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MARCH 2017

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San Francisco
A TREAT FOR ALL FIVE SENSES



7 WEEKEND WORTHY
Bathroom Upgrades

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Vol 5 ISSUE: 10

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MARCH 2017

For most of us, March represents change, hope and renewal. The days get longer. We can actually leave work and squeeze in a trip to the gym and get a peek at the sun. The ground thaws out from winter snow and we all look forward to spring.

March is a great time to visit San Francisco. Northern California is nothing like the Hollywood version of the Golden State. In San Francisco, there's hustle and bustle. It's an international tech haven and an urban trendsetting food destination. It's a city with a view, fog and cold chilly air. Read our **TRAVEL** section to find the best breakfast spot in town.

If staying home and making it a place you want to be is your idea of a good time, read our **HOME** section for a few tips to instantly improve your bathroom. These handy tricks will not only add value, they'll help you put your personal stamp on your most personal space.

Speaking of **DIY**, our resident crafter, Jane Monzures, shows us what to do with those lovely, and half empty, candle jars that we all hate to throw away. When the wick is too short to light, up-cycle that jar as a gift for a friend or a desktop objet d'art.



Enjoy,
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ALL ABOUT MARCH

EVENTS, HOLIDAYS AND THEN SOME



MARCH 2017

MARCH 1

Ash Wednesday

MARCH 3

World Wildlife Day

MARCH 8

International Women's Day

MARCH 12

Daylight Saving Begins

MARCH 13

Holi

MARCH 14

March Madness Begins
Pi Day

MARCH 17

Saint Patrick's Day

MARCH 20

Spring Begins

MARCH 22

World Water Day

MARCH 23

National Puppy Day

MARCH 30

National Doctor's Day

MARCH 31

Cesar Chavez Day

OBSERVANCES

Women's History Month
National Nutrition Month
Fire Prevention Month

BIRTHSTONE

Aquamarine

FLOWER

Daffodil

ASTROLOGICAL SIGN

Pisces



TRAVEL



San Francisco

A TREAT FOR ALL FIVE SENSES

by: Kelly Cafferkey

What's the number one rule when traveling to California? Do not say "Cali." It's California. This rule also goes for abbreviating San Francisco to "San Fran" or "Frisco." Don't do it! You'll already look like a major tourist being 10 steps behind everyone walking up those glorious, massive hills.

During a recent weekend trip to San Francisco, the walking, hiking, biking, snacking and drinking helped me see that the Bay Area really has it going on! With beautiful architecture and

stunning views, this city will take your breath away. It's the perfect 'sweater weather,' where a light jacket, jeans, sneakers (and maybe some sunglasses) is all you need.

If it's your first time to the city, you don't have a car and your time is limited, your best bet to get around is by ride-sharing. The city is smaller than you'd think, so the fares are affordable. Hitching a ride on one of the city's famed cable cars is also an option.



TWIN PEAKS

This pair of prominent hills offers views for days, and it is well worth the drive to enjoy a breathtaking look at the whole city. The best time to take in the moment is around sunset.

GOLDEN GATE BRIDGE

People say walking across the Golden Gate Bridge is something you have to do at least once in your life. I don't know if you should trust those people! In all honesty, it's pretty terrifying. If you're adventurous and don't mind feeling the bridge sway underfoot - walking across the bridge is for you! My suggestion: Skip the adventure and hop on the public bus to the end of Marine Drive or to the Battery Spencer. The Battery Spencer is a great spot for a view (and photo) of the bridge.

PAINTED LADIES

The "Painted Ladies of San Francisco" or "Postcard Row" consists of several colorful Victorian houses, located at 710 to 720 Steiner Street across from Alamo Square. You might recognize the houses from the popular TV show, "Full House."

CHINATOWN

Chinatown centered at Grant Avenue/ Stockton Street is the oldest of the city's four notable Chinatowns and an underrated gem of San Francisco. Yes, it's known for its good food and unique shopping, but this neighborhood is a cultural adventure that you cannot miss. Visit Chinatown Alleys, Golden Gate Bakery (cash only) and Li Po Cocktail Lounge (get the Chinese Mai Tai) while you're there.

SWEET MAPLE

This local breakfast and brunch spot located in the Lower Pacific Heights neighborhood is amazing. Sweet Maple serves classic American breakfast fare in a relaxing and cozy atmosphere. Their signature food? Brown-sugar glazed "millionaire's bacon," which I highly recommend.

PHILZ COFFEE

Philz serves the best coffee in the Bay Area. Their slogan is "A cup of love" and that's exactly how I would describe it. This coffee will make you think twice about why you're not moving to San Francisco! Get the Mint Mojito iced coffee and enjoy.



Spicy-Sweet SALMON STEAKS

XX

- 2 boneless wild caught salmon steaks
- 1 teaspoon Cajun seasoning
- 1 teaspoon brown sugar
- 1 teaspoon vegetable oil
- 2 teaspoons lime juice
- ¼ teaspoon cayenne pepper
- 1 tablespoon peach jam (homemade preferred)
- Salt & pepper to taste

DIRECTIONS

Combine the Cajun seasoning, brown sugar, cayenne, salt and pepper. Rub mixture over both sides of the salmon.

Heat oil in a cast iron skillet over medium-high heat. When oil is hot, it will ripple. Add salmon. It should sizzle and visibly shrink. Cook until seared. Salmon will release from the pan (about 4 minutes on each side).

Blend the peach jam with lime juice. Add to the hot pan allowing jam to melt. Baste salmon. Serve.

ENJOY!



DRINK 

Peach

MOSCATO SLUSHY

-
- 2 cups organic frozen peaches
 - 2 tablespoons local honey
 - 1 tablespoon freshly squeezed lemon juice
 - ¼ teaspoon orange blossom water
 - 1 bottle Moscato
 - 1 cup ice

DIRECTIONS

In blender, mix the peaches, honey, lemon juice, orange blossom water and ice. Blend on high until thoroughly mixed. Add Moscato. Blend on low. Serve.

ENJOY!



MARCH TIPS FROM
TY
PENNINGTON
INTERIOR DESIGN STAR

HANG IN THERE! SIMPLE STORAGE SOLUTIONS

Sometimes the best solutions to life's challenges are suspended. No, I don't mean you have to wait for them—I mean they come from above. For instance, think of the famous Golden Gate Bridge and how it overcomes gravity by supporting nearly two miles of concrete and steel with cables anchored at the tops of two huge towers. A genius

engineering design that handles six lanes of traffic in one of America's busiest cities might not apply to home improvement projects, but the general principle of "suspension" surely does.

Here is one creative way to increase interior space with a gravity-defying approach.

Contributed by:
Kevin Lambert, based on tips from the Ty Pennington Design Team



Two areas of the home tend to get cluttered quickly: the kitchen pantry and the basement workshop. Whether it's too many spices, herbs and snacks; or random nuts, bolts and tacks, both of these places are seemingly always in disarray because of limited shelf space. If you don't have magically expanding shelves, it may be time to find a new storage system that doesn't rely on support from below.

For an innovative, eye-pleasing solution to space restrictions, you can make a simple "lid board." Never heard of it? That's because I just made up the name. (Maybe I should trademark it!) Anyway, a lid board consists of screw-top lids glued to a wooden board. Sound

simple? It is! When the board is secured to an overhead surface or wall with the open lids facing downward, storing your containers is a matter of simply screwing them back into their lids and letting them hang.

Many dried spices come in containers with small screw lids, so they make ideal candidates for lid boards. Sure, a simple spice rack is a space-saving solution, but it still takes up lots of space. Instead, glue the container lids directly to the underside of one of the higher shelves in the pantry so you can store your spices in mid-air! To make cooking a breeze, take it a step further and label the spice jars. Now, see, reach, unscrew!

You can use the same technique for your basement or garage workshop. To store nails, screws, bolts, tacks, nuts and other small hardware that accumulates, a lid board is perfect. Use medium-size, glass preserve jars. But remember, screw lids only!



7 WEEKEND WORTHY Bathroom Upgrades

by: Courtney Simmons





Is your home crying for an update, but you're short on time or money? Look no further than a simple bathroom upgrade. The bathroom is small on square footage, but big on ROI, making it the perfect place to start a quick project. Pick a couple of weekend-worthy upgrades to add a pop of style, as well as a dose of functionality. You'll scratch that renovation itch without losing a lot of coin in the process.

RAINDROPS ON YOUR HEAD

If you really want to stretch your dollar, a new showerhead is a great place to start. Plus, there's no need to hire a professional. It's inexpensive, and it will transform your showering experience from "ho-hum" to "ooh-ahh." A square stainless steel, rain showerhead has a sleek design and will deliver the shower of your dreams.

Estimated Project Time:

A few minutes, with the right tools

SPA-INSPIRED SHELVING

Enter a minimalist state of mind and opt for simple, floating shelves. Not a handyman (or handywoman)? Perfect. This project is ideal for beginners and is truly no-fuss. Install your new shelves at the foot of the bathtub for easy access and a streamlined new focal point. Toss out old, patterned towels and restock with plush, white bath towels to give your bathroom that 5-star resort feel.

Estimated Project Time:

30 minutes

MIRRORS TO ENVY

Let there be light, style and understated elegance. Mirrors are effortless additions to bathrooms that are less-



than-luxe. Not only do they reflect light, they make the space look bigger and open up the room. Add a little Parisian flair with a golden arched vanity mirror. More of a minimalist? Opt for an over-sized frameless mirror to reflect light without the flash.

Estimated Project Time:

15 minutes per mirror

WASHABLE WALL COVERINGS

An accent wall can make a huge statement, especially in the smallest room in the house. And yes, wall coverings are perfectly suited for the bathroom. Select a water-resistant, washable wall covering and you're in business. Wall-papering is fine as a DIY project, but there's also no harm in hiring a professional for flawless results. Either way, it's a cost-effective, weekend project with a huge return. No matter your taste, wall coverings can add a little whimsy or a little drama to a space. It's art for your walls.

Estimated Project Time:

2-3 hours for a small room

PEDESTAL SINK FOR SMALL SPACES

Updating a half-bath? A pedestal sink is ideal. It adds elegance without overtaking the space. It lends itself to an open and airy feel. Aesthetics aside, a pedestal sink is a quick upgrade that won't blow your budget. It's a DIY project for

the plumbing-savvy, but if you're not that handy, leave it to the pros.

Estimated Project Time:

Half-day from start to finish.

TILE AROUND THE TUB

Add a heap of personality to the bathroom with custom tile-work in the shower or around the bathtub. The number of options might feel inundating: subway, glass, mosaic, two-toned — where do you begin? Your bathroom wall is your canvas. Make it your own. Tilework will add visual interest, texture, and a style as unique as you.

Estimated Project Time:

One day from start to finish

CHANGE OUT THE FINISHING TOUCHES

If minor renovations are too much to ask, try a decorating overhaul. Rethink your aesthetic and swap outdated chachkies for brand new accessories. Spruce up the space with a little greenery — bamboo is great in a bathroom. Wooden accessories add an earthy spa-feel. Round off a nature-inspired theme with a white coral sculpture.

Estimated Project Time:

The click of a mouse, if you order online

DIY



diy by Jane

Convert Spent Candle Jars into *Useful Art*

by: Jane Monzures



Scented candles are wonderful to have in your home to add a whiff of a delicate scent to the bathroom, bedroom or a mudroom. Usually, they come packaged in decorative glass perfect for admiring and showcasing. But what's a girl to do when the candle is spent?! Get out your glue and your favorite decorative paper, because I have some ideas for you!

You can up-cycle those jars into vases for small plants, use them to organize your craft supplies, toiletries and office supplies or reuse them as tea lights. But first, "Ya gotta get the wax out."

HERE'S HOW

When the candle is wasted and the remaining bottom wax is dry and cooled, put the entire candle in your freezer. Let it sit overnight, then use a spoon or dull knife to push on the fro-

zen wax and pop it right out. Afterwards, wash the jar with warm soapy water to remove the wax residue.

DECORATING IDEA #1

If the jar has dark glass, add silver paint to give it a modern feel. You can paint it free hand but to create stripes use painter's tape and section half-inch increments with tape around the outside of the jar. Once the tape is secure, use acrylic paint and apply it all over the jar. Leave it to dry. Then peel away the tape to reveal perfectly symmetrical stripes. Use it as a pencil holder next to your desktop or a toothbrush holder on your vanity.

DECORATING IDEA #2

If your candle jar has clear glass, give it some permanent color using tissue paper, decoupage and a paintbrush.

Make sure the glass is dry. Measure the height and circumference of the glass and cut tissue paper to fit. Cut the tissue paper into four quarters. Next, brush the clear decoupage on the inside of the glass and place the tissue paper on top of it inside the jar. Repeat with the four quarters to fit all the way around the inside the jar. Once it's dry, fill it with whatever you want. This look is great for a battery operated tea light or for extra storage in the bathroom for makeup brushes.

Don't be afraid to try new paint colors, paper textures or ribbons. This is your art. It's all up to you. Best of all, you can perfect your style and give them to friends as personal gifts from the heart.



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