



September marks the beginning of marathon season. Cooler weather is a welcome environment for long runs. **Sarah Amundsen** offers 26.2 compelling reasons why you should run a marathon at least once in your lifetime. As she tells it, there's nothing like that sense of accomplishment.

Speaking of bucket list items, if you're still not convinced to take up running, how about cycling? In this month's travel section, **Kurt Clauss** writes about his recent experience biking the El Camino Trail, also known as the Camino de Santiago. He and his buddies biked 170 miles in four days. This pilgrimage through Northern Spain is said to be a brutal, yet beautiful, trek of self-discovery.

For those with simpler ambitions, **Jane Monzures** shows us how to get the kids prepped for back-to-school. With her easy DIY crafts, you can spend some time bonding with the kids creating book covers as unique as their individual personalities. You may not get a gold medal for crafting, but if you follow Jane's columns, you'll remember she taught us how to make our own gold medals last month!

This month, and every month, we hope you enjoy and share this issue.



Enjoy,
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September 2016

SEPTEMBER 1

New Moon

SEPTEMBER 4

Newspaper Carrier Day

SEPTEMBER 5

Labor Day

SEPTEMBER 8

International Literacy Day

SEPTEMBER 11

Patriot Day Grandparent's Day

SEPTEMBER 16

Constitution Day

SEPTEMBER 17

Oktoberfest

SEPTEMBER 18

National Cheeseburger Day

SEPTEMBER 21

International Day of Peace

SEPTEMBER 22

Fall begins

SEPTEMBER 24

Family Health & Fitness Day

SEPTEMBER 28

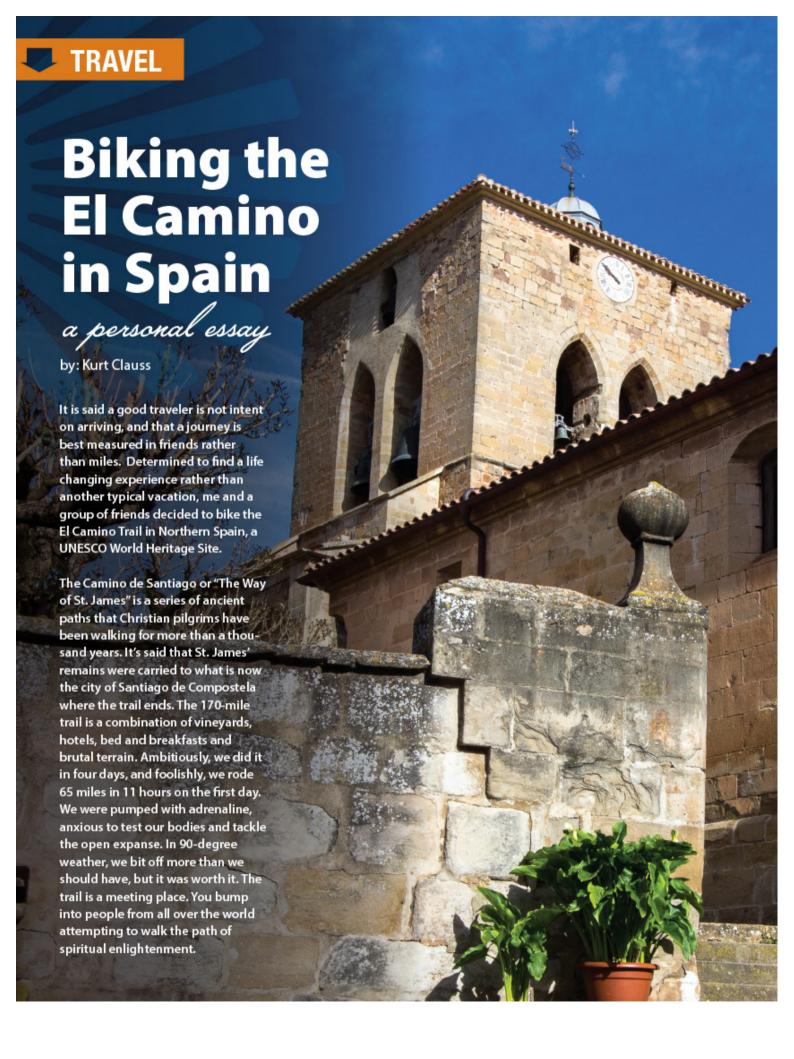
National Good Neighbor Day

Observances

National School Success Month

Flower

Aster & Forget-me not









For us, the Way of St. James was so much more than a hike through the scenic Spanish countryside, it was a journey of mind, body and spirit. During those long stretches of magnificent sunlight, I recalled scenes from the 2010 Martin Sheen movie *The Way*. Riding those paths, gave his performance new meaning. I could see how grief, family and faith were part of his character's pilgrimage on the trail. There is a spirit of community on the Camino that connects everyone.

The small towns and villages of Northern Spain will take you back in time to a simpler, more meaningful way of life.

There's no better way to actually experience the food, people and culture of Spain than to slowly meander through the farms, vineyards and villages, stopping as you wish to take it all in. After multiple bike crashes, scrapes and bruises, the local hospitality was a sweet salve. We lucked upon a modest albergue (pilgrim hostel) where we dined on the best suckling pig I've ever tasted. So tender, and flavorful, we all went crazy for it. Paired with local wine, our meals were always simple, affordable and outstanding.

Whatever your reason for doing a section of the El Camino trail, it will stay with you forever. At least it will for me.







SALTED CARAMEL APPLE SHOT

by: Chrystal Caruthers

1 part UV Salted Caramel Apple vodka

1 part apple cider

1 part Baileys Salted Caramel Irish Cream Liqueur

Caramel sauce

Whipped cream

Apple slice

DIRECTIONS:

Shake vodka, cider and Bailey's with ice. Strain into shot glasses. Top with a dollop of whipped cream. Drizzle caramel. Garnish with an apple slice.

ENJOY!







Apple Crisp with Oats

1/4 teaspoon allspice

1/4 teaspoon nutmeg

34 cup brown sugar

2 tablespoons white sugar

34 cup old-fashioned oats

3/4 cup all-purpose flour

2 teaspoon ground cinnamon

1 teaspoon vanilla flavor

3 Jonagold apples

3 Granny Smith apples

Directions:

Preheat oven to 350-degrees.

Peel, core and slice apples.
Toss apples with two tablespoons of white sugar, one
teaspoon of ground
cinnamon, allspice, nutmeg
and vanilla flavor.

In another bowl, use your hands to crumble the brown sugar, oats, flour, cinnamon and cold butter together until large crumbs are formed.

Pour apples into 9 x 13 baking dish. Cover from edge-to-edge with crumble mixture. Bake for 40-50 minutes until sides are bubbling and the crumble is golden brown.

Enjoy with vanilla bean ice cream, homemade whipped cream or crème fraiche. Add blueberries for a pop of freshness.







So whether you're selling, or you simply want to give your home the white-glove treatment, here are some suggestions that will help your home's exterior look like new, no matter how old it is.

I'll start with something pretty obvious:

Apply fresh paint

This one's a no-brainer if you live in an area that experiences any sort of extreme or inclement weather on the regular. Guess what? That's pretty much everywhere on the planet, so sprucing up the paint on your siding, shutters and window frames should definitely be on your list of things to do. Look for chips, faded color and other obvious signs of wear then fix them ASAP before damage to the underlying surfaces sets in and you're left with an eyesore in need of more significant repair. Don't forget the prep work and the base coat. Do the job right by sanding, scraping and priming all surfaces before you apply a fresh coat to ensure you don't have to break out the brushes and rollers every other year.

Wash the windows

Letting dirt and grime build up on your windows can really tarnish an otherwise beautiful home. Thankfully, the days of climbing a ladder with a bucket and a squeegee are over. Just get yourself a bottle of window detergent that attaches to your hose, and spray your exterior glass.

Power wash the concrete

Moss, impacted mud and other stains can really make cement surfaces look dingy. Treat your front walkway, sidewalks, driveway and garage floor to a good power washing and prepare to be surprised by the outcome. There are lots of places where you can rent a power washer, and of course you can buy one if it's a job you think you'll do often.

Spread fertilizer and grass seed

Nothing screams "new home" quite like plush green turf. Sticking to a seasonal fertilization schedule and laying down grass seed to fill in bare spots can make it look like you just rolled out fresh sod all over, and it'll be a lot less expensive.

Hire a tuckpointer

Over time, the mortar joints between bricks can deteriorate. This not only looks bad, but can compromise the structural integrity of a brick wall, chimney or façade. Tuckpointing, also known as "pointing" and "repointing," is the way to address this issue before it becomes a much larger problem. Unless you're supremely confident in your abilities in this area, you'll want to hire a pro for this job, especially if your town requires permits for the work.

So are you ready to experience the next best thing to building a brand new home? Try these five tips and enjoy the perma-grin you'll have on your face afterward!





With fall comes cooler weather, apple picking and leather jackets, but for runners, it's marathon season. Some of the world's largest marathons—Chicago, Berlin, New York City—are in fall. I'm currently training for my third marathon, and I've never experienced anything more rewarding. That's why I encourage you to run a marathon, too.

You don't have to be a natural runner, or a hard-core fitness enthusiast. There are training groups to teach you how to prepare. Still not convinced? Take a look at my 26.2 reasons to start your own running journey.

1. RAISE MONEY

Whether you support animal welfare, human rights or a health-care organization, most marathons let you raise money for a charity of your choice. It's much more inspiring to run knowing you'll give back to a great cause.

2. MAKE FRIENDS

With all of the running groups out there, it's no surprise you'll meet like-minded people.

3. ACCOMPLISH SOMETHING

No matter what you've accomplished at work, school or in your personal life, running 26.2 miles is a major achievement that few can claim.

4. TRAVEL RUNS

Since marathons take place all over the world, why not make a vacation out of it?

5. NO EXCUSES

Since you have to complete all of your training runs in order to finish a marathon, it removes the excuses. It's no longer about wanting to work out, you have to.

6. TONED QUADS, CALVES & ABS

Need I say more?

7. BRING HOME THE GOLD

Not only are medals beautiful, each one represents a memory of crossing the finish lines.

8. CALORIE CONSCIOUSNESS

If you use the Nike app or Map My Run during your long runs, you will start to think of calorie intake differently. These apps calculate total miles run and calories burned. Then, when you pass a Dunkin Donuts, you'll think twice about stopping in because you know how many miles you'll have to run to burn it off.

9. SUPERFOOD INTAKE

Exercise makes you crave healthy foods with high water content, not junk.

10. CHEAT DAYS

While you can't entirely eat what you want during training, it's okay to splurge on a dessert, a second helping, or cocktail once in a while.

11. NEW GEAR

You get to dress in all the colors of the rainbow! Runners need to be seen for safety reasons. Buying a new pair of florescent running shoes may add motivation.

12. LET GO

If you had a stressful day, there's no better way to let off steam.

13. SAVE MONEY

Now that you're running outside on a regular basis, there's no reason to drop a ton of cash to use the treadmill or elliptical machines at the local gym.

14. A READY EXCUSE

Feel like staying in instead of attending your friend's get-together? "I have to get up early tomorrow to train" is a great excuse!

15. LESS THAN 1% OF THE US POPULATION HAS RAN ONE

Can't argue with that.

16. PERFORM BETTER

All of the hard work and dedication you put into running translates into all aspects of your life. Your mind is clearer, so you work more efficiently.

17. BRAGGING RIGHTS

It's hard to top the ,"I ran a marathon" accomplishment.

18. FIND YOURSELF

As cliché as it sounds, marathon runners find themselves deciding to move across the country, end a relationship they don't want to be in or quitting their unfulfilling job during training. Thanks to that clearer thinking.

19. THAT "RUNNER'S HIGH"

Also cliché, but almost every runner will tell you it's a real thing (and the best feeling).

20. IT'S THERAPEUTIC

Running is the time when you don't have people, emails or texts as distractions. It's the perfect time to let go, and just focus on your thoughts.

21. DEEPER SLEEP

Studies show that marathon training helps you sleep deeper.

22. BUILD ENDURANCE

If running double-digit miles sounds daunting to you, marathon training plans help you slowly build up your stamina.

23. GET TONED

By running as much as 50 miles a week, you will see a whole new body develop.

24. SUPPORTIVE CROWDS

During race day, there will be thousands of spectators holding signs, and people you don't know will be cheering for you. It's truly a surreal experience.

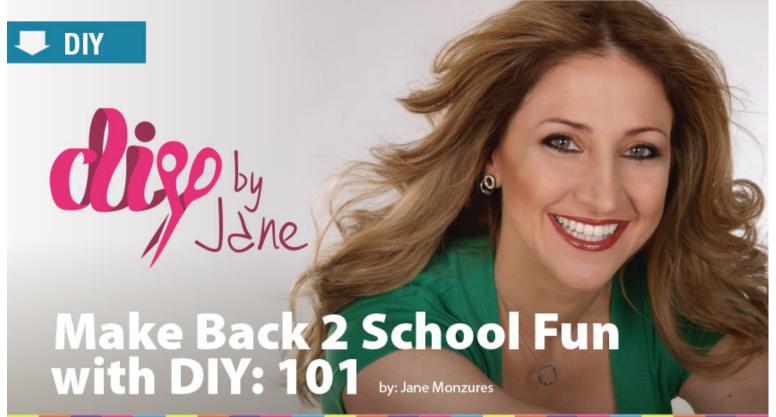
25. SOMETHING NEW

You will start to do more things that are out of your comfort zone. For example, maybe you needed to stretch more and will try yoga for the first time.

26. AND ANOTHER

Once you finish your first marathon, you'll crave more. You're already in shape, you've already completed one, try another — and another!

26.2 WHY NOT?





It's Back to School season and that means a little DIY creativity can get you an A+ attitude! A new locker is like a blank canvas, waiting to be decorated. So, let's give your locker some school spirit. I love working with chalkboard fabric because you can use it in so many ways for home decor. For a cool locker memo board, you will need chalkboard fabric, a magnetic shim (or use an old refrigerator magnet like the ones Realtors give away with the baseball team schedule on it), spray adhesive, varn and embellishments like die-cut letters, fabric, felt, bows, jewels, ribbon or whatever you want to make it your own.

First, measure the chalkboard fabric to fit the size of the magnet. Use the spray adhesive to mount the two together. You can set the end of a long piece of yarn inside of the magnet/chalkboard mount so it hangs down and can be used later to hold a piece of chalk.



Once the layers are glued together add embellishments to the chalk-board side; like cut-out shapes, pom pons, stickers, gems and more. The magnetic side sticks to the locker and you are ready to leave notes for yourself and locker mate.

Another quick idea, if you have any magnetic shim material left you can die-cut letters and shapes and use them to add to your locker decor, too.

A pennant is always a great way to brighten up the school day. Use a blank pennant, or the back of a used pennant you find from a summer garage sale, and add felt cut-out letters to create your own locker sign.

Back to School also means ugly text books so let's make sure those get a makeover in time for class. With a diecut and embossing machine it's easy. Use an embossing folder, brown craft paper (or you can recycle an old paper bag from the grocery store) and a few cuts and folds. To start, I measure the height and length of an open school book on the craft paper. Cut the top and bottom with 3 inches of extra paper allowance to fold over for a smooth edge and enough of a paper allowance on the ends to cover the inside front and back covers of the book.

Once the sizing is done, put the paper in the embossing folder and run it thru an embossing machine. Since

the paper is longer than the embossing folder, do it in sections to ensure the entire piece of paper gets embossed.

Finally, position the school book in the center of the paper and fold the sides over to wrap the book. The book covers get placed inside the folded ends of the paper to make a tight and secure wrap. There you have a cool, trendy new book cover made

from the simplest of materials. You can continue to embellish the cover with die-cut letters, numbers or shapes, and even add stickers, gemstones, or let your little Picasso do his or her own artwork with some cool markers.

Today, the ideas are endless with all the great DIY products available. It's so easy to make going B2S fun for everyone!





SEPTEMBER GRASS
James Taylor

SEPTEMBER GURLS the Bangles

SEPTEMBER WHEN
I FIRST MET YOU
Parry White

Barry White

THE LATE
SEPTEMBER DOGS
Melissa Etheridge

SEPTEMBER WHEN IT COMES Johnny Cash/Rosanne Cash

WAKE ME UP WHEN SEPTEMBER ENDS

Green Day

A LONELY SEPTEMBER

Plain White T's

SEPTEMBER Earth, Wind & Fire

PALE SEPTEMBER Fiona Apple

THE SEPTEMBER
OF MY YEARS

Frank Sinatra

MAYBE SEPTEMBER

Tony Bennett

SEPTEMBER IN THE RAIN

Dinah Washington

SEPTEMBER

Daughtry

IT MIGHT AS WELL RAIN UNTIL SEPTEMBER

Carole King

SEPTEMBER MORN

Neil Diamond



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