

# DECEMBER



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*“Celebrate endings — for they precede  
new beginnings.”*

— Jonathan Huie

## Finding Joy & Balance this Holiday Season

The holidays bring a special kind of energy — full of celebrations, family gatherings, and gift-giving. But with busy calendars, holiday shopping, and seasonal expenses, it can be easy to feel stretched thin. Here are some tips to help you keep the season bright and enjoy a balanced, joyful holiday.

### Lighten Your Load

- **Say “Yes” to What Matters Most.** It’s perfectly okay to choose the activities that bring you the most joy and let go of the rest. Prioritize what feels meaningful to you, and don’t feel obligated to attend every event.
- **Keep Space in Your Schedule.** Leave a little breathing room between activities. This can help you enjoy each moment more fully and stay relaxed.
- **Budget Wisely.** Holiday expenses can add up, but small changes can make a big difference. Consider a gift exchange instead of buying for everyone, set a spending limit, and go potluck for family gatherings to keep costs manageable.
- **Let Others Pitch In.** Share the holiday workload! Whether it’s decorating, cooking, or organizing, let friends and family join in and help create the magic.

### Prioritize Self-Care

- **Make Time for Yourself.** Carve out moments for simple pleasures, whether it’s enjoying a favorite hobby, a good book, or a cozy movie night at home.
- **Stay in the Moment.** The holidays are full of special moments. Pause to appreciate them, express gratitude, and savor each one.
- **Keep Up Healthy Habits.** Regular sleep, hydration, and staying active will keep you energized and ready to embrace the seasonal fun.

### Spread Cheer to Others

The holidays are a perfect time to show a little extra kindness. A friendly call or a casual meet-up can mean the world to a friend, neighbor, or family member. Small gestures of connection can lift both you and those around you.

This season, remember to celebrate your way, making space for the activities and people that bring you the most joy. Embrace the beauty of a holiday season that’s filled with balance, warmth, and a little extra cheer!

# Beef Tenderloin

WITH SCALLION  
SALSA VERDE



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## Ingredients

- One 3-pound center cut tenderloin roast
- 1 1/2 teaspoons kosher salt
- 1 1/2 teaspoons coarse ground black pepper
- 2 tablespoons olive oil
- Flake salt, to finish

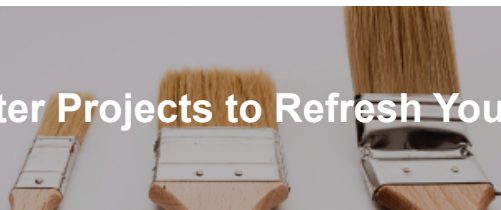
## Directions

1. For the tenderloin: Preheat the oven to 400 degrees F.
2. Dry the tenderloin well with paper towels and sprinkle evenly with the salt and pepper. Heat a large ovenproof skillet over medium-high heat. Add the oil to the hot skillet followed by the tenderloin. Cook, turning every 4 minutes, until the tenderloin is an even, deep golden brown, about 12 minutes. Place the skillet in the oven until an instant-read thermometer reads 120 degrees F, or about 30 minutes for medium-rare. Remove to a platter to rest for 10 minutes before slicing.
3. For the sauce: Meanwhile, preheat a grill for cooking at medium-high heat.
4. Sprinkle the scallions with 1 teaspoon salt and 2 teaspoons olive oil. Place on the hot grill and cook until wilted and slightly charred, about 3 minutes per side. (Place a pan lid on top of the scallions if they are not browning enough.) Remove the charred scallions to a cutting board and roughly chop. Add the charred scallions to a bowl along with the mustard, vinegar, remaining 1/3 cup olive oil and remaining 1/2 teaspoon salt. Stir to combine.
5. Sprinkle the tenderloin with flake salt and serve with the scallion sauce.

## Sauce

- 4 small bunches scallions or ramps, trimmed
- 1 1/2 teaspoons kosher salt
- 2 teaspoons plus 1/3 cup olive oil
- 2 tablespoons whole-grain mustard
- 2 1/2 tablespoons apple cider vinegar

## Easy Winter Projects to Refresh Your Home



Winter is the perfect time to start an indoor project to refresh a space in your home. While large remodeling projects are always on the table, a smaller project – an update or a facelift – can energize you through the winter months and keep your creative juices flowing. Read on for our favorite easy winter projects.

**Trim work and doors:** These areas can get scuffed, dinged, and dirty from daily use. Washing, painting, or replacing trim work and doors will instantly bring a freshly finished look to your house. You could add crown molding or upgrade your doorknobs as well.

**Painting:** Painting a new color or an accent wall will have a huge impact on the feel and style of a room, and with newer no-VOC formulas, you may not even be able to smell the paint.

**Light fixtures:** Replacing dated light fixtures or ceiling fans is an easy DIY job that most homeowners can accomplish in an afternoon.

**Regrouting or caulking:** Regrouting tile and caulking in bathrooms and kitchens is vital home maintenance and a perfect indoor project that won't take too much time and materials.

**Wainscoting, shiplap, and decorative millwork:** Imagine an intricate new ceiling medallion, a rustic shiplap accent wall, or cozy wainscoting in your favorite space – little details can make a big difference.

**Mini-space makeover:** Choose a room and change out the colors, decoration, and storage to make it feel like a brand-new space. This is a great time for a laundry room or bathroom makeover!

**Plumbing fixtures:** The look and feel of your plumbing fixtures have a huge impact on your space. Think of the difference in how your bathroom would look with ornate gold fixtures versus sleek, modern brushed nickel, or rustic style aged bronze.

**Hardware:** Think of new drawer pulls and cabinet knobs, switch plate covers, coat hooks, window locks, or vent covers.

**Think bigger:** If you're up for it, winter's a great time for bigger ticket upgrades too – like a tile backsplash in the kitchen, new countertops, flooring, or a basement remodel.

Don't underestimate the impact of small projects. Refresh your home this winter with an easy indoor project you'll enjoy immediately.



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