

Places You Need to Travel to this Summer

CONTRIBUTOR: SCOTT BOAMAN



ANCHORAGE, ALASKA

With Cook Inlet as a front porch, the Chugach Mountains out back, and five national parks nearby, Anchorage offers easy access to Alaskan-size adventures. Add nearly round-the-clock daylight in summer, and it's possible to pack a weekend's worth of activities into one day. Go fishing in the world's largest urban fishery, hike to a glacier, surf the bore tide along Turnagain Arm, spot a brown bear from a floatplane, and land back at Bear Tooth Grill for a Polar Pale Ale.



CARTAGENA, COLUMBIA

Cartagena, on Colombia's Caribbean coast, has long inspired visitors and writers—in particular, novelist Gabriel García Márquez, who set his luminous *Love in the Time of Cholera* here. See what inspired him on a stroll through the walled Old City with its brightly painted colonial mansions, bougainvillea-draped balconies, and open-air courtyard cafés filled with the infectious rhythms of cumbia.



MALTA

Eager for its turn on the world stage, this tiny island nation in the Mediterranean Sea is embracing a reboot while holding fast to a formidable heritage. Storied land of the Knights of Malta, home to three World Heritage sites—including the capital, Valletta—and a recent headline-grabber as a setting for the television phenomenon *Game of Thrones*, Malta pivoted toward the future with the 2015 inauguration of architect Renzo Piano's reimagining of Valletta's old City Gate, Parliament building, and Opera House.



VIA DINARICA, WESTERN BALKANS

In 2017, for the first time after years of expansion, the 1,200-mile Via Dinarica trail will be completely mapped with stage information compiled from a growing community of hikers. The trek—which stitches together ancient trading and military routes—traverses the Dinaric Alps, linking the peninsula from Postojna, Slovenia, south through Croatia, Bosnia and Herzegovina, Montenegro, Albania, Serbia, Kosovo, and Macedonia. What was once a contentious region has become the planet's most exciting cross-border destination.



#1 Answer to the Housing Shortage: New Construction

CONTRIBUTOR: SARAH GOFORTH

The biggest challenge to today's housing market is the shortage of housing inventory for sale. A normal market would see a six-month supply of homes for sale. Currently, that number is below four months. This is the major reason home prices have continued to appreciate at higher levels than historic averages.

The good news is that builders are now starting to build more homes in lower price ranges.

Builder Confidence is Up

The Housing Market Index from the National Association of Home Builders (NAHB) reveals that builder confidence increased last month.

HousingWire quoted NAHB Chief Economist Robert Dietz about the reason for the increase in confidence amongst builders. *"The HMI measure of future sales conditions reached its highest level since June 2005, a sign of growing consumer confidence in the new home market. Especially as existing home inventory remains tight, we can expect increased demand for new construction moving forward."*

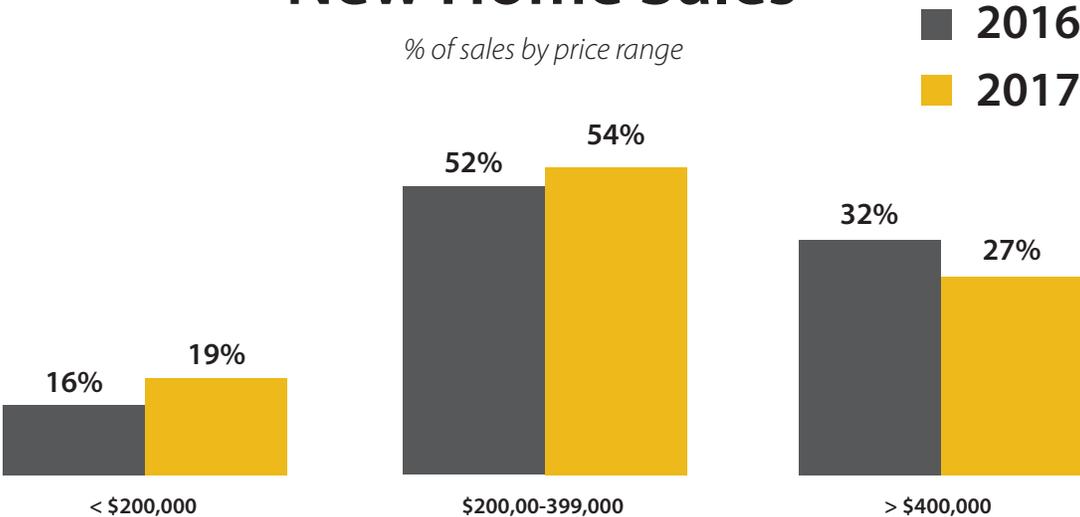
Builders are Meeting the Needs of Today's Purchaser

Builders are not only jumping into the market – they are doing a better job of matching current demand. The Wall Street Journal recently reported:

"In a shift, new households are overwhelmingly choosing to buy rather than rent. Some 854,000 new-owner households were formed during the first three months of the year, more than double the 365,000 new-renter households formed during the period, according to Census Bureau data." The WSJ article went on to say: *"Home builders are beginning to shift their focus away from luxury homes and toward homes at lower price points to cater to this burgeoning millennial clientele."* The graph below compares 2016 to 2017 new construction sales by price point. As we can see, builders are slowly beginning to shift to prices more favorable to the first-time and non-luxury buyer.

New Home Sales

% of sales by price range



Bottom Line

There is a drastic need for a larger supply of home inventory to meet the skyrocketing demand. Builders are finally doing their part to help rectify this situation.



Recipe of the Month: Chicken Parmesan

CONTRIBUTOR: JONATHAN "JJ" JEROTZ

Original recipe from chefsavvy.com.

INGREDIENTS:

2 boneless skinless chicken breasts
(1 pound)

¼ cup all purpose flour

1 egg

¾ cup panko breadcrumbs

½ cup parmesan cheese, grated

2 tablespoons extra virgin olive oil

1 cup tomato sauce

½ cup mozzarella cheese, shredded

basil for serving, if desired

PREPARATION:

PREP TIME

15

MINS

1 Cut chicken in half horizontally. Pound each piece until ½ inch thick. Sprinkle with salt and pepper.

2 Add flour to a shallow dish.

3 Add egg to a shallow bowl and whisk, set aside.

4 Add breadcrumbs and Parmesan cheese to a shallow bowl and mix to combine.

5 Starting with the flour and ending with breadcrumbs, dip the chicken into the flour, egg and Parmesan breadcrumbs.

6 Add oil to a large skillet.

7 Add chicken two at a time to the skillet. Cook 2-3 minutes on each side or until golden brown and cooked all the way through.

8 Place chicken in a pan or sheet tray and top with mozzarella cheese.

9 Broil on high until melted and bubbly. Top with tomato sauce and a sprinkle of basil for serving, if desired. Serve immediately.

COOK TIME

25

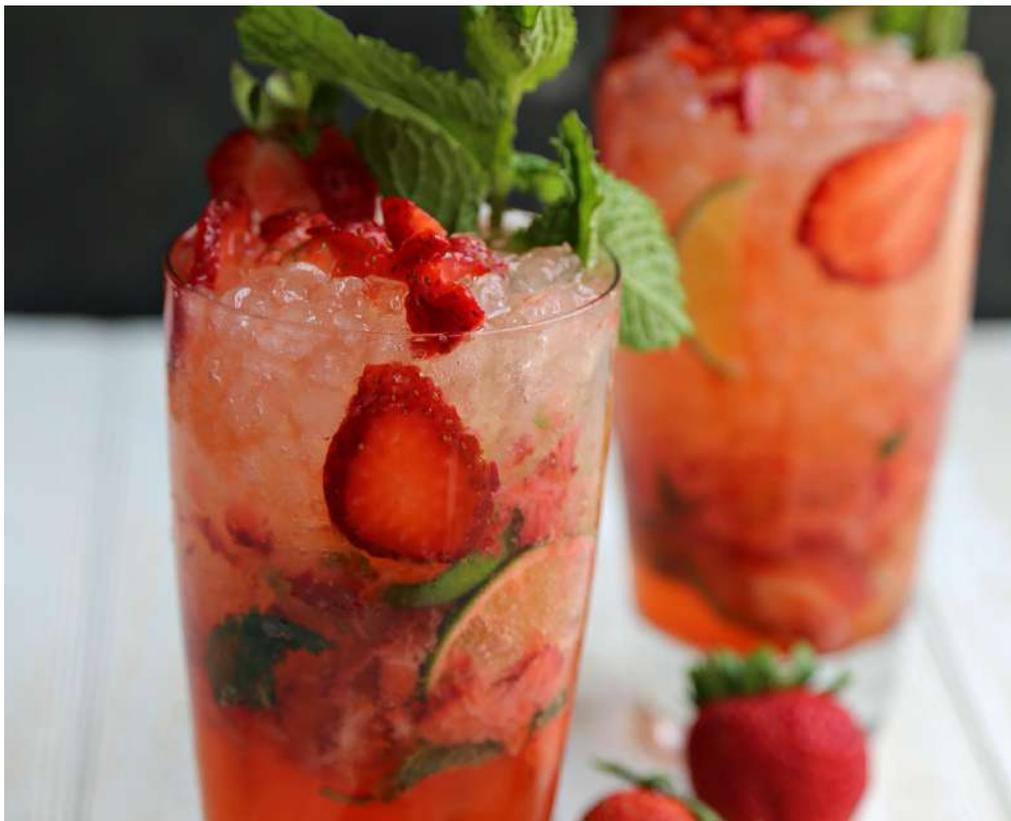
MINS

Drink of the Month: Strawberry Mojito

CONTRIBUTOR: STEVE EMMINGER

Full recipe on www.allrecipes.com

Fizzy, minty, slightly sweet and packed with strawberries and lime, a Strawberry Mojito is sure to quench your afternoon thirst.



INGREDIENTS:

white sugar, for rimming

2 large limes, quartered

1/2 bunch mint leaves

7 strawberries, quartered

1 cup white sugar

1 cup white rum

2 cups club soda

8 cups ice cubes

P R E P
T I M E

15
M I N S

INSTRUCTIONS:

Pour 1/4 to 1/2 inch of sugar onto a small, shallow plate. Run one of the lime quarters around the rim of each cocktail glass, then dip the glasses into the sugar to rim; set aside.

Squeeze all of the lime quarters into a sturdy glass pitcher. Toss the juiced limes into the pitcher along with the mint, strawberries, and 1 cup of sugar. Crush the fruits together with a muddler to release the juices from the strawberries and the oil from the mint leaves. Stir in the rum and club soda until the sugar has dissolved. Pour into the sugared glasses over ice cubes to serve.



PICTURED: LEFT - Australian Shepherd; Top Right - French Bull Dog; Bottom Right - Siberian Husky

DOGS

What Dogs Hear When We Talk to Them

CONTRIBUTOR: JAMES CARMODY

*Original article by Virginia Morel.
Read more at www.sciencemag.org*

We often say the same sweet, nonsensical things to our dogs that we say to our babies—and in almost the same slow, high-pitched voice. Now, scientists have shown that puppies find our pooch-directed speech exciting, whereas older dogs are somewhat indifferent. The findings show, for the first time, that young dogs respond to this way of talking, and that it may help them learn words—as such talk does with human babies.

To find out how dogs reacted to human speech, Nicolas Mathevon, a bioacoustician at the University of Lyon in Saint Étienne, France, and his colleagues first recorded the voices of 30 women as they looked at a dog's photograph and read from a script, "Hi! Hello cutie! Who's a good boy? Come here! Good boy! Yes! Come here sweetie pie! What a good boy!" (The scientists were afraid the women would ad lib if they spoke to a real dog.) The women also repeated the passage to a person.

When the scientists compared the human- and dog-directed speech, they found that, as expected, the women spoke in distinctive, high-pitched, sing-song tones to the pooches—but not the humans. "It didn't matter if it was a

puppy or an adult dog," Mathevon says. But the women did speak at an even higher pitch when looking at puppy photos.

Next, the researchers played these recordings in short trials with 10 puppies and 10 adult dogs at a New York City animal shelter and videotaped their responses. Nine of the puppies reacted strongly, barking and running toward the loudspeaker even when the recording had been made for an older dog, the team reports today in the *Proceedings of the Royal Society B*. Some even bent toward the loudspeaker in a play bow, a pose meant to initiate horseplay, suggesting they may regard dog-directed speech as "an invitation to play," Mathevon says. The puppies were less interested in the recordings of the women speaking to the person. And the adult dogs? "They didn't care at all," Mathevon says. It made no difference if they heard speech directed at puppies, older dogs, or humans. "They had a quick look at the speaker, and then ignored it."

The scientists aren't sure why the adult dogs were so disinterested. It may be that they need to interact with an actual

person, not a disembodied voice, or that they need to hear a familiar voice, Mathevon says. But for the puppies, the women's exaggerated, high-pitched, dog-directed speech served a purpose: "It got their attention," says Mathevon, who thinks this way of talking may help them learn words, just as our baby talk helps human infants learn language. Other research, however, disputes this idea.

Still, the study shows that even in our speech "we care for and treat dogs of all ages like human infants," which is likely "an important part of their success in human environments," says Monique Udell, an animal behaviorist at Oregon State University in Corvallis who was not involved with the work.

The scientists don't yet know whether puppies have an innate response to dog-directed speech or whether it is something they learn. It will also take further study to figure out whether the words in dog-directed speech mean something more to the puppies, or whether it helps them learn words. In the meantime, when you speak doggy to your puppy, be sure you're ready to play.



FATHER'S DAY

2017 Gift Ideas for Dads

CONTRIBUTORS: ERICA ENGLISH & AMANDA NORRIS



Amazon Echo



Crosley Portable 3 Speed Turn Table



Jabra Elite Wireless Fitness Earbuds With Heart Rate and Activity Tracker



Personalized Whiskey Barrel



Citizen Eco-Drive Promaster Diver



Kammok Roo Hammock