



ENJOY THE SEASON

Emotions during the holiday season can run the gamete, from happy and joyful to worried and frustrated. Stress can affect family life not only can stress affect adults, but kids also. Children can sense the level of stress their parents are shouldering. "Our children model what we do more often than what we say," Southlake Marriage and family therapist Maryellen Dabal said.

Communicating with our family about what is important and what the priorities are can help make for better guidelines and boundaries during the holiday season. Discussing expectations of family members ahead of time can reduce stress and allow each person to prepare for what they need to do during the upcoming holidays.

HASSLE FREE Recipe from Trio New American Cafe™



Pomegranate Glazed Spiral Ham, serves 6 to 8

- 1 4lb spiral ham (pre cooked)
- 1 seasoning pack for ham
- 3 qt Pom juice
- 4 Tbl brown sugar
- 1 cup pomegranate seeds

To make the glaze, place pom juice, packet seasoning and sugar in a sauce pot and reduce until thick like syrup. In a casserole dish, place the spiral ham in a pre-heated 375 degree oven. Bake for 45 minutes, basting with pom glaze every 7 minutes. After a while a sugary shell will form on the ham. Once diminished, remove from oven, add pom seeds to the top for garnish and save all juices collected in the pan to spoon over each slice.

According to Professional Organizer and founder of NEAT Method Katie Oswald, creating a comfortable environment for holiday guests is essential. "Fresh flowers,

Preparing for Guests

pressed linens, a few current magazines, and extra pillows and blankets in each guest room will ensure visitors feel welcome."

Everyone's been in the situation of traveling and realizing too late that they left a thing or two at home. Rather than sending guests to the nearest store that sells the forgotten items, wouldn't it be nice to have them handy?

Oswald suggests having extra phone chargers on hand in the guest room, and staging the guest bathroom as well. "Like the bedroom, the guest bathroom should contain essential items that will either help guests feel at home or substitute for any they may have forgotten. I like to keep travel-sized toothpastes, shampoos, and soaps in a large glass jar or other visible container for guests to easily access during their stay."

Above all, guests should feel at home. They could have chosen to stay at a hotel, but since you have opened your doors to them, make sure it is a pleasant experience. Living out of a suitcase for a week is not a fun way to spend the holiday vacation. "Designating a space for guests to store their belongings, even if it is small, will help them feel settled and at home during their stay," Oswald said. "Place a few extra hangers in the guest closet as well as a mini clothing steamer, or iron and ironing board, especially for those who are staying a few days."