

Enjoy September

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: SEPTEMBER 2013 Vol 2 ISSUE: 4

HAPPENINGS • FITNESS • NUTRITION • DRINK • FOOD • TRAVEL • MUSIC • LIFESTYLE • MOVIES

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... AND MORE!

SEPTEMBER 2
LABOR DAY



Google

SEPTEMBER 4
GOOGLE FIRST
INCORPORATED
(1998)

WHAT'S HAPPENING IN



SEPTEMBER 6
READ A BOOK DAY



SEPTEMBER 8
NATIONAL GRANDPARENTS DAY

SEPTEMBER 11
PATRIOT DAY

SEPTEMBER



SEPTEMBER 17
CITIZENSHIP DAY

SEPTEMBER 21
INTERNATIONAL
PEACE DAY

SEPTEMBER 22
FIRST DAY OF
AUTUMN

NUTRITION MODERN DIETS 101

**Need a primer on the latest nutrition and diet trends?
Here's the skinny on what people are (and aren't) eating.***

Paleo Diet

The Gist: To eat as humans did during the Paleolithic period, when they hunted and gathered in-season and local food.

What's Involved: This diet consists of meat (from animals that graze on grass), fruit, veggies, nuts, and seeds and requires you to omit grains, legumes and processed foods.

The China Study

The Gist: This diet is based on a study in China that found when people increased their protein to more than 10% of their diet, their risk of cancer and other diseases increased; and when they decreased animal protein to less than 10%, those same ailments receded.

What's Involved: This diet consists of eating lots of fruits, vegetables and nuts, minimizing refined carbohydrates, seafood and vegetable oils and avoiding meat, eggs, and dairy whenever possible.

Blood Type Diet

The Gist: A diet that is based on your individual blood type (O, A, B, AB), and thus your ancestral history.

What's Involved: Blood group O ("the hunter") eats a higher protein diet, blood group A ("the agrarian") eats more of a vegetarian diet and no meat, blood group B ("the nomad") has a flexible digestive system and eats more dairy, and blood group AB ("the enigma") eats a blend of what type A and B eats. All types reduce processed foods.

Raw Food Diet

The Gist: All food on this diet must be eaten raw (nothing can be cooked above 120°F).

What's Involved: The diet includes raw fruits, raw vegetables, raw nuts, raw seeds, raw unpasteurized dairy products such as raw milk, raw eggs and raw honey. Obviously, no meat allowed on this one.

Gluten Free Diet

The Gist: This diet eliminates all foods containing gluten, as it's linked to digestive sensitivity and bloating. Those with celiac disease, a chronic digestive disorder, cannot tolerate gluten and must completely remove it from their diet. Others simply remove gluten as a choice, to cut down on bloating and digestive issues.

What's Involved: Remove all foods that contain gluten from your diet, such as wheat, barley, rye and triticale (a cross between wheat and rye).

So what do all of these diet and nutrition trends all have in common?

- 1.) Reduce or eliminate processed foods
- 2.) Increase intake of fruit, veggies and whole foods

**Note: these are summaries of diets and are not intended to be diet guidelines. Check with your doctor before changing your diet routine.*



NUTRITION NATURAL FACIAL CARE FIXES

With all of the additives and preservatives found in store-bought health and beauty products, it's no wonder many people are turning to natural alternatives. Here are some common kitchen ingredients that can be combined into natural skin-care remedies.



Yogurt and Honey

The vitamin B6- rich yeast in yogurt rejuvenates blood circulation to the face for glowing, fresh skin. Honey has antibacterial properties that disinfect the skin.

Yogurt Face Scrub

Combine 2 teaspoons yogurt, 2 teaspoons almond meal, 20 grams of powdered brewer's yeast and 1 teaspoon of honey. Use the scrub immediately and let it sit on your face a few minutes before rinsing.

Oatmeal and Onions

Oatmeal can be used to clear clogged pores, while onions contain anti-inflammatory properties that can actually help heal acne scars.

Oatmeal and Onion Face Mask

Cook 3 tablespoons of organic oatmeal in 1 ounce of boiled mineral water. Add 1 grinded medium onion into the mixture until it becomes a smooth puree. Use the mixture as a daily face mask (leave it on for 15 minutes and then rinse).



Apple-Cider Vinegar

The acidity in apple cider vinegar (when diluted with water) helps bring your skin's pH back to normal levels, warding off bacteria and evening out skin tone.

Apple-Cider Vinegar Toner

Take 1 part apple cider vinegar to 2 parts filtered water in a glass jar or container and shake to combine. Apply toner to freshly cleansed skin using a cotton ball (avoiding eye areas). Once dry, you can apply your usual daily skin moisturizer.



Eggs

The protein from egg whites will shield the skin from the sun, air and wind. Combine it with clay for a temporary face lift for sagging skin.

Egg and Clay Face Mask

Blend 2 tablespoons white clay, 1 tablespoon corn flour, 1 egg white, and 1 drop of chamomile oil until the egg white is completely dissolved. Apply to face and let dry, then wash off with lukewarm water.

Lemon and Yogurt

Both lemon and yogurt contain natural whitening properties to help fade acne scars and brighten your face.

Lemon and Yogurt Face Mask

Combine 2 tablespoons honey, 4 tablespoons lemon juice, 3 teaspoons yogurt and one egg white in a bowl and whisk until the mask thickens. Apply to clean, dry face and let sit for 15 minutes before washing off with warm water.

LIFESTYLE CREATE MORE TIME DURING YOUR WORKWEEK

Why not celebrate Labor Day every day?

By being more strategic about your schedule you can actually create more time in the long run and ensure your workweek isn't so...well...laborious!

Identify lost time

Take a look at your calendar over the past 3-6 months and start to identify the meetings, committees or events that took hours away from your work week, but had little return on the time commitment. Consider sending a colleague in your place, or reducing or eliminating the items altogether in the future.

Find your productive sweet spot

Are you a morning person? Do you prefer to work at night? Identify the time of the day where you have the most productive energy and reserve that time to get your work done, instead of filling it with meetings or other events involving other people. Consider scheduling project meetings or working slots for yourself that will keep you on track and keep others out of your calendar.

Delegate

It's easy to take on more work and tasks because you are capable of doing them, but before doing so, assess your value and time to determine if it is the best course of action. Try to only keep items on your plate that are essential and in line with your job function, and delegate the rest to others that specialize in those other particular areas.



Create productive meetings

We've all been in the default hour-long meetings that end up resulting in backended conversations around a topic without yielding any particular results. Avoid this by being realistic with meeting start and stop times. Consider scheduling shorter 15 or 30 minute meetings, which will keep all attendees centered on the specific meeting topic, and be sure to send out an agenda in advance, so that participants can prepare accordingly and bring all questions to the meeting. Establish a clear objective and assign specific action items at the end of the meeting to keep things moving forward.

Prioritize

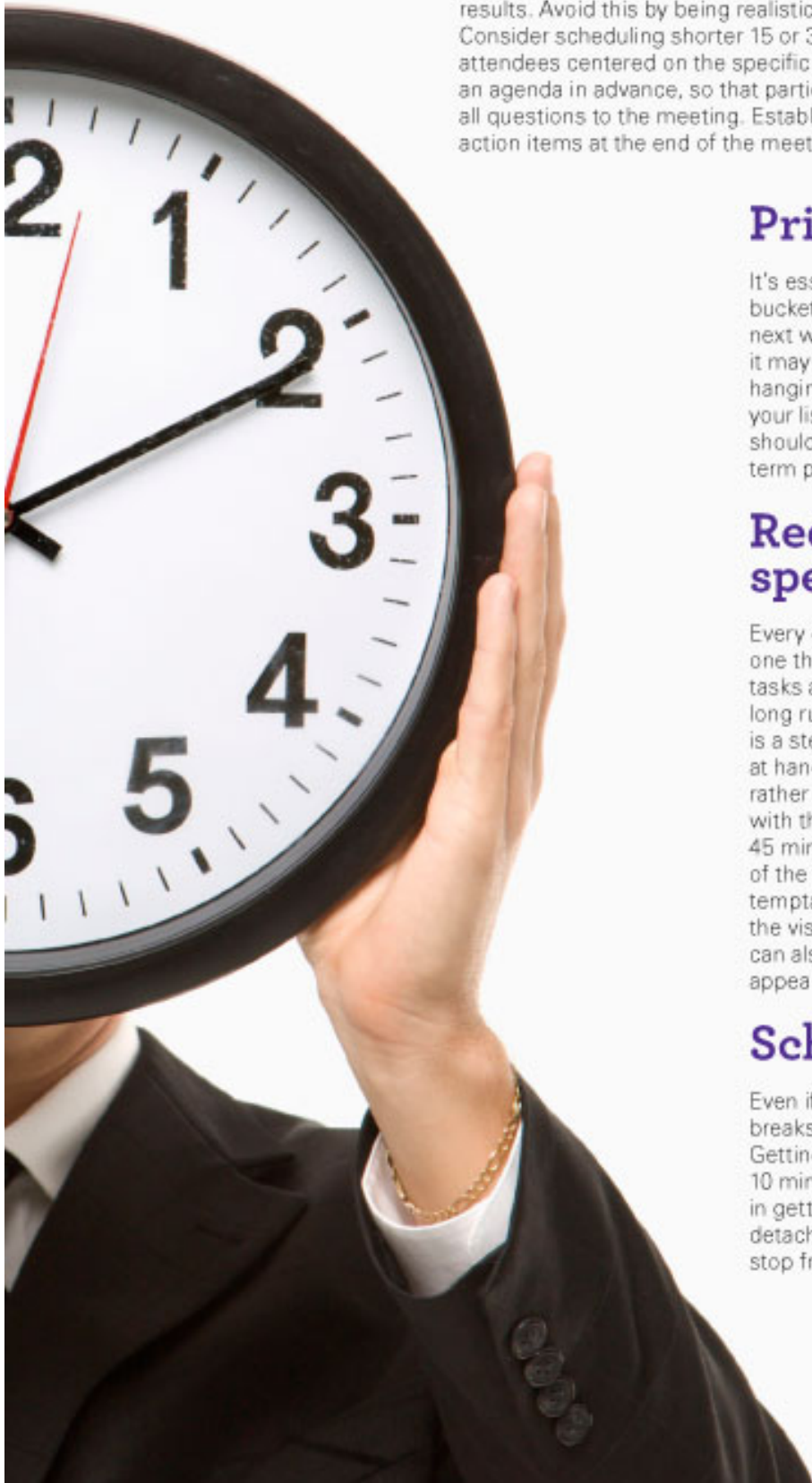
It's essential to prioritize your tasks into defined buckets: tasks that need to be completed today, next week, next month, and next quarter. While it may be tempting to always start with the low-hanging fruit or easy tasks, always resort back to your lists to determine the order with which you should work, and schedule in chunks for longer term projects so they don't get avoided.

Reduce time spent on email

Every office email culture is a bit different, however one thing is for sure: constantly bouncing between tasks and emails eats up much more time in the long run and is counterproductive. Every distraction is a step back, and takes you away from the task at hand—and creates a reactive work environment rather than a proactive one. One way to deal with this is to time block your hours by spending 45 minutes on a task and the last 15 minutes of the hour on email correspondence. To resist temptation, change your email settings to eliminate the visual and audible email notifications. You can also change the interval at which new emails appear to every hour or 45 minutes.

Schedule breaks

Even if you're slammed with work, taking scheduled breaks will actually help you to be more productive. Getting some fresh air and clearing your head for 10 minutes once or twice a day will go a long way in getting you back on track and eliminating the detached "frazzle" that we all feel when we go non-stop from task to task all day.



FITNESS EXERCISE AND THE BRAIN

Moving your body does more than keep your body in swimsuit shape – it also provides numerous mental health benefits to keep you feeling your best.

Improve Memory

Getting a daily dose of exercise can actually fight against long-term degenerative diseases like Alzheimer's and general memory loss. If you need a boost in the short term, studies have shown an increase in cognitive retention for a few hours after exercising, so going on a quick run before a big meeting or presentation might be worth the extra effort!

Fight Stress

Instead of attending happy hour to unwind after work, taking a run or long walk will help you release any stress from the workday. It will also increase the brain's response to stress and keeps anxiety at bay.

Release Endorphins

When you exercise, your brain releases endorphins which create feelings of happiness and euphoria, so it's a great way to get you feeling more upbeat and positive.

Increase Productivity

If you've hit a wall at the office and can't seem to get anything done, going on a quick walk or jog will give you the energy jolt that you need. If your schedule is pretty packed, consider squeezing in a quick trip to the gym during lunch to give you an afternoon productivity boost.

Boost Brainpower

Studies have shown that cardiovascular exercise can actually create new brain cells, specifically a brain-derived protein in the body known as brain-derived neurotrophic factor (BDNF), which has been linked with improved decision making and learning.

Connect with Others

Getting out of the house to exercise forces you to interact with the world and connect with others. Team sports, exercise classes, or even a walk with a friend can help you maintain a positive attitude or inspire you to push yourself further.

FOOTBALL SEASON WORKOUT

Football season is here, and with it comes the beer, wings, and caloric fingerfoods that we eat while rooting for our favorite teams. Here's a quick football-inspired workout to counteract those fall indulgences!

Perform the workout 2-3 times per week, resting for a day in-between.

Perform 2-3 sets of each exercise, performing about 8-10 reps per set. Start with 5-10lb weights and build from there.

Be sure to warm up with a light jog or other activity before starting.

For visual descriptions of the following exercises, go to

<http://www.menshealth.com/workout-center/w/the-nfl-workout/>

Single-Leg Dumbbell Straight-Leg Deadlift

Targets: Glutes and hamstrings

How to do it: Hold the dumbbells with an overhand grip, balance on one leg and bend that knee slightly. Keeping your core tight and lower back naturally arched, raise the other foot off of the ground and bend at your hips and lower your torso until it's almost parallel to the floor. Pause, then squeeze your glutes tightly and raise your torso back to the starting position. Repeat the reps on one leg, and then the other.

Dumbbell Squat

Targets: Quadriceps, glutes, hamstrings, calves

How to do it: Stand with your feet shoulder-width apart and hold the dumbbells at arms length along your sides, palms facing in. Keep your weight in your heels as you contract your abs and lower your body back until your thighs are parallel to the floor (don't let your knees extend past your toes and keep your torso upright). Pause then push back to the starting position.

Dumbbell Bench Press

Targets: Chest, shoulders, triceps

How to do it: Lie on a flat bench and hold the dumbbells palms facing out, straight over your chest so they are almost touching. Keeping your shoulder blades down and holding them in tight, steadily lower the dumbbells to the sides of your chest. Pause, then return to starting position.

Dumbbell Two-Arm Row

Targets: Mid and lower traps, rhomboid major and minor, rear deltoids, rotator cuff muscles

How to do it: Hold the dumbbells at your side, palms facing each other. Keeping your knees slightly bent, bend forward at the waist until your back is parallel to the floor (don't round your back). Without raising your upper body, pull the weights toward your rib cage, then lower them.

Side Plank with Touch

Targets: Core, abs, and helps to stabilize the spine

How to do it: Lie down on your side and prop your upper body up with your right forearm. Bend your left arm and place it behind your head, then slowly raise your hips, keeping your abs and core tight. Hold this position for a moment, then rotate and touch your left elbow to the floor without letting your hips push backwards. Perform your left arm touch reps and then repeat on the other side with the other arm.

FOOD PIZZA AND MILKSHAKE PARTY

With National Pizza Day on September 5th and National Chocolate Milkshake Day on the 12th, what better excuse is there to invite your friends over and shake things up while indulging in these all-time favorites?



Chocolate Supreme Milkshake

Yields: 1 serving

What You'll Need:

- 2 scoops premium chocolate ice cream
- 2 tablespoons chopped dark chocolate candy bar
- 2 tablespoons powdered chocolate drink mix
- 1 cup milk
- 1/4 cup whipped cream
- Rainbow sprinkles (optional)
- Tuile "straws" (optional)

In a blender, combine ice cream, chopped dark chocolate, chocolate powder and milk. Pour into a glass and top with whipped cream, sprinkles, and tuile "straws" (optional).

Homemade Pizza

Courtesy: food.com

Yields: 6-8 servings

What You'll Need:

- 1/4 ounce dry yeast
- 1 cup water, lukewarm
- 1 teaspoon sugar
- 3 cups bread flour
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1/2 cup tomato puree
- 2 tablespoons tomato paste
- 1 garlic clove, minced
- 1 tablespoon fresh basil, chopped
- 4 ounces fresh Mozzarella cheese
- Additional toppings (optional)

For the Dough:

- In a glass or plastic bowl, combine yeast, water, and sugar (the water can be tap water, just make sure it's below 100°F).
- Stir to dissolve the yeast and let the yeast "bloom" for 15 minutes.
- Stir in 1 cup flour, add salt, and then stir in another cup of flour.
- Dump mixture onto kneading board and work in last cup of flour, kneading until dough is soft and elastic, but not sticky. Form dough into a ball.
- In another bowl, pour in the 1 tablespoon olive oil and spread around.
- Coat ball of dough with oil and cover bowl with a damp towel and let dough rise for 40 minutes.
- Punch down dough and knead on board about 2 minutes. Dough is now ready to spread in the pan.
- To avoid the crust from sticking, lightly spray pizza pan with olive oil or vegetable oil spray and then work dough to pan (or use free form pan) - this dough is enough for 1 14-inch pizza with a thin bottom crust and enough dough around the edge to munch.

For the Sauce:

- Combine pureed tomatoes, tomato paste, minced garlic, and basil. Spread onto prepared pizza dough.
- Top with sliced mozzarella cheese and additional toppings (optional) and bake at 500°F for 11-13 minutes.

Pizza Topping Combinations:

- **Meat Lovers:** Pepperoni, Italian sausage, salami
- **Autumn Veggie:** Roasted eggplant, sweet peppers, caramelized onions, oven dried tomatoes, portabella mushrooms
- **Quattro Formaggio:** Gorgonzola, Asiago, fresh Mozzarella, Pecorino and basil
- **Mushroom Lovers:** Any combination of champignon, white button, portabella, crimini, oyster, shiitake, morel, trumpet or chanterelle mushrooms
- **Greek:** Artichoke hearts, Kalamata olives, tomato, feta cheese
- **Hawaiian:** Ham or bacon, pineapple



DRINK BETTER BLACK AND TAN

Courtesy: nuggetmarket.com

Want the secret to a better Black and Tan? It's all in the spoon and the proper pouring technique...

YIELDS: 1 DRINK

WHAT YOU'LL NEED

.....
1 GUINNESS DRAUGHT
.....

1 PALE ALE (SUCH AS HARP LAGER)
.....



DIRECTIONS

Step 1:

Pour the pale ale into a pint glass, filling the glass halfway.

Step 2:

Float the Guinness on top to fill the glass by slowly pouring it over the back of a spoon. Place the spoon down in the glass just above the lager (it may help to bend the spoon so it fits down in the glass). As you pour the Guinness, slowly raise the spoon until the glass is full.

Step 3:

Remove the spoon; two distinct layers will appear in the glass.

TRAVEL

10 AMAZING BIKE RIDES ACROSS THE U.S.

Biking is one of the greatest ways to experience regional scenery. If you're not into biking, the following areas also make wonderful locations to explore on an afternoon drive.

Black Canyon Mountain Bike Trail, Arizona

This 62-mile narrow mountain bike trail continues along the Bradshaw Mountains, where bikers can enjoy amazing views of the southwest desert, complete with canyons and a variety of cacti.

Visalia to Sequoia National Park, California

This is the trail for the hardcore cyclist! The ride starts in the small town of Visalia, and takes you on a climb over 7,000 feet above sea level and into Sequoia National Park where you'll ride alongside breathtaking giant sequoia trees.

Peak-to-Peak Highway, Colorado

With an average elevation of 9,000 feet, this 55-mile ride from Boulder to Estes park will deliver on its breathtaking panoramic views of the snowy Rocky Mountain divide.

Tour of the Litchfield Hills, Connecticut

The 55-mile ride in the northwest corner of Connecticut provides plenty of steady hills and New England charm. Roll along 200-year old steeple churches, Rockwellian villages, stone fences and covered bridges.

Miami to Key West, Florida

If you're in good biking shape and aren't intimidated by a 160-mile ride, this trek will be well worth the effort. You'll enjoy two-sided tropical ocean panoramas as you breeze along over 42 bridges—but be on the lookout for 'gators or snakes sunbathing on the pavement!

The Columbia Not-So-Secret Training Loop, Illinois

Located across the river from St. Louis in Columbia, IL, this trail will take you on a 63-mile journey along rolling hills, floodplains, bluffs, cliffs and riverbanks as you ride through quaint and picturesque Midwest towns.

Cranberry Lake to Saranac Lake, New York

Enjoy the entire 170-mile ride along the Olympic Byway within the beautiful Adirondacks mountain region, or if you want a shorter option, ride along the 47-mile stretch between Saranac and Cranberry in the heart of the High Peaks region.

Crater Lake, Oregon

Over 7,000 years ago after a dramatic volcanic eruption, Crater Lake was formed and the 33-mile ride along it contains stunning views of the crater and the rich blue water of Diamond Lake, as well as a 3,900 foot climb along the rim.

Skyline Drive, Virginia

Fall is the perfect time to enjoy this 105 mile ride, where the vivid autumn colors and views of the Shenandoah Valley will give you more than enough reason to endure the hilly ups and downs.



MUSIC INDOOR CYCLING PLAYLIST

If you can't get outside to ride, a custom indoor cycling mix will add some spice to your workout. The playlist below is designed for you to match your pedal stroke (cadence) to the beat of each song's BPM (beats per minute), as you increase and decrease resistance to simulate flat roads and hills.

Time to Run

Lord Huron
Warm Up; no resistance,
no set cadence

Leave the Bourbon on the Shelf

The Killers
Cadence: 88 BPM,
light resistance

Entertainment

Phoenix
Cadence: 75 BPM,
moderate resistance

She Wolf

Shakira
Cadence: 64 BPM,
heavy resistance

M'bife

Amadou & Mariam
Break song, no resistance

Put Your Record On

Corinne Bailey Rae
Cadence: 96 bpm,
light resistance

Fitzpleasure

Alt-J
Cadence: 71 BPM,
moderate resistance

Elephant

Tame Impala
Cadence: 61 BPM,
heavy resistance

Forever Young

Bob Dylan
Break song, no resistance

Bang Bang Bang

Mark Ronson &
the Business Intl
Cadence: 92 BPM,
light resistance

Boy

Ra Ra Riot
Cadence: 80 BPM,
moderate resistance

Aerodynamic Beats/Gabrielle Forgot About The World

Daft Punk
Cadence: 63 BPM,
heavy resistance

Wishes and Stars

Harper Simon Cool Down,
Cadence: 100 BPM, very
light resistance

Yoshimi Battles The Pink Robots Part 1

The Flaming Lips
Cool Down, stretch;
no resistance

MOVIES NEW FLICKS IN SEPTEMBER

Release dates subject to change.

RIDDICK

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

Release Date: September 6

Starring: Vin Diesel, Katee Sackhoff, Jordi Molla

The infamous Riddick is back after being left for dead on a lifeless planet. In this sci-fi adventure, he must now find a way to escape, while simultaneously battling alien predators that are out for his head.

THE FAMILY

Genre(s): Crime, Action, Comedy

Release Date: September 13

Starring: Robert De Niro, Michelle Pfeiffer, Tommy Lee Jones

After snitching on the mob, a mafia boss and his family are relocated to France for safety under the witness protection program. Unable to resist keeping a low-profile, the family engages in old habits that quickly blow their cover and have former mafia members hunting them down to settle the score.

BATTLE OF THE YEAR

Genre(s): Drama, Dance

Release Date: September 13

Starring: Josh Holloway, Laz Alonso, Josh Peck

This drama follows an American dance crew as they try to realize their dreams, despite being misunderstood and marginalized by their families and society. Led by a tough coach, the breakdancing team is put to the test when they must battle 18 other nations in the "Battle of the Year" for the title of World Champion.

PRISONERS

Genre(s): Thriller, Suspense, Drama

Release Date: September 20

Starring: Hugh Jackman, Jake Gyllenhaal, Melissa Leo

After police fail to find and convict a suspect linked to abducting his young daughter and her best friend, Keller Dover (Hugh Jackman) takes matters into his own hands. Desperate and frantic, he turns vigilante and races against the clock to save his child's life.

WALK OF SHAME

Genre(s): Comedy

Release Date: September 20

Starring: Elizabeth Banks, Ethan Suplee, James Marsden

After a wild night out, a high-strung news anchor embarks on a series of funny misadventures when she finds herself out on the street with no ID, car, phone or money.

RUSH

Genre(s): Drama, Biography, Action

Release Date: September 27

Starring: Chris Hemsworth, Alexandra Maria Lara, Daniel Bruhl

Based on a true story, *Rush* tells the tale of the great racecar rivals: English playboy James Hunt and the methodical and brilliant Niki Lauda. The film follows the great rivals both on and off the track during the sexy, golden age of Formula 1 racing.

CLOUDY WITH A CHANCE OF MEATBALLS 2

Genre(s): Family, Comedy, Animation

Release Date: September 27

Starring: Bill Hader, Anna Faris, James Caan

This family-friendly sequel picks right up where the first left off. Inventor Flint Lockwood discovers that his machine that turns water into food is still operating, but is now creating mutant food creatures called "foodimals." Flint and his friends go on a mission to battle the creatures and save the world once again!

DON JON

Genre(s): Comedy

Release Date: September 27

Starring: Joseph Gordon-Levitt, Scarlett Johansson, Julianne Moore

Don Martello, a strong and handsome womanizer, and Barbara Sugarman, a bright, beautiful woman who has her heart set on finding Prince Charming, both wrestle with expectations of the opposite sex and general modern media culture in this fun and edgy film.



Enjoy September

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