

Enjoy

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FEBRUARY 2018

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INSIDE:

HOT IN ICELAND: REYKJAVIK
TO THE GOLDEN CIRCLE

IT'S NEVER TOO
COLD FOR **ROSÉ**

GO GLOSSY WITH
ACRYLIC WALL PANELS

HEALTH BENEFITS OF
BEING IN A **RELATIONSHIP**

Enjoy

FEBRUARY 2018

Welcome.

This issue of *Enjoy* magazine is filled with love! From our fun-loving tips on how to spice up your Valentine's Day, to delectable recipes that inspire a cozy night in, we've created a magazine brimming with warm fuzzies. With love as the theme, we also gathered some research on the health benefits of being in love – but not that tingly-fluttery-nerve wrecking love that makes your stomach tie itself in knots. Real love. Research shows long term relationships help people live a longer, fuller life. Whether you're married or searching, the goal is to connect deeply with someone and reap the benefits of true intimacy, agape love.

In Ty's Tips, we alert you to the latest trend in home décor: high gloss acrylic wall panels. In Europe, these groutless panels are commonplace. Here, they're just getting started. Try them in your next kitchen remodel and experience the ease for yourself.

This month and every month we hope you *Enjoy* all that life has to offer.

SINCERELY,



Chrystal Caruthers
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Copy Editor, Writer



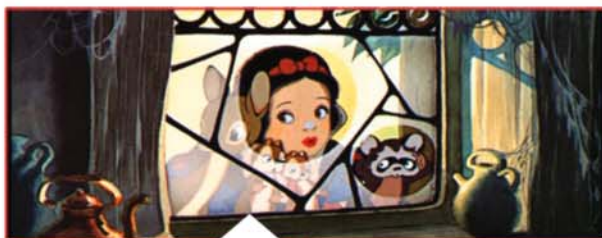
Kurt Clauss
Writer, Travel



Jake Newton
Designer

sunday

monday



4

1938: *Snow White and the Seven Dwarfs* is released, grossing more than \$8 million, one of the highest totals of the time.

5



11

1990: Nelson Mandela, the anti-apartheid advocate and future President of South Africa, was released from prison after serving 27 years of a life sentence for sabotage.

18

1972: The Volkswagen Beetle becomes the world's best-selling car overtaking the Ford Model T.

19



25



26

1929: Congress establishes Grand Teton National Park in Wyoming. The park encompasses over 300,000 acres of land.



Sign of the times

Aquarius: Jan. 20 – Feb. 18

Notable personalities include:

Harry Styles • Molly Ringwald • Michael Jordan
Ellen DeGeneres • Justin Timberlake • Shakira
Oprah Winfrey • Christian Bale • Jennifer Aniston

FEBRUARY

tuesday	wednesday	thursday	friday	saturday
	 MAUREEN KEATING PHOTO	1 1884: The Oxford English Dictionary, considered the most comprehensive and accurate dictionary of the English language, is published.	2 1876: Baseball's National League of Professional Baseball Clubs was created. The league included eight teams from the Midwest and East Coast.	3 
6 1938: John Steinbeck's novella <i>Of Mice and Men</i> is published. The story follows two traveling ranch workers in Depression Era California.		8 	9 1964: American audiences get their first taste of The Beatles on the Ed Sullivan Show. It is estimated that 73 million Americans tuned in to see the Fab Four live.	10 1972: David Bowie debuts his character Ziggy Stardust at a London pub. <i>The Rise and Fall of Ziggy Stardust and the Spiders from Mars</i> is considered Bowie's breakout.
13 2001: Director Ang Lee (who most recently won Best Director in 2013 for <i>Life of Pi</i>) receives 10 Oscar nominations for <i>Crouching Tiger, Hidden Dragon</i> .	14 1886: The first train-load of California oranges heads east from Los Angeles on the transcontinental railroad.	15 1903: Morris Michtom, a New York toy maker, displays his newly created teddy bear, named after President Theodore Roosevelt.	16  MARION S. TRIKOSKO PHOTO	17 1966: Mark Twain, the pen name of Samuel Clemens, publishes <i>The Adventures of Huckleberry Finn</i> .
20 1998: Tara Lipinski wins the gold medal in women's figure skating at the Nagano Olympics Winter Games. At just 15, she became the youngest gold medalist in the sport.	21 1885: The 555-foot marble Washington Monument was dedicated in Washington D.C. The monument is the tallest structure in the capital.	22  AP PHOTO	23 1945: Six U.S. Marines hoist a flag into the air after taking the strategic position of Mount Suribachi in Iwo Jima. The resulting photograph won Joe Rosenthal a Pulitzer Prize.	24 
27  MARK FISCHER	28			

The history of Valentine's Day

FEBRUARY 14: Although the origins of Valentine's Day are murky, ancient Romans celebrated the feast of Lupercalia, a spring festival, on the **fifteenth** of February. Like so many holidays, a Christian gloss was added to the pagan fete when the holiday moved to the fourteenth of February — the saint day associated with several early Christian martyrs named Valentine. The romance we associate with Valentine's Day may spring from the medieval belief that birds select their mates on February 14th. The Nuremberg Chronicle (published in 1493) is believed to contain the **first** in-print mention of Saint Valentine, though his role as patron saint of lovers was not mentioned. — SOURCES: THE LIBRARY OF CONGRESS AND HISTORY.COM

TAKE THE PLUNGE

ICELAND IS HOT

by Kurt Clauss

I remember reading an article that ranked all countries on how happy their people were and found it odd that Iceland was at the top of the list. How can a sparsely populated, cold, island country with only 4-5 hours of daylight in the winter be one of happiest places on earth?





Clockwise: Kurt Clauss on the Kerid volcanic crater lake. (KURT CLAUSS PHOTO) The Kirkjufell volcano, the coast of Snaefellsnes peninsula in Iceland. (SHUTTERSTOCK PHOTO) The Kp 5 northern lights lying over the Glacier Lagoon in Iceland. (SHUTTERSTOCK PHOTO) Horses in the mountains in Iceland. (SHUTTERSTOCK PHOTO) Strokkur geyser eruption in Iceland's Golden Circle. (SHUTTERSTOCK PHOTO)

After spending time in the crystal pure air, glaciers, waterfalls and geo-thermal water that feeds directly to households, I could understand why.

Most people never think of Iceland as a vacation destination. But in 2010 there was a massive volcanic eruption that thrust Iceland into the global spotlight. As a result, it has been experiencing a tourism boom ever since that makes local Icelanders uneasy. Nowadays, tourists outnumber the local population 7-to-1.

Tourists pour in from all over the world to climb glaciers, soak in hot springs, and spot the Northern Lights. For those who watch “Game of Thrones,” Iceland’s spectacular landscape was used to shoot the Riverlands and the Eyrie.

Less than six hours from New York or Boston, Iceland should be consid-

ered for a long weekend getaway. Icelanders love horses, soaking in the local hot springs and American pop culture. We ate at the Big Lebowski Bar, the Chuck Norris Grill, and waited in line for a hotdog.

Reykjavik, the capital, has a vibrant music scene and goes non-stop in the summer months when the sun never sets. Our dinner one night consisted of whale, horse steak and Puffin. We also drank a wicked Schnapps with locals and chased it with Hákarl, which is fermented shark. From Reykjavik, you must drive the Golden Circle, a loop of three stunning sights—Þingvellir National Park, Geysir Geothermal waterfall and Gullfoss waterfall.

Jump into the famous, man-made blue lagoon geothermal hot spring and soak in the mineral-rich tur-

quoise waters.

Many people want to go to Iceland to see the northern lights. If you’ve ever seen a picture of the sky painted in strips of neon green, blue and pink, believe when I tell you those pictures don’t compare to seeing it in person.

Going to Iceland is like going to the moon. You’ve never seen anything like it. Bubbling, streams, snow-capped mountains and waterfalls make the entire island seem alive and magical. Many locals truly believe that elves, part of Icelandic folklore, exist. While hiking the falls, I too started to think this place is mystical.

Yes, Iceland is hot. It’s an adventure, not a destination. It’s both fire and ice. If you’re a nature lover and want to visit another planet, book your flight to Reykjavik now and decide how far off the grid you would like to venture.



COCONUTTED GOES

Let the romance begin!

by Chrystal Caruthers

Nothing says romance like chocolate covered cherries. These homemade beauties will set the mood. You can create them as a couple, or pre-make them for a [Tie](#) side dinner at home. Either way, they're as good to eat as they are to behold.

Ingredients

12 Bing cherries
with stems
3 oz. white
chocolate
5 oz. grated
coconut

Directions

Using a double boiler (Bain Marie), melt chocolate according to package instructions. Dip each cherry three times in the melted chocolate. Immediately roll it in shredded coconut. Set on parchment paper to set-up. Refrigerate then Enjoy!



SHUTTERSTOCK PHOTO

ROSEALDY

The color of love

by Chrystal
Caruthers

Rosè is made for romance. With its pink hue and light finish, it's a lovely companion to a seafood dinner or chocolate covered desserts.

Ingredients

1-part Campari
2 parts Rosè of choice
1 splash of sparkling water

Directions

Combine in a champagne flute and Enjoy!

FEBRUARY TIPS FROM

TY PENNINGTON

INTERIOR DESIGN STAR

THE NEXT TREND IN **DECOR:** HIGH GLOSS WALL PANELS

Most people think tile when it's time to remodel their bathroom or install a kitchen backsplash but there's another option – introducing acrylic wall panels, the latest design trend to sweeping Europe.

CONTRIBUTED BY

Matt Barbato, based on tips from Ty Pennington Design Team



Modern, sleek, shiny and cost efficient acrylic wall panels are commonplace across the pond but are just starting to get residential use here. The best thing about these panels is there's no grout, so there's nothing to get moldy. Because they're anti-bacterial, they're as easy to clean as glass.

The panels feature a clear acrylic front surface with the color embedded on the back. The panels can even be installed over existing tile.

You won't have to fret about an intensive installation with these lux panels. They can be set with double-sided foam tape and neutral core silicone. In fact, installing high gloss panels is easier than installing tile and only takes about a third of the time.

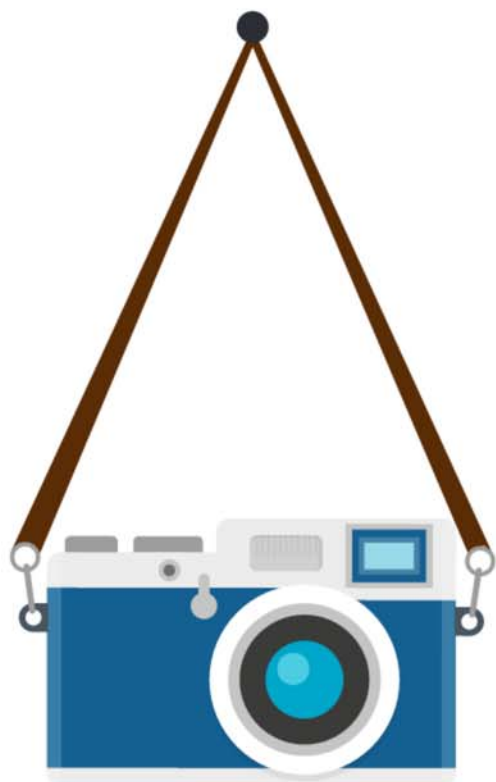
You can put high gloss panels anywhere in your home – try lining a hallway with acrylic panels for a burst of color or using it as a kitchen backsplash for easy to clean splatters and spills. You can also surround your shower or tub with these panels for the illusion of colored glass at half

the cost. They could also be used to give the man cave a modern look or provide an eye-catching entryway. The possibilities are endless.

Because they're coated, they resist fading from UV light and are virtually immune to cracks and chips.

For 2018, I expect to see a lot more homeowners opting for high gloss acrylic wall panels. They're inexpensive, durable, easy to clean and offer a unique look that hasn't caught mainstream attention just yet. Be a trendsetter and let these panels transform your home.





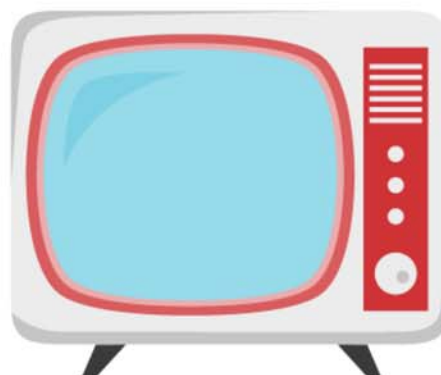
Gift an experience

For those who appreciate sentimentality, this gift may be the perfect option. Take a favorite experience or picture and create a present around it. Try framing photos from your favorite vacation or snagging tickets to your honey's favorite game. Frame it, box it, and take in the love!



Do something you normally wouldn't do

Sometimes the best gift can be trying something new. Step out of your comfort zone for your significant other. Expand your horizons and attempt something you haven't experienced before. Go camping, skydiving, or scuba diving. The point is to do something different.



A day of relaxation

How relaxation is defined is up to the relaxer. Go to a spa and get a couple's massage or stay home and have a movie marathon. Cuddling is priceless!

Spice up your

Valentine's Day

by Matt Barbato

Valentine's Day serves as society's commemoration of love and offers an annual opportunity to display our passion for the people who care about us. But believe it or not, Valentine's Day can become stale. The traditional gifts of flowers and chocolates serve as easy tokens of admiration, but love shouldn't be predictable! Here are some ways you can surprise your loved ones and break away from Cupid's worn out clichés.




Subscription service

Does your partner have a favorite magazine, brand of clothing or food? Get them a gift that keeps on giving with a subscription to something they love. It's simple and offers something your significant other can look forward to.




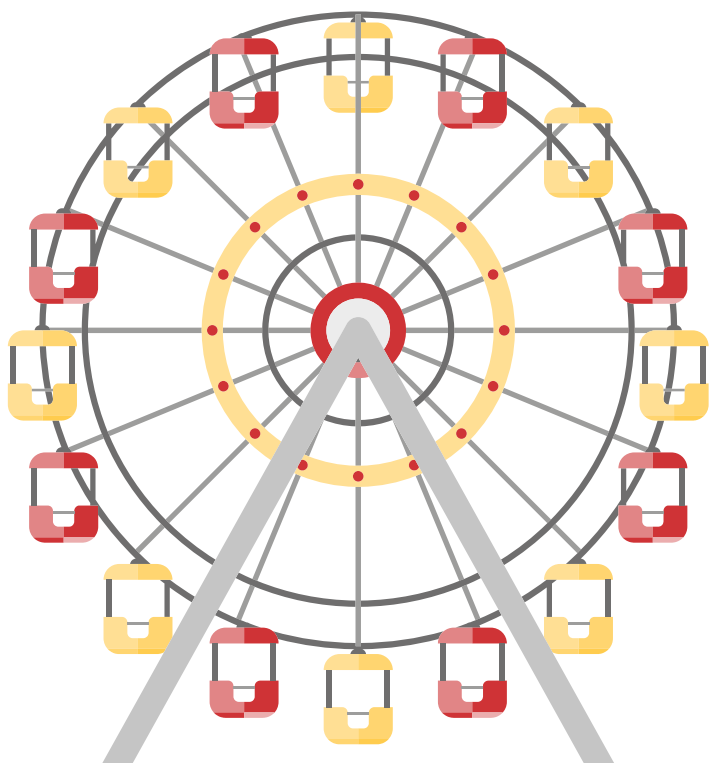
Monogrammed links, jewelry

Engrave your initials on one link and your partner's initials on the other. Not everyone wears  links, but engraving jewelry with names or a special message can turn costume jewelry into a keepsake. If jewelry isn't your thing, try monogrammed pillowcases, towels or pillows. Get super-cutesy with a "Mr. & Mrs." welcome mat.





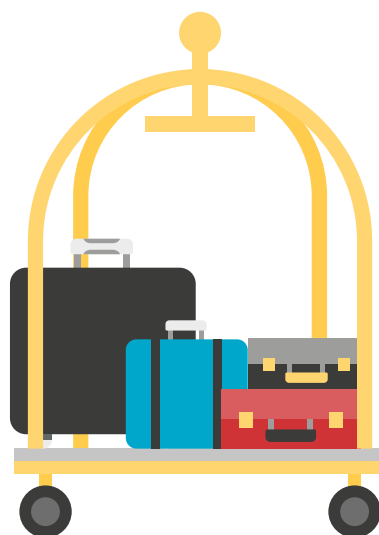
Personalized bottle of liquor

Customize a bottle of wine, bourbon, whiskey or Champagne for a gift that will certainly raise spirits. Go upscale and have a crystal decanter engraved with a wedding date,  first date or the day you two became homeowners.



Recreate your first date

Your  first date is probably the most memorable. Do your best to reset the scene or revisit the place where it all began. A trip down memory lane is certainly a great way to spend a holiday built around love. If your  first date wasn't memorable, then go with the best date you remember!



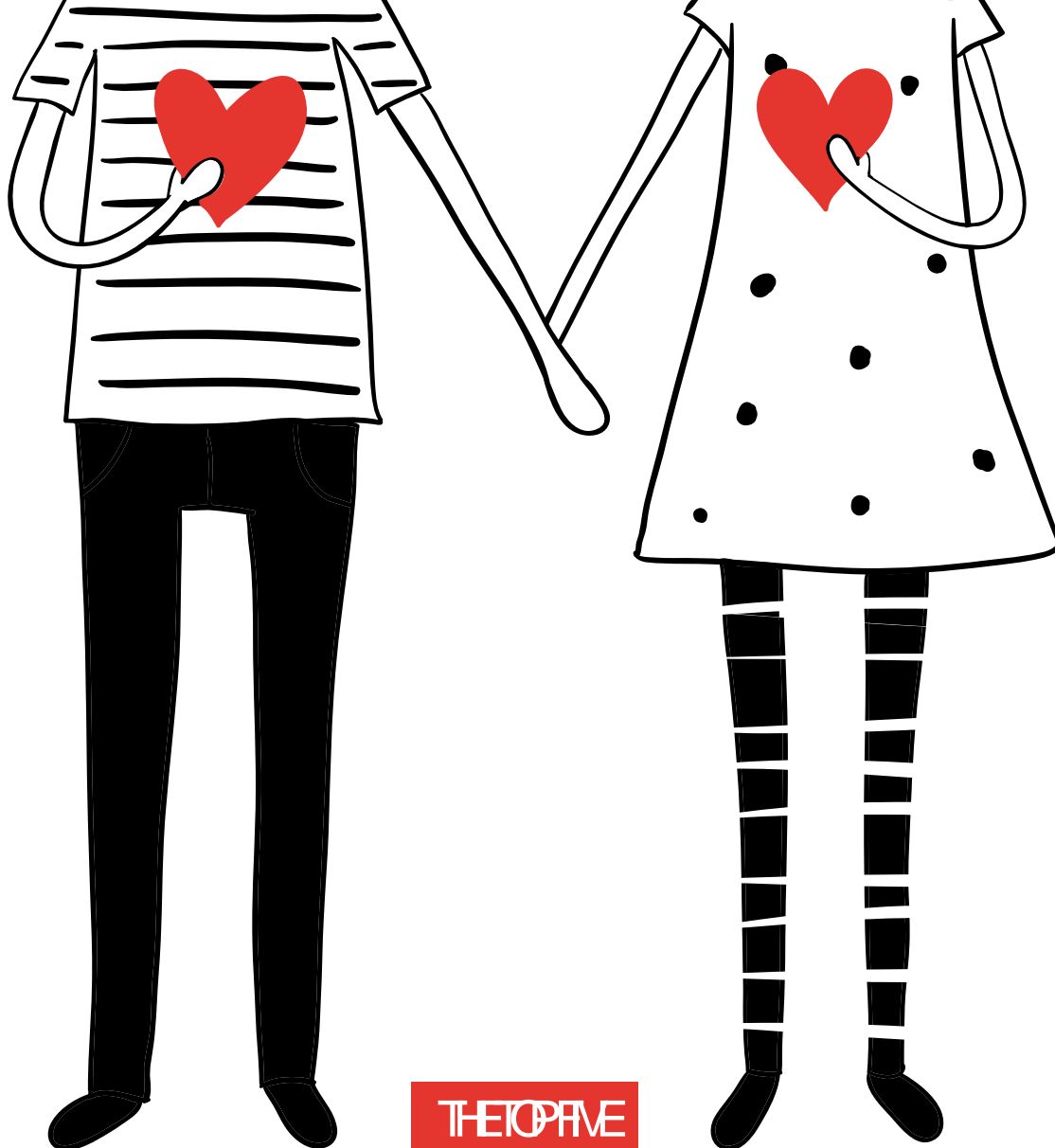
Stay-cation, anyone?

Vacations are awesome, but tend to be expensive and time consuming. Sometimes the best getaways are in your community. Find a nearby hotel, plan a nice dinner and either an overnight escape or a weekend reprieve.



Cook together

Couples that cook together stay together, right? That might not be the exact slogan, but it might be true for you and your loved one! While you're at it, why not try one of the recipes from *Enjoy* magazine!



THE TOP FIVE

HEALTH BENEFITS OF LOVE

by Chrystal Caruthers

Valentine's Day may be all about romance – candlelit dinners, bouquets of long stem roses and such, but it's the stable, long-term committed love that triggers multiple health benefits, according to a study titled, The Effects of Marriage on Mental Health by the Department of Health and Human Services. It concludes that people in good relationships tend to take better care of themselves thus, they reap the benefits of lower blood pressure, less depression, fewer doctor's visits and more. Here, we distill the research into a list of the top five reasons to not just find a Valentine, but to fall in everlasting love.



JOEL CARTER PHOTO

1. Lower Blood Pressure

Happily married people, and singles, had the best blood pressure rates, according to the Annals of Behavioral Medicine, but unhappily married study participants had the worst. The conclusion, a happy marriage is good for you but it's better to be single than in a bad marriage.

2. Fewer Doctor's Visits

Married people tend to have fewer doctor's visits and shorter hospital stays. The theory is that people in long term relationships take better care of themselves, and each other, according to the HHS study.

3. Less Drug and Alcohol Use

Young adults stop binge drinking when it's time to get married. Men reported a 50 percent drop in binge drinking during the 24-month window just before and just after marriage.

4. Less Depression

Those in stable marriages tend to re-

SHUTTERSTOCK PHOTO



port less depression, according to the study. Being married offers emotional intimacy and support that fulfills an essential human need for connection which reduces stress.

5. Healing Powers

Research shows that people involved in loving relationships heal faster. In an Ohio State University Medical

Center study, married couples were given blister wounds. Those in happy marriages healed twice as fast.

The bottom line

Get involved, get connected and draw more love into your life. Whether you connect more with family, friends, or your significant other, it all helps to make you happier and healthier.

4 HOME HACKS THAT DON'T WORK

by Matt Barbato

We're always on the lookout for unique and affordable ideas to simplify household tasks. However, some of these methods are mythical and don't actually work. Don't let any of these home improvement follies ruin your home! Here are 4 home hacks you should avoid at all costs.

Lemons don't clean garbage disposals

This is one of the most well-known home hacks out there, but it will only result in additional damage to your garbage disposal. Citric acid is a natural deodorizer, but it can corrode metal, according to House Logic. The lemon peel can also clog your pipes.

Instead, turn on the disposal and dump in at least two trays of ice cubes while running cold water. It's noisy, but will dislodge any buildup within the disposal.

Duct tape doesn't seal ductwork

Duct tape and ductwork might sound like a match made in heaven, but that's far from the case. Duct tape is merely a temporary solution that will only increase your energy bill. Tests by the U.S. Department of Energy revealed the glue deteriorates over time due to the hot air from the HVAC system.

Instead, use duct mastic, which is a similar substance to caulk, and a layer of fiberglass to keep the air from escaping.

Bleach doesn't kill mold

While bleach may work on whites, it's not made to eradicate mold. Do not use bleach if mold has populated on caulk, drywall, insulation and carpet. It will merely mask the sight and could spur growth.

Instead, use an anti-fungal product to eradicate mold. You probably shouldn't tackle the outbreak alone if it covers a large area either. Don't be afraid to rely on an expert.

Dryer sheets + air vent = fire hazard

Some people think placing dryer sheets in an air vent will freshen the room, but that's not true. This trick is a fire hazard that will raise your energy bills and probably cause smoke. Dryer sheets block air-flow and force your HVAC system to increase its effort.

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