

TRAVEL • DRINK • FOOD • TY'S TIPS • FITNESS • DIY

Enjoy

APRIL 2017

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The
Mystical
Magic of
New Mexico

+

SPRING
INTO ACTION
JUMP-START A NEW FITNESS ROUTINE

TY'S TIPS: A MONEY SAVING
HOME IMPROVEMENT PLAN

and much more!

Vol 5 ISSUE: 11

Enjoy

APRIL 2017

Sometimes it snows in April, but most times, it rains. April is a month that makes us feel like doing something new. It's the perfect time to nurture a new hobby, a new exercise routine, a new relationship. It's a time to feed your passion and watch as good things bloom.

You may have already abandoned your New Year's Resolution to lose a few pounds or eat more kale, but our resident **FITNESS** expert, Jennifer Wolan, tells us how to get back on track. You can start fresh, just like spring. Find a new yoga class to join a couple of nights a week, or start a new juice fast. Either way, getting in shape is all about taking the first step.

In the spirit of healthy living, try our new non-alcoholic **DRINK** recipe. We branded it for pregnant mommies, but there's no reason everyone can't enjoy this bubbling libation.

This Easter, we help you take those color-dipped eggs to new heights. With Dad's old silk ties, and a little creativity, these Easter Eggs are haute couture!



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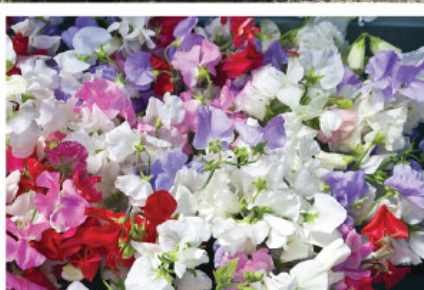
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ALL ABOUT APRIL

EVENTS, HOLIDAYS AND THEN SOME



APRIL 2017

APRIL 1

April Fool's Day

APRIL 7

World Health Day

APRIL 9

Palm Sunday
MTV Movie Awards

APRIL 10

National Siblings Day

APRIL 11

Passover begins

APRIL 13

Holy Thursday

APRIL 14

Good Friday

APRIL 15

Record Store Day

APRIL 16

Easter
Emancipation Day

APRIL 18

Tax Day

APRIL 22

Earth Day

APRIL 28

Arbor Day

APRIL 30

International Jazz Day

OBSERVANCES

National Poetry Month
Stress Awareness Month
National Donate Life Month

BIRTHSTONE

Diamond & Crystal

FLOWER

Sweet Pea

ASTROLOGICAL SIGN

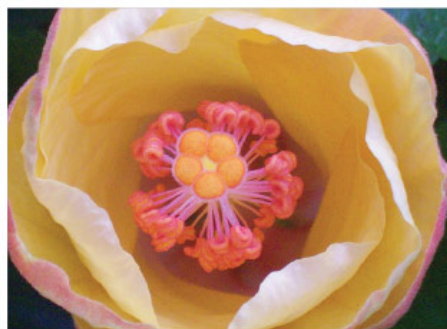
Aries

THE *Mystical* Magic of New Mexico

by: Courtney Simmons

New Mexico is filled with wonder. The state slogan is “The Land of Enchantment,” and it couldn’t be closer to the truth. I was awestruck from the moment I hopped off the plane. As a Midwesterner, experiencing Albuquerque was like entering a new world completely absent of familiar green foliage and thick, oppressive humidity. The rocky desert terrain is dotted with adobe-style homes on a horizon that meets an expansive, blue, cloudless sky. Its natural beauty is quite obvious, but there is a palpable energy about the land that makes it feel even more enchanting.

Autumn in New Mexico is an especially magical time of year. It’s when the red and green chilies are roasted, filling the air with a warm aroma of charred peppers. It’s when professional balloonists travel from near and far to fill the sky with a kaleidoscope of colorful hot air balloons. It’s a sight to behold and completely worthy of adding to your bucket list. Seriously, start planning your September or October adventure now. The air is crisp, the culture is rich and the history is deep. New Mexico is truly a place for the outdoor seekers of wanderlust.



ALBUQUERQUE INTERNATIONAL BALLOON FIESTA

The Albuquerque International Balloon Fiesta is the largest hot air balloon festival in the world. This nine-day event takes place every October in a large open field surrounded by the Sandia Mountains. The festival features balloons lit from within to light up the night and exciting balloon races and rodeos, but the most spectated event is the mass ascension. At sunrise, hundreds of hot air balloons coordinate a simultaneous lift-off. The best part? Standing in the midst of these massive beauties as they lift weightlessly. Picture the glow of the rising sun on the horizon lighting up the Sandia Mountains as a rainbow of balloons lift off, literally right over your head.

SANDIA PEAK SKI & TRAMWAY

The Sandias are a chain of mountains on the eastern side of Albuquerque. Sandia is Spanish for watermelon and as the sun sets, the mountains take on a bright pink hue—watermelon mountains. The Tramway is a fun way to take advantage of the expansive views from the Sandia Peaks. It takes about 15 minutes to

travel from the base of the mountain to the peak, but the ride itself is exciting as you travel nearly three miles over the canyons with birds-eye views of flora and fauna. The dramatic panorama of New Mexico's landscape stretches as far as the eyes can see. There's also a full bar and restaurant on the Tramway perfect for taking it all in.

ACOMA PUEBLO

Often called "Sky City," Acoma Pueblo is the oldest inhabited community in America. Built upon a 367-foot sandstone bluff, Acoma Pueblo allows visitors to immerse themselves in Native American culture. Tour the authentic tribal dwellings, none of which have running water, electricity or sewer systems. The homes are typically 3-story, apartment-style buildings made of adobe mud brick. Each level is connected by ladder and many buildings are accented with bright bursts of turquoise trim. Traditional Acoma pottery is dotted throughout the community, displaying bold geometric patterns. Walking through the ancient community is a truly surreal experience. It's like walking backwards in time.



Easy BAKED EGGS

2 free range eggs

Parmesan cheese (freshly grated)

2 basil leaves

Salt & pepper to taste

Leftover pasta sauce

Cottage cheese

Olive oil spray

2 ramekins

DIRECTIONS

Preheat oven to 425-degrees.

Spray ramekins. Spread pasta sauce in the bottom of your oven-safe dishes. Dollop with cottage cheese. Tear basil and scatter. Break two eggs on top. Season with salt and pepper. Grate parmesan on top.

Bake for 15 minutes. Yolks should still be runny.

Serve with toast & ENJOY!



DRINK 

MOMMY-TO-BE *Mimosa*

1 bottle ginger beer (non-alcoholic)

Fresh squeezed orange juice

DIRECTIONS

Squeeze oranges. Top with ginger beer.

ENJOY!



 **TY'S TIPS**

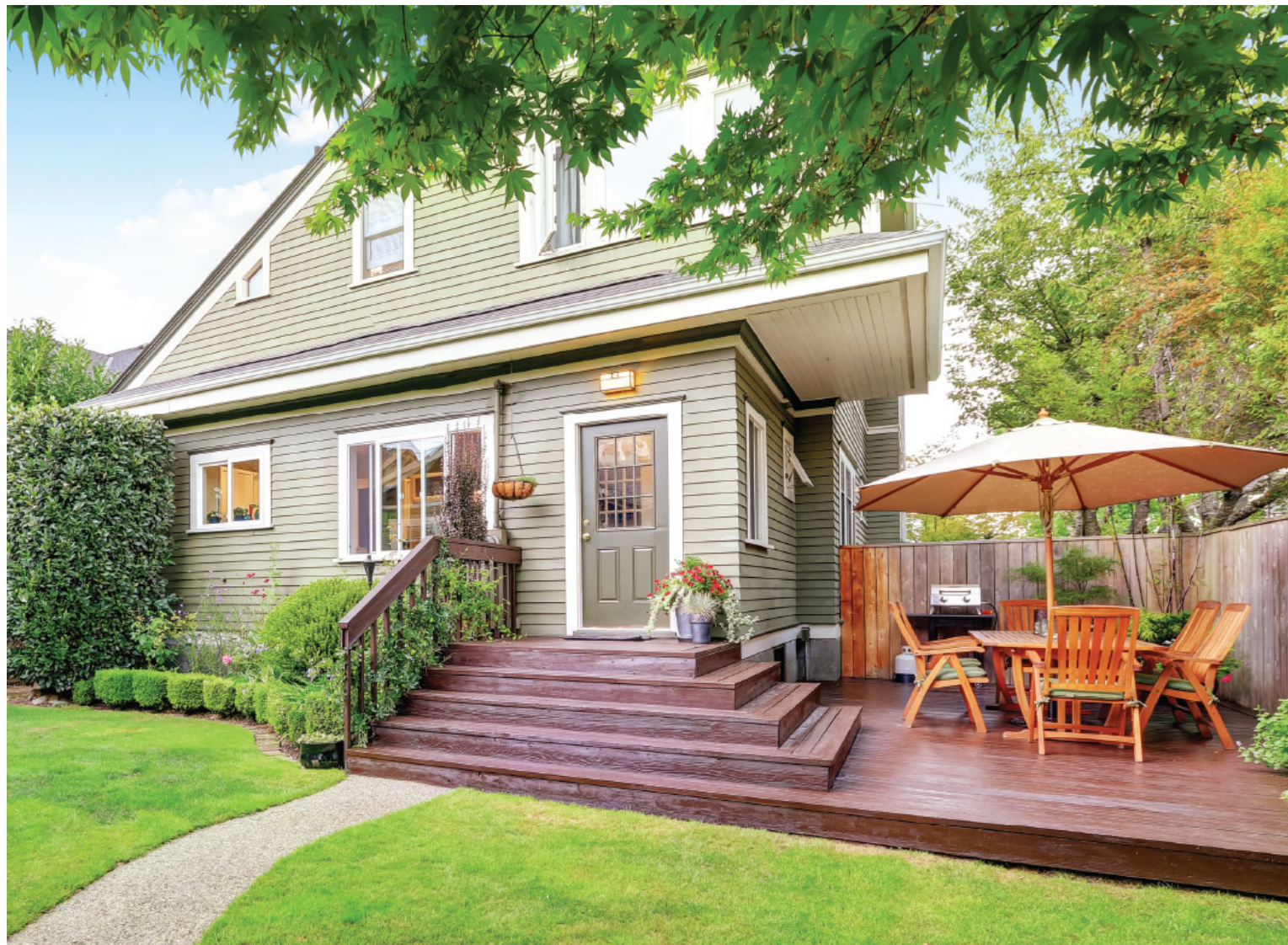
APRIL TIPS FROM
TY
PENNINGTON
INTERIOR DESIGN STAR

WANT TO SAVE MONEY?

MAKE A HOME IMPROVEMENT PLAN

Now that winter has let up, it's time to emerge from hibernation and start mapping out your home improvement projects for the coming year. With pen and paper in hand, the more organized you are now, the more time and anxiety you can save in the future.

Contributed by:
Nick Van Heest, based on tips from the Ty Pennington Design Team



MAKE A LIST

This is the best part of the planning process because it's full of fun words like vision, possibility and potential. Write down your home improvement goals for both the interior and exterior. Give yourself a realistic time frame to accomplish each one. If ideally you want to build a deck this summer, plan it now. Leave space next to each project so you can add notes.

MARK YOUR CALENDAR

What you have going on in the months ahead will determine what kind of commitments you can make. Weddings, reunions and vacations might make some of the more elaborate projects impossible, or a little challenging, to pull off especially if they involve contractors. Pare down your wish list

according to realistic expectations of your available time.

GATHER MATERIALS

Next to each project, write down the materials and tools you'll need to get the job done. Get specific. From wood glue and paint pans to copper wire and mounting screws. For instance, if you plan to drill holes in concrete, a regular drill bit won't cut it. You'll need a masonry bit, and probably more than one.

TAKE MEASUREMENTS

To know how much of each material you'll need, it's important to take precise measurements. Remember, you're planning ahead to avoid waste. Scrap is money down the drain. The better your measurements, the less

scrap you'll create and the more money you'll save.

TAKE INVENTORY

Once you have a manageable set of home projects laid out and a list of supplies in hand, it's time to poke around the house, garage and basement to see what supplies you already have. Estimate what's needed to complete the project, then add ten to fifteen percent more, just to be safe.

MAKE A BUDGET

Assign a rough cost to each project on your list. Budget funds based on the high end of your estimates. You don't want to start a project and run out of funds to complete it.





↓ FITNESS

SPRING INTO ACTION

by: Jennifer Wolan



It's never too late to start a new fitness routine. In fact, spring is a great time to start something new. When it comes to working out, I think it's best to mix up your fitness routine often. Not only does it keep your body guessing while elevating your fitness to the next level, it's a good way to stay interested.

Pro Tip: Find an online promotion at a cool yoga studio or bar method class that you've been curious about. You can drop in on classes at a fraction of the membership cost. Also, with a short-term promotion, there's no chance of getting bored. You use it or lose it!

The hardest part of starting a new routine is the fear of looking like a clueless newbie. Worry not, I have a few pointers for you:

DON'T BE SHY

Let your instructor know it's your first time joining this class, doing this routine or getting up off your couch on a Sunday morning! You'll get more attention from the instructor and usually more support from your classmates. Choose someone who seems to have it together and mimic their every move. As your



body warms up and you find your rhythm, try to enjoy yourself.

DO YOUR RESEARCH

If you've decided to try weightlifting, find a blog or magazine to follow to glean expert insight.

You'll find it will be much easier to follow your class if you already have a working knowledge of what's expected. And you'll be able to keep up with the conversation post-workout.

DON'T QUIT

Remember, starting something new is never easy. You will be out of breath, your muscles will get sore and sometimes you'll want to quit. Don't! Try a three-month commitment. Spend at least 90 days doing a new workout routine before you quit. That way, you have the chance to get the hang of your workout and the chance to see how your body, mind and spirit responds before jumping to the next new thing.

A collection of colorful, hand-painted Easter eggs with various patterns and designs, including geometric shapes, abstract patterns, and small figures. The eggs are displayed against a background of yellow and red flowers. A red ribbon is tied around one of the eggs. A small red box with the text 'DIY' is visible in the top left corner.

by: Jane Monzures



Clips by Jane

TO DYE MORE EGGS, YOU CAN REUSE EACH TIE SQUARE UP TO 4 TIMES.

Every Easter season, people across the globe hard-boil eggs and dye them bright, vibrant colors. There are many ways to dye an Easter egg, but if you really want to impress family and friends this year, try this trick: silk tie-dyed Easter eggs.

This is the perfect up-cycle crafting project. You use fabric on hand, the kids get to raid Dad's closet and the result is a batch of beautiful eggs, perfect for display. Think Fabergé!

SUPPLIES

- Several 100% silk ties
- A clean white cotton T-shirt
- A handful of twist ties and rubber bands
- A dozen raw eggs
- Distilled white vinegar
- Seam ripper
- Tongs
- Stock pot

INSTRUCTIONS

Using your seam ripper, remove the seams and the lining in your silk ties. You will only need the silk.

Cut the widest part of the tie into a square big enough to completely cover the egg.

Place the raw egg gently within the silk square. Wrap the silk around the egg. Seal the silk with a twist tie to create a silk pouch.

Wrap each pouch in white cotton T-shirt material and secure with a rubber band.

Place the eggs in a pot and prepare to boil. Make sure each egg is completely submerged. Add 3 Tablespoons of distilled white vinegar to the water. Boil for 30 minutes.

Remove your eggs from the boiling water with tongs. Cool for 30 minutes. Unwrap each egg to reveal perfectly colored silk tie-dyed eggs!



1



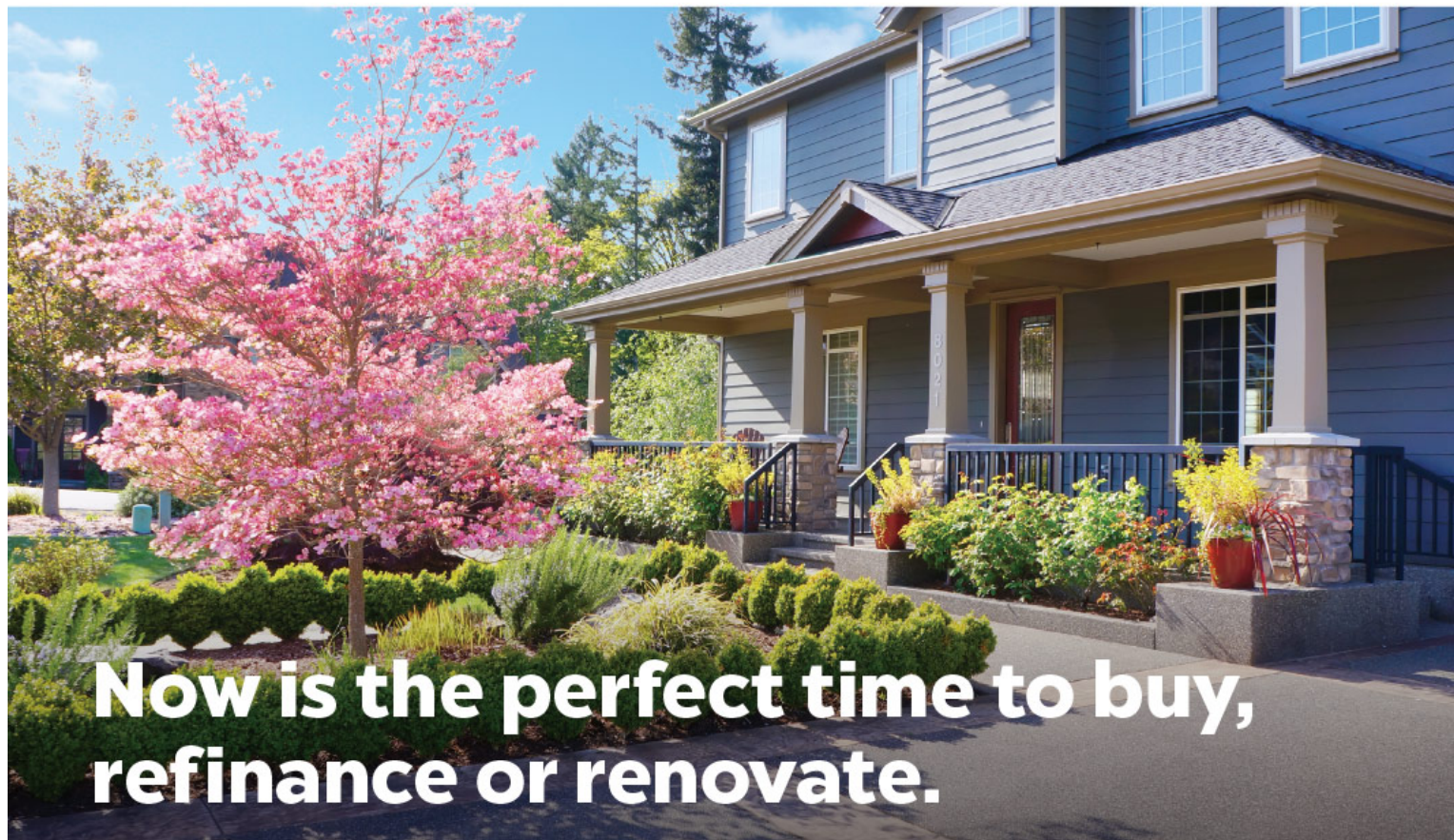
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3



4



Now is the perfect time to buy, refinance or renovate.

5 reasons to “Spring” for a new or improved home in 2017:

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