Enjoy June

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: JUNE 2014 Vol 3 ISSUE: 1

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

TY'S TIPS

MONTHLY ADVICE FROM HOME DESIGN GURU TY PENNINGTON

WHAT'S HAPPENING IN JUNE

RUNNING TO THE NEXT LEVEL

TOP FIVE USA SUMMER ROAD TRIPS

PERFECT SUMMER MEAL IDEAS

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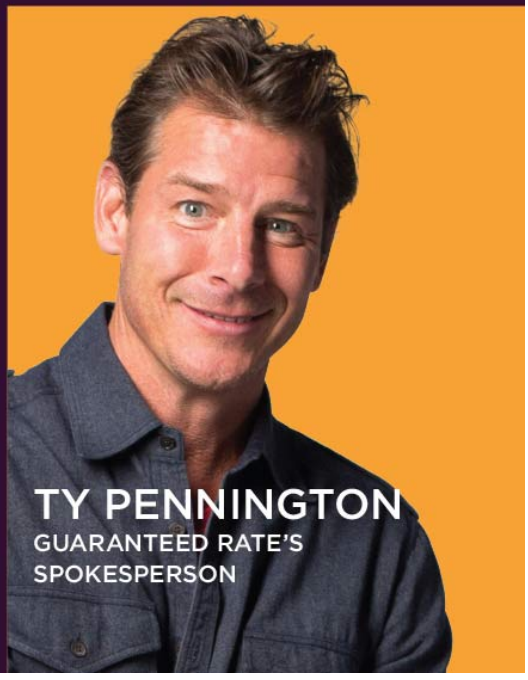


TY PENNINGTON

GUARANTEED RATE'S SPOKESPERSON

WHAT'S HAPPENING IN JUNE

JUNE 4
NATIONAL RUNNING DAY

JUNE 5
WORLD ENVIRONMENT DAY

JUNE 6
DRIVE-IN MOVIE DAY

JUNE 7
DONUT DAY

JUNE 15
FATHER'S DAY

JUNE 21
SUMMER SOLSTICE

FITNESS RUNNING TO THE NEXT LEVEL

June 4 is National Running Day, and although many of us consider ourselves "runners," your devotee friends will tell you that there is a broad spectrum out there, and the ones who tout the real-deal title are operating on a seriously higher level than the average jogger. So what does it take to push yourself to that next tier? Regardless of which type of runner you are, here are pro tips for moving up, just in time for summer!

1 IF YOU'RE A BEGINNER, AIMING FOR INTERMEDIATE

As a beginner, experts agree that developing a fitness "base" is the most important objective. This means long-term, consistent running to build endurance. A solid base is the best way to stay injury free and to get faster over time. The process of building a base comes with many benefits, including increased mental and physical stamina, stress relief, meditation and weight loss.

Your Plan for Moving Up

The biggest difference will be consistency. Whether you're trying to run a 5K or 10K, or just looking to improve your overall fitness, you can no longer run a few miles here and there – you need to set a regimen for training and stick to it.

With these training zones in mind, try out the workout schedule below, as it relates to your personal fitness level:

ZONE 1: Relaxed Recovery Zone (warm-up and cool down)

ZONE 2: Steady State (marathon pace but able to talk)

ZONE 3: Max Steady State (faster pace up to 10K, breathing still under control)

ZONE 4: Interval Pace (up to 5K pace, or max heart rate)

Monday, Thursday: Days Off

Tuesday, Friday: 10 minute warm-up, three five-minute runs in zone 3 with one minute relaxed recovery (zone 1), followed by a cool down of 10 minutes in zone 1.

Wednesday, Saturday: Easy run in zone 1 (30 minutes).

Sunday: A longer run mixing paces from both zone 1 and zone 2.

As you ramp up your workouts, make sure to gauge how your body is reacting to the training. As you get more fit, you'll notice that your levels change. Don't push ahead too quickly — as a rule, you should always be able to comfortably complete three one-minute intervals of your highest intensity level.

If you're just beginning, start slow and build up by increasing your runs by no more than 10% the distance each time. When you can run at a steady pace for 30 minutes or more, you'll be ready for some more intense training!

2 IF YOU'RE AN INTERMEDIATE, AIMING FOR EXPERT

You have a solid fitness base, but you feel like you have comfortably plateaued in your current routine. If you are looking to conquer bigger racing events or just interested in pushing yourself to more intense running sessions, you need a plan for getting into a higher gear.

Your Plan for Moving Up

Try getting these four runs in every week to push you up to expert status:

LONG RUN: A consistent long run is one of the best ways to stay fit and strong, even if you are only running three to four days a week. This should be an easy aerobic run that is built up over time. Ultimately, the long run should be about 20-40% of your total weekly mileage. For example: if you run 50 miles a week, long runs should be 10-14 miles.

TEMPO RUN: Ideally 20-25 minutes long, your pace should be 30 seconds per mile slower than your 10k race pace.

LONG INTERVALS: These increase your body's ability to run at a faster 10K pace for a longer period of time. Each interval should be three to six minutes in length with two to four minutes rest and repeat three to six times. Start these out at slower than 10K race pace and work down, so the last interval is just slightly faster than race pace.

SHORT INTERVALS: For most people these provide the least amount of benefit, but they help increase your short-term speed and natural leg speed. The length is 30 seconds to two minutes of about one to two miles of total hard running. Your pace should be your mile to 5K race pace.

As an intermediate, the value of community is huge. Try joining running groups or coercing friends into matching your fitness goals. Studies show that social structures help improve fitness levels and increase the likelihood that individuals will stay engaged.

3 IF YOU'RE AN EXPERT, AIMING FOR PRO

You are an expert runner. You are in tune with your body, and you have a training program that works for you. To become a truly committed athlete, follow these simple rules.

Your Plan for Moving Up

At this level, there are many interrelated factors that contribute to reaching that elusive next plateau with your training and racing. Breaking through to a new level isn't just a matter of increasing the intensity of your training, it involves analyzing and then finding a balance between the physical, nutritional and mental aspects of training. Just a tweak here or there could mean a serious boost in performance. Take a look at the list of potential setbacks below. Consider testing one at a time against the control of your current routine. You may just find one that is a game changer.

–OVERTRAINING is one of the major reasons why athletes find it difficult to reach the next level. Early symptoms usually include fatigue and noticeable muscle or joint pain, and long-term symptoms can include insomnia, frequent illness, chronic injury and worsening performance. Reducing your frequency by 50% or more gives the body a chance to recover. For the die-hard running gladiators out there, this can be extremely tough, but try a reduction for one month to see if it improves your overall output.

–GENERALIZED TRAINING is good for intermediates and even experts to provide control and structure, but at this level you may need to personalize your workout to your own body and performance needs. Take a good look at your regimen. You might need more or less long, slow distance, or increased or decreased tempo runs and speed workouts in your training. Some athletes require more distance while others benefit from extra track sessions. Tweak slowly to find the right mix.

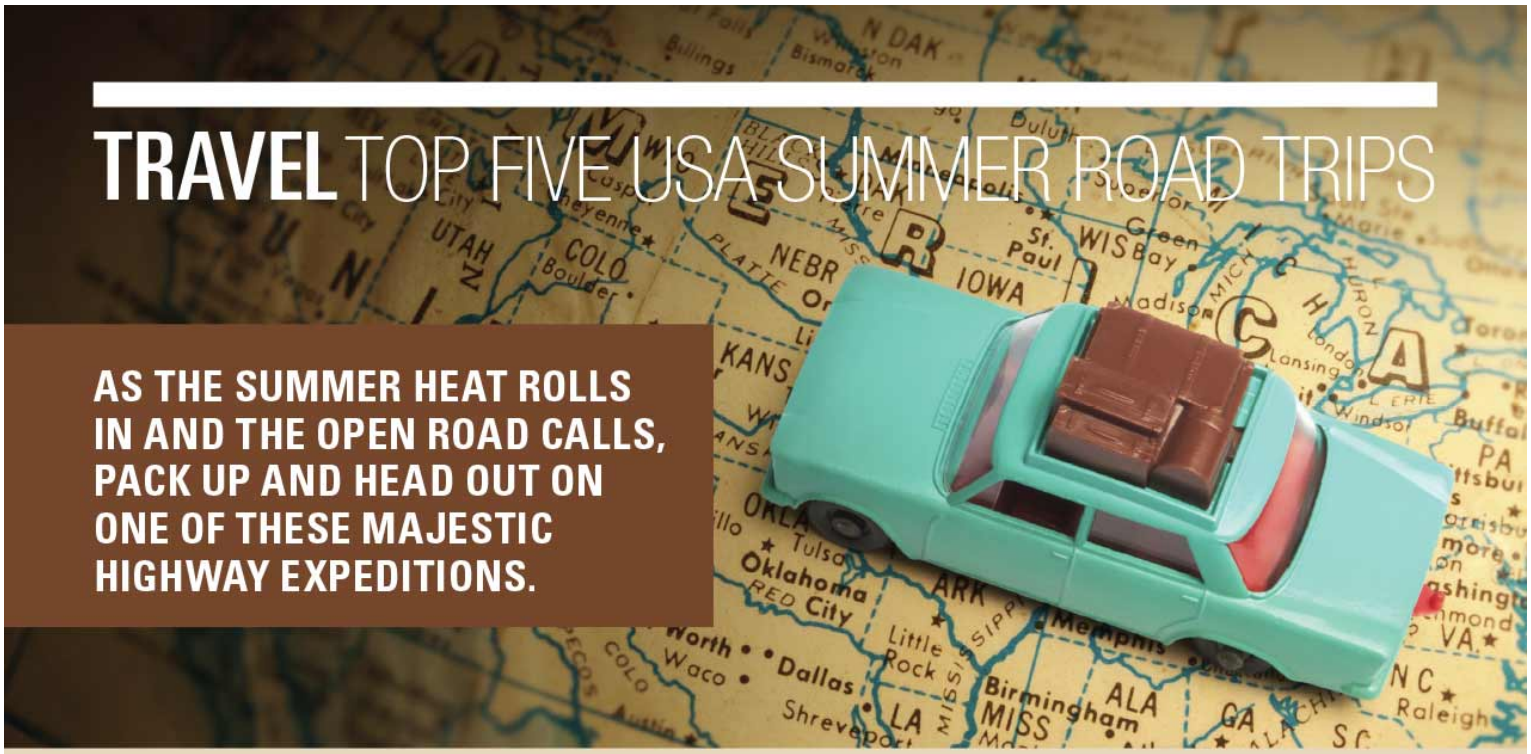
–STRESS can severely impact your running performance. Evaluating and balancing your physical, chemical and mental stress can improve your overall health and make you a better runner. Commit to a meditation schedule and try making two lists: stressors you have some control over and those you do not. Work to eliminate the stress that you can control entirely. That will make it easier for your body to compensate and adapt to the stress that's beyond your command.

–NUTRITION at this level is absolutely crucial to your performance. Try cutting processed foods entirely, which contain excess sodium and preserving agents that slow down the body's systems and ultimately slow you down. Focus on balancing energy from small amounts of good fats, complex carbohydrates, recovery from protein and hydration from electrolytes. Finally, never under-eat. Your body is an engine that needs fuel to run.

Once you've reached the highest level that you can on your own, consider hiring a fitness coach and nutritionist. Even a few sessions with a professional can supply you with enough knowledge to aim for that next plateau on your own!

If you are running consistently, it's extremely important to find the right gear for your body, the most important of which is your shoes! Go to a reputable running shoe store to get a professional gait analysis and recommendations so that you get the pair that best fits your needs. And no matter how tempting, don't choose based on color or style!

TRAVEL TOP FIVE USA SUMMER ROAD TRIPS



AS THE SUMMER HEAT ROLLS IN AND THE OPEN ROAD CALLS, PACK UP AND HEAD OUT ON ONE OF THESE MAJESTIC HIGHWAY EXPEDITIONS.

1. Route 101: California to Washington

What you'll see: The Pacific Ocean—as much of it as you can take. The Pacific Coast Highway (or "PCH" for short) runs along the West Coast from California all the way through Washington, with breathtaking views of cliffs dropping into the ocean below. Although all segments of the highway have their charms, most agree that the area around Big Sur offers the most jaw-dropping scenery—as well as the stunning Bixby Bridge, with arches spanning over Rainbow Canyon. Pro tip: If you're squeamish about heights and feel nervous about the prospect of driving around a twisty highway with steep drop-offs, choose a south-to-north route, which keeps you on the inside lane.

Cultural stop: William Randolph Hearst was the inspiration for Charles Foster Kane of "Citizen Kane" fame, and he chose to build Hearst Castle in San Simeon right on the California coast. Today, you can tour the grand rooms of the house, including the ornate pool areas, upstairs private quarters, and the over-the-top assembly room.

Roadside attraction: To find a true roadside attraction, you'll have to cross the border into Oregon, where you'll find the Prehistoric Gardens in Port Orford. You'll see concrete re-creations of near-life-size, if not scientifically accurate, dinosaurs and prehistoric animals.

Grab a bite: Nepenthe in Big Sur lets you take a break from the road trip without sacrificing the view. It's been famous since 1949 as a place to refuel while still looking out onto the ocean. It's known for its Ambrosiaburger, which comes slathered in a blend of tomato sauce, salsa and mayonnaise.

Short-cut option: The best stretch for a smaller road trip is the path through Big Sur, which comprises 90 or so miles along the Central Coast from San Simeon to Carmel. Big Sur's beauty is not overrated: Sandwiched between the Santa Lucia Mountains and the Pacific – redwood groves on one side and rocky beaches with sea lions on the other – it's remarkably unspoiled. Devote a long weekend, ideally in May or September for fewer crowds. The road twists along precipitous cliffs, and it can be a relief to stop for impromptu hiking, picnicking or beach-combing (try Jade Cove for its namesake stone).

2. From Chicago to Michigan's Upper Peninsula

What you'll see: This scenic trek starts in Chicago, which touts one of the most fun summer atmospheres in the country with festivals, beachfronts and knockout dining. Chicagoans are holed up for most of the winter, so the whole city makes the most of the warm months. Next, make your way east on I-90/94 toward the sleepy, beach town-speckled coast of southwest Michigan, where you'll leave city life far behind. Head north on U.S. 31, and stop in the towns along the way — New Bufalo, St. Joseph, South Haven. You'll see cherry orchards, fishing towns, mountainous sand dunes and inland lakes all the way through the quaint, but lively streets of Traverse City to Mackinac

Island, where you can marvel in the old-timey world of horse-drawn carriages and hand-pulled fudge.

Cultural stop: Mackinac Island's Grand Hotel is every bit as regal and majestic as it sounds. The colonnaded 19th-century resort oozes summer, complete with lawn games and after-dinner dancing on a bluff overlooking Lake Huron. Visit for the history, for the fine dining or simply for the chance to feel like you've traveled back in time.

Roadside attraction: Don't Miss Sleeping Bear Dunes National Lakeshore. Few landscapes evoke emotion equal to these sweeping sandy mountains cascading down to the turquoise Lake Michigan waves. If you have the time (and the energy!), try the dune climb at Pierce Stocking while you're there. Hike the face of the sliding sandy dune. If you make it to the top, you'll be rewarded with unparalleld views and serious bragging rights.

Grab a bite: In Southwestern Michigan, take a slight detour onto The Red Arrow Highway for great antiquing and good eats. Try Luisa's Swedish Cafe for other-worldly homemade breakfasts, lunches and baked goods. Up north in Leland, MI, share a romantic meal in an old Inn on the riverfront surrounded by wildflowers and soft Lake Michigan breezes at The Riverside.

3. Seward Highway: Alaska

What you'll see: The 127-mile stretch that links Anchorage with Seward is lined with picturesque Alaskan scenery: glaciers and fjords, rivers and lakes, mountains and alpine valleys. Along the way, the drive is bordered by the Chugach State Park and Chugach National Forest, the northernmost national forest in the U.S. Make sure you plan enough to time to stop and photograph the way the sunlight reflects off of Kenai Lake or Turnagain Arm.

Cultural stop: Before you head out on the road, stop at the Alaska Museum of Natural History to learn more about the area you're driving through. Exhibits focus on the Ice Age in Alaska, polar dinosaurs, mine geology and Alaska's animals.

Roadside attraction: If you think there's gold in them there hills, try panning for it at the Indian Valley Mine, which was a real mine that operated in Alaska after the gold rush.

Grab a bite: Take a tram to top of the ski slopes at the Alyeska Resort for Seven Glaciers, the complex's mountaintop restaurant. While enjoying the view from an elevation of 2,300 feet, you can feast on Alaskan cuisine made from delicious local ingredients.

4. Route 1: Maine

What you'll see: It's quintessential New England scenery all the way, right down to the lighthouses that dot the state's rocky shores. Dating back to the mid '20s, Route 1 traverses the length of Maine while mostly hugging the coastline. Locals swear by the view of Grand Lake and Peakaboo Mountain, so much so that the 12-mile stretch of Route 1 between Danforth and Orient has been dubbed the "Million Dollar View." If the tank is full and you don't feel like turning back, Route 1 continues all the way to Florida.

Cultural stop: Just a smidgen off of Route 1, the Portland Head Light in Cape Elizabeth beckons from Fort Williams Park. Dating back to 1791, it's the oldest lighthouse in Maine and one of the oldest in the U.S.

Roadside attraction: The Main State Prison Industries showroom in Thomaston sells items that are handmade by prisoners, and you can find everything from carved wooden jewelry boxes to model ships. It's actually illegal for the showroom to ship the items across state lines, so it's a great stop if you're looking for something you can only find in Maine.

Grab a bite: If you're not eating lobster in Maine, why visit? The Chauncey Creek Lobster Pier in Kittery Point is a riverside picnic table joint and BYOB, so you can bring your favorite cocktails to enjoy with the best lobster Maine has to offer.

5. Hana Highway: Hawaii

What you'll see: If there's ever been a reason to rent a convertible, it's the Road to Hana. The 68-mile highway runs along the northeastern coast of Maui, with plenty of stops to pull over and see waterfalls, surfers, gardens, parks and beaches. Best of all: If you don't feel like driving yourself, you can always take a van tour and have someone else do the work for you.

Cultural stop: At the Garden of Eden Maui Botanical Gardens & Arboretum, you can find 26 acres of unspoiled trails, tropical flowers and panoramic views. You can see a 100-year-old mango tree or the Upper Puohokamoa Waterfalls, accessible only to garden visitors. And, if one rock formation looks awfully familiar, it's because it was used as a location in Jurassic Park.

Roadside attraction: The Hana Lava Tube takes you on a self-guided tour through trails and tunnels built by underground rivers of flowing lava. When you get out, you can also take a crack at the Red Ti Botanical Garden Maze—like a hedge maze, but with more tropical foliage.

Grab a bite: There are plenty of places along the way to stop for fresh banana bread, but if you're looking to sit down, there's Mama's Fish House Restaurant, which prides itself on preparing fresh fish with an "aloha spirit." If you're lucky, you'll dine on grilled octopus caught on a free-dive in nearby Kuau Cove.

TY'S TIPS MY MUST-HAVE TOOLS

In honor of Father's Day, here are a list of my must-haves (no power needed!)

JUNE'S TIP FROM INTERIOR DESIGN STAR TY PENNINGTON

Courtesy of Ty Pennington Design Team

1 - TAPE MEASURE
Plan to spend top dollar on this cause you'll use it plenty. Pick one with a good locking mechanism.

2 - CHALK LINE
This is used to make long straight lines. Pull out the chalk-coated string, snap against a surface—and voilà—your straight line appears. It can also be used as a plumb bob.

3 - SPEED SQUARE
Use it for precision measurements, and to mark and lay out angles; works as a straight-edge guide, too. Odd that a triangle is called a square!

4 - HAND SAW
Get a short one with combination teeth.

5 - TORPEDO LEVEL
Checks for level or plumb; great for tight spaces because of its small size.

6 - CHANNEL-LOCK PLIERS
You can get a great hold on almost anything (barking dogs excluded) because the jaws stay parallel even when fully opened.

7 - 5-IN-1-TOOL
It's a putty knife, crack opener, scraper, screwdriver and paint-roller cleaner all in one. Cool tool.

8 - CLAW HAMMER
Take your frustrations out pounding and prying with a heavy-duty that weighs at least 20 ounces.

9 - NEEDLE-NOSE PLIERS
Essential when working in tight spaces; look for one with a built-in wire cutter.

10 - SCREWDRIVERS
Look for a set of flathead and Philips in a range of sizes.

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CRAFTSMAN

NUTRITION EATS THAT EASE

What do a bowl of cherries and a few ibuprofen have in common? Surprisingly, they both reduce pain. While popping a pill may be the quickest fix when it comes to pain, it does nothing to cure the underlying cause. Eating the right foods can get to the root of the issue and protect you from future discomfort. And the number of foods proven to offer relief is growing! Whether you experience the constant, low-level pains that come with working out or you suffer other pains from stress or aging, here are six common aches and pains and the foods that help fight them!

1. Achy joints

FOOD Rx: CHERRIES, TURMERIC

Here's sweet news: Preliminary research suggests that eating about 20 tart cherries may be as effective as taking ibuprofen for reducing pain. In a more recent study, eating about 45 cherries a day reduced C-reactive protein, a major marker of inflammation associated with arthritis, by 25%. Likewise, the spice turmeric contains curcumin, a compound that in one study eased pain as well as ibuprofen did in people with knee osteoarthritis.

2. Sore Muscles

FOOD Rx: GINGER

If you are walking like a cowboy after your set of squats, consider sipping ginger tea. In a recent study, people who lifted weights experienced 25% less post-workout pain 24 hours after consuming ginger (about half a teaspoon a day for 11 days) than those taking a placebo. Researchers credit gingerols, antioxidants that have anti-inflammatory, pain-relieving properties.

3. Heartburn

FOOD Rx: BEANS

While fiber giveth (gas), it also taketh away (acid reflux). A study in the journal *Gut* found that people who regularly ate high-fiber foods like beans were 20% less likely to report GERD (gastroesophageal reflux disease) symptoms, probably because fiber moves food out of the stomach faster and prevents reflux.

4. Digestive Pain

FOOD RX: PEPPERMINT, COCONUT

The menthol in fresh peppermint and peppermint tea acts as a carminative (a compound that relieves gas and bloating) and a muscle relaxer, which can help relieve the cramping and spasms associated with occasional intestinal distress and full-blown IBS. For diarrhea, eat 1 to 3 teaspoons of shredded unsweetened coconut, which has anti-inflammatory and antimicrobial properties.

5. PMS Cramps

FOOD Rx: NUTS

Your body may be telling you that you need brownies, but opt for trail mix when that PMS funk hits. A study in the *American Journal of Clinical Nutrition* found that women with the highest intakes of riboflavin from foods such as almonds were more than a third less likely to develop PMS, including cramps and brain fog, than those who had the lowest intakes. Foods high in vitamin B6, such as pistachios, can also help reduce irritability, cramps and fluid retention associated with PMS.

6. Headaches

FOOD Rx: COFFEE, PUMPKIN SEEDS

Your pounding head is often a result of dilated, or enlarged, blood vessels in your brain. Caffeinated drinks such as coffee can help constrict blood vessels and ease the pain; they also make painkillers work better so you can reduce your dose. But if you have the mother of all headaches—a migraine—you may be deficient in magnesium and could benefit from foods rich in this nutrient, such as pumpkin seeds. Magnesium helps calm the overexcited nerves and tense muscles that contribute to migraine pain.

DRINK WATERMELON SUMMER PUNCH

Toast the beginning of summer with a refreshing watermelon libation! This one is best enjoyed outdoors on a warm night!

YIELDS:
1 PITCHER

WHAT YOU'LL NEED

4 cups watermelon puree (from 1 med watermelon)

1/4 cup fresh lime juice (from 4-5 limes)

Mint leaves, 1/3 cup loosely packed

1/2 cup, plus 2 tsp sugar

1/2 cup water

Choose one: light rum, tequila, vodka or gin (optional)

DIRECTIONS

Make a simple syrup by combining 1/2 cup sugar and 1/2 cup water in a sauce pan. Heat until sugar has dissolved. Let cool.

Cut rind off watermelon and remove any seeds. Place approximately 2 cups of watermelon flesh into your blender. Using your fingers or a spoon, push down the watermelon chunks until they release a bunch of juice (this released liquid will help make the blending easier). Blend thoroughly. Do another batch until you have yielded 4 cups of pureed watermelon.

Next, juice limes and coarsely chop mint leaves. Crush mint with 2 tsp of sugar. Use a mortar and pestle if you have one, otherwise use a wooden spoon in a bowl to pulverize the mint and sugar. When you are done, you will have a well-integrated mint/sugar paste. Add paste to the lime juice.

Mix pureed watermelon and lime juice (with the sugary mint). Add 2-3 tbsp simple syrup. How much simple syrup you use will depend on the natural sugar content of your watermelon and your own personal preference for sweetness.

Served chilled and always give the punch a stir before serving to integrate the ingredients. If you want to transform this punch into a cocktail, add 2 tablespoons of your alcohol of choice to every cup of punch.

Note: Try to make your simple syrup, puree the watermelon ahead, and chill both a few hours before you want to serve the punch. If time doesn't allow for this chilling time, just add plenty of ice and you are good to go.

Courtesy: yummysupper.blogspot.com

FOOD PERFECT SUMMER MEAL IDEAS

Summer Gazpacho

WHAT YOU'LL NEED

- 2 lbs tomatoes (about 4), cored and coarsely chopped
- 1/2 cucumber, peeled, seeded and coarsely chopped
- 1/2 onion, coarsely chopped
- 1 small garlic clove
- 2 oz blanched almonds (scant 1/2 cup), toasted
- 1/4 cup water
- 2 tbsp sherry vinegar
- 2 tbsp extra-virgin olive oil, plus more for drizzling
- Coarse salt and freshly ground pepper

DIRECTIONS

Puree tomatoes, cucumber, onion, garlic, almonds, water, vinegar, oil and 2 1/4 tsp salt in a blender until smooth; season with pepper. Refrigerate for at least 45 minutes. Drizzle with oil, and season with salt and pepper just before serving.

Courtesy: www.marthastewart.com

Corn Fritters

WHAT YOU'LL NEED:

- 3 ears corn, husks and silk removed
- 1/3 cup milk
- 1 large egg
- 1 tsp sugar
- 1/2 tsp baking powder
- Coarse salt and ground pepper
- 1/4 cup cornmeal
- 1/4 cup flour
- 2 tbsp vegetable oil
- Sour cream (optional)

DIRECTIONS:

Preheat oven to 200 degrees. Remove kernels from corn: cut off tip of each cob; stand in a wide shallow bowl. With a sharp knife, slice downward to remove kernels. Add milk, egg, sugar, baking powder, 1/2 tsp salt and 1/4 tsp pepper; mix. Fold in cornmeal and flour.

Line a rimmed baking sheet with paper towels. In a large non-stick skillet, heat 1 tbsp oil over medium. Working in two batches, drop batter into pan by heaping tablespoons. Fry until golden brown, about 2 minutes per side. Transfer to prepared baking sheet. Sprinkle with salt; place in oven. Repeat. Keep warm in oven up to 30 minutes. Serve with sour cream.

Courtesy: www.marthastewart.com

Asparagus with Lemon

WHAT YOU'LL NEED:

- 1 tbsp olive oil
- 2 bunches asparagus (14 oz each), ends trimmed
- Coarse salt and ground pepper
- 4 wide strips lemon zest
- Juice from 1/2 lemon

DIRECTIONS:

In a large skillet, heat olive oil over medium. Add asparagus, and season with salt and pepper. Cook, tossing occasionally, until lightly browned and crisp-tender, 10 to 15 minutes, depending on thickness. Add lemon zest and cook 1 minute. Add lemon juice, toss to coat, and serve warm.

Spice-rubbed Pork Loin with Mushrooms

WHAT YOU'LL NEED:

- 4 tbsp extra-virgin olive oil
- 1/4 cup packed light-brown sugar
- 1/2 tsp ancho chile powder or other single chile powder
- 1/4 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1 lb small button mushrooms, trimmed
- 1 boneless pork loin (3 lbs), tied
- Coarse salt and ground pepper

DIRECTIONS:

Preheat oven to 425 degrees. In a large bowl, stir together 3 tbsp oil, sugar, chili powder, cinnamon, cumin and 2 tbsp water. Add mushrooms and toss to coat. Set aside.

Generously season pork with salt and pepper. Heat a cast-iron skillet or other heavy pan over high. Add 1 tablespoon oil and swirl to coat. Cook pork on all sides until deep golden brown, about 10 minutes total. Place pork on a rimmed baking sheet; pour oil from skillet onto sheet and spread evenly.

Arrange mushrooms around pork. Brush pork with sugar mixture from bowl. Bake until pork is cooked through (an instant-read thermometer inserted in center should register 135 degrees), 40 to 45 minutes, brushing meat with sugar mixture every 15 minutes. Tent pork with foil and let rest 10 minutes before slicing.

Bourbon Peach Cobbler

What You'll Need:

8 peaches, peeled and sliced (6 to 8 cups)
1/4 cup bourbon
3/4 cup sugar, plus more for sprinkling
2 tbsp cornstarch
1 tsp ground cinnamon, plus more for sprinkling
1 1/2 cups all-purpose flour
2 tsp baking powder
1/2 tsp kosher salt
2 sticks cold unsalted butter
3/4 cup heavy cream, plus more for brushing
1 qt vanilla-bean ice cream, for serving

DIRECTIONS

Preheat the oven to 375 degrees F. Combine the peaches, bourbon, 1/4 cup sugar, the cornstarch and cinnamon in a large bowl and toss to coat.

Sift the flour, the remaining 1/2 cup sugar, the baking powder and salt into a bowl. Cut 1 1/2 sticks of the butter into small pieces; add to the flour mixture and cut it in with a pastry blender or your hands until the mixture looks like coarse crumbs. Pour in the cream and mix just until the dough comes together. Don't overwork; the dough should be slightly sticky but manageable.

Melt the remaining 1/2 stick butter in a10-inch cast-iron skillet over medium-low heat. Add the peach mixture and cook gently until heated through, about 5 minutes. Transfer the mixture to a 2-quart baking dish (or leave in the skillet). Drop the dough by tablespoonful's over the warm peaches. (There can be gaps because the dough will puff up and spread as it bakes.) Brush the top with some heavy cream and sprinkle with sugar and a little extra cinnamon.

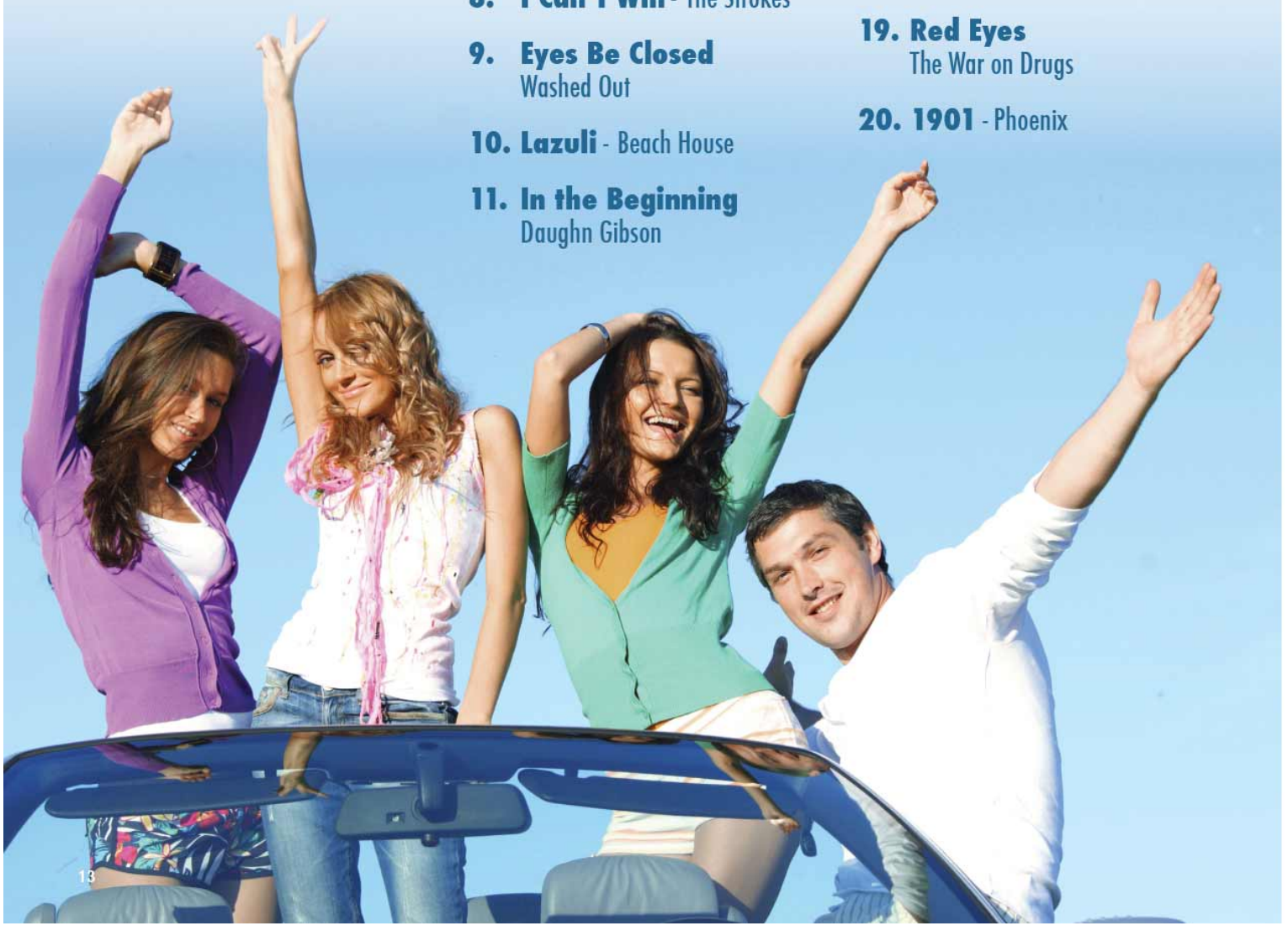
Bake in the oven on a baking sheet (to catch any drips) until the cobbler is browned and the fruit is bubbling, 40 to 45 minutes. Serve warm with the ice cream. Consider preparing on May 14 to celebrate National Bourbon Day! Enjoy!

Courtesy: www.foodnetwork.com

MUSIC SUMMER ROAD TRIP PLAYLIST

Here is our ultimate road trip playlist. Take this one as-is, or mix and match with your own favorites. Either way, turn the volume up and crank the windows down for optimum listening.

1. **Out of Gas** - Modest Mouse
2. **Fight Test** The Flaming Lips
3. **These Days** - Dr. Dog
4. **Strange** - Built to Spill
5. **Let's Get Out of this Country** - Camera Obscura
6. **Harps** - The Sea & Cake
7. **Floating Vibes** Surfer Blood
8. **I Can't Win** - The Strokes
9. **Eyes Be Closed** Washed Out
10. **Lazuli** - Beach House
11. **In the Beginning** Daughn Gibson
12. **Only If You Run** Julian Plenti
13. **When You Were Young** - The Killers
14. **Time to Pretend** - MGMT
15. **Houston, TX** - Deer Tick
16. **Dead + Rural** Handsome Furs
17. **Days** - The Drums
18. **Excuses** The Morning Benders
19. **Red Eyes** The War on Drugs
20. **1901** - Phoenix



MOVIES NEW FLICKS IN JUNE

Release dates subject to change.

EDGE OF TOMORROW

Genre(s): Action, Adventure, Sci-Fi
Release Date: June 6

Starring: Tom Cruise, Emily Blunt, Charlotte Riley, Jeremy Piven

Based on a Japanese novel by Hiroshi Sakurazaka, this film centers on a new recruit in a war against aliens who finds himself caught in a time loop in which he wakes up in the past after having been killed on the battlefield. As the soldier's death and resurrection repeat, his skills as a soldier grow, and he attempts to change his fate.

THE FAULT IN OUR STARS

Genre(s): Drama
Release Date: June 6

Starring: Shailene Woodley, Ansel Elgort, Sam Trammell, Willem Dafoe

Hazel and Gus are two extraordinary teenagers who share an acerbic wit, a disdain for the conventional, and a love that sweeps them – and us – on an unforgettable journey. Their relationship is all the more miraculous, given that they met and fell in love at a cancer support group. Based upon the number-one bestselling novel by John Green, this story explores the funny, thrilling and tragic business of being alive and in love.

HOW TO TRAIN YOUR DRAGON 2

Genre(s): Animation, Adventure
Release Date: June 13

Starring: Jay Baruchel, Craig Ferguson, America Ferrera, Cate Blanchett

The thrilling second chapter of the epic How To Train Your Dragon trilogy brings back the fantastic world of Hiccup and Toothless five years later. While Astrid, Snotlout and the rest of the gang are challenging each other to dragon races (the island's new favorite contact sport), the now inseparable pair journey through the skies, charting unmapped territories and exploring new worlds. When one of their adventures leads to the discovery of a secret ice cave that is home to hundreds of new wild dragons and the mysterious Dragon Rider, the two friends find themselves at the center of a battle to protect the peace.

22 JUMP STREET

Genre(s): Action, Comedy
Release Date: June 13

Starring: Jonah Hill, Channing Tatum, Ice Cube, Amber Stevens

After making their way through high school (twice), big changes are in store for officers Schmidt and Jenko when they go deep undercover at a local college. But when Jenko meets a kindred spirit on the football team, and Schmidt infiltrates the bohemian art major scene, they begin to question their partnership. Now they don't have to just crack the case - they have to figure out if they can have a mature relationship. If these two overgrown adolescents can grow from freshmen into real men, college might be the best thing that ever happened to them.

HENRY & ME

Genre(s): Animation, Family
Release Date: June 13

Starring: Richard Gere, Luis Guzman, Chazz Palminteri, Lucie Arnaz

A young boy, Jack, is battling and undergoing treatment for cancer. A young girl helps Jack find his own unique, Yankee-filled fantasy. Jack travels through Yankee history from the past to the present with Henry as his guide.

TRANSFORMERS: AGE OF EXTINCTION

Genre(s): Action, Adventure, Sci-Fi
Release Date: June 27

Starring: Mark Wahlberg, Nicola Peltz, Jack Reynor, Stanley Tucci

As humanity picks up the pieces, following the conclusion of Transformers: Dark of the Moon, Autobots and Decepticons have all but vanished from the face of the planet. However, a group of powerful, ingenious businessman and scientists attempt to learn from past Transformer incursions and push the boundaries of technology beyond what they can control - all while an ancient, powerful Transformer menace sets Earth in his crosshairs. The epic adventure and battle between good and evil, freedom and enslavement ensues.

SNOWPIERCER

Genre(s): Thriller
Release Date: June 27

Starring: Chris Evans, Alison Pill, Ed Harris, Jamie Bell, Tilda Swinton

Set in a future where a failed experiment to stop global warming creates an ice age that kills off all life on the planet except for the inhabitants of the Snowpiercer, a train that travels around the globe and is powered by a sacred perpetual-motion engine. A class system evolves on the train, but a revolution brews.

Enjoy June

THIS ISSUE IS BROUGHT TO YOU BY

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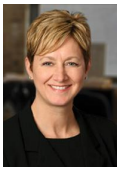

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