



March 2020 Newsletter

## Three Ways to Add Wellness to your Vacation



Why not focus on your health this year by planning a trip that will help you relax, recharge and refocus on your top wellness goals? Here are just a few ways you can make the most of a vacation to Myrtle Beach while getting your health goals off to a great start.

### 1. Stay active

What's better than a great workout in the great outdoors? In Myrtle Beach, South Carolina, you can stroll along the shoreline, bike the Waccamaw Neck Bikeway, hike a trail or take an outdoor yoga class. You can also enjoy golf courses, like the Dunes Golf and Beach Club.

### 2. Relax and unwind

If your wellness resolution is to unwind more in 2020, consider a Himalayan Salt Stone massage where hand-carved warm salt stones gently soothe away the accumulation of stress and tension, bringing the body and spirit into balance.

You can just relax and soak up the sun on one of many beautiful beaches, or while enjoying a sailboat charter or riverboat tour. Your idea of relaxation might include bathing in beauty. If so, spend a day at local gardens to enjoy both the natural outdoor beauty as well as the sculptures.

### 3. Eat healthy

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### Inside This Issue

Three Ways to Add Wellness to your Vacation

Hacks for Savvy parents to Save Time and Money

How Living with AI can Improve Your Daily Life

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"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

– Charles Dickens, *Great Expectations*

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While eating healthy on vacation can be challenging at times, focusing on fresh, ocean-to-table seafood offerings can be easy. You can't get any fresher than the wide selection of seafood at Wicked Tuna in Murrells Inlet, or try the inventive take on elevated Southern fare at the Rivertown Bistro in Conway.

<https://www.brandpointcontent.com/article/34266/3-ways-to-add-wellness-to-your-vacation>

## Hacks for Savvy Parents to Save Time and Money



Whether it's your first child or you've been around the baby block a few times before, having an infant in your life is an unforgettable experience. Savvy parents are always looking for tricks to save time and money while becoming better caregivers. These four simple hacks will make you feel like a superstar parent while giving your little one the best:

### 1) Clean stroller travel

Saving your back and making travel smooth and easy, a stroller can take you and your baby anywhere from the park to the mall and beyond. However, with those adventures comes all the nasty dirt, grime or worse that gets on the wheels. Before putting your stroller in your car for transport, place shower caps on the wheels. Your car will stay nice and clean no matter how messy those stroller wheels are.

### 2) Save money on essentials

## Trivia Game

**How many Earths could fit inside the sun?**

- A. 3
- B. 1300
- C. 1.3 million
- D. 3 billion

**Where were the Declaration of Independence, the Constitution, and the Bill of Rights stored during WWII?**

- A. Camp David
- B. Fort Knox
- C. Fort Bragg
- D. Fort Pickett

**How many of the speeches in Shakespeare's plays are recited by women?**

- A. 33%
- B. 17%
- C. 57%
- D. 67%

**Which country consumes the most chocolate per capita?**

- A. USA
- B. China
- C. Switzerland
- A. Brazil



Babies need many things and the costs add up fast. Shopping sales and using coupons is a good start, but you can save even more money without sacrificing quality by looking for store brand items like diapers, wipes and infant formula. Store brand infant formula is the ultimate parenting hack, offering the same complete nutrition as the big-name brands but saving families up to \$900 a year, based on prices from an October 2019 retail price survey of assorted stores.\*

### 3) Streamline bath time

A warm baby is a happy baby, and what parent doesn't want to see their little one cozy and cooing? While you're bathing baby, have someone place a towel in the dryer for five minutes. Remember to never leave your child alone in the bathtub, so you'll need a partner or older sibling to do this. Once the dryer is done, have them bring you the towel so you can wrap the baby in warmth right out of the water. You'll never see tears from a post-bath chill again.

### 4) No more noisy toys

Kids are noisy. Kids' toys that make noise can add to the commotion. Those loud bells and songs can test even the most patient parent. When children are done using noisy toys, cover the toy's speaker with tape to avoid any excess noise. This also works if a toy is particularly loud and could use a bit of muffling, even on the low setting. A small piece of tape lessens the noise so the baby can still enjoy it without Mom and Dad getting a headache.

<https://www.brandpointcontent.com/article/35468/6-hacks-for-savvy-parents-to-save-time-and-money>

## How Living with AI can Improve Your Daily Life



These days, AI - artificial intelligence - has become a household name, mostly because so many household gadgets and appliances use it.

## Spiralized Primavera Pasta



**Serving Size:** 4  
**Prep-Time:** 10 Minutes  
**Total Time:** 10 Minutes

### Ingredients

- 4 oz whole grain spaghetti
- 2 Tbsp unsalted butter
- 1 Tbsp olive oil
- 2 zucchinis, spiralized into zoodles
- 1 carrot, peeled and sliced into thin long strips
- 1 yellow bell pepper, cored and sliced into thin long strips
- 1 large clove garlic, minced
- 2 Tbsp chopped fresh parsley leaves
- 2 tsp kosher salt, divided
- 10 grape tomatoes, halved
- dried red pepper flakes
- ¼ c white wine
- grated Parmesan, optional

### Directions

1. Cook the pasta according to package directions. Reserve some pasta water.
2. While the pasta's cooking, add the butter and drizzle the oil into a sauté pan set over medium heat.
3. Once the butter has melted, add the zoodles, carrot, bell pepper, garlic, 2 Tbsp of parsley, and 1 tsp kosher salt to the pan. Stir to coat.
4. Add the tomatoes and red pepper flakes. Pour in the wine and add the remaining tsp of kosher salt. Cover to simmer for about 2 minutes or until the zoodles look slippery.
5. Add the pasta to the pan along with the 2 tsp of the pasta water. Stir with tongs for a minute or two, until the dish



Here are some recent AI advances that may be improving your life.

### Appliances that can think and learn

You may not have expected laundry machines to be among the major appliances to use AI, but it's true - the latest innovations in washers and dryers allow consumers more freedom in controlling their machines, and help those machines apply more precision in how they handle different types of clothing.

If your washer and dryer both utilize AI, they will learn from usage patterns over time, continually optimizing settings for the best results. AI can connect the machines via wifi, so you can control the units or monitor cycle times remotely using smartphones or voice commands via Amazon Alexa. When the washer is synced with your Amazon account, it can reorder detergent before you run out.

### Enhanced entertainment platforms

Just a few years ago, TVs couldn't perform half the functions they can today.

TVs with AI apply a deep learning algorithm to recognize content source quality, then determine the best method for optimal picture quality among four genres: movie, sports, standard and animation. The new processor finely adjusts the picture, taking into account the room's ambient conditions to offer the best levels of screen brightness and contrast, using its understanding of how the human eye perceives images. What's more, the processor's AI Picture Pro is capable of recognizing faces and text on screen, fine-tuning and sharpening each to produce more natural skin tones, well-defined facial features and clearer, more readable characters. Even sound is enhanced by the intelligent algorithm, which can mix two-channel audio to deliver convincing surround sound. Thanks to LG's AI Sound Pro, your TV would classify the audio of content among five categories - music, movies, sports, drama or news - for clearer voices and richer, more textured background sound.

The latest lineup of TVs also matches perfectly with LG's stylish 2020 sound bars, which are future-proofed to help you create seamless visual harmony in any room. These advanced models are self-calibrating, able to recognize and analyze tones to accurately assess the dimensions of a given space and adjust accordingly.

Artificial intelligence may still sound like science fiction, but the truth is, everyone is using it more and more each day. There's no telling what the future may bring.

<https://www.brandpointcontent.com/article/35510/how-living-with-ai-can-improve-your-daily-life>

comes together and the liquid has mostly cooked out.

6. Sprinkle a dash of the remaining parsley onto each pile of plated primavera noodles, as well as Parmesan, if using.

<https://www.brit.co/zoodles-primavera-recipe/>

### Book of the Month

*I Hear You* by Michael S. Sorensen



In this 3-hour, conversational read, you'll discover the what's, whys and how's of one of the most valuable communication skills - validation. This book delivers simple, practical, proven techniques for improving any relationship in your life.

<https://www.amazon.com/Hear-You-Surprisingly-Extraordinary-Relationships-ebook/dp/B071K4MWMK>

