

THE WINTER HANDBOOK

ALEX HAGEN

EDITION FOR 2015 - 2016



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EAT! III



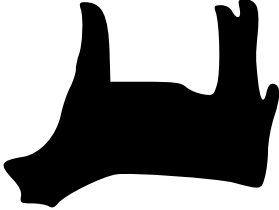
I'm misleading you, all of the Eat's are simple! Chocolate is supposedly really good for you to feel better in the winter, so we're going on a strict regimen!



Take 2 pieces (1 oz.), by mouth, of chocolate once per day to feel startling positive effects. Recommended to take after returning home from work, and at least half hour before consuming any dairy products.

EAT!, THE SEQUEL

Before the end of the winter, try to get a stamp over every logo by going to every place on this page!

CHAPTER 1 AN INTRODUCTION

Winter is hard.

Doubly, though, winter makes it hard to do the things that make us happy. This, in turn, only makes us sadder. Sometimes those things that make us happy are the simplest, and so I've written a handbook as motivation, and as a plan, to help us kick this winter's ass! It's like setting ourselves up for success! Think of it like when we would make chicken salad sandwiches for lunch for the whole week, only on a grander scale.



Rotini with Butternut-Sage Sauce



Easy One-Skillet Lasagna



Chili Corn Chowder



Broccoli Cheddar Baked Potato Soup



Curried Pumpkin and Apple Soup

French Massage Mix

lots!

15 minutes

1	2 oz	Almond Oil	Try on a small, rough portion of skin (like the back of your hand) to ensure no reactions before using as a massage oil.
		12 drops Bergamot	
		8 drops Clary Sage	

EAT!

This one's simple! Cook, or let me cook for you, some comfort food. These include hearty pastas, soups, roasted things. Here's a list of ideas (most of which I picked because I want to try them!)

One Pot Garlic Parmesan Pasta



Butternut Squash and Gorgonzola Rigatoni Pasta Pie with Fried Sage



Vegetarian Stuffed Shells Recipe



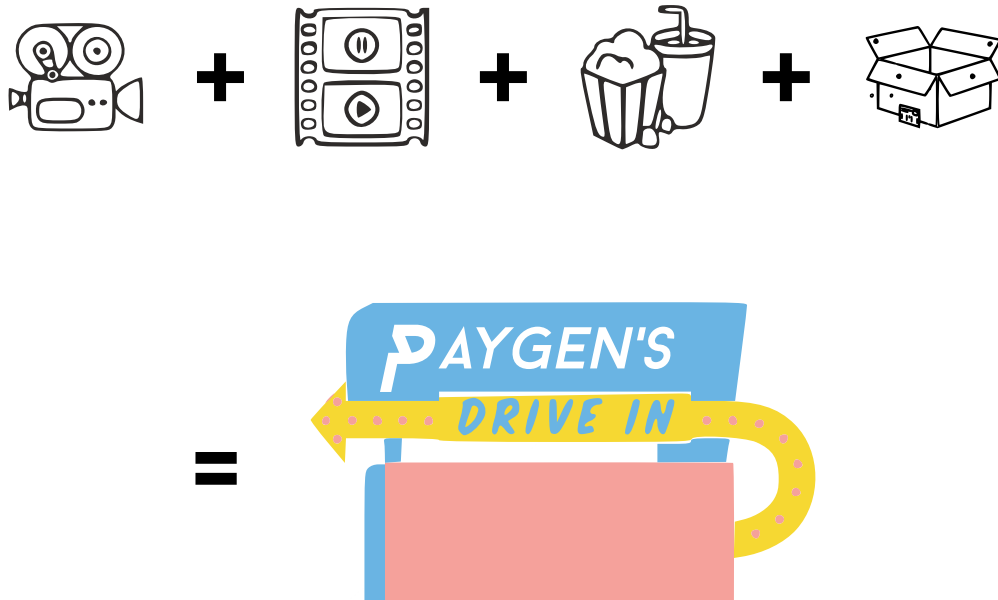
CHAPTER 2
MONTHLY

Breaking the winter down by month, it doesn't seem too long. Only November, December, January, and February (and basically March). It's just making it through each month that makes it really difficult. But, one of the easiest ways to make time seem like it's going faster is to have milestones. Not only the night of the milestone, but also the planning of the milestone, make the time in between go much faster. So, we should plan to have things to do every month, specifically designed to make us feel more invigorated.

I've put some ideas down, and they could be done in any order. But they fall under three categories: In Memoriam (of summer), Embrace (winter), and Cabin Fever (fighting) nights.

DRIVE-IN NIGHT

This one is the best! We put up a sheet and use the projector to watch a movie, while sitting in cardboard “cars”. We could improve the likeness by eating burgers and buying movie theater popcorn, turning up the heat and wearing our shorts!



SMELL!

Aromatherapy is incredible for beating the winter blues. Below are three recipes that we can throw together and see if it helps our mood at all. And the last one doubles as a massage oil, so we can definitely use it for its intended purpose.

Rose-Citrus-Sandal Wood 4 portions
15 minutes

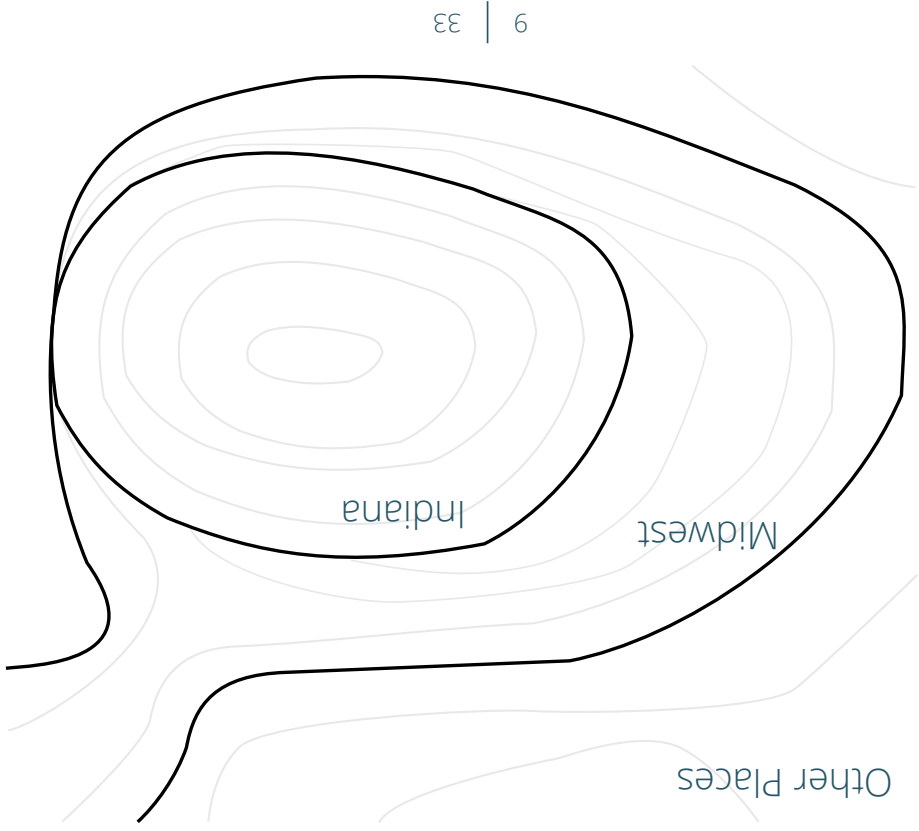
- 1 1 drop Rose Mix the sandalwood and rose
 3 drops Sandalwood until well blended.
- 2 1 drop Orange Add orange, with more to preference. Blend well by shaking.

Spring Mix 4 portions
15 minutes

- 1 1 drop Lavender Once blended, the grapefruit
 1 drop Ylang will help with concentration,
 Ylang and the lavender will remind of
 1 drop Grapefruit spring.

PLAN SUMMER HIKE NIGHT

I think we're both more happy when we get outside and hike together. But we've definitely explored the Lafayette area about as much as we can, so we need to broaden our horizon a little bit. Try to fill in the below circles with places to go in each of the categories.



SLED SLAYTER HILL NIGHT

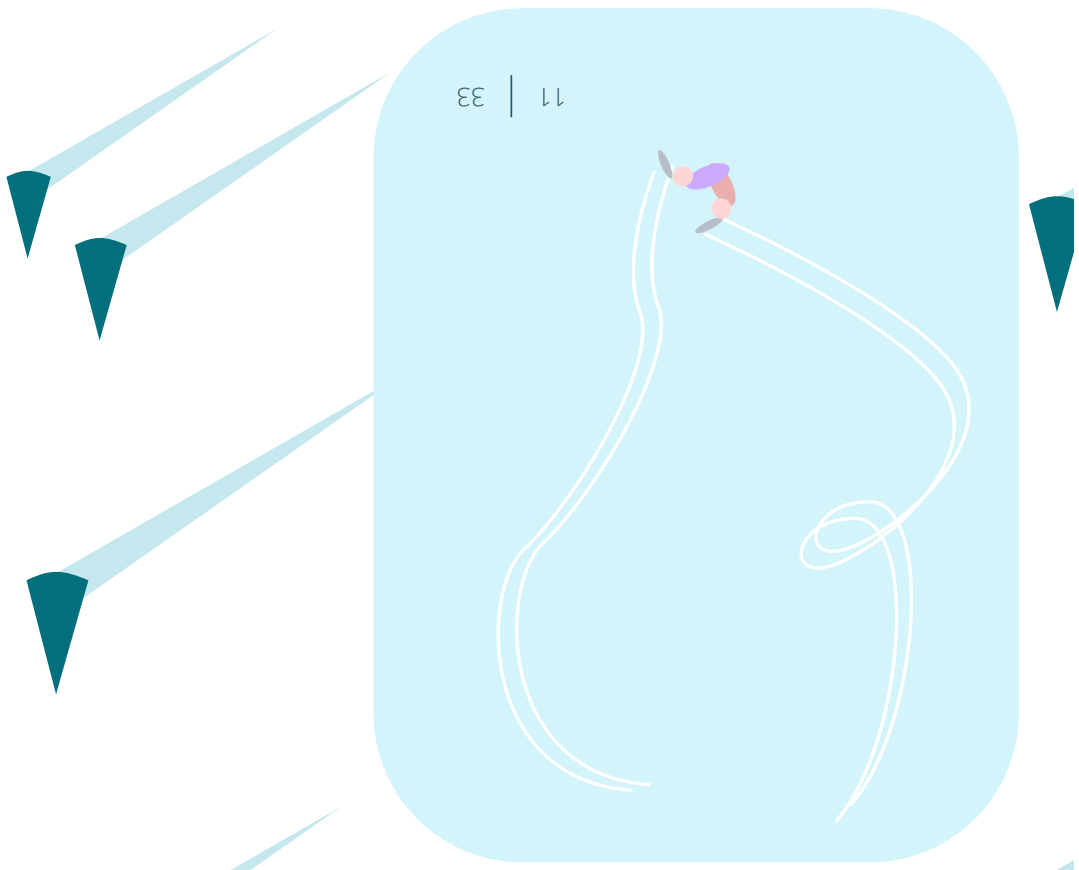
One of my favorite memories is when you got a snow day at Area IV and we went sledding at the Bishop's House. I think it's high time that we go again! We can either try out Slayter Hill, if the weather cooperates over winter break, or go to the Bishop's House again. All I know is that we should avoid Murdock Hill, since all the annoying kids sled there. Don't let me beat you at sled races again (even if I did cheat before)!

WINTER WALK COMPANION

In the white space below, trace or freehand a view from one of your snow hikes, and color it in with crayons. This is best done with hot chocolate/tea!

ICE SKATING NIGHT

We can see ice skaters out our back door every winter. I think we should make the trek across the bridge and get out there! If you're afraid of your ankles, we can tape them up; if you're afraid of falling we can just be hanging all over each other all night!

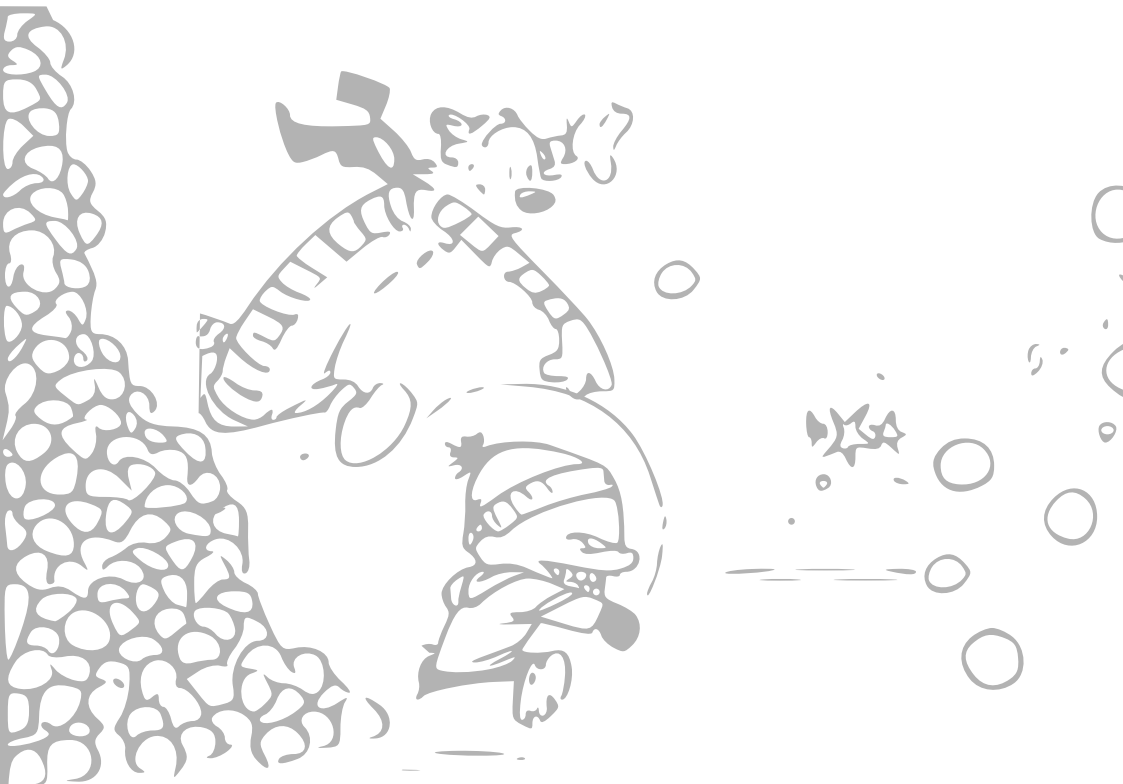


Snow Shoeing Similar to puddle stomping, but more serious! We could find any of the prairie like places we would walk normally, and rent snowshoes to make it speedier (and more like walking on the moon).

SNOWBALL AMBUSH NIGHT

Just like when we'd go on campus and streak or something, mischief always gets your blood turning. I think we should bundle up one night and appear at someone's house (Tony and Bri, or Adam and Mary) and ambush them with snowballs. You know we'd destroy them! We'd be actual partners in crime then!

Everybody needs to have a name, number, and rank when going on military expeditions. Below are those ranks, and even some medals that can be given out for uncommon valor!



Prophetstown Trail 1 The prairie will be covered with snow! We could even try to cross country ski up there...maybe. 2-8 miles.

Plymouth Arch Someplace we've never been in summer might be really fun to do in the winter, and then we can revisit to see how it changed! 0-1 miles.

Spinn Prairie Nature Preserve Only a little ways away (near Benton Central), there's another prairie that I'd never heard of until researching this. It's always fun to explore and maybe this is a good place to do that! No clue how long it is.

Eagle Creek We loved our winter hike there last year, so why wouldn't we love it again this year? 6-8 miles.

Delphi Canal Trails Again, a place we haven't been that's close by, I hear that these are cool in the way that the Rails-to-Trails are, like nature's taken over from man. 1-2 miles.

Monon Trail If we want to keep it more city living, we could do the Monon Trail down in Indy. The benefit of this trail, is we could end at a nice bar and get some whiskey drinks to warm us up. 0-20 miles.

Puddle Stomping While not TECHNICALLY a place to walk, anytime after it rains, we could go out in our rubber boots and stomp the shit out of some puddles. For funsies.

I find [being]... ..out in the open so beneficial. Even if it is but for a minute or two, it is unbelievable how that short time helps to... ..bring feelings into equilibrium...

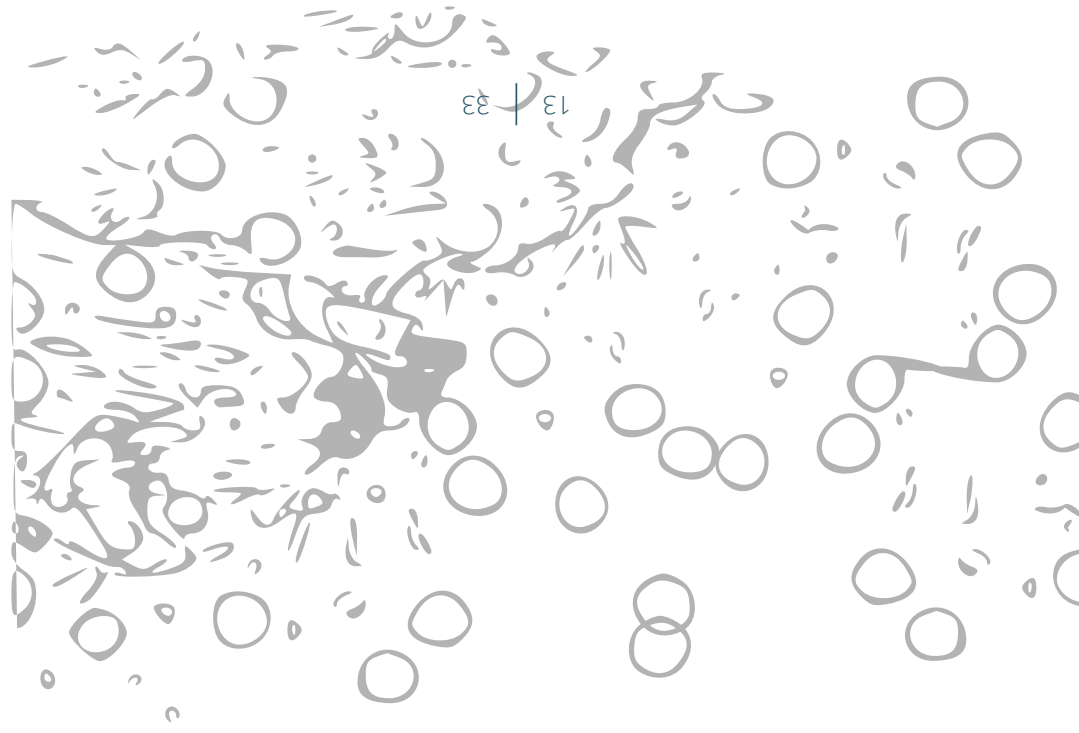
Roald Amundsen on expedition to the South Pole

Who better to give advice on staying off cabin fever and seasonal depression than the guy that finally made it to the south pole (unlike the slackers before him who went crazy or perished on the way). We've talked about going on walks outside in the snow a lot in the past and never have really stuck to it. This year, we should! If we bundle up appropriately, keep our walks short, and account for enough time to warm up/cuddle/shower afterwards, I think the fresh air and beautiful snow (or ugly rainy Lafayette winter weather) would be beneficial. Here's a list of places we could go:

Downtown Obviously we could just walk out our door and get up to 2 miles in without really having to leave the cool area of downtown.

Wabash Heritage Trail Right out our door, or at Fort Ouatenon, or up in Battle Ground, or at Davis Ferry. The options are endless! 1-13 miles.

Clegg Gardens I've always wanted to see the Wildcat in winter, and especially if it's recently snowed, this hike could be really beautiful. 2ish miles.



PLAN SUMMER VACATION NIGHT

We've been talking about saving up vacation time to take a good trip this summer, and the time would be ripe to plan for this vacation during the winter. We've already talked about Italy and Switzerland, but there's nothing to say we can't do something else, and the table on the next page could be a starting place to plan.

CHAPTER 3 WEEKLY

The winter is long. Even if you celebrate every holiday to the nines and have a wonderful time once every month, that still only accounts for 15 events out of 90-120 days. To help provide small bright points, I think it would be good to have weekly traditions to look forward to, to help stave off the blues and cabin fever.

COFFEE OR FIREPLACE DATE NIGHT

Finally, we have to try the little coffee places around us. That fuel place down main street seems like it'd be fun. Ideally, we could find some place that has a fireplace and sit beside it, as close as we can.

MAKE CRAFTS AND DECORATIONS NIGHT

Especially since Quas have made the past couple years so difficult, I want to go all out on holiday decorations. What better way to get in the spirit than to drink tea or co- coa and make homemade decorations (and other crafts).

MEXICAN NIGHT

We love tacos, and we certainly like tequila. And there's nothing to say that we can't turn on some Gloria Estefan and jam out while playing Bean Race!

SPRING FLING NIGHT

We'd have to do this early in the winter, so it doesn't encroach on spring too much, but having root beer floats and spritzing the house to smell like flowers would definitely remind us of spring.

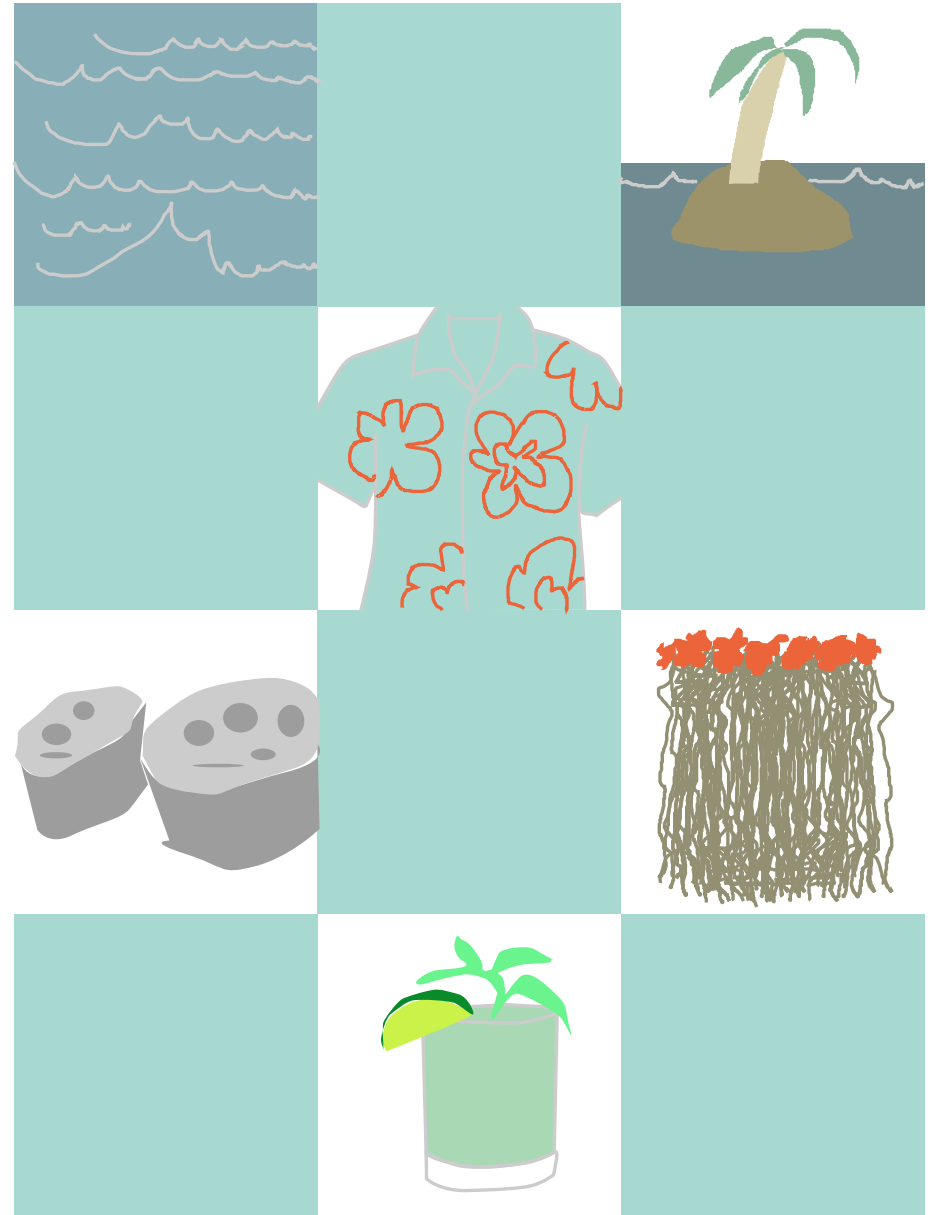
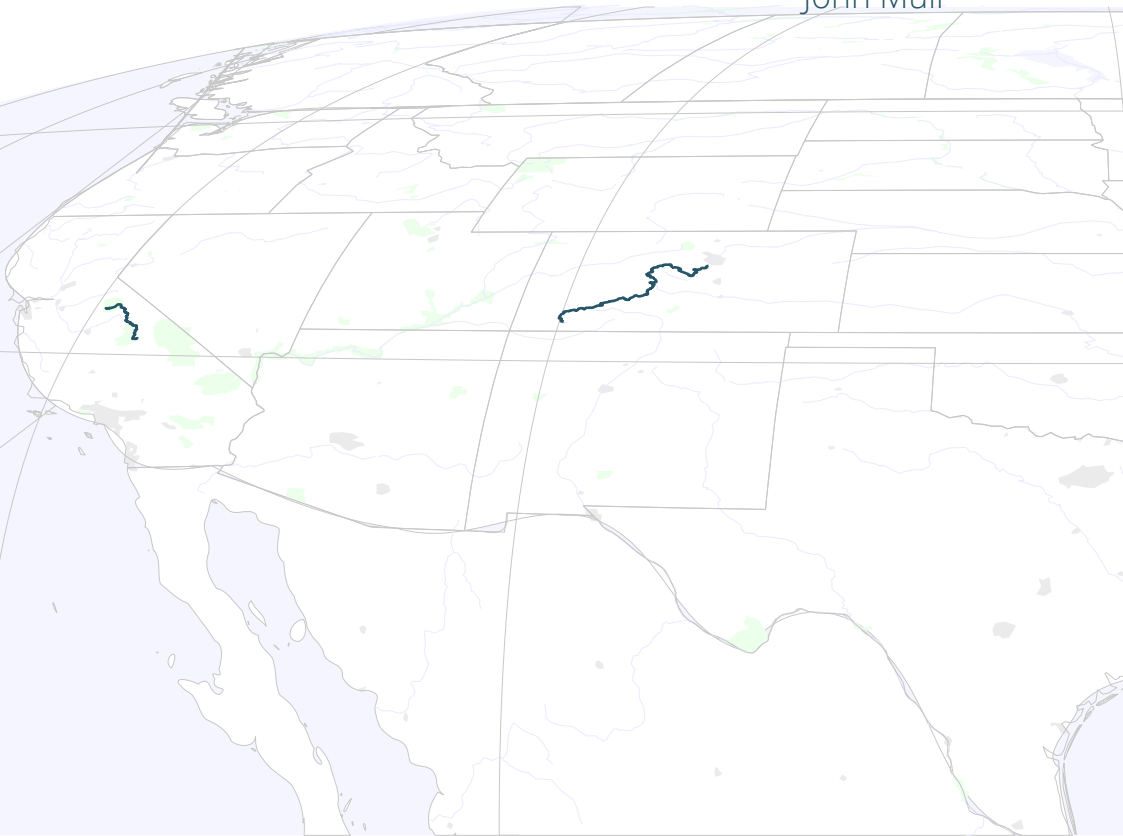
#	Where?	What?	How?
1	Geneva, Turin, Cinque Terra, Rome	Backpack, see Pisa and Florence Museums	Train, Hike, and Kayak
2			
3			
4			

TRAIL BY SECTION PLANNING NIGHT

I really like the idea you have about trying to do a through hiking trail by sections over the next couple years. A fun night would be to sit in and plan which one of the many trails we could try, look up pictures, and plan out how far we'd go each year!

I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found, was really going in.

John Muir



CARIBBEAN NIGHT

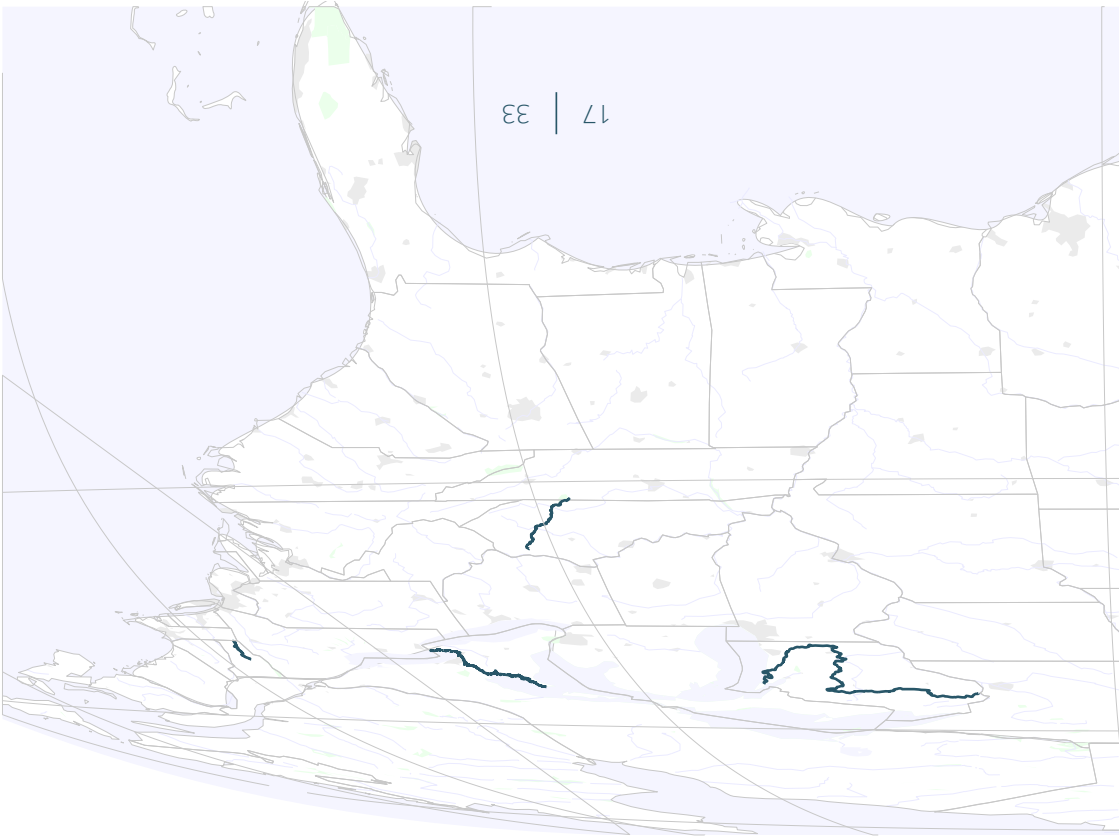
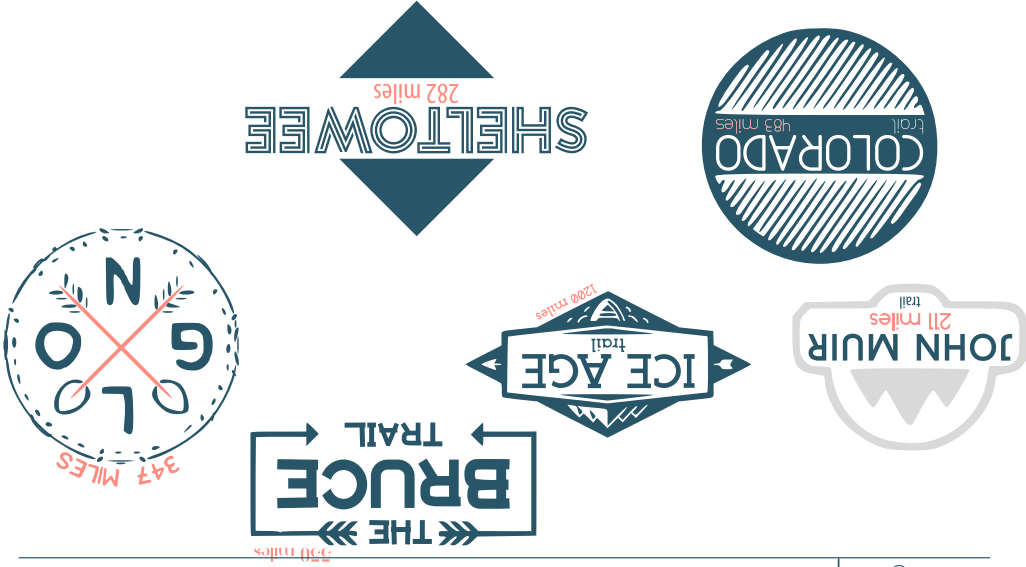
The steel drum music plays,
at the place where the ocean lays
up to the rocks and sand

We can relax with the temperature hot,
and our fruit juice mixed with a shot,
of rum or the strongest thing at hand

It would be easy to look out of place,
Especially because we're not of the caribbean race,
unless we wore a hawaiian shirt

It's understandable if you'd like to imagine tropical ports
Instead in your tropical shorts,
But we'll definitely have to give Newton a hula skirt!

Alex Hagen



Obviously we can figure out which of the long trails to do by section is best, but doesn't the John Muir Trail sound great? Not only does it go through Yosemite and some of the prettiest High Sierra Mountains, it also summits the highest mountain in the continental U.S., Mount Whitney. We should definitely consider it and get our mountaineering in!

