

Compliments of Dove Investments

# AMERICAN LIFESTYLE

THE MAGAZINE CELEBRATING LIFE IN AMERICA

ISSUE 139



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*take on*  
**THE ROAD  
AHEAD**

2026

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## Front of Tear Out Card 1



**DoveInvestments**

**Ways to Save Energy**

Go green with these simple tips that will help you save energy and save money without taking up your time or wallet.

green in the home



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## Back of Tear Out Card 1

**Ways to Save Energy & Money**

- Take advantage of the summer sun, and line dry your clothes.
- Close window curtains and blinds at night to keep heat in.
- Turn down the heat if your home is vacant during the day.
- Wash clothes in warm water, and rinse with cool.
- Change the load setting on your washer to fit smaller loads.
- Turn off computers and other appliances when not in use.
- Turn off lights when you leave the room.
- Buy a new furnace. It saves money in the long run. Also, be sure to keep filters clean to keep warm air flowing.
- Take advantage of windows to collect heat in the winter.
- Use compact fluorescent lightbulbs; they use less energy and last longer.

These tips can help you save money and conserve energy all at the same time.

green in the home





## AMERICAN LIFESTYLE

Dear Bill and Judy,

Each of the last two years, the Dove Investments team has selected an annual theme and shaped our communication around it. In 2024, we focused on Growing in Faith, and in 2025, we leaned into Growing in Hope. These themes, along with a positive economic outlook, provide a meaningful backdrop for our 2026 emphasis: Growing in Generosity. How do we hope this focus will deepen and inspire us in the coming year?

Generosity begins with perspective. For followers of Christ, it starts with a foundational truth: everything we have ultimately belongs to God. 'The earth is the Lord's and everything in it.' Psalm 24:1. We are not owners but stewards, entrusted with resources for His purposes.

Generosity is a matter of mindset. Scripture reminds us that giving begins in the heart. 'For where your treasure is, there your heart will be also.' Matthew 6:21. As we trust God, we commit to using our financial resources in ways that reflect His priorities.

Generosity requires action. 'Do not forget to do good and to share with others.' Hebrews 13:16

As we enter 2026, let's consider practicing generosity by supporting Great Commission ministries, meeting needs within our churches or families, and creating margin for spontaneous opportunities. May our generosity reflect the abundance we have received in Christ.

Winter can feel long and challenging, but it also brings opportunities for comfort and celebration. In this issue of American Lifestyle, you'll find ways to embrace winter with a guide to items that help combat seasonal blues, a look at a "cool" Alaskan event, four hearty recipes, and more. As always, it's a pleasure to send you this magazine.

### The Dove Investments Team



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# AMERICAN LIFESTYLE

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A Guide to  
Shopping  
Secondhand



#### Thoroughly examine each piece

Ideally, you'll want to look at an item in person before you buy it so you can assess its size, color, material, and other aspects and verify that it's in good condition. While it's common for used goods to have some wear and tear, a defect like a loose drawer, broken seat back, or torn rug corner can often cause more problems than it's worth. Further, it's a good idea to measure the space you're shopping for beforehand and take a tape measure with you to the store or pickup; this way, you can check that the dimensions of any object you're interested in would fit where you want to put it.

Of course, such a review isn't always possible when browsing online. Instead, ask for more information beyond the listing description as needed, including extra pictures to better see the fine details. And, if all else fails, there are a lot of ways to upcycle old items to give them new life, such as by re-covering seat cushions or adding a fresh coat of paint to a table or dresser.

#### Verify the price

Before you say yes to an item, do a little homework to make sure that it's priced fairly—you don't want to wind up paying more than you would have if you'd purchased it new. For instance, if you're after antiques, you can look up the makers and see what kind of material they used and how well it lasts. Similarly for more modern pieces, you can search for the exact one online, read reviews from other customers, and check the current cost of buying new.

#### Take your time

While it may be tempting to quickly fill your rooms with items that simply get the job done, it's important to prioritize quality when shopping secondhand. Finding the perfect pieces can take some time, but it's worth waiting for the right ones instead of settling for something "good enough" just because it's there. Your patience will be rewarded in the end.



## FOUR IDEAS TO Refresh Your Home

IT MAY BE WINTERTIME, BUT IT'S NEVER TOO SOON TO LOOK AHEAD TO SPRING. WHEN THE TIME COMES, GET YOURS OFF TO A GREAT START WITH THESE SIMPLE STEPS.

1

#### MAKE A GOOD FIRST IMPRESSION

A clean entryway can set the right tone as soon as you or a guest walks in the door. Primarily, clear out an adjacent closet, hang coat hooks, or set up a shoe rack so people can shed their outer layer without creating chaos.

2

#### TACKLE YOUR FRIDGE

Given that you open it multiple times daily, a messy fridge can make a big impact. Pull everything out, toss what's expired, wipe down the walls and shelves, and organize what's left in clear bins.

3

#### SWEEP AND VACUUM

Sweeping hard floors and vacuuming rugs throughout your home can quickly change how tidy it appears, helping you put your best foot forward.

4

#### PICK SOME FRESH FLOWERS

A vase with fragrant flowers like tulips will bring instant life to your kitchen table and spread the lovely scent of spring throughout your home.

**Here's wishing you a great season ahead!**

## Front of Tear Out Card 2



### BAKED FRENCH ONION SOUP with gruyère topping



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## Back of Tear Out Card 2

SERVES 4

### BAKED FRENCH ONION SOUP *with gruyère topping*

#### INGREDIENTS

5 tbsp. extra virgin olive oil  
2 lb. 4 oz. onions, thinly sliced  
2 garlic cloves, finely chopped  
2 tsp. freshly chopped thyme  
½ c. fruity red wine  
4 c. vegetable stock  
½ French baguette  
⅔ c. grated Gruyère  
2 tbsp. grated Parmesan  
Sea salt and freshly ground pepper

#### INSTRUCTIONS

- 1/ Preheat the oven to 400°.
- 2/ Heat the oil in a 4-qt. Dutch oven over a medium heat and gently fry the onions, garlic and thyme with a little salt and pepper for 25 minutes until really soft and lightly golden, stirring frequently to prevent the onions from burning.
- 3/ Add the wine, bring to the boil and boil for 5 minutes or until evaporated, then pour in the stock. Bring back to the boil and season to taste.
- 4/ Cut the bread into slices ½ in. thick and arrange over the top of the soup. Scatter over the Gruyère and Parmesan cheeses and transfer the pan to the preheated oven. Bake uncovered for about 10–15 minutes until the soup is bubbling and the cheese melted and golden. If you wish, you can brown the top of the cheese under a hot broiler/grill.
- 5/ Cool for 10 minutes before serving.

Adapted from *A Cookbook for Winter: More than 95 Nurturing & Comforting Recipes for the Colder Months*.  
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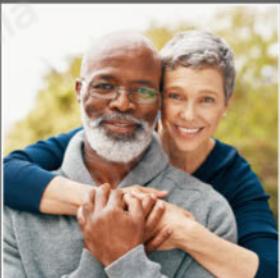
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