

Spotlight

5 Books to celebrate National Poetry Month

April is National Poetry Month. What better way to celebrate than enjoying the works of your soon-to-be favorite poets? Read these classics on a sunny day in the park or over a cup of tea to end your day.

The Complete Collected Poems of Maya Angelou — This collection contains Angelou’s previous five books of poetry. Enjoy almost 20 years worth of Angelou’s writing.

100 Selected Poems by E.E. Cummings — His edgy and progressive qualities accompanied by Cummings’ wit make for a great read for those who like to break the rules. He often signed his works as “ee cummings.”

The Complete Poems of Emily Dickinson — If classic poetry is what you seek, look no farther. Dickinson spent much of her life alone, writing poetry and letters to friends — using the written word as her closest confidant.

Mountain Interval by Robert Frost — The original version was published just over a century ago, but the words continue to resonate with modern audiences.

Leaves of Grass by Walt Whitman — Over the course of his life, Whitman edited and added to his original release of the book. His work eventually grew from 12 original poems to more than 400.



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Inside Spread



Earth Day 2018: How you can make a difference

Let's celebrate Mother Earth together this month. After all, where would we be without her? In honor of Earth Day, let's join together in making the planet a healthier, happier place.

Here are 30 ways you can make earth-conscious decisions, not just this month, but every month.

1. Walk to your destination.
2. Start a vegetable garden.
3. Donate old clothes.
4. Unplug your electronics.
5. Drink from a reusable cup.
6. Take a walk outside.
7. Switch to LED light bulbs.
8. Recycle more of your trash than you throw away.
- 9. Skip "plastic or paper" and bring your own reusable grocery bags.**
10. Eat less meat.
11. Start a compost pile.
12. Plant a bed of flowers.
13. Volunteer with an environmental organization.
14. Carpool whenever possible.
15. Collect and reuse rainwater.
16. Pay as many of your bills online as possible.

- 17. Dry clothes on the line instead of using a dryer.**
18. Take shorter showers.
19. Install a birdbath or birdfeeder.
20. Purchase a recycled product.
21. Donate to endangered species protection efforts.
22. Safely recycle the electronic waste in your home.
- 23. Plant a tree.**
24. Fix your leaky faucets.
25. Support your local farmer's market.
26. Turn off the AC and open a window.
27. Purchase environmentally friendly cleaning products.
28. Offer to recycle paper goods at your office.
29. Turn off all of the lights when you leave a room.
- 30. Research and consider solar panels for your home.**



Say hello to the smoothie bowl

Take your favorite smoothie from a snack to a full-blown meal. A smoothie bowl is the thicker, nutrient-packed cousin of the classic breakfast smoothie. Full of fruits, vegetables and grains, these sweet treats are a delicious way to add color to your diet.

The base is made with your favorite smoothie components. While fruit is a fan-favorite, don't forget to blend in spinach, kale, carrots, and other nutrient-rich veggies. For a thicker consistency, add yogurt, protein powder or extra ice when blending. Skip dairy milk and try almond milk, silken tofu, coconut water, or honey for a naturally sweet taste.

Now for the *pièce de résistance*: the toppings! While the smoothie base sets the stage, the toppings provide a variety of textures and allow your inner creativity to shine through.

To top things off with a pop of color, try sliced strawberries, sliced kiwi, pomegranate seeds, blueberries, raspberries, sliced bananas, dragon fruit, diced mango, or dried

cranberries. Keep in mind that these sugary carbohydrates are a sweet treat, so don't go overboard.

Add healthy fat and omega-3 by sprinkling chia, coconut shavings, flax, or hemp seeds. You can also add nut butter for a wholesome twist. These additions will increase the calories

in your smoothie, so be sure to measure your ingredients.

Toss sliced almonds, cashew pieces or chopped pecans into your smoothie bowl creation for a crunchy finale. Tip: skip chocolate-covered or honey-roasted versions and stick to healthier, raw unsalted nuts.



“ The press of my foot to the earth springs a hundred affections. ”

— Walt Whitman



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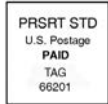


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Recipe

Strawberry-Rhubarb Crisp Bars

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Ingredients

- 1 cup rolled oats
- ¾ cup all-purpose flour
- ½ cup light brown sugar
- ¼ tsp. salt
- 6 Tbsp. unsalted butter, melted
- 1 cup diced rhubarb (about 1-2 med. stalks)
- 1 cup diced strawberries
- 1 tsp. cornstarch
- 1 Tbsp. lemon juice
- 1 Tbsp. granulated sugar, divided

Directions

Preheat oven to 375° F. In medium bowl, mix oats, flour, brown sugar, and salt. Stir in melted butter. Set aside ½ cup crust mixture and press remaining crust into bottom of 9x13-inch pan. Spread half of rhubarb and strawberries over pressed crust.

Sprinkle cornstarch, lemon juice and ½ Tbsp. sugar over fruit. Add remaining fruit and sugar.

Top with reserved crust mixture and bake 30-40 minutes. Let cool in pan before slicing into 8 bars.



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