

May



*Slow breathing is like an anchor in the midst of an emotional storm:
the anchor won't make the storm go away, but it will hold you steady until it passes.*

- Russ Harris

Top Destinations to Explore in the United States for 2023

forbes.com

This year, the top choices for where to go span the country from coast to coast, ranging from seaside escapes to mountain hideaways to urban hot spots, with some surprises thrown in along the way. Here are 3 of the top places to travel to in the U.S.

- **Phoenix, Arizona:** Phoenix made headlines recently as the host of Superbowl LVII, the kickoff location of Taylor Swift's tour and the home of the MLB Spring Training. But there's so much to experience in Greater Phoenix in 2023—one of the fastest growing cities in the U.S.—not to mention the natural beauty that made it a must-visit destination in the first place. “The Valley of the Sun is known for sunny weather all year around, beautiful hikes and scenic landscapes,” says Lucee Santini, who is a big fan of spots like the Desert Botanical Garden, a 144-acre oasis in the middle of the desert.
- **Niagara Falls, New York:** Niagara Falls is a bucket-list destination for people from all over the world, thanks to iconic attractions such as the Maid of the Mist and Cave of the Winds. Founded in 1885, Niagara Falls State Park has always been a point of interest for visitors to the Falls, and now a new \$46 million Welcome Center opening later this spring will feature sustainable elements, hands-on exhibits and indigenous history to enrich the experience.
- **Atlantic City, New Jersey:** America's Playground (as this beachside city is called) has seen significant reinvestment into the destination over the last several years, including multi-million dollar hotel renovations, game-changing restaurants and all-new attractions. Bringing new life to the destination in 2023 is the Island Waterpark at Showboat Atlantic City, which will be the largest indoor waterpark in the country and will feature state-of-the-art surf machines creating life-size waves and the largest custom aqua forms in the world.



Leek-and-Asparagus Crispy Rice


marthastewart.com

Ingredients:

- 2 tablespoons unsalted butter
- 3 tablespoons extra-virgin olive oil
- 2 cups chopped leeks, white parts only (from 2 large), washed thoroughly
- Kosher salt and freshly ground pepper
- 8 ounces asparagus, trimmed and cut into 2-inch pieces
- 3 cups cooked white rice
- 1 teaspoon grated lemon zest, plus 1 tablespoon fresh juice
- 1 large bunch fresh chives, chopped
- 1/3 cup grated Parmigiano-Reggiano, plus more for serving
- 1/2 cup chopped fresh parsley and dill, plus more for serving
- Fried eggs, for serving (optional)

Directions:

- Heat butter and 2 tablespoons oil in a large nonstick skillet over medium-high. Add leeks, season with salt and pepper, and cook, stirring often, until translucent, 3 to 4 minutes. Stir in asparagus and 1/2 cup water. Reduce heat to low, cover, and cook until asparagus is bright green and just tender, 3 to 4 minutes. Uncover, increase heat to high, and cook until most of liquid has evaporated, about 1 minute. Transfer to a bowl.
- Return skillet to high heat; swirl in 1 tablespoon oil. Spread rice in a single layer; cook, undisturbed, until crisp in places, about 4 minutes. Stir in leek mixture, lemon zest and juice, peas, cheese, and herbs. Season with salt and pepper. Serve with more cheese and herbs, topped with a fried egg.



Easy Ways to Incorporate Biophilic Design into Your Home

nar.realtor & bhg.com

While the concept of letting the outdoors in is not exactly new, the term “biophilic design” has been trending among homeowners, interior designers, and architects in recent years. With a goal of connecting humans with nature by incorporating natural elements, materials, and colors into the design of homes and buildings, biophilic design has surged in popularity as a way to improve well-being while enhancing the beauty of our living spaces. If your home is on the market, adding some elements of biophilic design can be a great way to increase its appeal to potential buyers. Here are a few simple ways to bring this interesting trend into your home:

- Add plenty of plants. One of the easiest ways to incorporate biophilic design is through the use of live plants. From low-maintenance varieties like succulents to potted herb gardens to more advanced options, like plant walls and potted indoor trees, plants not only bring greenery and a direct connection to the natural world into your home, but they’re also linked to a variety of benefits, including reduced stress and improved air quality.
- Maximize views of the outdoors. If any rooms in your home have appealing views of the outdoors, take advantage of them by removing grills and sashes from windows and pinning back (or removing) drapery. Additionally, consider installing skylights in rooms such as bathrooms, hallways, and the kitchen to bring in natural light.
- Incorporate textures and colors commonly found in nature. For example, add some décor items made of wood, stone, or leather, and choose a color scheme focused on subtle, natural hues such as browns, greens, and light blues.
- Add water features. The sound of water can be very soothing and can instantly create a nature-oriented, spa-like vibe inside your home. Consider purchasing a small indoor water fountain or even a fish tank to harness these benefits and build a stronger connection to nature.



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