Try checking out some recipes for large groups of people. These recipes will make it very easy to cook for a crowd. For a small, intimate crowd, try some unique appetizers that will fit perfectly on a small side table, like cheese fondue.

**Related Link:** [Former Celebrity Couple Gwyneth Paltrow and Chris Martin Spend Thanksgiving Together](#)

Unfortunately, not all recipes can be as easy as cheese fondue. Turkey definitely isn't easy to do! The *Meleagris gallopavo* was first domesticated by the Aztecs around the year 1100 A.D, and, coincidentally, is extremely hard to cook. Try putting some Rosemary and Thyme under the breast skin, and be sure to check out a few other tips to ensure a delectable main course. And involve your new husband as much as possible. Don't do all the work yourself. At the very least, take him in as the turkey carver.

Too lazy to cook? Don't worry. Many food stores sell ready-to-go Thanksgiving dishes. If you live in the Manhattan area, be sure to consider these marketplaces. Or, you can choose to see what your favorite [celebrity couples](#) made for Turkey Day last year! Get inspired!

**Related Link:** [Relationship Advice: Four Reasons To Be Thankful For Your Partner](#)

After the meal, when all waistbands at the table are comfortably tight, be sure to have a dessert prepared. If you want to stay traditional, be sure to have the all-american pumpkin pie waiting in the oven. For those who don't have a taste for pumpkin pie, try having an assortment of cookies, brownies, and ice cream on standby.

**Have any romantic Thanksgiving recipes to share? Comment below and share with our other readers. If you want some more Thanksgiving meal ideas, let us know! Until next week, Happy Thanksgiving!**

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# Dating Advice for Your First Thanksgiving as a Couple



By Abbi Comphel

Thanksgiving is an important family holiday. When you begin a new relationship and the holidays come around, you have to make the decision of what you are going to do. There are many options on Thanksgiving Day, and you should both talk about it and see what fits you best. Just remember, there will always be another Thanksgiving!

Cupid has some [dating and relationship advice](#) for your first

# Thanksgiving as a couple:

**1. Split your time:** If you both have families who host their own Thanksgivings, then split your time. Sure, you'll be eating a lot of food that day, but it's about your family. Go to one home in the morning and the other in the afternoon. It will be exhausting, but you get to spend time with both families.

**2. Host Thanksgiving:** Instead of having separate Thanksgivings, ask your family to come to your home so you can host. This is your opportunity as a couple to show your family how well you are doing. It will probably be stressful, but it will turn out great. Just don't burn the turkey!

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**3. Be prepared:** No matter if you host or go to your families house, be prepared for all the relatives. This is your first Thanksgiving together and it may be your first time meeting each others extended family. Help each other out and make sure you each know everyone's names and personalities.

**4. Make time for yourselves:** Thanksgiving can sometimes be a stressful holiday. So make sure you remember what it is all about. Thanksgiving is a time to be grateful for what you have and love. So let your significant other know how much they mean to you.

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**5. Spend it together:** If you feel under pressure about family and what to do, spend your first holiday together. It's ok if you two want to start a new tradition. Maybe it's just better if it is the two of you. Make your Thanksgiving dinner, watch some movies and be thankful for what you have. Your family



will understand, you are starting a new family!

What do you think is good advice for couples sharing their first Thanksgiving together?

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## Relationship Advice: How to Survive Thanksgiving with the In-Laws



By Mackenzie Scibetta

So you drew the short stick for the holidays this season. Thanksgiving will not be held at your loving, comfortable

parents house, but rather you will be forced to put on your most convincing smile as you enter your in-laws home for the festivities. For the majority of us, venturing into in-law territory can be terrifying, stressful and impossibly frustrating. It's an unavoidable nightmare that must be endured with charming comments, positive vibes and endless efforts of offering help. If you want to make it out alive to enjoy Christmas, then you better prepare to exert yourself.

## **Cupid has some [relationship advice](#) to help you endure Thanksgiving with your in-laws**

**1. Don't take anything personally:** Don't put up a fight or a defense when your in-laws come off cold towards you as this will only increase the tension. Preparing a giant, delicious meal for your closest friends and family can be extremely stressful so if your in-laws seem aggravated cut them some slack. They took the time to ensure your and your family's holiday is enjoyable so show them that you are appreciative.

**2. Offer to help with anything and everything:** Consistently, almost to the point of annoyance, ask if there is anything you can help with because this will show that you are not just asking to be polite, but that you genuinely want to help. Thanksgiving is all about authentic appreciation so helping out without being asked is a sincere way to win over your in-laws.

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**3. Agree in advance when you are leaving:** Nothing is more uncomfortable than hinting and nudging at your partner that you want to leave. You don't want to hurt their feelings so instead of interrupting family game night to tell your loved

one you want to go home, plan a rough time for leaving. Lay out an exit strategy complete with back-up excuses if you know your in-laws are the type to beg you to stay for “just one more game”.

**4. Find a place to catch your breath:** If you can sneak away from the mayhem for a few moments to relax and decompress then by all means go for it. Do a few dishes by yourself or sneak outside for some fresh air. Offering to take the dog for a walk is a practical way to sneak out and seem helpful.

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**5. Be prepared for the worst:** If you usually have an unpleasant time then don't expect this Thanksgiving to be any different. Learn from previous family events and know what not to say, when to refrain from offering relationship advice and what to wear. If you're miserable just remember it is only short-term and momentary.

**How do you make your in-laws feel comfortable at your own home? Let us know below.**

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## **Weekend Date Idea: Celebrate a Week of Thanks**





By Emma L. Wells

Get into the Thanksgiving spirit early this year! On this [weekend date idea](#), come up with a list of all the things and, more importantly, the people you're thankful for in life. If you're in the early stages of your relationship and love, this conversation can be a great way to get to know each other better.

## Give Thanks on This Weekend Date Idea

It's a wonderful Thanksgiving tradition to give thanks for everything in your life. Why not take it a step further this year and not just say thanks but show your appreciation too? After you and your beau have made your lists, start thinking of ways that you can give back to the people in your life.

**Related Link:** [Date Idea: Give Thanks for Your Health](#)

If you're feeling creative, you can make some fall-themed gift baskets. You can bake some lovely Thanksgiving treats or, if

you're not that confident in the kitchen, buy some high quality ingredients and make a DIY basket. Many speciality cooking stores also sell pre-packaged cookie, pie, or cake mixes that you can include. Add some Thanksgiving decorations, like a few gourds or pumpkins from a farmers market, a serving tray, or utensils to help make their dinner extra special!

## **Put Some Love Into This Date Idea**

Don't forget to personalize your baskets by including a handwritten and heartfelt note telling them what they mean to you. Your loved ones will be touched that you put so much thought and care into this gift! Pass out your baskets to your family and friends throughout the week leading up to Thanksgiving.

**Related Link:** [Date Idea: "Fall" in Love](#)

After this weekend date idea is over, consider this relationship advice and make an additional basket to give to your sweetheart! Instead of a Thanksgiving theme, make this basket more personal. Fill it with fun activities you two will enjoy doing together this winter, or find items that remind you of great memories from your relationship and love so far.

**How will you and your honey give thanks this year? Tell us below!**

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# **'Bachelor in Paradise' Couple Marcus Grodd and Lacy Faddoul**

# Spend Their First Thanksgiving Together!



By [Emily Meyer](#)

The holidays are meant to be shared with the people you love, and for Marcus Grodd and Lacy Faddoul, they did just that! According to [Wetpaint.com](#), the *Bachelor in Paradise* couple spent their first Thanksgiving together in Faddoul's home state of California. Both reality stars posted sweet pictures together on their Instagram accounts. Faddoul captioned one photo, "Happy Thanksgiving! We are so thankful for those that love and support our little family. #family #friends #bachelornation." Grodd then wrote, "Happy Thanksgiving Day from our family to yours! Hold your loved ones close #blessed #love #gobble." From the background of the photos, we are guessing they were snapped in The Golden State, which also

happens to be where the couple has been spending most of their time these days. This adorable pair seems to be powering through the holiday season joyfully!

**How do you know when you're ready to bring your partner home for the holidays?**

**Cupid's Advice:**

Although many people usually complain about being single during the holidays, it's not so easy for couples either! The big question is for many pairs is whether or not you should bring your lover home for the holidays. Cupid knows it can be stressful, so here are three ways to tell if you're ready for your new partner to spend this special time with your family:

**1. They have met your loved ones before:** If your significant other has never met your parents, the holidays may be an awkward time to introduce them. It'll be intimidating to expect your beau to get to know your entire family (including your crazy aunt) during this stressful time of cooking, gift giving, and party-hopping.

**Related Link:** ['Bachelor in Paradise' Couple Marcus Grodd and Lacy Faddoul Still Together](#)

**2: They seem pro-holiday:** If your sweetheart is asking you about your family's Christmas traditions and your favorite memories, that's a good sign! They're already invested in sharing the holidays together and want to become more connected as a couple. If they seem to be in good spirits about the holidays, it's worth broaching the subject of bringing them home with you.

**Related Link:** ['Bachelor' Runner-Up Lindsay Yenter Is Engaged](#)

**3. You actually *want* them there:** It's really important to not feel pressured to bring a new boyfriend or girlfriend home for

the holidays. Make sure that you really want them there and that you aren't only trying to please someone else (like your mother). If you don't feel ready, don't extend the invite!

**How did you know you were ready to bring your partner home for the holidays? Share with us below!**

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# Sofia Vergara and Joe Manganiello Celebrate Thanksgiving Together



By [Jessica DeRubbo](#)



Things seem to be getting serious for *Modern Family* star Sofia Vergara and *Magic Mike XXL* star Joe Manganiello! The pair celebrated Thanksgiving together and shared the pics to prove it on WhoSay over the weekend. According to [UsMagazine.com](http://UsMagazine.com), they spent the holiday with some members of Vergara's family, and Vergara's photo caption was, "Giving thanks for a beautiful year and my loved ones!! Happy thanksgiving!!!!"

**How do you know when to start celebrating holidays with your significant other?**

### **Cupid's Advice:**

Taking the step to celebrate holidays you would traditionally spend with your family with your new partner is a big step. Cupid has some tips:

**1. Assess the strength of your relationship:** The last thing you want to do is celebrate a special day steeped in family tradition with someone who isn't going to be around very long. Make sure to assess your relationship, and make sure it's going to last ... at least for a while!

**Related:** [Sarah Hyland Says Sofia Vergara and Joe Manganiello Would Make 'Hot Babies'](#)

**2. Follow your heart:** Do you *want* to spend the holidays with your new partner? If, when you think about the holiday in question, you picture your new partner by yourself, that may be a sign he/she should be there.

**Related:** [Sofia Vergara and Joe Manganiello Pack on PDA on Double Date](#)

**3. Is your family okay with it?:** Sometimes your new partner isn't the only one to consider. You've been spending holidays with your family a lot longer than you've been dating your new partner, so make sure to take their feelings into account,

too.

What are some other ways to know whether it's time to spend the holidays with a new partner? Share your thoughts below.

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## 10 Ways to Give Thanks To Your Partner



By Molly Jacob and Melissa Tierney

It's that time of year to give thanks for all the good fortune we have in our lives. Whether it be a successful career, good health or a great family, there's no better way to celebrate Thanksgiving (or strengthen your relationship) than by

acknowledging your partner, lover or spouse. We tend to overlook the person who matters most to us, and that's why we've come up with 10 ways that will show your sweetheart how grateful you are that they're in your life:

**1. Make a handcrafted gift:** A great way to show your partner that you truly care about them is to give them a present with a lot of thought. It shows you took the time to create something special for them, so bring out your creative side and make a handmade memento, such as a knit scarf or painted picture frame.

**2. Take a trip:** Plan a romantic getaway for the two of you, and create new memories. Instead of spending the holidays with your family and following old traditions, create your own that will hopefully stick for years.

**Related:** [Olivia Wilde and Jason Sudeikis Enjoy Weekend Getaway in Boston](#)

**3. Do their chores:** Nobody likes to [vacuum](#) or dust, but somebody has to do it, especially if you have guests visiting for the holiday season! Offer to take over whatever household tasks your loved one dreads the most to show that you'll do anything to show them how much they mean to you.

**4. Create a scrapbook:** People love looking at old photos that remind them of good times, so put together a collection of photos and other objects, such as movie ticket stubs, that will bring back fond memories. Not only will your partner enjoy reflecting on your relationship, they'll hold onto this precious scrapbook for years to come.

**5. Help your partner:** The holiday season can be stressful for everyone, so take the time to see what your love needs help with, such as cooking for a dinner party or holiday shopping. Your partner will appreciate your support during this busy time.

**6. Say how you feel:** Nothing is more meaningful than the words, “I love you,” so why not give thanks by sharing how you feel? Leave a love note taped to your honey’s bathroom mirror or packed in their lunch!

**7. List their best qualities:** Although your partner knows you love them, sometimes they might want a reminder about why you do. Write a list of all their best qualities, and handwrite it or print it out on nice stationary so they’ll be able to treasure it forever.

**8. Have a romantic night:** One of the best ways to give thanks to your companion is to have a nice, simple, romantic evening for just the two of you. Snuggle up by the fireplace with a cup of hot cocoa and enjoy each other’s company.

**Related:** [Zac Efron Is Dating Sami Miro](#)

**9. Start a gratitude journal:** Buy a notebook or journal for the two of you to write down what you appreciate most about each other. This can be great to look back on if you ever face difficult times and serves as a nice reminder about why you two care for each other.

**10. Say thank you:** What better way to give thanks than by saying, ‘Thank you for being you’? This may seem simple, but saying these simple words is something we often take for granted.

**What other ways can you give thanks to your partner? Share your thoughts below.**

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# Exclusive Interview: Eric Berniker on Pirate's Booty Float in Macy's Thanksgiving Day Parade: "We're Excited to Be a Part of That Family Tradition"



By Cortney Cordero

Each year, on the morning of Thanksgiving, many families around the country tune in to watch the Macy's Thanksgiving Day Parade. This year, the parade embarks on its 88th journey through the streets of Manhattan, but some floats are making this well-known trek for the first time. Pirate's Booty, an

American smart snack food company best known for their rice and corn puffs, is debuting their first float for the event, a pirate ship named the “Treasure Hunt” that measures 40 feet tall, 38 feet long, and 8 feet wide.

## **Exclusive Interview with Pirate’s Booty Executive**

In an [exclusive interview](#), Eric Berniker, Vice President of Consumer Engagement and Innovation at Pirate’s Booty, recently chatted with us about the experience of participating in this famous parade. “Over the past few months, Pirate’s Booty has worked closely with the Macy’s Design Studio to bring the pirate ship float to life,” he says. “We were thrilled to unveil the float at Macy’s Studio Day last week.”

**Related Link:** [John Piper on Thanksgiving Day Parade: “Enjoy It With Somebody Special!”](#)

For Thursday’s special event, this larger-than-life float has to condense down to travel from the Macy’s Studio in New Jersey and through the Lincoln Tunnel before taking its place in the lineup for the parade. After that, the float will make its way from 77th Street down to 34th Street to stop in front of the famous Macy’s storefront. Sabrina Carpenter from Disney Channel’s new show *Girl Meets World* is set to perform on the float. Plus, the Pirate’s Booty characters Crunchy the Parrot and the Pirate will be on board.



The Pirate's Booty Pirate in front of the "Treasure Hunt" float. Photo: Mark Tully/Pirate's Booty

In addition to getting their new float ready, Pirate's Booty has been running a contest called "Share Yarr Thanksgiving Traditions," which gives some lucky fans the chance to win an all-expense paid trip to New York City and experience the Macy's Thanksgiving Day Parade from VIP seating in 2015. "We've received so many great submissions, but two of our favorites include: Dana S. from Texas, who said her favorite Thanksgiving tradition is going to feed the homeless early in the morning so that everyone can have a great Thanksgiving, and Arlene V. from Minnesota, who said her family carves a pirate out of a block of butter so they can use it on their Thanksgiving table as decoration," Berniker shares.

**Related Link:** [How Celebrities Celebrate Thanksgiving](#)

This year, the smarter snacking company is thankful to get the chance to show their stuff in the parade. “The Macy’s Thanksgiving Day Parade is a part of what makes Thanksgiving such a uniquely American holiday, bringing wholesome fun into millions of homes year after year,” Berniker explains. “We’re excited to be a part of that family tradition and to bring Pirate’s Booty to life with the ‘Treasure Hunt’ float.” For those who are unfamiliar with Pirate’s Booty, the snacks are non-fried, gluten- and additive-free. Currently, they produce the puffs in four different flavors: Fruity Booty, Aged White Cheddar, Sour Cream and Onion, and Veggie. “Pirate’s Booty Aged White Cheddar is our most popular flavor,” says Berniker, who also lets us in on things to come. “Next year, Pirate’s Booty will release new, delicious flavors!”

*Tune in to NBC on Thursday, November 27th at 9 a.m. (all time zones) and witness the “Treasure Hunt” as it takes its inaugural sail down the streets of Manhattan. Happy Thanksgiving!*

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## How Celebrities Celebrate Thanksgiving







By Meghan Fitzgerald and Molly Jacob

Thanksgiving is one of the most family-oriented holidays in the United States. Relationships strengthen as families come together in celebration. As fall has now arrived and the leaves have begun to fall, new romances blossom and couples gather at their family houses for a lovely meal. Even celebrities are getting in the spirit of the holiday. Find out how these celebrities celebrate Thanksgiving:

**Ellen DeGeneres:** DeGeneres will be one of the celebrities not eating turkey this season. In 2011, she was Farm Sanctuary's *Adopt-A-Turkey Project* spokesperson, encouraging people to donate money to this organization to adopt a turkey instead of eating one at Thanksgiving dinner. DeGeneres and wife Portia de Rossi are both vegan.

**Oprah Winfrey:** According to *UsMagazine.com*, Winfrey celebrates her Thanksgiving with sweet potatoes spiced with freshly pickled rosemary. She also shared her top secret cranberry recipe with the source. Winfrey keeps a gratitude journal where she records five things she's thankful for. "I've learned from experience that if you pull the lever of

gratitude every day, you'll be amazed at the results," she said.

**Katie Holmes:** Holmes has been spending her Thanksgivings with her immediate family post-split from Tom Cruise. Holmes also runs an annual local turkey trot, according to *Huffington Post*.

**Related:** [Making Special Occasions Comfortable for Children After Divorce](#)

**America Ferrera:** The actress spends the day with her family and director husband Ryan Piers Williams. While she does her part in the holiday preparations, she says she stays away from the main event: "I don't get very close to the turkey . . . That's not my specialty. I let other people do the Turkey," she told *UsMagazine.com*.

**Related:** [10 Ways to Give Thanks to Your Partner](#)

**Kirk Douglas:** Many celebrities volunteer at the Los Angeles Mission on Thanksgiving, and Kirk Douglas is there every year doing his part. The 97 year-old Hollywood icon can be seen dishing up food to those in need. The charity has a center named after his wife, Anne Douglas.

**What are some unique ways you celebrate Thanksgiving? Share your experiences below.**

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**Claire Robinson on Holiday Cooking: "You Have to**

# Remember What Thanksgiving is All About”



Interview by [Lori Bizzocco](#). Written by Shannon Seibert.  
*5 Ingredient Fix* host Claire Robinson knows a thing or two about the fear of hosting Thanksgiving dinner and how to deal with it head on! Plus, she offers relationship advice that will heat up the kitchen this holiday in our exclusive interview with her .

## Exclusive Interview: Claire Robinson's Best Holiday Cooking Tips

“It stresses everybody out – the veterans are stressed too!”

she says of holiday cooking. In our celebrity interview, the *Food Network* star advises us to forget the pressures of a full household and stick to the staples. “You have to remember what Thanksgiving is all about,” she shares in our [celebrity video exclusive](#). “To me, that is the easiest way to get that pressure to start to release and enjoy your time in the kitchen a little more.”

**Related Link:** [‘Food Network’ Host Claire Robinson Says, “Food Is the Key to Passion”](#)

Of course, we had to ask the chef about the best desserts for the Thanksgiving season too. “Pumpkin is always the classic, but put a little bit of chocolate in there,” the celebrity chef suggests.

Robinson also chatted about a cause close to her heart: Unilever’s projectSunlight, which helps create a brighter future for children. “There’s one in five children in America actually struggling with hunger,” she reveals. “That’s 16 million children.” She encourages people to participate this holiday season by purchasing Unilever products; the proceeds will fund projectSunlight.

*To keep up with Claire, follow her on Twitter @clairerobinson5.*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

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## **Date Idea: Give Thanks for**

# Your Health



By Shannon Seibert

While you may be tempted to feast this holiday season, you and your love can both benefit by choosing healthier options. As a pre-Thanksgiving weekend date idea, spend the weekend prepping for the holiday with healthy versions of your favorite meals and planning a winter workout regimen.

Related Link: [Date Idea: Friendsgiving](#)

## Relationship Advice for You and Your Love to Get Healthy This

# Thanksgiving

People mistake healthy eating for bland food, which is definitely not the case. Get cooking in the kitchen with this delicious [date idea](#). Put together some indulgent dishes with your honey that will fool your tastebuds about calorie content. The Food Network has a plethora of gluten-free, trans fat-free, vegan, vegetarian, and other healthy alternative recipes that are easy to make and heavy on the flavor.

Playing chef with your sweetheart can also inspire a heart-to-heart talk about your health. Being healthy and in good shape with your partner is a piece of relationship advice we easily take for granted. So pour a glass of Cabernet Sauvignon (good for your heart!) and tell each other what you're thankful for. Simple life pleasures – such as being able to run or having an above-average immune system – are something to appreciate.

As you progress in your healthy lifestyle with your honey, consider this piece of love advice: Tell your significant other that you're thankful to have such a wonderful, motivating partner that inspires you to be a better person. Having a positive attitude and sharing words of encouragement will help you and your partner to improve your health.

Proper exercise goes hand in hand with healthy eating, so this winter, keep warm with your love by getting active. Together, make a chart displaying a weekly workout regimen. Ask your honey what muscles he wants to focus on and channel that inspiration into a tag-team exercise plan. Google some winter-inspired workout ideas that will help you and your beau survive the cold weather.

**Related Link:** [Date Idea: Get in the Game](#)

To really turn up the heat this winter, why not try out hot yoga for a active date idea? Most classes are 100 minutes long in a 100-degree room and incorporate multiple styles of yoga.

Watching each other stretch in all directions as you drip in sweat from the intense heat can actually be sexy. Who knows, you may take away a few new moves to try out later at home.

Cool off afterwards by stepping outside into the crisp, cool air or just nibble on some Edy's Chocolate Trinity ice cream (hey, you earned it!). Enjoy the feeling of doing something great for your body with someone who holds such a special place in your heart.

**What are you thankful for this Thanksgiving? Tell us in the comments below!**

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## **Cupid's Weekly Round-Up: Navigate Thanksgiving Weekend**





By Kerri Sheehan

The holidays are a time for family and friends to get together and celebrate the best parts of life – so how come no one ever mentions the stress that comes with that? The instructions that came with the turkey say it needs to be basted every hour, but proper dinner conversation topics are rarely outlined. And, of course, there are tons of Black Friday promotions, but there are none that say specifically, “Grandma Margaret will love this!” CupidsPulse.com has gathered some of the best tips and advice from our partners to help you navigate your Thanksgiving weekend:

**1. Give Thanks:** Thanksgiving is about just that: giving thanks! Whether it’s your husband who helps you enjoy the simple things in life, your beautiful baby girl who will be celebrating her first Thanksgiving this year, or your employer who ensures that you have the funds to stay afloat, don’t forget to show your gratitude for everyone who enriches your life. (CelebrityBabyScoop.com)

**Related Link:** [How Celebrity Couples Celebrate Thanksgiving](#)

**2. Easy Conversation:** You can bet that almost everyone has



suffered through one or two awkward Thanksgiving dinners. This holiday is a family affair, so there will likely be those of all ages at the table. Some of your relatives may have also invited new love interests. Here are five go-to dinner conversation topics to keep talk appropriate and fun. (GalTime.com)

**3. Good Deals:** Now that you've made it through Thanksgiving Day, it's on to Black Friday! This is the ideal time to get some holiday shopping done, as many people have the day off from work and there will be some great discounts. Learning to weed through all of the promos will help you find the best deals. (GalTime.com)

**4. Family Presents:** After years of buying gifts for your entire family, you may be short on ideas of what will make their eyes widen. Really, how many times can you buy Aunt Mary a bathroom set, and how many cardigans does your mother need? Here are some unique gifts that your relatives will be sure to love. (YourTango.com)

**Related Link:** [5 Tips for Enjoying the Holiday Season](#)

**5. Gift Guide:** Nothing shows how much you care like picking out the perfect gift for your boyfriend. If you do, he'll know that you not only pay attention to what he likes but also that you listen when he talks about his love for the Tampa Bay Buccaneers over the Green Bay Packers. With all of the Black Friday deals out there, let this gifting guide help you decide which presents will make your man the happiest. (YourTango.com)

**What is your best Thanksgiving weekend advice? Share below.**

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# EXCLUSIVE: Kathy Hilton Gives Her Top Tips on Holiday Party Planning



Interview by [Lori Bizzoco](#). Editorial by Sarah Ribeiro.

Kathy Hilton is arguably one of the most glamorous and fabulous hostesses out there. As she explained to CupidsPulse.com in the past, her priorities lie with family and love – but her success in entertaining has made her incredibly popular. With the holiday season quickly approaching, we spoke to the socialite about her party planning skills.

**Here are Hilton's top tips for entertaining your friends and family during the holidays:**

**Related Link:** [Kathy Hilton Discusses Fashion Week and Her Collection](#)

**1. Do a buffet:** Buffets give your guests an extra chance to mingle and meet each other. The designer, mother, and businesswoman suggests playing some light music and allowing guests to serve themselves to set a casual, informal mood. “Introduce people,” she says. “Don’t assume everyone knows each other. If your guests are comfortable, then you’ll be comfortable.”

**2. Be mindful:** Not all of your guests may get along, so it’s important that you seat people based on their personal links. “There may be people at your party that aren’t speaking,” explains the prime hostess. “You have to be aware of that. Everybody likes to have a place to go. Seat interesting people that will have something in common with each other next to each other. Mix things up too. If you have a shy friend, seat them next to someone that can talk to a wall. But be sure to group friends together – I don’t like to put people among a group that’s composed entirely of strangers. Make it a mixture of old friends and new friends-to-be.”

**Related Link:** [Kathy Hilton on Her Marriage: “I Thank the Lord Every Day – I’m Very Blessed”](#)

**3. Be prepared:** Remember that *anything* could happen. Hilton suggests that you prepare for every situation. “I stop by the convenience store and make baskets to place in the gathering room and in the bathroom,” she reveals. “You can fill it with feminine products, band-aids, safety pins, crazy glue, aspirin – anything that someone could possibly need. There’s always that one friend that needs something, and you want to be able to help them out without thinking. This tip extends beyond party planning too – Hilton keeps a basket like this one in her guest bedroom at all times.

If you follow these three tips, “you can enjoy yourself

without having to worry or stress out,” according to the Hilton family matriarch. Happy party planning!

*Hilton currently manages her fashion line, The Kathy Hilton Collection, while assisting in philanthropic ventures, such as the Make-A-Wish Foundation. Check her out on [Twitter](#) @KathyHilton and [www.facebook.com/OfficialKathyHilton](http://www.facebook.com/OfficialKathyHilton) for more.*

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## 5 Tips for Enjoying the Holiday Season



By Dr. Tranquility – [Lydia Belton](#), PhD, Ct. H.A.

As someone who's dating and marriage history would make the United Nations proud, I am all too aware that the holidays can add additional stressors to one's search for love. You have to consider the integration of cultural differences as well as contrasting religious belief systems and traditions. After all, Christmas, Chanukah (Hanukkah), Kwanzaa, and many more important days overlap. It's no surprise, then, that "the most wonderful time" is a great opportunity to create new memories and do some good for others. Whether you're single, dating, or happily married, here are some basic tips for a happy holiday season:

**Related Link:** [10 Holiday Gift Ideas for That Special Someone](#)

**1. Don't sweat the small stuff:** This time of year means that your friends and family (in-laws included) often want to visit. If you're single, it's a great time to travel and enjoy new cultural experiences. Or perhaps you want stay home and host your own celebration instead. No matter how you decide to spend the holidays, remember that we always stress less when we enjoy each other's company.

**2. Get ready for family time:** As noted above, the holidays mean traveling for many people (celebrities included – Jessica Simpson and Eric Johnson will be splitting their time between Dallas and Boston this year), which allows for extra bonding time. Know that there will most likely be holiday traffic, so don't forget to load up your computer or tablet with your favorite books, games, and movies. Family gatherings are also a great time to learn more about your partner. Relatives won't shy away from telling stories about your significant other's childhood, even those that they would prefer be forgotten. Utilize your finely-honed listening skills and fall even more love with your beau.

**3. Enjoy the ride:** Do your holiday shopping together and take in the holiday decorations of your city. For a more charitable

approach, volunteer at a local soup kitchen and drop-off toys for patients in a pediatric ward. Giving back always feels good, and what you receive in return just might surprise you.

**4. Take advantage of being single:** Now is the opportunity to *enjoy* being single! You can experience the usual party circuit or step out of your comfort zone and volunteer at a homeless shelter; either way, you'll have the chance to bond with old friends and meet new people. Plus, the start of another year is a great time to meet someone special, so keep an open mind and an open heart.

**Related Link:** [Three Tips to Stress-Free Holiday Dating](#)

**5. Give thanks:** As the year draws to a close, take a moment to appreciate your life and prepare for a wonderful year ahead. Have fun with your loved ones, old and new. Set your desires and intentions for the next twelve months, and visualize what you want. When we least worry about things, they tend to fall into place.

Follow these tips, and you are on your way to a stress-free holiday. Happy holidays to all of you from Dr. Tranquility!

*For more information about Dr. Tranquility, click [here](#).*

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## Reinventing Home for the Holidays





By Joanne Pittman for [Hope After Divorce](#)

Home for the holidays for a divorced family doesn't often fit into the Norman Rockwell picture-perfect moment mold. I recall my first Christmas as a divorced parent. First, there was the Christmas card photos – do we or don't we? Then, there was seeing the photos and knowing that the smiles just don't look the same, fumbling for what "tidings of joy" I could muster up to include while writing the annual Christmas card "catch-everyone-up-who-we-don't-see-very-often" letter.

One unexpectedly – or perhaps reluctantly – finds themselves embarking on an entire reinvention of what home for the holidays will look like, feel like, and be like. Regardless of whether you have the most optimal circumstances or the messiest of divorces, the reality that some things will never be the same was, in my experience, the most poignant and tangible during this special time of the year. In years past, Bruce Willis and Demi Moore have been a good example of a divorced couple who have still been able to keep life consistent and peaceful for their children, even during the holiday season.

**Related Link:** [Celebrity Couples Who Function as Families After Divorce](#)

Here are a few simple ideas that may help bring some cheer and light to the holidays and begin the process of building new memories, embracing old traditions, and setting the stage for a beautiful season.

1. Sit down and write a positive message of what the holiday spirit means to you. What is so special about the holiday season, and why does this matter to you and your family?
2. Create something visual to display in your home that reflects this true meaning. Involve your children. Keep your focus on the present, positive opportunities. Make or purchase something cheerful that exemplifies hope for a bright future.
3. Begin a new tradition, something that is visual and incorporates your holiday spirit message. It could be a new take on Christmas pajamas or a holiday sweater, how you present your holiday dinner, or an inspired way to decorate your home.
4. Take care of your personal image. Be sure to treat yourself to a nice haircut, holiday bobble, anything festive that reminds you of your positive holiday spirit message. You need not spend a lot of money.
5. Remove things from the "holiday bin" that may hold unpleasant memories and replace them with things that offer new hope.
6. Allow yourself to let go of the sadness and be grateful for what was good. Look forward to what will be even better in your future. Keeping a positive outlook and a soul filled with gratitude will allow your true self to shine. Nothing warms the heart and builds happy memories more than seeing someone's eyes sparkling with happiness during the holidays.



**Related Link:** [How to Get Over a Broken Heart During the Holidays](#)

Reinvention of hope is the basis for reinvention of one's image. My occupation as an image consultant and stylist is often viewed by the outside world as materialistic and shallow. However, if one begins to build their image on the foundation of hope, character, and integrity with the objective to present the authentic self in order to live a more congruent life, the building of one's personal image and self-esteem becomes a powerful and deeply meaningful tool.

What a glorious time to start to understand, reinvent, and rebuild who you are! My truest wishes to you for the most joyous and beautiful of holiday seasons.

*For more information about Hope After Divorce, click [here](#).*



*As founder of Pittman, Lamitie & Associates, Joanne has developed their proprietary IMAGE Authenticity™ Training Programs which address the multifaceted work and lifestyle demands on employees and executives in the corporate world today. Her innovative approach has evolved over the past twenty three years in the fashion, fitness, luxury retail and image consulting industries. Joanne has been writing training curriculum and presenting developmental workshops to large and small audiences for over eighteen years. She is known for raising new questions and expectations which successfully foster authentic corporate and personal brand presence.*

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# 'The Chew' Host Carla Hall Talks About Thanksgiving Dinner and Date Night



If you're hosting Thanksgiving dinner this year and are tired of the same old marshmallow-covered sweet potato casserole, dried out stuffing, and gel-like gravy ladled over tough turkey, update your family's traditional meal with tips from *The Chew* host Carla Hall. Follow her advice on how to put personal pizzazz into classic Thanksgiving dishes. With the cool weather and holiday season quickly approaching, Hall also provides dinner date ideas for those chilly winter evenings spent with your sweetie.

**Related Link:** ['Top Chef' Alum Richard Blais on Healthy Holiday Cooking](#)

For more information on Hall, visit [www.carlahall.com/](http://www.carlahall.com/).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you plan to revamp your family's Thanksgiving traditions this year? Share with us in the comments below!

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# Julianne Hough and Ryan Seacrest Spend Thanksgiving Weekend in Los Cabos



By Nic Baird

Media personality Ryan Seacrest and dancer Julianne Hough

enjoyed their vacation in Mexico this weekend, according to [People](#). The couple took a romantic stroll, hand-in-hand, along a beach in Cabo San Lucas, Saturday. Despite a lavish Thanksgiving meal a few days earlier, Hough maintained her toned physique while sporting a bikini. On the other hand, Seacrest showed no skin in a hat, shirt, and shorts. The pair met in 2007, when the *Dancing with the Stars* and *American Idol* sets were across the hall from each other.

**Where are three romantic Mexican vacation spots to book with your partner?**

### **Cupid's Advice:**

Romantic vacations send sparks flying in any relationship, and lavish getaways in exotic locales are closer than you think. If you're thinking of dipping your toe in those warm tropical waters, take a look at these three exciting spots:

**1. Playa del Carmen:** A small town about an hour south of Cancun, Playa del Carmen was originally a fishing village, but now exists as a centre of tourism to Mexico. You get the beautiful warm Caribbean waters without all the hustle and bustle of Cancun. And for scuba divers, the world's second largest coral reef is right off the coast.

**2. Puerto Vallarta:** A well balanced tourist city; perhaps the full package. History, ecology, and tourist attractions litter the sites of Puerto Vallarta. No matter what kind of relationship you're in, you'll find something here. The Splash water park, and Vallarta Adventure Center offer great programs for couples or families who are looking to play on the slides, or swim with the dolphins.

**3. Tulum:** Once a secluded getaway, the Cobá port houses some of the best preserved Mayan ruins, and breathtaking underground water caverns. Definitely the quietest option for a romantic getaway, the New York Times describes it as a "yoga aesthetic"

for the well-traveled boomer era professional. Eco-adventures and plenty of accommodation make it the perfect spot for a magical getaway with your spouse.

**Know of any other great spots in Mexico? Share your experiences below!**