TRAVEL-DRINK-FOOD-TY'S TIPS-DIY-GREEN-MUSIC

JULY 2016

THIS ISSUE IS BROUGHT TO YOU BY:



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# TY'S TIPS

How to Properly Install
Your American Flag

Fill Your Summer Vacation with **Music** 

CRAFTING with しさんと A Patriotic 4th of July Table

and much more!

Vol 5 ISSUE: 2

guaranteed Rate

The Home Purchase Experts



The long lazy days of summer are not all that lazy, at least not in Chicago. Winters here are so long, we try to pack in as much outdoor fun as a single day can handle. Between neighborhood festivals, outdoor concerts, art shows, beach volleyball and backyard bar-b-ques, summer is social. You can sleep in the winter!

July packs a full roster of events. **Kurt Clauss** lists a bevy of highoctane destination concerts. From *The Essence Music Festival* in New Orleans to *Summerfest* in Milwaukee, there's something for everyone.

This month, we introduce a great new addition to our writing team, **Jane Monzures**. Jane is a crafting expert. She's built a career teaching others how to create custom goods with easy-to-follow instructions. Check out her first *Enjoy* feature just in time for your 4<sup>th</sup> of July cookout.

And if you're like most people struggling to make their garden grow, read **Selene Garcia's** piece on low-maintenance, shade-loving plants. These ornamental grasses and hostas can withstand even the worst neglect.

One of my favorite summer beverages is iced tea. With fresh lemon and raw sugar, it's sunshine in a glass — or a mason jar if you're southern. This month, we concocted a boozy version of the summer staple that is sure to make the fun times even more memorable — or easily forgettable depending on how much you drink!



Enjoy,
Chrystal Caruthers
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### **July 2016**

JULY 1

Canada Day

JULY 3

St. Thomas Day

JULY 4

Independence Day

JULY 5

Ramadan (ends)

JULY 14

Bastille Day

JULY 17

National Ice Cream Day

JULY 18

Nelson Mandela Day

JULY 23

National Hot Dog Day

JULY 24

National Tequila Day

JULY 29

National Lasagna Day

JULY 30

International Friendship Day

### **Birthstone**

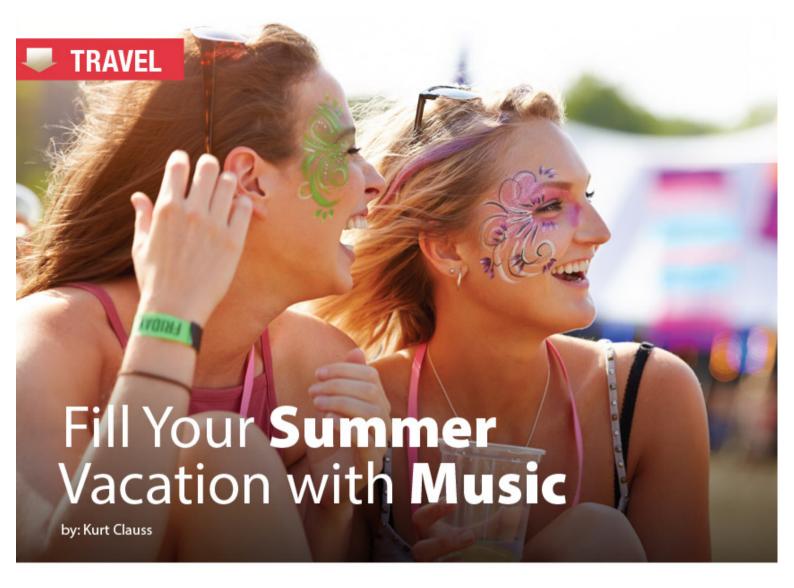
Ruby

### **Astrological Sign**

Cancer

### Flower

Water Lily & Larkspur



It is said that hot weather opens the skull of a city and music is the key to opening the most tightly closed heart.

Summer is the perfect time for planning a weekend outdoor music festival getaway. Good food, drinks, a group of your closest friends and live music is what July is all about.

Destination summer concerts are a great way to check another new city off your travel bucket list. And, it's a great way to see several performers all in one spot! Here are a few Enjoy travel suggestions for you music lovers out there.

### DIVIDE MUSIC FESTIVAL

### WINTER PARK, CO

July 22 - 24, 2016

For those who want to combine their love of music with the great outdoors, try the Divide Music Festival in Winter Park. Surrounded by snowcapped Rocky Mountains, this fest allows on-site camping, hiking, yoga, biking, fishing, zip lining, and alpine sledding. It's an outdoor party for the physically fit.

**LINEUP:** Kid Cudi, Edward Sharpe, Cake, Medic, Amzy, Passion Pit, Miike Snow, The Fray and local bands.

### FOR MORE INFO:

www.dividemusicfestival.com

### SUMMERFEST

### MILWAUKEE, WI

June 29 - July 10, 2016

The world's largest music festival is in Milwaukee, Wisconsin! Yes, Milwaukee. The biggest music acts on the planet have been playing the Milwaukee Summerfest for almost 50 years. There is something for everyone at the 11-day, 11-stage, 800-act Summerfest. It's expected to attract about 1 million visitors this year. You name the big time band and they've played Summerfest. Including, The Stones last year, and Bruno Mars and Gaga the year before.

.....

**LINEUP:** Paul McCartney, Luke Bryan, Sting and Peter Gabriel, The Roots, Willie Nelson, Jason Derulo, Selena Gomez, Blake Shelton, Def Leppard, Tim McGraw and many more. General admission tickets get you into the grounds and all ground stages. Buy a 3-5-or 11-day pass for savings if you are staying a few days. Main stage tickets are sold separately.

### ABOUT MILWAUKEE:

Milwaukee is inexpensive, clean and surprisingly vibrant. The revitalized downtown balances its German origins with art (visit the Milwaukee Art Museum designed by Santiago Calatrava), boutique hotels and outdoor activities. Squeeze in a visit to the Harley Davidson Museum, a brewery tour or the Historic Third Ward for a break from the fest.

### FOR MORE INFO:

Summerfest.com or download the Summerfest app!

## ESSENCE MUSIC FESTIVAL

**NEW ORLEANS, LA** 

July 1 - 3, 2016

Looking for a reason to visit New Orleans? The Essence Music Festival has star powered musical acts, comedy and inspirational speakers like Ava Duernay, Tina Knowles and Misty Copeland. There are also free business and fashion expos.

**LINEUP:** Kendrick Lamar, Puff Daddy & the Family, Maxwell, Mariah Carey, Robert Glasper Experiment, Common and more. The emphasis is on big names, but there are smaller stages for up-and-coming artists as well.

### **ABOUT NEW ORLEANS:**

New Orleans is famous for its music all year long, so make sure you get to one of the live music clubs that jam 24/7 in the French Quarter. Within walking distance of the busy French quarter is Frenchmen Street, a tiny section of town where you can hear live jazz, blues, zydeco and reggae every night in small clubs and on street corners, surrounded by Nola locals.

#### FOR MORE INFO:

www.essence.com/festival



# OSHEAGA FESTIVAL MUSIQUE ET ARTS

MONTREAL, QUEBEC

July 29 - 31, 2016

The 11th edition of the Osheaga
Festival Musique et Arts has been
dubbed the most important festival in
all of Canada. This three-day fest is held
on Montreal's Saint Helen's Island. This
unique island venue makes a perfect
spot for a world class event. Its half
forest contains landscaped gardens,
pastures and open air artwork leftover
from the 1967 Montreal Expo.

LINEUP: Red Hot Chili Peppers, Lana Del Ray, Radiohead, Future, Mac Miller, Bloc Party, Dilly Dally, Flume and more. The emphasis here is on emerging artists and visual arts.

### ABOUT MONTREAL:

Montreal is like a visit to Europe with its French culture and international vibe. Osheaga can reached by car, train or just bike across the bridge from Montreal.

### FOR MORE INFO:

www.osheaga.com

### NEWPORT JAZZ FESTIVAL

NEWPORT, RI

July 29 - 31, 2016

The Newport Jazz Festival set the formula for all major jazz festivals to follow. Jazz lovers return to Newport every year to enjoy the dramatic views of Newport Bridge, gourmet food and wine cafes. This is jazz refined. It's a celebration of every style of music and garners top-notch musicians influenced by jazz greats.

**LINEUP:** Norah Jones, Chick Corea Trilogy with Christian McBride and Brian Blade, Gregory Porter, Kamasi Washington, Jose Jones, Nels Cline, and many more. Bring a chair and settle into one of the best music venues in the country.

### ABOUT NEWPORT:

Travel + Leisure magazine rated
Newport one of the best places to
visit in July. Try the cliff walk or stroll
Ocean Drive past impressive mansions
from the 1800s. Beautiful beaches, a
Colonial-era port, museums and scenic
trails all make Newport a memorable,
and upscale, trip.

### FOR MORE INFO:

www.newportjazzfest.org



# AMERICAN BISON BURGER

by: Chrystal Caruthers

1 lb. ground bison

Salt

Freshly ground black pepper

4 pretzel roll burger buns toasted/grilled

Dijon mustard

Arugula

2 beefsteak tomatoes

1 large red onion

Olive oil cooking spray

4 slices pepper jack cheese

American Bison is not just the national mammal of the United States, it's the one of the healthiest red meats you can eat. Rich in protein, iron and zinc, with just 2.4 grams of fat per 3.5 ounces, it's great for those looking to shed pounds without giving up the tasty satisfaction of a good burger.

Prep your charcoal grill. Preheat the grill for about 10 minutes. Season bison with kosher salt and freshly ground black pepper. Form four patties. Use your thumb to make an indentation in the middle of each patty to prevent the burger from forming a dome while cooking. Spray each patty with olive oil cooking spray so that the burger develops a crust to keep the juices inside.

Grill on high heat for about four minutes on each side. Remove from heat and let rest.

Grill pretzel rolls until light brown grill marks show. Spread one side with mustard. Add a slice of cheese, your grilled Bison patty, a thin slice of red onion, and tomato. Serve.





INTERIOR DESIGN
STAR
TY
PENNINGTON

# HOW TO PROPERLY INSTALL YOUR AMERICAN FLAG

The Fourth of July is when many Americans give serious consideration to proudly displaying the stars and stripes outside their homes. Veterans Day in November, Memorial Day in May and Flag Day in June are other holidays when people are inspired to show their patriotism, and of course there are still others who prefer to keep Old Glory waving in the breeze year round. It's also becoming popular to put up a flag as a pledge of

allegiance to your favorite college or pro sports team.

There are so many occasions that call for a flag that it makes sense to install a stable, permanent apparatus with which to display one. You could get super ambitious and opt for a full-size flagpole, but unless you're comfortable with digging deep holes, pouring concrete foundations and installing anchors, it's best to go with a

simple bracket that attaches to the side of your house.

The first thing you need to do is check with your local municipality or homeowners, association to make sure adding a bracket is something you're allowed to do. If you're good to go, it's pretty easy to do yourself. You just need to overcome being squeamish about drilling holes in the side of your house.

Contributed by:

Chris Lathrop, based on tips from the Ty Pennington Design Team





### Step 1

WEAR GLOVES AND EYE PROTECTION! Please don't do this job without them!

### Step 2

Pick a spot for the bracket that will allow your flag to be visible, but won't cause it to extend into tree branches, roof overhangs or power lines!

### Step 3

If you're mounting the bracket on brick, place it in the desired location and mark where the screw holes will go with a pencil or marker. Be sure to install the screws in the masonry, not the mortar.

If you're mounting the bracket on wood or vinyl siding, it's best to

use a surface mount block with a back that conforms to the siding profile to provide a level surface. Place the bracket on the block and mark the holes (be sure to use screws long enough to extend through the block and into the siding).

Use a power drill (electric is ideal,

### Step 4

but a rechargeable with a good amount of torque will suffice). Be sure to use a carbidetipped masonry bit for brick. This will also work for wood or vinyl, but if you don't have one, a regular drill bit will do. With vinyl, drill a hole slightly larger than what you need to allow the siding to expand and contract as the weather changes.

### Step 5

Drill holes about a quarter to a halfinch deeper than the length of the screws and insert screw anchors.

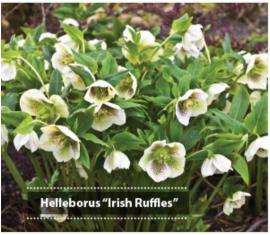
### Step 6

Screw the bracket in place (directly onto the brick,

or first onto your mounting block and then onto the siding) and you're good to go!

Actually, there's one more step:
Fly your flag proudly and feel great about the fact that you added the bracket yourself!





ardening can sometimes feel like a baptism by fire. New plants die, your soil has too much clay, grubs — totally didn't sign up for that — and then there is that one spot in the garden where everything goes to die. Barring any soil or critter problems, this gardener's graveyard, I mean backyard, is a shaded wasteland desperately in need of a makeover. This year, rather than buy all the pretty potted flowers on display at the big box garden supply, I did some research first. I found six beautiful perennials that love the shade, can withstand drought conditions, and should survive despite long periods of neglect. If this sounds like your back, or side yard, dig in to these hearty plants.











### Helleborus "Irish Ruffles"

If you're looking for a tough, resilient plant, the Helleborus is it. This lowmaintenance drought and deer resistant big-green, flowering plant loves the shade.

The Irish Ruffle is a great season starter. Also, just as the rest of your yard starts to bloom, the Helleborus will stop flowering and allow other greenery to shine.

Size: 22 inches tall Suggested zones: 4-8

### Pulmonaria "Lungwort"

Don't be fooled by the odd name, these purple flowers will add bold color to your shaded garden. Pulmonaria thrive in moist, shady areas. Try planting them under a tree. While most plants can't compete with tree roots, Pulmonaria welcomes the competition.

Also, Lungwort spreads quickly and can be divided. But be careful, full sunlight will cause the plant to wilt.

Size: 15 inches tall, 2 feet wide Suggested zones: 5-8

### Dicentra x "King of Hearts Bleeding Heart"

These beautiful, seemingly delicate, cherry-pink clusters grow above the green fern-like foliage, love the shade and are deer and rabbit resistant. Of all bleeding heart plants, this is the most heat tolerant; however, too much sun will stop the plant from flowering. It is picky. It needs a well-drained, consistently moist, but not wet, environment. Watch for blooms from spring through summer.

Size: 9-18 inches tall, 15 inches wide Suggested zones: 5-9

### Hosta "Ivory Queen" PPAF

Hosta plants had to make the list because they are the poster child of low-maintenance plants. A gardener's favorite, hosta plants can range from a deep blue to chartreuse to creamy white. While this plant does well in the shade, be careful. Some varieties need more sunlight than others.

Initially, hosta plants need rich soil with a slightly acidic PH, but once established, they are drought tolerant and rugged. Around mid-summer, watch for lavender colored flowers to shoot out above the foliage.

While they are not resistant to deer, just plant daffodils around the hostas to

keep deer at bay. Slugs also love hosta. Try scattering sand around the plants to keep the slugs away.

Size: 12 inches tall, 18 inches wide Suggested zones: 3-9

### Sarcococca ruscifolia "Fragrant Sweet Box"

You'll have to be patient with this one, but if you want a ground cover or a hearty shrub to hide tree roots, this fragrant white flowering shrub is the way to go. The small, white flowers not only emit a beautiful scent, but leave behind bright red fruit.

The best thing about this shrub is you can prune it to create any shape you like; just be sure and wait until after the spring flowering. Also, it's deer and disease resistant.

Size: 3-5 feet tall and wide Suggested zones: 7-9

### Hakonechloa macra "Aureola"

This slow growing grass isn't native to North America, but it's loved by those with Japanese gardens. It needs lots of water in its first year, but once established (around year two), it can be divided in early spring. To bring out its yellow tones, grow in partial shade. For lime green leaves, plant in full shade areas. In autumn, when the weather is cooler, this cascading grass turns pink and red.

Size: 18 inches tall and wide Suggested zones: 4-9



Be the host with the most American pride by adding these easy DIY patriotic ideas to your outdoor table. You can show your true star-spangled spirit with this up-cycled table cloth, refashioned denim placemats, easy-sew napkins, mason jar lanterns, and simple food decorations.

DIY USA starts today! You'll need a few supplies to get started, but you probably already have most items laying around the house — old bandannas, worn-out jeans, mason jars, tissue paper and a few paper scraps to create the ultimate patriotic table. Grab some fabric glue, or a sewing machine, scissors, and a tape runner, and let's start crafting!

### **RED, WHITE & BLUE JEAN**

For the tablecloth, use 16 bandannas (4) navy, (4) white and (4) red and stitch the like colors together in a row. Then, stitch all three rows together to create a full table cloth. It's that easy! Best of all, this tablecloth also doubles as a great picnic throw.

**Crafting note:** If you don't sew, you can use *Liquid Stitch* along the edges to glue the pieces together. Liquid Stitch is a handy product to keep in your toolkit. It even withstands the washing machine.

Short on time? Instead of a tablecloth, make a table-runner by simply placing the individual bandannas down the center of the table overlapping just the edges... No sewing, no gluing, no stress!







### **BLUE JEAN DREAM**

For the denim placemats, just cut the backside of the jeans off and you're done! Use the pockets for utensil and napkin holders. How's that for easy?

For the napkins, I found some fabric scraps in my sewing room and cut 20" x 20" squares of patriotic fabric and the same size white fabric. Stitched up all sides of the squares, turned them inside out and top stitched the edges. And look at that, simple, easy, statement napkins.

### **TEA LIGHTS, ANYONE?**

For the tea light lanterns, line the inside of a mason jar with red, white and blue tissue paper. I found it best to tack the top edges of the tissue paper together. Using a battery operated candle only, place a tea light inside the mason jar and illuminate your designs.

### PATRIOTIC DOGS

Add some DIY USA decor to your serving platter with hot dog wrappers. Cut 9-inch strips of red and white striped paper. Cut out simple blue stars with a die cut machine, or a pair of sharp scissors, then tack the two together — the perfect embellishment for my franks!









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