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INSIDE:

A HEALTHY SPIN ON
A CLASSIC **QUICHE**

4 TIPS FOR A
FAB **FIXER UPPER**

LEAVE GRIME BEHIND:
TAKE YOUR **SHOES** OFF

TULUM, MX: THE "GOLDEN
GIRLS" SPRINGBREAK

Enjoy

MAY 2018

Welcome.

There's something about May that makes us all want to rejoice. The air is warmer, the days are brighter, and summer is just around the corner. May is full of potential. It beckons us to have fun and forget our cares. For most of us, May is a time to spring clean. It's a time to open the windows and welcome fresh air.

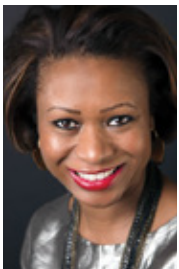
It's also Clean Air Awareness Month. Try planting a tree and marking time with every inch it grows. Trees not only clean the air, they provide energy efficiency benefits to homeowners. Think shade and saving on air conditioning. Read our **Garden** section to find out more.

May is also High Blood Pressure Awareness Month. Read our **Health** section to find out why this silent killer is still one of America's greatest threat.

If you want to switch to a heart-healthy diet, try our Almond-Flour Quiche recipe in this month's **Eat** section. Gluten-free and packed with savory brussel sprouts, this quiche turns health food into good food. Our drink of the month, White Sangria, is an ode to spring and prologue to summer.

This month, and every month, we hope you Enjoy it all.

SINCERELY,



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sunday



6

2004: The final episode of the long-running comedy series "Friends," airs. More than 51 million people tuned in for the series finale.

13



20

1873: Levi Strauss and Jacob Davis are given a patent to create work pants reinforced with metal rivets; otherwise known as blue jeans.

27

1937: The scenic Golden Gate Bridge opens. The 4,200-foot bridge was built in four years and was the longest suspension bridge in the world at the time.

monday

7

1998: German automobile company Daimler-Benz, maker of the luxury car brand Mercedes-Benz, reveals a merger with Chrysler Corporation worth \$36 billion.

14

2007: Only nine years after acquiring Chrysler Corporation, DaimlerChrysler sells more than 80 percent of the Chrysler group to Cerebrus Capital Management for \$7.4 billion.

21



28

1983: Irene Cara's song "Flashdance (What a Feeling)," from the "Flashdance" movie soundtrack soars to the top of the U.S. pop charts.



Sign of the times

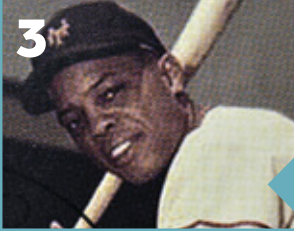









Taurus: April 20 – May 20

Notable personalities include:

George Clooney • Adele • Mark Zuckerberg
Billy Joel • Tina Fey • Bono • Janet Jackson
Penelope Cruz • Jack Nicholson • Gigi Hadid

ON THIS DAY IN

MAY

tuesday	wednesday	thursday	friday	saturday
1 1931: President Herbert Hoover officially dedicates the Empire State Building in New York City by pressing a button from the White House that activates the building's lights.	2 1933: The Loch Ness Monster legend begins after a couple claimed to see an enormous animal rolling and plunging on the surface," prompting London newspapers to pick up the story.	3 	4 1965: Willie Mays hits his 512th home run to top Mel Ott's National League record for home runs. Mays would finish his career with 660 homers, which is currently fifth all-time.	5 1961: Navy Commander Alan Bartlett Shepard Jr. is launched into space from Cape Canaveral, Florida, aboard the Freedom 7 space capsule, becoming the first American to venture into space.
8 	9 	10 1869: The final spike is driven into the rail line that connects the Union Pacific and Central Pacific railroads in Promontory, Utah, completing the Transcontinental railroad.	11 	12 
15 1982: "Ebony and Ivory," a duet record featuring Paul McCartney and Stevie Wonder, takes the top spot on the Billboard Hot 100. The record reigned atop the charts for seven weeks.	16 1929: The first Academy Awards ceremony takes place at the Hollywood Roosevelt Hotel. Tickets cost \$5 and William Wellman's film "Wings," won the award for Best Picture – Production.	17 2000: The series finale of the teen drama series "Beverly Hills, 90210," airs, ending the show's 10-year run.	18 2004: Arizona Diamondbacks lefthander Randy Johnson tosses a perfect game at 40 years old, striking out 13 batters. He became the oldest pitcher to ever throw a perfect game.	19 
22 	23 	24 1883: The Brooklyn Bridge finally opens after 14 years of construction over the East River. The bridge connected the cities of New York and Brooklyn.	25 1977: Intergalactic thriller "Star Wars," debuts in American theatres. The original film won seven Oscars and grossed \$800 million worldwide.	26 
29 2008: Legendary comedic actor Bob Hope celebrates his 100th birthday, prompting 35 U.S. states to declare the occasion Bob Hope Day.	30 2008: The film version of HBO's comedy series "Sex and the City," premieres 10 years after the original television show debuted. The series starred actress Sarah Jessica Parker.	31 		

Shrek is released in theatres

MAY 18, 2001: Struggling movie studio Dreamworks SKG releases its most successful film to date, Shrek. The movie, based on a 1990 children's book written by William Steig, flips the traditional fairy tale on its head. It tells the story of an unorthodox protagonist, an ogre named Shrek, played by Mike Myers. Eddie Murphy played his noble steed, Donkey, and Cameron Diaz played Shrek's love interest as Princess Fiona. The film grossed \$42 million in its opening weekend and won the Oscar for Best Animated Feature. — SOURCES: THE LIBRARY OF CONGRESS AND HISTORY.COM



TULUM, MEXICO

Close to perfect, far from ordinary

by Chrystal Caruthers

White sand and tequila. That's what I remember about the five days I recently spent in Tulum, Mexico. Tulum isn't your typical Mexican vacation. There are no college kids taking shots from makeshift funnels or DJs pumping jams into the wee hours here – Tulum is the Mexico vacation for the over 40 crowd. It's untouched and rugged yet completely chic. Just an hour or so from Cancun, it's worlds away from that towering chain hotel atmosphere. Tulum is as quiet as you need it to be and as lively as it is fun.

I traveled there with nine girlfriends. Imagine that: 10 women, one house, lots of drinks. If I said our trip was like something out of a movie, that would be true — minus the bodily fluids scenes (see “Girls Trip” or “Bridesmaids”). Filled with laughter, honest conversations and impromptu singing — mostly Drake songs in unison (I told you, something like a movie) – this vacation sealed friendships and gave us all another reason



to feel grateful.

Our travel agent, Jeff Goins of Go Elite Travels, hooked us up with a newly-built oceanfront beach house, Miramar Tulum. On the Caribbean coast, the house offered the perfect mix of indoor/outdoor living. Biking distance to Tulum's bohemian mix of very expensive boutiques (bikinis for \$300!) and restaurants. The house is a secluded escape perched atop a bluff with endless views of turquoise water. The living room opens directly to the deck that ended with a plunge pool. And the only sound wafting through the air was the ocean waves. This eco-friendly paradise is solar-powered fun. Literally, every day was 85-degrees of sunshine and we rose early to meet it.

Our days started with an array of freshly squeezed papaya, watermelon and orange juices. We dined on lobster salad, seared scallops, flash smoked Grouper and, of course,

mounds of guacamole. We sampled authentic el pastor tacos at a roadside bodega and washed it down with Coke-a-Cola in tiny glass bottles and ice-cold Coronas.

We tried to reach the Sian Ka'an, a vast pristine coral reef, but the waters were too choppy. But, we made the most of it. Dropping anchor, we partied amongst ourselves and fellow yachters. While it would have been nice to see a manatee up close, the highlight of our trip was a catamaran filled with a bridal party greeting us with the Wakanda sign!

Mayan Clay

I'm a self-professed spa snob. I travel for spa treatments and take massages, hammams and facials seriously. My two-hour, \$152, Mayan clay massage did not disappoint. First, let me say, everything in Tulum is outdoors or under a palapa. It's neither private nor secure, but it's all

kinds of awesome. There I laid, while every inch of my body was kneaded then slathered in real Mayan clay. My hair, my feet. Everything. They claim the puke colored clay energizes, hydrates, detoxifies and mineralizes the body. I think it's true. I felt lighter and lifted after the experience.

Tulum Ruins

Tulum was a Mayan seaport trading turquoise and jade in the 13th century. Walled off with limestone measuring 23-feet of thickness, this once protected city is a well-preserved curiosity of chiseled doorways and crumbling temples. The only Mayan city built on the coast, Tulum's ruins are a hiker's adventure. We walked for hours ducking through tunnels and climbing ancient stairs to glimpse life as a 4-foot Mayan. This is the Mexico few people see. It's a history lesson in ancient ingenuity. Tulum is a vacation destination worth exploring ... with friends.

ALMOND FLOUR QUICHE

Moist. Crunchy. Tasty.

by Avital Schaffer

I seriously wish I could share this with each of you! It is amazing. Perfectly moist, crunchy, and tasty. This gluten-free quiche is stuffed with roasted Brussel Sprouts, garlic, thyme and onions. The buttery crust is made with wholesome ingredients. If you want to try a healthy spin on a classic, this is the way to go.

For more healthy recipes, follow Avital on Instagram @AvitalSchaffer.

Ingredients

Crust Ingredients:

2 cups Bob's Red Mill almond flour

1 tbsp. minced fresh thyme

3 garlic cloves (minced)

1/2 teaspoon sea salt

Pinch of crushed red pepper flakes

Pinch of black pepper

1/3 cup olive oil

4 tsp. water

Mix together and place in 9-inch tart pan. Bake at 400° F for 15 minutes.

Quiche ingredients:

1/2 cup almond milk

4 eggs

1/2 cup cheddar cheese

Pinch of nutmeg

1 tbsp. sea salt

Dash of black pepper

Whisk together

Directions

Sautee Brussel Sprouts with onion and garlic. Add to egg mixture and stir. Pour into par-baked almond flour crust and bake at 400°F for 30-35 minutes.





COOL AND REFRESHING WHITE SANGRIA

Not too sweet

by Chrystal Caruthers

While red Sangria is popular, and great with Tapas, white Sangria is a refreshingly light version perfect for welcoming summer. Try this peachy libation when you want something fruity, but not syrupy.

Ingredients

- 1 Lime (sliced)
- 1 orange (sliced)
- 3 peaches (pitted and sliced)
- 2 mangos (peeled and sliced)

- ½ cup peach schnapps
- 1 bottle dry white wine
- ¼ cup simple syrup
- Fresh mint

Directions

Slice all fruit and add it to a glass pitcher. Add simple syrup, wine and Schnapps. Stir and Enjoy!

MAY TIPS FROM

TY PENNINGTON

INTERIOR DESIGN STAR

FIXER UPPER PRO TIPS

You might hear success stories or watch TV shows that make renovating a “fixer upper,” seem simple, but fixer uppers present a variety of unique challenges and there’s no guarantee that simply renovating a home will make it profitable. A fixer upper must be done right to get the most bang for your buck. Here are some challenges you could encounter if you plan on transforming a decaying home into your dream home.

CONTRIBUTED BY

Matt Barbato, based on tips from Ty Pennington Design Team



Location is key

The first challenge with fixer-upper homes is actually finding an ideal property worth fixing. First, look for dingy homes on a glossy block. Do your research on the neighborhood before doing anything else. You can't fix a poor location, after all. Finding the worst home on the best street isn't just a cliché, it's a rule to live by.

Vet your options

Once you've found some prime locations, focus your search on properties that don't need foundational revivals. A home that has water or termite damage probably isn't worth investing in. However, a property that only needs new floors or a kitchen and bathroom renovations might be worth your time and money. Be careful to avoid homes that could be

money sink holes. You'll profit even more when the time comes to sell if you don't have to spend a ton on the actual renovation.

Don't budge on your budget

Perhaps the biggest temptation when renovating a fixer upper is splurging beyond your budget. You may think spending an extra couple of bucks on little things will be insignificant, but those expenses add up over time. Some upgrades are more valuable than others. Always use discretion so you don't blow your budget and you can be prepared for any surprises.

Under pressure

Renovating a fixer upper is a stressful job. Between the manual labor, unforeseen problems, additional expenses and deadlines, rehabbing a property can take a toll. If you don't plan on doing the work yourself, find a contractor who can make your life easier and limit these concerns. It's unlikely that every aspect of the renovation will go exactly as planned. Be resilient and resourceful. More important, don't panic when issues arise.



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5 BENEFITS OF TREES

PLANT ONE

by Colin Milroy

The landscape surrounding a home is integral to its identity and trees are integral parts of a landscape. Healthy trees last for many years. Their leaves change with the seasons. Kids might have fun climbing them while adults enjoy watching them grow. It's pretty easy to see the aesthetic benefits of trees, but trees offer much more than natural beauty. Here are five of the best benefits that trees could give your home.

Natural Air Conditioners

Not only do trees clean the surrounding air by filtering carbon dioxide, they also provide shade. Properly placed trees with enough height will cool homes and heat-absorbing surfaces such as concrete and asphalt. This, in turn, translates to real savings on cooling costs. Home energy bills could be reduced by 3 percent within five years and 12 percent within 15 years, according to the U.S. Forest Service.

Year-Round Energy Savings

Just as trees provide shade in spring and summer, they also act as wind breaks during fall and winter. Result:

lower heating costs to you. Strategic tree placement could save you between \$100 to \$250 annually according to the U.S. Department of Energy. A 2010 study by the New York City Parks Department found that "the nearly 600,000 street trees in its five boroughs provide an annual benefit of \$122 million—more than five times the cost of maintaining them."

Many Choices in Any Zone

With trees, the visual possibilities of your landscape are practically endless. Maple trees alone provide a diverse selection of height, color and leaf shape. Oak, Ash, Poplar, Elm, Pine (just to name a popular few) and many

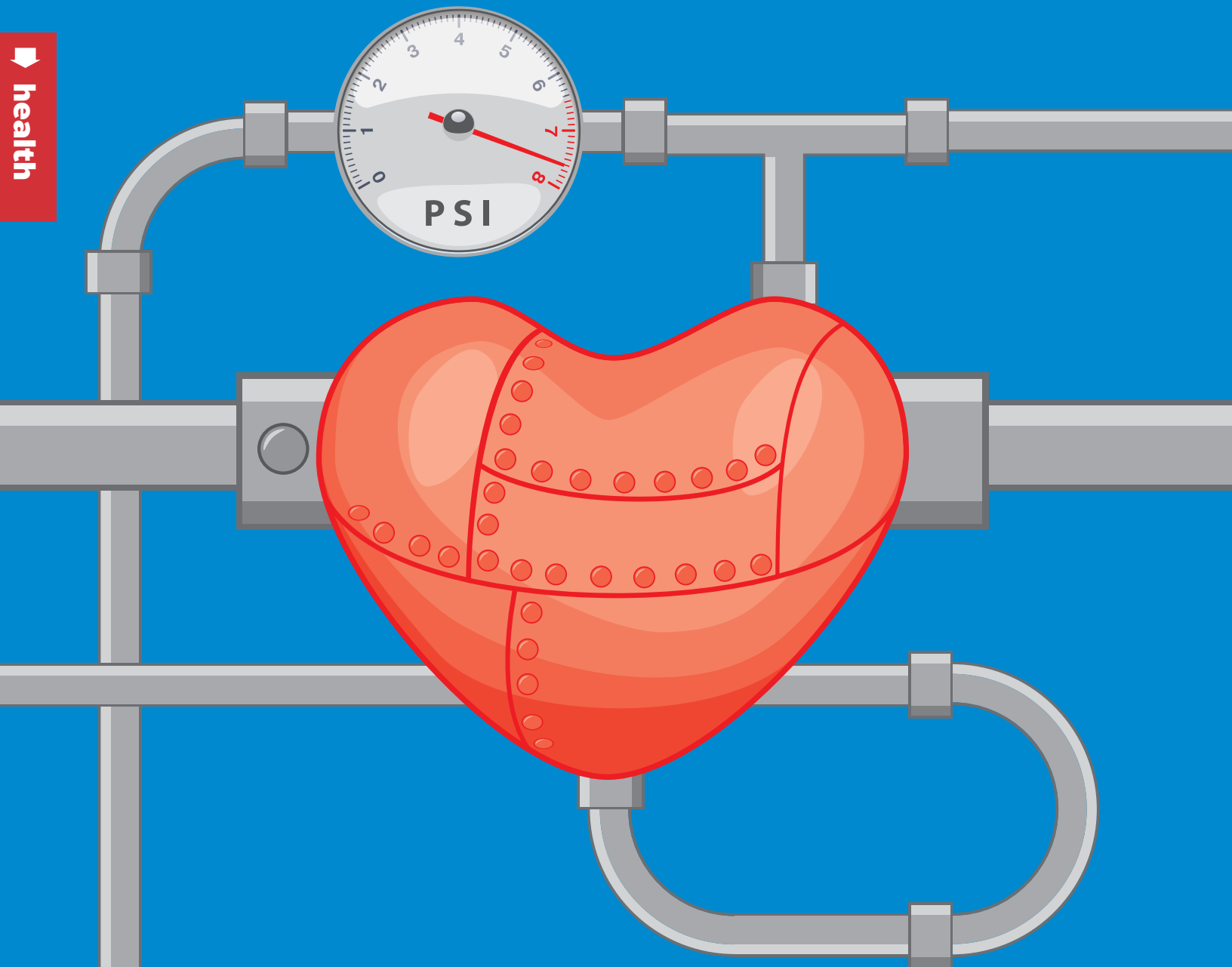
options of fruit trees mean you should have plenty of choices no matter where you live. Be sure to check which Hardiness Zone you live in to find which trees grow best in your area.

Community Value

The benefits of trees go beyond your property line. They clean the air for everyone. They provide shade to public sidewalks and streets. They are a visual addition to any space and can collectively extend energy benefits anywhere from entire neighborhoods to whole cities.

Long Term Value

Trees add value to your property immediately and over time. As trees grow, so does their value. The annual cost to maintain a tree is a small fraction compared to the benefits of energy savings and overall value trees can add to a home. A tree in front of a house increased the home's sale price by an average of \$7,130 in the Portland area in 2016, according to the Forest Service Pacific Northwest Research Station.



HYPERTENSION, THE SILENT KILLER

TAKE IT TO HEART

By Chrystal Caruthers

When Redd Foxx played the character Fred Sanford, in the 70s TV show, *Sanford & Son*, he would clutch his chest and feign a heart-attack. Swaying back and forth, the audience laughing, we knew his catch phrase was coming, "This is the big one! I'm coming, Elizabeth!"



Heart attack as comedy. In reality, it's no laughing matter. According to the Heart Disease and Stroke Statistics 2017 Update from the American Heart Association:

- » Cardiovascular disease accounts for 1 out of every 3 deaths in the United States.
- » In America, one person dies every 40 seconds from cardiovascular disease.
- » More than 90 million Americans were diagnosed with cardiovascular disease by 2017.
- » It is the leading cause of death in the U.S.

Oftentimes, heart disease is thought of a man's disease, but women suffer too. Heart disease is the leading cause of death for women in the U.S., according to the Centers for

Disease Control. Nearly 64 percent of women who die suddenly from coronary heart disease have no previous symptoms.

There's only one way to know if you have high blood pressure: regular check-ups. Hypertension is a silent killer. About one-third of Americans walk around every day not knowing that they have high-blood pressure, according to Web MD. High-blood pressure can lead to kidney failure, and vision loss. For those with a close relative with high blood, it's crucial to get regular check-ups.

For many, a trip to their local pharmacy is one way to keep tabs on their blood pressure — assuming those machines are properly maintained, and right-sized cuff is used. Another option is to give blood. Before donating blood, you're given a free mini-check-up. A nurse will check

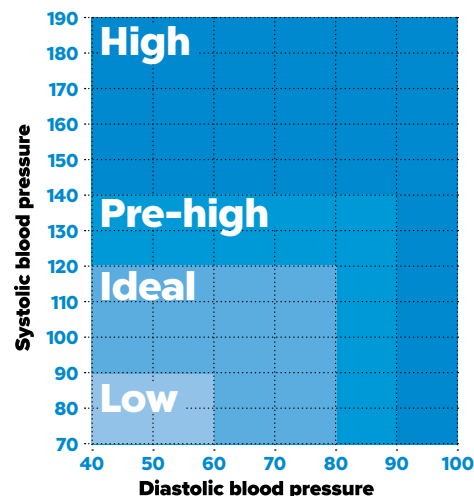
your blood pressure, iron levels, temperature and hemoglobin level. It's a way to do something good for you and someone else.

Risk factors

Being overweight or obese
Family history of hypertension
Smoking tobacco
High sodium intake
Stress
Diabetes
Kidney failure
Excessive alcohol intake
Sedentary lifestyle
Low potassium intake

Understanding high blood pressure

Blood pressure readings are two numbers: systolic, the pressure when the heart contracts; and diastolic, the pressure when the heart refills with blood. Ideally, people over age 20 should have a blood pressure of less than 120/80.



Source: American Heart Association

8 REASONS TO LEAVE YOUR SHOES AT THE DOOR

NO SHOES PLEASE



By Chrystal Caruthers

When you think about it, the soles of our shoes are dirty. Really dirty. They're in direct contact with spilled gasoline from filling our tanks, dog poop from those ne'er do wells who refuse to pick up after their dogs, and anything else that falls on the ground. Most people wouldn't sit on a city sidewalk and have dinner; yet, when we come home, we bring all the dirt from the city's street inside. It's on the bottom of your shoes and gets traipsed throughout your home, embedded into your carpet fibers and eventually into your body.

Shoes are dirty. Shoes are also a vehicle for infectious pathogens, according to multiple studies. In fact, researchers at the University of Arizona found nearly 421,000 units of bacteria on the bottom of most shoes. About 27 percent was deadly E. Coli. Do your family a favor; take off your shoes before entering the home.

Fecal matter

How to put this delicately, there's a lot of feces on the ground. Studies show fecal matter can adhere to your soles and stay there for long distances. Even if you wipe off what you see, the danger is what you can't see.

E. Coli

No matter how many times you wash your hands, E. Coli can find its way

into your home, not from your hands, but on the bottom of your shoes. Public restrooms are the main culprit, but dog poop from your neighborhood park could also be a source. Harmful E. Coli can cause diarrhea and in extreme cases, meningitis.

Tradition

It's customary in Asian and Swedish households to remove your shoes upon entering (sometimes even before you cross the threshold). They realize the need to keep outdoor grime outside.

Barefoot

Some talk of "Grounding" going barefoot to connect to the earth's energy. Others say going barefoot promotes reflexology. Either way, sometimes, it's

best to walk around with bare feet.

Carpet

Filled with bacteria, carpet can harbor harmful allergens and trap microbes. Add the constant dirt from shoe soles and carpet becomes a petri dish of in-house muck and mire.

Toxins

People who live near asphalt roads sealed with coal tar were shown to have an increased risk of cancer from toxins, according to a study from Baylor University. The study showed that the toxins settled indoors as dust.

Hardwood

While hardwood floors are appealing, they are not indestructible. Pooling water from snow and rain boots can cause warping. Best bet, remove wet shoes and boots before stepping on hardwood floors.

Relax

Wearing shoes in the house is like wearing an overcoat to watch TV. Outdoor wear should be worn outside. Try switching to house slippers that are worn indoors only. If you must run to the mailbox, change your shoes first.

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