

singin' the blue

Meet the Kansan turning heirloom Mexican blue corn into nutritious gold.

WHEN EDDIE SANDOVAL WAS A KID

in Solomon, Kansas, his parents often had pinole in the kitchen. This ground, roasted corn has been around since the Aztecs. Today it's known to build long-distance running endurance among Chihuahua's Tarahumara people, who consume it as a warm beverage called atole. Skip to 2017, when Eddie spent a college break hauling heirloom Mexican corn from the border back to Wichita. Soon after, he launched Pinole Blue, a line of drink mixes, tortillas, cookies and more, made with high-protein, antioxidant-rich, imported blue corn. The business has exploded, and Eddie returns a portion of proceeds to the Tarahumara. "It's all about the story," Eddie says. "My family sharing it, and giving back to the tribe." pinoleblue.com



WATCH NOW

Hover your phone's camera for a video about Pinole Blue and the Tarahumara.

In addition to supporting the tribe, Eddie sponsors Tarahumara athlete Lorena Ramírez, who wins marathons all over the world running in traditional dress and recycled-tire sandals.

THREE TO TRY

PUMPKIN SPICE ATOLE MIX

Perfect for fall, this cinnamon blend is Pinole Blue's most popular atole flavor. Add a scoop or two to warm milk for a cozy drink healthier than a Starbucks PSL.

TORTILLAS

Blue corn has a lower glycemic index and more protein than white corn. Swap in Pinole Blue's stone-ground tortillas for Mexican night.

ENDUROBITES

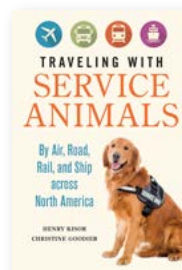
Pop a few of these chewy morsels—made with blue cornmeal, agave, peanut butter, oats and chia seeds—for a pre-workout snack packed with plant protein.



#METIME

MIC DROP

"I just want to be vulnerable, so give me a chance to show it all. What love can I give if I can't love myself?" Those honest lyrics from Detroit singer/rapper/producer/choreographer/activist Tunde Olaniran are a friendly reminder to chill out and practice a little self-love. Our fave off his latest album, *Stranger*: the catchy, gospel-infused "Miracle."



GUIDING LIGHT

Chicagooan Henry Kisor was inspired by his dog, Trooper, to create this guide with co-author Christine Goodier. Whether you're boarding Amtrak with a service dog or flying with a miniature guide horse, get tips for packing, handling tricky policies and even getting around Disneyland (University of Illinois Press, \$19.50).

RADAR

PACK YOUR SNEAKERS

Forget tiny, windowless gyms that smell like chlorine. These hotels are seriously stepping up their fitness game.



JW MARRIOTT Chicago

Open 24/7, this hotel's spa-level fitness center is huge—and comes with perks like Nike Master Trainers fitness classes and cryotherapy treatments.



THE CHASE PARK PLAZA ROYAL SONESTA HOTEL St. Louis

You'll wake up early to work out (seriously) at the 18,000-square-foot Santé Fitness Center, with 40 weekly classes, a smoothie bar and massage services.



EVEN HOTEL Omaha

Choose from 18 virtual classes in the Athletic Studio's Flex Room or on your TV. Rooms are equipped with gear like stability balls and resistance bands.



GRAND GENEVA RESORT AND SPA Lake Geneva, Wisconsin

You expect perks at a resort—but indoor tennis courts, a junior Olympic-size lap pool, 40 fitness classes and a rock-climbing wall? We're listening.

THE STAT

20

PERCENT

The increase in sales of plant-based meals at grocery stores from 2017 to 2018 as consumers (especially millennials) demand more healthful, planet-friendly options.

A WELCOME MAT

Downward-facing dog is a little more comfy on Big Raven Yoga's cushy, slip-proof and eco-friendly mats. The Minneapolis biz releases new collections every month. From \$107. bigravenyoga.com



CUP TO CAUSE

Mental health too often gets ignored. Not at this Chicago coffee shop.

Sip of Hope in Logan Square is a collaboration with Dark Matter Coffee, serving up both lattes and community mental health resources: It's the world's first coffee shop to put 100 percent of profits toward suicide prevention. When you can do good and enjoy one of the city's best cups of joe, everyone wins. sipofhope.com

