

Enjoy March

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: MARCH 2013 ISSUE: 10

HAPPENINGS • FITNESS • NUTRITION • DRINK • FOOD • TRAVEL • MUSIC • LIFESTYLE • MOVIES

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READ ACROSS AMERICA DAY



MARCH 10
DAYLIGHT SAVINGS
BEGINS

WHAT'S HAPPENING IN



MARCH 17
ST. PATRICK'S DAY
SELECTION SUNDAY
(NCAA BASKETBALL
TOURNAMENT SCHEDULE)

MARCH 20
FIRST DAY OF SPRING

MARCH



MARCH 26
PASSOVER



MARCH 31
EASTER

NUTRITION HEALTH BENEFITS OF PEANUTS

March is National peanut month! Believe it or not, peanuts are actually a legume, which are edible seeds related to beans that grow underground. But they're more than just a crunchy hands-on snack at the ballpark; just a handful of peanuts per day provides the recommended levels of phenolic antioxidants, minerals, vitamins, and protein. Read on to learn more about the valuable health benefits peanuts have to offer.

Heart Disease

Peanuts contain unsaturated fats and nutrients including magnesium, folate, vitamin E, copper and arginine that protect you against heart disease. Studies show that regular consumption of 16 grams of peanut butter reduced the risk of cardiovascular disease in women with type 2 diabetes.

Diabetes

The polyunsaturated and mono-unsaturated fats in peanuts help keep blood sugar levels even; studies show that those who consumed peanut butter or peanuts five or more times per week were less likely to develop type 2 diabetes.

Protein and Fiber

With 7 grams of protein and 2 grams of fiber per ounce, peanuts support lean muscle mass and keep things moving!

Weight Control

While peanuts contain a hefty 159 calories per ounce, the fiber, protein and fat in them helps you feel full - adding peanuts to your diet may result in fewer calories at other sittings. Some studies have found that you may not even fully absorb the calories in peanuts (because they typically are not chewed completely) and that eating them can actually trigger a slight increase in metabolism and higher calorie burn.

Nutrients in Peanuts

1/4 cup (36.5 grams)
Nutrient % Daily Value

Manganese 35.5%

Tryptophan 28.1%

Vitamin B3 22%

Folate 21.9%

Copper 21%

Protein 18.8%

Calories (206) 11%



NUTRITION 10 HEALTHY FOODS THAT WON'T BREAK THE BANK



With tax season looming, you may be questioning a lot of your current expenses in an effort to save a few extra bucks. We've compiled a list of ten cheap and healthy food items that will keep you looking good while keeping your grocery bill in check.

1. Brown Rice

Good for: stir fry, soups, casseroles and side dishes

Price per serving: 18 cents (1/4 cup)

Nutrition info per serving: 170 calories, 2 grams fiber, and 4 grams protein

2. Whole-wheat or Multigrain Pasta

Good for: both hot or cold pasta dishes

Price per serving: 24 cents (2 ounces)

Nutrition info per serving: About 200 calories, 7 grams protein, and 6 grams fiber

3. Nonfat Greek Yogurt

Good for: snacks and parfaits, can be used in dips and sauces, and mixes well with fruit and granola

Price per serving: about 89 cents (6 ounces)

Nutrition info per serving: 150 calories, 0 grams fiber, and 14 grams protein

4. Old-fashioned Oats

Good for: hot or cold cereal, desserts, bread, and muffins

Price per serving: 13 cents (1/2 cup dry oats)

Nutrition info per serving: 150 calories, 4 grams fiber, and 5 grams protein

5. Frozen Mixed Vegetables

Good for: stir fry, side dishes, casseroles, and soups

Price per serving: 25 cents (1 cup)

Nutrition info per serving: 82 calories, 6 grams fiber, 4 grams protein, 115% of the Daily Value (DV) for vitamin A, 8% DV for vitamin C, and 7% DV for potassium

6. Fresh Bagged Spinach

Good for: salads, soups, egg dishes, and as a side dish

Price per serving: 66 cents (4 cups)

Nutrition info per serving: 2 grams of fiber, 160% DV for vitamin A, 40% DV for vitamin C, 8% DV for calcium, and 40% DV for folic acid

7. Canned Tuna

(Chuck White Albacore in Water)

Good for: casseroles, salads, sandwiches, and as a side dish with crackers

Price per serving: 70 cents (3 ounces)

Nutrition info per serving: About 500 milligrams of omega-3 fatty acids (0.5 gram), 60 calories, and 13 grams of protein

8. Whole Wheat Pita Bread

Good for: appetizers, hot or cold sandwiches, and pizzas

Price per serving: 30 to 55 cents (1 pita pocket)

Nutrition info per serving: one pita contains approximately 140 calories, 4 grams fiber, and 6 grams of protein

9. Frozen Edamame (Soybeans)

Good for: stir fry, appetizers, salads, soups, snacks and side dishes

Price per serving: 56 cents (1/2 cup)

Nutrition info per serving: 90 calories, 10 grams protein, 8 grams fiber, 10% DV for iron, and 6% of the DV for calcium

10. Dried Lentils

Good for: soups, salads, casseroles, and as a side dish (after they have been cooked)

Price per serving: 10 cents (1/4 cup)

Nutrition info per serving: 120 calories, 10 grams protein, and 11 grams fiber

DRINK LUCK O' THE IRISH COFFEE

Yields: 1 drink

What You'll Need:



4 ounces
freshly brewed coffee

1 1/2 ounces
Irish whiskey

1 teaspoon
brown sugar

Dollop
fresh whipped cream

Directions:

Combine the coffee, whiskey, and sugar in a hot Irish coffee mug; then float whipped cream on top.

FITNESS ST. PATRICK'S DAY RUNS ACROSS THE U.S.

Before breaking out the green beer, dust off your running shoes and participate in a local St. Patty's Day run. The races below offer a fun way to channel your inner leprechaun while burning major calories!



San Diego, CA

St. Patrick's Day 10K

Denver, CO

Runnin' of the Green Lucky 7K

Portland, OR

Adidas Shamrock Run
5K, 8K & 15K

Salt Lake City, UT

24th Annual
Leprechaun Lope

Scottsdale, AZ

St. Patrick's Day
4 Mile Run/Walk

Chicago, IL

Bank of America
Shamrock Shuffle 8K

Naperville, IL

St. Paddy's Day 5K

Minneapolis, MN

5th Annual St. Patrick's
Irish Traditions 5K

Worcester, MA

Celtic 5K

Margate, NJ

35th Annual St. Pat's Boardwalk
10 Miler & 5K

Rutherford, NJ

Shamrock N' Run 5K

Columbia, SC

Get to the Green 5K Run
and 1 Mile Walk

MARCH MADNESS: COURT-FOCUSED EXPLOSIVE DRILLS

If you've been going to the gym regularly this year, you may be getting tired of your spin and treadmill routine right about now. Varying your routine workouts is the key to staying in shape, and basketball courts at the gym or local park offer a great way to shake it up just in time for March Madness.

Incorporate a few or all the following interval drills into your current cardio routine and expect major results.

Drill

1

Tempo Runs

Split a 400-meter run into four 100-meter bursts. Run each in 17 seconds (sprinters clock in at under 10 seconds), resting 10 seconds after each segment. Repeat the drill five times for a total of 2,000 meters.

Drill

2

Fours

Run four lengths of the court, baseline to baseline. Run as fast as you can and shoot for completing it in under 25 seconds. Rest 40 seconds and repeat 8 to 12 times.

Drill

3

Seventeens

Run sideline to sideline, 17 times (the changing of direction adds difficulty). Run each set in a minute, then rest for 2 minutes. Shoot for four to five runs total.

Drill

4

Full Court Suicides

Shuttle back and forth between one baseline and all of the other lines on the court. Start with the free throw line, double back to the baseline, and then run to the midcourt line, and so on. Run as fast as you can and shoot for 40 seconds in total. Rest for one minute, and repeat six to eight times.

FOOD MARCH RECIPES

Courtesy: allrecipes.com

Yields: 6 Servings

What You'll Need:

1 tablespoon olive oil
2 pounds boneless lamb shoulder, cut into 1 1/2 inch pieces
1/2 teaspoon salt
Freshly ground black pepper to taste
1 large onion, sliced
2 carrots, peeled and cut into large chunks
1 parsnip, peeled and cut into large chunks
4 cups water, add more as needed
3 large potatoes, peeled and quartered
1 cup coarsely chopped leeks
1 tablespoon chopped fresh rosemary (optional)
Chopped fresh parsley for garnish (optional)



Traditional Irish Stew

Directions:

- Heat oil over medium heat in a large stockpot or Dutch oven. Add lamb pieces and cook, stirring gently, until evenly browned. Season with salt and pepper.
- Add the onion, carrots, and parsnip and cook gently alongside the meat for a few minutes. Stir in the water. Cover and bring to a boil before turning the heat down to low.
- Simmer for 1 hour or longer, depending on the cut of meat you used and if it is tender yet.
- Stir in potatoes, and simmer for 15 to 20 minutes, then add leeks and rosemary.
- Continue to simmer uncovered, until potatoes are tender but still whole. Serve piping hot and garnish with fresh parsley.

Irish Soda Bread

Courtesy: allrecipes.com

Yields: 6 Servings

What You'll Need:

4 cups all-purpose flour
4 tablespoons white sugar
1 teaspoon baking soda
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup margarine, softened
1 1/4 cups buttermilk
1 egg
1/4 cup butter, melted

Directions:

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
- In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg.
- Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet.
- In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to lightly slice an "X" into the top of the loaf (be careful not to pierce too deeply).
- Bake for 45 to 50 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Continue to brush the loaf with the butter mixture while it bakes.



LIFESTYLE WHAT YOUR BOOKSHELF SAYS ABOUT YOU

They say that sharing your shelf is sharing yourself, and with Read Across America Day on March 2nd, what better time to take a good hard look at what's sitting on your bookshelf? It may reveal quite a bit about you!

All Bestsellers, All the Time

You like to keep up with the trends and like to know what's hot and what's not. If the masses are raving about it, you have to read it firsthand. Reading bestsellers makes you a perfect party conversationalist, but you aren't crazy about taking chances or wasting time or energy into literature that hasn't been validated by good reviews.

Biography and Memoir

While you love a good story, you like to learn at the same time. You are the kind of person that enjoys facts, general information and game shows. You also look forward to opportunities where you can flex the knowledge that you've obtained. In fact, you're the perfect trivia partner!

Literary Classics

You like intense prose, deep themes and meaningful plots. On the other hand, you may not actually be a big reader and may have just clung on to your high school classics in an effort to fill the shelf!

Fantasy

You love to escape into worlds far removed from reality. You're likely an optimist with a creative imagination, and are open to the new and exciting possibilities.

Historical

You enjoy being entertained and escaping into another world, but you also need a little bit of realism with your stories. You like to be prepared and seek to learn from others' choices so that you are ready to act and lead if necessary.

Horror

You enjoy pushing the boundaries and like to explore the dark unknown side of life. You are interested in the fringes of society, crazy personalities, and mortality. Feeling scared may remind you that you are still alive, as you love the thrill of a gory horror book.

Mystery

You're curious and detail oriented. You love to solve problems, even if you're not as interested in seeing actual results. You might also be an adrenaline junkie, addicted to the intensity of certain situations, as you enjoy thrills and adventures that keep the blood pumping.

Romance

You love to be appreciated and pampered and you're either one of two personalities: a hopeless romantic or a hopeful romantic. You want or hope for love and you may read romance novels to escape reality into fantasyland, where you can live vicariously through others' love affairs.

Science Fiction

You are open-minded and curious and understand that there is always more to a situation than meets the eye. You like to look at problems from all angles and you're not opposed to theories or ideas that are different than your own. You may be a tad on the unconventional side.

Multi-Genre/Constantly-Changing-Genre Type

You read anything and everything, hoping to find the perfect book for a given situation. Your need to explore possibilities is at odds with your desire to just forget it for a while, which is why you may have a few half-read books going at one time!

DIY PROFESSIONAL FLORAL ARRANGEMENT



March 20th marks the official first day of Spring, and regardless of where you live, it provides a great opportunity to brighten your home with a fresh flowers.

But having a professional-looking floral arrangements doesn't mean you have to spend hundreds of dollars; you can create one yourself by following these five simple tips.



Choose Complimentary Flowers

Picking out flowers that compliment one another in size and shape will create a more captivating arrangement, for example, pairing larger gerbera daisies with smaller dahlias. The use of complimentary colors (darker shades paired with slightly lighter tones or similar colors) will also create interest.

Achieve the Perfect Cut

Cut the stems of the flowers one at a time and at an angle so that you achieve a nice clean cut. This will allow the blooms to absorb more water and last longer. Cut the stems a bit longer than you need so that you have plenty of room for error when you start to make your arrangement.

Don't Neglect the Stems

The stems in floral arrangements should be arranged as if they themselves are flowers; with a clear vase, much of the visual appeal also comes from the look and feel of the stems inside it. Trim any excess leaves (especially below the water line) so that they look uniform.

Put it Together

Add the larger, heavier flowers first and then fill with smaller, airier blooms, leaving enough space between them so that individual flowers have room to shine. Trim stems as you go along so that the blooms are in the proper position in relation to the entire arrangement. As far as size goes, a good rule of thumb is to have the bouquet one and a half times taller than its container and make the width of the bouquet balance the height.

Arrangement Placement

Keep your arrangement away from sunlight and heating vents and be sure recut stems and replace water daily.



TRAVEL

TOP 10 CITIES IN THE U.S. TO CELEBRATE ST. PATRICK'S DAY

Where will your luck bring you this St. Patrick's Day? According to the U.S. Census Bureau, nearly 35 million Americans identify themselves as being of Irish descent. We've highlighted ten places where celebrating Irish traditions is an annual pastime!

1. Boston, MA

Home to the first American St. Patrick's Day celebration in 1737, the city of Boston hosts over 600,000 people for their annual parade.

2. Chicago, IL

In what other city will you see a green river? The city of Chicago hosts one of the largest St. Patrick's celebrations in the country, complete with Irish-inspired floats and dancers. The Chicago River is even dyed green for the occasion.


3. New York City, NY

In terms of numbers, the parade in NYC takes the cake; it's home to the longest continuously running St. Patrick's Day parade in the world, where the first was held in 1762. The parade is led by the U.S. 69th Infantry, and usually has at least 150,000 marchers and over 2 million spectators.

4. Savannah, GA

Savannah has been celebrating St. Patrick's Day since 1813 and likes to do it in a big way, with an attendance exceeding 400,000. This celebration is scheduled on March 17th each year, regardless of where it falls during the week. The procession winds through the Historic Park District, where the city fountains are also dyed green for the occasion.



A photograph of the Chicago skyline, featuring several tall skyscrapers. A large, semi-transparent circle is overlaid on the right side of the image, containing text. The Chicago River is visible at the bottom, and a section of it is highlighted in green, suggesting a 'green river' theme.

In what other city will you see a green river?

The city of Chicago hosts one of the largest St. Patrick's celebrations in the country, complete with Irish-inspired floats and dancers.

5. San Francisco, CA

As far as the West coast is concerned, San Francisco is the place to be on St. Patrick's Day. Since 1852, the city celebrates with a huge parade and a slew of Irish bars serving green beer for the post-parade party.

6. Dublin, OH

No, it's not a typo! Dublin, Ohio (with a population of less than 40,000) was named by John Shields, one of the city's founders, who named it after his Ireland birthplace. This Ohio town embraces its Irish legacy with a mile-long parade made up of approximately 100 floats, bands and bagpipers. They annually name a "Grand Leprechaun," an honor given to an individual or couple who has made a significant contribution to the city of Dublin through their volunteer efforts and leadership roles.

7. Philadelphia, PA

The City of Brotherly Love has a longstanding St. Pat's Day parade, which started in 1771, and sees more than 500,000 attendees each year. After the parade, the post-party begins, where the bars across town - particularly in South Philly - become packed with green beer flowing well into the night.

8. Denver, CO

Downtown Denver celebrates the largest St. Patrick's Day parade west of the Mississippi, with more than 200,000 people lining the route to enjoy horses and stagecoaches, marching bands, dancers, floats and Irish-themed fun with a Western flair.

9. San Diego, CA

Imitating the green scenery of Ireland, San Diego covers 80,000 square feet of its city blocks with artificial green turf to kickoff St. Patrick's Day.

10. Scranton, PA

The home of *The Office's* Dunder Mifflin branch also hosts one of the biggest U.S. St. Patrick's Day parades. Since 1862, the celebration known as "Scranton's version of Mardi Gras" draws over 150,000 attendees and begins with a special St. Patrick's Day mass at St. Peter's Cathedral. Afterwards, everyone takes to the streets to enjoy a procession lined with bagpipers, dancers and local musicians.

MUSIC GET YOUR JIG ON: ST. PATRICK'S DAY PLAYLIST

Rock out this St. Patrick's Day with the playlist below, featuring a mix of the best artists – old and new – that the Emerald Isle has to offer!

Drunken Lullabies

Flogging Molly

Irish Rover

The Pogues

Mandinka

Sinead O'Connor

The Boys Are Back in Town

Thin Lizzy

Something Good Can Work

Two Door Cinema Club

Moondance

Van Morrison

We're Coming up

Dirty Epic

Stars

The Cranberries

Bad Penny

Roy Gallagher

Dearg Doom

The Horslips

How to Be Dead

Snow Patrol

Feeling the Pull

The Swell Season

Whiskey in The Jar

The Dubliners

Nothing Arrived

Villagers

Someone's Looking at You

The Boomtown Rats

Star of the County Down

Van Morrison and the Chieftains

Bad

U2

Fisherman's Blues

The Waterboys



MOVIES NEW FLICKS IN MARCH

Release dates subject to change.

JACK THE GIANT SLAYER

Genre(s): Adventure, Fantasy, Action
Release Date: March 1

Starring: Nicolas Hoult, Stanley Tucci, Ewan McGregor

An adult spin on the *Jack and the Beanstalk* legend, this film follows a young farmer who journeys to save his kidnapped princess. The adventure takes him far away into the sky kingdom of her captors—disrupting a long-standing peace between men and giants.

OZ: THE GREAT AND POWERFUL

Genre(s): Fantasy, Family, Adventure, 3D
Release Date: March 8

Starring: James Franco, Michelle Williams, Rachel Weisz

A small-time circus magician is hurled from dusty Kansas into the fantastical and vivid land of Oz. There he must transform himself into the great and powerful wizard that the land has been waiting for, while using his wits to stay ahead of three witches who would have otherwise.

DEAD MAN DOWN

Genre(s): Thriller, Action
Release Date: March 8

Starring: Collin Farrell, Noomi Rapace, Dominic Cooper

When a crime lord's right-hand man is seduced and blackmailed by one of his boss's victims—a woman seeking retribution—a trail of violence and mayhem ensues.

THE INCREDIBLE BURT WONDERSTONE

Genre(s): Comedy
Release Date: March 15

Starring: Steve Carell, Jim Carrey, Olivia Wade
Magician Burt Wonderstone and his partner Anton Marvelton have ruled the Vegas strip for years, growing their rankings as well as their egos. But when a guerrilla magician starts to steal their thunder, and the partners' friendship turns sour, Burt leaves the stage to try and figure out what made him love magic in the first place.

CARRIE

Genre(s): Drama, Horror
Release Date: March 15

Starring: Chloe Grace Moretz, Julianne Moore, Judy Greer

In case you missed the cult horror film the first round, *Carrie* is back in theaters 37 years after the original hit the big screen. Based off of the novel by Stephen King, *Carrie* tells the tale of an isolated and sheltered teenage girl who unleashes telekinetic terror on her town after being pushed too far by her peers at prom.

OLYMPUS HAS FALLEN

Genre(s): Thriller, Crime, Action
Release Date: March 22

Starring: Gerard Butler, Angela Bassett, Robert Forster

A disgraced U.S. Secret Service agent comes back in action to try and stop a Korean terrorist attack on the White House, which has left the U.S. President under hostage.

THE CROODS

Genre(s): Animated Family Comedy, Adventure
Release Date: March 22

Starring: Nicolas Cage, Ryan Reynolds, Emma Stone

In this 3D prehistoric family film, the caveman Crug must cautiously lead his family beyond familiar boundaries after an earthquake destroys their home. The clan must navigate a dangerous and unfamiliar world—encountering nomads and fantastic creatures along the way.

THE HOST

Genre(s): Sci-Fi, Romance
Release Date: March 29

Starring: Saoirse Ronan, Diane Kruger, William Hurt

Based on the novel by Stephenie Meyer, this futuristic story tells the tale of Melanie Stryder, whose body has been injected by a parasitic alien soul named Wanderer. Instead of carrying out her race's mission of taking over Earth, Wanderer forms a bond with her host and sets out to aid other free humans.





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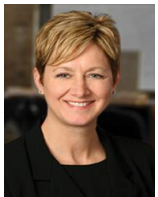
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