



APRIL 1
APRIL FOOLS DAY

WHAT'S HAPPENING

IN





APRIL 3 FIRST IPAD SOLD IN THE U.S. (2010)

APRIL 1-2

START OF MLB

SEASON

APRIL 15 INCOME TAX DAY

APRIL 22 EARTH DAY

APRIL





APRIL 26
ARBOR DAY
NATIONAL PRETZEL DAY

NUTRITION EATING TO HELP THE EARTH

Has your New Year's Day resolve to eat more organic fruits and veggies waned down? If so, perhaps a new motivator is in order. April 22nd is Earth Day after all, so what better time to take a look at not only what you're eating, but also how it impacts the environment. Read on for some ways to maintain proper nutrition while also helping out

Eat Local

You've heard it a hundred times: eating local is less taxing on the environment. Why? On average the food that we consume travels up to 1,500 miles from its original source - and that journey includes plenty of fuel and CO₂ emissions as well. Eating local products cuts down on the energy used for transportation, but remember that just because it says "organic" doesn't mean that it's local; many countries are shipping organic fruits and veggies overseas to keep up with demand. To find local products near you, visit localharvest.org.

Eat What's in Season

Products that aren't in season have either been stored or have transported from another climate. Both processes involve much more energy consumption, not to mention they reduce the nutritional quality of the food. To put the most nutrient-dense foods in your body, save a buck, and give the earth a break, plan your meals around what's in season. To see what's in season near you, visit sustainabletable.org.

Eat Less Packaged and Processed Food

So how do foods stay intact for up to a year on the shelf? One word: sodium. High levels of salt are hidden in packaged food - and yes, even in ones that are labeled as "natural" or "organic." A highsodium diet draws excess water into the bloodstream, which over time, can increase blood pressure. The process of producing, packaging, and distributing these foods consumes lots of energy and water, contributes to waste, and creates a higher price tag. Eating whole, unprocessed foods will ensure that your sodium levels stay in check, while simultaneously cutting unnecessary environmental waste.

Eat Organic

Organic foods make for healthier soil and a healthier you. In addition to protecting the soil, air, and groundwater from pesticides, drugs, hormones, and artificial fertilizers, eating organically ensures that those same chemicals stay out of your body. Organic food does your body good - and contains at least 50% more nutrients, vitamins, and minerals than non-organic counterparts.



NUTRITION HEALTHY SMOOTHIES FOR EVERY BODY



Instructions: Choose one of the five recipes below. Combine all ingredients and blend until smooth!

Tummy Smoothie

Having tummy trouble? This smoothle contains potassium and the enzyme papain, which will calm a cranky digestive system. The ginger and mint combat nausea, and the probiotics in yogurt will boost your digestive tract's "friendly" bacteria counts while lessening gas.

- 1 cup peeled, seeded, cubed papaya
- 1 cup frozen sliced peaches
- 1 medium pear, cubed, skin optional
- 1 tbsp ground flax seed
- 1 tsp sliced ginger
- 6 mint leaves
- 1/2 cup low-fat Greek yogurt
- 6 ice cubes

Immunity Boost

Does your immune system need a lift? Mango, cantaloupe, and pineapple provide immune system boosters beta-carotene and Vitamin C; almonds and almond milk provide fortifying zinc.

- 1 cup peeled, pitted, cubed mango
- 1 cup chopped cantaloupe
- 1/2 cup cubed pineapple, fresh or canned
- 1/3 cup ground almonds
- 1/2 cup unsweetened almond milk
- 1 cup ice

Smoother Skin Smoothie

Looking for a smoothie to fight off wrinkles? This one is packed with antiaging Vitamin E, omega-3 fatty acids to combat sun-damage, and Vitamin C to increase collagen and reduce the appearance of fine lines.

- 1 cup blueberries
- 1 cup pitted cherries
- 1/2 cup strawberries, hulled
- 1/4 avocado, peeled and pitted
- 2 tbsp wheat germ
- 2 tbsp ground flaxseed
- 1/2 cup plain low-fat yogurt
- 1 cup ice

What better way to get your daily quota of nutrients than via a tasty smoothie? They pack a serious nutritional punch and are simple to make, so dust off that blender from the back of the pantry and get started!

Energy Boost Smoothie

Looking for a pre-workout smoothie or an afternoon boost? try this smoothie packed with potassium-rich bananas that provide energizing carbs and protein and peanut butter to get you through the long haul. The B vitamins and acid found in yogurt and honey will help your body convert food into fuel, and the iron-rich wheat germ will keep your O₂ levels up during your workout!

- 2 frozen bananas, peeled and chopped
- 2 scoops chocolate protein powder
- 2 tbsp peanut butter
- 2 tbsp wheat germ
- 1 tsp cinnamon
- 1 tbsp honey
- 3/4 cup low-fat Greek yogurt
- 4 tbsp skim milk powder
- 2 cups loe

Fill You Up Smoothie

Trying to kick a snacking habit? The fiber and protein in this smoothie will keep you full for hours without adding on too many calories. What's more? The omega-3s from flaxseed have been linked with the reduction in the size and number of fat cells. They also boost metabolic rate (think calories burned).

- 1 cup strawberries, hulled
- 1 cup cubed mango
- 1 lime, peeled and seeded
- 2 tbsp flaxseed oil
- 1/2 cup silken tofu
- 1 1/2 cups ice



FOOD APRIL RECIPES

Homemade Soft Pretzels



Directions:

- In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand until creamy, about 10 minutes.
- In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix and form into dough. If the mixture seems dry, add one or two tablespoons of water. Knead the dough until smooth, about 7 to 8 minutes.
- Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with plastic wrap and let rise in a warm place until doubled in size, about 1 hour.

- Preheat oven to 450 degrees F (230 degrees C). In a large bowl, dissolve baking soda in hot water.
- When risen, turn dough out onto a lightly floured surface and divide into 12 equal pieces. Roll each piece into a rope and twist into a pretzel shape. Once all of the dough is all shaped, dip each pretzel into the baking soda solution and place on a greased baking sheet. Sprinkle with kosher salt.
- Bake in preheated oven for 8 minutes, until browned.

Yields: 12 Pretzels

What You'll Need:

4 tsp active dry yeast

1 tsp white sugar

1 1/4 cups warm water (110 degrees F/ 45 degrees C)

5 cups all-purpose flour

1/2 cup white sugar

1 1/2 tsp salt

1 tbsp vegetable oil

1/2 cup baking soda

4 cups hot water

1/4 cup kosher salt, for topping



Courtesy: allrecipes.com



Yields: 6 Servings What You'll Need:

- 1 lb fettuccine pasta
- 1 lb tomatillos, husked and guartered
- 2 cups packed cilantro, washed and dried
- 2 cloves garlic
- 1/4 cup pine nuts
- 1 jalapeno, seeds removed
- 1/4 cup extra-virgin olive oil
- 3 tbsp fresh lime juice
- Kosher salt, to taste
- Ground pepper, to taste

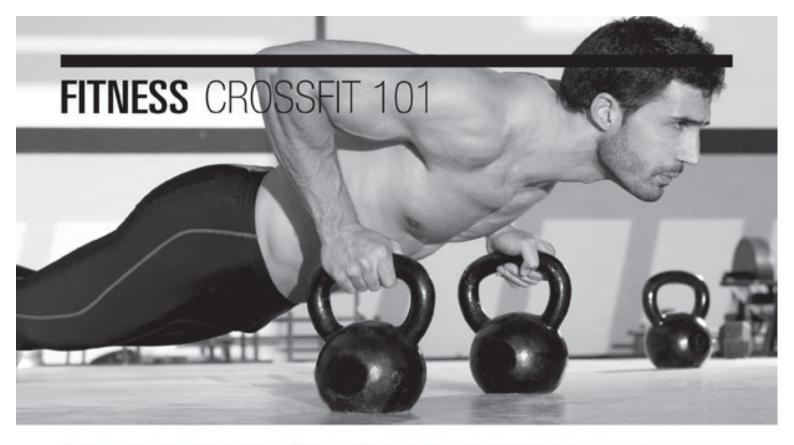
Courtesy: allrecipes.com

Fettuccine With Tomatillo and Cilantro Pesto



Directions:

- Cook the pasta according to the directions on the box.
- While the pasta is cooking, begin to make the pesto. Add the jalapeno, pine nuts and garlic to a food processor and pulse to combine.
- Next, add the cilantro, 3/4 of the tomatillos, lime juice, and a little salt and run the processor. While this is happening, drizzle in the olive oil. Add additional salt and pepper, if needed.
- Toast the pine nuts in a dry skillet over medium-low heat. Shake the skillet frequently to ensure even browning—they will burn quickly if you don't watch carefully. When the nuts are fragrant and browned, take the pan off the heat and set aside to cool.
- Toss the pasta with the pesto and taste for seasoning. Serve with additional chopped tomatillo on top and toasted pine nuts.



CrossFit is no longer just for hard-core fitness junkies; it's becoming a mainstream exercise trend that has more and more people regularly going to the box (that's slang for gym).

What it is:

The CrossFit strength and conditioning program began in California and was originally designed for police academies, Olympic medalists, pro athletes and martial artists. The ethos of CrossFit gyms is simplicity; equipment includes gymnastics rings, plyometrics boxes, medicine balls, dumbbells, kettlebells, climbing ropes, elastic bands and a rowing machine (called the "Erg").

Format:

The format is simple: a warm-up and a "workout of the day" known as a WOD. These workouts are usually 20 minutes or less, but are extremely intense, combining aerobic exercise, strength training and gymnastics. The intensity and the variation make the workouts fun and keep you on your toes – but don't worry - WODs are scaled to your current conditioning, so you will survive day 1.

Fitter, Faster:

Because CrossFit is based on high-intensity interval training (HIIT), it means you get more physiological benefits in less time. Research shows that interval training (higher efforts combined with active rest) is more effective than low or moderate intensity workouts for boosting your metabolism shedding pounds. Because muscles continually adapt to an exercise load, switching up what you do is key to keep gaining ongoing fitness benefits and avoiding a plateau.

Sense of Community:

CrossFit boxes are as much about community as they are a place to workout. Groups and teams provide a positive environment and support system, as each person is competing against their own personal time and performance (as opposed to each other). And no matter where you are, you'll be welcome at other CrossFit facilities, as the network extends worldwide. To find a box in your area, visit map.crossfit.com.

ROW YOUR WAY TO A FAB PHYSIQUE

There's no reason to stay away from the Erg (rowing machine) at the gym. In fact, in CrossFit boxes, it's one of the only pieces of cardio equipment used - read on to see why.

Tips on Proper Form:

- Wrap fingers lightly around the handle and keep wrists straight.
- Extend arms in front of you, keeping shoulders relaxed.
- Hinge forward from the hips and bend knees until they're over ankles, then push through feet, extend legs, and lean back slightly, keeping your shoulders relaxed.
- Bring elbows straight back to sides, squeezing your shoulder blades together and pulling the handle to your sternum.
- To start the next stroke, extend arms and then bend knees to slide the seat forward
- Your back should stay in its naturally arched position during the entire movement

20-Minute Erg Workout:

- Set the rowing machine at a resistance of four.
- Perform sets of 10, 15, and 20 power strokes—pulling the handle to your torso as fast and as hard as you can (but don't sacrifice proper form for speed).
- Alternate with 80 seconds of easy rowing, at about 50 percent of your full effort, in between these power strokes. Repeat the cycle until you've rowed for 20 minutes.

Total Body Workout:

Don't let the fact that you're seated fool you - the rowing machine works just about every area of the body including your legs, lower body and back, as well as your upper body, and your arms and abdomens.

More Burn, Less Strain:

Because rowing machines require equal effort from both your lower and your upper body, they yield greater gains in overall cardiovascular fitness. Depending on the resistance level and average speed in which you're completing your sprints, you can burn between 400 – 600 calories an hour. What's more, this rhythmic aerobic workout puts less strain on your knees and ankles than running on a treadmill, so it's also suitable for those with excess body weight.



TRAVEL TOP TRAVEL APPS FOR YOUR IPAD



It's hard to believe that the very first iPad was sold on April 3, 2010, a mere three years ago.

Since then, the iPad has changed the way we interact with books and media, and has become a household and travel staple. Read on for some helpful apps to have when traveling.

1. iPhoto

With the iPad's much improved camera, you'll definitely want to take pics of your trip and use of the photo-editing capabilities of the app. As you travel, take advantage of the photo journal feature, which allows you to create albums over the web using iCloud. From there, share with friends via web link, email, Facebook or Twitter.

2. Google Translate

Worried your high school Spanish may be a little rusty for your trip to Costa Rica? Google Translate has you covered with a comprehensive app that translates over 60 languages and also provides audio.

3. Find My iPhone

Don't let the name fool you, this is a handy app that protects your iPad as well. Once installed, you can sign in from another device or computer with your Apple ID and find the location of your iPad on a map. From there you can send the lost iPad a message, have it play a sound, or remotely lock or wipe the data from the device.

4. Kayak

This popular app allows you to compare hundreds of travel sites in seconds so that you can find the best car, flight or hotel option without having to search endlessly. Kayak saves your itinerary to your device, making it easy to stay organized.



5. Jetsetter

This app provides you with access to hotels, vacation homes, and tour packages, as well as last minute deals. It includes 360 degree photos, reviews, travel tips, and the ability to book directly from your device.

6. Airbnb

Looking for more of a unique, local vacation experience? Airbnb is a community marketplace that connects you to individuals with furnished spaces to rent. It features photos, descriptions, and reviews and you can book directly from the app.

7. Tripit

This app allows you to track all of your trip details in one place. Tripit centralizes your plans, by having you forward all your confirmation emails (from hotels, airlines, etc) to Tripit, which then generates an organized all-in-one itinerary that you can easily reference and share with friends.



Wondering how much that costal California dream home would cost you? Whether you're looking to buy or looking out of curiosity, the map-based Zillow app allows you to see property information for homes for sale (and recently sold homes) as well as property details and photos.

9. Yelp

This is a community-based app that lets you search for places to shop, eat, drink, relax, play and more. It allows you to view price ranges and read reviews and ratings submitted by other users so you aren't shooting in the dark.

10. Wifi finder

This app does exactly what it says, allowing you to find free wireless internet hotspots wherever you are in the world - whether you're off or online.





Pick Your Herbs

Purchase your bedding plants from your local flower or plant shop. For ideas on what to choose, see the suggested herb list above.

Find The Best Location

Any area that gets at least 6 hours of sunlight would be ideal for an herb garden, and ideally it would only be a few steps from the kitchen. If you don't have a porch or yard, you can plant herbs in small containers and place them in front of a sunny kitchen window.

Prep the Soil

Loosen the soil and add compost (if you have it) by working it into the top layer of the loosened soil. If you bought pre-mixed soil for an indoor garden, break it up and distribute amongst the containers. This should be done early in the morning or late afternoon to avoid excessive sun for the transplants.

Dig Holes

Dig a hole in the soil twice the width of the root area of the herb so it has plenty of space to grow. If you're creating an indoor garden, purchase containers to accommodate.

Add the Plants

If you are planting in a flowerbed or garden, space the plants about 18 inches apart. Place taller herbs (sage, rosemary, marjoram) in the back of the garden and the smaller ones up front. Label your herbs so you can easily tell which is which.

Water

Transplanted herbs will need plenty of water at first; once they adjust to the new environment, they will only need about one inch of water every week while they grow.

Harvest the Herbs

Once your herbs are grown and mature, try to only take a bit at a time (preferably in the morning. If you remove half of the leaves at once, it will take the plant more time to recover and produce additional foliage. Snip the tops branches regularly to encourage new growth.



ARBOR DAY: HISTORY AND HOW TO PARTICIPATE

April 26th is Arbor Day in the U.S., a day annually dedicated to public tree planting and awareness, and for celebrating the important role of trees in our lives.

History:

In 1854, pioneer J. Sterling Morton advocated for the restoration and preservation of trees in his Nebraska City News column, after moving from Nebraska to Detroit, Michigan. He educated readers on the importance of trees and the need to actively plant, as they are essential for shade, fuel and energy. Morton was a crusader of forestry and eventually became the Governor or Nebraska, and then went on to become the U.S. Secretary of Agriculture. In Nebraska, on April 10, 1872, the first Arbor Day took place and over one million trees were planted. It became a legal holiday in 1885.

Ways to Celebrate:

Arborday.org contains many ideas on how to celebrate Arbor Day, as well as guides on how to plant trees and organize a community tree planting ceremony.

If planting a tree isn't an option, you can take it one step further by making sure the choices you make at home, at the store, at work, and on the menu don't contribute to the problem of deforestation:

- Go paperless with your bills
- Recycle and buy recycled products
- 3 Buy from sustainable manufactures: look for Forest Stewardship Council (FSC) certification on wood and wood products.
- 4 Reduce your consumption of paper products by substituting reusable cloth towels and swap sponges for paper towels.
- 5 Eat vegetarian when possible.



Need a boost to get you through your tax paperwork? We're all going to have to deal with them, so make the most of tax time by listening to the cross-genre tax and money themed playlist below!

Taxman Beatles

Just Got Paid ZZ Top

Money Pink Floyd

I Wanna Be Rich Calloway

lt's All About the Benjamins **Puff Daddy**

Money (That's What I Want), **Barrett Strong**

If I Had a \$1,000,000 **Barenaked Ladies**

The Gambler Kenny Rogers

Bills, Bills, Bills Destiny's Child

Money Talks AC/DC

Pocketful of Money Jens Lekman

Money Ain't A Thang Jermaine Dupri and Jay-Z

She Works Hard for the Money Donna Summer

Money Honey Lady Gaga

For the Love of Money The O'Jays

Take the Money and Run Steve Miller Band

MOVIES NEW FLICKS IN APRIL

Release dates subject to change.

INTO THE WHITE

Genre(s): Action, Drama, History Release Date: April 7

Starring: Florian Lukas, David Kross

At the beginning of World War II, a hostile encounter in the skies brings both a British and a German aircraft down. The pilots that had been sworn enemies now find themselves in the Norwegian wilderness, living in the same cabin, and a long and unlikely friendship develops.

Genre(s): Biography, Drama, Sport Release April 12

Starring: Chadwick Boseman, Harrison Ford, Alan Tudyk

This film tells the story of baseball icon Jackie Robinson and his history-making signing with the Brooklyn Dodgers that broke Major League Baseball's color barrier.

THE EVIL DEAD

Genre(s): Horror, Suspense, Thriller Release Date: April 12

Starring: Jessica Lucas, Elizabeth Blackmore, Jane Levy, Shiloh Fernandez

This much-anticipated remake of the 1981 culthorror film is sure to deliver on thrills and chills. The Evil Dead tells the tale of five friends holed up in a remote cabin who discover a Book of the Dead and unwittingly summon demons from the surrounding woods.

OBLIVION

Genre(s): Action, Adventure, Sci-Fi Release Date: April 19

Starring: Tom Cruise, Morgan Freeman, Andrea Risenborough

From a future Earth in the stars, a veteran soldier is sent to a distant planet to eliminate the remains of an alien race. Before his mission is complete, he encounters a beautiful stranger from a downed spacecraft whose arrival triggers a chain of events that puts the fate of humanity in his hands.

Genre(s): Biography, Drama Release Date: April 19

Starring: Ashton Kutcher, Josh Gad

Based on a true story, Jobs chronicles the life of Apple founder Steve Jobs' ascension from college dropout into the one of the most profound creative entrepreneurs of the 20th century.

PAIN AND GAIN

Genre(s): Action, Crime, Adventure Release Date: April 26

Starring: Dwayne Johnson, Mark Wahlberg, Bar Paly

Based on a true story, a group of Florida bodybuilders get caught up in criminal endeavors, including kidnapping, extortion, and murder. Warning: the muscles in this

THE BIG WEDDING

Genre(s): Comedy

Release Date: April 26

Starring: Robert De Niro, Diane Keaton, Katherine Heigl, Robin Williams, Susan Sarandon

When their family reunites for a weekend wedding celebration, long-divorced couple Don and Ellie fake being married for the sake of their adopted son. While all of the guests look on, the hilarity begins as the couple confronts the past, present, and future (provided they don't strangle one another in the process!).







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