

# Enjoy December

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: DECEMBER 2013 Vol 2 ISSUE: 7  
HAPPENINGS·FITNESS·NUTRITION·DRINK·FOOD·TRAVEL·MUSIC·LIFESTYLE·MOVIES

## NEW FEATURE! TY'S TIPS MONTHLY ADVICE FROM HOME DESIGN GURU TY PENNINGTON

WHAT'S HAPPENING  
IN DECEMBER

SUN & SNOW -  
TOP HOLIDAY AWAY  
DESTINATIONS

THE KNOCKOUT  
WORKOUT

DIGITAL DETOX

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**AND MUCH MORE!**





DECEMBER 2  
CYBER MONDAY



DECEMBER 5  
END OF HANUKKAH

# WHAT'S HAPPENING IN



DECEMBER 10  
HUMAN RIGHTS DAY



DECEMBER 21  
WINTER SOLSTICE

# DECEMBER



DECEMBER 25  
CHRISTMAS



DECEMBER 29  
NATIONAL CHOCOLATE DAY



DECEMBER 31  
NEW YEAR'S EVE

# FOOD HOT COCOA REMIX

## Get creative with a winter classic.

It's best not to mess with perfection; however in celebration of National Chocolate Day on December 29, here's your excuse to give one of winter's favorite drinks a subtle twist.



### Colombian Style



The simplest way to spice up your cocoa is to add a little cinnamon. Known as "Colombian style" because of its popularity in Bogotá, the country's capital, this quick trick adds a rich, festive note to each chocolatey sip.

### White Hot Chocolate with Raspberry



For the white chocolate lover, try this delicious alternative treat: Starting from scratch, sub in white chocolate for milk chocolate, then add a drizzle of raspberry syrup and you'll have a fruity, decadent treat.

### Salted-Caramel Hot Cocoa



Attention sweet and savory junkies! Just as addictive as it sounds, this one is a must-try. Start with your favorite hot-cocoa mix— instant or homemade will do—add a generous pour of caramel syrup, top it off with a swirl of whipped cream and a pinch of sea salt. Your tastebuds will thank you.

### Alternative Goodness



Food allergies or dietary preferences? Don't dismay. Rather than dairy milk, try coconut or almond milk instead. Add in a drizzle of maple syrup and a dash of vanilla, and you'll have a sweet concoction that will give dairy-lovers a run for their money.

### Peppermint Patty



This delicious adult beverage is the perfect finish to a long day on the slopes. Add a splash of peppermint schnapps to your hot cocoa mix, top it off with a dollop of whipped cream and chocolate syrup and you're sure to warm up fast!

### Hot Chocolate Bar

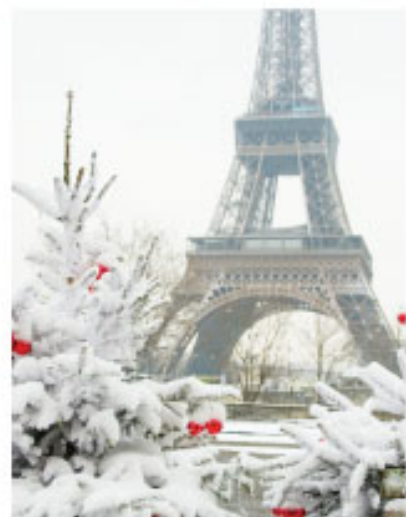


For a real crowd pleaser, why not go all out and let your guests customize their own cup at your next winter get-together? Add a spread of treats for topping like marshmallows, mints, peanut butter cups, holiday cookies, whipped cream and chocolate syrup to top off the perfect cup! Throw in some candy canes for stirrers and you'll be in business.



# TRAVEL SNOW OR SUN? TOP HOLIDAY-AWAY DESTINATIONS

Why spend another year cooking and cleaning to prepare for holiday festivities? Whether you want to spend your time in a bikini or a snowsuit, this year consider taking the holiday spirit on tour with you to one of these amazing getaway locations!



## Provence, France

**Why Go:** A Provençal winter is almost fairy tale-like, as music from medieval churches fills the cobblestone streets and crowds form around street markets where you can find the freshest of ingredients for holiday cooking and baking.

**Where to Stay:** The region's grand hotels—Couvent des Minimes Hôtel & Spa; the Four Seasons Resort Provence at Terre Blanche—pull out all the stops for the season. But for a quintessential country escape, why not rent an old-but-renovated farmhouse for some unique charm?

**Holiday Dinner:** Christmas Eve dinner at the Château d'Estoublon's Bistrot Mogador is a traditional *gros souper* or "Great Supper."



## Quebec City, Quebec, Canada

**Why Go:** Lit-up cobblestone streets, 16th-and-17th century stone houses, and lots and lots of snow make Quebec's 400-year-old walled city an atmospheric and European-like place to be during the holiday season. The local good cheer and great food could even make a heat-seeker love winter!

**Where to Stay:** Housed in a 19th-century stone warehouse in Vieux-Port, Auberge, St. Antoine stands out for the perfection with which it juxtaposes old and new. Soaring ceilings and cast-iron beams are complemented with heated stone floors and artifacts unearthed during its renovation are on display throughout.

**Holiday Dinner:** Serving traditional Québécois cuisine based on 17th-century French recipes, Aux Anciens Canadiens is offering its main menu on Christmas Day. Expect everything from a Neptune's shell of giant shrimp and scallops au gratin to grilled pheasant breast.

## Tromsø, Norway

**Why Go:** The snowy city island of Tromsø offers unparalleled views of the northern lights (look for them between 6 p.m. and midnight) and a chance to say you've been to the North Pole—well, the Arctic Circle. Plus, there's dogsledding, great food and a mountaintop cable car. In Tromsø, "day" is just a couple hours of twilight blue.

**Where to Stay:** Most hotels shut down for the holiday, but not the Clarion Hotel Bryggen, right on the harbor. The views of Tromsø Sound are best admired from the rooftop's steamy Jacuzzi hot tub.

**Holiday Dinner:** Stay put at the Clarion for a traditional Norwegian holiday dinner at its restaurant, Astro. The chef serves basil-glazed filet of catfish and whole roasted filet of pork and recommends a side of French salt-baked Roseweld potatoes to complement your meal.



## Key West, Florida

**Why Go:** Good cheer and warm temperatures are typically Key West's winning attributes, and the holiday season is no exception. The trimmed palm trees, done-up historic inns, and four festooned blocks of boats along the historic waterfront (the "Bight Before Christmas") only amplify the town's merriment.

**Where to Stay:** Just off bustling Duval Street, the boutique Marquesa Hotel is an oasis of chill with three historic buildings and one sharing a leafy courtyard with two pools. On Christmas morning, a buffet breakfast is served poolside.

**Holiday Dinner:** Housed in a 1906 Victorian manse, Nine One Five's holiday menu mixes tapas (bacon-wrapped dates and duck liver pâté) with entrées such as Soul Mama seafood soup and mushroom risotto.

## San Juan, Puerto Rico

**Why Go:** "Jingle Bells" set to a salsa beat will get you dancing and caroling. Palm trees basking in sunlight and exotic flora in the El Yunque rainforest replace your typical snowcapped pines. Wrap up your Caribbean days with an evening stroll through a 500-year-old Spanish colonial city on the Atlantic.

**Where to Stay:** Hotel El Convento, a converted 354-year-old Carmelite convent, has 72 rooms with handcrafted colonial furniture. The Water Club boutique hotel has 78 rooms overlooking the ocean through floor-to-ceiling windows.

**Holiday Dinner:** The Parrot Club offers Nuevo Latino cuisine—tamarind-glazed salmon, chicken in a mango barbecue sauce—accompanied by a jazz band. Also try Ajili Mójili for the terrific asopaos (stews) and mofongos (mashed plantains with pork rinds).



## Paraty, Brazil

**Why Go:** Paraty, a half-day's drive from Rio, is a hidden gem of a town with astonishingly well-preserved Portuguese colonial architecture, a vibrant cultural scene, and easy access to rainforest and some of the world's most perfect beaches.

**Where to Stay:** About a 20-minute walk from the town center, the pousada Bambu Bamboo is a lush retreat unto itself, with a pool, spa, lovely gardens, two saunas and easy access to both the rainforest and a cluster of some truly stunning beaches. Breakfast is even served down by the river.

**Holiday Dinner:** Considered by many the town's top eatery, French restaurant Voilà Bistrot serves foie gras and shitake mushroom empanadas as part of its holiday feast.





# FITNESS THE KNOCKOUT WORKOUT

The hottest newbie fitness phenomenon is actually an oldie. Though typically associated with dark rooms and toothless grins, boxing is bobbing and weaving into mainstream gyms nationwide. The secret to its recent popularity could be that it remains one of the best full body workouts around, or it could simply serve as a fun way to release stress. Here is a quick, and coincidentally festive, boxing-for-beginners run down on what to expect from a session.

## WHAT YOU'LL NEED:

A JUMP ROPE  
BOXING GLOVES  
HAND WRAPS  
A MIRROR, A BAG, OR A PARTNER

## AFRAID TO GO AT IT ALONE?

Some gyms—like Park Slope Fitness in Brooklyn, NY—offer couples boxing sessions, so you and your partner can go a few rounds together!

## WARM UP

Cue the *Rocky* training montage, we're ready to begin! To start, the goal is to get your heart rate up and your limbs ready for action. A typical warm-up routine involves jumping rope, a traditional part of the boxer workout. Lift your feet no more than an inch off the ground, start slow, then increase your speed and even try alternating feet. Soon, you'll feel comfortable doing crosses, leg raises and maybe even double jumps. This part of your warm-up should last at least 10 minutes.

## TECHNIQUE

Now that your body is toasty, it's time to stretch your mind. Boxing is a series of precise movements by both your upper and lower body, so you need to learn the basics before you can play the game. The technique phase runs you through the proper stance and a series of punching motions that will be the foundation for the rest of your workout.

## STANCE

Stand sideways against your imaginary opponent, with your feet slightly more than shoulder-width apart. Keep your subordinate side facing the target and your dominant hand back. Your knees should stay slightly bent with your weight evenly distributed. You should be relaxed but balanced.

## ARM AND HAND POSITIONING

Your hands should be at chin level in gentle fists. The front hand should be about six to eight inches ahead of your rear hand (the hand you will be punching with). Try to keep your arms near your torso.

## PUNCHING

A proper boxing punch is performed in quick extensions of the arm, followed by quick retractions back to starting position. For a cross punch, extend your rear arm out toward the target as fast and powerfully as possible, while rotating your hips to face the front. To jab, quickly extend your front arm out while turning your hand so that the back is facing the ceiling.

## DRILLS

This is where you teach your body what your mind has just learned. From now on, our boxer workout should be governed by threes and ones: three minutes on, one minute off. This structure simulates a typical boxing round, with stretches of intensity and brief resting periods in between. Each set of three and one is called a round.

**The round:** Work in front of the mirror, at a bag, or on a partner at full exertion, using the cross punches and jabs in various combinations. Keep your lower body moving with light bouncing and weight shifting. Then, jog lightly in place for one minute. Continue for another three rounds, incorporating different combinations of punches and resting with a light jog in between.

## STRENGTH

Now that you've sufficiently broken a sweat, you'll move into some circuit training to build the various muscle groups needed for boxing. In three minute intervals, mix in some squats, pushups, crunches, pull-ups and burpees, lightly jogging for one minute in between. Perform a total of four rounds.

## COOL-DOWN

Grab your jump rope for three easy minutes of light skipping, followed by a full body stretch.



**NOTE:** It takes continued repetition to execute new motions with a natural rhythm—but the dynamic nature of boxing makes even the most awkward drill a thrilling and strenuous challenge. Keep it up, tweak your form and technique as you go, and boxing can remain engaging, while other workouts tire you out.

# NUTRITION THE PROS OF PROBIOTICS

If you haven't heard, probiotics are all the rage! And while there is an abundance of products now toting a probiotic claim, don't mistake these trendy cultures as a marketing gimmick or nutritional fluff. Studies continue to show that these tiny probiotic organisms pack a powerful punch for their host in the treatment and prevention of a host of health categories and that your complex ecosystem of "good" bacteria can be cultivated and optimized!



## 5 Convincing Benefits of Including Probiotics In Your Diet

### (1) Better Digestion

Probiotics are known for digestion, hailed by doctors as digestive superheroes after the use of antibiotics, when the thousands of different type of bacteria that live in our digestive tracts have been wiped out and need repopulating. Taking probiotics daily, instead of only after illness, keeps a flourishing collection of bacteria in the stomach that actually "crowd out" bad bacteria, which means your daily digestive system stays healthy.



### (2) Immune Strength

While they're at it, by preventing their nastier "bad bacteria" cousins from setting up camp in your tummy lining, healthy microbes have a huge effect on your overall ability to prevent illness, knocking out invasive bugs before they make their way into the rest of your system, and increasing the production of cells that solidify immune response.

### (3) Reduce Asthma & Allergies

Friendly bacteria even train your immune system to distinguish between pathogens and non-harmful antigens, and to respond appropriately. Since allergy symptoms are traced to the immune system's overreaction to antigens, learning to be less dramatic when invaders appear can make all the difference when pollen season strikes.

### (4) Weight Management

Popping more probiotics can even affect your waistline! Researchers have found that the intestinal flora of obese individuals is notably different than that of healthy-weighted people and that simply increasing healthy belly cultures can lead to notable weight loss.



### (5) Depression

Surprisingly, research is revealing that the health of the brain and the health of the gut are inextricably linked. Because many of the chemicals that affect our brain chemistry (and mood) originate in the stomach—like the stress hormone cortisol—optimizing your belly's response to external stressors actually decreases the output of mood-altering chemicals sent up to your brain.

**Besides high-quality probiotic supplements, here's a list of foods that deliver healthy bacteria:**

|            |              |
|------------|--------------|
| Yogurt     | Pickles      |
| Kefir      | Tempeh       |
| Sauerkraut | Kimchi       |
| Miso       | Kombucha Tea |







## LEVEL 2:

### Give yourself some space.

Our life seems to demand such interconnectivity these days that any separation from devices can leave you feeling naked, and the lines between the personal and the professional become hopelessly blurred. Digital detox Level 2 involves creating some physical boundaries between yourself and technology.

### Buy an alarm clock.

According to 2012 poll, 50% of Americans sleep directly next to their phone, and 29% of all Americans admit that their phones are the last thing they look at before sleep and the first when they wake up. Leave your phone outside of the bedroom and use a traditional alarm clock instead.

### Try to refrain from the Internet until you've gotten to the office.

Answering a few emails as soon as your eyes open may make you feel productive, but hopping online first thing can also confuse your work/home threshold. Try keeping your phone and computer entirely off limits until hitting your desk, and get to the office 15 minutes early to do a quick Facebook and email check-in.

### Embrace the distance.

Carve out moments every day that are device-free: your walk to work, dinner time and minutes leading up to bedtime. Carry a journal so that if you want to jot something down, you aren't pulling out your phone. The best way to detox is to ensure that whatever you are doing when your phone is off is engaging and positive.

## LEVEL 3:

### Experiment with being unplugged.

It's getting real. You're on your way but don't take the plunge all at once, test the water first...

### Go somewhere and leave the phone behind.

Scary at first, but then liberating: try getting the mail, running errands or spending a whole afternoon without your phone. Even if you aren't ready for a complete hiatus, you could start by turning off your Wi-Fi and setting your smartphone to analog to temporarily break the cycle.

### Try a temporary turn off.

Choose certain hours of the week to be totally offline, like after 5 p.m., or Sunday mornings. Analyze your schedule and choose blocks of time that you could reasonably devote to offline activities and test your threshold.

### Communicate to your colleagues about times you won't be available online.

For a weekend away, utilize your out-of-office message. Turning it on at 5 p.m. on a Friday and off at 8 a.m. on Monday can help you feel in control, especially if you instruct people how to get a hold of you in the event of an emergency.

## LEVEL 4:

### The real deal.

If you've made it this far, or if you are starting from here because you are in dire need of a break, you are ready for a complete detox.

### Ask for help.

Set guidelines for yourself and tell the people around you if you think you might cheat. Broadcast your plan to everyone close to you so that they can hold you accountable for your goals.

### Give yourself permission to unplug.

Honestly assess which digital needs are essential and then turn off everything that's not an absolute priority, completely. Power down phones and computers and spend as many hours or days as you can fully unplugged. Most importantly, don't force yourself to quit your devices, allow yourself to power down. Replace idle time with activity, so you are engaged in real life and connected with those you care about.



# DRINK POMEGRANATE MARTINI



**Yields: 2 Drinks**

## WHAT YOU'LL NEED

Ice cubes

1 1/2 cups fresh pomegranate juice

2 ounces Citron Vodka or white tequila

1 ounce Cointreau

Splash of sparkling water

Squeeze of lemon

Pomegranate seeds, garnish (optional)

## DIRECTIONS

Fill a cocktail shaker halfway with ice. Place pomegranate juice, vodka or tequila, Cointreau, sparkling water, and lemon juice; shake. Pour strained liquor in martini glasses. Garnish each glass with some pomegranate seeds.



# MUSIC HIPSTER HOLIDAY PLAYLIST

## MODERN HOLIDAY SONGS

We're all familiar with the traditional beats of Brenda Lee and Perry Como, but what does the modern hipster holiday sound like? For an auditory break from the looping department store soundtrack, here's a list of alternative jams to be paired with ugly holiday sweaters and winter microbrews.

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Baby Please Come Home  
Death Cab For Cutie

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Winter White  
A Fine Frenzy

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White Wine in the Sun  
Tim Minchin

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Carol of the Bells  
The Bird and the Bee

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Rudolph the Red Nosed Reindeer  
Jack Johnson

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Silver Bells  
The Bright Eyes

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Put the Lights on the Tree  
Sufjan Stevens

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A Bizarre Christmas Incident  
Ben Folds Five

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Last Christmas  
Florence + the Machine

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Santa Claus  
Bob Dylan

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# TY'S TIPS COLOR ME SAVVY

## INTERIOR DESIGN STAR TY PENNINGTON

OFFERS UP EXPERT  
ADVICE AND IDEAS  
FOR UNIQUE HOME  
DESIGN.



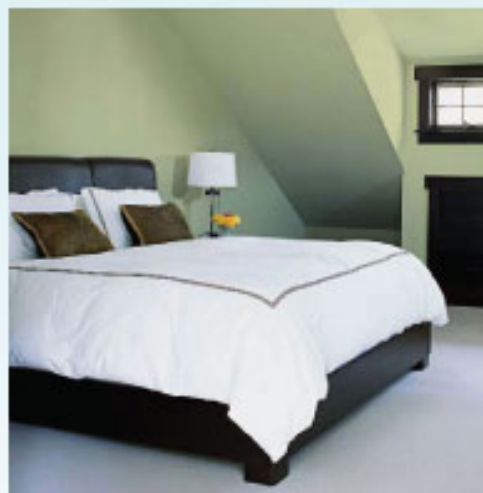
Why not take a cue from the vibrant hues of nature and bring some of the landscape indoors? Our very own celebrity decor guru, Ty Pennington, urges you to ditch your "color-phobia" and embrace the power of a new hue. "Paint is the great transformer," he says. "Nothing—nothing—changes a room as quickly or inexpensively. It sets the mood, evokes emotion. It can even make a room feel bigger, cozier, warmer, cooler." Here's a quick lesson on the simple yet stunning effects that a basic swath of paint can have on your home, regardless of the season.

### red

Nothing dominates a room like red! For a dramatic change, cover all four walls; if you're up for just a little energy change, go for only one bold, colorful wall. You won't believe the difference.

### orange

Orange can be soothing or energizing depending on the hue. Burnt oranges are earthy, while bright corals add an exciting pop. Either way, try pairing oranges with a warm, soft white. These colors work very well in houses with a lot of dark wood—whether it's dark floors, trim or a dining room table—adding rich warmth to any space.



### yellow

Who doesn't want to wake up to a sunny color? Yellow is a mood elevator and looks great with dark trim or white molding.

### green

Moss green is a people-pleaser and can actually serve as a neutral because so many colors pair well with it, including deep reds, browns and yellows. Greens appeal because they combine yellow (warm) and blue (cool) tones.

### blue

Some colors can be bold without being loud, and blue is one of them. The right shade of blue can make you feel relaxed and calm, like floating on water or watching clouds roll through a bright, turquoise summer sky.

### purple

Purple is perfect when you want to create a sexy space. Combined with cool grays, chrome or silver, it sets a seductive, romantic mood.





## ONE SPACE, THREE WAYS: TY ILLUSTRATES THE SEASON'S FRESHEST COLOR COMBINATIONS WITH ONE ARRANGEMENT.



Regardless of where you live, stepping outdoors can provide instant color inspiration for your home's interior. With this elegant palette, Ty takes us indoors. Soft, soothing greens, warm browns and a shot of aubergine provide a sophisticated backdrop for natural textured accents crafted from wood, wicker and bamboo. Live in an urban area? Unique architectural elements, such as salvaged wrought-iron pieces can add an edgy and inexpensive focal point to the room and subtly connect your home with its surroundings.



Cozy romance is back in a big way! In order to successfully pull-off the dreamy trend, Ty suggests keeping the sweet, moody hues grounded with the addition of earthy neutrals that help achieve an enchanting balance of both magic and realism. Fairytale shades of muted mauve, deep pink, and creamy ivory are anchored with the commanding contrast of chocolate-brown, enhanced with airy accessories that lend a sense of openness and light to the room.



Blues are always beloved, but believe it or not, they can be modernized too. Instead of classic blues, try cool, gray-blues this season, says Ty. And to add some warmth to the clean tones, creamy textiles and a complementary accent in salmon, coral or cinnabar will add cozy depth and accessible midtones.



Ty also suggests that when you're ready to dive into the technicolor world, save yourself some hassle and do a sample test. Color is fickle and changes according to the light and other colors in the room. Paint a sample on a piece of foam core and place it in different areas of the room for a couple of days to see how it works and then adjust accordingly.



# MOVIES HOLIDAY MOVIE CLASSICS

## TOP 10 Holiday MOVIE Classics

### 10. HOME ALONE (1990)

Accidentally left all by his lonesome for Christmas, Kevin McCallister protects his suburban home from a bumbling pair of thieves—in between living out every 8-year-old's family-free holiday fantasy.

### 9. NATIONAL LAMPOON'S CHRISTMAS VACATION (1989)

The Griswold clan tries to play it safe by staying home for the holidays but disaster comes anyway, in the form of squirrel-infested Christmas trees, holiday dinner misadventures and Cousin Eddie's overflowing septic tank.

### 8. HOW THE GRINCH STOLE CHRISTMAS (1966)

The original, timeless Dr. Seuss fable about a cave-dwelling sourpuss trying to ruin the holidays for all the Whos down in Whoville.

### 7. RUDOLPH THE RED-NOSED REINDEER (1964)

Stop-motion adventure that prompts tears from nostalgic adults and wonderment from young viewers. The Island of Misfit Toys will make your most chaotic holiday moments seem oddly fantastical.

### 6. DIE HARD (1988)

Bruce Willis plays out a memorably bad Christmas Eve, as an NYC cop whose reconciliation with his estranged wife in an L.A. skyscraper is interrupted by a bunch of machine-gun-toting terrorists. Epic villains and even more epic explosions, make this an action-packed holiday treat.

### 5. ELF (2003)

Will Ferrell's overgrown-child persona, fresh from the North Pole, is endearingly alien wandering the streets of NYC looking for his lost father. Heartfelt and hilarious, this one has become an instant classic.

### 4. A CHARLIE BROWN CHRISTMAS (1965)

By now as iconic as the story of Santa himself, the Peanuts holiday story is a staple, year after year, with an outstanding movie soundtrack to boot.

### 3. THE NIGHTMARE BEFORE CHRISTMAS (1993)

This musical comedy about the king of Halloween taking over yuletide festivities is delightfully eerie and beautiful. For those who prefer to have themselves a scary little Christmas, this is the go-to movie.

### 2. A CHRISTMAS CAROL (1951)

This classic favorite features an iconic trip through time to awaken the soul of Ebenezer Scrooge. You're sure to get a lump in your throat when Glyn Dearman's Tiny Tim says, "God bless us, one and all."

### 1. A CHRISTMAS STORY (1983)

And the winner: The yuletide movie to top them all tells the timeless tale of a suburban boy in the 1940s who only wants a Red Ryder BB gun from Santa. The ideal combo of a good-ol'-days glow, and a solid dose of tongue-on-flagpole edginess.

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Whether you're longing for holiday nostalgia, or the thermometer has bottomed-out and there's snow barricading the front door, what's better than cozying up on the couch to some silver-screen classics? It's hard to beat the black-and-white staples of the past, but some modern classics have been able to hold their own in this list of the season's favorites.

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# NEW FLICKS IN DECEMBER

Release dates subject to change.

## OUT OF THE FURNACE

Genre(s): Drama

Release Date: December 6

Starring: Christian Bale, Casey Affleck, Woody Harrelson, Zoe Saldana, Willem Dafoe, Forest Whitaker

Russell Baze has a rough life: He works a dead-end blue-collar job by day and cares for his terminally ill father by night. When Russell's brother Rodney returns home from serving time in Iraq, he gets lured into one of the most ruthless crime rings in the Northeast and mysteriously disappears. The police fail to crack the case and Russell takes matters into his own hands, putting his life on the line to seek justice for his brother.

## THE HOBBIT: THE DESOLATION OF SMAUG

Genre(s): Adventure, Fantasy

Release Date: December 13

Starring: Martin Freeman, Benedict Cumberbatch, Elijah Wood, Evangeline Lilly, Luke Evans, Cate Blanchett, Orlando Bloom

*The Hobbit: The Desolation of Smaug* continues the adventure of the title character Bilbo Baggins as he journeys with the Wizard Gandalf and 13 dwarves, led by Thorin Oakenshield on an epic quest to reclaim the lost Dwarf Kingdom of Erebor.

## AMERICAN HUSTLE

Genre(s): Drama

Release Date: December 13

Starring: Christian Bale, Jennifer Lawrence, Bradley Cooper, Jeremy Renner, Amy Adams, Louis C.K.

A fictional film set in the alluring world of one of the most stunning scandals to rock our nation, *American Hustle* tells the story of brilliant con man Irving Rosenfeld, who along with his equally cunning and seductive British partner Sydney Prosser, is forced to work for a wild FBI agent Richie DiMaso. DiMaso pushes them into a world of Jersey powerbrokers and mafia that's as dangerous as it is enticing. Like David O. Russell's other films, *American Hustle* defies genre, hinging on raw emotion and life and death stakes.

## HER

Genre(s): Drama, Comedy

Release Date: December 18

Starring: Joaquin Phoenix, Amy Adams, Rooney Mara, Scarlett Johansson, Olivia Wilde

This film is set in the Los Angeles of the slight future, and follows Theodore Twombly, a complex, soulful man who makes his living writing touching, personal letters for other people. Heartbroken after the end of a long relationship, he becomes intrigued with a new, advanced operating system which promises to be an intuitive entity in its own right, individual to each user. Upon initiating it, he is delighted to meet "Samantha," a bright, female voice, who is insightful, sensitive and surprisingly funny. As her needs and desires grow in tandem with his own, their friendship deepens into something much more.

## ANCHORMAN: THE LEGEND CONTINUES

Genre(s): Drama, Comedy

Release Date: December 20th

Starring: Will Ferrell, Steve Carell, Paul Rudd, David Koechner, Christina Applegate, Kristen Wiig, Vince Vaughn, Harrison Ford

With the '70s behind him, San Diego's top rated newsman, Ron Burgundy, returns to the news desk in *Anchorman 2: The Legend Continues*. Also back for more are Ron's co-anchor and wife, Veronica Corningstone, weatherman Brick Tamland, man on the street Brian Fantana and sports guy Champ Kind - all of whom won't make it easy to stay classy, while taking New York's first 24-hour news channel by storm.

## THE ZERO THEOREM

Genre(s): Adventure, Fantasy

Release Date: December 20

Starring: Christoph Waltz, Matt Damon, Melanie Thierry, David Thewlis, Tilda Swinton, Lucas Hedges, Ben Whishaw

*The Zero Theorem* tells the tale of a socially inept computer genius who delves into a perplexing project to discover the very purpose of existence itself. The management at the computer genius' organization continually interferes with his project and formulates a plan involving a love interest that may actually provide the very thing he was looking for in the first place.

## THE SECRET LIFE OF WALTER MITTY

Genre(s): Comedy, Fantasy, Adventure

Release Date: December 25

Starring: Ben Stiller, Kristen Wiig, Shirley MacLaine, Adam Scott, Sean Penn, Kathryn Hahn, Patton Oswalt, Josh Charles

Ben Stiller directs and stars in *The Secret Life of Walter Mitty*, James Thurber's classic story of a day-dreamer who escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action. When his job along with that of his co-worker are threatened, Walter takes action in the real world embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined.



# Enjoy December

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