



I live for summer! Sand between my toes, sailing on the lake, fresh sweet corn cut off the cob — summer is delicious. Yet, even a die-hard summer fan like myself welcomes some relief. This month, we offer a summer corn salad as refreshing as it gets. A mix of avocado, organic grape tomatoes, and of course, corn, make this recipe a healthy lunchtime staple. Pair it with our watermelon sangria for a midday weekend cooldown.

If you're lucky enough to plan a trip to Hawaii, read **Kurt Clauss'** latest piece on which island to visit and why. According to Clauss, Kauai is less crowded but Molokai is deserted! Choose wisely.

Our favorite home-improver, **Ty Pennington**, details the advantages of installing a wet bar. If you have the space — maybe an unfinished basement – adding a wet bar, ice maker and wine racks are all good ideas. Such improvements boost your in-home enjoyment while also adding to your home's market value. Win-win.

The summer games have begun. Read **Jane Monzures'** piece to prep for your Olympic-themed party. Her step-by-step instructions should have us all mixing, rolling and painting. Honestly, bringing home the gold has never been easier!

As always, we hope you enjoy this issue, and these final days of summer.



Enjoy,
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August 2016

AUGUST 5

International Beer Day

AUGUST 5-21

Summer Olympics in Rio

AUGUST 7

National Sister Day

AUGUST 9

World Indigenous People's Day

AUGUST 10

National S'more's Day

AUGUST 12

International Youth Day

AUGUST 13

International Left-Hander's Day

AUGUST 14

Tisha B'Av

AUGUST 15

Assumption of Mary

AUGUST 19

World Humanitarian Day

AUGUST 31

National Dog Day

Birthstone

Peridot

Astrological Sign

Leo

Flower

Poppy & Gladiolus



f you've always dreamed of a Hawaiian vacation, stop making excuses! Hop on a plane and take a life-changing trip to paradise. Hawaii is much more than just surfing, pineapples and Hula dancing with a Mai Tai in hand. The 50th state is also home to lush rainforests, microclimates, lava tubes and even fresh snow skiing — believe it or not!

The biggest question most people ask is usually, "Which island should I visit?" Fortunately, I've been to all five major islands, and I can confirm that you can't go wrong with any of them.

Here are my tips on Hawaii:

Oahu is the most popular island with the most direct flights. Its capital city, Honolulu, bustles with big city feel — it ranks fourth place for US cities with the highest number of high-rise buildings. Honolulu bustles with night life, but you can also catch an organic farmer's market. A must see, is iconic Waikiki Beach with its dramatic views of Diamond Head Crater. Visit the 'Iolani Palace built in the 1800s to see how Hawaiian royalty lived. Hike The Diamond Head Trail for panoramic views. Remember Pearl Harbor by visiting the USS Arizona Memorial for a free tour.

Golf, tennis, luxury resorts are the keywords for Maui. Top resorts include The Grand Wailea, The Ritz Kapalua and The Four Seasons Wailea. Rising 10,000 feet above sea level, Haleakala volcano is the perfect place to catch a sunrise you'll never forget. You can bike down the summit afterwards if you want a fitness and sightseeing combination. The famous one-lane road to Hana is also worthwhile for a peek at old Hawaii plantations and waterfalls. Maui's wind swept beaches are great for kiteboarding, surfing and snorkeling. Also, if you go in the winter months (December - April) you may get lucky and witness the migration of the Humpback Whales. Want to visit Mars? Try the Haleakala National Park. This dormant crater is said to be a close approximation to what the surface of Mars looks like!

KAUAI

My favorite island is Kauai, the Garden Isle. Less crowded and laid back, Kauai has mountains, lots of waterfalls (Mt Waialeale is the second wettest place on earth), beaches, daily rainbows and the spectacular Na Pali Coast.

For the best acai bowl you'll ever have, stop by Kalalea Juice Hale. There, cold-pressed juices take on a whole new flavor. Go off the menu and order a "life-changer" for a tasty combo of all things healthy.

HAWAII, THE BIG ISLAND

Hit the big island for high elevation hiking, volcanoes and authentic Hawaiian culture. The star of the "Big I" is the active Kilauea volcano which has been spewing lava since the early 1980s and actually has two new flows that began this year. Lava viewing tours from land and sea are given and you can walk through frozen lava tubes on the moon-like landscape of the actual crater.

One of the most scenic places in all of Hawaii is Waimea (or Kamuela) where you can see authentic Luau's, Hawaiian cowboys, rodeos and ranches with cool views of the snow-capped Mauna Kea. To cool off, head to the top of Mauna Kea where you can even snow board or ski in December through April.

MOLOKAI

You will definitely feel like a pioneer here; Molokai is the least visited on our list but the most "Hawaiian" of the islands. Over half of Molokai's residents have indigenous heritage. There are no direct flights from the US, but you can catch an inter-island-flight. Also, you have to rent a car. There's no public transportation on Molokai.

Tours are the best way to explore this island as many trails cross private land. Ride a mule through Kalaupapa National Park or hike Halawa Valley to the Moaula Falls. The snorkeling off the beaches isn't that great but get a local tour operator and ocean kayak out to the barrier reef that stretches 30 miles long, just off of the Molokai shore. The water on the reef is crystal clear. Molokai is Hawaii's best kept secret. Don't expect luxury treatment here, but make the effort to spend a few days if you've always wanted to spend time on a deserted island.









Summer Corn Avocado Salad

1 lb Roma tomatoes

1 English cucumber

1/2 medium red onion, sliced

2 avocados, diced

2 cobs of fresh corn

2 tbsp extra virgin olive oil or sunflower oil

Directions:

Place cobs of corn in boiling water and cover until tender; about 10 minutes. Set corn aside to cool. Upon cooling, cut corn off of the cobs.

Place chopped tomatoes, corn, sliced cucumber, sliced red onion, diced avocado and chopped cilantro into a large salad bowl.

Drizzle with 2 tbsp olive oil and 2 tbsp lemon juice. Toss gently to combine. Just before serving, toss with sea salt and black pepper to taste.

Juice of 1 medium lemon (about 2 tbsp)

1/4 cup (1/2 bunch) cilantro, chopped

Sea salt and black pepper to taste



TY PENNINGTON INTERIOR DESIGN STAR

TY'S TIPS

REASONS TO HAVE A WET BAR

Contributed by: Chris Lathrop, based on tips from the Ty Pennington Design Team As we head into the second half of summer, it's time to think about getting your house ready for fall and winter—and not just on the outside.

Sure, you'll want to make sure your exterior paint is on point and your shutters are in good repair. But with cooler weather comes a shift from entertaining outdoors to moving the party inside for football games, book club gatherings and the upcoming holidays.



Just like it's never too soon to think ahead, it's never a bad thing to be ambitious. Adding a wet bar to your home can be easy and inexpensive (compared to, say, rehabbing a kitchen or bathroom). You'll also enjoy these benefits:

The Sink Will Come in Handy

By definition, a wet bar has its own sink, running water and plumbing. Some people decide these things aren't really necessary for a home bar, mainly because they think it's too difficult to run water pipes and drainage to where their bar will be situated. Choosing a location close to a powder room, laundry room or bathroom—not to mention hiring an experienced plumber—can ease those worries. Also, when it comes time to wash a batch of cocktail glasses, you'll be glad you don't have to bring them all the way to the kitchen, especially if you've added a small dishwasher to your bar.

It'll Free Up Your Fridge

Most drinks and mixers require refrigeration, and the same goes for food. No wet bar is complete without a mini-fridge (or several) for storing white wine and bottled drinks. You could even add a keg cooler if you're so inclined. Any of these additional fridges will make more room for food in your main refrigerator. If you're having a large gathering, you're going to need it, especially before you start prepping.

It'll Free Up Your Kitchen

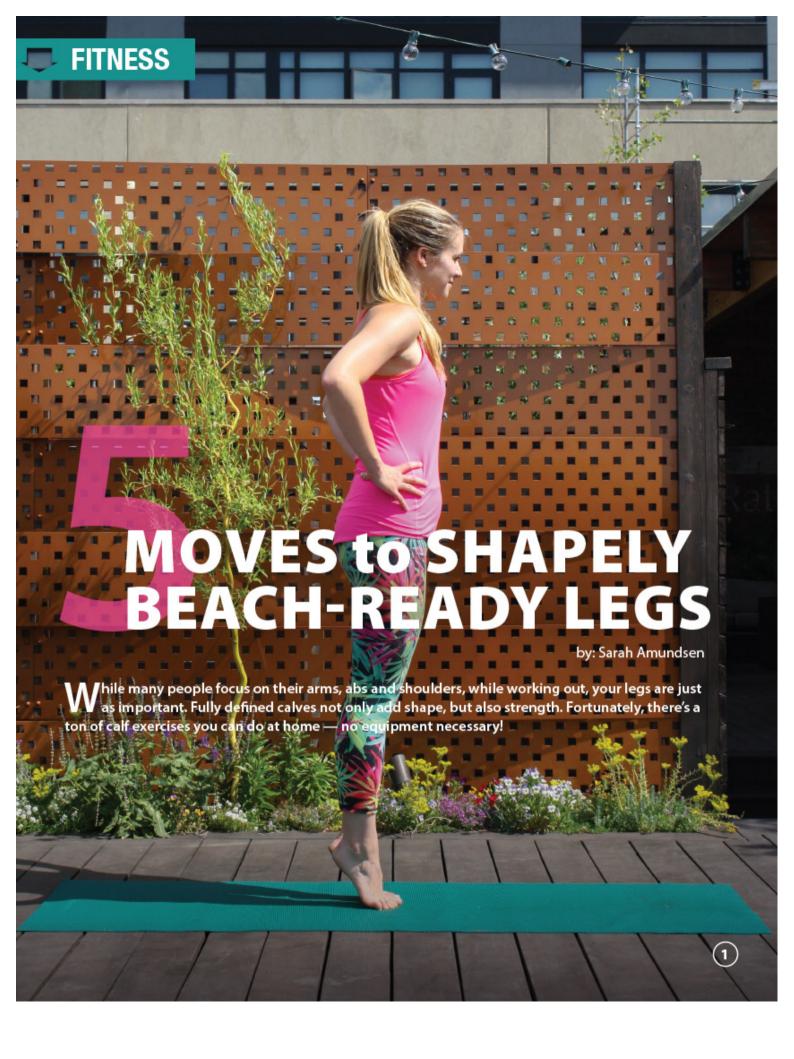
When you're entertaining, your guests tend to gravitate to where food and drinks are being served. In most homes, that's the kitchen. Nothing wrong with that, but it can get a bit cramped in there and other parts of your house are probably more comfortable. A wet bar will draw people to it for two reasons: it's another place where your guests can get finger

foods and cocktails, and it's a conversation piece. Not every home has one!

It Might Add Value to Your Home

Expanding on the conversation piece aspect, a wet bar is exactly the kind of bell and whistle that many modern home buyers are looking for. People simply love entertaining these days! Now remember, there are no guarantees that any home improvements will increase value, so don't think a wet bar will cover vour kids' college fund. But if you've gotten the aesthetics and functionality right, your guests will definitely be impressed—and so will prospective buyers when it comes time to sell.

Have I inspired you? I hope so! Once yours is up and running you can have your friends over and raise a toast to yourself for having the smarts to install a wet bar!









1 CALF RAISES

This move is simple but effective. Begin with your feet four-to-five inches apart. Toes in front of you. Take two counts to lift your heels up in a steady motion, then lower down in two counts. Repeat at least 10 times.

TIP: To supercharge this exercise, lift your heels progressively higher with each rep and squeeze your glutes.

Calf raises make it easy for you to get toned legs anywhere. Squeeze in a few reps when you're brushing your teeth, waiting for the bus or subway or after your normal workout. This simple addition to your routine will give you sculpted calves in no time!

2 SQUAT JUMPS

Squat jumps work your calf muscles while providing a calorie burning, cardio workout. Start in a squat position, with your feet slightly wider than hips. Push off the balls of your feet and jump into the air. This move strengthens your arms and legs. Land softly, returning to

the squat position. Do as many as you can in one minute.

WIDE SQUATS WITH CALF RAISES

Once you get the basic calf raise down, try this variation. Stand with your feet three-to-four feet apart, toes turned out. Bring your hands in front of your chest and squat down, with your thighs parallel to the floor and hips sunk low. Raise your left heel off the floor and pulse up and down for 30 seconds. Repeat on the right side. Then repeat two more times on each side to feel the burn in your calves. In addition to strengthening your glutes and quads.

4 MOUNTAIN CLIMBERS

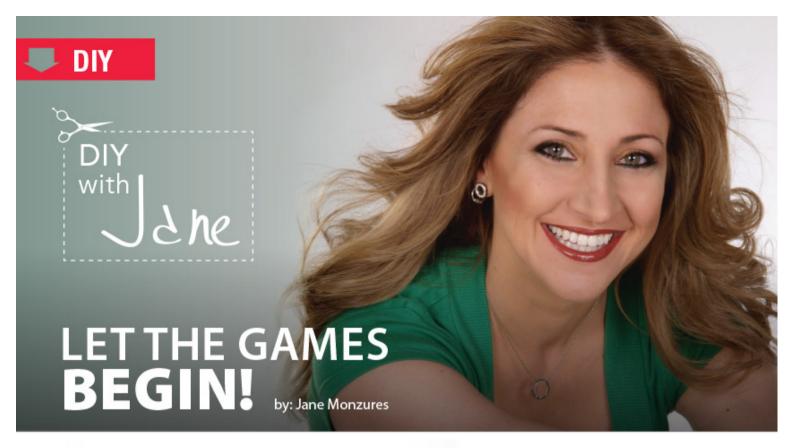
Begin in high plank position. To get there, start on your hands and knees, then spread your fingers out wide and press your palms into the ground. Keep your chest lifted. Then engage your core, tuck your toes and step back with your feet, bringing your head and body into one straight line.

Once you're in high plank, bring your right foot forward and bend your knee towards your chest. Switch legs. Bring the left knee forward while moving the right leg back. Continue switching from left to right, staying on the balls of your feet. Start slowly and gradually build speed. Continue for at least 30 seconds.

Mountain Climbers engage your core and build shoulder strength, as well as strong calves.

5 SPRINTS

When jogging gets stale, try sprinting. While running will tone your legs overall, adding sprints tone the calves. Once you're warmed up and have jogged for at least 20 minutes, sprint for 30 seconds. Recover by jogging for 30-to-60 seconds and repeat. Do four to eight jog/sprints and see your endurance improve while building strong, shapely legs.





The 2016 Summer Olympics are in Rio de Janeiro and their motto is "Live your passion." My passion is DIY. While the entire country is united around a single goal, bringing home the gold, I'm going to show you how you can get in on the Olympic action by creating your own Olympic medals, torch and fun!

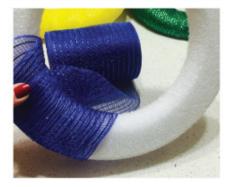
OLYMPIC RINGS

Add a splash of Olympic color to your party with the Olympic rings as a wall hanging. Fun fact, each ring represents the five inhabited continents of the world while the colors — blue, yellow, black, green and red — represent the national flags of the world. Here's how to make your own:

- · Get 5 foam wreaths.
- · Use 5 colored streamers or ribbons.
- · Wrap each wreath with the same color streamer/ribbon.
- · Glue them together, and add hooks to the back.

















THE OLYMPIC TORCH

Trekking from Greece, and all around Brazil, in the hands of over 12,000 runners, the Olympic torch is a moving tribute to perseverance. You can add a little faux fire to your tabletop with this easy DIY torch design.

- Use an old flower vase, or candle stick holders.
- Get a handful of yellow and orange tissue paper.
- Paint the vase gold. Then add tissue paper.

THE MEDALS

Leave the competition to the athletes. At your Olympic party, everyone can go home with gold, or at least bronze. Start by making a salt dough to decorate as Olympic medals.

Here's how:

- You will need 4 cups of all-purpose flour
- 1 cup of salt
- 1½ cups of warm water
- · First mix the flour and salt together.
- · Gradually add in the warm water.

- Knead the dough until it's soft and smooth.
- Use a rolling pin on a lightly floured surface to roll the dough out until it's about ¼" thick.
- Use a cookie cutter (or the top of a glass) to cut circles.
- Use a straw to make a hole in the top to lace the ribbon through.
- I used a cookie-cutter to stamp Olympic rings.
- Bake in a 300-degree oven for about one hour.
- Use acrylic paint to color the medals gold, silver and bronze.
- Once dry, cover them with a coat of Mod Podge Gloss sealer and finishing spray.
- Let them sit for several hours to dry.
 Add a ribbon to the ornament so your guests can hang their shiny medal around their neck.

Now, everyone can say they are an Olympic champion!





AUGUST summer playlist

SUMMER NIGHTS

John Travolta & Olivia Newton-John

HOT FUN IN THE SUMMERTIME

Sly & The Family Stone

SUMMERTIME

DJ Jazzy Jeff & The Fresh Prince

CALIFORNIA GURLS

Katy Perry

SUMMER LOVE

Justin Timberlake

SCHOOL'S OUT

Alice Cooper

SUDDENLY LAST SUMMER

The Motels

CRUEL SUMMER

Bananarama

SUMMERTIME

Ella Fitzgerald & Louis Armstrong

SUMMER BREEZE

Seals and Crofts

WALKING ON SUNSHINE

Katrina & The Waves

HERE COMES THE SUN

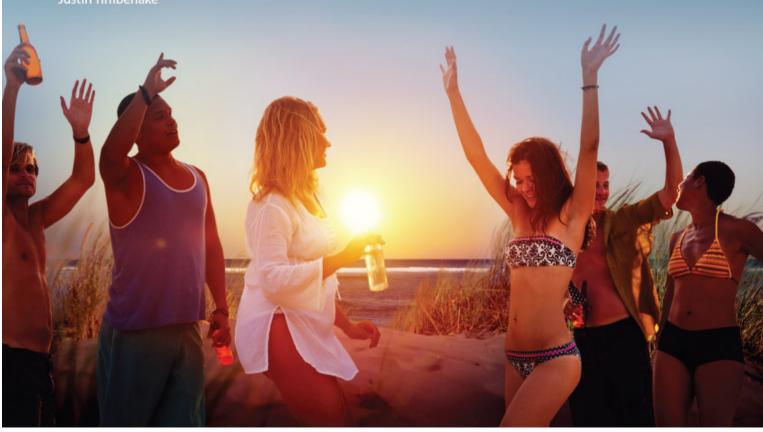
The Beatles

EVERYBODY LOVES THE SUNSHINE

Roy Ayers

SUMMER MADNESS

Kool & The Gang





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