

# Enjoy

FITNESS • NUTRITION • DRINK • FOOD • TRAVEL • TY'S TIPS • MUSIC • MOVIES

MAY 2015

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YOU BY:



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## TY'S TIPS

HOME DESIGN TIPS FROM  
TY PENNINGTON



MUSIC CITY MARVEL

CINCO DE MAYO MENU

FITNESS BY THE STARS

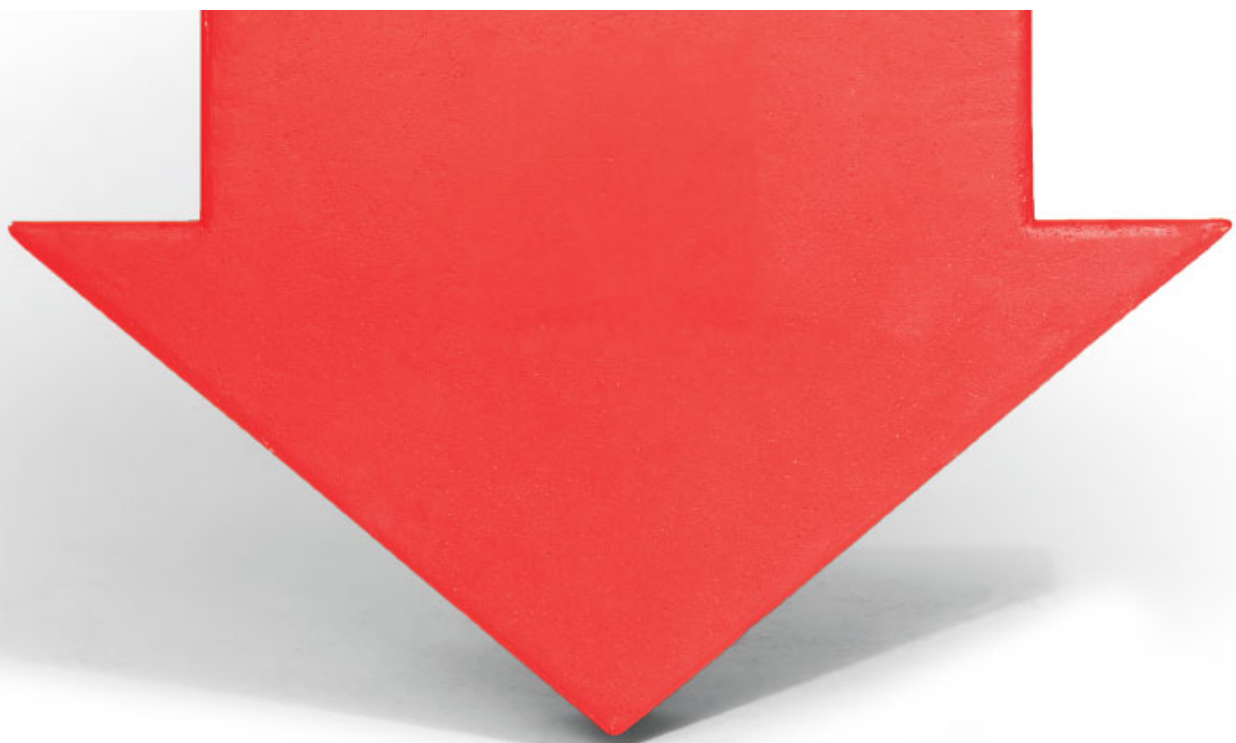
SONGS FOR SUNSHINE

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Vol 3 ISSUE: 12





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# ALL ABOUT MAY

EVENTS, HOLIDAYS AND THEN SOME



Birthstone: Emerald  
Flower: Lily of the Valley

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May Day  
**MAY 1**

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New Homeowner's Day  
**MAY 1**

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Kentucky Derby  
**MAY 2**

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Cinco de Mayo  
**MAY 5**

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National Teacher Day  
**MAY 5**

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National Nurses Day  
**MAY 6**

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Mother's Day  
**MAY 10**

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National Bike to Work Day  
**MAY 15**

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National Pizza Party Day  
**MAY 15**

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Armed Forces Day  
**MAY 16**

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Memorial Day  
**MAY 25**

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## NASHVILLE, TENNESSEE

is an AMERICAN GEM, unique in its cuisine, culture and music-soaked history. Not quite south, not quite north, neither east nor west, part metropolis and part country, the people of Nashville have a charming flavor all their own and the boisterous, eccentric energy is infectious. Centrally located for flights from all over the country and very easy to navigate, this little-big town is perfect for a weekend getaway or an extended visit. So pack your bags and your dancing shoes; here's a guide to Music City!



Before Nashville became known as Music City, it was known as the Athens of the South, due to the many higher educational institutions located there. Today, the Nashville area has 21 accredited four-year and postgraduate institutions including Vanderbilt, Belmont, Lipscomb and Tennessee State universities, just to name a few.



## WHEN TO GO

Right now! Nashville touts a humid, subtropical climate like much of the south, but its altitude makes it slightly cooler than much of the region. This time of year, Nashville rocks high 70s and rising, so it's the perfect time to visit. If you like hotter or milder temps, try mid-summer or late fall, respectively.



## EAT AND DRINK

For delicious morning omelets, head to Marché Artisan Foods, a French bistro and gourmet market in hip East Nashville.

Get yourself to The Yellow Porch in Berry Hill at lunchtime, for house-made soups and salads that use vegetables from their blooming garden.

During midday, wander through the popular 12 South neighborhood, which boasts a celebrated shopping scene. For eccentrically flavored gourmet popsicles (think tamarind, rose petal, or raspberry-lime), check out Las Paletas for a tasty afternoon treat!

Before dinner, people watch over a Tom Collins at the speakeasy-style Patterson House.

When you're ready for supper, dive into the wood-fired thin crust pizzas at City House, which is located in a former artists' studio in north Nashville's up-and-coming German-town neighborhood.

## STAY

The 404 Hotel is a pocket-sized, eclectic hotel that hosts one of the most famous restaurants in town.

Union Station Hotel is housed in an old train station, formerly a Victorian-era utility, and now a 125-room delight.

## DO

Pinewood Social is a high-energy hangout with everything from bowling to karaoke.

If you're looking for a pub-like music venue specializing in indie rock, try The Stone Fox. You may just discover the next underground talent!

Third Man Records is a one-stop shop founded by Jack White, where you can find a serious wealth of collectible vinyl and killer vintage tees.



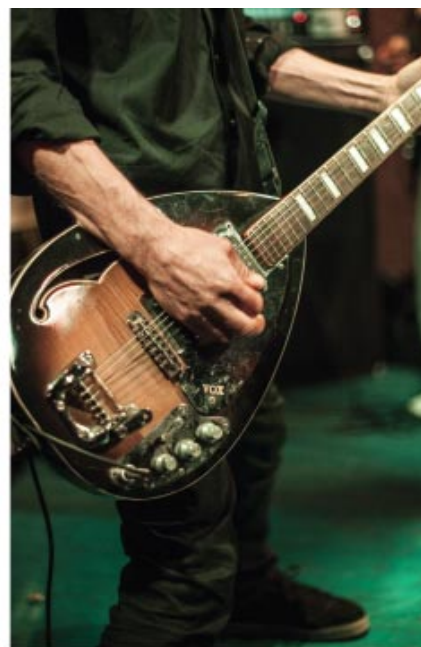
## NOT TO MISS

Catch a performance by the Grand Ole Opry, the world's longest running radio show, at the Grand Ole Opry House.

Spend an afternoon wandering through the up-and-coming East Nashville area, home to hip restaurants, bars and shops.

Tour Music Row and take in the Country Music Hall of Fame and RCA Studio B, the studio where Elvis Presley recorded more than 200 songs.

Learn everything about "The Man In Black" at the Johnny Cash Museum.



## HIDDEN GEM

To rub shoulders with hardcore music enthusiasts, stop in the Station Inn, part of downtown's Gulch area. Opened in 1974 by a group of six bluegrass pickers and singers, this is an ideal spot for listening to undiscovered and emerging talents. It has even been called the Carnegie Hall of bluegrass.



## LOCAL TIP

Set out across the Cumberland River for The 5 Spot, a pint-size dive in east Nashville, famous for throwing famous name bands on its stage last minute and quietly announcing "secret shows." If you venture there on a Monday, you'll find a scene you'd never expect: locals cutting a rug to a soundtrack that's exclusively old soul and R&B!



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THE

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SHOWDOWN

It's time for another healthy food showdown. Similar in size and texture, both at the top of many superfood lists and often used interchangeably in dishes, chia seeds and flax seeds are perfect competitors in a healthy food championship! Here's the full nutrition breakdown on these curious little add-ons so that you can see which seed should reign supreme in your diet.



NUTRIENT	CHIA (2 TBSP DRIED)	FLAX (2 TBSP GROUND)	WINNER
Calories	69	75	Though they are both fairly high in calories, in this dense vs. dense seed match-up, chia punches at a slightly lower weight class.
Fat	4.4g	6g	And with less fat than flax, chia is the slimmer seed.
Carbs	6g	4g	But flax has fewer carbs!
Protein	2.3g	2.6g	Protein wise, it's basically a draw.
Fiber	20%	15%	Everybody knows that fiber is king, and in this case, chia wears the crown.
Calcium	9%	4%	And chia has more than double the calcium.
Selenium	11%	5%	Chia brings a formidable amount of this powerful antioxidant.
Phosphorus	12%	9%	Whoa, another big punch from chia!
Omega-3	3g	4g	Both seeds have polyunsaturated fatty acids, in spades.
Magnesium	12%	14%	But, flax makes a comeback with this necessary cancer fighter.
Potassium	2%	3%	A pretty even fight when potassium comes into play, but flax still has an edge.
Vitamin B1	6%	15%	Flax has chia on the ropes with vitamin B1.
Folate	2%	3%	And it breaks out a 1% lead in female-friendly folate.
Copper	7%	9%	Close fight but when it comes to tissue protection, chia can't stand up!
IT'S A KNOCKOUT! FLAX WINS!			



A large watermelon sits on a wooden surface in the background. In the foreground, two glasses filled with a pinkish-orange liquid and ice cubes are garnished with watermelon wedges. The glasses are set on a wooden tray.

## DRINK / WATERMELON MARGARITAS

This delicious and refreshing twist is a must try!

**YIELDS:** 4 Servings

### WHAT YOU'LL NEED

$\frac{1}{2}$  cup sugar

$\frac{1}{2}$  cup water

3 wide strips orange zest

12 ounces watermelon cubes (about 2 cups), plus extra cubes for serving

$\frac{1}{4}$  cup fresh lime juice

$\frac{3}{4}$  cup white or silver tequila

Watermelon wedges

Ice

### DIRECTIONS

1. In a small saucepan, bring sugar, water and orange zest to a boil over high heat.
2. Reduce to a simmer and cook until sugar dissolves, 3 minutes. Let syrup cool in a bowl.
3. In a blender, puree watermelon cubes until smooth. Next, stir in syrup, lime juice and tequila until blended. Then, add ice and blend until slushy.
4. Add a few watermelon cubes to each glass and pour mixture over top. Garnish each glass with a watermelon wedge and enjoy!



MAY TIPS FROM

# INTERIOR DESIGN STAR TY PENNINGTON

Courtesy of  
Ty Pennington Design Team



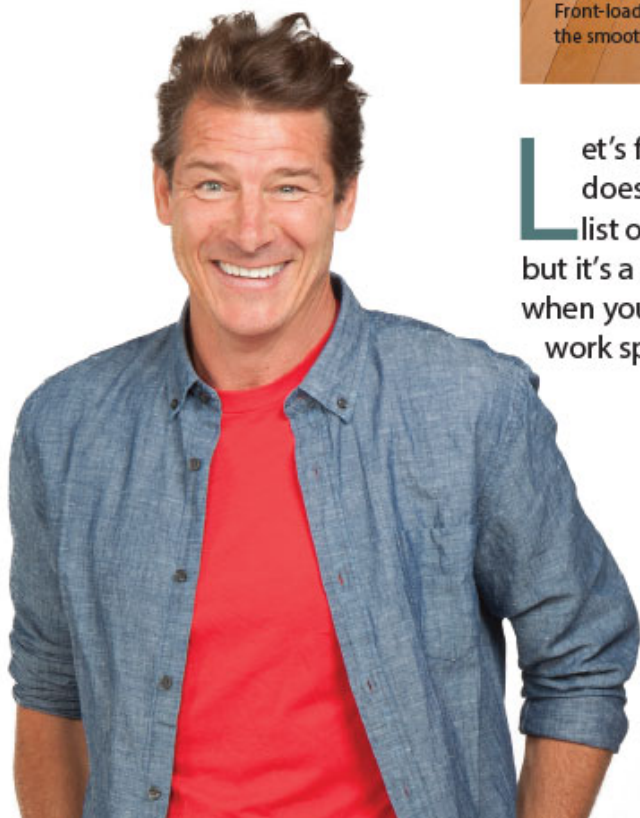
Front-loading machines not only save water and energy, but the smooth tops are perfect for folding clean clothes.

**L**et's face it: Laundry doesn't top most people's list of favorite chores, but it's a lot easier to manage when you have an efficient work space.

The essentials for keeping things orderly are the same whether you have a dedicated room or a washer/dryer stacked in a closet: A hamper for dirty duds; a flat, lint-free area for folding clean clothes and a place to store supplies.

Small bins and lidded boxes are great for stashing clothes pins, stain-removal sticks and dryer sheets. Baskets or collapsible canvas laundry boxes are handy for toting freshly washed items back to where they belong or stowing detergent.

To free up floor space, hang the ironing board on a wall caddy. Pull it all together with some sleek accessories — glass jars filled with detergent look smarter than plastic jugs and cardboard containers, and you'll know at a glance when it's time to restock.







## SMART STORAGE SOLUTIONS

Try a couple of these affordable ideas to put a fresh, hassle-free spin on your wash day:

- Sturdy wall hooks get laundry bags (look for the lightweight mesh kind) off the floor. A drop-down shelf is great for folding in small spaces.

- Slide a skinny storage cart on wheels between the washer and dryer.
- A lazy Susan makes the contents of a high or low cabinet easier to reach.
- Keep a jar handy for saving unclaimed pocket change, a waste basket for trash and dryer lint, and a basket for old items cleaned and ready to donate to charity.
- Run wooden closet rods along the ceiling from one wall to the opposite side for hang-drying heavy bedspreads, blankets and bath mats.

### Boxed In

Built-in cabinetry is a brilliant fix, especially when space is tight. Design your dream laundry center from floor to ceiling, with multiple hampers (for whites, colors and cold wash) and cabinets for supplies. Include storage for linens so sheets and towels can go from dryer to shelf, saving steps and time.

### Top This

A stackable washer and dryer, parked behind closed doors, lets you hide the laundry room in plain sight. Make the most of every inch with clever pull-out folding tables or drying racks. Skinny drawers keep small items like a sewing kit for quick repairs in easy reach. Larger cabinets can conceal shelves, a hanging rod for items waiting to be ironed — even a fold-down ironing board.

### Hidden Assets

Tilt-out hampers and glide-out bins maximize storage. You can retrofit existing cabinetry with pull-out shelves or attractive baskets, or look for a customizable system. Door styles that blend with your decor give a neat look.

### Pretty Clever

There's no reason the laundry room needs to be dark or unattractive. Keeping soaps, detergents and other supplies in handsome containers helps make this utilitarian space a more pleasant place to work. Stash heavy bulk supplies in lower cabinets for easy access.







**TREAT YOUR FRIENDS AND FAMILY** to a mouth-watering meal on **May 5** to celebrate the culture of Mexico, inspired by classic favorites.



## SPICY TORTILLA SOUP

**YIELDS:** 6 servings

### WHAT YOU'LL NEED

- 1 4-pound chicken
- 1 onion, quartered
- 1 carrot, peeled, chopped
- 5 garlic cloves, smashed
- 2 dried chipotle chilies
- 1 jalapeño (with seeds), halved lengthwise
- 7 cilantro sprigs
- 3 tablespoons (or more) fresh lime juice
- Kosher salt and freshly ground black pepper
- 3 cups tortilla strips
- 2 ears of husked corn, or 2 cups frozen, thawed corn kernels
- Chopped fresh cilantro, halved cherry tomatoes, avocado wedges and queso fresco, for toppings

### DIRECTIONS

1. Bring chicken, onion, carrot, garlic, chipotles, jalapeño and 16 cups water to a boil in a large pot; skim foam from surface.
2. Reduce heat to medium and simmer, skimming the surface frequently, until chicken is cooked through, about 1 hour. Transfer chicken to a plate.
3. Strain broth into another large pot. Return chilies to broth, if a spicier broth is desired; discard remaining solids. Shred chicken meat; discard skin and bones. Transfer chicken meat to a medium bowl and set aside.
4. Meanwhile, set pot with strained broth over medium heat and add cilantro sprigs. Bring broth to a simmer; cook until reduced to 8 cups, about 1 hour. Then discard sprigs and chilies, if using. Stir in 3 tablespoons of lime juice. Season with salt, pepper and add more lime juice, if desired. Add chicken to broth.
5. Cook corn over a gas flame or under a broiler, turning occasionally, until charred in spots. Let stand until cool enough to handle. Cut kernels from cobs in strips and discard cobs.
6. Divide soup among bowls. Top generously with corn, tortilla strips, cilantro, tomatoes, avocado, and crumbled queso fresco, if desired.





## CHILE-BRAISED PORK SHOULDER TACOS

Courtesy of epicurious.com

**YIELDS:** 6 servings

### WHAT YOU'LL NEED

4 large dried ancho chiles (about  $\frac{3}{4}$  ounce), stemmed and seeded  
 2 large dried chiles de árbol or japones chiles, stemmed and seeded  
 2 tablespoons sugar  
 1 tablespoon fresh lime juice  
 1 5-pound boneless pork shoulder (Boston butt)  
 Kosher salt  
 2 tablespoons vegetable oil  
 1 large onion, chopped (about 2 cups)  
 3 large garlic cloves, coarsely chopped  
 2 bay leaves  
 2 teaspoons dried oregano, preferably Mexican  
 2 teaspoons ground coriander  
 2 teaspoons ground cumin  
 $\frac{1}{2}$  teaspoon ground allspice  
 1 12-ounce bottle Negro Modelo or other dark beer  
 24 (or more) 6" corn tortillas  
 4 radishes, trimmed, thinly sliced  
 Various salsas  
 Chopped fresh cilantro

### DIRECTIONS

1. Place chiles in a medium bowl. Add enough boiling water to cover, and set a small plate or bowl on chiles to keep submerged. Let soak until softened, about 30 minutes. Drain chiles, reserving 1 cup soaking liquid.
2. Preheat oven to 350°F. Place chiles, sugar, lime juice, and  $\frac{1}{4}$  cup reserved soaking liquid in a blender. Purée chile mixture, adding more soaking liquid as needed to form a smooth paste. Season pork shoulder generously with salt and spread paste over pork.
3. Heat oil in a large heavy pot over medium heat. Add onion, garlic, bay leaves, oregano, coriander, cumin and allspice. Cook, stirring often, until onion is soft, about 8 minutes. Add beer; bring to boil. Add pork; cover, transfer to oven.
4. Braise pork, basting occasionally with pan juices, until very tender, about 2  $\frac{1}{2}$  hours.
5. Transfer pork to a large platter. Let cool slightly. Pour pan juice over pork; cover keep warm.
6. Meanwhile, working in batches, cook tortillas in a large heavy skillet over low heat until toasted, about 1 minute per side. Transfer to a large sheet of foil; wrap to keep warm.
7. Serve pork with tortillas, radishes, salsas and chopped cilantro.



## FRUITY TRES LECHES CAKE

**YIELDS:** 12 servings

### WHAT YOU'LL NEED

$\frac{1}{2}$  cup (1 stick) butter, melted and cooled, plus more for baking dish  
 1  $\frac{1}{2}$  cups all-purpose flour  
 1 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon coarse salt  
 5 large eggs  
 1 cup sugar  
 1 teaspoon pure vanilla extract  
 1 can (14 ounces) sweetened condensed milk  
 1 can (12 ounces) evaporated milk  
 1 cup whole milk  
 2 cups heavy cream  
 5 cups fresh fruit (optional), such as oranges or berries, for serving

### DIRECTIONS

1. Preheat oven to 350 degrees. Lightly butter a 9-by-13-inch baking dish.
2. In a medium bowl, whisk together flour, baking powder, and salt.
3. In a large bowl, using an electric mixer, beat eggs and  $\frac{3}{4}$  cup sugar on high until pale and thick, about 4 minutes. Add vanilla and beat to combine.
4. With mixer on low, gradually add flour mixture and beat to combine. With a rubber spatula, fold in melted butter until incorporated.
5. Transfer batter to dish and bake until top is golden brown and a toothpick inserted in center comes out clean, 30 to 35 minutes, rotating dish halfway.
6. In a medium bowl, whisk together milks. Poke warm cake all over with a wooden skewer or toothpick, pour milk mixture over top and let cool to room temperature, about 1 hour.
7. Whip cream and  $\frac{1}{4}$  cup sugar together to form medium peaks. To serve, spread whipped cream evenly over cooled cake. Top with fruit if desired.





## FITNESS / FITNESS BY THE STARS

**G**urus and scientists alike are sounding the alarm: Personalization is the future of health and wellness. Genetics have us all wired differently, so why should our fitness routines and diets look the same? What if personalization goes beyond DNA to our cosmic identities? For a fun new take on fitness, check out this astrological guide to constellation-tailored exercise!



### ARIES

(March 21 - April 20)

**Your personality:** Headstrong and even hotheaded at times, you thrive on the deep passion of competition and anything ripe with adventure. Luckily you love physical activity, so finding exercise motivation is never a problem.

**Your best workout:** You're destined for workouts that look like battle. Martial arts, bootcamp classes, CrossFit and boxing are all good bets. Also, consider training for an obstacle course challenge, like a Spartan Race, Warrior Dash or Tough Mudder. All of these courses are designed to test your stamina and mental grit, which you have for days!



### TAURUS

(April 21 - May 21)

**Your personality:** Thoughtful and compelled by nature, you are drawn to comfort and calm. High intensity just isn't your jam, but anything meditative and cerebral is ideal.

**Your best workout:** Exercises that revolve around stretching, such as restorative yoga and chair yoga, are perfectly tailored to you. And any chance you get, go outside! You'll thrive in the outdoors. Even a walk in the park or a hike will get your blood pumping.



### GEMINI

(May 22 - June 21)

**Your personality:** Highly social, quick-witted and curious, you are defined by your love of community.

**Your best workout:** Since you're a people person, you'll do well at your gym's group fitness classes, which will feel like a social activity. Even better, any sort of fitness club — like a running or dance club — is right up your alley, because your fellow members will become your community, motivating you to keep up your routine.



If your astrological fitness Rx doesn't hit your sweet spot, consider whether your birthday falls closer in either direction to another sign and check that one out instead.





## CANCER

(June 22 - July 23)

**Your personality:** Nurturing, high-energy and sometimes moody, you gravitate toward activities that involve energy and movement, which help to provide balance.

**Your best workout:** Since you're all about movement and flow, you'll do especially well in high-energy water sports, like water aerobics and rowing. Also, circuit-training routines at the gym can help stabilize your mood and release endorphins, which will boost your outlook.



## LEO

(July 24 - Aug 23)

**Your personality:** Fun, joyful and playful, Leos love to be the star of the show, which means activities that allow you to be the leader of the pride!

**Your best workout:** Any team sport where you can dominate—like soccer, football, baseball, etc.—is a great activity for you. That's because you thrive on ruling and will do your best to take charge of the field.



## VIRGO

(Aug 24 - Sept 23)

**Your personality:** Prone to anxiety and sensitive to stress, control is important to you. This means a commitment to efficient and holistic health for your body, mind and spirit.

**Your best workout:** Try stress-reducing exercises such as Pilates or yoga. Hatha yoga, in particular, is a good choice because it focuses heavily on breathing, which helps you feel centered and focused. And finally, the efficient side of you is drawn to fast workouts, like 45-minute classes, or full-body circuit training programs. Anything that's tried and true and proven to get it done quickly is a good bet.



## LIBRA

(Sept 24 - Oct 23)

**Your personality:** You love shopping, beauty, elegance and things that make you look and feel great. Also, Libras value friendship and partnership more than anything else. They are all about one-on-one face time.

**Your best workout:** Consider setting up running dates with your friends, partner yoga or even ballroom dancing classes with your significant other. A personal trainer would also be ideal, for some one-on-one attention. Make sure to pick someone who you mesh well with so your workouts go from tedious to fun!



## SCORPIO

(Oct 24 - Nov 22)

**Your personality:** Scorpios are often very passionate and intense; you like to push yourself to the max in an all-or-nothing way and you prefer to do activities (in all areas of your life) that bring pride and connection.

**Your best workout:** Anything where you push your body to new levels, like Cross-Fit or P90X, is ideal. Also, very intense outdoor activities like rock climbing and mountain biking are terrific choices.



## SAGITTARIUS

(Nov 23 - Dec 21)

**Your personality:** Adventurous and philosophical, you tend to enjoy activities that broaden your horizons and maintain intense spirituality. You're also incredibly optimistic and live life to its fullest.

**Your best workout:** Because you're such an upbeat person, you enjoy positive, uplifting workouts like hip-hop dance classes and cheerleading. Also, you love anything rugged and experiential, so try making your next vacation an outdoor adventure. You'll feed your travel bug while staying fit!



## CAPRICORN

(Dec 22 - Jan 20)

**Your personality:** Grounded, hard-working and logical, Capricorns need stability, support and strength, and you enjoy spending time with like-minded people.

**Your best workout:** Weight training has got your number, mostly because it's centered around strength. Try doing a circuit at the gym that's heavy on basics like squats, pull-ups and lunges, or try strength training or body building classes.



## AQUARIUS

(Jan 21 - Feb 19)

**Your personality:** Your mind is always in motion and you're constantly looking for the next best thing. Not a creature of routine, you need variety or else you get bored. You like things that keep you engaged and inspired.

**Your best workout:** High-intensity interval training (HIIT) like Tabata is best for you because it keeps you moving, and you're in constant flight, switching from task to task. Anything where you're flying through the air, like skydiving and hang-gliding, also works well. Whatever you choose, the important thing is to vary your workout and try new things. If you don't shake up your routine, you'll get bored and fall off the workout wagon.



## PISCES

(Feb 20 - Mar 20)

**Your personality:** Intuitive, spiritual and musical, you love moving fluidly to the beat of your water sign. You also have mystical intuition, and a dreamy quality to your world-view.

**Your best workout:** Anything that involves shaking it! Try Zumba, Jazzercise or dance classes like African dance, ballroom dancing and hip-hop. Water ballet also works well for you since you thrive in water. And to satisfy your mystical side, you'll enjoy anything that includes meditation, like yoga.





# SPRING IS IN FULL SWING!

Here are 10 jams to help put you in a sunshiny mood.

**1. 1901**  
PHOENIX

**2. EVERYBODY WANTS TO RULE THE WORLD**  
TEARS FOR FEARS

**3. STYLE**  
TAYLOR SWIFT

**4. TIME TO PRETEND**  
MGMT

**5. AMERICAN GIRL**  
TOM PETTY & THE HEARTBREAKERS

**6. DEAD + RURAL**  
HANDSOME FURS

**7. CEREMONY**  
NEW ORDER

**8. HELENA BEAT**  
FOSTER THE PEOPLE

**9. POT KETTLE BLACK**  
WILCO

**10. FLOATING VIBES**  
SURFER BLOOD





# MOVIES / NEW FLICKS IN MAY

*Release dates subject to change.*

## AVENGERS: AGE OF ULTRON

Genre(s): Superhero, Action  
Release Date: May 1

Starring: Robert Downey Jr., Chris Evans, Chris Hemsworth, Mark Ruffalo

The epic follow-up to the largest superhero movie in history is finally here. "Avengers: Age of Ultron" brings back the whole team for more action-packed adventure. For this installment, Tony Stark tries to launch a new peacekeeping program, but he faces some adversity when the villainous Ultron arrives, and the Avengers must stop him from enacting his terrible plans. Watch as Iron Man, Captain America, Thor, The Incredible Hulk, Black Widow and Hawkeye are put to the ultimate test as the fate of the planet hangs in the balance.

## SHE'S FUNNY THAT WAY

Genre(s): Drama, Comedy  
Release Date: May 1

Starring: Imogen Poots, Owen Wilson, Jennifer Aniston, Will Forte

"She's Funny That Way" traces the charmingly suspect, nostalgic narrative of Isabella Patterson. Isabella, a Brooklyn-born escort-turned-Hollywood starlet, reminisces about how a distant rendezvous with a Broadway director turned into a wild fairy tale filled with curious events and outrageous characters.

## WELCOME TO ME

Genre(s): Drama, Mystery  
Release Date: May 1

Starring: Kristen Wiig, Aaron L. Gilbert, Marina Grasic, Will Ferrell, Adam McKay

"Welcome to Me" is the hilarious tale of Alice King, whose wacky life — largely defined by misguided decisions and her borderline personality disorder — is turned around one day when she hits the lottery. Flush with cash, but not any saner, Alice quits her meds, buys her own talk show and becomes America's next "influential" voice. She uses her newfound spotlight to broadcast her dirty laundry and shares her peculiar views on everything from nutrition to relationships.

## HOT PURSUIT

Genre(s): Action, Comedy  
Release Date: May 8

Starring: Reese Witherspoon, Sofia Vergara, John Carroll Lynch, Rob Kazinsky

Cooper, an inexperienced cop, is assigned to help transport a witness to testify against a cartel leader. This is her chance to finally prove herself to her peers and gain their respect. As the witness and his wife, Daniella, are being picked up to testify, they are attacked by assassins. Fortunately, Cooper is able to escape with Daniella and puts her in her protective custody. When Cooper seeks help from her fellow officers, she learns that some of them are linked to the attack, and she and Daniella must work together to bring confront the cartel leader and bring him to justice.

## MAD MAX: FURY ROAD

Genre(s): Action, Adventure  
Release Date: May 15

Starring: Tom Hardy, Charlize Theron, Nicholas Hoult, Zoe Kravitz

This film is set in an eerie post-apocalyptic barren landscape, where remaining life must fight to survive. Within the seemingly hopeless world of blood and warfare, two rebels, Max and Furiosa, embark on a dangerous pilgrimage across the desert. Ambitious and powerful, they band together in order restore order amongst the chaos.

## TOMORROWLAND

Genre(s): Sci-Fi, Action  
Release Date: May 22

Starring: George Clooney, Brittny Robertson, Hugh Laurie, Kathryn Hahn

A former boy-genius jaded by his squandered potential meets an optimistic young girl who is bursting with a love for science and a curiosity for life. In order to save Earth, they set out on a dangerous mission to reveal the mysteries of a place in another space and time, which exists in their collective memories as "Tomorrowland."

## ALOHA

Genre(s): Romance, Comedy  
Release Date: May 29

Starring: Bradley Cooper, Emma Stone, Rachel McAdams, Danny McBride

"Aloha" tells the complex and beautiful love story about a decorated military contractor who finally returns to the U.S. Space Program in Honolulu — the site of his greatest career achievement. While in Hawaii, he juggles reconnecting with a long-lost love from his youth, while falling unexpectedly for the strong-willed and forceful Air Force watchdog who has been assigned to him.

## SAN ANDREAS

Genre(s): Drama, Thriller  
Release Date: May 29

Starring: Dwayne Johnson, Alexandra Daddario, Carla Gugino, Ioan Gruffudd

Set in the near future, this thriller takes place in a treacherous California landscape, when the notorious San Andreas Fault has finally given way, triggering a charge-breaking earthquake across the western United States. One family must make their way from Los Angeles to San Francisco to save their only daughter, but the journey is dangerous and their mission gets more perilous at every turn.







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