

# ISSUE 103

Deadlines: 05-06 to 06-24  
Delivery Dates: 06-03 to 08-01



## Intro to Indian Cuisine

Get a taste of exotic, easy-to-make recipes, courtesy of the *Indian in 7* cookbook (Kyle Books, 2019), including spicy lamb chops. defaults: **Chocolate Laddoos** (*Chocolate and Milk Balls*), and **Farasbean Bhaji** (*Green Bean and Tomato Curry*)



## Focus on James Jin

The New York-based dance photographer discusses his techniques, his ideal environment, and the role trust plays in his business.



## A Green Bank Guide to the Galaxy

Experience the wonder of the Green Bank Telescope, which explores deep space while situated in a remote town with fewer than 200 residents.



## Keep Portland Wondrous

Take a trip to the Pacific Northwest to experience the sights, sounds, and tastes of Oregon's largest city.



## A Call for Color

Interior designer Annie Elliott explains how her love of aesthetics drew her from museum work into home renovations.



## Out on a Limb

Treehouse master Pete Nelson shares how he developed his love of trees, his craft, and what's next for his business.



## The Cake Artist

Maggie Austin details her transition from ballerina to being one of the world's most sought-after cake designers.

## Areas represented in this issue:

New York, NY  
Focus on James Jin

Green Bank, WV  
A Green Bank Guide to the Galaxy

Portland, OR  
Keep Portland Wondrous

Potomac, MD  
A Call for Color

Fall City, WA  
Out on a Limb

Washington, DC  
The Cake Artist

# startHEALTHY Issue 12

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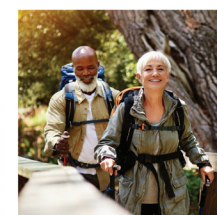
## One & Done

Yes, you *can* make complete, healthy meals in a pot or pan, thanks to Ellie Krieger's *Whole in One* cookbook (Lifelong Books; 2019). default: **Herbed Lentil Skillet with Spinach, Tomatoes, and Ricotta, and Smoky Shrimp with Corn, Zucchini, and Tomatoes**



## Out on the Water

Discover **stand-up paddleboarding**, a fun aquatic activity that's making waves from coast to coast.



## Take a Hike

With proper preparation, **hiking can be an exhilarating experience**, and these tips can help you **scale new heights**.



## Glass Half Full

A look at the many **benefits of proper hydration**, plus recommendations for **water bottles that make it easy to achieve it**.



## A Passion for Paralympians

Silver-medal-winning coxswain Jenny Sichel discusses her sport, her role on the **US rowing team**, and her advocacy.



## Warriors of the Woods

Take a trip to **Hayward, Wisconsin**, to experience the ultimate outdoorsman event, the **Lumberjack World Championships**.



## A Wearable Defense

The sun's rays can **wreak havoc on your skin** and your overall well-being, but **these clothes provide ultimate protection**.

## Topics represented in this issue:

**Fitness**  
*Out on the Water*

**Adventure**  
*Take a Hike*  
*Warriors of the Woods*

**Health/Wellness**  
*Glass Half Full*  
*A Wearable Defense*

**Food**  
*One & Done*

**Life**  
*A Passion for Paralympians*