













"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails.

Explore. Dream. Discover."

-Mark Twain



Whether you're hitting the road for a cross-country adventure or exploring destinations within a short drive of your own city, "road tripping" is a timeless summer tradition that can open your eyes to new places and experiences—without the hassle of air travel. If you're planning to do some sightseeing by car this summer, follow these tips to ensure that your road trip is a success:

**Pack lightly.** Inevitably, you will return from your trip with more items than you left with, particularly if you are traveling with kids. Trash will be generated while en route, tightly packed bags will expand, and you will likely pick up souvenirs along the way. Since you will be spending a great deal of time in the car, comfort is key—so pack only what you will need, leaving ample legroom for all passengers.

Stock your car with the safety and comfort essentials. While packing lightly is important, safety is, of course, the foundation of any successful trip—and traveling by car may present an array of unique challenges that you may not have necessarily anticipated. To be prepared for anything the open roads throw at you, be sure to bring items such as the following: a well-stocked first-aid kit, blankets, your car's up-to-date registration and insurance information, jumper cables, a spare tire (along with a jack and tire iron), flashlights, maps (yes, the old-fashioned paper kind--you may not have cell phone reception in all places!), a gallon or two of water in case you are ever stranded, and any other essentials that you or your family may need.

**Buy a National Park Pass.** Whether you're planning to camp, hike, or simply visit some of the most beautiful natural wonders that the country has to offer, a National Park Pass is your easy-access ticket. An annual pass covers the entrance and standard amenity fees at more than 2,000 federal recreation sites, including national parks, forests, and wildlife refuges. There are also free or discounted passes available for members of the military, senior citizens, and 4th Grade students!

Make a plan—but keep an open mind. While it is important to have an idea of what you want to see on your trip and how you will get there, one of the best things about traveling by car is the freedom to easily change course as you see fit. As you drive, be on the lookout for "off-the-beaten-path" sites that you may want to visit, and don't forget to just enjoy the ride—after all, road trips truly are about the journey, not the destination.

Sources: nps.gov, theoutbound.com

## SESAME-GINGER CHICKEN PASTA SALAD

## Ingredients:

- · One 6-ounce chicken breast
- · Sea salt
- Freshly ground pepper
- · 1 tablespoon extra-virgin olive oil
- · 6 ounces bowtie pasta
- · 2 tablespoons mayonnaise
- · 2 tablespoons plain Greek yogurt
- · 11/2 teaspoons sesame oil
- 1/4 teaspoon soy sauce
- · 1/4 teaspoon brown sugar
- · 1 small carrot, grated
- · 3 tablespoons sliced green onion

## **Directions**

- Season the chicken breast with 1/8 teaspoon each of sea salt and freshly ground pepper. In a small pan, heat the extra-virgin olive oil over medium high heat. Add the chicken and cook for 1 minute. Turn the chicken, reduce the heat, cover and cook for 8 minutes. Remove the pan from the heat and leave covered for 10 minutes, then shred the chicken with 2 forks.
- Meanwhile, in a large pot of boiling salted water, cook the pasta according to package directions. Drain, and rinse the pasta under cold running water.
- In a small bowl, whisk together the mayonnaise, Greek yogurt, sesame oil, soy sauce, brown sugar and 1/8 teaspoon of sea salt.
- In a large bowl, toss the pasta and chicken with the dressing. Add the grated carrot and green onion and toss to coat.



When your home is on the market, minor adjustments to boost its appeal may yield a quicker sale or higher price. Since most buyers favor spacious rooms and open floor plans, it is important to ensure that your home's smaller spaces seem uncluttered and as large as possible.

Here are a few easy ways to give small rooms the illusion of more space:

**Create depth using light and dark colors.** While dark colors can risk making a room seem smaller, painting walls with light, bright colors and using darker hues as accents can create a contrasting effect—giving rooms depth and making them feel bigger.

Employ multipurpose furniture with hidden storage. Reducing clutter is essential for making small spaces seem larger. An easy way to do this is to invest in tables with cabinets underneath, or storage units that can double as ottomans or additional seating. Before a showing, simply stash excess items into the hidden storage for a tidy, uncluttered appearance.

Use items that draw the eyes toward the ceiling. Anything that attracts your gaze upwards can make a room seem larger. Examples of such items that are relatively easy to install include floor-to-ceiling drapes, eye-catching chandeliers, and shelves near the ceiling.

Opt for a few large statement pieces of furniture and artwork as opposed to many small ones. While it may seem counterintuitive, large pieces can actually make a space feel roomier, while smaller pieces may contribute to a cluttered appearance. When in doubt, follow the "cantaloupe rule" of design, which states that any decorative items smaller than a cantaloupe can make a room feel more crowded.

**Place mirrors across from windows.** Letting in natural light instantly makes rooms feel larger, so using mirrors to amplify light from the windows is an easy way to create the mirage of spaciousness.

Sources: blesserhouse.com, buzzfeed.com



