





JANUARY 1
NEW YEAR'S/NATIONAL COMMITMENT DAY

# WHAT'S HAPPENIIN

JANUARY 2
NATIONAL
MOTIVATION AND
INSPIRATION DAY







JANUARY 2
NATIONAL WEIGH-IN DAY
JANUARY 19
POPCORN DAY

# JANUARY





JANUARY 20 MARTIN LUTHER KING, JR. DAY

JANUARY 24
BELLY LAUGH DAY

# FITNESS REALISTIC FITNESS RESOLUTIONS

This year, in honor of National Commitment Day on January 1, ditch the unsustainable play for glory and instead slowly ease into a more long-term relationship with exercise. Here are three realistic fitness resolutions and details for crafting a regimen that you can actually stick to long enough to see and feel results!



Vow to move more in your daily life. The most common barrier to consistent exercise is a lack of time, but even if you don't have a full 60 minutes, you can still sprinkle more physical activity in throughout your day! Here are a few small activities that can add up to a full workout.

## TOOTHBRUSH WALL SOUATS

Instead of standing over the sink while you're brushing your teeth, stand against a wall with your legs extended out about two feet in front of you. Slowly bend your knees to slide down the wall until you reach a seated position. Try holding the squat 15 seconds at first, working your way up to a minute, take quick breaks when necessary and repeat until you're done brushing your teeth!

#### IN-TRANSIT TRAINING

Consider biking to work, parking far away or getting off the bus two stops early, banish the elevator by taking the stairs instead and take a quick walk at lunch time or during coffee breaks. Although they may seem obvious, these activities all add up! Commit to one each day to start and it will seem more manageable.

#### INVISIBLE AB-ROUTINE





When you're at your desk catching up on emails, catch up on your abstrengthening too! Sit up straight and squeeze your abs tight for 30-second periods. Repeat four times, with a minute between. As you get stronger, increase the number of sets you do during one work hour or lunch break.

#### COMMERCIAL BREAK MINI-WORKOUT

Next time you're watching TV and the ads start, get off the couch and try a "star pass." Start in a standing position with your arms over your head, holding the remote control in between both hands. Bend to your right, lifting your left leg off the ground so that your body looks like a star, then repeat to the left. Hold the position on each side for three to five seconds and keep switching back and forth until the commercial break ends!

#### WEEKEND WARRIOR

Meeting up with friends? Make walking dates in lieu of default drink dates, sign up for a class or activity together or go dancing! Why not walk or jog around the soccer field during your kid's practice, play tag with your children in the yard or play exercise video games as a family. Make an effort to convert your typical weekend activities into active ones!

#### REALISTIC RESOLUTION



Find ways to make exercise fun.

Consider your likes and dislikes and craft a plan that you might actually get excited for. Here are some workout ideas that might keep you coming back on the days when you'd otherwise feel like quitting.

#### MAKE EXERCISE A SOCIAL ACTIVITY

Exercise can be a fun time to socialize with friends and working out with others can help keep you motivated. For those who prefer company to individual competition, join a running club with a friend, a water aerobics class or dance class. Turn a buddy into a tennis partner, gather a group for a kickball league or set up weekend frisbee games.

#### DON'T WORK, PLAY

If the idea of a treadmill makes you cringe, sign up for a rec soccer club, bowling team or golf league or find out when your gym has pick-up basketball games. Some gyms even offer fun, engaging workout regimens that feel like a sport—consider obstacles courses, dance classes, Kangoo and Crossfit. Or, pair an activity you enjoy with mindless exercise. Not the sporting type? Combining exercise with another activity that you enjoy makes it easier and more fun:

- Read magazines or crime novels while on the treadmill or save all your favorite TV shows for watching from the stationary bike.
- Blast some favorite music; hop, run, and dance around with your kids.
- Pick a reward, like a shopping destination, a favorite coffee shop across town, or a new neighborhood to explore and map out a way to walk there.
- Turn house chores, yard work or gardening into exercise by amping up the intensity of each activity.





Did you know? The number one New Year's resolution is exercising more to lose weight? While 64% of people report making it through the first two months of their new routine, only 8% of people will achieve their New Year's goals.

#### REALISTIC RESOLUTION



Prioritize being in it for the long haul. Exercise shouldn't be an all or nothing commitment; whether you're just a little rusty or completely starting exercise for the first time, here's a few general tips for starting slowly and staying motivated over time.

#### DIVIDE AND CONQUER

Try 15 minute jogs around the neighborhood, one in the morning and one at night, a few days a week to start. It's easier to schedule and execute than a full 30-minute run, but reaps equal benefits.

#### SET GOALS

Sign up for a 5K a few months out, giving you enough time to shoot for a realistic goal.

#### MAKE EXERCISE A PRIORITY

If you have trouble fitting exercise into your schedule, consider it an important appointment with yourself; mark it on your daily agenda and even set calendar alerts.

#### CELEBRATE EVERY TINY VICTORY

Try letting yourself feel pride and satisfaction every time you squeeze some physical activity into your day. Tell people close to you about your goals so that they can cheer you on.

#### EXPECT UPS AND DOWNS

Don't be discouraged if you skip a few days or even a few weeks. It happens. Just get started again and slowly build up momentum.

#### BE CONSISTENT

Make your workouts habitual by exercising at the same time every day so it begins to feel abnormal without it. Record your progress. Try keeping an exercise journal of your workouts to keep accountable and to document your headway.

#### MAKE IT A REWARD

Think of your exercise session as time dedicated to you. Exercise around natural beauty, new neighborhoods or scenic parks. Frame it as cathartic and meditative.

#### TREAT YOURSELF

Come up with a enticing reward to give yourself when you meet your first goal after resuming your program, like a new book, a massage or a new article of clothing or shoes that you've been dying to purchase.

# **NUTRITION** FOODS THAT FORTIFY

We all know the basics: washing your hands, staying hydrated, keeping active and getting sleep are all essential to protecting yourself from cold and flu season, but there's also a bounty of vitamins and minerals that can naturally give your immune system the edge it needs to combat winter germs like a champ. Here's a list of foods that deliver the fortifying power you need to stay healthy all year round!



#### Broccoli

Broccoli is an immune-boosting basic. proven to help strengthen your cold and flu fighting abilities. It has vitamins A, C, and glutathione. Easy to find and cook, this one is an easy add-on for a superimmune kick. Try melting some low-fat cheese over top to round out a delicious. side dish with added immune enhancing B and D vitamins.



#### Sweet Potato

Sweet potatoes are packed with the antioxidant beta-carotene, which mops up damaging free radicals. Sweet potatoes also boast vitamin A, linked to slowing the aging process and may even reduce the risk of some cancers. Try roasting with walnuts and a touch of maple syrup for a sweet and savory, protein-rich treat.



#### Tea

Both green and black tea are loaded with disease-fighting polyphenols and flavonoids, antioxidants proven to seek-out and knock-out cell-damaging free radicals. Try caffeinated black tea in the morning as a super-food coffee replacement and decaf green tea during the day or night to feed your immune system and soothe your mind.



#### Garlic

Long known for it's healing powers, garlic offers several antioxidants that battle immune system invaders. Among garlic's targets are H. pylori, the bacteria associated with some ulcers and stomach cancer. Try peeling and chopping the garlic, then letting it sit 15 to 20 minutes before cooking to activate immune-boosting enzymes.



#### Wheat Germ

Wheat germ is the part of a wheat seed that feeds a baby wheat plant, so it is full of nutrients. It has zinc, antioxidants and B vitamins among other vital vitamins and minerals. Wheat germ also offers a good mix of fiber, protein and some good fat. Try substituting it for part of the regular flour used in baking, or find a green powder protein mix at the health food store that has a good dose of wheat germ in the ingredient list.



#### Grapefruit

Grapefruits are packed with vitamin C and flavonoids-natural chemical compounds that have been found to increase immune system activation. Try them as a refreshing addition to breakfast or add them to a salad with sesame seeds and avocado.





Almonds may shore up your immune system from the effects of stress, a leading factor in winter illness. A recommended 1/4 cup serving carries nearly 50% of the daily recommended amount of vitamin E. Almonds also include riboflavin and niacin. B vitamins that may help you bounce back from the effects of stress. Try a handful as a snack between meals or sprinkle on top of oats, yogurt, salads and meat dishes for a protein-rich immune boost.



#### Cabbage

Cabbage is not just a source of immune strengthening glutamine, it's also inexpensive and easy to find throughout the winter when it's in season. Try adding cabbages of any variety (white, red, Chinese) to soups and stews to sneak in extra antioxidants and boost your meal's nutritional value.



#### **Button Mushrooms**

Mushrooms are often dismissed as nutrient poor because of their coloration, but button mushrooms are rich in the mineral selenium, which helps prevent a winter flu from worsening if it does attack. And the B vitamins riboflavin and niacin, found in these mushrooms, also play a role in a healthy immune system. Try sauteing them with thyme as an earthy winter side dish!



# TY'S TIPS BEAUTY ON A BUDGET



# INTERIOR DESIGN STAR TY PENNINGTON

OFFERS UP EXPERT ADVICE AND IDEAS FOR UNIQUE HOME DESIGN.

#### STAGE 1:

Just because your dream dining room may be bigger than your pocketbook will allow doesn't mean you have to give it up. By starting with a base of essential timeless pieces, a pretty palette and a grand plan, you can gradually create the perfect setting over time—without compromising the beauty of the room as you go along.

Here, a beautiful solid wood floor, a classic trestle table and some Parsons chairs set the stage. Take any of the following steps to add extra shots of personality and function as your budget permits:

Establish a palette with a strong yet timeless wall color and contrasting accents. Adorn the walls with heirloom plates or flea market finds.

Introduce a striking pendant fixture that will stand the test of time. Add character with baseboard molding. Make or purchase slipcovers to give chairs a seasonal change of look.

#### TY'S TIPS

Add personality to a minimal setting with a perky palette. Choose timeless, easy-on-the-eye colors in unexpected combinations. Touches of icy aqua blue brighten the spicy orange walls.

#### STAGE 2:

As your funds—and perhaps your family—grow, add new layers to your room and let your dream space continue to take shape. Soft touches are an obvious choice for adding comfort. But accents such as candlesticks, pitchers and bowls can add beauty as well as function, too. Consider making these changes at this stage of the process:

- Add simple Roman shades to windows to control light and add privacy.
- Lay a basic sisal or jute rug beneath the table.
- Introduce a pair of contrasting chairs at the head and foot of the table.
- Top the table with a pretty runner to enrich the scheme.
- Install paneling topped with a plate rail to add warmth and character.

#### TYS TIPS

Create the look of paneling without the expense. Attach a framework of 1x4 wood strips to the wall, top it with a plate shelf and paint the wood and wall areas between the wood frame white.



#### STAGE 3:

As time goes on and your budget permits, make your dream room a reality. Now's the time for final touches in the form of more fabrics, furnishings and finishes, as well as additional key accents. Consider these ideas at this stage of the game; add drama-and a punch of patternwith floor-length, ready-made or custom curtains. Replace your basic rug with a costlier one that enriches your color scheme and adds a new layer of pattern. Bring in an extra piece of functional furniture, such as a sideboard or hutch. Introduce a layer of warmth with a subtly

textured wallpaper applied above the plate rail. Continue to expand your collection of tableware and accents to suit your needs.

#### TY'S TIPS

Introduce custom curtains at a fraction of a decorator's price by sewing them yourself. These curtains were made from an affordable fabric and lined for a professional look. Mount them high above the window frame.



# LIFESTYLE HAPPINESS HABITS FOR 2014

New happiness research shows that contrary to popular belief, we are all in control of our own level of joy. Make 2014 your happiest year yet with these happiness tips below!

#### NOTE TO SELF: BE HAPPY.

It sounds simple but it turns out that just trying to be happy can boost your mood. According to recent studies, those who actively tried to feel happier reported the highest level of positive moods. Not sure how to start? Simply try to smile more throughout the day. Even if you're not feeling so chipper, cultivating a happy thought—and then smiling about it—can stimulate emotional well-being.

#### ALL THE SMALL THINGS.

Studies show that paying attention to both tiny victories and tiny pleasures is a hallmark for happiness. While most of us find it easy to celebrate hard-earned accomplishments, or to find joy in fun moments like vacations or holidays, studies show that the happiest people give equal attention to their smallest victories and day-to-day moments. Try reveling in that empty inbox or the smell of roasting coffee and you'll feel a greater sense of satisfaction all day!

#### BE A MASTER OF CONVERSATION.

Optimizing interactions is a sure-fire way to maximize happiness, and it comes in three proven parts: dig deep, really listen, and value the face-to-face. In a nutshell, the more genuine your communication with others, the more satisfaction you feel overall. This includes foregoing small talk for more substantive topics; actively listening to others when they are speaking; and finally, simply to make an effort to meet-up in-person which helps to promote a sense emotional connection, understanding and closeness, essential to fostering a happy life.

#### **USE MONEY TO BUY HAPPINESS.**

Flip that old adage on its head! Research shows that making donations, spending money on others and giving valuable time to charitable causes all trigger the reward center in our brains that is responsible for euphoria. In fact, the high felt after a dose of altruism is proven to boost mental and physical health. So get giving!

#### RESILIENCE RULES.

According to psychologists, resilience, not happiness, is the opposite of depression; that is, truly happy people know how to bounce back from failure. Teaching yourself resilience is a two-part equation: one, start by shifting your paradigm to be more optimistic, choosing to see the positive in every situation; and two, learn to believe that each hardship is a temporary challenge that can be conquered. Researchers found that this potent combination of general optimism and confidence in your ability to overcome, results in a powerful emotional resilience.

#### AMP UP. BELT OUT. CUT A RUG.

Music has a powerful impact on mood. People who consider music to be an important part of their life, report higher incidences of joy and a generally better outlook on life, and those suffering from anxiety see a 10% boost in mood after just three weeks of daily listening. Research shows that incorporating music at some point into every day can make you much more joyful.

#### ALONE WITH NATURE.

Just a 20-minute dose of fresh air promotes a sense of vitality and can make us feel more connected to the world around us. According to recent research, happy people report both finding time to be outdoors on a regular basis and unplugging entirely when they do. Being outdoors without access to technology is an opportunity for meditative thoughts and gives us time recharge our energy stores, both of which contribute to a greater sense of contentment and resiliency!

#### RUN, REST, REPEAT.

Happy people tend to share both a commitment to exercise and a commitment to sleep. Thanks to the various brain chemicals that are released during physical exertion, a good workout is a no-fail way to amplify feelings of happiness. Paired with the balancing effect that a rejuvenating night of rest has on our mental clarity, energy levels and mood, devotion to both activities is paramount to emotional well-being.

#### LOL.

Laughter truly is the best medicine.

A hearty belly laugh provides an exuberant chemical buzz: and over time it makes humans better equipped to tolerate stress. In fact, the body's response to repetitive laughter is similar to that of repeated exercise! If that wasn't enough reason to add some stand-up to your Netflix list, studies show that laughter also promotes a healthy immune system, controlled appetite and improved cholesterol. What better time to start—January 24, National Belly Laugh Day?

#### SPREAD SOME JOY.

Turns out, joy is contagious! Studies showed that when pessimists were surrounded by people who effectively practice the above happiness-inducing behavior, they tended to adopt their positive view of the world over time and ultimately became happier themselves. So, swap those Debbie Downers for a few joy mentors, and your new year is sure to be full of happiness!

Studies show that while 50% of our ability to be happy is rooted in genetics and 10% is based on life events, 40% is entirely due to how we choose to see the world and on the people and activities with which we engage.



# TRAVEL LIFE-CHANGING DESTINATIONS



Sometimes, the most rewarding way to recharge is on a soul-searching adventure. Whether you choose to travel solo or with a mate, if you're looking for that epic travel experience that you've only read about in novels, here's are some of the best ways to get lost this year. Enjoy some quality time with your inner self!

#### WILDLIFE EXPEDITIONS

#### +GALAPAGOS

Snorkel with sea lions and get up close and personal with hordes of colorful fish in this protected eco-paradise. A small-ship cruise like Country Walker's 10-day journey aboard the 32-passenger M/V Evolution makes it easy to visit hidden beaches and coves, hike a dormant volcano and search out penguins and marine iguanas. Or try the company's unique, weeklong, land-based trip: Guests may stay overnight on three different islands and have more flexibility to explore the natural wonders and local communities.

#### THREE PERSPECTIVES ON VICTORIA FALLS, ZAMBIA

The invigorating power of the roating Victoria Falls, the largest in the world, is not-to-miss. Begin your day by admiring the view from The Royal Livingstone Hotel along the banks of the Zambezi River within Zambie's Mosi-oa-Tunya National Park. Approach the site on foot—the hotel is just a short stroll from the park's entrance—and finally get a true sense of its scope by taking an unforgettable helicopter ride. You'll appreciate why locals described the falls as "smoke that thunders."



#### GAME VIEWING TANZANIA & KENYA

In Hemingway's day, safaris followed game across the terrain, setting up camps along the way. Today's mobile safaris channel that same spirit: Micato Safaris plans some of the best tours, including a Tanzania and Kenya trip that travels from the rhino-filled foothills of Mount Kenya to the grasslands of the Masai Mara, where giraffes parade through the savannah and balloon rides soar above.



#### MYSTERIES DEEP IN THE AMAZON, BRAZIL

Small-ship Amazon cruises allow for a closer look at the diverse ecology of the world's second-largest river, which winds its way through parts of Brazil, Colombia, Ecuador and Peru. Many offer the chance to kayak, hike in the jungle and spot wildlife, and some are even staffed by naturalists and environmental experts. Aqua Expeditions offers three-, four- and seven-night sailings that include visits to estuaries, backwater lakes and hidden villages.

#### BEACH ADVENTURE IN TASMANIA, AUSTRALIA

In a country bound by 31,000 miles of coastline with breathtaking beaches. For nature lovers, the beach to visit is Wineglass Bay, Tasmania, where you can go in search of Tasmanian devils and wallabies in their natural habitat. Unpack at the Saffire Freycinet resort; athletic guides will lead you on a two-hour hike to the bay.

#### RUINS & RENEWAL, JORDAN |-

Important ruins and religious sites, Dead Sea healing spas and desert landscapes can all be found in Jordan. Thanks to

the country's compact size, visitors can easily fit all these experiences into one trip. From the eco-chic Evason Ma'ln Resort & Spa, you can explore the ruins at Petra, float in the minerals of the Dead Sea, ride a camel through Lawrence of Arabia's old stomping ground and overnight in a bedouin tent.



Start in Giza at the Great Pyramids, then catch a Nile cruise from Luxor to Aswan to hit the Valley of the Kings (site of King Tut's tomb), the Temple of Edfu and the twin temple at Kom Ombo. Oberoi's seven-night Zahra luxury cruise features talks by Egyptologists and private temple tours, while Gap Adventures' affordable eight-day trip includes the major sites, plus unforgettable cultural experiences such as dinner in a Nubian village and sailing on a felucca, a traditional wooden sailing boat.



#### **DIRECTIONS:**

#### MARINATE

Chop garlic finely, sprinkle salt and chop together for about 15 more seconds. Scrape into a small bowl, add warm water and let sit for a few minutes.

Pour through a fine sieve set over a bowl, use the back of a spoon to stir and smash garlic against the sieve, reserving leftover garlic.

Add fish sauce and sugar to bowl and stir until dissolved. Place chicken wings in a separate large bowl, add 1/2 cup of fish sauce mixture (reserve the rest in the refrigerator); toss well.

Cover and refrigerate wings for at least four hours, tossing about every hour.

#### FRY

Heat 3/4-inch vegetable oil in a small pan over high heat and add reserved garlic. Reduce heat to medium-low, fry until garlic is lightly golden brown, about 5 minutes and transfer to paper towels to drain (set aside until final cooking stage).

Transfer wings from refrigerator to a colander in the sink and let drain for 15 minutes.

Stir together rice flour and tempura mix in a large bowl and toss wings until coated well.

Pour enough oil into a wok or Dutch oven to completely submerge the wings, about 2 inches and bring oil to 325 degrees (measure with a candy thermometer).

Fry wings in two batches, gently knocking them against the bowl before adding to oil.

Cook each batch until evenly golden brown, about 10–12 minutes, prodding every few minutes. Transfer wings to paper towels to drain.

#### FINISH

Add 1/4 cup water to the reserved fish sauce mixture. Combine 1/4 cup of the water-fish sauce mixture and half the chile paste (if using paste). Bring to a full boil in a non-stick wok and reduce for about 45 seconds.

Add half the wings and toss every 15 seconds, until a caramelized glaze coats the wings, about 1 minute.

Add 1 tbsp of the fried garlic, toss well and cook about 30 seconds longer.

Rinse and wipe out wok, and repeat with the next batch of wings.

Serve wings with pickled vegetables, cucumber spears and herb sprigs.

## CRONUT

As made famous by the Dominique Ansel bakery in Soho, NY

#### WHAT YOU'LL NEED:

#### DOUGH

sugar

1/4 cup milk 1/2 cup warm water 1-1/4 tsp dried yeast 10-1/2 tsp cold, diced butter 1/2 cup plain flour 1/2 cup strong flour 2 tbsp caster sugar 1/2 tsp salt Bowl of vanilla

#### FILLING

3 egg yolks 3 cups milk ½ cup sugar 1/3 cup cornstarch ¼ tsp salt ¾ tsp vanilla

Powdered sugar



#### **DIRECTIONS:**

#### **DOUGH STEP 1**

Whisk the milk, water and yeast together in a bowl.

Pulse the cold butter and flours in a food processor or rub it between your fingers until it resembles bread crumbs (but will still have a few lumps). Stir the sugar and salt into the flour mix and add everything into the wet bowl, stirring together with your hands into dough. Cover loosely with plastic wrap and leave it to rest for 2 hours.

#### **CUSTARD STEP 1**

(If homemade custard makes the recipe too involved, store-bought pastry cream works too!)

While the dough is chilling, make the vanilla creme filling. Beat egg yolks well in medium bowl, gradually stir in milk until blended. Mix sugar, cornstarch and salt in large heavy saucepan. Gradually and incrementally stir in small amounts of milk mixture making a smooth paste until fully blended.

Cook over medium-low heat, stirring constantly until mixture thickens and comes to a boil, 20-25 minutes. Remove from heat immediately. Cool quickly by setting pan in a larger pan of ice water, stir occasionally to hasten cooling. Stir in vanilla. Press piece of plastic wrap onto surface of cream and refrigerate until thoroughly chilled, at least one hour.

#### **DOUGH STEP 2**

Roll the rested dough out on a floured surface to about 1 cm thick, aiming for a rectangle that is twice as long as it is wide.

Fold the dough into thirds so that the last third overlaps the other two, turn the dough through 90 degrees and repeat the process twice more.

Cover with plastic wrap and leave in the fridge to rest for at least four hours, overnight is better.

#### DOUGH STEP 3

Roll the dough out once more, to the thickness of a pound coin (1/2 cm) then use cutters to shape your donuts.

Lay them on a floured tray and cover with a clean tea towel at room temperature to rise for another hour.

#### **FRY STEP**

Fry the donuts! In a few centimeters of oil heated to 170°C, drop in a few at a time, for 2 minutes on each side until puffed up and golden. Drain on kitchen roll briefly then toss in vanilla sugar before leaving to cool.

#### CUSTARD STEP 2

Inject the vanilla filling into the cronuts at five or six points around the ring using a piping bag with small nozzle or syringe.

#### ICING STEP (optional)

Mix enough lemon juice with the icing sugar to create a glacé icing and color them (optional) to your preference. Drizzle over the cooled and filled cronuts, allow to set.

Croissant + Donut

# MUSIC TOP TRACKS YOU MAY HAVE MISSED

# 2013 UNIQUE INDIE GEMS

ike many of us in 2013, you may have looped Daft Punk and Vampire Weekend endlessly, even danced to Arcade Fire, romanced to Frank Ocean and jammed to Kanye West, but if you didn't quite have your finger on the pulse of the Indie music scene, here's a list of lesser known gems that deserve consideration for your "best of" list.

- The Mother We Share
- 2 MUTUAL BENEFIT Advanced Falcony
- 3 CAT POWER
  Nothin But Time
- 4 YOUTH LAGOON Mute
- 5 LORDE
- 6 RHYE Open
- 7 FUTURE
  Turn On The Lights
- PHOSPHORESCENT Song For Zula
- 9 FOXYGEN Shuggie
- | | KURT VILE | Walkin On A Pretty Day



# **MOVIES** NEW FLICKS IN JANUARY

Release dates subject to change.

#### LONE SURVIVOR

Genre(s): Drama Release Date: January 10

Starring: Taylor Kitsch, Mark Wahlberg, Ben Foster, Emile Hirsch, Eric Bana

Lone Survivor is based on the failed mission "Operation Red Wings" which tasked four members of SEAL Team 10 to kill Taliban leader Ahmad Shah on June 28, 2005. The team is ultimately ambushed by enemy forces in the Hindu Kush region of Afghanistan. The film gives an intimate view of the relationships between the soldiers and insight into the type of missions that are carried out frequently that we are never aware of within the military.

#### JACK RYAN: SHADOW RECRUIT

Genre(s): Action, Thriller Release Date: January 17

Starring: Chris Pine, Kenneth Branagh, Keira Knightley. Kevin Costner

This political thriller follows the hero Jack from 9/11, through his tour of duty in Afghanistan, to his early days in the Financial Intelligence Unit of the modern CIA where he works under the mentorship of Harper and fights the residual demons that follow him post-duty. When Jack uncovers a Russion plot to collapse the U.S. economy, he must fight to save his family.

#### THE NUT JOB

Genre(s): Animation, Family Comedy Release Date: January 17

Starring: Katherine Heigl, Will Arnett, Brendan Fraser, Stephen Lang, Jeff Dunham

An independent minded, curmudgeon squirrel named Surly is banished from his park one day and relegated to the terrifying streets of the city in this clever and delightful animated film. As he fights to survive, divine intervention leads him to the one thing that could save the entire park community during the long winter: Maury's Nut Store.

#### JAMESY BOY

Genre(s): Drama Release Date: January 17

Starring: Mary-Louise Parker, James Woods, Spencer Lofranco, Ving Rhames, Taissa Farmiga, Rosa Salazar

The story of teenager James Burns who goes from being in a suburban street gang to a maximum-security prison cell surrounded by hardened criminals. In prison, he develops a friendship with a convicted murderer who becomes his mentor and helps to turn his life around. James ultimately emerges with hope and a brighter future.

#### I, FRANKENSTEIN

Genre(s): Horror Release Date: January 24

Starring: Yvonne Strahovski, Aaron Eckhart, Bill Nighy, Jai Courtney, Miranda Otto

Dr. Frankenstein's famous and terrifying creation, Adam, still walks the earth, 200 years after he was brought to life. When he stumbles into a battle for the fate of mankind, Adam realizes that he alone carries the key that can destroy all humanity.

#### THAT AWKWARD MOMENT

Genre(s): Romantic Comedy Release Date: January 31

Starring: Zac Efron, Miles Teller, Michael B. Jordan, Mackenzie Davis, Imogen Poots

That Awkward Moment follows three best friends who make a pact to remain single just as they start falling in love. They all find themselves where we've all been – at that confusing "moment" in every dating relationship when you have to decide "So... where is this going?"

#### LABOR DAY

Genre(s): Drama Release Date: January 31

Starring: Josh Brolin, Kate Winslet, Gattlin Griffith, James Van Der Beek, Clark Gregg, Tom Lipinski

Thirteen-year-old Henry Wheeler tries and stumbles in his attempts to become the man of the house, tending to his agoraphobic mother while still managing the turbulence of adolescence. One day while shopping for backto-school supplies, he and his mother meet Frank Chambers, an escaped convict, who convinces them to let him move in. Though the film unfolds over a single Labor Day weekend, it is a memorable narrative about what constitutes a family.













# 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
VP of Mortgage Lending

**P:** 630-364-7539 **C:** (630) 373-1051

mgriffey@guaranteedrate.com www.guaranteedrate.com/mgriffey 1733 Park St. Ste 200 - Naperville, IL 60563



factorial Equal Housing Lender

NMLS (Nationwide Mortgage Licensing System) ID 191670 State License: IL - 031.0022632 - MB.0005932

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 — Illinois Department of Financial & Professional Regulation, 3940 N Ravenswood Ave, Chicago, IL 60613 \* MI — 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: FR0018846 2nd Mortgage: SR0018847 \* 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: MBM8.850069.000 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 \* T