



Orange, yellow, green, brown – these are the colors of fall. The air is crisp and the nights are made for sleeping with the windows open. Autumn, it's my favorite time of year. The joy of grabbing a weighty sweater before racing out the door is mandatory. Layering is advised. As kids settle into the rhythm of the school day, we plan heartier meals that will satisfy on chilly nights. Now is the perfect time to dust off your Pyrex and bake our cheesy baked potato and chicken casserole. This is not diet food, it's comfort food.

If worrying about calories keeps you awake at night, read Sarah

Amundsen's article on cardio exercises that burn as many fat-adding
calories as jogging. Whether you take up High Intensity Interval Training
or Salsa dancing, the goal is always to just get moving.

For those planning an end of the year vacation, **Kurt Clauss** offers sage advice on how to zip through the airport like an expert. If you don't have a Known Traveler Number, now's the time to get one. Why wait in line, when you can breeze through security? No lines, no waiting. Of course, there's a fee, but according to Kurt, it's worth it.

Now, curl up with a cup of hot apple cider (see our recipe in the Food section) and download our October Music playlist. From Donna Summer's ethereal "Autumn Changes" to Simon & Garfunkel's perfect harmonies on "Leaves That Are Green," you can watch the leaves fall, and know that winter is coming.



Enjoy,
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### October 2016

#### OCTOBER 1

World Vegetarian Day International Coffee Day

#### OCTOBER 3

Rosh Hashanah

#### OCTOBER 7

World Smile Day

#### OCTOBER 10

Columbus Day

#### OCTOBER 12

Yom Kippur

#### OCTOBER 15

Teacher's Day

#### OCTOBER 16

Full Moon

#### OCTOBER 16-23

Sukkot

#### OCTOBER 18

St. Luke (Feast of the Holy Apostle)

#### OCTOBER 24

United Nation's Day

#### OCTOBER 29

National Cat Day

#### OCTOBER 30

Diwali (Hindu Festival)

#### OCTOBER 31

Halloween

#### Observances

Breast Cancer Awareness Month National Apple Month Domestic Violence Awareness Month

#### Birthstone

Opal & Tourmaline

#### Flower

Calendula



Are you one of those people who wait in long airport security lines and watch with envy as fellow passengers breeze by in the PreCheck lanes? Even worse, are you one of those people standing in a long customs line after an eight hour international flight when you would rather be in your hotel snoozing in your heavenly bed? Travel can be

tough enough without the extra time and hassle of security screens. Even if you only travel a few times per year, enrolling in Global Entry with the U.S. Customs and Border Protection office is well worth it.

This summer, O'Hare International Airport advised all travelers to arrive three hours before their departure times to get through security. Really? That's longer than the flight to NY!

Here's my breakdown on how you can travel like a pro, and join the three million travelers who are speeding through airport security as members of these pre-screened traveler programs.



who use TSA Pre, wait less than five minutes. Best of all, you don't have to remove your shoes, belts, light jackets and laptops.

To enroll, go to the website - www.tsa. gov/precheck - fill out the application and schedule a short interview at one of the 400 enrollment centers across the country. Interviews are 15-30 minutes and consists of taking a photo, your fingerprints and answering a few standard questions. If your background check is clean, you will receive your Known Traveler Number (KTN) in a few weeks.

There's an \$85 non-refundable application fee, but the TSA PreCheck is valid for 5 years. You can now enter your KTN into all of your airline reservations to have the coveted TSA pre check stamp

express pre-check security lanes.

#### **GLOBAL ENTRY**

I love Global Entry. If you travel internationally, you will never have to wait in those long customs lines again. With Global Entry, worrying about your connecting flight is a thing of the past. For U.S. citizens, and lawful permanent residents, Global Entry will cost \$100 and comes with all the TSA PreCheck benefits. For an extra fifteen bucks, getting Global Entry, and automatically qualifying for PreCheck, is the way to go.

To apply for Global Entry, go to the Global Online Enrollment System (just Google GOES) and create a GOES account. Complete the application, pay the \$100 fee and wait to see if you're approved. Once approved, you will be notified to schedule your interview similar to the TSA interview. Unfortunately, with the growing popularity of the program, some of the interview wait times in certain cities can be lengthy.

Once you're enrolled in Global Entry, also good for 5 years, you can now use

rather than waiting in line at customs. Just scan your passport and your fingerprints, answer a few touch screen questions, have your picture taken, and receive a receipt that you hand off to an attendant, and you're on your way out. No waiting in line or speaking to a customs official. Some airports in Canada and Ireland even have preclearance kiosks where you can clear customs before departing. Now, that's what I call traveling like a jet-setter!

If the \$100 fee is deal-breaker, check your wallet. Several credit card companies waive the Global Entry application fee when you apply for their cards. American Express, Citi Prestige, Citi AAdvantage World Elite, Barclays and Ritz-Carlton rewards are a few that include the Global Entry fee waiver.

#### IMPORTANT NOTE







Contributed by: Chris Lathrop, based on tips from the Ty Pennington Design Team



#### CARPET

That soft, cozy feeling under your feet is probably the No. 1 reason why people choose carpet, which makes it a great choice for bedrooms, rec rooms and dens. It comes in a rainbow of colors as well, so it's easily matched to almost any décor. Carpet is also nice if you rearrange your furniture a lot, because you don't have to worry about scratching the floor. That's a doubleedged sword, though, because there will be temporary indentations in the carpet where your furniture used to be. Carpet can also be expensive and timeconsuming to clean, and if you have pets or allergies (or both), it's probably not the best option.

#### HARDWOOD

These premium planks are crafted from solid pieces of timber such as oak, maple and walnut. The key word is "premium," because hardwood floors give any room a luxurious, high-end feel. They're also extremely durable and can be repeatedly sanded, refinished and made to look like new in the event that they become worn or damaged. These benefits come with a price, as hardwood is the most expensive type of flooring both in terms of materials and installation.

#### LAMINATE

Laminate flooring has the look of hardwood thanks to a thin wood veneer over several layers of less-expensive types of wood. So, the planks are not solid throughout, which makes them much easier on the pocketbook. Laminate flooring also is easier to install, but overall it's much less durable than hardwood, and at best, you can sand and refinish it once before replacing it.

#### VINYL

This fully synthetic option ranks high on the affordability scale, but is more

susceptible to gouges and scratches due to its soft, flexible consistency. It's easy and inexpensive to install, though, and it's a great way to bring the look of a more costly material to a kitchen, laundry room or finished basement.

#### TILE

Tile offers the same benefits as vinyl flooring in terms of being perfect for rooms that commonly see spills, or the occasional influx of standing water. It's more durable, but it also feels much colder and harder underfoot, so it's probably not ideal for, say, a media room in a finished basement where you want to spend a lot of time and be comfortable. Like vinyl, it's a versatile choice because it comes in a variety of styles, patterns and colors and can also simulate the look of wood.









#### HIIT

High Intensity Interval Training is a quick and effective cardio workout that helps busy people maximize their gym time. Most workouts can be completed in under 30 minutes. These high-intensity routines feature bursts of intense exercise, followed by short rest periods, or active recovery periods. Many gyms offer HIIT group fitness classes. If you don't like going to the gym, there are free HITT workouts available online. Fitness Blender is one of my favorites.

#### SWIMMING

Swimming is one of the most effective calorie-burning exercises and it targets every part of your body. It builds strength, increases flexibility, increases bone density and strengthens the lungs. Best of all, swimming is low-impact so there's a lower risk of injury than with higher-impact cardio exercises like running.

#### DANCING

Dance classes are so much fun, you'll forget you're working out. Gyms and workout studios offer dance-cardio combination classes such as Zumba, WERQ, and Hip-Hop cardio. Try a Salsa dancing class to build endurance, improve coordination, and whittledown your waistline.

#### CYCLING OR SPINNING

Cycling is a great alternative to running, since it puts less pressure on your knees. In addition to being a great cardio workout, it relieves stress and builds strength. Whether you live in a warm climate where you can bike outdoors, or prefer to go to spin class, cycling gets your heart pumping.

#### KICKBOXING

This fun workout tones all parts of your lower and upper body through punching and kicking the bag. Plus, it burns up to 700-calories per-hour, much more than running. In addition to helping with flexibility and better

circulation, it's great for learning selfdefense. Added bonus: you'll grow stronger and more confident with each class.

#### **CIRCUIT TRAINING**

Similar to HIIT, circuit training is a series of exercises in a quick sequence, with little rest. It uses weights and other workout equipment and consists of three-to-five sets. The focus is usually on building strength and cardiovascular endurance. To get started, check out circuit training classes offered at a local gym.

#### **POWER YOGA**

Even though most people associate yoga with relaxation, Vinyasa yoga sequences will get your heart rate going. Through a series of poses that flow from one to another seamlessly, Vinyasa yoga is a cardio workout disguised as yoga. It has strength training benefits that improve your flexibility while also calming your mind.



#### UPLIFTING YELLOW

**MEANING:** Cheery, warmth, welcoming, happiness.

**DESIGN TIPS:** If you live in a cool climate with many overcast days, a yellow front door will add a cheery punch to your curb appeal. A yellow door will really pop with charcoal gray accents.

## Door: Sparkling Sun 2020-30 Accent/Trim: Gibraltar Cliffs 1587 Siding: Mountainscape 870 Door: Lemon Freeze 2025-50 Accent/Trim: Yellow Freeze 2020-70 Siding: Louisburg Green HC-113

Example Palettes from Benjamin Moore

#### **FIERY RED**

**MEANING:** Passion, vibrant, energy, excitement. In Scottish culture, a red front door signifies that the home is paid off.

**DESIGN TIPS:** Pairs well with muted tones. If your home is a shade of gray, blue or a minty hue, white trim will add a crisp finish to the look.



#### CLASSIC BLACK

**MEANING:** Strength, sophistication, power, authority, substance, elegance. **DESIGN TIPS:** This choice is versatile. It lends itself to many color combinations whether bright and bold, or soft and muted.



#### GREEN GODDESS

MEANING: Natural, organic, warmth, stability, reliability, earthy. DESIGN TIPS: Because green and red are opposite on the color wheel, a green front door really pops on a red brick building.



#### **BUCOLIC BLUE**

**MEANING:** Refuge, serenity, calm, relaxing.

**DESIGN TIPS:** Blue isn't just for the indoors. A bright blue door pairs nicely if your home has a natural stone exterior or neutral-colored siding.

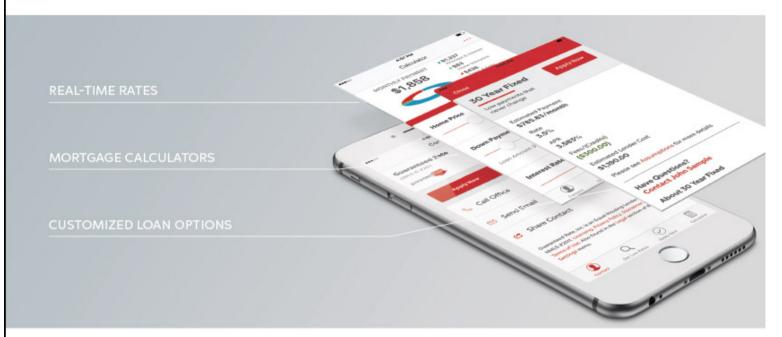
| Door: Surf Blue 2056-30      | Accent/Trim: Space Black 2119-10     | Siding: Eternity AF-695     |
|------------------------------|--------------------------------------|-----------------------------|
| Door: Brilliant Blue 2065-30 | Accent/Trim: Patriotic White 2135-70 | Siding: Beacon Gray 2128-60 |

#### **PROTIPS**

- Tape swatches to the door itself. Colors will look differently in natural light.
- Be sure to select a weekend with a sunny and dry forecast. Paint dries quicker in these conditions.
- Use a tinted primer to reduce the number of coats needed.
- Give paint a full day to dry and cure before reattaching door hardware.







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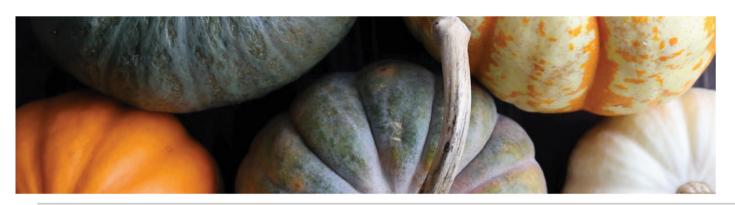
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