

FITNESS•HEALTH•DRINK•FOOD•TRAVEL•TY'S TIPS•MUSIC•BEAUTY

Enjoy

APRIL 2016

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TY'S TIPS

Cheap, Easy Ways To
Get Your Garage Back

Dreaming of Spending
April in Paris? **GO!**

Allergy Busters
You Should Try

and much more!

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Vol 4 ISSUE: 10

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APRIL 2016

I've always wanted to go to Paris. To see the Cherry Blossoms in spring, taste a real butter croissant and shop the flea market. If you too are yearning to travel across the pond, read **Kurt Clauss'** latest travel piece. It's an insider's look at the City of Light.

While April is a month of rebirth—budding trees, and tulips—it's also allergy season. For those who suffer from congestion, runny nose, itchy eyes and sore throats, know that we feel your pain. **KJ Schultz** has written a few health tips that could help provide relief. If you've never tried a Neti Pot, a nasal saline irrigation system, now might be a good time start.

There's so much to be thankful for. April reminds us that time passes, seasons change and nothing is forever. Where there is death there is life. Rebirth, renewal and resurrection. May this spring be your time of reimagined possibilities. Whether you have a new home, a new spouse or a new pair of shoes, welcome the newness of life with open arms.



Enjoy,
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ALL ABOUT APRIL

EVENTS, HOLIDAYS AND THEN SOME



April 2016

APRIL 1

April Fool's Day

APRIL 7

World Health Day

APRIL 10

National Siblings Day

APRIL 15

Emancipation Day

APRIL 18

Tax Day (Filing Deadline)
Patriot's Day

APRIL 19

Tax Deadline for Maine
& Massachusetts

APRIL 23 – 30

Passover

APRIL 29

Arbor Day

APRIL 30

International Jazz Day

Observances

National Donate Life Month

Stress Awareness Month

National Poetry Month

Birthstone

Diamond

Astrological Sign

Aries

Flower

Daisy & Sweet Pea



Dreaming of Spending April in Paris? **GO!**

by: Kurt Clauss

As Audrey Hepburn said, “Paris is always a good idea.” Arguably the most beautiful city in the world, there is nothing quite like Paris in springtime. Anyone fortunate enough to have a Paris trip scheduled this year will no doubt have all the iconic landmarks on their itinerary: climb the Eiffel Tower, visit Mona Lisa at The Louvre, take a river cruise on the Seine, stroll the Luxembourg Gardens, see the Arc de Triomphe and Notre Dame. All of which are absolutely amazing. However, to get the real pulse of Paris, you have to just dive in. Here is our short list of ideas to make any Paris visit a little more memorable.

EXPLORE

Le Marais

Walk north across the Seine from Notre Dame to this historic district where you’ll find pre-revolution buildings, crooked medieval streets, hip designers and trendy shops. The narrow cobblestone alleys of *Le Marais* gives the sense of what Paris must have been like before Napoleon arrived. *Le Marais* is called the Paris epicenter of cool. Its art galleries, designer hotels and jewelry shops make it an easy place to spend hours wandering.

Canal St. Martin

There is nothing better than sitting at a cafe, biking or waking along the Canal St. Martin on a sunny day. This three mile canal north-east of Paris in the 10th *arrondissement* is the perfect backdrop for dining, strolling and capturing great photos.



Rue Des Martyrs

Located between *Galleries Lafayette* and *Basilica of Sacre' Coeur* lies a little taste of village life in busy Paris. A visit to *Montmartre* is a chance to get away from most of the tourist crowds and experience this cozy bohemian section. Foodies will love the jam, cheese, bread, and tea from restaurants that look as if they were all frozen in time. Flower shops, boutiques, bookstores and affordable vintage shops dot this old-meets-new neighborhood where you can mingle with the local Parisians.

INSIDER TIP:

Foot traffic only on Sundays.

Ile St-Louis

To escape the jam packed Ile de Citi and *Notre Dame Cathedral*, just stroll across the bridge to the quaint *Ile St. Louis*. This tiny, upscale island is only a few blocks wide but has a romantic small town feel. A must stop is the original Berthillon ice cream shop at 37, *Rue St Louis-en-l'Île*. Treat yourself to a rich colorful cone to enjoy as you walk along the Seine. Bistros, creperies and boutiques sit alongside some of the nicest and most expensive hotels and restaurants in all of Paris.

Pompidou Center

(Metro: Rambuteau) This wacky Lego-looking building is much more than Europe's largest collection of modern art. Inside you'll find six floors of cutting edge contemporary art, a design wing, architecture exhibits, cinemas, sculpture, photography and a multi-media library that swarms with college students. Make a reservation at the roof top restaurant, *Georges*, and take in the views of *Sacre'-Coeur*. The outside of the *Pompidou Center* is just as entertaining as the inside. The outer square is a daily performance center of musicians, buskers, jugglers and artists.

INSIDER TIP:

It's closed on Tuesdays.



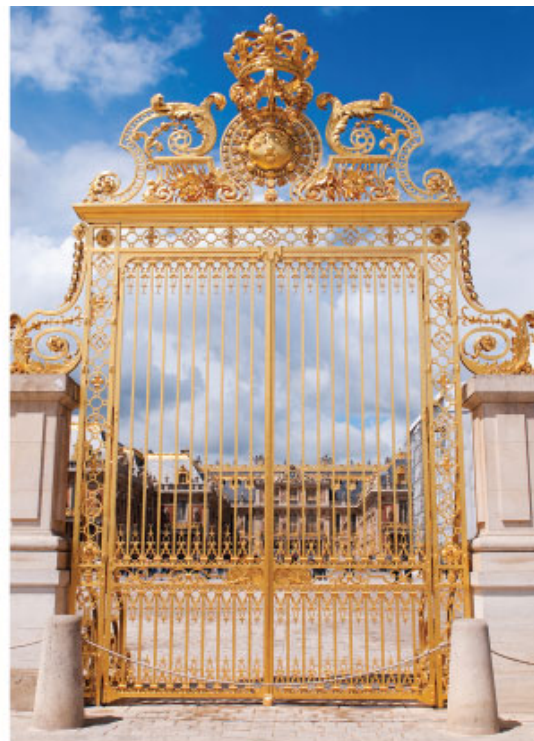
PARIS TRAVEL TIPS

- Paris can be pricey. Try a "Paris Pass" to save money if you plan to hit all the tourist spots within a few days.
- Pack your comfy shoes. Not only are taxis tough to find, but it's a pleasure walking the streets of Paris.
- Schedule your museums and popular tourist destination visits, but leave some time to wander.

Paris is the perfect place to get lost! Explore and eat your way through each arrondissement.

- Finding an affordable hotel can be tricky. Try **VRBO.com** or a rental agency expert like, **Paris Perfect** or **Haven** in Paris.

TRAVEL cont.



ODDITIES

Paris is not all romance and lights, here are a couple memorable side trips if the bizarre appeals to you:



Catacombs of Paris

(Metro Denfert-Rochereau) The remains of more than 6 million people were transferred to hundreds of miles of underground tunnels in the late 1700's due to the overflowing cemeteries in Paris. The catacombs tour is creepy, cold (bring a coat it's always 57 degrees in the tunnels) and fascinating. Carefully arranged skull and bone monuments line the tunnels of the world's largest grave. One hundred steps down, these self-guided tours take 45 mins.

Deyrolle

(Metro Rue du Bac) This natural curiosity shop located in the center of town is an odd little store that has somehow gone unchanged since it opened 170 years ago. The upstairs of this strange and magical taxidermy shop contains wonderful stuffed animals, ancient wooden displays of insects, shells, and paper products all in a tiny museum-like setting. A quick stop into the coolest, strangest shop you'll ever visit is well worth it. Kids will love it.

DAY TRIPS FROM PARIS

Reims, France

(1 hour by train) A day trip to Reims is a must if you love Champagne. Tour the chalk caves under one of the many Champagne houses in the surrounding vineyards. The gothic masterpiece, *Notre-Dame de Reims*, where French kings were crowned, welcomes 1 million visitors a year.

Chateau de Versailles

(13 miles from Paris) *Palace of Versailles* is one of the most popular day trips. Its opulence is on full display. What started as a simple hunting lodge was expanded by Louis XIV into a symbol of royal absolutism. The best way to see everything, and skip the long walk-up lines, is to book tickets online then bike the grounds.

Chateau de Fontainebleau

(Catch a shuttle from Paris) Some prefer the less crowded *Fontainebleau* to the more popular, Versailles. It was the residence of kings and queens for eight centuries. If you tire of gilded walls and tufted furnishings, the town hosts the best open-air food market in all of France on Tuesday, Friday and Sunday mornings. The area around *Fontainebleau* is also known for its prime hiking and rock climbing.



4 Allergy Busters You Should Try

by: KJ Schultz

Spring is allergy season. Itchy eyes, sneezing, coughing and congestion, for many, it's a body against nature battle that returns every year. So prep yourself a little in advance. Here are some remedies that might help.



1 Spray it, rinse it, pot it

Rinsing your nasal passages regularly helps. There are several methods to help you rinse away your allergies, but the most commonly known is the Neti Pot. The Neti Pot thins mucus and helps flush it out of the nasal passages. With lukewarm water, and a bit of salt, sinus pressure relief is a flush away.

2 Attack first

Pop some antihistamines before you actually start to feel bad and it will help stave off the sneezing, runny noses and itchy eyes. Make sure to read the box as some may cause drowsiness.

3 Personal hygiene

Take a hot shower to rinse off after spending time outdoors. It will not only help to remove allergens from all over your body, but it will also help keep your furniture, bed sheets and other surfaces allergen free as well.

4 Eat and drink it

Sometimes the folk remedies work best:

- Local honey is a healthy sugar substitute you can put in your tea or take a tablespoon of it raw to inoculate yourself from local allergens.
- Spice up your food with cayenne pepper, onion, garlic, or ginger so it can help thin out your mucus.
- Mix a teaspoon of organic, unfiltered apple cider vinegar into a glass of water and drink up! This is said to relieve acute allergy symptoms and help prevent allergy attacks as well.



TY'S TIPS

**APRIL TIPS FROM
INTERIOR
DESIGN
STAR
TY
PENNINGTON**



Cheap, Easy Ways to Get Your Garage Back

The arrival of spring means it's time to start thinking about doing some spring cleaning around the house. One of the areas that always seems to need some organizing is the garage. Some people can barely park their vehicles in the garage because of all the stuff they have laying around. Others can't even use the garage for its intended purpose at all anymore because they've turned it into a dedicated storage unit. That second scenario is not good for your vehicles, because you can't protect them from frigid temperatures if you live in a cold climate or shield them from the searing sun if you live in a hot climate.

So if you've envisioned a day when you can simply hit the door opener and pull into your garage without fear of crushing a toy, tool or family heirloom (or if you'd just like to be able to open your garage door without being buried by an avalanche of stuff) these tips are for you.

Lighten Your Load

First, separate everything in the garage into two piles: the stuff that will be organized and the stuff that will become available at a garage sale, or intimately acquainted with a dumpster.

Don't be shy about adding stuff to that second pile, because if you don't get rid of a few things (or a lot of things) the rest of these tips might not help you at all.

Stack It Up

Next, consider adding shelves, either the free-standing metal units or wall-mounted standards and brackets. Either will give you a fair amount of flexible storage options; the free-standing units can be relocated easily, while bracketed shelves can be quickly adjusted up or down to accommodate items of different heights.

Wall-y World

Pegboard or slatted wall panels are great ways to organize anything from screw drivers to bicycles. Their versatility is what makes them such an attractive option. Plus, they can be painted and cut into shapes. You can purchase larger hooks and hang plastic bins by them. Basically, you have a blank canvas to work with, so get creative with it.

The Power of Repurposing

Finally, are you or someone you know going to be remodeling the kitchen anytime soon? Think about repurposing the old cabinets for your garage. That'll keep them out of the landfill, and give your garage more of a homey vibe.



There's no need to be intimidated by reorganizing a room. There's also no need to agonize over the cost, or the work. None of these ideas will break the bank, and in fact, you could actually make money by selling some of your clutter. So stop putting it off. Roll up your sleeves, get started, and soon you'll be back to parking your cars where they belong.



*Contributed by:
Chris Lathrop, based on tips from the Ty Pennington Design Team*



DRINK

The Green Goose

by: Chrystal Caruthers

Green smoothies are all the rage. Kale, spinach, and chard have found their way into our drink glasses rather than our sauté pans! But we can't ask for kale at a bar! Here's a green drink that's sure to satisfy the most health conscience of friends while also providing an adult libation for imbibers.

Borrowing from Mexican Aqua Fresca, peel 7 kiwis, toss into a blender with 6 cups of cold water. Mix.

- Strain seeds & pulp
- Add 1 cup Grey Goose La Poire Vodka (Pear flavored vodka)
- Garnish with a kiwi wedge or pear slice

Enjoy!



MANCHEGO & MEMBRILLO

Grilled Ham & Cheese Panini

by: Chrystal Caruthers

Everyone loves a grilled cheese sandwich. It reminds us of childhood—ooey-goopy comfort food. To update the classic, we paired nutty Manchego cheese with its best friend, quince. Then we took it up a notch by adding the salty goodness of thinly sliced Prosciutto. Try to resist this Spanish-Italian-American mash-up.

4 slices country bread

8 slices manchego

6 slices prosciutto (Italian ham)

1 – 10 oz. container Quince Paste (Membrillo)

(Makes 2 Paninis)

PREP:

Heat cast iron grill pan on medium high heat or pre-heat electric Panini maker per manufacturer's instructions.

Butter one side of each slice of bread. On the plain side of two slices of bread, spread a thin layer of quince paste.

Add two slices of Manchego cheese to those two slices of bread.

Add three slices of Prosciutto to both.

Add another two slices of Manchego cheese. Top each with bread, buttered side up

DIRECTIONS:

Place sandwich on grill pan. It should sizzle. Top with a heavy skillet or a Panini Press lid.

Let cook about 5-6 minutes on each side. Turn once. Bread should be golden and toasted. The cheese should be melted.

Cut the sandwiches in half and serve immediately.

Enjoy with a nutty brown ale.





GREEN Gardening 101:

A Few Tips to Get Started

by: Courtney Simmons

Longer, sunshine-filled days are finally upon us with another spring revival. The birds are beginning to sing again and the trees, tired of remaining dormant, are showing off their bright green buds. With so much rebirth in the air, it's the perfect time to get plans for your garden squared away. Whether it's your first time gardening, or you've been exercising your green thumb for years, these four tips for a Greener Garden will benefit your harvest while staying friendly to Mother Earth.

1 Zero Pesticide Companion Planting

A well-planned garden will boast a wealth of plant diversity without the need of harsh chemical pesticides. Knowing which plants complement each other creates a healthy garden that boosts growth and vitality while staving off unwanted pests.

Perfect companion plants:

- **Chives + Tomatoes** - Why? The onion scent of the chives deters predators from attacking your tomatoes without cross-contaminating flavors.
- **Rose + Garlic** - Why? Garlic serves as a pest repellent for the roses, while complimenting with its purple flourishes.

- **Carrots + Spring Onion** - Why? They both serve as pest repellent for each other, leaving your garden completely untouched.

2 Plant to Attract Friendly Bugs

Know the difference between garden pests and friendly insects that protect your garden. Plant marigolds, and other bright flowers, to attract lady bugs and lacewings. These garden-friendly insects prey on Black flies, a garden foe.

A few general rules:

Plant: Marigold, Coriander, Dill, Goldenrod, Coneflower & Parsley

Attract Good Bugs: Ladybugs, Assassin Bugs, Ground Beetle & Lacewing

Limit Bad Bugs: Aphids (Black Fly), Spider Mites, Caterpillars, Slugs & Snails

3 Compost to Feed Hungry Plants

Try composting to greatly reduce the amount of garbage going into landfills by adding table scraps to your compost heap. Be sure to locate the compost bin in a partly sunny area to encourage decomposition. Within months, your compost will be ready to feed your garden with essential nutrients.

Good for Composting: Scrap vegetables, fruits and peels, egg shells, tea leaves, shredded paper, weeds, and coffee grounds

Bad for Composting: Meat products, fish scraps or fish bones

4 Harvest Rainwater

Gardening alone is a great way to reduce, reuse and recycle, but if you want to take it one step further, try harvesting rainwater. The system diverts rainwater from the downspouts of your home and can collect up to 600 gallons from a 1-inch rain shower, if you have a 1,000 square-foot roof, according to RainBarrelGuide.com. Conserving water, and reusing what's readily available in nature, makes for a happy water bill and an even happier garden.





Walk Your Way to Perfect Health

by: Sarah Amundson

April Fools' Day isn't the only holiday that falls on April 1st—it's also *National Walk to Work Day*! So why not celebrate walking all month long? Power-walking is a low-impact workout that has a ton of physical and mental benefits. It proves that you don't have to do intense workouts to stay fit!

Walk consistently.

Health experts recommend that you walk 10,000 steps a day, which is about five miles, to maintain your weight. To lose weight, you need to walk 16,000 steps per day. Try to increase the duration of your walk by 5 minutes every two weeks. You can also increase intensity by walking faster.

Vary your walking landscape.

Hills will help you burn even more calories. Inclines can raise your heart rate by two, and declines contract your leg muscles. Walking on softer surfaces, such as mud, grass or sand, use more energy than walking on concrete. Mix it up!

Perfect your technique.

Burn more calories with proper form. Stand tall with your arms by your sides and pull your navel towards your spine. You want to engage your core. Keep your shoulders relaxed, and always lead with your heel as you walk.

It's convenient and free.

If you want to get in shape without paying the big bucks for a gym membership, power walking is a great option. It also helps you save money on gas or public transportation passes. Plus this workout lets you kill two birds with one stone. For example, you can walk your dog and get a workout in, or stay fit while exploring a new area in your city.

Control your weight.

Making power walking part of your everyday life can slim you down. In fact, studies show that overweight people who walked briskly for 30-to-60 minutes a day lost weight even if they didn't change other lifestyle habits. Walking at a pace of just 4 mph burns 236 to 345 calories per hour!

Power walking reduces stress. Sometimes the best way to deal with a tough situation is to take a walk. Walking each day helps redirect your focus away from stressful situations; it releases endorphins, which in turn relaxes the mind.





MUSIC

Sometimes It Snows In April

Prince

April In Paris

Ella Fitzgerald & Louis Armstrong

April Come She Will

Simon & Garfunkel

Fool on the Hill

The Beatles

April Showers

Sugarland

April Fools

Rufus Wainwright

April Lady

James Perry

April

Deep Purple

Fool to Cry

Rolling Stones

April Fool

Soul Asylum

April 29, 1992 (Miami)

Sublime

Fool in the Rain

Led Zeppelin

Ship of Fools

Robert Plant

Pieces Of April

3 Dog Night

April Skies

Jesus and Mary Chain



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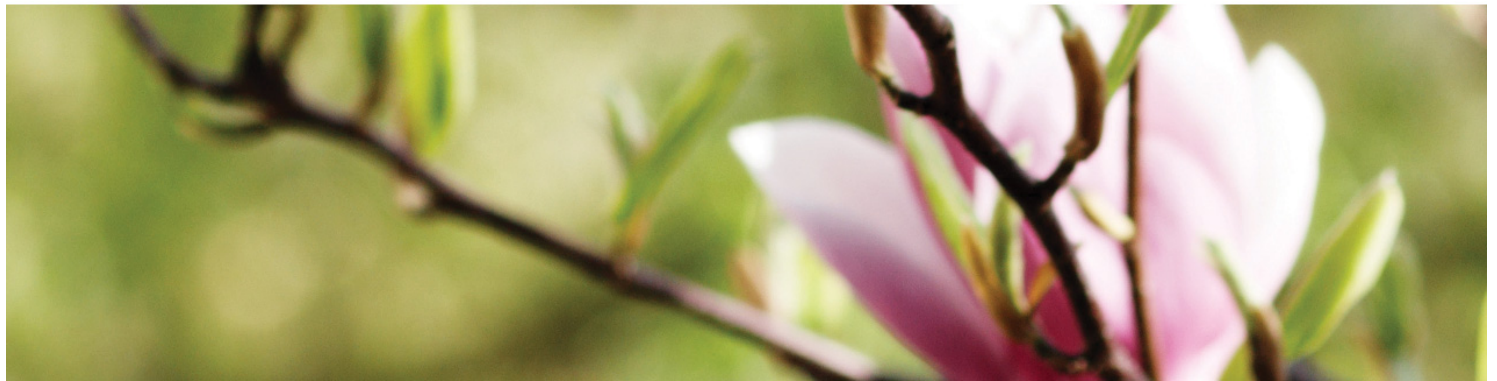
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