





MARCH 2 DR. SEUSS' BIRTHDAY

WHAT'S HAPPENI

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Hello my name is

John



MARCH 4
DISCOVER WHAT YOUR
NAME MEANS DAY

MARCH 4 MARDI GRAS

MARCH 9

DAYLIGHT SAVING

TIME BEGINS

MARCH





MARCH 17 ST. PATRICK'S DAY

MARCH 20 FIRST DAY OF SPRING

FITNESS TOP FITNESS MYTHS, BUSTED!





Despite the fact that the contrary is at the top of many fitness myth lists, this statement is not true. This point is often stressed by trainers in order to emphasize that you cannot limit your strength training regimen to only one muscle group and expect regional weight loss results. If you accept, however, that you will have to commit to a healthy diet, cardio and full body strength training in order to lose weight, you can incorporate specific exercises into your routine to target smaller muscle groups that are not used as often. Women's hips and triceps, for example, are often underworked because the larger neighboring muscle groups take over their work and they can be "spot-treated" for toning and definition. The same goes for the muscles on the sides of men's abs and the top of the pelvis, which are not targeted with common crunches.

Cardio always comes first.

Hitting the treadmill right away can feel intuitive when you're looking to break a sweat, but putting cardio first will reduce glycogen levels, which can prevent you from strength training as hard as you need to later. If you start with weight training instead, you'll burn more calories during your cardio session and increase levels of testosterone and cortisol, both beneficial to a strong workout.

MYTH 3

Don't squat past your toes.

The number one rule of squatting is to keep your knee at 90 degrees, right?

False! Biomechanically, we are built to accommodate a deeper squat. While being aware of form is important to avoid injury, knees should break the toe threshold for a proper squat and glutes should go as low as possible. The most important elements to focus on are slow, fluid movements and keeping your chest and head raised.



Sports drinks are necessary for recovery.

Despite the compelling imagery of sports drink commercials claiming the opposite, water can get you through most workouts. The intense sugar levels and chemicals found in sports drinks can impede the fat-burning process. If you drink water throughout the day and eat well, your body should have what it needs to stay hydrated. Electrolyteenhanced waters are a good alternative for gym sessions or intense cardio workouts of an hour or more.

MYTI 5

Always static stretch before any workout.

The pre-workout stretch has been drilled into our brains, but recent studies show that static stretching done before training can reduce performance and power. Keep static stretching as a part of your post-workout routine, and instead try working dynamic stretching into your warm-up.

Distance running vis key to weight loss.

While cardio is an important supplement to any strength training regimen, running alone is not effective for losing inches. Great for heart health and clearing your mind after a stressful day, running can still be a valuable component to a healthy routine, but cardio has a low fat burning return and over a lifetime it has a high injury rate. For a more efficient and effective workout, try high-intensity interval training instead.

MYTH 7 🌬

Yoga is a great workout.

Same goes here. Yoga is a valuable addition to every exercise routine; the meditative effects and balance training enhance both your mind and body health. However yoga doesn't burn many calories because it doesn't require much oxygen. It also doesn't stimulate muscle growth in the same way that weight training does. People are increasingly practicing yoga exclusively for their fitness routines, but to be a truly buff yoga bunny, you have to supplement your practice with weight training, cardio and a healthy diet.

MYTH 8



The more you sweat, the more you lose.

Don't sweat your sweat levels. Sweating has nothing to do with your weight loss progress; it's your body's way of cooling you down. Fat is oxidized inside your body, and it is not going to vaporize because you're sweating. The amount of sweat released varies from person to person and will fluctuate for each person from workout to workout. It is not a good indicator of effort or effectiveness. Focus instead on maximizing intensity.

MYTH



Small weights with lots of reps build lean muscle.

Once you have a solid foundation of strength and full-body muscle mass, this training method can give some great detail in defining smaller, less-worked muscle groups. However, without adequate weight during strength training, you will never build the muscle you need to burn fat. Fitness should start with the goal of building muscle and can then be supplemented with Pilates, Barre or other low-intensity exercise methods that further define.

MYTH 10

You can't gain muscle after 40.

Age brings wear and tear, but unless you've been a competitive professional athlete since you were a teenager, your body is still ripe for muscle building at age 40—it just may be a tad harder. Make sure to keep your doctor informed of all components of your routine. You may also want to be tested for various hormone deficiencies to make sure that you aren't at risk for heart disease or osteoporosis. In general though, don't slow down! There's no reason you can't keep pace, or even start building a strong body from scratch as you grow older.



Exercise and physical activity are a great way to feel better, gain health benefits and have fun, Aim for at least 30 minutes of physical activity every day. Not only can regular exercise benefit your overall health it can also:

- + improve your mood
- control weight gain
- + promote better sleep
- combat certain health conditions and diseases
- + boost your energy and more!

FOOD CELEBRATE DR. SEUSS' BIRTHDAY

Green Eggs and Ham



This month brings both St. Patrick's Day and the birthday of beloved Dr. Seuss. Why not celebrate with a meal that is the most festively appropriate hybrid of the two holidays? This delicious and whimsical dish is as tasty as it is fun!

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon butter
- 2 large shallots, finely chopped
- 1 10-ounce box frozen chopped spinach, defrosted and drained 1/3 to 1/2 cup heavy cream

Freshly ground black pepper Freshly grated nutmeg, to taste 8 slices deli ham or bacon 8 eggs

Non-stick muffin pan

Preheat oven to 375 degrees F. In a medium skillet over medium heat, heat the extra-virgin olive oil and the butter and sweat the shallots for a few minutes. Add the spinach and stir in the cream. Season with salt, freshly ground black pepper and a little grated nutmeg. Cook the spinach, stirring occasionally, until the cream has thickened, 5 minutes. Adjust seasoning to your taste.

Fold each slice of deli ham or bacon in half and line the nonstick cups with 1 slice of meat each. Spoon a heaping tablespoon of the cooked spinach mixture into each of the cups, then crack an egg into each, making sure it stays whole (hint - if you're worried about breaking the egg yolk, crack the egg into a small bowl first, then pour it into the muffin cup). Season the tops of the eggs with salt and freshly ground black pepper and bake in the oven until set, about 15 minutes. Allow the baked eggs to cool in the muffin cups for a few minutes before removing them from the pan.

Serve immediately.

Dr. Seuss wrote 'Green Eggs and Ham" after his editor bet him that he couldn't write a book using less than 50 different words. So this childhood classic was actually the result of a wager!

And in case you're wondering, the words used are: a, am, and, anywhere, are, be, boat, box, car, could, dark, do, eat, eggs, fox, goat, good, green, ham, here, house, I, if, in, let, like, may, me,

mouse, not, on, or, rain, Sam, say, see, so, thank, that, the, them,

DID YOU KNOW? there, they, train, tree, try, will, with, would, and you. 50 on the nose!

DRINK GIANT'S GATE IRISH COCKTAIL

Pe've all found ourselves with a joyful pint of green beer in hand on St. Patrick's Day, but if you're looking for a slightly more refined way to toast this Irish holiday, try the Giant's Gate cocktail, which combines the warm flavor of classic scotch whiskey with the gentle bitterness of a Guinness.



WHAT YOU'LL NEED

1 1/3 oz Bushmills Irish whiskey or other scotch-whiskey

1/3 oz lime juice

2/3 oz simple syrup

2/3 oz Guinness stout

1/2 oz egg white

5-6 cardamom pods or a dash of cardamom powder seasoning

DIRECTIONS

In a cocktail shaker, muddle the cardamom pods.

Add the other ingredients and dry shake thoroughly to emulsify the mixture with the egg white.

Add ice, shake, and double strain into pre-chilled cocktail glass rinsed with Guinness stout.

ENJOY!

Courtesy: cocktails.about.com



TY'S TIPS ROOM REDO — CHIC RETREATS

INTERIOR DESIGN STAR TY PENNINGTON

OFFERS UP EXPERT ADVICE AND IDEAS FOR UNIQUE HOME DESIGN.



Revamping two dated baths at once allowed a resourceful designer to get fresh spaces—and the most bang for her buck.

Courtesy: Ty Pennington Design Team





The rooms of the 1920 Hollywood
Hills home that L.A. designer
ErinnValencich purchased not long ago
brimmed with charm—all but the worn
and dated baths, that is. A past remodel
had left the master bath with an awkward
tub'shower unit, a bulky vanity and a
stained-glass window that blocked the
cheery California light and garden views.
"I'm a person who likes to look out and
see clouds and grass," Erinn explains.
Unfortunately, the guest bath with its
clumsy, cave-like shower and dingy old
linoleum wasn't any better.

Although the architecture was Spanish in style, the house actually had only a few Mediterranean interior details. So Erinn, who has hosted various HGTV specials, was free to give the rooms her own contemporary spin. Her goal for these fix-ups, which she tackled before moving in, included making the baths feel more spacious, light-filled and modern. Since she was handling two projects at once, she also wanted to closely monitor costs and be prudent where possible. Keeping all the plumbing in existing locations saved Erinn a bundle. She had enough left over, in fact, to make a real splash with stunning materials and fixtures.

She began by gutting both rooms and devising schemes that amplify the feeling of spaciousness. With her busy schedule, Erinn has little time for soaking, "Showers are more sensible for me," she says. So now the 6 x 10-foot master bath boasts a generous glass shower with a convenient built-in bench. And to conjure a more open feeling, the 7 x 12-foot guest bath sports a walk-in transparent shower, too.

TOP PHOTO: The guest bath's self rimmed sink is a focal point. According to Erinn, extending the 12 x 24-inch textured shower tiles along the vanity wall gives the room "more fluidity." The new beveled mirror appears to double the room's size.

BOTTOM PHOTO: Chunky geometric hardware dresses up the vanity. The graphic wallcovering links the scene to the outdoors. And since the guest bath seldom gets steamy, a light-diffusing silk shade is a perfect embellishment. Erinn also designed floating ebony-stained wood vanities to accommodate towels and toiletries. "Without legs, they look airy, not heavy," she says.

To convey freshness and light, she opted for sleek fixtures, as well as reflective finishes and fittings. Eye-catching sinks from Kohler's Wading Pool® series and sleek brushed-chrome, wall-mounted faucets rocket the baths into the present century, while large mirrors visually expand the rooms' dimensions and increase light. Even the toilets, particularly the master's tankless hatbox-style model, are cool and super-efficient!

Touches of texture tone down the modernity with a bit of earthy warmth. For the master shower, Erinn chose a pebble floor and gray and brown bamboo-look wall tile in two different sizes. "I wanted it to look like a rain forest," she says. A soothing Caesarstone countertop and a stone floor—laid in a striking herringbone pattern—heighten the luxe mood. The guest bath also features a heady mix: glazed porcelain tile that has the look of rich wood, teamed with a classy gray-and-white wallcovering.

As finishing touches, artful sconces aid grooming and add a glamorous vibe. And so do wallet-friendly prints and faux bouquets. "These are great additions," says Erinn, "as long as they fit proportionally and are never allowed to gather dust."

LOW-MAINTENANCE HIGH STYLE

- Choose a LIGHT PALETTE and use high-gloss paint to make it easier to track and remove grime.
- Opt for engineered QUARTZ COUNTERTOPS for a natural-surface look that's stain- and bacteria-resistant.
- Incorporate SEAMLESS TUB SURROUNDS—they're a snap to wipe down.
- Consider faucet fixtures in finishes such as BRUSHED CHROME that will hide water spots and won't corrode.
 Install UNDERMOUNTED SINKS to minimize scrubbing.
- Get the LOOK OF WOOD OR TILE without worrying about warping or water rot by laying attractive laminate flooring.
- Create homes for towels and supplies with INTEGRATED CLOSETS,
 CABINETS AND OPEN SHELVES.





ABOVE PHOTOS: To achieve the look she wanted for the master shower, designer Erinn Valencich laid the tiles on her bathroom floor first. She also had the installer apply them all the way up to ceiling height for maximum effect. A rainstyle showerhead and adjustable body sprays deliver a spa-like experience. The lemony-tinted print-nabbed at HomeGoods-complements the towels. The bath walls are painted custom green. "I kept mixing and testing until I came up with a shade I liked," Erinn recalls. The vanity's hardware-reminiscent of bamboo-echoes the shower. The utilitarian countertop is Lagos Blue Caesarstone-less costly than granite or marble. Erinn removed the unsuitable window, enlarged the opening and plugged in a new vinyl-framed replacement.



TRAVEL TOP TRAVEL HACKS

Travel hacking is a phrase that has recently become popular, and you may have seen this term on travel websites that provide tips on becoming the ultimate traveler. Travel hackers are people who are constantly chasing miles, rewards points and elite status and looking for every possible way to beat the system and find the best deal. We all know that planning the perfect trip can be a complicated process, and between fickle fares, packing stress, security lines, lost baggage and itinerary management, an idyllic trip can go from glory to gaffe in an instant. Good news, the tech world has been hard at work developing tools to make our vacations run a little more smoothly. So whether you are a weathered work travel veteran or a tentative explorer, here are 10 travel hacks to take you to pro status.



Get the inside scoop.

Tap into the word on the street with FlyerTalk.com. Full of opinions and insights from serious road warriors, the Flyer-Talk online forums help you size up airlines, loyalty programs and even travel gadgets.



Let them fight over you... and do your homework.

For more epic (and thus more complicated) trips abroad, try flight-research startup site FlightFox.com, where experts compete to help you reduce the total cost of your ticket by fare hunting and tapping regional budget carriers. And here are three sites that will help get you the lowest airfare around!

GetGoing.com: This blind-booking site nets up to 40 percent off flights if you let it pick between two destinations.

TripWatcher.com: Sign up to receive instant e-mail alerts when fares for a particular route drop. Airfarewatchdog.com: The site's analysts comb

airline websites and other sources for the best deals, which appear in a daily e-mail newsletter.



Manage your itinerary.

Worldmate.com has the perfect app for business travelers. It integrates with your calendar and Linkedin, making it easy to network while on the road. Tripit.com is a family's dream, keeping tahs on cabin seat inventory and alerting you when elusive blocks of up to four seats open up. For the real road warriors, the more trips you log using Traxo.com, the more perks from partner companies you receive: carrental you chers, free travel insurance and even free flights. And Travo is free!



Beat jet lag.

The trick to ensuring that your dream vacation is jet lag free is to get on the right schedule while in transit. Sign up for a personalized plan with the website **Stopjetlag.com**, which will give you an hour-by-hour schedule for meals, rest time and even surlight exposure, based on your travel itinerary.



Don't lose your luggage.

Spy on Your Suitcase:

Plant it with the palm-size Trakdot. The small box automatically transmits its location using a GSM chip, allowing you to follow your bag's route via SMS, e-mail or the Trakdot app and website. Visit Trakdot.com to check it out! Ship Your Bags:

Consider sending your bags straight to the hotel or golf course or cruise ship through a service such as **Luggage Forward.com** or **Luggage Free.com**. Overnight delivery of a 25-pound bag from New York to L.A. will run about \$150—more than your airline charges, but considerably less than UPS.



Find a better snack.

The GateGuru app has detailed terminal maps and restaurant reviews for over 100 airports around the world. Never get stuck eating that soggy, \$18 terminal tuna sandwich again! Visit GateGuru.com to download the app.



Get a better seat.

Find the Best Plane: Not all aircraft are created equal. Look to SeatGuru.com and Routehappy.com for navigating plane versions, which both have flight-search functions that let you prioritize legroom, Wi-Fi connectivity and seatback entertainment over price and flight time.



Need a bed?

A new website **TheSuitest.com** has a Hotel Time Machine that predicts the average room rate in a destination six months out, making it easy to see when rooms will be at their most affordable.



Look for unsold rooms.

Don't want to cut it too close? **Hipmunk.com**'s new lastminute deal aggregator compiles rock-bottom prices for unsold rooms up to 72 hours ahead of arrival.



Don't fight alone.

Think you might be owed money for a delayed or canceled flight while traveling in Europe? Don't waste your trip on the phone. The **Refund.me** website will help you file a claim.





NUTRITION WHAT DO YOUR CRAVINGS REALLY MEAN?

e all get cravings, those crazy, fiendish sensations that seem to come from nowhere, driving you to dash manically for the ice cream or bag of potato chips. Turns out, those panas are not just arbitrary sensations designed to self-sabotage; cravings are our body's signal that we are in need of specific nutrients. The problem is that these signals can often be misinterpreted by our rational selves. When your body craves pizza, for example, it might not be prompting you to place an order for a greasy pie, but rather you might really be short on some of the nutrient components of the dish, like the essential minerals in sodium, the calcium in cheese or the nitrogen in bread. If we retrain our body with healthy substitutes that give the same nutritive effects, in time, our bodies will begin craving the healthy alternatives! So next time you're tempted to indulge, consult this list of decoded cravings instead.

When you eat, your body creates a "food memory," or a nutritional map of each food and its unique makeup that the body consults later when it is in need of a particular vitamin or mineral. This ingenious system is only effective when your body has imprinted food memories of healthy items that it can call up when deprived. Otherwise, you can end up both overweight and malnourished!

If you crave	You need	You should eat
Pickled/Acidic foods	Magnesium	Raw nuts
Sweets	Chromium/Carbon Phosphorus/Sulfur	Broccoli, grapes, beans, eggs, fish, kale & cabbage
Salty Foods	Chloride	Unrefined sea salt & fish
Greasy Food	Calcium	Mustard greens, kale, broccoli & sesame seeds
Alcohol	Protein/Potassium	High protein foods: meat, poultry, seafood, nuts, eggs, bananas, black olives & bitter greens
Carbonated Drinks	Calcium	Mustard greens, kale, broccoli & sesame seeds
Carbs	Nitrogen	High protein foods

Occasional treats are permitted! Keep raw vegetables and protein rich snacks like raw broccoli, nuts and hard boiled eggs on hand for emergencies so that next time your crovings hit you can try substituting these nutrient rich go-to's first; you might just satisfy your craving and feed your body. And if the urge is still there? Go ahead and treat yourself. Maybe your body just knows that you've earned a cookie!

LIFESTYLE SLEEP LIKE A PRO

estoring our bodies with a good night's sleep is one of the most important factors for optimum health.

However the secret to catching quality zzzs remains elusive to many. Like many things, sleeping is deeply rooted in habit; a tweak here or there to your routine can mean the difference between waking up bright-eyed and bushy-tailed, and tossing and turning all night. Follow this sleep-tip itinerary to score some serious shut-eye!

6:00am (or your personal wake up time)

SAME TIME, RAIN OR SHINE

It can be tempting to remain under the covers until noon on Saturday, but your internal clock craves consistency. Just one day of derivation can sabotage the rest of your week. Pick a time that is reasonable for every day of the week and stick to it for as long as you can. Experts say after a while, you will start to wake up a few minutes before your alarm goes off naturally! Note that Daylight Saving Time begins on March 9, so make sure to work that into your new sleep schedule.

7:00am

SEARCH FOR LIGHT

Darkness cues our body's production of melatonin, the hormone that naturally induces sleep. Conversely, it's the exposure to sunlight that triggers the off switch on our melatonin production. Getting outside for 30 minutes first thing in the morning or having a cup of coffee in front of a bright window, will get your body calibrated for the day ahead. If you live in a climate that's short on sunshine, try putting a blue wavelength lightbox next to your bed. Turn it on every morning instead of hitting your snooze button for a more energized day!

2:00pm

SAVOR YOUR LAST SIP OF LATTE

Caffeine can remain in your system for upwards of eight hours after consumption, affecting your ability to sleep at night. Doctors recommend cutting all caffeinated foods - including teas, sodas, and even chocolate - by 2p.m. at the latest each day. Even those who claim to feel "immune" to the stimulant effects have most likely just developed a long-term habit that could be quietly affecting sleep patterns or even causing morning fatigue. Limit caffeine intake to morning for a few weeks and see how you feel.



Heart disease, diabetes and obesity have all been linked with chronic sleep loss, not to mention poor work performance, driving accidents, relationship problems and depression.



10:00pm

SET THE MOOD

Getting the scene right is cru

Getting the scene right is crucial to sleeping well. For optimum shut-eye, bedrooms need to be clutter free, dark and cold (65 degrees is the right temperature for most). You have to prep yourself as well: interactive technologies engage your mind and stimulate adrenaline, so a strict Internet curfew is essential. At least one hour before bedtime, all devices need to be stashed until morning. Instead, try reading or meditating to soothe your mind and prepare for sleep. Finally, jot down anything that's on your mind before your head hits the pillow. Once you've written down your to-do list for the next day or anything else that might make your mind race, you'll be able to rest easy.

ll:00pm

Just like in the morning, try your best to check out at the same time nightly to give your body the regime it needs. And since you've been prepping for this moment all day, this last step should be a breeze! Cuddle in and hit the hay. You'll be sleeping soundly in no time!

tip

Did you know that better sleep may actually be one of the secrets of living longer? A recent study on sleep patterns of individuals who lived to hit the century mark indicates that quality sleep is one of the most influential factors in longevity.

SLEEP-ACCESSORY ESSENTIALS:

- A quality humidifier will do wonders for your sleep and stop the dry air that can irritate nasal passages.
- Weighted blankets are designed to give you the same soothing feeling that babies get from being swaddled.
- High-tech alarm clocks allow you to rise to the sound of a favorite song or soothing natural noises, instead of the jarring nature of most alarms and some even track your breathing and movements to wake you up at the lightest part of your sleep cycle so that you feel refreshed!
- Melatonin supplements can be kept next to your bed in case you need extra help getting to sleep. This vitamin is especially helpful in prompting you to fall asleep faster. Have it ready and use when needed.
- Lavender candles or essential oils have shown to act as a mild sedative. Keep the scent in your bedroom for an extra sleepy ambiance.

6:00pm

WORK UP A SWEAT

Good news for fitness nuts: Hitting the gym is one of the most important factors in healthy sleep patterns, reducing the amount of time it takes to fall asleep and allowing you to sleep soundly for longer. Even 30 minutes a day can get you some extra shut-eye. Just try to finish your workout three hours before bed so that you have enough time to come down from your endorphin high.

7:00pm HAVE YOUR NIGHTCAP EARLY

Sure, that glass of wine may help you conk out, but in the long run that libation does more harm than good by preventing you from falling into a truly deep sleep. Studies show that inebriated sleep leaves you less rested than sober sleep. So, if you choose to have a nighttime cocktail, try to cork that bottle at least three hours before hitting the hay for a restful night's sleep.

MUSIC THE BEST "GREEN" SONGS

In musical tribute to
St. Patrick's Day this
year, save Flogging
Molly jams for the
pub and loop this
more abstractly festive
playlist of some of the
best "green" songs
ever recorded.

Green River - Real Estate

Green Grass - Tanlines

Green Eyes - Coldplay

Green Gloves - The National

Leaves that Green - Paul Simon

Green is the Color - Pink Floyd

Green Onions - Booker T. & the M.G.s.

Pale Green Stars - Everclear

Green, Green Grass of Home - Johnny Cash

Torn Green Velvet Eyes - The Magnetic Field

MOVIES NEW FLICKS IN MARCH

Release dates subject to change.

THE GRAND BUDAPEST HOTEL

Genre(s): Drama, Comedy Release Date: March 7

Starring: Ralph Fiennes, Tony Revolori, Tilda Swinton, Jude Law

The Grand Budapest Hotel tells the story of a legendary concierge at a famous European hotel between the wars and his friendship with a young employee who becomes his trusted protégé. The story involves the theft and recovery of a priceless Renaissance painting, the battle for an enormous family fortune and the slow and then sudden upheavals that transformed Europe during the first half of the 20th century. Portrayed in the quirky, yet brilliant style that Wes Anderson is celebrated for, The Grand Budapest Hotel is the most recent in a line of hipster comedy gems from a unique director.

NEED FOR SPEED

Genre(s): Action, Adventure Release Date: March 14

Starring: Aaron Paul, Dominic Cooper, Imogen Poots, Dakota Johnson

Based on the most successful racing video game franchise in history-with over 140 million copies sold-Need for Speed captures the thrills of the game in a real-world setting. An exciting return to the great car-culture films of the '60s and '70s, the story chronicles a nearimpossible cross-country race against time-one that begins as a mission for revenge, but proves to be one of redemption. In a last attempt to save his struggling garage, a blue-collar mechanic reluctantly partners with a wealthy, arrogant ex-NASCAR driver. Just as it looks like the partnership will be worth the risk, a disastrous, unsanctioned race results in the accusation of manslaughter and prison time for the poor mechanic.

GRACE OF MONACO

Genre(s): Biography, Drama Release Date: March 14

Starring: Nicole Kidman, Paz Vega, Parker Posey, Milo Ventimiglia

Nicole Kidman portrays the iconic beauty in a captivating film that sets Kelly's personal story against 1962 politics, focusing on a six-month period in which the newly minted Princess of Monaco maneuvered behind the scenes in an effort to save the city-state from a dangerous coup.

BLOOD TIES

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

Starring: Zoe Saldana, Marion Cotillard, Clive Owen, Billy Crudup

Set in 1974 in New York, a 50-year-old man has just been released on good behavior after several years in prison following a gangland murder. Waiting for him reluctantly outside the prison gates is his younger brother, a cop with a bright future. Hoping that his brother has changed, he shares his home, finds him a job and helps him reconnect with his children and his ex-wife. But his brother's past quickly catches up to him, and his descent back into a life of crime becomes inevitable. This story traces the entwined life of two very opposite brothers and their turbulent destiny that will keep them bound forever.

MUPPETS MOST WANTED

Genre(s): Comedy, Family Release Date: March 21

Starring: Ty Burrell, Ricky Gervais, Tina Fey, Ray Liotta

We follow the Muppets on a seemingly glamorous global tour, including stops in Berlin, Madrid and London. Mayhem follows them, as they find themselves entangled in an international crime caper headed by Constantine—the world's number one criminal. With an all-star cast of guest appearances and all the fun and adventure the Muppets are loved for, this is a must-see for all ages.

BAD WORDS

Genre(s): Drama, Comedy Release Date: March 28

Starring: Jason Bateman, Rohan Chand, Kathryn Hahn, Allison Janney

Bud Words stars a 40-year-old derelict who finds a loophole in the rules of the Golden Quill national spelling bee and decides to cause trouble by hijacking the competition. Contest officials, outraged parents and overly ambitious eighth graders are no match, as he ruthlessly crushes their dreams of victory and fame. As a reporter attempts to discover his true motivation, the trouble-maker finds himself forging an unlikely alliance with a competitor.

CESAR CHAVEZ: AN AMERICAN HERO

Genre(s): Fantasy, Adventure Release Date: March 28

Starring: Michael Pena, America Ferrera, Rosario Dawson, John Malkovich

This film chronicles the birth of a modern American movement led by famed civil rights leader and labor organizer, Cesar Chavez. Torn between his duties as a husband and father and his commitment to bringing dignity and justice to others, Chavez embraced non-violence as he battled greed and prejudice in his struggle for the rights of farm workers.

NOAH

Genre(s): Drama, Fantasy, Epic Release Date: March 28

Starring: Russell Crowe, Jennifer Connelly, Emma Watson, Anthony Hopkins

Academy Award winner Russell Crowe stars as Noah, a man chosen by God for a great task before an apocalyptic flood destroys the world. Noah is a new and stunning take on a very old tale.







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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 * MB.0005932 * IN — 1st Mortgage: 11060 2nd Mortgage: 10332 * IA — 2005-0132 * KS — MC.0001530 Licensed Mortgage Company - Guaranteed Rate, Inc - Licensee MC.0001530 * KY — MC20335 * LA — 2866 * ME — SLM11302 * MD — 13181 * MA — MC2611 Guaranteed Rate, Inc - Mortgage Lender & Mortgage Broker Licensee 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 — 13391-MB Guaranteed Rate, Inc. das 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