

TRAVEL • DRINK • FOOD • TY'S TIPS • LIFESTYLE • DIY • MUSIC

Enjoy

DECEMBER 2016

THIS ISSUE IS BROUGHT TO
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Christmas IN CHICAGO



8 Whole Health Reasons
To Keep Moving

TY'S TIPS: 3 WINTER
PROJECTS YOU CAN DO

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Vol 5 ISSUE: 7

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DECEMBER 2016

When I was a youngster, I would make my Christmas list with every expectation that I would get everything listed. Yes, I was spoiled. My parents spent many hours in Toys R Us making my childhood dreams come true. Finally, as an adult, I realize that Christmas is not about the stuff. I have everything I need. Most of us do. Yet, that's not the point. Many of us will spend countless hours in long lines trying to buy a piece of happiness. If you must shop, try Chicago.

In this month's **Travel** section, we detail all the goodies the "Second City" has to offer. It's beautiful; full of world-class architecture and top-of-the-line shopping. Best of all, it's centrally located. From the Mag Mile to The Bean, there's no place I'd rather spend Christmas than in my hometown, Chicago.

What would this holiday season be without a big vat of spiked egg nog? Check our **Drink** section for a skinny version that's sure to please.

As the holidays come and go, it's important to remember to eat healthy. With so many homemade cakes, pies and cookies to choose from, we offer you a healthy alternative; a detox salad in this month's **Food** section. Don't laugh!

We end this issue with an ode to our favorite cartoon character, Charlie Brown. Download the soundtrack, *A Charlie Brown Christmas* by the Vince Guaraldi Trio and watch as all of your guests smile with glee.

Happy Holidays!



Enjoy,
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ALL ABOUT DECEMBER

EVENTS, HOLIDAYS AND THEN SOME



December 2016

DECEMBER 1

World AIDS Day

DECEMBER 7

Pearl Harbor Remembrance

DECEMBER 8

Feast of the Immaculate
Conception

DECEMBER 10

Human Rights Day

DECEMBER 12

Poinsettia Day

DECEMBER 14

Full Moon

DECEMBER 16

Day of Reconciliation

DECEMBER 17

National Maple Syrup Day

DECEMBER 21

Winter solstice

DECEMBER 23

Festivus

DECEMBER 24

Hanukkah (begins)

DECEMBER 24

Christmas Eve

DECEMBER 25

Christmas Day

DECEMBER 26

Kwanzaa (begins)

DECEMBER 26

Boxing Day

DECEMBER 26

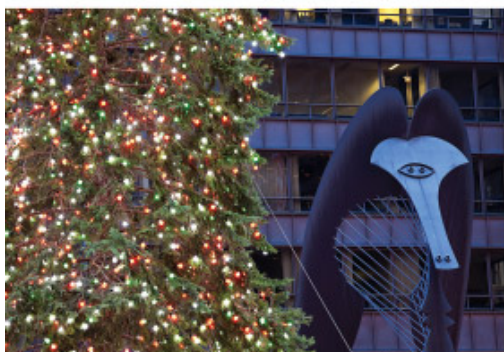
St. Stephen's Day

DECEMBER 31

New Year's Eve

Christmas IN CHICAGO

by: Chrystal Caruthers





Stop dreaming of a white Christmas and make your way to Chicago. Yes, the Second City, home to the World Series Champion Chicago Cubs, is also a great place to experience a snow-covered, storybook Christmas. From the Christkindlmarket in Daley Plaza to ice skating in Millennium Park, Chicago goes all out to spread holiday cheer. We list some of our favorite Chicago holiday traditions.

1. CHRISTKINDLEMARKET

What began as a German tradition is now a Chicago institution. The Christkindlmarket is a unique shopping experience nestled in the heart of the city's downtown. Daley Plaza is transformed into an enchanting, old-world holiday village, replete with German food, handcrafted gifts, and all the holiday cheer the city can muster. (FREE | Nov. 18 – Dec. 24)

2. ZOOLIGHTS

For a free, fun-filled family evening, head to the Lincoln Park Zoo for the annual light display. Take a photo with Santa, watch the ice sculptures take shape, sip warm spiced wine and nosh on holiday snacks. With live music, 3D displays and free crafting events, the zoo becomes a holiday playground for all. (FREE | Nov. 25 – 27, Dec. 2-4, 9-23, 26-31, Jan. 2, 2017)

3. THE MAGNIFICENT MILE

North Michigan Avenue is a shopper's paradise. Combine that with Oak and Rush Streets and you have a budget-busting shopping destination. From Jimmy Choo on Oak to Zara on Michigan Ave., this shopping mecca gets all bedazzled for Christmas.

4. THE NUTCRACKER – AND THE HIP NUTCRACKER

For ballet fans, The Joffrey Ballet performs The Nutcracker at the Auditorium Theater annually (\$56 | Dec. 10 - 30). If you don't like ballet, try The Hip Hop Nutcracker, featuring contemporary choreography set to Tchaikovsky's original score. (\$24 - \$75 | Dec. 9).

5. SANTA HUSTLE 5K

Chicagoans like to run – even in the winter. Between the eighth annual Santa Hustle 5k (\$50 registration fee | Dec. 3), where people literally run a 5k dressed in full Santa suits, to the Ugly Sweater Run (\$35 registration fee | Dec. 10), where runners take to the streets in their best thrift store finds, there's something for everyone.

6. CHRISTMAS CAROLING

Chicago may not be a small town, but you wouldn't know it from the Christmas carolers gathered at The Bean in Millennium Park. Part sing-along, part concert, this outdoor event draws local choral groups and hundreds of locals. (FREE | Nov. 25, Dec. 2, Dec. 9 and Dec. 16).

7. WINTER WONDERFEST

No trip to Chicago would be complete without visiting Navy Pier. For the past 16 years, the Pier has transformed into an indoor winter playground with rides, slides, holiday décor and a Chicago Blackhawks ice skating rink. (\$10 - \$23 | Dec. 2 – Jan. 8, 2017)

8. CHARLIE BROWN CHRISTMAS

This live play brings your Peanuts pal to the Broadway Playhouse at Water Tower Place to remind us that Christmas is not about having the tallest, most glitzy tree or the biggest gifts. It's about love. (\$15 - \$24 | Nov. 11 – Jan. 8, 2017)



FOOD

Holiday Detox Salad

4 stalks of kale, raw

½ cup blueberries

½ cup cherry tomatoes

½ cup cooked quinoa

¼ cup slivered almonds

1 large lemon, juiced

½ tablespoon honey

1 tablespoon extra
virgin olive oil



DIRECTIONS

Prepare honey and lemon vinaigrette dressing. Juice 1 lemon into a small bowl. Then add in extra virgin olive oil and honey, whisk with a fork. Set aside.

Thoroughly wash raw kale and pat dry with a paper towel. Cut the kale leaves off of the stem and chop leaves into bite size pieces.

Place chopped kale, ½ cup of blueberries, ½ cup of cherry tomatoes, ½ cup of cooked quinoa and ¼ cup of slivered almonds in a large bowl. Pour vinaigrette on salad and toss, making sure to coat everything.

ENJOY!

Eggnog

LITE

- | | |
|--------------------------|------------------------------------|
| 3 cups 1% milk | 1 tsp cornstarch |
| 1 vanilla bean | Freshly grated nutmeg, for garnish |
| 3 whole cloves | Cinnamon sticks for garnish |
| ½ tsp of ground cinnamon | Spiced rum or bourbon |
| 2 large eggs | |
| ⅓ cup sugar | |

DIRECTIONS

Heat 2½ cups milk in a medium saucepan. Split the vanilla bean lengthwise and scrape out the seeds. Add the seeds and pod to the saucepan along with the cloves and ground cinnamon. Simmer over medium heat.

In a large bowl, whisk the eggs, sugar and cornstarch until the mixture turns light yellow.

Gradually pour the hot milk mixture, about 1 cup at a time, into the egg mixture, whisking constantly. Pour the mixture back into the pan. Place over medium heat and stir constantly with a wooden spoon until the eggnog begins to thicken, about 6-7 minutes. Remove from the heat and immediately stir in the remaining ½ cup milk to stop the cooking. Strain the vanilla pod and cloves. Let it cool and transfer to a pitcher, stir in rum or bourbon and chill until ready to serve.

Garnish with nutmeg and a cinnamon stick.

ENJOY!



A full-body portrait of Ty Pennington, a man with short brown hair and a friendly smile, wearing a dark blue denim jacket over a white V-neck shirt and light-colored trousers. He is standing in front of a blurred background of warm, bokeh lights, likely from a Christmas tree.

TY'S TIPS

DECEMBER TIPS FROM
TY
PENNINGTON
INTERIOR DESIGN STAR

3 WINTER PROJECTS YOU CAN DO ... SERIOUSLY!

If you live in the Midwest or Northeast, you might go into "renovation hibernation" when winter rolls around. Unfortunately, some of the fun, life-changing home projects that you can do in other seasons just aren't possible when the temperature drops (or at least they're not as fun!). Still, there

are a number of projects you can pull off in winter to keep you busy. Besides, you'll probably find better prices at home improvement stores during these cold weather months since contractors are also less busy. So, turn down the heat and let's get to work!

Contributed by:
Kevin Lambert, based on tips from the Ty Pennington Design Team



UPDATE THE WALLS & DOORS

Since you're going to be spending the next few months inside, why not make the inside more beautiful? One project you can tackle during the long winter months is replacing — or refurbishing — the doors, knocking down walls, installing crown molding or simply painting. This last one might surprise you, because common thinking is that you need a ton of ventilation when painting indoors. But if you use environmentally friendly, waterborne paint that emits minimal fumes, you won't need to open every window in the house, and the drier winter months will help the paint set faster. When replacing doors, it's helpful to use the old one as a template for cutting the new one. Make a mark on the old door 10" up from the floor. With the new door on sawhorses, put the old one on top, keeping the hinge side and tops flush. Transfer the 10" mark on the old door

to the new one. From this new mark, measure 9-7/8" down to make your bottom cut.

INSTALL NEW FLOORING

Installing wood floors in any season requires that the material adjusts to indoor conditions. During winter, the air is cold and dry, so the tendency is for the floor to shrink. To prevent this, try to maintain the relative humidity inside your home between 35 and 60 percent after you've brought the wood inside to acclimate. To be safe, it's best to let it sit for two weeks prior to installation. Other ideas for avoiding the incredibly shrinking floor is to use engineered flooring instead of solid wood, use narrow boards that will shrink less than wide boards, or choose wood types that are less prone to the effects of moisture, like black cherry and mahogany.

CREATE STORAGE SPACE

Winter is the perfect time to organize

your home. Increasing storage space will increase living space, improving the look of your home as well as your peace of mind. De-cluttering is essential for people with kids, and a simple wooden chest is ideal for keeping stuffed animals, building blocks and books off the floor. It's best to use a hard wood that will age well and is easy to work with, like maple or cherry. Avoid oak since it tends to splinter. If you're making a hinged top, either use a soft-close mechanism or mount a hook and loop between the lid and the wall to avoid injuring little hands and fingers. Eye-pleasing shelves are the storage solution for everything else. Versatile track systems are good for closets and the garage. These systems allow for regular adjustments depending on your changing storage needs. For walls, floating shelves are ideal because they not only create more storage, but can really improve the interior design.

8 Whole-Health Reasons to Keep Moving

by: Sarah Amundsen



The holiday season can be stressful. You have gifts to buy and food to prepare. There are parties to attend, plan and host. This flurry of activity can make some people postpone their workout. Don't let that happen to you!

Working out is not just about losing weight — it also has a ton of mental benefits. It's a great way to keep your heart pressure low while boosting your stamina, both of which can be much needed during the holiday crunch. Whether you're into yoga, running or CrossFit, exercising on a regular basis can make you more centered and have a positive impact on your life. That said, here are our top eight reasons to exercise during the holidays:

THE HAPPINESS EFFECT

Exercise releases endorphins, creating feelings of happiness and euphoria. Doctors also recommend exercise as a natural way to treat depression and anxiety.

THE CALMING EFFECT

Exercise increases norepinephrine, a chemical that moderates the brain's response to stress. Working out reduces stress and boosts your body's ability to deal with difficult situations.

THE "YEEZY" EFFECT

Nothing makes you feel more accomplished than creating, sticking to and seeing results from a workout plan. Regardless of weight or size, regular exercise improves your image and self-worth.

THE IDEA STIMULATOR

If you need to get the creative juices flowing, exercise is a great way to make that happen. Researchers have noted that working out is associated with improved divergent and convergent thinking. These are considered the two components of creative thinking. Convergent thinking involves figuring out the "correct" answer to a problem, while divergent thinking involves problem solving with several solutions.

THE MEMORY BOOST

Studies have shown that exercising can create new brain cells and improve your overall cognition. Working out has also been proven to increase levels of brain-derived protein, which helps with decision-making, learning and higher thinking.

THE ENERGY BOOST

You've probably heard that successful, hardworking people often work out first thing in the morning. That's because physical exercise stimulates new mitochondria within your cells, meaning that your body will produce more energy. A morning exercise routine also provides more energy for your brain, giving you fuel to complete multiple tasks during the day.

THE LULLABY EFFECT

Some people compare a long run or gym session to taking a sleeping pill, and for good reason. Working out a few hours before bedtime increases your core temperature. When the temperature drops to normal a few hours later, it signals to the body that it's time for bed.

THE SOLITUDE BENEFIT

Consider your time at the gym or on the jogging path as time for you to take care of yourself and no one else. Make the most of it by ignoring calls, texts and emails. Isolate yourself and use your phone only to play your favorite music and track your activity.



 **DIY**



clips by
Jane

3 EASY STEPS TO AN

Up-Cycled Christmas

by: Jane Monzures

Create beautiful ornaments using your old CDs. You can give them as gifts or decorate an entire tree with your own! Everyone in the family can get in on the handcrafted action with this holiday DIY.

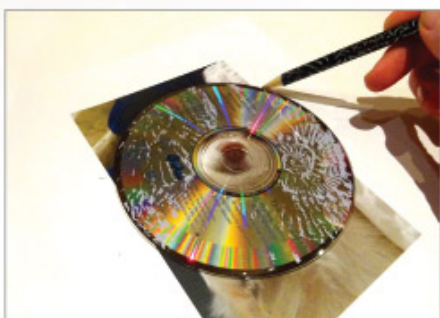
These ornaments are nostalgic because they allow you to time stamp the memories, people, places and things you love by using your favorite photos. Best of all, you get to repurpose those old CDs that are taking up space on your shelves, in your closet, in the drawers and anywhere else you stashed them. Let's get started.





What you'll need

- Old CDs you no longer use
- Felt with adhesive backing
- Printed photos
- Aleene's Tacky Spray (or any spray adhesive)
- Yarn or ribbon
- Scissors
- Stickers (or any embellishments that you like such as tinsel or sequins)



STEP 1

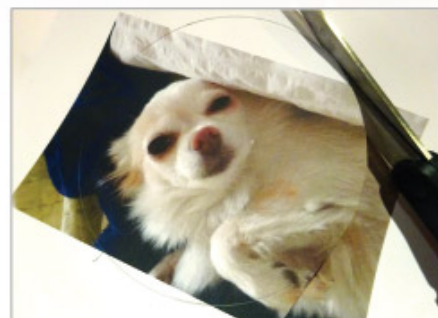
Set the photo you want to transfer to the CD on a flat surface.

Place the CD on top of the photo and trace around it with a pen. Do the same on the back side of the felt.



STEP 2

Cut the felt along the traced circle. Loop a small piece of yarn or ribbon to use as the tree hanger and press the ends onto the sticky side of the felt. Then stick the felt onto the back of the CD and firmly press together so the loop is secure.



STEP 3

Cut the photo along the traced circle. Spray the back of the photo with adhesive and stick it on the CD on the side without the felt. Now you have one side of the CD with a photo and the other with the felt.

Use glue to add colorful pom-poms, glitter, ribbons, crystals, or beads. You can even use sticks or toothpicks to make your ornament as unique as you!



These handmade ornaments are sure to put a smile on every tree.

Merry Christmas!



MUSIC

A CHARLIE BROWN *Christmas Soundtrack*



O TANNENBAUM

Ernst Anschütz

WHAT CHILD IS THIS

William Chatterton Dix

MY LITTLE DRUM

Vince Guaraldi/
Katherine Kennicott Davis

LINUS AND LUCY

Guaraldi

CHRISTMAS TIME IS HERE (Instrumental)

Guaraldi

CHRISTMAS TIME IS HERE (Vocal)

Guaraldi

SKATING

Guaraldi

HARK, THE HERALD ANGELS SING

Charles Wesley

CHRISTMAS IS COMING

Guaraldi

FÜR ELISE

Ludwig van Beethoven

THE CHRISTMAS SONG

Mel Tormé, Robert Wells



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