

Enjoy June

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: JUNE 2013 Vol 2 ISSUE: 1

HAPPENINGS • FITNESS • NUTRITION • DRINK • FOOD • TRAVEL • MUSIC • LIFESTYLE • MOVIES

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YOU BY:



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JUNE 2
RADIO PATENTED IN 1896



JUNE 6
WORLD
ENVIRONMENT
DAY

WHAT'S HAPPENING IN



JUNE 14
NATIONAL FLAG DAY (U.S.)

JUNE 16
FATHER'S DAY

JUNE



JUNE 21
FIRST DAY OF
SUMMER

JUNE 26
BICYCLE PATENTED
IN 1819

JUNE 29
FIRST iPhone
RELEASED IN 2007

NUTRITION TO JUICE OR NOT TO JUICE?



We've all seen the infomercials over the years, but recently juicing has taken off and become more of a mainstream trend. So what makes home juicing different than what you find at the store? Read on to find out.

Juicing for Health

Juice enthusiasts claim juicing can help cure many human ailments. Depending on what you need, you can create a targeted juice blend made up of fruits and/or vegetables that contain specific vitamins, enzymes and nutrients. Check your local library or search online for recipes that can help treat common conditions such as arthritis, diabetes, depression, IBS, smoking cessation, menopause, migraines and more!

Ingredients

While organic often means more expensive, it's important that fresh, organic ingredients are used so that you keep fertilizers and chemicals out of your juice. From a taste perspective, juice from organic fruits and vegetables (when they are at peak ripeness) will boost the taste so that you won't need any sugary (and caloric) add-ons.

Maximum Nutrients

A home juicer essentially separates out the pulp (fiber) from the fruit or vegetable so that the remaining juice is nutrient-rich. While fiber isn't a bad thing, removing it allows your bloodstream to quickly and efficiently absorb the nutrients; the juice passes quickly into your stomach and gives both your liver and kidneys a rest. The result: your cells become flushed with nutrients that are absorbed in less than 30 minutes!

Fresh vs. Store-bought

The key difference between homemade fresh juice and store-bought juice is that there are no added sugars or preservatives. To keep those juices tasting good while they sit on the shelves, manufacturers often add sugars to enhance taste (and your waistline) as well as chemical preservatives.

That said, because fresh juicing lacks those add-ons, it should be consumed immediately if possible. If you need to refrigerate, keep it covered and consume within 12-24 hours.

Method and Equipment

There are three main types of juicers: Centrifugal, Masticating, and Triturating. Each one varies according to speed, number of gears, power, and price point. Home juicers are definitely an investment in your health, and they can range anywhere from \$200 to \$500 or more.



NUTRITION HEALTH SECRETS FROM AROUND THE WORLD



Britain: Eat Breakfast

The Brits are known for loving breakfast! Studies show that making time for this morning meal will keep your blood sugar under control (which actually makes you less hungry the rest of the day) and also ramps up the brain's production of acetylcholine (which increases focus and memory functions).



India: Eat Vegetarian

The South of India is known as the "cradle of vegetarianism" and approximately 70% of its inhabitants forgo meat. Studies show that cancer rates are significantly less in populations that eat less meat. Boosting your fruit and veggie count will make sure you're getting more cancer-fighting antioxidants.



Greece: Use Olive Oil

The Mediterranean region is known for dishes cooked with olive oil, and it's no wonder, because olive oil is packed with antioxidants that suppress appetite and boost metabolism. That said, consume in moderation, replacing other fats with two tablespoons of extra virgin olive oil.



Thailand: Spice it up

The Thai population seasons much of their food with chili pepper and have high levels of chili compounds in their blood. According to research, consuming spicy peppers is linked to a decrease in blood clots in the body.



France: A Bit of Everything

The French secret to staying slim? Eat a little bit of everything. While the French diet itself is typically high in fat, they are known for simply eating smaller portions at meals and avoiding constant snacking by having more structured meal times. This can help to keep your mind from feeling deprived, and also allows your body digestion time in-between meals.



Japan: Start with Soup

The Japanese typically start their meals with a light, low calorie soup (such as miso or simple vegetable broth). By doing this, you're already slightly full when the heavier portions arrive, and ultimately consume less overall. The Japanese subscribe to a saying, known as *hara hachi bu*, which means that one should leave the table only 80% full, a great habit for weight control, as stuffing yourself will only expand your waistline.



Iceland: Eat More Fish

Believe it or not, the typical Icelander consumes approximately 200 pounds of fish per year! Eating more fish has been linked with better weight control as it contains essential fatty acids EPA and DHA that keep hunger in check and boost the production of fat-burning genes in the liver.



China: Eat Garlic

In the Gangshan region of China, inhabitants eat about seven garlic cloves a day and studies show that they were twelve times less likely to have stomach cancer than people who don't ingest the pungent food. The active component in garlic, called *allicin*, is a potent antibiotic that also inhibits the ability of germs to grow and reproduce in the body.

LIFESTYLE HOW WALL COLORS CAN AFFECT YOUR MOOD

Before getting started on your summer painting projects, you may want to consider how certain shades can alter the mood of the people within them. Generally, light colors are expansive and airy and make rooms feel larger and brighter; darker colors appear sophisticated and warm and make rooms feel smaller and intimate.

red

Red will raise the energy and excitement of a room and is well suited for the parts of the house where people get together and converse. It's ideal for the living room or dining room where you want to make a statement. Be wary of crimson, however, as it can invoke feelings of hostility and rage.

Interesting note: red has been shown to raise blood pressure, heart rate, and appetite.

yellow

Not surprisingly, yellow conveys happiness and joy and will energize and uplift when used in smaller spaces. Yellow can feel welcoming, however, when used in large amounts. The color can also create feelings of frustration in people, which is why it's ideal for kitchens, bathrooms and hallways.

Interesting note: babies have been shown to cry more in yellow rooms.

blue

Generally considered calming and relaxing, blue is a great choice for bedrooms and bathrooms. Warmer, softer shades of blue will encourage relaxation, while darker shades may arouse feelings of sadness.

Interesting note: Blue is said to bring down blood pressure, and slow heart rate.

green

Green is considered refreshing and restful to the eye. Green walls can create a calming effect on the mind and is ideal for just about any room in the house.

Interesting note: Green is said to help relieve stress and promote relaxation.

purple

Dark purple appears rich and sophisticated and can invoke luxury and drama; lighter purples (such as lavender) create a more relaxed and restful feeling and are more ideal for bedrooms.

Interesting note: Purple is said to bring out creativity.

orange

Orange will bring out excitement and enthusiasm and is ideal for an exercise room or a game room.


Interesting note: Orange is said to increase energy levels.

neutrals

Gray, white and brown wall colors are all considered neutral colors and are thus extremely flexible in their effect as they can be played up or down with the color of the room's furniture. Whites and grays can feel clean and crisp and brown can feel earthy and calming.



LIFESTYLE TWITTER 101



If you're new to Twitter, or aren't sure how to get started, we've compiled a beginner's primer so you can join the conversation and start tweeting!

What it is: Twitter is the world's #1 micro-blogging site that allows you to exchange short 140-character messages - called tweets - with other Twitter users. It's a community with over 200 million active Twitter users! You can choose who you follow and other can choose to follow you. Twitter can be accessed online or from your smart phone.

Getting Started: To get started on Twitter you'll need to choose a username, called a Twitter handle (represented by the @ character), to represent yourself. Along with your photo, this will serve as your identifier so that people can find you. Like email addresses, usernames are unique so you may need to get creative. For example, John Smith's twitter handle might be @JohnSmith5.

Following: With Twitter, you can keep track, or "follow," parties that are of interest to you - this can include celebrities, businesses, friends, or new sources. The posts of the users that you are following will appear in your newsfeed on your Twitter homepage so that you'll be able to read and/or comment on their posts.

Followers: As you follow others you'll notice that people will start to find and follow you too. Your followers will receive all of your tweets and can respond to them or retweet them (so the message will go out to all of their own followers as well).

Hashtags: Putting hashtags (#) before words will make them searchable subjects. For example, if you wanted to tweet about a band that you're watching live at Lollapalooza you would add a hashtag to it so that others that search #lollapalooza will see your tweet along with other users' tweets about the music festival.

Retweeting: If you want to re-post someone else's tweets you can retweet it so it appears as one of your posts, but it gives credit to the original author. Many Twitter users type RT to indicate this as well.

Direct Message: If you are following someone who is following you back, you can use the direct message function and take the conversation out of the public eye. Direct messages are private tweets between users.

Twitter Shorthand:
Because tweets must
be 140 characters
or less, Twitter users
have adopted various
anonyms in their
tweets:

TIL
This I learned

FTW!
For the win!

WAT
What

RT
Retweet

HT
Hat Tip
(if you want to credit
someone)

DM
Direct Message

FF
FollowFriday
(to recommend
that others follow
someone else)

Tweeps
Twitter users

CC
Used to loop
in others

OH
Overheard

IDK
I don't know

FAV
Favorite

FITNESS RUN YOUR BEST 5K OR 10K

FUN-RUN OF THE MONTH

DISCO DASH

5K/10K

JUNE 27, 2013

6:30PM STEP-OFF

SOLDIER FIELD

CHICAGO IL

Details and Registration Info:

discodashrace.com

Guaranteed Rate is hosting their 3rd annual Disco Dash, the fun-run (and party!) of the summer in Chicago, IL. There will be DJs throughout the course, and after the race, participants can enjoy great food, drinks, prizes for best costumes, as well as live music from **The Village People!**

Proceeds benefit The Peapod Project.

You've signed up for a 5K or 10K, diligently trained, and now race day is approaching. Follow the tips below to ensure your training time pays off!

EASE UP A BIT

The week before the race is more about maintaining and resting your legs instead of building additional stamina. During the last week, take a couple short twenty-minute runs, mixing in a few tempo sprints to prep your legs extra speed on raceday. Be sure to take the day before and day of the race off!

SLEEP

Don't let pre-race anxiety interrupt your zzzs – try and get at least 8 hours of sleep each night for the three nights leading up to race day.

EAT BREAKFAST

On race morning, be sure to eat a good breakfast, ideally two hours before the race. Oatmeal and fruit, toast with peanut butter, or a sports bar are good race day choices. Be sure to drink plenty of water (and a cup of coffee is ok too if it's part of your normal routine).

WARM UP BEFORE LINING UP


Before lining up, go on a light 10-minute jog and then stretch tight muscles so that you're nice and loose before starting. Instead of positioning yourself on the start line, begin in the middle or back of the pack with similar-pace runners. You can always pass people once you hit your groove!

BREATHE AND PACE YOURSELF

Try not to concern yourself with what other runners are doing – the key is to keep breathing and relax. Many runners give their best effort in the first mile and end up tired before they're a third of the way through. You can avoid this by staying at a steady pace for the first half, then increasing your pace throughout the second half of the race.



RUNNING FORM TIPS



Head Up

Overly tilting your crown or dropping your head down will restrict your airways. Keep your head in a neutral position looking at the ground about 12 feet in front of you instead of your feet.

Shoulders Relaxed

Tense shoulders expend unnecessary energy. Keep your shoulders relaxed and avoid hunching them by shrugging them throughout your run to make sure they aren't too high.

Elbows Bent

Keep elbows at a 90 degree angle to reduce tension in your shoulder muscles and avoid clenching your hands in fists. If you start feeling tense, shake out your hands throughout your run.

Core Tight

Keep your torso upright and tight with a slight lean forward. To avoid slumping, follow runs with crunches, planks and other ab exercises to keep your core strong.

Quick Pace

Shoot for a pace of 180 total foot strikes per minute (about 90 per foot) so that your contact with the ground is minimal and your stride is efficient.

FOOD PERFECT SUMMER BRUNCH



Bacon and Cheddar Quiche

Yields: 6-8 servings

What You'll Need:

1 nine inch deep dish pie shell (frozen)
8 ounces lean bacon
1 onion, chopped
4 large eggs
1 1/2 cups half-and-half or whole milk
1/4 teaspoon dried leaf thyme
1/8 teaspoon pepper
1 cup shredded sharp Cheddar cheese

Directions:

- Preheat oven to 400°F. Using a fork, pierce the inside of the frozen pie crust and then bake for 8 minutes. Remove from the oven and lower oven to 325°F.
- Cook the bacon in a medium skillet on medium heat, flipping after a few minutes. When fully cooked, drain on paper towels and chop into small pieces.
- Add chopped onion to bacon fat. Sauté over medium heat about 5 minutes and set aside.
- In a small bowl, whisk together the chopped onion, eggs, milk, thyme, and pepper. Pour into the baked crust. Crumble bacon over the top with the shredded Cheddar cheese.
- Bake at 375° for about 30 minutes, or until quiche filling is set and top is lightly browned.

Looking for a healthier/vegetarian option? Just leave out the bacon and add a few of your favorite veggies!



Strawberry Mixed Greens Salad with Balsamic Dressing

Yields: 4-6 servings

What You'll Need:

For the Salad:

- 1 pint strawberries, chopped
- 3 cups baby arugula
- 3 cups (about 1/2 small head) red-leaf lettuce, torn into bite-size pieces
- 3 cups (about 1 small head) frisée, torn into bite-size pieces
- 1 pint strawberries, quartered
- 2 Belgian endives, leaves separated
- 1/2 cup walnuts, toasted and coarsely chopped (optional)
- 6 ounces goat cheese, crumbled (optional)

For the Dressing:

- 1 1/2 tablespoons balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- Salt & pepper, to taste

Directions:

- Whisk dressing ingredients in the bottom of a large salad bowl.
- Add salad mix and chopped berries.
- Toss to coat evenly.
- Sprinkle with chopped walnuts and crumbled goat cheese (optional).



Mimosas

Yields: 4-6 glasses

What You'll Need:

- 1 chilled bottle of dry, sparkling wine (la Cava, or a dry Prosecco work well)
- Freshly squeezed orange juice, chilled
- Mint leaves for garnish

Directions:

Pouring the wine first, combine equal parts sparkling wine to orange juice. Serve in champagne glasses and garnish with mint leaves.

DRINK MOSCOW MULE



YIELDS: 1 DRINK

ICE CUBES

1/4 CUP VODKA

1 TABLESPOON
FRESH LIME JUICE

1/2 CUP CHILLED
GINGER BEER

1 LIME WEDGE

DIRECTIONS:

Fill a tall glass
(or copper mug) with
ice. Add vodka and lime
juice, then ginger beer.
Stir and garnish with
lime wedge.



TRAVEL

FATHER'S DAY HIKES ACROSS THE U.S.

Northeast

Cascade Mountain

New York - 4.2 miles (easy)

Climb through rocks and roots that lead to the stunning views of Lake Champlain and the Green Mountains at Bald Summit.

Bald Mountain

Vermont - 4.2 miles (moderate)

Hike to the summit of Bald Mountain and enjoy the striking view - you're also likely to see moose along the way!

Bear Meadows

Pennsylvania - 3.5 miles (easy)

Freshwater bog with plenty of blueberries and a path that goes through dense rhododendrons and 1,000 year-old hemlock trees.

Gleason's Falls

New York - 5.6 miles (moderate)

A hike in the western Adirondacks that passes Beaver Pond and leads to a stunning waterfall.

West

Tall Trees Grove

California - 3.9 miles (easy)

A hike where you'll want to keep your eyes to the sky and enjoy the sights of 300 foot redwood trees while hiking along the forest trail.

Mt. Sherman

Colorado - 4 miles (easy)

Hike along the ridge to Sherman's Summit and enjoy breathtaking views of the Tarryall Mountains.

Navajo Loop and Queen's Garden

Utah: 3.5 miles (moderate)

Hikers enjoy the views of Bryce Canyon's hoodoos (columns of weathered rocks) at Sunset Point.

Eagle Creek: Oregon: 12 miles (moderate): This trail along the Columbia River Gorge will take you along narrow ledges above Eagle Creek and lead you to the grotto of Punchbowl Falls.

Midwest

Sleeping Bear Dunes Trail

Michigan - 3.5 miles (difficult)

The all-sand trail will take you along wildflower-covered dunes and the beautiful Lake Michigan shoreline.

Hawk Ridge

Minnesota - 8 miles (moderate)

A great hike for bird-watching, this trail takes you through Hawk Ridge Nature Reserve where you'll find lots of hawks, falcons, raptors, eagles and other wildlife.

Indiana Dunes State Park

Indiana - 7 miles (moderate)

Trek along sand dunes nearly 200 feet above the lake and enjoy boreal foliage and great views of the Chicago skyline.

Cathedral Canyon

Missouri - 5 miles (moderate)

This trail unfolds along the Lower Rock Creek and beneath 400-foot granite walls; hikers also enjoy hidden grottos and cascades that pour through narrow canyons.

South

Long Pine Key Nature Trail

Florida - 13.3 miles (moderate)

Hike along the forest and wetlands of Everglades National Park, and through the open sawgrass prairie.

West Rim Trail

Georgia - 4.8 miles (easy): Enjoy sweeping views of the Cumberland Plateau's flat topped peaks as you hike through dogwoods, maple trees, and oak trees.

Ice Box Canyon: Nevada- 3 miles (moderate): A deep canyon hike that will lead you to a waterfall shooting off the sandstone cliffs.

North Kaibab Trail

Arizona - 9.4 miles (difficult)

A beautiful hike in the Grand Canyon that will take you on a descent of 3,000 feet past Redwall limestone, Angel shale and Tapeats sandstone.

Why not get dad out of the house this Father's Day to connect in the great outdoors? Across the country, there are great hikes for every level; many can be found online at americantrails.org.



MUSIC SUMMER MUSIC FESTIVALS ACROSS THE U.S.

The sun is shining and the bands are playing! If you're still not sure which summer music festival to attend this year, than take a look below; we've compiled some of the details and main acts so you can find the music experience that's right for you.

Wakarusa

When: May 30 – June 2

Where: Ozark, AR

Who: Widespread Panic, Dispatch, STS9, The Black Crowes, Amon Tobin, Snoop Lion, Umphrey's McGee, Yonder Mountain String Band, Gogol Bordello, Of Monsters and Men, Grouplove, Soja, and more.

wakarusa.com

Mountain Jam

When: June 6 – 9

Where: Hunter Mountain, NY

Who: Phil Lesh & Friends, The Avett Brothers, Widespread Panic, Primus, Gov't Mule, The Lumineers, Dispatch, Gary Clark Jr., Deer Tick, Jackie Greene, Soulive, ALO, Nicki Bluhm & the Gramblers, and more.

mountainjam.com

Bonnaroo

When: June 13 – 16

Where: Manchester, TN

Who: Paul McCartney, Mumford & Sons, Tom Petty & the Heartbreakers, Björk, Wilco, Pretty Lights, R. Kelly, The National, The Lumineers, David Byrne & St. Vincent, Passion Pit, Kendrick Lamar, Grizzly Bear, Animal Collective, ZZ Top, and more.

bonnaroo.com

Electric Daisy Carnival

When: June 21 – 23

Where: Las Vegas, NV

Who: Lineup TBA.

electricdaisycarnival.com

Electric Forest Festival

When: June 27 – 30

Where: Rothbury, MI

Who: The String Cheese Incident, Pretty Lights, Passion Pit, Empire of the Sun, Knife Party, Dispatch, Lotus, Benny Benassi, Yeasayer, Beats Antique, Madeon, Holy Ghost!, Grimes, Tommy Trash, Morgan Page, and more.

electricforestfestival.com

Summerfest

When: June 26 – 30; July 2 – 7

Where: Milwaukee, WI

Who: Jason Aldean, New Kids on the Block, Boyz II Men, Rush, Tim McGraw, Pitbull, Eagles, John Mayer, and more.

summerfest.com

Pitchfork Music Festival

When: July 19 – 21

Where: Chicago, IL

Who: Björk, Belle & Sebastian, R. Kelly, Solange, Mia, Joanna Newsom, Wire, The Breeders and more.

pitchforkmusicfestival.com

Lollapalooza

When: August 2 – 4

Where: Chicago, IL

Who: The Cure, The Killers, Phoenix, The Postal Service, Red Hot Chili Peppers, The Black Keys, Black Sabbath, Jack White, Florence + the Machine, Bassnectar, AVICII, The Shins, Justice, Passion Pit, Kaskade, Sigur Rós, and more.

lollapalooza.com

Hard Summer

When: August 3 – 4

Where: Los Angeles, CA

Who: Sleigh Bells, Skrillex, Odd Future, Santigold, Theophilus London, Mike Snow, Major Lazer, Steve Aoki, Still Going, Rusko, Simian Mobile Disco, Little Dragon, Holy Ghost!, Flying Lotus, Dillon Francis, and more.

hardsummer.com

Outside Lands

When: August 9 – 11

Where: San Francisco, CA

Who: Paul McCartney, Vampire Weekend, Phoenix, Nine Inch Nails, Red Hot Chili Peppers, Pretty Lights, Yeah Yeah Yeahs, Grizzly Bear, The National, Band of Horses, Jurassic 5, and more.

sfoutsidelands.com

MOVIES NEW FLICKS IN JUNE

Release dates subject to change.

THE INTERNSHIP

Genre(s): Comedy
Release Date: June 7

Starring: Rose Byrne, Vince Vaughn, Owen Wilson

Vince Vaughn and Owen Wilson play two salesmen that manage to talk their way into an internship at Google where they must compete against young, tech-savvy competition for a chance at full-time employment.

THIS IS THE END

Genre(s): Comedy, Action
Release Date: June 12

Starring: James Franco, Paul Rudd, Seth Rogen

Six celebrity friends become trapped in a house after catastrophic events wreak havoc on Los Angeles. Stuck inside while the world deteriorates outside, their friendship is put to the test, as supplies dwindle and cabin fever threatens to tear them apart.

MAN OF STEEL

Genre(s): Fantasy, Action, Adventure
Release Date: June 14

Starring: Henry Cavill, Kevin Costner, Diane Lane, Amy Adams, Michael Shannon

In rural Kansas, a couple adopts a child sent to Earth from another planet. The child grows up and poses as a journalist while using his extraordinary power to protect Earth from invaders of his race.

WORLD WAR Z

Genre(s): Action, Sci-Fi, Adventure
Release Date: June 21

Starring: Brad Pitt, Mireille Enos, James Badge Dale

A researcher for the U.N. Postwar Commission must compile a post-mortem on a Zombie war that destroys countries around the world. He travels across the globe to interview survivors of the attack as he races against time to put all the pieces together.

MONSTERS UNIVERSITY

Genre(s): Family, Adventure, Comedy, Animation

Release Date: June 21

Starring: John Goodman, Billy Crystal, Steve Buscemi, Ken Jeong

This family animated film explores how the relationship between two monsters, Mike and Sully, developed during their days at Monsters University, where they overcame many differences to become best friends.

WHITE HOUSE DOWN

Genre(s): Crime, Action, Adventure
Release Date: June 28

Starring: Channing Tatum, Jamie Foxx, Jason Clarke, Maggie Gyllenhaal

A Capitol Policeman is denied his dream job with the Secret Service of protecting the President. Not wanting to tell his daughter the bad news, he takes her on what starts out as an innocent tour of the White House and turns into a dangerous fight to save his family and the President from armed invaders.

THE HEAT

Genre(s): Comedy, Action
Release Date: June 28

Starring: Sandra Bullock, Melissa McCarthy, Tony Hale, Bill Burr

An uptight FBI agent and a loud-mouthed Boston cop must join forces to bring down a ruthless drug lord, and what starts out as an incompatible match unexpectedly turns into a friendship.



Enjoy June

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