

# THIS ISSUE IS BROUGHT TO YOU BY:



Christopher Tenggren RE/MAX Great American North BROKER/REALTOR

40W160 Campton Crossing/Unit E St. Charles, IL 60175 (p) 630-513-0222 (c) 630-408-2750 (f) 630-313-4220 Christopher@HomesInTheFoxValley.com HomesInTheFoxValley.com



MAY 3 SPACE DAY





MAY 4 **KENTUCKY DERBY** 

# WHAT'S HAPPENING





**MAY 12** MOTHER'S DAY

**MAY 12** NATIONAL CHOCOLATE CHIP DAY

MAY 5 CINCO DE

MAYO

**MAY 16** INTERNATIONAL MUSEUM DAY







**MAY 27** MEMORIAL DAY

# 10 WAYS TO CELEBRATE MOM THIS MOTHER'S DAY

Looking for ideas on how to spend Mother's Day with mom this year? Here are a few fun ideas to show mom how much you care.



Z
Take a trip to the park
for a stroll and some
1:1 conversation

Go to see a matinee movie – but let her choose the flick 4
Take a road trip to
visit a relative
or friend that she
rarely sees

5 Throw her a surprise party with friends and family 6 Take her to her favorite museum

7
Organize a photo
shoot in one of her
favorite places with
the entire family

8
TREAT HER TO
A SPA DAY OF
RELAXATION AND
REJUVENATION

Take a trip to flea market for fun bargains and a lively scene

Treat her to a day to herself so she can rest and unwind FITNESS MEMORIAL DAY WEEKEND RUNS ACROSS THE U.S.

Participating in a Memorial Day run is a great way to honor all of those who have served our country (while getting in a great workout!). Most of the funds for these races go to a good cause, so grab a few friends, lace up your running shoes and show your support!

Lakeshore Patriots Run

5K & 10K

SAN DIEGO, CA

Arizona Road Racers

Summer Series 5K

PHOENIX, AZ

Memorial Day
5K Run/Walk
PARK CITY, UT

BoulderBOULDER

10K

BOULDER, CO

Med-City Marathon

20 Mile, 13.1 Mile

ROCHESTER, MN

10th Annual Soldier Field

10 Mile Race
CHICAGO, IL

Boston's Run to Remember

Half-Marathon & 5 Miler

BOSTON, MA

New Jersey Liberty Run *Marathon, 13.1 Mile & 5K* JERSEY CITY, NJ

Rockaway Running Series

Memorial Day 5 Miler
QUEENS, NY

36th Annual Memorial Day Family Affair 5K & Kids Runs BOCA RATON, FL



# OUT OF THE GYM AND INTO THE SADDLE: BENEFITS OF HORSEBACK RIDING

Tired of the same old gym routine? Horseback riding provides more than an excuse to get outside, it's also a serious workout -don't think for one minute that the horse will be doing all the work!

# HORSEBACK RIDING TERMS

\*\*\*\*\*

#### BALANCE AND COORDINATION:

As a horse moves, a rider must utilize the core and inner leg muscles to stay in place and to keep in control of the horse's movements. This pressure will make those muscles stronger and more controlled, helping keep your balance in the saddle at various speeds of the horse's trot. It requires a great deal of coordination (and rhythm!) to move and reposition your body as the horse is constantly moving.

#### FITNESS ZONES:

While it may not look strenuous, horseback riding targets a variety of muscles, namely the buttocks, back and legs. Your ankles, knees and hips are also put to use, so it's a great way to strengthen your joints.

The movement from the core of the horse will help strengthen the postural muscles, as you must sit tall, engage your abs, and keep your hips grounded in the saddle, all while keeping the horse moving.

#### MENTAL STRENGTH:

Horses are extremely perceptive and can sense when a rider isn't focused, so riding requires staying in the moment (i.e. forces you to forget about the to-do lists and your day at the office). If you're stiff and tense, your riding experience will be jerky; if you're strong and relaxed, you're more likely to have a smooth ride. It's a team sport - you're moving in tandem with an animal and sending each other signals with subtle muscle movements and gestures. The collaborative nature of the exercise can be extremely rewarding.



#### Tack

All equipment used on a horse (bridle, saddle, halter, etc.)

#### .... Halt

When the horse is at a standstill

#### Gait

The four paces at which horses move; from slowest to fastest: walk, trot, canter, and gallop

#### Trot

Moderate-speed gait in which the horse moves from one diagonal pair of legs to the other, with a period of suspension in between

#### Posting Trot

The action of the rider rising from the saddle in rhythm with the horse's trot

#### ···· Canter ····

Three-beat gait of the horse in which one hind leg strides first followed by the opposite diagonal pair and finally the opposite foreleg

#### Gallop

Four-beat gait of the horse, in which each foot touches the ground separately, as opposed to the canter, which is a three-beat gait

#### Whoa

A verbal command used to signal a well-trained horse to stop

# **NUTRITION** SPRING CLEAN YOUR EATING HABITS

Regardless of what cleaning may or may not have happened around the house, Spring is a great time to tidy up your eating routine – not to mention your last chance before Summer (aka swimsuit) season!



#### Makeover Your Fridge

The same idea here, remove all of the foods that aren't good for your body, and of course ditch any expired leftovers, salad dressings and condiments. Once it's good and clean, stock it with colorful fruits, veggies and healthy snack foods (yogurt, reduced fat cheese, etc.) and be sure to move them to the front of the shelf, so you don't miss them!



#### Clean Out the Pantry

What's going on in there? If the first things you see are brownie mix and sugary cereal, chances are that's what you'll go for when you need a boost. Pitch all of the items you don't want to end up eating (or at least remove them from eye level) and swap them out for healthier alternatives like dried fruit, nuts, and whole grain foods.



Going all-or-nothing sets you up for failure. Instead of completely overhauling your lifestyle, focus on a few small changes in your daily routine. Adjustments like adding a glass of fresh squeezed juice in the morning, reducing the sugar in your coffee by half, or skipping mayo on your daily sandwich, require minimal effort and yield big results over the year.

#### Hydrate

You've heard it a million times, but drinking 6-8 glasses of water a day is absolutely essential for optimal health. Water carries nutrients throughout all of the body's cells, regulates body temperature and helps flush out waste and toxins. Adding a filtered water pitcher inside the fridge is a good visual reminder to drink a glass of water before eating, which will fill you up a bit so you don't over includge at meal time.



#### Downsize Your Table Setting

Are you someone who feels the need to finish your plate? Those old childhood habits die hard, so one solution is to simply have less on your plate to begin with. Stocking your kitchen with smaller plates, bowls and serving dishes is a great way to accomplish this without feeling deprived.



### NUTRITIONAL SPOTLIGHT: THE AVOCADO

Don't let the hard, dark and bumpy egg-shaped exterior fool you — inside a ripe avocado you'll find a soft, bright green interior that packs a ton of nutrients.

### Alligator Pears:

Often referred to as alligator pears because of their exterior, avocados are a fruit native to Central Mexico, and are cultivated in tropical and Mediterranean climates throughout the world.

Avocados are considered one of the healthiest foods on the planet because they contain over 25 essential nutrients, fiber, protein, and phytochemicals (which protect the body against disease and illness). They are a high-calorie fruit because they contain a high amount of fat –but don't worry, it's monounsaturated fat, which is actually good for you.

#### Health benefits associated with avocados:

- Reduces risk of heart disease
- 2. Lowers cholesterol
- 3. Regulates blood pressure
- 4. Promotes eye health
- 5. Regulates blood sugar levels
- Contains anti-inflammatory properties
- 7. Reduces risk of stroke
- 8. Protects against cancer
- 9. Fights bad breath
- 10. Nourishes skin
- Increases nutrient absorption
- Slows down the aging process

#### Primary nutrients found in avocados:

Vitamin A

Vitamin B

Vitamin C Vitamin E

Vitamin K

Folic Acid

Copper

Iron

Phosphorus

Magnesium

Potassium

Lutein

Glutathione

Beta-sitosterol

#### Avocados and Appetite:

If you're trying to watch your weight, the avocado will be your ally. Incorporating just half an avocado into your meals will give you 3.4 grams of soluble and insoluble fiber, which slows the breakdown of carbohydrates in your body and keep you full longer. What's more, avocados contain oleic acid, a fat that activates the part of your brain that makes you feel full and produces a greater feeling of satiety than less-healthy saturated fats and trans fats found in processed foods.



# FOOD CINCO DE MAYO MENU: FISH AND STEAK TACOS

WITH CHIPOTLE COLE SLAW, GUACAMOLE, AND PICO DE GALLO
Courtesy: Tony Saito, Tortilla Heights Restaurant

### Yields SIX servings

# \*TaCoS\*

### What You'll Need:

## SIX

two-ounce

Red Snapper filets marinated in a mixture of:

#### THREE SEEDED

chipotle peppers, Sriracha sauce,

ONE TABLESPOON of white vinegar,

#### TWO TABLESPOONS

of olive oil, salt and freshly cracked pepper

## FOUR

top round beef filets, marinated in mixture of:

lime juice, olive oil, salt and freshly cracked pepper

- +12 corn tortillas
  - · Corn oil
- · 6 slices of Monterey Jack cheese
  - · guacamole\*
  - · pico de gallo\*
  - · chipotle cole slaw\*
    - · wax paper
  - \*see recipe on next page

#### Directions:

- Marinate the steak and fish (separately) covered in the fridge for 6 hours.
- Soak two tortillas at a time in corn oil, and place on a griddle on the grill. Grill for one minute on each side, using a bacon press to flatten.
- Once the tortillas are golden brown, place a slice of Monterey Jack cheese on top, and remove to a platter, allowing the heat of the tortillas to melt the cheese slightly.
- To prepare the fish and steak filling for the tacos, lightly oil the grill and cook the fish for one minute on each side. Cook the steak for about two minutes on each side, allowing it to rest for two minutes afterwards to fully absorb the juices.
   Coarsely chop the fish and steak.
- To assemble the steak tacos, lay one grilled tortilla in your hand, and place one of the crispy cheese tortillas on top. Add some chopped steak, and a bit of guacamole on one side of the taco, and a bit of pico de gallo on the other. Fold down the top edge of a sheet of wax paper, secure it at one edge of the taco, and tightly wrap it around, folding it in the back of the taco to secure.
- To assemble the fish tacos, lay a warmed tortilla in your hand, place a crispy cheese tortilla on top and then cover with a layer of chipotle cole slaw. Add fish, a bit of guacamole and pico de gallo, and wrap in wax paper as described above.





# \*CHiPoTLe CoLe SLaW\*

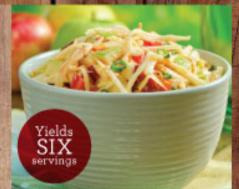
#### What You'll Need:

#### +1 small cabbage, thinly sliced (remove stem)

- 1/4 bunch cilantro, chopped
- 1/2 red onion, thinly sliced
  - 1/2 cup mayonnaise
  - 1 small chipotle pepper, seeded and diced
- salt and freshly cracked pepper to taste
- · 2 tablespoons lime juice

#### Directions:

- Mix together the mayonnaise, chipotle pepper, lime juice, salt and freshly cracked pepper.
- Transfer to bowl and mix with mayonnaise. Adjust to taste with salt, pepper and time juice.
- Combine the cabbage, red onion and cilantro in a bowl and lightly dress with the chipotle sauce.



## GuaCaMoLe\*

#### What You'll Need:

- ripe avocados
- •1/2 teaspoon salt
- · freshly cracked pepper to taste
- 1 jalapeño pepper, finely diced (without seeds)
- 1/2 tablespoon diced red onion
  - 2 limes
  - Chopped tomatoes for garnish (optional)

#### Directions:

- Cut the avocado into cubes and place into a bowl and loosely mash with a fork.
- · Add salt and pepper to taste
- Add the pepper and red onion to the avocado.
- Cut the limes in half and use a lime squeezer to add their juice to the guacamole.
- Stir and serve. Add chopped tomatoes for garnish (optional).



## \*PiCo De GaLLo\*

#### What You'll Need:

- · 6 red tomatoes, diced
- 1/2 medium red onion, diced
- · 1 jalapeño pepper, finely diced
  - salt and freshly cracked pepper to taste
    - · juice of 1 lime
  - 1/4 bunch cilantro, chopped

#### Directions:

- Mix together the tomatoes, onion and jalapeño pepper in a bowl.
- Cut the lime in half and its juice to the tomatoes.
- Mix in the cilantro, and add salt and pepper to taste.



# **TRAVEL** TOP MUSEUMS TO VISIT ACROSS THE U.S.

May 16th is International Museum Day, so what better time to explore a museum in your area? If you're not sure where to start, we've compiled a list of some of the top museums across the country. Many of them, like the Art Institute of Chicago and the American Museum of Natural History in New York, even have an interactive app for your smartphone that guides you through the floor space and allows you to access additional content.

#### Art Institute of Chicago

#### Chicago, IL

One of the world's premier art museums, the Art Institute in downtown Chicago boasts a collection that spans 5,000 years, as well as a recently added Modern Wing, designed by awardwinning architect Renzo Piano.

#### Museum of Fine Arts

#### Boston, MA

Attracting more than a million visitors a year, and housing half a million works of art, the Boston Museum of Fine Arts is one of the oldest museums in the country (founded in 1870). Visitors particularly enjoy its extensive Japanese, Egyptian, and American art collections.

#### Natural History Museum of Utah

#### Salt Lake City, UT

Featuring exhibits depicting the eons of geologic activity that collectively shaped the region, visitors can learn how Utah's incredible natural landscape came into existence.

#### Salvador Dali Museum

#### St. Petersburg, FL

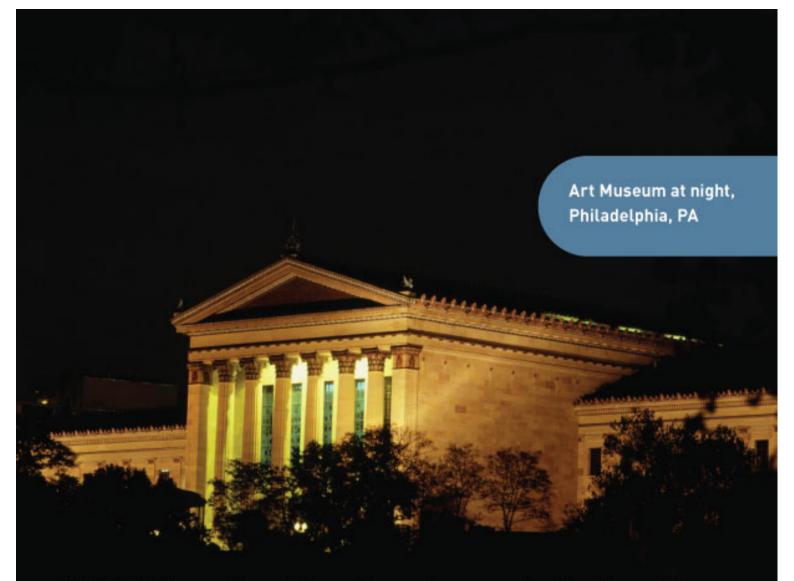
With hundreds of oil paintings, graphics, prints and writings on display, this museum houses the most works from the great Surrealist artist Salvador Dali in the United States.

#### Denver Museum of Nature and Science

#### Denver, CO

A great museum for the entire family, this museum promotes informal science education and features a variety of exhibits, programs and activities that let visitors experience the natural wonders of Colorado, the Earth and the universe at large!

The Modern Wing at the Art Institute, Chicago, IL



#### Philadelphia Museum of Art

#### Philadelphia, PA

One of the largest museums in the country and a favorite of *Rocky* fans across the world, the Philadelphia Museum of Art boasts a collection of 225,000 objects from medieval and European history. It also has the 2<sup>nd</sup> largest collection of arms and armor in the United States.

#### U.S. Holocaust Memorial Museum

#### Washington, D.C.

A living memorial to the millions of Jews who died during World War II, this museum tells the tragic story of genocide during the Nazi regime in Germany and educates visitors on the dangers of hatred and prejudice that are still present in society today.

#### Science Museum of Minnesota

#### Saint Paul, MN

Built into the bluffs overlooking the Mississippi River, this 70,000 sq ft museum includes a 10,000 sq ft exhibition gallery, a live theater and permanent galleries that feature paleontology, physical science, the human body and regional culture.

#### San Diego Air and Space Museum

#### San Diego, CA

Located in Balboa Park, the museum showcases all kinds of aviation history, from ancient aircraft to space-age technology. There is even a FS2000 two-seat flight simulator, allowing you to experience the action firsthand!

#### American Museum of Natural History

#### New York City, NY

Located on the Upper West Side of Manhattan, this celebrated museum houses over 32 million specimens and covers natural history topics including dinosaurs, mammals, biodiversity, and outer space. With 25 interconnected buildings and 46 permanent exhibition halls, you'll definitely want to use their Explorer App on your smartphone to navigate through all 500,000 sq ft of the facility.



#### **Derby Hats**

Women who attend the race dress to impress with hats known as "bowlers" in every shape, color and design – some fabulous, and some frivolous – to stand out in the crowd.

#### Burgoo Stew

A slow-cooked stew consumed by Kentuckians since frontier days, the popular Derby meal contains simmered beef, lamb, pork poultry and other meats. Burgoo making in Kentucky has served as a social event, in where each attendee brings one or more ingredients.

#### **Jockey Silks**

When horse-racing started in the early 18<sup>th</sup> century, bright colored racing silks were used so that owners could distinguish their jockeys for easier viewing. The tradition remains today, as jockeys wear the colors of the horse owners and viewers can match silks to program listings.

#### Millionaires Row

A section of the arena with a birds-eye view of the track that attracts the wealthiest celebrities, royals, moguls, athletes, and politicians in the world. Country singer Miranda Lambert, former NFL star Warren Moon and actress Debra Messing were spotted last year.

#### Infield Crowd

The infield at Churchill Downs started as the only place peasants could go to watch the race, and it has since become a modern-day tailgate party.



#### **Run for the Roses**

In 1904, roses became the official Derby flower, and at the end of the race, the winning horse is adorned with a garland of 400 red roses.

#### The Winner's Circle

This is the exclusive area in the center of the track where the Derby victors gather to celebrate. There are lots of flowers, gardens and a tower to heighten the drama as the Kentucky Derby Gold Cup is presented to the winning horse's owner.

#### Mint Julep

The classic party drink of the Derby Isee recipe on the next page), the Julep has a Kentucky bourbon base and is served in silver tumblers and souvenir glasses.

# DRINK COCKTAIL OF THE MONTH

# PERFECT PEACH JULEP

Juleps go hand-in-hand with the Kentucky Derby and have been a tradition at Churchill Downs for more than 18 years. This peach julep takes a twist off of the classic mintversion and will be a crowd pleaser at at your next party! YIELDS 4 DRINKS

### INGREDIENTS:

1/3 cup fresh mint leaves, plus sprigs for garnish
2 teaspoons sugar
1 1/2 cups store-bought peach juice
1 can (12 ounces) club soda
1/2 cup Kentucky bourbon

Crushed ice, for serving

### DIRECTIONS:

- Combine the mint and sugar in a bowl and using a wooden spoon, mash the leaves until they become bruised.
- . Stir in peach juice, club soda, and bourbon.
  - Serve over crushed ice and garnish with reserved mint leaves.



In honor of Mexico's victory over French occupying forces at the Battle of Puebla on May 5, 1862, we've compiled a list of old and new Mexico inspired favorites for a great Cinco de Mayo fiesta or as backdrop to the meal on pages 7 and 8.

CRYSTAL FRONTIER Calexico

TEQUILA The Champs

OYE COMO VA

ICKY THUMP
The White Stripes

LA BAMBA

I KNOW YOU WANT ME (Calle Ocho) Pitbull

MEXICAN RADIO Wall of Voodoo MAS TEQUILA Sammy Hagar

HAVE LOVE WILL TRAVEL The Black Keys

MEXICO James Taylor

AMOR A LA MEXICANA Thalia

DOWN IN MEXICO The Coasters CORTEZ THE KILLER Neil Young

GUYAMAS SONORA Beiruit

### **MOVIES** NEW FLICKS IN MAY

\*Release dates subject to change.

#### IRON MAN 3

Genre(s): Action, Adventure, Sci-Fi Release Date: May 3

Starring; Robert Downey Jr., Guy Pearce, Gwyneth Paltrow

Iron Man Tony Stark is back! In the third movie in the popular action series, Tony seeks retribution against the terrorist Mandarin, who has destroyed the Iron Man's personal world. Throughout this journey, he discovers the answer to the question that has always haunted him: does the man make the suit or does the suit make the man?

#### PEEPLES

Genre(s): Comedy Release Date: May 10

Starring; Craig Robinson, Kerry Washington, David Alan Grier

In this comedy, Wade Walker crashes his girlfriend Grace's preppy family reunion in the Hamptons. As a fish-out-of-water amongst the upper crust, Wade is nevertheless determined to survive the dysfunctional and hilarious weekend and ask for her hand in marriage.

#### THE GREAT GATSBY

Genre(s): Drama, Romance Release Date: May 10

Starring: Leonardo DiCaprio, Tobey Maguire, Carey Mulligan

Inspired by the classic novel by F. Scott Fitzgerald, the film follows Nick Carraway, a Midwesterner now recently relocated to Long Island in 1922. who becomes fascinated with the lifestyle of his neighbor, Jay Gatsby. Carraway is drawn into the lavish and often morally compromised world of the party-giving millionaire and becomes witness to obsession and tragedy.

#### STAR TREK INTO DARKNESS

Genre(s): Action, Sci-Fi, Adventure

Release Date: May 17

Starring; Chris Pine, Zachary Quinto, Karl. Urban, Zoe Saldana

The crew of the Startrek Enterprise is called back home only to find an unstoppable terror within their organization and the entire fleet in a state of crisis. Captain Kirk must lead a manhunt to a war-zone to capture a one-man weapon of mass destruction and protect the only family he has left: his crew.

#### THE HANGOVER: PART III

Genre(s): Comedy, Adventure Release Date: May 24

Starring: Bradley Cooper, Zach Galifianakis, Ed Helms, Mike Tyson

There isn't a wedding or bachelor party in the third and final film in the record-shattering comedy franchise. The final part of the sagawill follow the "wolfpack" as they embark on a road trip, and a reunion between Stu and Jade is on the itinerary.

#### FPIC

Genre(s): Family, Adventure, Animation Release Date: May 24

Starring: Beyonce Knowles, Colin Farrell, Josh Hutcherson, Amanda Seyfried, Johnny Knoxville

A teenage girl finds herself in a secret universe that is engaged in an ongoing battle between the forces of good and evil. She must band together with a group of fun and fantastical characters to save their world from the evil spider, Queen Tara.

#### NOW YOU SEE ME

Genre(s): Thriller, Action, Crime Release Date: May 31

Starring: Jesse Eisenberg, Melanie Laurent, Mark Ruffalo, Amanda Seyfried

This film follows a FBI squad involved in a game of cat and mouse against the world's greatest illusionists known as "The Four Horsemen," who have been robbing banks and giving their stolen profits to their spectators.

#### THE PURGE

Genre(s): Crime, Sci-Fi, Thriller Release Date: May 31

Starring: Ethan Hawke, Lena Header, Rhys Wakefield

This thriller takes place in a failing America, full of crime and overcrowded prisons. When the U.S. government sanctions 12-hour periods of time where all criminal activities are legal, a married couple must fight to keep their family safe during the crime spree.







Christopher Tenggren
RE/MAX Great American North
BROKER/REALTOR

40W160 Campton Crossing/Unit E St. Charles. IL 60175

(p) 630-513-0222

(c) 630-408-2750

(f) 630-313-4220

Christopher@HomesInTheFoxValley.com HomesInTheFoxValley.com

MLS ID:1077





Melissa Griffey
Vice President of Mortgage Lending
1733 Park St. Ste 200
Naperville, IL 60563
NMLS ID 191670
State License:
IL - 031.0022632 - MB.0005932

P: 630.373.1051 F: 630.549.1154 mgriffey@guaranteedrate.com www.guaranteedrate.com/mgriffey



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