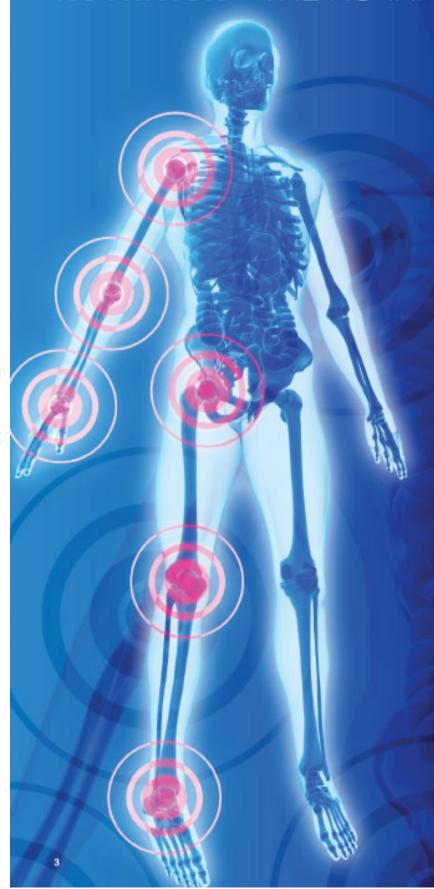






NUTRITION THE NO-INFLAMMATION DIET



growing community of scientists now agree that at the root of nearly all chronic disease and many other common ailments that plague Americans is the same culprit: inflammation. Temporary, localized inflammation like what happens when you sprain your ankle—is a sign that your body is mobilizing immune system troops to protect and heal damage. On the flip side, chronic, low-grade systemic inflammation harms rather than heals. and has been linked to everything from heart attacks and strokes to type 2 diabetes, Alzheimer's disease and even cancer.

The good news is that scientists now believe that chronic inflammation can be controlled by frequent exercise and proper nutrition. In fact, there's a list of foods known to directly cause inflammation when eaten regularly and foods that have been proven to actively prevent it. So listen up! Here's a quick field guide to food choices that will make the swelling go down on your risk of disease.

After just one week of the diet, nutritionists have reported notable improvements in inflammation related symptoms—like muscle aches and pains, stiff joints, water retention, fatigue, headaches, sinus congestion, brain fog, acne and eczema. Measured results in just seven days sounds like something worth trying! So, in honor of World Cancer Day on February 4, why not give the no-inflammation diet a shot?



These "fire-starter" foods all promote inflammation, either because they are difficult for the body to process, cause a low-grade allergic response or damage the lining of the gut, which is your first line of defense against an inflammatory response to foods. Try cutting the foods to the right from your diet entirely, or just eat them more sparingly.



(wheat, barley, rye, oats, spelt, kamut)

MOST DAIRY

(milk, cheese, butter, cream)

NIGHTSHADES

(tomatoes, bell peppers, potatoes, eggplant)

CORN PRODUCTS

(corn, corn meal, corn syrup)

FOODS HIGH IN OMEGA 6

(vegetable oil, mayonnaise, peanuts)

WHITE SUGAR



While the no-inflammation diet is primarily focused on preventing disease, it can also result in significant weight loss, especially in the mid-section. A pretty nice bonus, on top of improved overall health!











These "fire-fighter" foods all work to curb inflammation, whether by protecting the lining of the stomach, aiding in immune defense, or producing free-radical fighting agents. The foods to the right should be incorporated into your diet as often as possible.



GARLIC AND ONIONS

SMART DAIRY

(kefir and ghee)

DARK LEAFY GREENS

(kale, collards, spinach, broccoli)

FOODS HIGH IN OMEGA 3

(olive oil, sardines, salmon)

BROWN RICE

GINGER AND TURMERIC

BEETS AND BERRIES

(beets, blueberries, raspberries, cherries, blackberries)







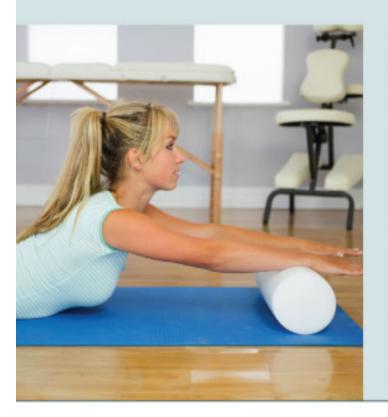
These diseases can be linked to inflammation:

Cardiovascular diseases:

heart failure, stroke, coronary heart disease Types of cancers:

lymphoma, prostate, ovarian, pancreatic, colorectal, lung
Other conditions include: diabetes, kidney disease, osteoporosis, depression, dementia, Alzheimer's disease, rheumatoid arthritis, IBD/Crohn's Disease, fibromyalgia.

FITNESS THE BEST WORKOUT YOU'RE NOT DOING



If you are a committed fitness junkie, a devoted runner or even a moderately active gym-goer, you may want to consider adding 20 minutes to your existing routine. According to some scientists and fitness gurus who are interested in treating the connectivity of muscles as an entire strength ecosystem (as opposed to isolated muscle groups), the best way to improve flexibility, prevent injury, and promote whole-body fitness is to use a foam roller. It may not look like much, and it is fairly under the radar outside of professional sports, but studies show this small cylinder could be the key to both performing at your peak now, and being able to exercise much longer into life.

 ${
m F}^{
m oam}$ rolling is in many ways like a deep massage—only no spavisits are required! By rolling the hard foam over your joints, major muscle groups and the tissue and tendons that connect them. (like the fascia, which stretches over many of your muscle groups), you'll notice decreased stiffness, better flexibility and mobility and muscles that can function at peak performance! For each muscle that you work, slowly move the roller back and forth and pause when you hit a really tender spot. Focus your roller on the areas that seem to need it the most; you'll know them when you hit them! You can experiment with foam rolling over all your muscles, but below are three essential foam-roller exercises to try.

IT-BAND ROLL

Your iliotibial band (IT band) is a tough strip of connective tissue that runs down the side of your thigh, starting on your hip bone and connecting just below your knee. When you start foam rolling, you'll probably find that this tissue is one of the most sensitive areas that you can roll over, perhaps due to the high tension of the band. Remember, pain means you need to roll it. Make this a priority because over time, if your IT band is too tight it could cause knee pain and injury.

- Lie on your right side and place your right hip on a foam roller. Put your hands on the floor for support. Cross your left leg over your right and place your left foot flat on the floor.
- Roll your body forward until the roller reaches your knee. Then roll back and forth. Switch sides, and then repeat.

HAMSTRINGS AND GLUTES ROLL

Place a foam roller under vour right knee, with your leg straight. Cross your left leg over your right ankle. Put your hands flat on the floor for support. Keep your back naturally arched.

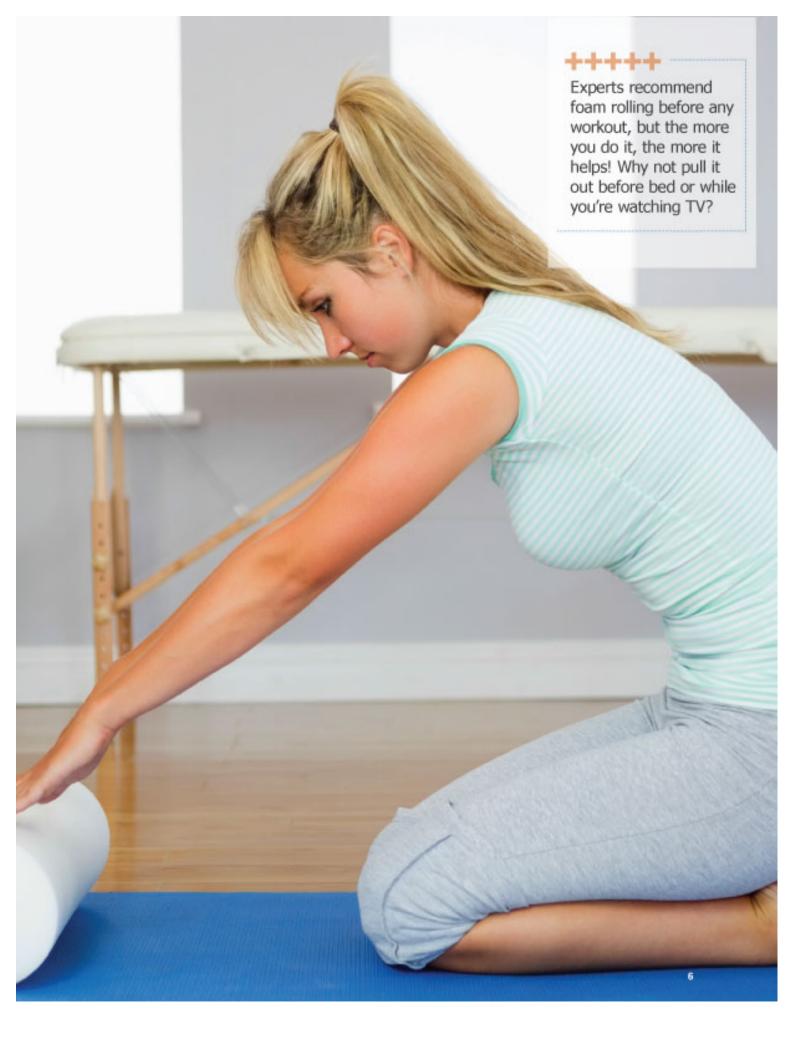
- Roll your body forward back and forth between ankle and glutes for 30 seconds, then move your left leg up over the front of your right thigh, focusing the roller on your glutes.
- Roll your body forward until the roller reaches your lower back, up and down. Repeat on the other side.

QUADRICEPS-AND-HIP-FLEXORS ROLL

Lie face down on the floor with a foam roller positioned above your right knee. Cross your left leg over your right ankle and place your elbows on the floor for support.

- Roll your body backward until the roller reaches the top of your right thigh. Then roll back and forth.
- Repeat with the roller under your left thigh.

If you've never foam-rolled before, be prepared! It can be uncomfortable and even painful when you start because you are working areas that have never been worked before. Don't worry—the more painful it is, the more that muscle needs foam rolling. The more you roll, the less discomfort you'll feel, and the more results you'll get.



TY'S TIPS

The key to having a stylish and organized home is displaying only those things you use often—or that you love so much you want to see every day—and putting the rest away. Look for adaptable, openshelf storage that allows for frequent changes, and that's good looking enough to be a design asset.

INTERIOR DESIGN STAR

TY PENNINGTON

OFFERS UP EXPERT ADVICE AND IDEAS FOR UNIQUE HOME DESIGN.





MOVING UP

When you need storage but want to keep floor space clear, build a ring of cubbies around the top of the room. Paint them the same shade as the wall to minimize their prominence, or make them a vibrant color so they'll pop.

IMPROVISE

A shoe organizer on the back of the kids' bedroom door is perfect for small toys and art supplies. A nuts-and-bolts organizer from the workshop or an ice cube tray from the freezer can store earnings.

SEE IT, BELIEVE IT

Don't use something every day? Put it in a labeled box. Or, cover the box in something that represents what's inside. If it's fabric swatches, wrap the box in a cool material. If it's family photos, decorate the box with copies of favorite pictures.

GOT IT, FLAUNT IT

Do you own a ton of books or record albums? Then cover an entire wall with shelving and turn your collection into a design element. Store like items together. That way you'll know when the size of your collection is becoming an issue.

SPARE ROOM

If your laundry room is big enough, it may be the ideal spot for stashing seldom-worn and out-of-season clothes. Set up the room using DIY space organizers with cabinets and hanging rods. These can be found at most home centers in a range of prices.

OUTTA SIGHT

Look for found space on top of cabinets, under beds and behind doors. Put a tablecloth over a side table and store things underneath it. Replace a regular ottoman with one that has storage. But don't use these extra storage spots as hiding places. Go through what you stash regularly to make sure you still need to keep what you've tucked away.

PLACES PLEASE

Designate a place for the things you use every day: a hook near the door for your keys, a basket in the kitchen for coupons and discount cards, a drawer in the foyer for eyeglasses. Set up "in" and "out" boxes for things like bills to be paid (to prevent late fees) and children's permission slips (to avoid phone calls from school).

HANG IT UP

Put the inside of your cupboards and closets to work. Drill holes in one side of wooden clothespins and hang the clothespins on a row of small nails. Clothespins in your closet can hold scarves and gloves; inside kitchen cabinets, they're great for coupons and take-out menus.

COUNTER CULTURE

Keep only those appliances you use frequently—coffeemaker, toaster—on the counter and put everything else away. Install stepped shelving in cabinets so you can see the contents, pull-out racks for access to deep cupboards, and drawer dividers to keep utensils under control.

MIND THE MESS

Taking time daily to work on a single drawer or shelf can make a big difference. In 15 minutes, you can remove everything, dust and clean, then put back only what you'll need and use. Keep a trash bag and a giveaway box next to you while sorting. Throw out the trash and take the box to a donation center ASAP.









TRAVEL SPA AMOUR

Want to go big for Valentine's Day this year? Skip town and book a weekend spa adventure for two! What could be more relaxing—or romantic—than an indulgent spa treatment with your special someone? At these magical U.S. retreats, couples can learn massage techniques, rebalance the body through ancient Ayurvedic methods or simply soak together in a tub of aromatic herbs.



CALISTOGA RANCH: Calistoga, CA

Secluded in a forest just east of the Silverado Trail in Napa Valley, Calistoga Ranch is a sleek, sexy hideaway. Private cedar-shingle guest lodges dot a 157acre compound. The Ranch Bathhouse overlooks Lake Lommel and offers buttermilk baths, mud baths, outdoor massages with walnut oil and a natural thermal mineral pool.

www.calistogaranch.com

MANDARIN ORIENTAL SPA: Miami, FL

A highly luxurious zen sanctuary, perched high above Biscayne Bay, this couples retreat will not disappoint. Romantic features include tandem spearmint body polishes and Balinese massages. Stay as long as you'd like guests are charged per hour rather than per treatment.

www.mandarinoriental.com

TEN THOUSAND WAVES: Santa Fe, NM

The allure of this New Mexican spa is most likely the juvenile thrill of baring it all in the wild outdoors. Unwind in a private outdoor tub, or schedule an Indo-Asian hot oil massage for two—a sandalwood-scented massage followed by an herbal wrap—in a couples room with wide-open windows.

MIRBEAU INN AND SPA: Skaneateles, NY

French in every way (except that it's conveniently located in the wine-producing Finger Lakes region of upstate New York), this chateau-style escape offers everything romantic: gardens and ponds designed to look like Claude Monet's home in Giverny and signature spa treatments, including 100-minute massages and milk baths filled with orange blossoms.

www.mirbeau.com

THE INN AT PALMETTO BLUFF: Bluffton, SC

Designed in charming Low Country style, the Inn at Palmetto Bluff has 42 large, comfy cottage rooms with water views, fireplaces, verandas and even outdoor baths. When you're not indulging in luxurious spa treatments, bit the links! The beautiful 18-hole Golf Course darts in and out along the May River shoreline.

www.palmettobluff.com

SAGESTONE SPA AT RED MOUNTAIN SPA:

Ivins, CIT

This spa caters to thrill-seekers whose idea of intimacy involves hugging canyons, scaling red cliffs and biking black lava beds. Every adventure is capped with stunning gourmet meals and luxurious spa treatments, including one that combines an indigenous scrub with tobacco and cornmeal, a cedarwood oil massage and a sweetgrass herbal wran.

www.redmountainresort.com

SUNDARA: Wisconsin Dells, WI

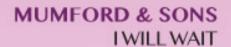
Bask in the heated infinity pool surrounded by towering pines, lounge in twin overflowing soak baths with a spectacular view of the woods or pass the time in a spa room for two with 10 powerful water jets and a cascading waterfall. If there's time left over, hike and explore the exceptional outdoor wilderness.

www.sundaraspa.com



MUSIC BEST NEW LOVE SONGS

The music scene is constantly churning out boundary-pushing, genre-bending tunes, but the one category of music that always remains classic is love songs. In celebration of Valentine's Day, here are some new tracks to add to your list of old favorites!



RIHANNA FEATURING MIKKY EKKO STAY



LORD HURON TIME TO RUN

> RHYE THE FALL

DRAKE HOLD ON WE'RE GOING HOME



MARIAH CAREY & MIGUEL YOU'RE BEAUTIFUL

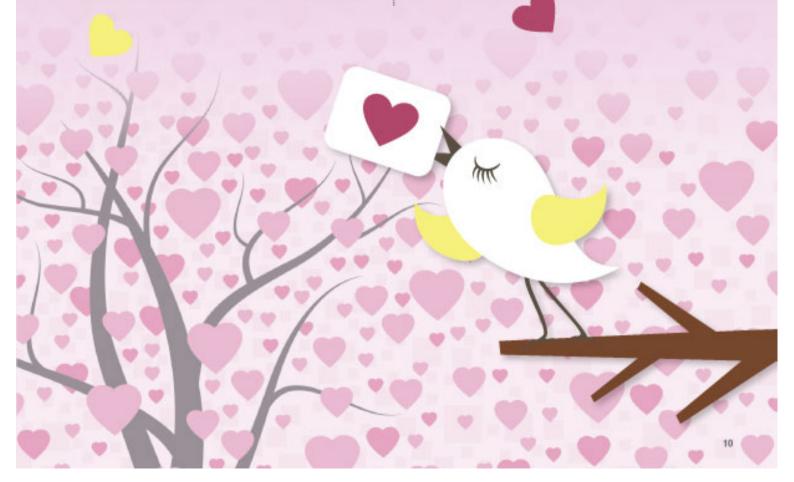
FRANK OCEAN THINKIN' BOUT YOU

PARADISE WILD NOTHING

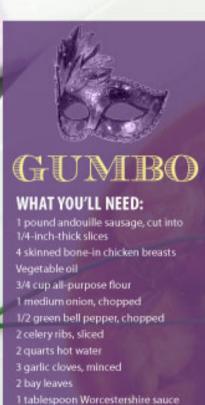
BEACH HOUSE TAKE CARE

SOLANGE LOSING YOU





FOOD NEW ORLEANS FAVORITES





Mardi Gras doesn't start until March 4 this year, but plan your menu early with these two culinary favorites and make your party a success.

WANT TO TALK LIKE A PROPER CREOLE FOODIE?

True New Orleans Gumbo is characterized by the inclusion of "Holy Trinity," or celery, green bell peppers and onions; "Filé," or dried, ground sassafras leaves; and "Roux," the french thickening agent combining flour and fat.

DIRECTIONS:

2 teaspoons Creole seasoning

1/2 teaspoon dried thyme

4 green onions, sliced

Filé powder

1/2 to 1 teaspoon hot sauce

Chives for garnish (optional)

Cook sausage in a Dutch oven (or large soup pot) over medium heat, stirring constantly, 5 min or until browned. Drain on paper towels, reserving drippings in Dutch oven. Set sausage aside.

In the same pan, cook chicken in reserved drippings over medium heat 5 minutes or until browned. Remove to paper towels, reserving drippings in pan. Set chicken aside.

Add enough oil to drippings to measure 1/2 cup. Add flour, and cook over medium heat, stirring constantly for 20 to 25 minutes, or until roux is chocolate colored.

Stir in onion, bell pepper, and celery; cook, stirring often for 8 minutes or until tender. Gradually add 2 quarts hot water and bring mixture to a boil; add chicken, garlic and add next 5 ingredients from list above. Reduce heat to low, and simmer, stirring occasionally, 1 hour. Remove chicken and let cool.

Add sausage to gumbo; cook 30 minutes. Stir in green onions; cook

for 30 more minutes.

Bone chicken and cut meat into strips; return chicken to gumbo, and simmer 5 minutes. Remove and discard bay leaves.

Remove gumbo from heat. Sprinkle with file powder, if desired. Serve over hot cooked rice. Garnish with chives optional.



KING

WHAT YOU'LL NEED:

PASTRY:

1 cup milk 1/4 cup butter 2 (.25 ounce) packages active dry yeast 2/3 cup warm water (110 degrees F/45 degrees C) 1/2 cup white sugar

2 eggs 1 1/2 teaspoons salt 1/2 teaspoon freshly grated nutrneg 5 1/2 cups all-purpose flour

FILLING:

1 cup packed brown sugar 1 tablespoon ground cinnamon 2/3 cup chopped pecans 1/2 cup all-purpose flour 1/2 cup raisins 1/2 cup melted butter

FROSTING:

1 cup confectioners' sugar 1 tablespoon water

This celebratory Mardi
Gras dessert traditionally
includes a small trinket
that is baked into the
center, often a small gold
crown, plastic baby or
other figurine. Depending
on the culture or family,
whoever finds it in their
piece is either blessed with
good luck, or an obligation. Makes for added
suspense... but just be
careful chewing!



DIRECTIONS:

Scald milk, remove from heat and stir in 1/4 cup of butter. Allow mixture to cool to room temperature. In a large bowl, dissolve yeast in the warm water with 1 tablespoon of the white sugar. Let stand until creamy, about 10 minutes.

When yeast mixture is bubbling, add the cooled milk mixture. Whisk in the eggs. Stir in the remaining white sugar, salt and nutmeg. Beat the flour into the milk/egg mixture 1 cup at a time. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 to 10 minutes.

Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth or plastic wrap and let rise in a warm place until doubled in volume, about 2 hours. When risen, punch down and divide dough in half.

Preheat oven to 375 degrees F (190 degrees C). Grease 2 cookie sheets or line with parchment paper.

To Make Filling: Combine the brown sugar, ground cinnamon, chopped pecans, 1/2 cup flour and 1/2 cup raisins. Pour 1/2 cup melted butter over the cinnamon mixture and mix until crumbly.

Roll dough halves out into large rectangles (approximately 10x16 inches). Sprinkle the filling evenly over the dough and roll up each half tightly like a jelly roll, beginning at the wide side. Bring the ends of each roll together to form 2 oval shaped rings. Place each ring on a prepared cookie sheet. With scissors, make cuts 1/3 of the way through the rings at 1 inch intervals. Let rise in a warm spot until doubled in size, about 45 minutes.

Bake in preheated oven for 30 minutes. Push the doll or other small trinket (see sidebar to the left) into the bottom of the cake. Frost while warm with the confectioners' sugar blended with 1 to 2 tablespoons of water.



DRINK THE SAZERAC

YIELDS: 1 DRINK

INGREDIENTS

1 CUP SUGAR

1 CUP WATER

ICE CUBES

1/4 CUP RYE WHISKEY OR BOURBON 1/4 TEASPOON BITTERS

1/4 TEASPOON ANISE

LIQUEUR

LEMON RIND TWIST



PREPARATION

Cook 1 cup sugar and 1 cup water in a small saucepan over medium-high heat 5 minutes, stirring until sugar dissolves. Remove from heat; cool.

Pack a 3 1/2-ounce cocktail glass with ice cubes, and set glass aside.

Combine whiskey, bitters, sugar syrup and a few ice cubes in a cocktail shaker; stir to chill.

Discard ice cubes in cocktail glass. Coat inside of glass with liqueur, shaking out excess liqueur.

Rub lemon rind over rim of glass, and drop in glass as garnish. Strain whiskey mixture into prepared glass. Serve immediately.

MOVIES NEW FLICKS IN FEBRUARY

Release dates subject to change.

THE MONUMENTS MEN

Genre(s): Drama Release Date: February 7

Starring: George Clooney, Daniel Craig, Bill Murray, Cate Blanchett, Matt Damon

This edge of your seat World War II true story follows a misfit plateon of art directors, curators and historians, charged by FDR with the mission of rescuing artistic masterpieces from the Nazis, in this telling of the greatest treasure hunt in history. Watch these unlikely heroes traverse enemy lines and battle the German army, in order to protect and defend some of mankind's greatest achievements.

THE LEGO MOVIE

Genre(s): Animation, Adventure Release Date: February 7

Starring: Chris Pratt, Elizabeth Banks, Channing Tatum, Jonah Hill

This computer-animated gem tells the story of Emmet, an ordinary, rule-abiding Lego minifigure who is wrongly identified as the key to saving the world. He is mistakenly drafted into a fellowship of crusaders charged with stopping an evil tyrant. Watch Emmet tackle this epic journey, for which he is humorously and endearingly underprepared.

ROBOCOP

Genre(s): Superhero, Action Release Date: February 12

Starring: Joel Kinnaman, Gary Oldman, Samuel L. Jackson, Michael Keaton

The year is 2028 and the evil, global corporation OmniCorp is driving the industry of robot technology, propelled to domination by the success of the drone program. Now, in an effort to expand their empire, they scheme to extend their controversial technology to domestic markets and identify a perfect opportunity to make it happen. When a good cop working hard to fight crime and corruption in his home city of Detroit is critically injured, OmniCorp turns his ailing body into a hybrid machine as a pilot test for an eventual army of RoboCops to be deployed in every major city. The only problem with their plan is that there is still a man inside of RoboCop to reckon with.







WINTER'S TALE

Genre(s): Fantasy, Adventure Release Date: February 14

Starring: Colin Farrell, Jessica Brown Findlay, Russell Crowe, Jennifer Connelly

A stunning film adaptation of one of the most extraordinary stories of American literature, Winter's Tale tells the story of a young Irish immigrant navigating the complex, turbulent, and ultimately beautiful winter landscape of New York City at the turn of the 20th century, who scales a fortress-like mansion on the Upper West Side to encounter a young dying girl, and the love of his life. Driven by the purity of his young love, Peter embarks on an epic struggle to stop time and reverse death. A glorious homage to both love and the great history of New York City, this film with warm your heart and visually amaze.

THE WIND RISES

Genre(s): Animation, Drama Release Date: February 21

Starring: Hideaki Anno, Mirai Shida, Jun Kunimura, Hidetoshi Nishijima

Jiro dreams of flying and creating airplanes, but visually handicapped since childhood, his visions are sadly unattainable. He joins the aircraft division of a major Japanese engineering company—his brilliance and passion are soon recognized and he quickly becomes one of the world's more celebrated airplane designers. Inspired by the true story of famous Italian aeronautical designer Caproni, this moving film follows his life and work as he designs and loves and realizes his dream in a turbulent world.

BAREFOOT

Genre(s): Romance, Comedy Release Date: February 21

Starring: Evan Rachel Wood, Scott Speedman, J.K. Simmons, Treat Williams

A classic impossible love story between a charming, young psychiatric patient and the rebellious son of a wealthy family who never seems to be able to get things right. When he brings her to his brothers' wedding to show off his normalcy, the family falls for her charisma and the two fall in love with one another.

3 DAYS TO KILL

Genre(s): Action, Thriller Release Date: February 21

Starring: Kevin Costner, Amber Heard, Hailee Steinfeld, Connie Williams

Secret service agent Ethan Runner discovers he's dying and decides to quit the agency to live out his life reconnecting with his long neglected family. He's given another option: to try an experimental drug that promises to save his life in exchange for performing one final mission. He soon finds himself caught in a confusing web of nightmare and reality, as the hallucinatory side effects of his miracle drug impair both his work and his family.

NON-STOP

Genre(s): Action, Sci-Fi Release Date: February 28

Starring: Liam Neeson, Julianne Moore, Nate Parker, Lupita Nyong'o

A chair-gripping thriller at 40,000 feet staring. Liam Neeson as a U.S. air marshal, who receives a series of coded messages while manning an transatlantic flight, demanding that he instruct the airline give up millions of dollars in exchange for the lives of the passengers on board.







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