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welcome.

March is all about anticipation. Spring is coming. We can shed our heavy layers and make way for color. Prepping our gardens for hearty bulbs and fresh grass is something the whole family can enjoy.

This month's **AMERICA** section highlights the national parks of Utah. Dry, red rock formations resemble sci-fi images of Mars or beyond. It's a petrified land formed by weather and time. Travel with **Sam Perez** as he displays his images of the peaks and valleys of this great land.

If you're looking for a spring break road trip, try Florida. Driving to Key West is the perfect way to spend a day or two. Key West, with its never-ending summer weather, is the ideal getaway this time of year. Artsy people, sunset festivals, booze cruises, are all hallmarks of the southernmost point in the country. See our **TRAVEL** section to plan your trip.

Sincerely,

**CRYSTAL
CARUTHERS**

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On this day in

sun

mon



3

1931: The Star-Spangled Banner becomes the official national anthem of the United States.



10

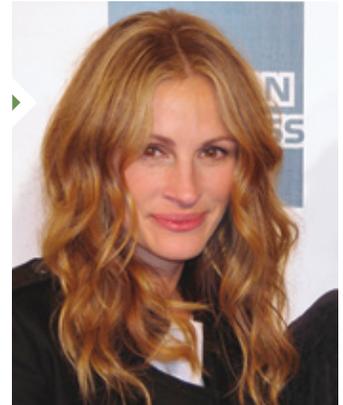
1997: Warner Brothers television networks airs the first episode of its first hit show, "Buffy the Vampire Slayer," starring Sarah Michelle Gellar.

11

1989: "COPS," a television show following police officers on the job, debuts on Fox. The series became one of the longest-running shows in TV history.

17

2000: Julia Roberts becomes the first actress to ever command \$20 million per movie with the release of Erin Brockovich.



24



March

SIGN OF THE TIMES:

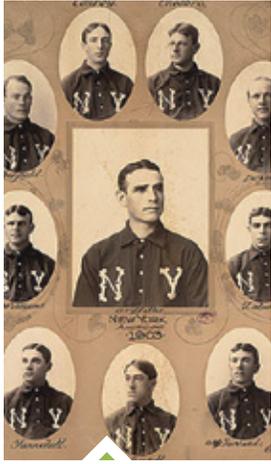
aries

MAR 21 - APR 19



notable personalities: Lady Gaga
Steven Tyler • Mariah Carey • David Oyelowo
Pharrell Williams • Robin Wright
Kourtney Kardashian • Channing Tatum

tue



12

1903: The New York Highlanders are admitted into baseball's American League. Ten years later, the team changed its name to the Yankees.

19

1931: Gambling is legalized by the Nevada state legislature to lift the state out of difficult times during the Great Depression.

26

2000: "American Beauty," a darkly humorous drama directed by Sam Mendes, wins five Academy Awards, including Best Picture.

wed



6

2001: Napster, the trailblazing site offering free digital music downloads, begins its death spiral after losing a string of copyright-violation lawsuits.



7

1987: Mike Tyson unifies the WBA and WBC heavyweight titles by defeating James Smith.

14

1958: Perry Como is awarded the first official Gold Record for his smash-hit single "Catch A Falling Star."

21

1980: President Jimmy Carter announces the U.S. will boycott the Olympic Games scheduled to be held in Moscow



27

fri

1

1872: Yellowstone National Park created. Congress set aside more than 1.2 million acres for America's first national park.

15

1972: "The Godfather," a three-hour epic about the Corleone crime family, is released in theatres.



2

1966: The Ford Motor Company celebrates the production of its 1 millionth Mustang in Dearborn, Michigan.

9

1943: Future chess mastermind Bobby Fischer is born in Chicago. Fischer would later become the only American ever to win a world championship in chess.

16

1802: The United States Military Academy is founded in West Point, New York by Congress to train young men in theory and practice of military science.

23

1994: Wayne Gretzky scores his 802nd goal, breaking Gordie Howe's NHL record for most career goals. "The Great One," broke a remarkable 61 records during his career.

30

31

1999: The shocking science-fiction blockbuster "The Matrix," is released in theatres.

ON THIS DAY

MAR 21 | 1965

Selma Sparks the National Voting Rights Act

The march from Selma to Montgomery, Alabama finally takes place with the goal of securing voting rights for African-Americans. Led by Dr. Martin Luther King Jr. and the Southern Christian Leadership Conference (SCLC) the marchers had to walk 54-miles to draw attention to black voter registration hardships. George Wallace, the governor of Alabama, was a staunch opponent. He stopped demonstrators twice allowing state troopers and angry posse to attack demonstrators. The horror of seeing women and children attacked with nightsticks and tear gas outraged the national television audience. In the third march attempt, the U.S. Army and the Alabama National Guard escorted the marchers across the Edmund Pettus Bridge on March 21st making history. — SOURCE: HISTORY.COM



CHEWY HEALTHY EASY

No Bake Sweet Date Energy Bars

BY **CRYSTAL CARUTHERS**

Adding sweetness with dates means no refined white sugar and thus a low glycemic sugar alternative. Dates are high in fiber, iron and calcium (for those dairy free readers) and they also have more potassium than bananas.

Ingredients

- | | |
|------------------------------------|--|
| 2 tablespoons coconut oil | ¼ cup ground flax |
| ⅓ cup natural peanut butter | ¼ cup chocolate chips
(dark or milk) |
| ¼ cup date paste | ½ cup old fashioned rolled oats |
| ¼ teaspoon vanilla extract | 2 tablespoons chia seeds |
| ¼ tsp cinnamon | |
| ½ cup puffed rice | |

Directions

1. Melt coconut oil in a large bowl.
2. Stir in the peanut butter, date paste, vanilla and cinnamon until smooth.
3. Stir in the oats, puffed rice, flax seeds, chia seeds and chocolate chips.
4. Line a 9 x 5" loaf pan with parchment paper. Press the mixture into the pan until smooth across the top.
5. Refrigerate for at least two hours then cut into bars. Enjoy!



GIN & JUICE

Gin & Tonic Slurricane

BY **CRYSTAL CARUTHERS**

Key West is the southernmost point in the United States so it's hot. Always. Yet, the Conchs, as the locals like to call themselves, have mastered frozen drinks. Here, we try our hand at twisting a classic. While purest will balk at the idea of turning their beloved Gin & Tonic into a fun slurry of ice and fruit, we like to think this kiwi infused slushy is worth trying.

Ingredients

- 1 cup premium Gin
- ¼ cup freshly-squeezed lime juice
- 1 tablespoon lime zest
- ½ cup frozen kiwi slices
- 2 cups ice
- 3 cups high-quality tonic
- Lime wedges for garnish

Directions

Add all ingredients to a high-powered blender. Blend on high until perfectly smooth. Garnish with lime. Serve & Enjoy!



MARCH TIPS FROM
TY PENNINGTON
INTERIOR DESIGN STAR

TOP 5 TECH UPDATES FOR YOUR HOME

CONTRIBUTED BY **MATT BARBATO** BASED ON TIPS FROM TY PENNINGTON DESIGN TEAM



Photo credit: LG Signature OLED TV R9-4K HDR Smart TV - 65" Class

As technology continues to evolve, so do our homes. From smart televisions to smart thermostats, high-tech houses are becoming the norm. The traditional household items and appliances are being replaced by modern devices that also fit perfectly within a home's overall design. Here are the five high-tech home trends that you need to know about in 2019:

The Rollable TV

A rollable television? What does that even mean? Well, LG has developed a thin television that can roll up and blend into your living space when it's not being used. It functions like a projector but with crystal clear digital screen. When you turn the TV on, a small door opens and the screen slowly rises to its full height in a few seconds. When you're done watching TV, the entire screen rolls back into its stand and serves as just a contemporary piece of furniture. This new TV would be a smart, sleek and stylish addition to any room. It's expected to be available for sale during the second half of 2019.

Smart home assistants get a makeover

Your Amazon Alexa or Google Assistant is getting a makeover. Companies like Mui have created the smart block, which serves as your discreet smart home assistant. Made of wood, Mui, will mesh your smart home assistant into your interior design. Same smart speaker, but new modern design. Yes, it will still give homeowners control over music, lighting, thermostats and more through voice controls but no more unsightly white or black boxes. The Mui is designed to integrate and disappear redesigning the speaker as a piece of art.

Charge your phone with a picture frame

Wireless charging devices aren't always the most aesthetically pleasing. Fortunately, a company called Twelve South has turned the traditional picture frame into a functional product. Twelve South's PowerPic has a hidden Qi charger that can provide up to 10 watts of fast charging power. It works with some phone cases and is the perfect addition to your nightstand if you tend to charge your phone overnight.

Lighting that sets the mood

Phillips Hue has developed a smart lighting system that makes it easy to quickly create the ambiance you're looking for. They offer a variety of energy-efficient LED bulbs that can fit your space perfectly. Plus, their control panel and app makes changing the mood fast and convenient.

Smart mirror, smart mirror on the wall

While this mirror might not talk to you, it comes pretty close. Capstone Connected Home has created a smart mirror that has Google Assistant built into it. How does this magic occur? The mirror is paired to a small tablet via Bluetooth and displays content from the tablet onto the mirror's screen. It's a touch screen too! You can now read emails or catch up on the news while brushing your teeth or doing your hair. Obviously, you can still see your own reflection too.

GO WEST



Destination:

KEY WEST Florida

BY CRYSTAL CARUTHERS



Traveling to a tropical destination doesn't have to involve a passport. Key West, one of the few U.S. islands that's also a city, is just a three-hour scenic drive from Miami on US 1 to Ocean Highway. It's a marvel. Twin highways suspended ever so slightly above the Gulf of Mexico and just north of the Atlantic Ocean. Put the top down and let the worries of the mainland stay there.

For snorkelers, Key Largo is the place. It's home to the only living coral reef in North America so join your fellow divers and gear

up. It's the first Key you hit driving from Miami. Watch the mile markers as you coast along. The numbers get smaller the closer you get to Key West, the southernmost point in the U.S.

Getting to Key West is half the fun. It's a chance to point your car in one direction and indulge in whatever catches your eye along the way. Whether you stop to take a swim in the warm waters surround the highway or to drop a fishing line like local, this drive is part of the vacation. Here, we list the top 5 things to see and do on your way to the closest point in America to Cuba.

1 VISIT CHRIST

The first undersea park in the country, John Pennekamp Coral Reef Park, is home to Christ of the Abyss statue, a nine-foot tall bronze statue sunk in the area called Dry Rocks. It's about 25 feet underwater. The backdrop of many weddings, and a sight to behold, it features the popular image of Jesus Christ, with arms outstretched, welcoming those who dare the deep dive.



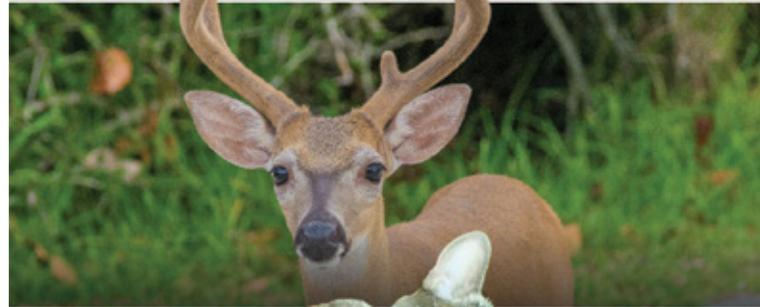
2 SWIM WITH THE FISHES

If you want to swim with dolphins, visit Theater of the Sea in Islamorada, Fl. The salt water lagoons host dolphins trained to kiss and hug visitors. Children must be at least 5-years-old to swim with the dolphins. If you seek a thrill, you can swim with the sharks. There's also a seated in-water bench where the sharks will swim up and let you pet them. Good luck with that!



3 VISIT TINY DEER

Unique to the Florida Keys, Key Deer are the smallest subspecies of the North American white-tailed deer. These endangered deer are only about 3 feet tall and 80 pounds, for a full-grown male. Female Key Deer weight about 60 pounds. They're petite and protected by 9,200 acres of habitat.



4 SEE HEMINGWAY'S POLYDACTYL CATS

Nobel Prize winning author, Ernest Hemingway, lived in Key West. His home is now a National Historic Landmark museum. Built in 1851, the Spanish Colonial, is now home to descendants of Hemingway's six-toed tomcats.



5 SAIL TO GARDEN KEY

Located 70 miles west of Key West on Garden Key, Fort Jefferson is the nation's largest 19th century fort. Once the "Guardian of the Gulf," the fort was never fully armed. Only accessible by sea plane or boat, it's now a snorkeler's paradise.



SMILE GOALS

Whiter Teeth:

BY **CYNTHIA JAFFE** NURSE PRACTITIONER

In our Instagram-ready society pearly white teeth are a must for every selfie. Lightening your teeth can be as simple as applying over-the-counter peroxide products at home, but there are many factors to consider. It's best to consult your dentist first, even if you will be buying and applying the lighteners yourself. A check-up with the dentist before bleaching your teeth will determine whether the discoloration can be remedied with over the counter solutions. Some types of discoloration need to be addressed differently. For example, regular dental cleanings and an abrasive toothpaste with baking soda can remove surface stains caused by smoking, coffee, beets or berries. But discoloration resulting from tooth decay or silver fillings will probably require a professional.

Why you should consult a dentist:

- For those with ceramic or porcelain crowns and mercury fillings, over the counter whitening products will probably do more harm than good. After whitening, they could be noticeable if they no longer match the surrounding teeth.

Your dentist can determine whether this is something you need to be concerned about.

- You may want to have the whitening done by your dentist, although it's more expensive than doing it yourself. Because the peroxide concentration used by dentists is stronger than what is sold over the counter, the results will be visible more quickly and require fewer treatments.
- Your dentist will create a custom mold to fit your teeth, so the whitening gel only affects your tooth enamel, not your delicate gums.

What to watch out for

- Overusing bleaching products can damage your teeth. Applying gels or strips more frequently or for a longer duration than recommended by product directions can lead to painful damage to the inner pulp of the tooth, receding or inflamed gums, and eroded enamel. Also, know that over-bleaching your teeth will cause them to

Is it worth it?

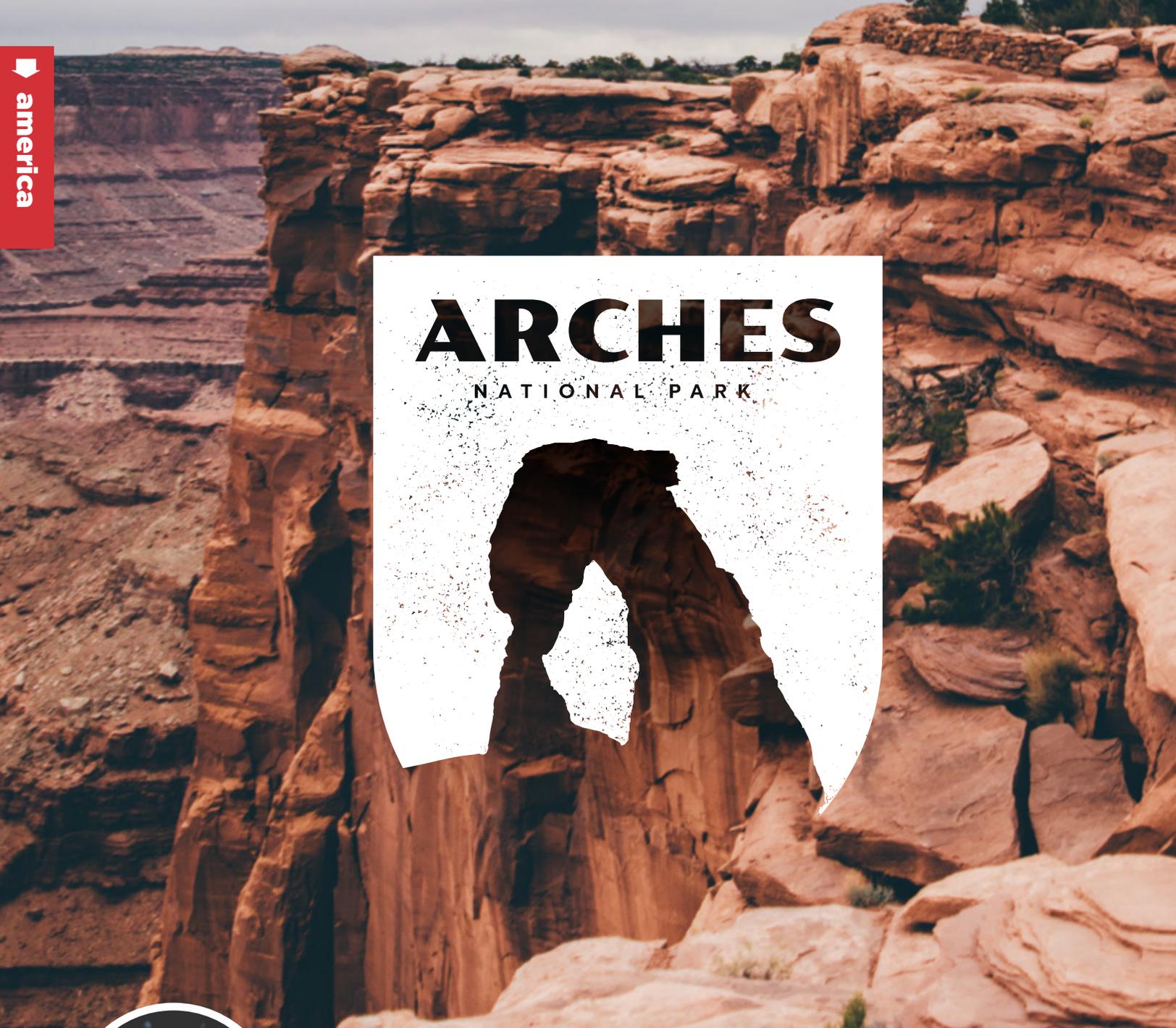
appear translucent and blue. Many people are then prompted to try to bleach away that bluish tint, but it won't work.

- **Bleachorexics:** Dentists say some of their patients become obsessive about whitening. One dentist coined the term “bleachorexics.” Seeing good results, some people double down and try for even better results and can't seem to stop despite damaging to their teeth.
- Untreated cavities, chipped teeth, or cracks provide a path for the peroxide whiteners to reach the inner pulp of the tooth, which can result in significant pain and the possible need for root canal work. In addition, the peroxides can permeate and affect silver fillings and cement, creating the possibility of cracks and leaks vulnerable to tooth decay. My advice is to see your dentist regularly.
- The concentration of peroxide in consumer-applied products varies by brand. In order to avoid side effects and possible tooth damage, do your research.

- Be wary of tooth-whitening kiosks at the mall that might seem like a bargain compared to what dentists' charge. Practitioners may not be knowledgeable about what's in their bleaching products, nor are they trained to diagnose or treat any issues in your mouth.

Manage your expectations

- Bleaching can lighten your teeth by a few shades, but if you're expecting a Hollywood smile, you may well be disappointed. Celebrity smiles are usually the result of costly porcelain veneers.
- It's not uncommon to experience minor discomfort during and after bleaching. The most common side effects are gum irritation and sensitivity of the teeth to hot and cold, which typically ends within a few days after treatment stops.
- Periodic touch-ups are necessary to maintain your brighter, whiter smile.



ARCHES

NATIONAL PARK



SAM PEREZ

PHOTOGRAPHER
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STORY & PHOTOS BY **SAM PEREZ**

I took some time off to visit all five of Utah's famous national parks. It's was a 19-hour drive from Chicago to Utah, but I didn't mind. Road-tripping is part of the fun. Arches National Park is known for its towering arches which make us humans look so tiny standing next to them. Looking at the unique structures made me wonder how they were created, and how they manage to withstand time.

Canyonlands National Park, a quite park with some of the most frightening yet beautiful drop-offs also features one of the most dangerous roads I've ever seen (pictured). If you want to visit multiple national parks in one state, I highly suggest you visit Utah.



The sunset didn't pan out to be what I wanted but oh was it still worth the view.



Delicate Arch



Overlooking Bryce Canyon National Park



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