

Compliments of Stacey Shanner

# *start* HEALTHY

ISSUE 36

**fitness that rocks | 22**

**humor & health | 36**



**Stacey Shanner**  
Direct: (866) 458-4226



**The Shanner Group**  
1100 First Avenue  
Suite 200  
King Of Prussia, PA 19406

## *the benefits* of Wellness Treatments

*Get a health boost from  
your spa day | PAGE 04*



## Front of Tear Out Card 1

### QUINOA, SPRING VEGETABLES, *arugula, kumquats, pistachios*

- 1½ c. water
- ½ tsp. salt, plus more to taste
- 1 c. quinoa
- 4 oz. feta cheese, crumbled
- ¼ c. chopped fresh herbs, such as dill, mint, and/or cilantro
- 6 tbsp. extra-virgin olive oil
- 3 tbsp. fresh lemon juice
- 6 oz. sugar snap peas, trimmed
- 4 tbsp. Champagne vinegar or white wine vinegar
- 2 c. wild or baby arugula
- 2 carrots, very thinly sliced
- 1 fennel bulb, trimmed and very thinly sliced



**Stacey Shanner**

**Direct:** (866) 458-4226

**E-mail:** [info@remindermedia.com](mailto:info@remindermedia.com)

**[www.remindermedia.com](http://www.remindermedia.com)**

**The Shanner Group**

1100 First Avenue  
Suite 200  
King Of Prussia, PA 19406



## Back of Tear Out Card 1



*Ingredients continued  
from reverse side*

- 12 kumquats, sliced, or 4 tangerines, peeled and separated into sections
- 2 watermelon radishes, peeled and very thinly sliced
- ½ c. shelled roasted pistachios

**tip:**

I use an inexpensive V-slicer to shave paper-thin slices of the fennel, carrot, and watermelon radish.

**6 SERVINGS**

Reprinted with permission from *Vegetarian Salad for Dinner* by Jeanne Kelley. Photography © The Ingalls. © Rizzoli, 2023.

1. Bring the water and salt to a simmer in a heavy small saucepan over medium heat. Add the quinoa, cover, and simmer until the liquid has been absorbed and the quinoa is tender, about 20 minutes. Transfer the quinoa to a large bowl, fluff with a fork, and cool completely. Add the cheese, herbs, 2 tbsp. of the oil, and the lemon juice to the quinoa and stir to combine. Season with salt and pepper.
2. Meanwhile, cook the snap peas in a medium pot of rapidly boiling salted water until crisp-tender. Drain well. (*The quinoa and snap peas can be prepared up to 2 days ahead; cover and refrigerate separately.*)
3. Whisk together the remaining 4 tbsp. oil, the vinegar, and ¼ tsp. salt to blend in a small bowl for the dressing. Mix the snap peas, arugula, carrots, fennel, kumquats, radishes, and pistachios into the quinoa mixture. Toss with the dressing and serve.





Dear Bill and Judy,

As Mother Nature begins waking up from her winter slumber, you, too, might feel a renewed sense of energy and the call to embrace change. This issue of Start Healthy can help you step into a season of growth, with a look at wonderful wellness treatments, a breakdown of the health benefits of exploring the outdoors, and a lesson in the healing power of humor.

A trip to the spa can feel like a luxurious treat, but how much good is it actually doing for your overall health? As it turns out, quite a bit. Find out how various wellness treatments like massages and facials can improve your mental and physical well-being.

There's no questioning the force of nature, but it has some pretty incredible healing powers, too, which you can reap just from immersing yourself in it. The enclosed guide explains why you should prioritize spending more time in the great outdoors as the weather warms.

Embracing humor in all its forms can provide a big boost to your health, help you forge lasting bonds, and even teach you a thing or two. Inside, learn why laughter really might be the best medicine and how to experience more of it.

What restorative practice will you adopt for your health this season? As always, it's a pleasure to send you this magazine.

Stacey Shanner



Stacey Shanner

Direct: (866) 458-4226  
E-mail: [info@remindermedia.com](mailto:info@remindermedia.com)  
[www.remindermedia.com](http://www.remindermedia.com)

The Shanner Group  
1100 First Avenue  
Suite 200  
King of Prussia, PA 19406



issue  
36

Page 16

*Immerse Yourself  
in Nature*

Go outside this season to  
benefit both your mind  
and your body.

TABLE OF  
*contents*

**02** *Be More Active Daily*

Work in small bursts of activity throughout your day for better health.

**04** *The Benefits of Wellness Treatments*

There may be some surprising health benefits to enjoying a spa day.

**10** *Unmasking Clean Beauty*

Navigating clean beauty claims can be tricky. Dive into five common myths to separate fact from fiction.

**22** *A Fitness Activity That Rocks*

Doug Simpson of Golden Mountain Guides makes rock climbing safe and accessible for all.

**28** *Dinner Salads Done Right*

Yes, salads can make for a mouthwatering main course—and these cookbook recipes prove it.

**36** *Humor & Health*

Learn why laughter may truly be an answer for whatever ails you.

**42** *Eco-Friendly Pest Removal*

Nobody likes pests, but before you reach for the standard pesticide, give these natural ideas a try.

**48** *Cleaning Wooden Kitchen Tools*

Tips to help extend the life of these essential kitchen utensils.





# BE MORE ACTIVE DAILY

written by:  
lauren kim



The *Physical Activity Guidelines for Americans* recommends getting at least 150 minutes of moderate-intensity exercise a week. However, most people don't meet this guideline and are instead sedentary for much of the day. But don't despair—there are many ways you can slip in beneficial movement all day long. Follow these tips to be more active, help keep your brain and heart healthy, and potentially live longer.

## Start out right

Get your day off to a good start by beginning with some activity, such as simple stretches, yoga, or calisthenics. This will get you moving and can also help relieve pain, improve flexibility, and loosen tight joints and muscles.

## Break it up

Sneak in several bursts of activity whenever you can. For example, straighten up the kitchen or water your houseplants while you brew your morning coffee. If you drive to work, park your car far from the entrance

to get a few extra steps in. You could also consider purchasing a standing desk or an under-the-desk treadmill or stepper or, if you're physically able, do some jumping jacks, squats, or leg lifts periodically while you work.

## Take an active lunch

Pack a lunch you can eat quickly at your desk, such as a salad, so you can fit in a short exercise class, take a walk, or climb a few flights of stairs at your workplace or elsewhere.

## Stay on track

To help keep you motivated, use a fitness tracker or journal, which will make it easy to monitor your progress.

## Skip the couch

Instead of watching TV, enjoy an active pastime like gardening, basketball, or playing with your kids or grandkids. Even devoting a few minutes to simple chores like unloading the dishwasher and cleaning up after meals can help propel you toward a life of better fitness.

# startHEALTHY



Start Healthy is published by ReminderMedia. For more information about Start Healthy magazine, please visit us at [www.remindermedia.com](http://www.remindermedia.com), email us at [info@remindermedia.com](mailto:info@remindermedia.com), or call us at 866-458-4226. All rights reserved.

NO PART OF THIS PUBLICATION MAY BE REPRODUCED WITHOUT THE EXPRESSED WRITTEN CONSENT OF THE PUBLISHER.

This magazine is for information and entertainment purposes only; it is not an attempt to solicit business.

The contents of Start Healthy are for editorial purposes only. Please contact a medical professional if you have any questions about your health or need advice about the content within this issue.

All photos in Start Healthy are provided by Getty Images unless noted.

## PUBLISHER

**Chief Executive Officer** Steven Acree  
[publisher@remindermedia.com](mailto:publisher@remindermedia.com)

## EXECUTIVE

**President** Luke Acree  
**Chief Marketing Officer** Joshua Stike  
**Chief Operating Officer** Michael Graziola

## MARKETING

**Director of Marketing** Dan Acree  
**Director of Creative Services** Kristin Sweeney  
**Director of Content** Jessica Fitzpatrick  
[marketing@remindermedia.com](mailto:marketing@remindermedia.com)

## EDITORIAL

**Editorial Manager** Alexa Bricker  
**Senior Layout Designer** Jordan Hunsberger  
**Senior Editor** Matthew Brady  
**Junior Editor** Dakota Damschroder  
**Senior Content Writer** Shelley Goldstein  
**Content Writers** Bonnie Joffe, Lauren Kim, Andre Rios  
**Junior Content Writer** Allison Gomes  
[editorial@remindermedia.com](mailto:editorial@remindermedia.com)

## SALES AND CLIENT SUCCESS

**Vice President of Client Success** Ethan Acree  
**Vice President of Operations** Nicholas Bianco  
**Vice President of Sales** Michael Campanile  
[hello@remindermedia.com](mailto:hello@remindermedia.com)

## OPERATIONS

**Vice President of IT** Thomas Setliff  
**Director of Projects** Kelsie Schmall  
**Director of Business Intelligence** Daniel Gallaway  
**Director of Manufacturing** Shannon Mosser  
**Vice President of Finance** Shana Lebofsky  
**Director of HR** John Keogh  
[hr@remindermedia.com](mailto:hr@remindermedia.com)





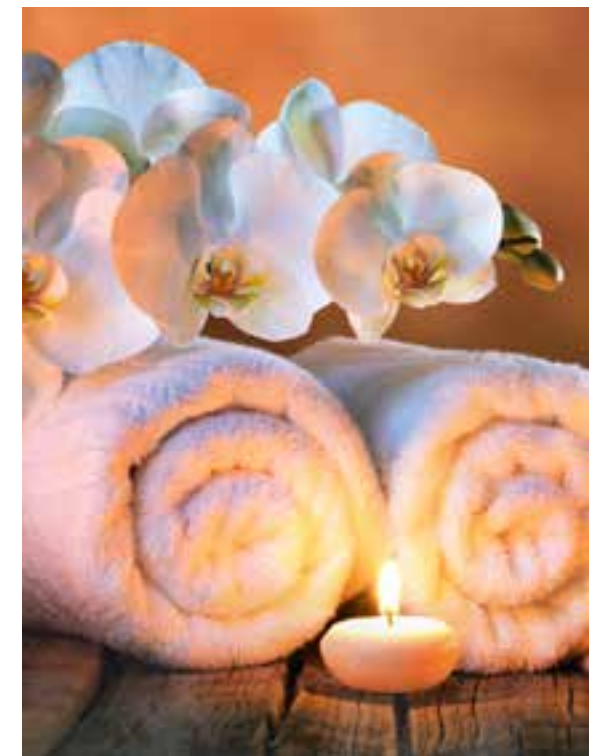
wellness

## *the health benefits* of Wellness Treatments

**written by:** *andre rios*

After a busy week of work, chores, and caring for your loved ones, a spa day can sound quite tempting. The luxurious atmosphere and relaxing sensations provide you the peace you crave—and they might offer a substantial health boost in the process. Research shows that some popular wellness treatments might be as healthy as they are enjoyable, a rarity in a world in which unhealthy behaviors are often more attractive.

In fact, certain spa services may even qualify as integrative medicine, or therapeutic treatments performed outside of medical clinics and facilities that have proven medical benefits. So do yourself a favor and check into your local spa, get swept away by the ambience of aromatherapy candles and soothing music, and enjoy the perks of these notably healthy self-care treatments.





## Massage

Almost nothing is as relaxing as an hour of massage therapy, and this hands-on pressure may actually be good for your connective tissues too. During treatment, a massage therapist works your soft tissues with varying compressions and motions, which Everyday Health notes can lead to improved blood flow, relief from pain and muscle tightness, faster recovery from intense exercise, and other benefits. Physicians may even recommend massage to treat chronic conditions like migraines and muscle spasms. (However, massage therapists may have to undergo additional or specialized training to perform these types of treatments.)

Keep in mind, though, that not all massages are suitable for everyone. For example, deep-tissue massage, which relies on intense pressure to work out kinks, can potentially be harmful to people with sensitive tissue conditions like arthritis. So be sure to consult with your doctor before going straight to massage therapy for whole-body healing.

## Facials

Who doesn't want to be treated like royalty for an hour and walk away looking refreshed and revitalized? A wide range of skin facial treatments make lofty promises, and many can indeed make good on them. Undergoing a facial "purifies and regenerates your skin, which leads to an overall improvement in its health," dermatologist Hope Mitchell tells *InStyle* magazine. There are facials aimed at addressing just about every skin malady, including acne and sunburn.



Spas and wellness centers often advertise facials for their long list of miracle-cure ingredients—a veritable smoothie of fruits, veggies, and oats spread across your skin—many of which offer one common benefit: moisture. For a healthy hydration boost, search for treatments that utilize ingredients found both in nature and in common skin moisturizers, such as aloe vera, shea butter, and cocoa butter. Such therapies can address immediate concerns like dry, itchy skin and prevent long-term concerns, including fine lines and wrinkles. However, people with sensitive skin conditions such as allergies and rosacea should be particularly selective about the treatments they undergo. More aggressive spa services like exfoliation may irritate or worsen these skin woes.

## Relaxation sessions

Believe it or not, wellness services dedicated to sheer decadence can be healthy. These range from classic spa offerings like hot-bath soaks to more recent innovations like sensory deprivation floats. (If you're curious about this treatment, it involves lying in a completely dark tank of water.)

Their chief advantages lie in stress relief, which alone has broad health implications. Chronic stress is shown to have hordes of documented effects on the body, ranging in severity from headaches to insomnia to a weakened immune system to even an increased risk of heart attacks. But you don't necessarily need an intense treatment like the deprivation tank to release your stress; even ones as simple as scented candles and aromatherapy are proven to reduce stress levels, improve sleep, increase mental focus, and more.





### *Medical spa treatments*

Finally, there are the services that explicitly promote their alignment with mainstream medicine. The med spa industry of relaxing, cosmetic treatments has exploded in recent years and is anticipated to balloon to a value of \$25.9 billion by 2026 in the United States alone, according to Business Wire. You could very well attribute these spas' success to their comfortable overlap of health care with self-care. But are their treatments truly beneficial?

The answer depends on what sort of condition ails you. Under the supervision of experts like board-certified dermatologists, med spas offer treatments, including microdermabrasion (high-tech skin exfoliation) and laser hair removal, that are clinically proven to address certain cosmetic issues with lasting results. Some of these centers even provide treatments like hormone replacement, which affects whole-body health and can help address specific symptoms, including chronic fatigue and weight gain. And like day spas, med spas often craft a comfortable

ambience so your service feels more relaxing than sterile—as opposed to traditional medical exam rooms.

But, again, med spa treatments aren't a replacement for traditional health care, and your medical insurance may not cover them if they're deemed cosmetic. So if you're experiencing a malady beyond the aesthetic, you should see a doctor first, particularly before pursuing body contouring and other weight loss procedures. With their approval, you can securely sign up for med spa treatments and address your cosmetic concerns in a restful atmosphere.

*Now go get pampered, settle into your seat or tub, and enjoy the moment. Then walk away with a positive feeling that you have not only soothed away some stress but also potentially made a difference for your health.*

*\*For more info and individualized health recommendations, visit your doctor.*





# Unmasking the Myths OF CLEAN BEAUTY


written by:  
*shelley goldstein*

**T**he beginnings of the clean beauty trend are unclear. Some attribute it to Whole Foods' expansion in the 1980s and the subsequent stocking of their aisles with beauty products that had a wellness

bent. However, the idea only began to take on a life of its own with the advent of Gwyneth Paltrow's Goop newsletter in 2008, which endeavored to make the granola lifestyle a hip one and turned "clean beauty" into a commonplace term.







The market has since exploded with countless websites touting various skin care and makeup products under the umbrella of clean beauty. Many influencers on social media reinforce the trope that the conscientious buyer should purchase only products that display the term. And yet the term is essentially meaningless because there is no official definition or standards—companies can claim a product is clean based just on their own rules and practices. To make informed decisions as a consumer, it's important to understand the confusion and investigate some of the most common myths of clean beauty.

**MYTH 1:** *All-natural ingredients are better than synthetic ones*

It's puzzling how this myth took hold. After all, there are plenty of toxins that are naturally occurring, such as mercury and poison ivy. Regardless, the idea that man-made beauty product ingredients are something always to be feared has grown via social media and misleading marketing. Some companies have even used this tactic to charge consumers more for the promise of clean.

But natural ingredients are not necessarily better, nor are man-made ingredients the enemy. Synthetic ingredients deemed safe have gone through rigorous testing and scientific research, and the results can be easily replicated. Natural ingredients, on the other hand, can be much more

temperamental, as they can change based on transient conditions like weather, seasons, and minerals in the soil.

**MYTH 2:** *Clean beauty is more environmentally friendly*

While it's easy to assume something natural would also be more eco-friendly, the facts are more nuanced. Clean beauty often has a proclivity for using minimalist packaging or compostable materials, but the life cycle of the product itself may be a lot shorter due to its more natural formulation, which means it will need to be thrown out and replenished sooner. There is also the matter of the ingredients that need to be harvested. Agriculture can result in diminishing biodiversity and soil depletion, among other consequences. Conversely, creating ingredients in a lab can be much more sustainable in some ways.

**MYTH 3:** *Conventional cosmetics are not regulated*

This is something you might hear from a fearmongering company that is marketing clean beauty products, but it's far from the truth. The FDA oversees the cosmetics industry, and it's illegal for a brand to manufacture and sell products that are toxic or dangerous. One of the most common scare tactics is to compare the European Union's list of banned ingredients to the United States' list. The former has well over 1,000, while the latter has only eleven. However, it isn't because the United States is lax. Our country simply





includes ingredients that might be more common in the industry. The EU, on the other hand, lists all dangerous ingredients—even ones that would never be used in cosmetics.

#### **MYTH 4:** *Clean beauty is better regulated*

There are no specific standards for clean beauty; the word “natural” isn’t regulated at all, which means companies can claim this label on their product without being forced to show what percentage of natural ingredients it contains. To prove the authenticity of their products, some companies have turned to third-party organizations and certifications, but these organizations may have their own agendas, making them unreliable. For instance, the Environmental Working Group (EWG) is known for cherry-picking data

to support its views despite many scientists not agreeing with its stances.

#### **MYTH 5:** *Clean beauty products are safer for sensitive skin*

It sounds a little counterintuitive, but natural ingredients can actually trigger reactions in sensitive skin more than ingredients formulated in a lab to be hypoallergenic. In fact, some of the most common natural ingredients, like essential oils, citrus extracts, and natural fragrances, are known allergens and irritants. Plus, the preservatives often used in clean beauty products have not been studied as extensively, in part because they are much newer and their long-term health effects are largely unknown. Alternative preservatives also exist, but they

tend to be less effective, requiring a higher concentration of them in products. Everyone’s skin is different, so it’s important to assess all ingredients, both natural and man-made, to figure out what is most suitable for you.

*As the market for clean beauty continues to grow, be sure to do your homework to evaluate both synthetic and natural ingredients when choosing products for yourself. Some companies that prioritize sustainability and high-quality natural ingredients might be a great fit for you. But if a company is advertising via scare tactics, take that as a sign to pause and evaluate the facts rather than be swayed by myths.*



# Immerse Yourself IN NATURE

written by:  
*lauren kim*

When the weather warms up, it's a wonderful time to get outside and enjoy the great outdoors, whether that involves hiking through the woods, embarking on a bird-watching expedition, or going to your local park to enjoy the flowers and trees. In addition to the simple enjoyment of it, studies show that being in nature can benefit you mentally and physically, in part because it can expose you to fresher air and encourage you to get moving. The best part? You can experience these amazing benefits for free—all you need to do is step outside and find a garden, beach, or nature trail to explore.

## Get a new lease on *life*

Even just a little time in nature can have restorative effects. For example, Lela Betts, a nature enthusiast from the Philadelphia area, sometimes stops during her drive home from work to visit a park or a small





*While nature can  
be relaxing,  
it also offers  
endless  
opportunities  
for discovery.*

patch of woods near her residence. On weekends, she and her husband enjoy bird-watching both locally and in nearby New Jersey. He brings his camera and telephoto lens to capture beautiful photos of the birds they see. “Walking in nature is so relaxing and diverting,” Betts says.

Whether you trek through an untouched natural oasis close to home or simply take in the sights and scents of a local park, there are many ways to immerse yourself in nature and experience its rejuvenating benefits.

disease, and obesity. Sunshine may even have a role in boosting T cells, which can help fight infection.

### **Let your mind *wander***

Part of the allure of following a quiet garden path or a winding wooded trail is the opportunity to unplug from the modern world and leave your worries behind. Take a moment to relax, set your thoughts free, and quietly enjoy your surroundings. Science has shown that time spent in green or blue spaces—such as a forest or a lakeside beach—can boost feelings of well-being



### **Boost your *body***

When it comes to our health, it seems that nature knows what’s best for us. In spring and summer, it only takes about ten minutes of midday sunshine to get the recommended amount of vitamin D, a nutrient essential for our overall health, and scientists believe that phytoncides, organic compounds that plants emit into the air, can boost immunity. Being outdoors can also make you feel happier, help you sleep better, and prevent negative health conditions like asthma, heart



and lower stress, so you’ll want to make the most of springtime’s pleasant weather if you can get outdoors.

### **Document your *adventures***

While nature can be relaxing, it also offers endless opportunities for discovery. If you look closely enough, you can observe a world of activity even on a short nature trail or in a small garden patch, such as a butterfly sipping a flower’s nectar, an army of ants marching up the trunk of a tree, or a bird feeding its young. Try being an



amateur naturalist for the day with an app like iNaturalist—just snap photos of interesting plants and wildlife to add to a database that’s open to naturalists and scientists. On her nature walks and birdwatching expeditions, Betts uses the Merlin Bird ID app to identify and share her bird sightings with birders around the world.

You could also use your creativity to document your experiences, such as by drawing, writing, or journaling what you find. The act of preserving your experience on paper or in an image can be therapeutic—you might find your cares lifting away in the spring breeze. Even better, your mementos will give you something concrete to help you always remember the pleasant times you enjoyed.

### Travel to new *places*

While you can spot hundreds of species of plants and wildlife even in your own backyard, your desire to explore nature can take you to exciting places within your state, across the country, or around the world. For instance, you could visit Durango, Colorado, to delight in fields of blooming wildflowers, see migrating birds in the Rio Grande Valley in Texas or along the Delaware Bay in Cape May, New Jersey, or explore the bayous and swamps of the Barataria Preserve in Louisiana to glimpse alligators, turtles, and more than two hundred species of birds and other plants in their natural habitats.

### Try new *experiences*

Even if you are already a nature buff, you can still discover new opportunities to enjoy everything nature has to offer. For example, experiencing a sunrise over the ocean or looking up at the stars during a moonlit nature walk can fill you with a sense of peace and awe.

### Venture *wisely*

There are many benefits to being in nature, but there are some drawbacks too. Remember to protect your eyes and skin from sun damage by wearing sunglasses and sunscreen, and consider wearing long-sleeved shirts and a pair of pants when enjoying the outdoors to prevent getting bitten by bugs and ticks.



*The benefits of spending a day or evening in nature are virtually endless, so when the weather starts warming up, be sure to get outside and enjoy everything the great outdoors has to offer.*



interview with: *doug simpson*

written by: *andre rios*

photos provided by:  
*golden mountain guides*

# A Fitness Activity THAT ROCKS

If you think rock climbing is reserved for young, ultrafit daredevils, think again. Sure, challenging bouldering climbs exist, but so do safely guided courses for less active adults. Doug Simpson of Colorado-based Golden Mountain Guides discusses why rock climbing is an excellent way to exercise and the “transformative power” it can have on people of all ages.

**What does Golden Mountain Guides do?** Our company is a mountain guide service based out of Golden, Colorado. We’ve been operating since 2016 with the goal of fostering conservation, outdoor education, and environmental stewardship by creating mountain adventures that inspire. Our clients range from first-time climbers to experienced pros looking to develop their skills. Whatever their experience, our American Mountain Guides Association (AMGA)-certified guides and instructors can help them reach their goals.

**In which regions or parks do you lead climbs?** We’re based in the Front Range, a wide span of the Rocky Mountains that extends from southern Wyoming through Colorado and includes Eldorado Canyon State Park, Rocky Mountain National Park, Boulder Canyon, and the Boulder Flatirons. We also offer summit climbs in Moab, Utah, and at Devils Tower National Monument, giving you the opportunity to reach the top of remarkable land formations inaccessible by roads or trails. In wintertime, we love to guide ice climbs on frozen formations at Lincoln Falls near Hoosier Pass.

**Do you suggest that climbers always start off working with an expert’s guidance?**

Absolutely. If you are new to the sport, we recommend seeking guidance from a mentor or AMGA-certified guiding service like ours. Climbing is inherently dangerous, and you need to develop technical skills to manage your risk and make good decisions, which an expert can help with. But once you feel confident,







you can eventually go out climbing with your friends. This sport is all about community and supporting one another.

***What kind of gear do you need for a climb?*** The basic equipment for climbing includes a harness, a helmet, rock climbing shoes, and a rope. You may also need protective equipment like quickdraws, which help secure you to the bolts—the permanent anchors in the rock face—as you climb. A traditional route with no bolted protection requires the use of cams and nuts, which are placed in natural cracks and constrictions as the leader climbs. I also recommend that you wear sturdy shoes and a backpack for the approach and descent.

***Do rock climbing guide services typically provide this equipment?***

We can provide any gear you may need, but you can also bring your own. In wintertime, we also provide mountaineering boots, ice tools, and crampons: spiked metal frames that attach to mountaineering boots to help provide traction on ice.

***Is rock climbing good exercise?*** Climbing requires strength, endurance, balance, and flexibility, making it a full-body exercise. In fact, sometimes just hiking with your heavy equipment bag to the base of a formation is a workout in itself. When a guide helps you correctly monitor the training load—the amount of effort you have to put into your







exercise—rock climbing is a sustainable, low-impact sport that anyone can find joy in. Plus, many different variations require different physical skills and movement techniques, so all kinds of people can challenge themselves in unique ways without compromising their needs.

***What would you say to someone who is nervous about trying rock climbing?*** I would say, “Good—that means you are human.” We are genetically programmed to recognize and be averse to risk, but that is also what makes it exciting. Conquering that feeling is empowering, and a trained guide can help you through the process, working at your pace to ensure that you have a satisfying and memorable experience. The more knowledge and experience you have, the more comfortable you will feel.

***Why do you enjoy rock climbing?*** Climbing is an inspiring and transformative journey with the power to teach lifelong lessons. It’s extremely rewarding—combining technical skills, physical ability, and problem-solving. And overcoming challenges, whether physical or mental, becomes addicting. Plus, who doesn’t love some epic mountain scenery and peaceful solitude?

***Where are some of your favorite places to rock climb?*** One of my favorite sites is Eldorado Canyon, which is between Denver and Boulder. I love the park’s challenging terrain, epic views, and rich history. It’s the perfect place to try advanced sessions like scenic multipitch climbing, but it has a little bit of something for everyone. The steep walls shine with colorful lichen, giving the canyon a mystical feeling that’s incomparable.

*For more info, visit*  
**[goldenmountainguides.com](https://goldenmountainguides.com)**





# DINNER SALADS

recipes by:  
jeanne kelley

photography by:  
the ingalls

# Done Right



*Vegetarian Salad for Dinner: Inventive Plant-Forward Meals* by Jeanne Kelley. Photography © The Ingalls. © Rizzoli, 2023.



Salad is one of the healthiest food choices around, yet many people and places too often deem it an appetizer or side dish. But these recipes from *Vegetarian Salad for Dinner* show that produce can shine as an amazing main meal as well.

## HEIRLOOM SALAD, 4 SERVINGS *Creamy Sesame-Miso Tofu*

The tart, lightly dressed greens meld well with the creamy bed of miso and sesame-flavored tofu. When tomatoes are in season, they make a lovely addition to the mix. You can serve the salad with Japanese crackers for a fun bit of crunch.

### measure

#### Sesame-Miso Tofu

- 1 (14-ounce) package firm tofu
- ⅓ cup white miso paste
- 3 tablespoons rice vinegar
- 3 tablespoons toasted sesame seeds

#### Dressing

- 3 tablespoons untoasted (light) sesame oil or other neutral oil
- 3 tablespoons rice vinegar
- 1 tablespoon soy sauce or tamari
- 1 teaspoon toasted sesame oil
- ¾ teaspoon sugar

#### Salad

- 4 cups heirloom green mix, preferably mizuna, tatsoi, and oakleaf
- 1 Japanese, hothouse, or Persian cucumber, very thinly sliced
- 1 medium watermelon radish, very thinly sliced
- 2 medium heirloom tomatoes, cut into wedges (optional)
- Toasted sesame seeds, for garnish

### make

1. **For the tofu:** Place the tofu in a colander and set over the sink or a bowl. Place a clean cereal bowl on top of the tofu as a weight and let drain for 1 hour.
2. Using a handheld or conventional blender, blend the tofu, miso, vinegar, and sesame seeds until smooth. Transfer the mixture to a bowl and chill. (The tofu can be prepared up to 4 days ahead; cover and refrigerate.)
3. **For the dressing:** Whisk together the ingredients to blend in a small bowl. (The tofu and dressing can be prepared up to 4 days ahead; cover and keep refrigerated.)
4. **To serve the salad:** Combine the greens with the cucumber, radish, and tomatoes, if using, in a large bowl. Spoon and spread the miso-tofu mixture onto plates. Whisk the dressing to blend; add enough dressing to coat the salad lightly. Top the miso tofu with the salad. Sprinkle with sesame seeds and serve.



6 SERVINGS

# QUINOA, SPRING VEGETABLES, *Arugula, Kumquats, Pistachios*

*I have pretty kumquat trees on my terrace. I'll pluck and pop one of the little orange citrus into my mouth whenever I walk by for a quick, puckering pick-me-up. Kumquats are a great addition to salad—the peel is sweet, and the pulp adds the perfect amount of tart. When I've eaten all the kumquats off my tree, I use tangerine sections, which are good in this salad too.*

## measure

- 1½ cups water
- ½ teaspoon salt, plus more to taste
- 1 cup quinoa
- 4 ounces feta cheese, crumbled
- ¼ cup chopped fresh herbs, such as dill, mint, and/or cilantro
- 6 tablespoons extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 6 ounces sugar snap peas, trimmed
- 4 tablespoons Champagne vinegar or white wine vinegar
- 2 cups wild or baby arugula
- 2 carrots, very thinly sliced
- 1 fennel bulb, trimmed and very thinly sliced
- 12 kumquats, sliced, or 4 tangerines, peeled and separated into sections
- 2 watermelon radishes, peeled and very thinly sliced
- ½ cup shelled roasted pistachios

## make

1. Bring the water and salt to a simmer in a heavy small saucepan over medium heat. Add the quinoa, cover, and simmer until the liquid has been absorbed and the quinoa is tender, about 20 minutes. Transfer the quinoa to a large bowl, fluff with a fork, and cool completely. Add the cheese, herbs, 2 tablespoons of the oil, and the lemon juice to the quinoa and stir to combine. Season with salt and pepper.
2. Meanwhile, cook the snap peas in a medium pot of rapidly boiling salted water until crisp-tender. Drain well. *(The quinoa and snap peas can be prepared up to 2 days ahead; cover and refrigerate separately.)*
3. Whisk together the remaining 4 tablespoon oil, the vinegar, and ¼ teaspoon salt to blend in a small bowl for the dressing. Mix the snap peas, arugula, carrots, fennel, kumquats, radishes, and pistachios into the quinoa mixture. Toss with the dressing and serve.

**Tip:** I use an inexpensive V-slicer to shave paper-thin slices of the fennel, carrot, and watermelon radish.







# SPRING PANZANELLA, 4 SERVINGS

## Creamy Pecorino Dressing

*In this panzanella, I use freshly pulled croutons as opposed to my stash of frozen homemade bread cubes. Using a Nancy Silverton technique from her Breads from the La Brea Bakery cookbook, I “pull” the bread into roughly shaped pieces—pieces that get delightfully coated with creamy dressing.*

### measure

#### Dressing

- 1 cup freshly grated Pecorino Romano cheese
- ½ cup buttermilk
- ⅓ cup extra-virgin olive oil
- 1 green onion, cut into 2-inch pieces
- 1 garlic clove, peeled
- ¼ teaspoon salt
- 2 to 3 tablespoons fresh lemon juice
- Freshly ground black pepper

#### Croutons

- 8 ounces fresh country bread
- 3 tablespoons extra-virgin olive oil
- Salt

#### Salad

- 1 bunch asparagus (about 14 ounces)
- 8 cups mixed spring salad greens, such as arugula and Bibb lettuce
- 1 hothouse cucumber, halved lengthwise and sliced
- 4 ounces sugar snap peas, thinly sliced on a long diagonal
- 8 radishes, thinly sliced
- 8 ounces (or more) small fresh mozzarella cheese balls, thinly sliced
- 2 ounces Pecorino Romano cheese, shaved, for garnish

### make

- 1. For the dressing:** Blend the Pecorino Romano, buttermilk, oil, green onion, garlic, and salt in a blender until smooth. Add the lemon juice to taste and season with pepper. *(The dressing can be made up to 4 days ahead; cover and refrigerate.)*
- 2. For the croutons:** Preheat the oven to 400°F. Gently pull the bread apart, creating roughly shaped ¾-inch pieces. *(You should have about 4 cups.)* Toss the croutons with the oil on a heavy medium sheet pan. Sprinkle lightly with salt and toast in the oven until golden brown, about 5 minutes. Cool. *(The croutons can be made up to 1 day ahead. Cover and keep at room temperature.)*
- 3. For the salad:** Working with one at a time, grasp an asparagus stalk firmly at the cut end. Using a sharp vegetable peeler, shave the asparagus into thin ribbons; discard the tough end. Repeat with the remaining spears. *(Don’t worry if the tips break off or if some pieces are thicker than others.)* Transfer the asparagus to a large bowl. Add the greens, cucumber, snap peas, and radishes. *(This can be prepared up to 3 hours before serving.)*
- 4. When ready to serve:** Add the mozzarella, croutons, and dressing. Season generously with pepper, toss well, and serve garnished with the Pecorino Romano.



4 SERVINGS

## EGG SALAD, RICOTTA, Herbs, Sprouted Grain Toasties

For something as common as egg salad, hard-boiled eggs made creamy and herbaceous can taste downright decadent. I have made lots of egg salad in my life, mostly in spring when my backyard chickens are most productive. Years of tinkering led me to a favorite mix of ricotta and sour cream. The ricotta moistens and lightens the salad without weighing it down (mayo!) or adding too much tang (yogurt!). Mint, tarragon, and chives celebrate spring but can be swapped for green onions or dill. Optional nasturtium flowers add color and a subtle garlic kick. For the best “toasties,” look for sprouted whole-grain bread that doesn’t list sweeteners in the ingredients.

### measure

- 8 large eggs
- 4 slices sprouted whole-grain bread
- Extra-virgin olive oil, for brushing
- $\frac{3}{4}$  teaspoon salt, plus more for sprinkling
- $\frac{1}{3}$  cup whole-milk ricotta cheese
- $\frac{1}{3}$  cup sour cream
- 1 slightly rounded tablespoon Dijon mustard
- 1 slightly rounded tablespoon whole-grain Dijon mustard
- $\frac{1}{3}$  cup chopped fresh chives
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh tarragon
- 6 cups crispy lettuce, such as Salanova
- Nasturtium flowers (optional)

### make

1. Put the eggs in a large saucepan, cover them with water, and bring to a gentle simmer. Simmer for 5 minutes, then remove the eggs from the heat; cover and let stand for 5 minutes. Remove the eggs from the water, then rinse with cold water to cool. Refrigerate until well chilled. *(The eggs can be hard-boiled and stored in the refrigerator for up to 1 week.)*
2. Stack the bread slices on a cutting board and trim off the crusts. Brush the slices generously with oil, sprinkle with salt, and cut each slice diagonally into quarters, creating 4 triangles per slice. Toast the bread in the oven or a toaster until lightly browned. Cool completely. *(The toasties can be made up to 1 day ahead. Store in an airtight container at room temperature.)*
3. Stir together the ricotta, sour cream, both mustards, and salt in a medium bowl until well blended. Combine the chives, mint, and tarragon in a small bowl. Peel the eggs. Coarsely chop 4 of the eggs and stir them into the ricotta mixture along with half the herbs. Line a platter or plates with lettuce. Top with the ricotta mixture. Slice the remaining eggs. Arrange the egg slices and toasties atop the salad and sprinkle with the remaining herbs. Garnish with nasturtiums, if desired, and serve.







# humor & health

written by: *matthew brady*

**T**hroughout history, humans have used comedy to make each other laugh, provide entertainment, and diffuse difficult topics or situations, such as this one from when my daughter was young:

*Laura: <ignoring her food at dinner>*

*Me: "Eat your vegetables."*

*Laura: "I don't like them."*

*Me: "Come on! Give peas a chance."*

*Laura: <unamused look>*

Much like vegetables, humor provides a gold mine of health benefits. But to make sure you get in your RDA (recommended daily absurdity), you must first understand why it's so good for your body and mind.

## THE HEALING BENEFITS OF HUMOR

Depending on who you talk to, the number of humor categories at our disposal range from four to dozens, including physical (slapstick), cerebral (satire), and ridiculous (dad jokes). Regardless of the type, however, almost all elicit a reaction from us physiologically, physically, and emotionally.

## *Calms us down and picks us up*

We know that laughing makes us feel good, but why? It all starts in the brain. As we process and respond to humorous situations, our brains signal our bodies to reduce our levels of stress hormones like cortisol and increase our dopamine and endorphins. This causes us to feel less stress, anxiety, tension, and sadness and instead experience an overall sense of calmness—all of which are also prime conditions for better sleep.







Given humor's impact on stress, it's no surprise that studies have also connected it with improved heart health. In the short term, laughter has been shown to increase circulation and oxygen intake, which can lead to long-term effects like a more regulated heart rate and blood pressure and a decreased risk for heart attacks. Science has even found that a good laugh can rev up your immune system.

Furthermore, humor is also thought to not only help you remember (by improving memory) but also forget (physical pain you're experiencing). In fact, you may occasionally come across medical clowns, providing what's known as "clown care," at hospitals and other health care facilities using humor to brighten the days of children and adults alike.



#### *Teaches us*

Another fascinating aspect of humor is what it teaches us about ourselves, whether we're the providers of it or recipients of it. For example, many a comedian has been known to latch on to humor as a tool for overcoming an issue like shyness, social anxiety, or trauma. By being open and joking about it, humorists can both find an avenue for processing and working through it and help scores of others dealing with the same problem get through it via a good belly laugh. In the same vein, you may find yourself laughing at a self-deprecating friend's humor and then realize that maybe you shouldn't always take yourself so seriously. A recent UK study found that even lighthearted, painfully unfunny dad jokes can help kids learn to deal with embarrassment or awkwardness better.





Similarly, humor can help you uncover where your priorities lie and your boundaries are drawn. If your partner tends to be too sarcastic, you can sit them down and explain why it can be hurtful and how it reflects negatively on them. When you change the channel on a comedian whose jokes you feel border on bullying, you may feel more compelled to take a stand in everyday life. Such discoveries can reveal an inner strength you may not have realized you had.

#### ***Bonds us***

Finally, and perhaps most importantly, humor can be an incredibly useful way to form meaningful connections with others, both platonic and romantic. The closest friendships are often formed between people who share similar traits, including what they find funny. For example, similarly sarcastic friends will likely understand each other better, forming a unique bond. Humorous opposites can also attract: many friendships flourish with the classic “straight man-funny man” dynamic. In addition, research shows that humor is a strong factor in romantic attraction and that shared laughter can be a key to having a healthy, lasting relationship. After all, there’s nothing quite as bonding as laughing with friends, partners, and other loved ones and finding the humor together throughout life’s journey.

*Humor is a gift, a laughing-out-loud means to brighten someone’s day, take away hurts, form connections, and find your place in the world. So go ahead: giggle, guffaw, or groan at comedy. It will do your heart, mind, and body some good.*





# *eco-friendly* **Pest-Removal Solutions**

written by: *bonnie joffe*

With spring comes warmer weather, beautiful blooms, and, unfortunately, annoying bugs that may interfere with the comfort of your home. Whether you deal with mosquitoes keeping you up at night with their buzzing and itchy bites, an ant colony that has laid ownership to an obscure corner of your home, or flies spoiling your outdoor plans, bugs have a tendency to ruin the fun.

Getting rid of pests requires a combination of preventative measures, including properly storing food, removing garbage promptly, cleaning regularly, and sealing off entry points. Sometimes, however, this isn't necessarily enough to keep the bugs at bay. This spring, consider the following natural and effective DIY remedies you can use to keep pesky pets from taking over your home. (Note: some of these solutions may have negative effects on pets, so check with your vet before trying them.)





## Citrus

Spraying a lime, grapefruit, or lemon solution on areas prone to pests can act as a natural deterrent against spiders, ants, and mosquitos. In addition, the acidic properties of these fruits are known to help mask an ant's scent trail, which keeps others from following behind it. As a bonus, it will keep your home smelling great.

You can make a homemade repellent by simply mixing one part citrus juice with three parts water. Then spray it around your door frames, windowsills, and other common entry points for pests, reapplying as necessary to retain its effectiveness.



## Solutions

**White vinegar:** To rid your home of ants without harsh chemicals, make a 50-50 solution of vinegar and water and spray it directly on visible ants and other hot spots, such as food cabinets and outside entry points like windowsills and doorways. However, do not spray vinegar on grout or natural stone; its acids will destroy the material.

**Baking soda and powdered sugar:** The goal of this combination is to eliminate the queen of an ant colony. Combine equal proportions of baking soda and powdered

sugar in a bowl, and sprinkle it close to places frequented by ants. They'll carry the combination back to their colony where they'll ingest it, leading to dehydration and death.

**Garlic spray:** The sulfur produced by garlic repels mosquitoes, flies, and ticks. For easy home application, peel and cut several garlic cloves and let them soak in a bowl of water for a few hours. Then transfer the garlic water to a spray bottle and spray in areas where you notice these pesky pests.





## Oils

**Eucalyptus oil:** Trying shooing away bugs like flies and mosquitos with a ten-to-one solution of witch hazel/water and this essential oil. Spray it around your home, and consider mixing a few drops into your shampoo or body lotion to help keep bugs away from you when spending time outdoors. (Be sure to test it on your skin first.)

**Peppermint oil:** To eliminate creepy crawlers like spiders and mosquitos from your home effectively, add some of this oil to cotton balls and place them strategically where they gather. You could also add about ten drops to a spray bottle filled with water, shake, and spray in areas where you know they exist. Either way, this method will leave your home smelling fresh and minty. (Note: for both these oils, use caution with small children and check with your pediatrician to be safe.)

## Spices

**Cinnamon:** Ants won't cross a cinnamon line because they detest the spice's smell, and if they inhale it, they'll suffocate and die. Pests like cockroaches, wasps, spiders, and fruit flies also dislike the scent of cinnamon. Simply sprinkle the spice directly on surfaces for an easy way to deter all these pests.

**Cloves:** Eugenol, the compound found in cloves, produces an intense aroma that can make for an effective mosquito repellent; for an added preventative punch, some people like to stick the cloves in a lemon half. Be sure to be very careful if you choose this method, however, as both eugenol and lemons can be toxic to pets in high doses.

## Plants

**Fresh herbs:** Putting potted herbs and plants like lemongrass, basil, mint, or rosemary near or on your windowsills will help keep mosquitos away since they have an aversion to strong-scented herbs.

**Lemongrass:** You can use lemongrass as a natural skin repellent since its leaves contain citronella. Convert the leaves into a paste by grinding or mincing them, then apply it directly to your skin. Before doing so, though, consider testing it on a small area of your skin to be sure you don't have an allergic reaction.

*Getting rid of bugs in an eco-friendly manner can keep you and your family from being exposed to toxic chemicals. By taking these simple steps, you can help make a difference in the fight against bug infestations while also protecting the environment.*







## *How to Clean* written by: allison gomes **WOODEN KITCHEN TOOLS**

Wooden utensils and cutting boards are not only functional tools in the kitchen but also decor that brings a touch of natural beauty to your culinary space. However, proper maintenance is essential to ensure their longevity and cleanliness. The following tips can help you make these precious items last.

### *Hand-wash only*

To maintain the integrity of your wooden kitchen tools, always wash them by hand with gentle, mild dish soap and warm water. Never put them in the dishwasher—the harsh detergents and high heat can strip the wood of its natural oil and cause the material to warp and crack, which can create a space for bacteria to grow.

### *Avoid excess moisture*

After washing your utensils or boards, always make sure to rinse off all the soap residue under running water, pat them with a clean towel, and prop them up to dry. Otherwise, the excess moisture could cause them to swell or crack, potentially damaging the material beyond repair.

### *Oil them regularly*

To maintain the moisture content and protect the wood, periodically apply food-safe mineral oil or specialized cutting board oil to your utensils and cutting boards. Using a clean cloth, rub a small amount of the oil into the wood's surface, allowing it to sit for several hours before wiping off any excess residue. You should repeat this process at least once a month to better preserve the wood.

### *Remove stains and odors*

Even with regular washing, it's inevitable that food particles will build up on your wooden items. There are a variety of ways to remove the accompanying stains and odors, including with white vinegar, lemon juice and coarse salt, baking soda, or even hydrogen peroxide. Hydrogen peroxide will disinfect the material, whereas the others can help to simply remove unwanted stains and strong odors.

*Even with proper care, wooden utensils and cutting boards have a limited life span. If you notice deep cuts, cracks, or signs of mold or mildew, it may be time to replace them to ensure the safety of your food.*

# &

recommendations & referrals

are the core of my business and always greatly appreciated.  
*Thank you for your continued support!*



**Stacey Shanner**

The Shanner Group  
1100 First Avenue Suite 200  
King of Prussia, PA 19406  
info@remindermedia.com

**(866) 458-4226**



## Front of Tear Out Card 2

### EGG SALAD, RICOTTA, herbs, sprouted grain toasties

- 8 large eggs
- 4 slices sprouted whole-grain bread
- Extra-virgin olive oil, for brushing
- $\frac{3}{4}$  tsp. salt, plus more for sprinkling
- $\frac{1}{3}$  c. whole-milk ricotta cheese
- $\frac{1}{3}$  c. sour cream
- 1 slightly rounded tbsp. Dijon mustard
- 1 slightly rounded tbsp. whole-grain Dijon mustard
- $\frac{1}{3}$  c. chopped fresh chives
- 2 tbsp. chopped fresh mint
- 2 tbsp. chopped fresh tarragon
- 6 c. crispy lettuce, such as Salanova
- Nasturtium flowers (optional)



**Stacey Shanner**

**Direct:** (866) 458-4226

**Office:** (610) 878-5000

**E-mail:** [info@remindermedia.com](mailto:info@remindermedia.com)

**www.remindermedia.com**

**The Shanners**

1100 First Avenue  
Suite 200  
King Of Prussia, PA 19406



## Back of Tear Out Card 2



- 1.** Put the eggs in a large saucepan, cover them with water, and bring to a gentle simmer. Simmer for 5 minutes, then remove the eggs from the heat; cover and let stand for 5 minutes. Remove the eggs from the water, then rinse with cold water to cool. Refrigerate until well chilled. *(The eggs can be hard-boiled and stored in the refrigerator for up to 1 week.)*
- 2.** Stack the bread slices on a cutting board and trim off the crusts. Brush the slices generously with oil, sprinkle with salt, and cut each slice diagonally into quarters, creating 4 triangles per slice. Toast the bread in the oven or a toaster until lightly browned. Cool completely. *(The toasties can be made up to 1 day ahead. Store in an airtight container at room temperature.)*
- 3.** Stir together the ricotta, sour cream, both mustards, and salt in a medium bowl until well blended. Combine the chives, mint, and tarragon in a small bowl. Peel the eggs. Coarsely chop 4 of the eggs and stir them into the ricotta mixture along with half the herbs. Line a platter or plates with lettuce. Top with the ricotta mixture. Slice the remaining eggs. Arrange the egg slices and toasties atop the salad and sprinkle with the remaining herbs. Garnish with nasturtiums, if desired, and serve.

**4 SERVINGS**

Reprinted with permission from *Vegetarian Salad for Dinner* by Jeanne Kelley. Photography © The Ingalls. © Rizzoli, 2023.



**Stacey Shanner**  
The Shanner Group  
1100 First Avenue  
Suite 200  
King Of Prussia, PA 19406

Presorted Standard  
U.S. Postage  
**PAID**  
Harrisburg, PA  
Permit No. 478

**Bill and Judy Smith**  
123 Main Street  
King of Prussia, PA 19406



*The Smith Family*  
Philadelphia

Stacey is the best of the best! Our family was very pleased with her services, especially Snowball, our little pup! She listened to all of our concerns, wants, needs, and dreams. Stacey is totally awesome! I will be sharing her information with everyone that I know.



*The Miller Family*  
Manayunk

Stacey was very patient with us, even though we were very picky. She knew how important it was for us to have a great experience and great service. We would definitely refer Stacey to all of our friends and family.



*The Austin Family*  
Manayunk

Stacey is truly a very impressive person. She works fast, efficiently, and effectively. Her services are top of the line and we were very satisfied with her work. We love Stacey!



*Stacey Shanner*

Direct: (866) 458-4226  
Email: [info@remindermedia.com](mailto:info@remindermedia.com)  
[www.remindermedia.com](http://www.remindermedia.com)



Stories from  
**MY CUSTOMERS**