



When I think of Alaska, only one image comes to mind -- snow. To me, it's a frozen, barren tundra of gusting winds and melting ice caps. I never thought Alaska had four seasons much less a summer until I read Kurt Clauss' piece about his affair with the northern most state. Surprisingly, June, Alaska's warmest month, averages 60-to-80 degrees. With 6 a.m. sunrises and 11 p.m. sunsets, you can pack a lot of hiking, golfing, fishing and camping into a day. After you read his piece, I dare you not to add Alaska to your bucket list of summer destinations!

June is also a time to celebrate Dad. Father's Day is Sunday, June 18th so I encourage you to spend some quality time with pops. For the kids, Jane Monzures, our **DIY** expert, shows us how to craft a pillow from Dad's old sweatshirts. It's a gift with staying power. If you want to make Dad a mix-tape (do people still do that?!) take some tunes from our **Music** section. There are lots of songs singing praise to moms, very few songs show reverence for dad. I curated the best I could find in multiple genres.

This month, and every month, get out and ENJOY life.

Sincerely, Chrystal Caruthers Editor-in-Chief chrystal@enjoy.com

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JUNE 2017

JUNE 1

Shavuot (End)

JUNE 2

National Donut Day

JUNE 4

Pentecost

JUNE 5

World Environment Day

JUNE 8

National BFF Day

JUNE 14

Flag Day

JUNE 15

Corpus Christi

JUNE 18

Father's Day

JUNE 19

Juneteenth

JUNE 21

Summer Solstice International Yoga Day

JUNE 24

Ramadan (End) St. John the Baptist

JUNE 29

St. Peters

OBSERVANCES

National Safety Month LGBT Pride Month Men's Health Month

BIRTHSTONE

Pearl

FLOWER

Rose













ANCHORAGE

Summer weather ranges from sunny and 70s to damp cold and 40 so pack for everything. Spending at least a couple hours on a bike while you're in Anchorage is an absolute must. The city was called a bike utopia by *Bicycling* magazine.

Rent a bike downtown and set off on the Coastal Trail, a paved path that starts in Anchorage and winds along the coastline to Kincaid Park. Peddle through the wildlife-filled woods. It's common to spot a moose or two along the path! My favorite thing to do is ride Flattop Mountain and the Powerline Trail for steep, high-altitude paths. You can also elect to take a shuttle to the top of Flattop and ride back down.

SEWARD

For a popular day trip, head to Seward, a small city in the Kenai Peninsula Borough. With a population of about 2,500 inhabitants, Seward is a charming example of small town America. It's a port city, a stop for cruise ships and a great place to book a night at a bed & breakfast before driving up to see Exit Glacier.

For a unique day hike, head to the Chugach National Forest, often called America's Rainforest, because yes, there's a rain forest in Alaska! Hike the lush forest beneath a canopy of spruce and hemlock trees.

DENALI NATIONAL PARK

This 6 million-acre national park is pristine. There is only one road into Denali and cars are only allowed on part of it. For the best experience, take a narrated bus tour. From mid-May to mid-September, private bus tours traverse the low valleys and high mountain passes. If you're lucky, you'll spot wild animals roaming freely. This isn't a zoo. Here, caribou, moose, grizzly and black bears roam freely.

A short time spent in Alaska will give you a taste of what the hardy locals see in this isolated, amazing world of nature



and outdoor beauty. I wholeheartedly agree with the words of John Muir, America's most famous naturalist: "To the lover of wilderness, Alaska is one of the most wonderful countries in the world."



So Good Soba Salad by: Chrystal Caruthers

INGREDIENTS

1 pack soba noodles

1/4 cup honey

¼ cup soy sauce

1 teaspoon red pepper flakes

2 tablespoons rice vinegar/sherry vinegar

2 tablespoons toasted sesame oil

1 pack frozen edamame (thawed)

1 inch piece fresh ginger (peeled & grated)

2 cloves garlic (minced)

1/4 cup avocado oil

2 carrots (grated)

1 bunch scallions (sliced thin on an angle)

2 tablespoons white and black sesame seeds

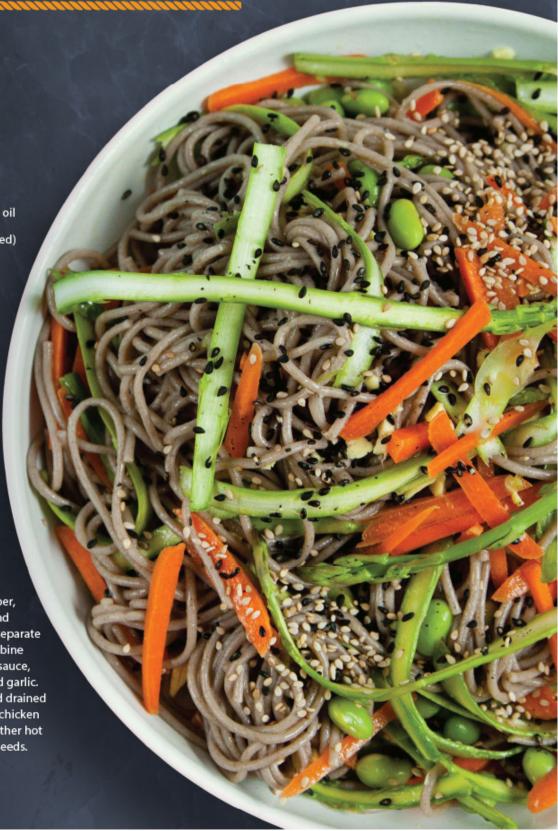
1 red bell pepper (julienned)

1 whole rotisserie chicken breast (store bought)

DIRECTIONS

Boil noodles according to package instructions until al dente. In a bowl, add red pepper, edamame, carrots, scallions and chopped chicken breast. In a separate bowl, make the dressing. Combine honey, red pepper flakes, soy sauce, vinegar, sesame oil, ginger and garlic. Emulsify with avocado oil. Add drained noodles to dressing. Top with chicken and veggies. Toss and Serve either hot or cold. Garnish with sesame seeds.

ENJOY!





Booze & Cubes by: Chrystal Caruthers

If you've been struggling to drink the recommended 2 liters of water daily, I have the perfect solution—pretty little ice cubes packed with fresh fruit and herbs. They're easy to make and fun to mix with Gin or Vodka for an adult beverage. One important tip: To create clear ice cubes, boil the water first. Let it cool completely then boil it again. Once it's cooled, it's ready to make fruit ice cubes.

INGREDIENTS

Filtered water

Fruit – strawberries, blueberries, lemons, limes, oranges, whatever you have on hand. For this recipe, we'll use blueberries and mint.

Herbs – fresh mint, basil, Cilantro – it all works perfectly.

DIRECTIONS

Add freshly chopped mint and whole fresh blueberries to each individual ice cube square. Don't overfill. Pour filtered water on top. Freeze overnight.

Enjoy these pretty cubes daily. Fill your water bottle before work and drink the flavored water as the cubes melt. After work, add a few cubes to a cocktail glass. Top with your favorite Gin, and

ENJOY!





JUNE TIPS FROM

TY

PENNINGION

INTERIOR DESIGN STAR



5 QUICK IMPROVEMENTS TO INSTANTLY SPRUCE UP YOUR HOME

Even if you're not planning to move anytime soon, a weekend devoted to home improvement is a weekend well spent. Ready to roll up your sleeves and get to work? Here are 5 projects that can instantly beautify your home while providing a serious return on investment down the road.

Contributed by:

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



OPEN SPACES ARE HAPPY PLACES

Most older homes are compartmentalized into little rooms – the living room, separate dining room, kitchen, and family room. Times have changed and most people like to roam freely and hang out without barriers. If you can have a contractor open the walls between your rooms, your house will live larger, feel airier and cause spontaneous family dance parties...at least we can dream.

LET THE SUN SHINE IN

Want to instantly update your home?
Get rid of the heavy drapes. Modern
homeowners crave light, but not
that artificial blue light – natural light.
The trend is toward energy-efficient
lighting that dims and responds to
your smartphone. With today's LED
bulbs, creating a well-lit home is as
easy as replacing those energy draining
incandescent bulbs.

GO FOR GREIGE

If you're on Pinterest, you already know about Greige, the hottest paint color on the market. It's a combination of gray and beige, Greige. If you haven't painted your home in a while, this trendy color will add subtle refinement while also signaling that you know what's going on in the interior design world.

FOCUS ON THE FLOORS

Nothing commands attention like beautifully finished hardwood floors. If your house is covered in wall-to-wall carpeting, you might want to consider upgrading to hardwood, or a faux wood flooring. There are so many options to choose from – laminate flooring that looks like wood is the most cost effective and easy to install. The latest innovation is stone or porcelain tile that looks like hardwood but wears like a hard surface. Of course for the comfy cozy feeling of wood, nothing beats old-

fashioned thick planks of wood that are custom cut, sanded and polyurethaned.

THERE'S NO KITSCH IN KITCHEN

You may have collected a hundred ceramic, porcelain or metal roosters to decorate the space above your cabinets, but maybe it's time to de-clutter. Tchotchkes are nice in moderation. For an instant update, however, try a curated approach. Keep the items you love; those that you simply can't live without, then gift the rest to your friends, adult children or a shelter for women.







tone and posture. One sequence; lots of benefits. Let's get moving!

First, stand tall (Mountain Pose). Raise your hands overhead (inhale), forward fold and let your hands touch the floor. Step back into a high-to-mid plank (exhale). Push your chest up and inhale (Cobra pose). Push back to downward dog (exhale).

PRAYER TWISTS

Honestly, you can incorporate any twist and turn you like best. I prefer Prayer Twists, also known as Parsvakonasana. Yep, it's a mouthful, but it packs a ton of health benefits. It opens the chest, stretches back muscles and helps realign the spine—perfect for sleeping in strange beds!

From standing, lunge your right foot forward and rotate your torso, bringing your left elbow to your right knee. Palms together (this is called prayer pose), rotate your right shoulder back so you look to the sky. Hopefully, you're on a beach or deck enjoying the sun and fresh air.

TREE POSE

A good vacation should give you a break from the stress of everyday life. And no pose helps you find balance like Vrksasana, or Tree Pose. This basic pose seems simple, but it challenges your mind and body to stay focused and present in the moment. It strengthens the thighs, ankles and spine and steadies the mind.

Start in Mountain pose; feet together. Bring palms together in prayer (Anjali Mudra). Shift weight to right leg.

knee turning outward. Place sole of left foot on right thigh, if possible. If you need to rest your left foot just below the knee on your calf, please do so. This pose should not hurt. Hold for as long as you can.

Adding a few Asanas to your vacation is a great way to get your body to release serotonin, the happiness hormone. Namaste.





his year, let's give Dad something we know he loves—something that ties in his alma mater or favorite sports team. Sure, tickets to the next big game would be nice. But how about something a little more personal? This Father's Day, give Dad a handmade pillow crafted from one of his old sweatshirts.

Get out your scissors and get ready to sew a pillow to go on Dad's favorite chair. Every time he sits back to watch a game, he'll sink into your homemade pillow. It's a Father's Day gift he can use year-round!

SUPPLIES

- Pillow insert
- Fabric scissors
- · Straight pins
- Sewing machine (or liquid stitch)
- Dad's old sweatshirt

INSTRUCTIONS



Remove the sleeves and hood from the sweatshirt. Split the body of the sweatshirt lengthwise into two pieces (front and back).



Lay the back piece of sweatshirt fabric flat on the table. Position the pillow insert in the middle of the fabric. Cut the sweatshirt fabric to size, leaving a halfinch of extra material around the insert.



Place the front piece of fabric on top of the pillow insert logo side down and cut to match the size of the bottom fabric.



Pin three sides of the fabric together. Sew along the pins.



Turn the fabric inside out and push the pillow insert into the opening.



Pin the open edge together and handsew it closed.

There you have it! An old favorite sweatshirt crafted into Dad's new favorite pillow. Happy Father's Day!

















PRO TIP

If you don't have a sewing machine, use liquid stitch—a glue made specifically for fabric.



DADDY

Beyoncé

SONG FOR DAD

Keith Urban

MY FATHER'S EYES

Eric Clapton

THE GREATEST

MAN I EVER KNEW Reba McEntire

MY FATHER'S HOUSE

Bruce Springsteen

DADDY'S HOME

Shep & The Limelights

I LEARNED FROM YOU

Billy Ray Cyrus & Miley Cyrus

LIKE FATHER LIKE SON

Lenny Kravitz

PAPA LOVED MAMA

Garth Brooks

PAPA DON'T TAKE

NO MESS

James Brown

FATHER TO SON

Queen

DAUGHTERS

John Mayer

JUST THE TWO OF US

Will Smith

DANCE WITH MY FATHER

Luther Vandross

FORGIVE THEM FATHER

Lauryn Hill

DADDY COULD SWEAR,

I DECLARE

Gladys Knight & The Pips

STUNTIN' LIKE MY DADDY

Birdman & Lil' Wayne



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