

Enjoy August

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: AUGUST 2013 Vol 2 ISSUE: 3

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

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

PAGE
7

**5 TIPS
ON REALIZING
YOUR DREAMS**

page

2 Drink
of the Month



page

5 Perfect Your
Baywatch-Bod with
a Beach Workout

PAGE

14

**NEW
FLICKS
IN AUGUST**

page

13 Camping
Playlist

page

10

**Creative
Ways to Eat
Bacon**

page

1

**WHAT'S
HAPPENING
IN AUGUST**

page

11

**Top National
Parks for
Camping**

... AND MORE!



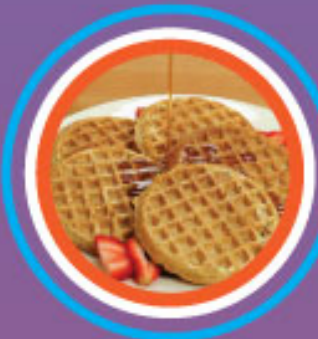
AUGUST 10
S'MORES DAY



AUGUST 13
NATIONAL
LEFT-HANDER'S DAY

AUGUST 15
NATIONAL
RELAXATION DAY

WHAT'S HAPPENING IN



AUGUST 24
NATIONAL WAFFLE DAY



AUGUST 26
WOMEN'S EQUALITY DAY

AUGUST



AUGUST 28
DREAM DAY



AUGUST 31
INTERNATIONAL
BACON DAY

DRINK COCKTAIL OF THE MONTH

Bay Breeze

Combine ice, cranberry juice, pineapple juice, and vodka in a highball glass.

Garnish with an orange wedge and a maraschino cherry.



1 cup ice



2 ounces
cranberry juice



2 ounces
pineapple juice



1 1/2 ounces
vodka



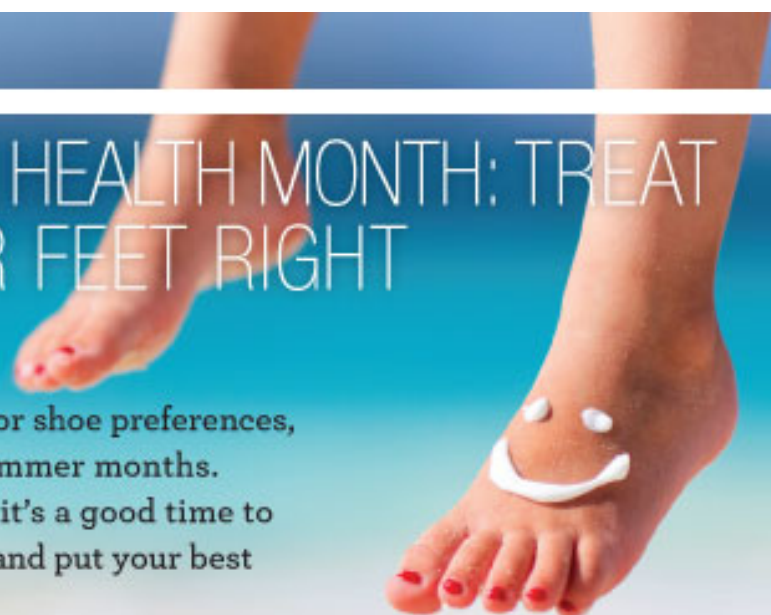
1 orange
wedge



1 maraschino
cherry

NUTRITION FOOT HEALTH MONTH: TREAT YOUR FEET RIGHT

Regardless of your athletic pursuits or shoe preferences, feet tend to take a beating in the summer months. Since August is Foot Health Month, it's a good time to give your feet the TLC they deserve and put your best foot forward!



Nutrition that promotes healthy feet

Certain foods, like refined grains, sugar, and trans fats can actually encourage tissue inflammation that may take the form of plantar fasciitis and heel pain in the foot. Eating a diet rich in Omega-3 fatty acids found in salmon or fish oil supplements can actually help reduce inflammation.

Wear shoes that fit

Don't be tempted to buy a pair of shoes that are too small, even if they're the last pair on the shelf! Wearing tight shoes can contribute to long-term foot problems such as bunions, corns, and hammertoes. Try to purchase shoes later in the day when your feet are naturally at their largest, ensuring you get the proper fit.

Think twice about flip-flops

Yes, flip-flops are the iconic summer footwear choice, but if you're planning on walking or standing for longer periods of time, consider swapping the \$2 rubber flats for the slightly more expensive and supportive ones, and you'll save yourself from major podiatrist bills!

Get (or give) yourself a pedicure

Getting a pedicure can give your feet the relief they're craving! If you're doing it at home, be sure to cut toenails straight across and not too close to the skin. Also, if you're applying foot lotion afterwards, avoid moisturizing between the toes.

Prevent sweaty feet

Did you know you have 250,000 sweat glands in each foot? Keeping your feet dry will protect them from excess moisture, bacteria and infection. Avoid tight pantyhose, and stick to socks made with synthetic fibers that will wick moisture away faster than cotton or wool.

Exercise your foot muscles

You may not think that your feet need regular stretching, but they are comprised of many small muscles and tendons that connect and interact with other parts of your leg. In addition to walking, flexibility and resistance exercises can keep your feet in good shape, so try to stretch them daily.

3 Exercises to Stretch and Strengthen Feet

Basic foot warm up:

1. Sit in a chair with your feet flat on the floor.
2. Lift your left leg so your foot is off the floor and using your big toe, make circles in the air, moving in a clockwise direction, for 15 to 20 rotations.
3. Reverse direction and make another 15 to 20 circles, this time in a counterclockwise direction, then repeat with your right foot.

Foot bottom stretch:

1. Stand with feet together.
2. Step back with your left leg so your heel is raised and your toes press against the ground. You should feel the muscles on the bottom of your foot pull gently.
3. Hold for 25 seconds; then repeat with your right foot.

Heel stretch:

1. Loop an exercise band around the leg of a heavy piece of furniture. Sitting directly in front of it, slip your foot into the loop so the band curls around your forefoot, just below your toes.
2. Pull back with your forefoot, flexing at the ankle. Hold for several seconds, feeling a stretch along the back of your heel; then relax.
4. Repeat 12 times per foot, then switch to your other foot.

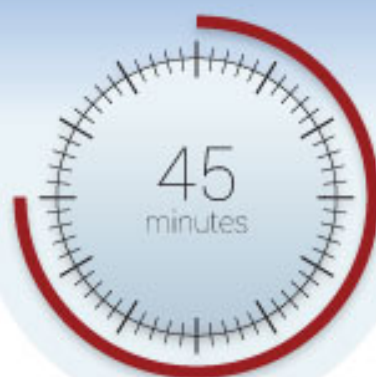
Courtesy health.harvard.edu

EATING PRE AND POST WORKOUT

Getting the most out of your workout means putting some extra thought into what you eat before and after the gym. Here are some tips that will give your workouts more impact.



Timing is Everything:



If possible, wait until about 45 minutes after eating before beginning your workout, or even longer after heavier meals. Working out on a full stomach will leave you sluggish or trigger cramping during your workout.

While it may be tempting to work out on a completely empty stomach—don't! Not only will your performance suffer (empty stomach=little energy), but you also risk becoming clumsy or dizzy, which is never a good thing when handling dumbbells or other gym equipment.

Eating Pre-Workout:

Pre-workout Snack Ideas

- Slice of whole wheat toast with peanut butter
- Yogurt with mixed fruit
- Cup of cereal with milk
- Energy bar and fruit and nuts
- Banana with one tbsp peanut butter

The key here is to have a steady stomach and enough energy to keep you engaged throughout your workout. A balance of simple and complex carbohydrates combined with a little protein will do the trick.

Eating Post-Workout:

Post-workout Snack Ideas

- Chocolate milk
- Dried fruit and nuts
- Smoothie with protein powder added
- Cheese and crackers
- Whole grain toast with avocado

It may seem counter-intuitive to eat after working out, but it's actually essential for getting the better results. High-intensity exercises cause some muscle breakdown; eating protein provides your body with amino acids which are used to repair any damage caused during your session, which in turn will leave you less sore!

Within 30 minutes of your workout, try to replenish your body with extra fluids and some carbohydrates, salt and protein. That said, limit your snack to about 50% of the calories you just burned, so if you burned about 300 calories, keep your snack around 150 calories. Your snack should contain carbohydrates, protein, and a little fat.



FITNESS BEACH WORKOUT

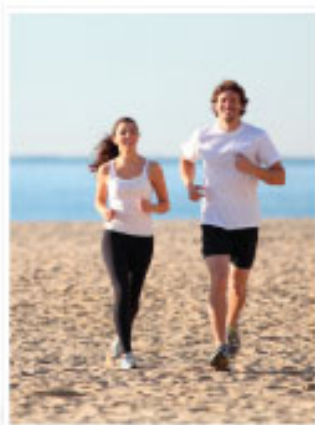


PERFECT YOUR BAYWATCH BOD this summer by squeezing in a quick workout without leaving the sun or sand!

If you're beach-bound this August, the sand provides a great surface for working out. The uneven and shifting surface will force your body to work harder to keep balance (which is great for your core) and ultimately make your workout more challenging. Sand is also more forgiving on your joints than hard surfaces and will reduce the chance of injury.

For the swimming sections of the workout listed, you should be parallel to the shore, and only need to be in waist-high water.

1. WARM UP SAND JOG



Take a few minutes to stretch before beginning your workout. Jog in the sand along the water for about 5 minutes in one direction, then turn around and jog back to your starting point.

2. INCLINE PUSH-UPS

Staying along the shore where the sand is smooth and firm, perform 10 full push-ups facing away from the water to create an incline.



3. SIT-UPS

Perform 15 sit-ups with your back to the water so that you have a decline for added resistance.



4. SAND LUNGES

Stand feet together, hands on hips. Step your right foot about two feet forward and lower until right thigh is almost parallel with ground (don't let your right knee extend past your toes). Step left foot next to right and repeat with left leg. Continue alternating 10 per leg, then turn around and return to the starting point.

5. DECLINE PUSH-UPS

Once again, stay along the shore, and perform 10 full push-ups, now facing the water to create a decline.

6. WATER JOG

Go about waist deep into the water and jog parallel to the water line, about 5 minutes in one direction, then turn around and water jog back to your starting point.

7. SIT-UPS

Perform 15 sit-ups with your back to the water so that you have a decline for added resistance.



8. JUMPING JACKS

Perform 25 jumping jacks and be sure that your feet land more than shoulder-length apart when jumping.

9. CRAB WALK

Sit on the sand with feet flat, knees bent and hands behind you, fingers pointing toward you. Lift your rear end up and crab walk backwards as fast as you can for 15 counts (each time you move a hand forward is a count).

10. SAND PLANK

Get on your hands and knees in the sand, placing your wrists under shoulders and gently lift knees off the ground so that your body is only supported by your hands and feet. Keeping your abs contracted, hold this position for 30-60 seconds.

11. SHORT SWIM AND SPRINT



Get back into the water and swim freestyle about 40 yards parallel to the shoreline, then quickly exit the water and sprint in the sand back to your starting point.

REPEAT THE ENTIRE WORKOUT 2-3 TIMES AND BE SURE TO STRETCH THOROUGHLY AFTERWARDS.

LIFESTYLE DREAM BIG! 5 TIPS ON REALIZING YOUR DREAMS

August 28th marks Dream Day in the United States, commemorating the historic day in 1963 when Martin Luther King recited his "I Have a Dream" speech and changed history. It's a great day to reflect on this historical event and your own individual aspirations. Below are five tips on to help make your dreams a reality!

1 Identify Your Goal

Until you know your destination, you'll continue to wander! Vague dreams are tough to realize, so give yourself time and space to identify exactly what you're looking for. Talking and engaging with others who have similar pursuits will help you hone in on what you're looking for, while simultaneously offering you additional perspectives.

2 Know Who You Are

It sounds simple enough, but many of us live our lives trying to be something we aren't or that we perceive we should be. We're all unique individuals and offer a truly unique perspective and value to the world. Are you naturally introverted? Do you like hands-on work? Are you better at building relationships than working in spreadsheets? Thinking about your natural tendencies and habits will get you closer to the essence of you!





3

Know Who You Aren't

Identifying areas that are of less interest to you or areas of weakness will keep you honest and help you identify up-front where any potential obstacles might arise. Just knowing these things will empower you to confront and deal with them, or simply ask for help from someone who is skilled in that particular area.



4

Build A Support Structure

Dreams don't survive in a vacuum! To achieve any goal, you'll want to have mentors and supporters who believe in you and who are supportive of your vision. A positive support structure will keep you focused and motivated to stay on track.



5

Enjoy The Journey

With any change, the first steps are always the most difficult, and no matter what you do, there will surely be bumps and setbacks along the way. Knowing this from the start will help you keep things in perspective and keep a positive outlook. It's all about the journey, not just the destination – and you'll learn equally from your mistakes and your triumphs.

FOOD BUCKWHEAT BERRY WAFFLES WITH PRALINE PECAN BACON

BUCKWHEAT WAFFLES

Courtesy: food.com

YIELDS: 6-8 SERVINGS

What You'll Need:

- 1 cup buckwheat flour
- 1/3 cup tapioca starch
- 2/3 cup brown rice flour
- 4 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1 3/4 cups milk or buttermilk
- 2 eggs
- 1/2 cup melted butter
- Assorted berries, such as strawberries and blueberries, chopped into bite-sized pieces
- Maple syrup
- Waffle iron

Directions:

Combine the dry ingredients and then whisk in the milk. Add the eggs, stir again and add the butter. Whisk well to thoroughly combine and let rest while the waffle iron heats.

Pour batter into the waffle iron and cook until the waffles are crisp on the bottom and browned on top. The buckwheat flour makes a darker waffle, so make sure they are cooked through before moving to a plate. Drizzle with maple syrup and top with fruit right before serving.

PRALINE PECAN BACON

Courtesy: epicurious.com

YIELDS: 6 SERVINGS

What You'll Need:

- 1 pound thick-cut bacon (about 12 slices)
- 3 tablespoons sugar
- 1 1/2 tablespoons chili powder
- 1/4 cup pecans, chopped fine

Directions:

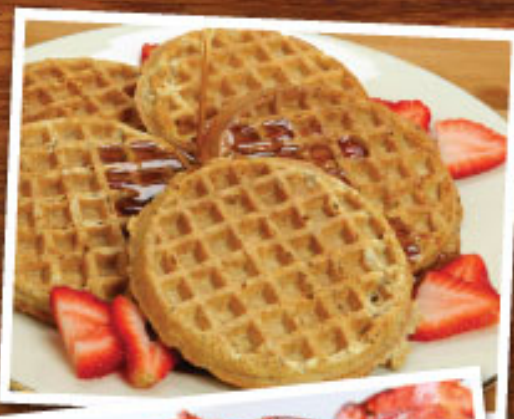
Preheat oven to 425°F degrees. Line a large broiling pan and rack with foil, for easy cleanup.

Stir together the sugar and chili powder in a bowl and set aside.

Arrange the bacon slices in one layer on the rack of a large broiling pan. Bake in the center rack of the oven for 10 minutes, or until golden.

Remove the pan from the oven and sprinkle the bacon with the sugar mixture and pecans. Then return the pan to the oven and cook for about 5 minutes, until topping is crisp and browned.

Transfer the bacon, praline-side up, to paper towels to absorb excess grease before serving.



8 CREATIVE WAYS TO EAT BACON

They say everything is better with bacon! A hot culinary item right now, bacon is showing up in all kinds of unexpected recipes. In fact, International Bacon Day on August 31st celebrates this salty, crispy breakfast staple. Below are eight new ways to indulge!

1 BACON INFUSED PANCAKES

Combine the two from the very beginning by adding the pancake batter right on top of the bacon strips in the skillet.

2 BACON VODKA/ BACON MARTINI

Also known as a Bacontini or Pig on the Rocks, this drink uses bacon-infused vodka and is garnished with a cooked strip of bacon.

3 BACON BOURBON ICE CREAM

Bacon. Bourbon. Ice cream. How could this trio of vices go wrong?

4 DARK CHOCOLATE COVERED BACON

While recipes vary, the subtle sweet chocolate, smoky crunch, and dash of sea salt make for a one-of-a-kind treat.

5 BACON CHOCOLATE CHIP COOKIES

Just add cooked, chopped bacon along with the chocolate chips and you'll be all set for a sweet and salty treat.

6 MAPLE BACON CUPCAKES

Your favorite dessert just got better: incorporate maple syrup and chopped cooked bacon in your cupcake batter, and garnish with a piece of bacon on top of the icing.

7 BACON WRAPPED TATER TOTS

Two breakfast side dishes become one when you wrap the tots in bacon strips before baking.

8 BACON S'MORES

Strips of cooked bacon slipped into this classic campfire treat will add a smoky and savory note.



TRAVEL TOP NATIONAL PARK CAMPING SPOTS

With some of the most beautiful and varied landscapes in the world, the U.S. features many amazing camping locations. Here are just a few top-rated spots for enjoying the great outdoors.

For additional national park camping locations or for more camping details, go to nps.gov.

Acadia National Park, Maine

The rugged and majestic coastline offers spectacular eye candy for visitors camping in the surrounding evergreen forest. The sounds of the waves pounding the rocks create a peaceful environment for relaxing, and for the more active camper, Acadia offers carriage roads for biking and hiking trails that lead to granite peaks.

Glacier National Park, Montana

For the more serious camper, Glacier National Park is ideal for backcountry and primitive camping. With over a million acres of terrain, you'll want to reserve a few days to camp at this natural wonderland full of mountains, alpine lakes and remote trails.

Voyageurs National Park, Minnesota

If you prefer camping in a more remote area and with less neighbors, this park is a great choice! You'll need to BYOB (bring your own boat) to access the 200 remote campsites, but once you arrive, you'll enjoy starry skies, serene forests and sounds of the loons and wolves that dwell in the surroundings.

Assateague Island, Maryland

This barrier island provides an ideal spot for beach camping, as it is just a few steps from the ocean. Wild horses can be seen roaming the peaceful island, and visitors can enjoy fishing, swimming and shelling. Backcountry camping is also available for campers who wish to backpack or paddle the island.

Grand Canyon National Park, Arizona

This iconic and popular national park offers ample camping for tent and RV campers alike. Enjoy river rafting, horseback riding trails to the bottom of the canyon, or simply hike the perimeter and enjoy the spectacular canyon views carved by the Colorado River.

Yosemite National Park, California

Known for its waterfalls, granite, and giant ancient sequoias, Yosemite offers a truly breathtaking landscape. It contains over 10 large campgrounds, so it's great for RV and car campers, particularly the Upper, Lower and North Pines campgrounds.

Bryce Canyon National Park, Utah

Known for its tall rocky spires called "hoodoos," Bryce is an ideal park for forest camping, offering campgrounds at varying elevations, winding trails, and beautiful views between the spruce, Ponderosa pine and Pinyon pine trees.

Grand Teton National Park, Wyoming

A park where you can camp along some of the most spectacular mountain ranges and glacier lakes in the United States, campers here enjoy hiking, boating, fishing, and simply relaxing and taking in the breathtaking scenery.

Wai'anapanapa State Park, Hawaii

Campers here enjoy black beaches, lava tube caves, waterfalls, hal forests and dramatic sea stacks. In addition to the breathtaking landscape, Wai'anapanapa is also a great camping spot for fishing and hiking.

CAMPFIRE 101

If campfires are permitted at your site, get it crackling and s'more-ready with these tips.

1

CHOOSE YOUR SPOT

If an established fire ring is not present, choose a location that is not upwind from your tent and far enough way so that any embers won't make contact. Also, be sure to stay at least 15 feet away from branches, grass, trees or weeds.

2

BUILD THE BASE

Create a flat-topped mound of gravel or sand 3-5 inches high using materials from an already disturbed area. Encircle it with large rocks as an extra precaution.

3

GATHER LOCAL FIREWOOD

Collect dry, dead wood varying in size: tinder such as thin twigs and wood shavings, kindling (twigs no bigger than your hand), and limbs no thicker than your wrist.

6

EXTINGUISH THE FIRE

Put out your fire by thoroughly adding water until no embers are smoldering. Scatter the ashes, cover with additional dirt/gravel and then return the mound of soil to the original location.

5

LIGHT THE FIRE

Using a lighter (or waterproof matches), light the bottom of the tinder piles, blowing gently to fan the fire. Once the kindling bursts into flames, you can start to add larger pieces of wood to the exterior and construct a teepee shape around it.

4

LAYER YOUR WOOD

Start by placing the tinder in a small pile, then stack the larger kindling around it allowing for air circulation. Leave an opening to allow you to insert more tinder if needed.

MUSIC CAMPING PLAYLIST

Even if you can't get out of the city, relax with this mix of modern and classic melodies inspired by the great outdoors.

Seaside

The Kooks

Ripple

Grateful Dead

Pickup Truck

Kings of Leon

For Me This is Heaven

Jimmy Eat World

Picture Perfect Morning

Edie Brickell

The Navesink Banks

The Gaslight Anthem

Listen to the Music

Doobie Brothers

Cold Little Fire

Mark Geary

Rocky Mountain High

John Denver

Under the Sun

The Paper Stars

Your Hand in Mine

Explosions in the Sky

Wild Horses

The Rolling Stones

Inaudible Melodies

Jack Johnson

Towers

Bon Iver

California Stars

Wilco



MOVIES NEW FLICKS IN AUGUST

*Release dates subject to change.

2 GUNS

Genre(s): Action, Thriller, Crime

Release Date: August 2

Starring: Mark Wahlberg, Denzel Washington

Two operatives from competing bureaus, a DEA agent and an undercover Naval Intelligence Officer, are forced on the run together and into a unique alliance, however, neither one knows that the other is an undercover federal agent.

PERCY JACKSON: SEA OF MONSTERS

Genre(s): Adventure, Fantasy

Release Date: August 7

Starring: Logan Lerman, Annabeth Chase, Jake Abel

To save their world, Percy and his friends embark on a fantastical odyssey to find the mythical and powerful Golden Fleece. On this adventure they must voyage into the Sea of Monsters, battle zombies and confront the forces of evil head on.

ELYSIUM

Genre(s): Sci-Fi, Drama

Release Date: August 9

Starring: Matt Damon, Jodie Foster, Wagner Moura

It is 2159 and two polarized classes exist: the wealthy who live on an immaculate man-made space station called Elysium, and everyone else, who live on an overpopulated and dilapidated Earth. As government officials try to enforce anti-immigration laws, one Earth citizen agrees to take on a mission that could bring equality for all.

PLANES

Genre(s): Animation, Family

Release Date: August 9

Starring: Stacy Keach, Carlos Alazraqui, Brad Garrett, Val Kilmer

Disney's *Planes* follows the story of Dusty, a cropdusting plane who dreams of competing in a famous high-flying aerial race. The only problem is that he is afraid of heights! Dusty must seek the help of his friends and a seasoned naval aviator named Skipper to help make his dreams a reality.

THE BUTLER

Genre(s): Biography, Drama, History

Release Date: August 16

Starring: Oprah Winfrey, David Oyelowo, John Cusack, Forest Whitaker

The Butler follows the life of Cecil Gaines, who served as the White House's head butler from 1952 to 1986. Gaines was witness to dramatic events in history, such as the Civil Rights Movement and Vietnam War, that swept through American society.

THE WORLD'S END

Genre(s): Comedy

Release Date: August 23

Starring: Simon Pegg, Nick Frost, Martin Freeman

It's been 20 years since a group of childhood friends had an epic pub crawl, and now they're reuniting to top their former drinking marathon. As they try to reach the pub named "The World's End," things take a turn as they unwittingly end up on a journey to actually save the world.

CLOSED CIRCUIT

Genre(s): Thriller

Release Date: August 28

Starring: Eric Bana, Rebecca Hall, Claran Hinds

Two lawyers, Martin and Claudia, are ex-lovers whose loyalties are tested when they find themselves at risk after joining the defense team for an international terrorist's trial.

GETAWAY

Genre(s): Comedy, Action, Thriller

Release Date: August 30

Starring: Selena Gomez, Ethan Hawke, Jon Voight, Bruce Payne

When his wife is kidnapped by a mysterious villain, former racecar driver Brent Magna must get behind the wheel and race against time to save her.





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



Equal Housing
 Lender

NMLS (Nationwide Mortgage Licensing System) ID 2611 NMLS (Nationwide Mortgage Licensing System) ID 2611 • AL — 21566 • AK — AK2611 • AR — 103947 Lic#103947 - Guaranteed Rate, Inc. 3940 N Ravenswood, Chicago IL 60613 866-934-7283 • AZ — 0907078 Guaranteed Rate, Inc. - 14811 N. Kierland Blvd., Ste. 100, Scottsdale, AZ, 85254 Mortgage Banker License # BK-0907078 • CA — 413 0699 Licensed by the Department of Business Oversight, Division of Corporations under the California Residential Mortgage Lending Act • CO — 989256 Regulated by the Division of Real Estate • CT — 17196 • DE — 9436 • DC — MLB2611 • FL — MLD618 • GA — 20973 Residential Mortgage Licensee #20973 - 3940 N Ravenswood Ave, Chicago, IL 60613 • HI — HI-2611 • ID — MBL-5827 • IL — MB.0005932 Residential Mortgage Licensee - Office of Banks and Real Estate, Mortgage Banking Division, 122 South Michigan Avenue, Suite 1900, Chicago, Illinois, 60603, (312) 793-3000 3940 N Ravenswood Ave, Chicago, IL 60613 MB.0005932 • IN — 1st Mortgage: 11060 2nd Mortgage: 10332 • IA — 2005-0132 • KS — MC.0001530 Licensed Mortgage Company - Guaranteed Rate, Inc - License MC.0001530 • KY — MC20335 • LA — 2866 • ME — SLM11302 • MD — 13181 • MA — MC2611 Guaranteed Rate, Inc - Mortgage Lender & Mortgage Broker License MC2611 • MI — 1st Mortgage: FR0016637 2nd Mortgage: SR0011899 • MN — MN-MO-20526478 • MS — 2611 Guaranteed Rate, 3940 Ravenswood, Chicago, IL 60613 - Licensed by the Mississippi Department of Banking and Consumer Finance • MO — 10-1744 • MT — 2611 • NJ — 2611 Licensed Mortgage Banker - NJ Department of Banking & Insurance • NE — 1811 • NV — Lender: 3162 Broker: 3161 • NH — 13931-MB Guaranteed Rate, Inc. dba Guaranteed Rate of Delaware, licensed by the New Hampshire Banking Department • NM — 01995 • NY — B500887 Licensed Mortgage Banker — NYS Department of Financial Services • NC — L-109803 • ND — MB101818 • OH — 1st Mortgage: MBMB.850069.000 2nd Mortgage: SM.501367.000 • OK — MB001713 • OR — ML-3836 • PA — 20371 Licensed by the Pennsylvania Department of Banking and Securities • RI — Licensed Lender: 20102682LL Licensed Broker: 20102681LB Rhode Island Licensed Loan Broker • SC — MLS-2611 • SD — ML.04997 • TN — 109179 • TX — 1st Mortgage: 50426 2nd Mortgage: 47207 For Texas Consumers Only: Complaints regarding Mortgage Bankers should be sent to: Texas Department of Savings and Mortgage Lending*2601 North Lamar, Suite 201*Austin, Texas 78705A Toll-free consumer hotline is available at 1*877*276*5550 • UT — 7495184 • VT — Lender: 6100 Broker: 0930 MB • VA — MC-3769 Guaranteed Rate, Inc. - Licensed by Virginia State Corporation Commission, License # MC-3769 • WA — CL-2611 • WI — Lender: 27394BA Broker: 2611BR • WV — Lender: ML-30469 Broker: MB-30098 • WY — 2247