

Enjoy April

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: APRIL 2014 Vol 2 ISSUE: 11

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

THIS ISSUE IS BROUGHT TO
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TY'S TIPS

MONTHLY ADVICE FROM
HOME DESIGN GURU
TY PENNINGTON

WHAT'S HAPPENING IN APRIL

THE ANTI-AGING DIET

THE OTHER MEXICO

GRILLED CHEESE REMIX

ENTER TO WIN TODAY AND
IMPROVE YOUR NEIGHBORHOOD
WITH GUARANTEED RATE AND TY PENNINGTON



At Guaranteed Rate, we believe that home ownership and the activities of people who are volunteering and leading projects to improve their communities are the most important parts of building strong neighborhoods.

That's why we've launched the Ultimate Neighborhood Give Back Challenge to recognize and help people and organizations that are leading projects to make their communities a better place. Projects can be almost anything: rehabbing classrooms, improving a ball field, revamping a youth center, cleaning up a playground, planting a community garden, upgrading a counseling center, building a warming center.. anything that makes a community a better place.

Visit bit.ly/GRgivebackchallenge for more information and to get started.

presented by
guaranteed Rate

No purchase necessary. Open to individuals, business owners, non-profits, and charities who are legal residents of the 50 United States (incl. D.C.) And are 18 years or older. Void where prohibited. Enter by: 6/9/14 for official rules and prize description, visit www.facebook.com/guaranteedrate. Sponsor: Guaranteed Rate, 3940 N Ravenswood Chicago, IL 60613



APRIL 1
APRIL FOOLS DAY



APRIL 2
NATIONAL
WALKING DAY

WHAT'S HAPPENING IN



APRIL 12
GRILLED CHEESE
SANDWICH DAY



APRIL 15
EQUAL PAY DAY

APRIL



APRIL 15
JACKIE ROBINSON DAY



APRIL 20
EASTER



APRIL 22
EARTH DAY

NUTRITION THE ANTI-AGING DIET

IT'S TRUE THAT IDENTIFYING YOUR NUTRITION GOALS AND COMMITTING TO THEM IS HALF THE BATTLE.

If you're actively trying to eat for optimum health and longevity, you've probably realized that while it's easy to find general claims on what to eat and what to avoid, it's much harder to nail down the mysterious, practical details. For instance, which foods are essential? How much of a given food should you consume and how often? It can be confusing to search through the onslaught of findings, but we've done the research for you: identified the foods essential to healthy aging and disease prevention and the amounts of each that you'll need to reap maximum benefits. **Mystery solved.**



ONION

1/2 three times a week
Maintains eye health

AVOCADO

1/2 three times a week
Cuts risks of metabolic syndrome and heart disease



CARROTS

4 ounces most days
Reduces blood pressure



BROCCOLI

1 cup three times a month
Reduces risk of cancers



TOMATOES

1/2 three times a week
Cuts risks of metabolic syndrome and heart disease

PEPPERS

1 cup three times a week
Snuffs out free radicals and prevents cell damage





Though these foods won't make you younger or stop you from getting older, they can improve your overall health and vitality, protecting you against disease and illness, which could prolong your life and maintain a higher quality of life.

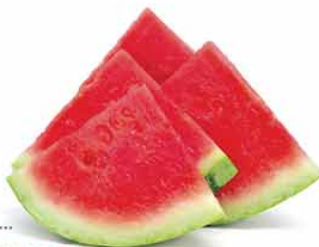
POMEGRANATE

1 twice a month
Helps prevent bone loss



BLUEBERRIES

1½ cups a week
Boosts heart health



WATERMELON

4 ounces most days
Reduces blood pressure



CHERRIES

½ cup twice a week
Improves sleep



APPLES

1 three times a week
Lowers risk of diabetes



NUTS

1 ounce five or more days a week
Lowers risk of heart disease

FISH

3 ounces two or more times a week
Protects the aging brain, lowers risk of cancers and increases life span



EGGS

1 to 3 a week
Preserves mental function



OLIVE OIL

2 tablespoons a day
Improves heart health; lowers risks of dementia and cancers

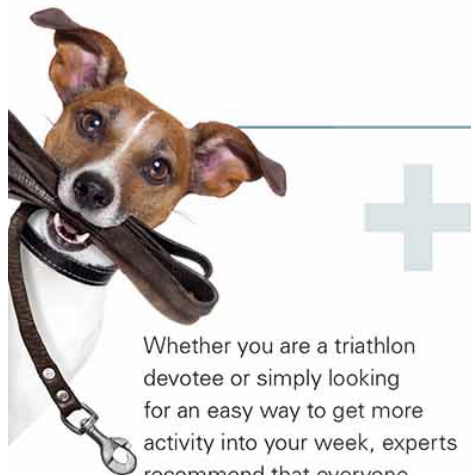


BLACK AND GREEN TEA

Several cups a day
Cuts risks of bone fractures, cancers and heart disease

FITNESS WALK THIS WAY!

Spring is in swing, summer is just around the corner and your workout routine needs a seasonal shake-up! Often discounted as too leisurely to produce real results, walking deserves a second glance. According to research, walking done often and properly can deliver an array of benefits equally impressive as those gained from sportier regimens, all without the risk of injury. National Walking Day is April 2, so keep an open mind and consider incorporating walking into your routine!



Whether you are a triathlon devotee or simply looking for an easy way to get more activity into your week, experts recommend that everyone should work walking into their routine as a supplement to weight training. It can serve as your main cardio or as a mode of transportation, and many athletes like to use it as a Sunday activity to get some less rigorous exercise into their days off from the gym. Why not take Fido along, as dogs also reap health benefits from walking and can keep you both interested and motivated!

NEW STUDIES HAVE SHOWN THAT TAKING RIGOROUS WALKS AS PART OF YOUR EVERYDAY LIFESTYLE BRINGS SERIOUS BENEFITS:

1 Prevents age-related weight gain

A 2013 Australian study tracked the weight of participants over four years and found that those who walked to work gained two pounds less than those who took their cars, even when the car commuters hit the treadmill daily.

2 Keeps energy levels high

Big meals can wreak havoc on blood-sugar levels and leave you feeling sluggish. Studies show that three 15-minute post-meal walks each day were more effective at regulating blood-sugar levels and compensating for overeating than a 45-minute single workout. Furthermore, walkers are shown to eat less post-workout than those who engage in hearty exercise.

3 Lifts your mood longer

Scientists now know that just 10 minutes of walking at the pace you would use if you were late for an appointment can boost your mood for two hours. Study participants who identified as anxious or depressed coming in consistently rated their moods as more joyful and optimistic post-walking than those who hit the gym or remained inactive.

4 Strengthens memory

According to a recent study, older aged participants who walked for 40 minutes three times a week for a year experienced a 2% average increase in size of the hippocampus, the part of the brain that controls memory and emotion.

5 Highly effective cardio workout

Any activity that gradually gets your heart rate up is good for your cardiovascular health, but a common misconception is that running is inherently better for your ticker. Studies show that simply walking one-and-a-half times the distance produces the same cardiovascular and calorie-burning benefits as a run.

6 Injury free workout

Experts say that while running, biking, aerobics and most other cardio activities will inevitably cause joint injury over time, walking carries virtually no risk of injury and can be done well into your golden years. So hit the trail today and you'll be on the right path for tomorrow!

SOME WALKING DOs AND DON'Ts:

DO go outdoors. Natural terrain adds adversity and difficulty.

DO get creative. If you have to stay indoors, walk both downhill and uphill on the treadmill.

DO use a pedometer. Studies show it increases the average number of steps by 27%.

DON'T dress for a jog. Running shoes can be too stiff, opt instead for more flexible sneakers.

DON'T carry weights. More harm than good, weights cause joint strain, not muscle work.

DON'T go too slow. Experts say the more brisk, the better.



DRINK EARTH DAY SMASH

Earth Day is April 22, and if you're looking to toast the occasion, here's a delicious green cocktail that calls on fresh flavors and garden-grown ingredients. So mix this up and raise a glass to Mother Earth!

Yields:
1 Drink

What You'll Need

10 mint leaves

1 oz lemon juice (1/2 lemon)

2 tsp turbinado sugar

2 oz Chartreuse liqueur

Sprig of mint, for garnish

Directions

Place mint, lemon and sugar in a cocktail shaker and muddle. Add Chartreuse and fill with ice. Shake thoroughly, and strain into a glass filled with crushed ice. Garnish with mint sprig.

Enjoy!

Courtesy: www.saveur.com



Did you know? Chartreuse is a French liqueur that has been made by Carthusian Monks in the Grande Chartreuse monastery since 1737! Its limey green color comes from the 130 herbs, plants and flowers used in the distilling process.

TY'S TIPS

INTERIOR DESIGN STAR TY PENNINGTON

Offers up
expert
advice and
ideas
for unique
home design.

Written by: Suzanne Morrissey



ROOM FRESHENERS: BRING THE OUTDOORS IN



1 GO BIG

If you have the option to simply swing open the doors and flood a room with light and fresh air—go for it! Worried about bugs ruining the mood? A good breezy day keeps those pests at bay, and so will citronella candles or mesh door screens.



2 CREATE ART

Even an amateur photographer can capture a beautiful blossom or a breathtaking view across a city garden or lake. Pop your masterpiece in a pretty frame with a white mat and add it to an interior wall for a constant reminder of spring.

3 LET THE SUNSHINE IN

If a renovation is on your project list, consider a bold move: Add skylights that allow light to flood upper rooms or replace light-stingy windows with larger ones to create a grander view of the outdoors. Keep the mood bright by using sheers or simple unlined shades as window treatments room fresheners.



4 STORE IN STYLE

When organizing a room, check local garden centers for containers that become eye-catching catchalls when brought indoors. Try using a wire window box hung inside to hold mail and notepads or a pedestal urn to corral magazines and books.



5 ADD TEXTURE

Rattan baskets, capiz shell lampshades and carved natural wood bowls are just a few of the home accessories that allow you to bring the textures of the outdoors in. Introduce a sampling of these elements into your rooms for instant earthy appeal.



6 POT IT UP

Line a window or counter with a row of pots planted with herbs or grasses for a touch of green.



7 ROCK IT

A clear vessel filled with smooth river stones adds a calming, neutral touch of nature in any room. Consider a trio of tall cylinders filled to the brim on a mantel, or a shallow dish on an entry table to set the natural tone from the moment you walk in the door.



8 FLAUNT FLOWERS

Naturally, a vase filled with cut blooms brings an instant boost to any room. Try creating an arrangement of long-flowering branches in a super-tall vase for even more floral impact.



9 STICK WITH IT

Gather chunky sticks or fallen branches from the yard and paint them stark white or black for a quick modern display. Alternatively, attach the sticks with hot glue to a plain metal lamp base, or use smaller painted twigs and stems to add an earthy appeal to a picture frame.



10 FOLD IN FABRIC

A trip to the fabric store opens up a whole world of nature-inspired patterns and colors. From traditional florals to modern botanical silhouettes, fabrics that echo the natural world can evoke the uplifting feeling of an outdoor escape in your home.

TRAVEL THE OTHER MEXICO

Even though unsafe patches and Spring Break chaos are understanding deterrents to making Mexico your next getaway destination, it deserves a second look. With a bustling and art-rich metropolis, bohemian surf enclaves, secret fishing villages, five star eco-resorts and even more decorated cuisine, Mexico has more to offer than its reputation often suggests. Here are three spots worth exploring!



Tulum: Riviera Maya

On the southern tip of the Riviera Maya, the former hippie outpost of Tulum, founded by surfer elite and fashion's finest, has become Mexico's most stylish beach destination. Just a few hours south of the East coast's Spring Break scene, this low-key, bohemian enclave is packed with eco-bungalows, yogi-expats and former Manhattan chefs. And did we mention Mayan ruins?

WHERE TO STAY

Stay at the solar-powered, four-room Casa de las Olas for thatched-roof bungalows outfitted with Balinese hardwood beds and dark rafters. You might even be part of an impromptu shrimp roast using the owner's charcoal-burning oven. (Rates from \$150/night)

Enjoy luxury for less at Jashita, a boutique hotel with more refined décor than at other spots along the beach, plus an on-site spa, full concierge services and a stunning pool. (Rates from \$140/night)

Keep it simple at CoCo Tulum, where the fourteen beachfront palapas contain nothing more than a bed, a few shelves, and silky mosquito netting. (Rates from \$45/night)

WHERE TO EAT

Don't miss dinner at Hartwood, where chef Eric Werner epitomizes the locavore ethos. Thanks to alliances with farmers and fishermen, he sources the freshest ingredients for creative and authentic dishes you won't find anywhere else.

Dig into elevated street food at Dona Lores, a family-run puesto (Mexican slang for "hole in the wall") where corn for tortillas and tamales is ground daily in-house for some of the best 75 cent tacos you'll ever taste.

Join the local crowd at the new El Camello Jr., which serves seafood caught across the peninsula in the Gulf of Mexico's Campeche region, best known for its sweet shrimp. Go during lunch, when the original, adjacent shop is open and you'll find the owner cutting up the catch of the day, served whole and fried or turned into ceviche.

WHAT TO DO

Take home some new foodie skills at Altamar, where Chilean natives teach the Yucatan style cooking methods using local ingredients. Learn the secrets to expertly made ceviches and tacos, plus how to make eight Mexican salsas and get a primer on tequilas and classic margaritas.

Try learning to fish with the experts at Boca Paila. They sail small flat-bottomed boats into the Sian Ka'an Biosphere Reserve's waters, straight to the best fly-fishing spots. Depending on the season, you might catch huge groupers, bonefish or huachinango snapper.

For even more adventure, check out the Dos Ojos Cenote, a constellation of flooded sinkholes filled with clear, temperate water where you can snorkel the stalagmites and stalactites, or suit up in scuba gear and explore the networks of underground caves and lakes. Then, head to Sian Ka'an Biosphere Reserve for a naturalist-led kayak tour to spot tropical birds, sea turtles and still-unexcavated Mayan ruins.



Puerto Escondido, Pacific Coast •

Mexico's Puerto Escondido is a sleepy fishing village on the Pacific coast once known only to surfers for its legendary waves. This village now draws a more cosmopolitan crowd seeking its unspoiled stretch of perfectly pristine beach, hidden coves and rocky cliffs that soar above crystalline waters.

WHERE TO STAY

The Hotel Escondido is a cluster of cozy oceanfront palapas, complete with Daliesque cactus gardens, private saltwater plunge pools and iPod docks—a far cry from the area's typical ramshackle guest cottages, but tucked behind papaya groves with horses and oxen grazing nearby for a perfectly rustic feeling. (Double rates from \$255/night)

The Hotel Santa Fe is a sprawling Spanish colonial estate surrounded by tropical gardens, overlooking the ocean, founded by an expat surfer who also owns a farm a few hours away, which supplies the hotel's excellent restaurant. (Double rates from \$150/night)

The 12 cliff-top bungalows at Villas Carrizalillo overlook a cove with the area's prettiest beach, Playa Carrizalillo. Villas have curved Spanish-style roofs, but each is unique: some have exposed stone walls, others come with dark, polished cement floors. Sip tequila añejo at sunset at the red-tiled terrace bar. (Double rates from \$150/night)

WHAT TO EAT AND DO

There's not much to do here besides lounge and surf! If you consider yourself an advanced surfer, follow the pro-crowds and head straight for "The Mexican Pipeline", but for the rest of us, there's Playa Carrizalillo, a quiet cove accessible via a 150-step stairway, with waters gentle enough for all skill levels; take a dip, snorkel, then down oysters from one of the handful of beach shacks.

All of the handmade seaside restaurants are a good bet for fresh juices, fresh tacos and cold beers, but be sure to join both tourists and locals alike at Black Velvet Fish Taco & Beer,



decorated with kitschy seashell-studded lamps and mobiles and a flat-screen TV that plays an endless loop of surf films.

For a change of scene, head to Chacahua National Park. Good for surfing and bird watching, as well as exploring the mangroves with a guide by canoe. Stay late enough to catch a perfect Mexican sunset.

Mexico City •

Long passed over by American tourists fixated on the country's otherwhere beach offerings, Mexico City is now a bustling hub of culture and fashion, Art Nouveau and Baroque palaces, experimental art and high-design hotels—and, of course, mouthwatering cuisine. If you know which neighborhoods to explore, this city is both safe and rich with sights and flavors.

WHERE TO STAY

At 571 square miles Mexico City is vast, but visitors and residents, or *chilangos*, gravitate to a few key neighborhoods:

Centro Histórico: Anchored by the Zócalo plaza, the historic center is a mix of monuments and hive-like commerce. Try The St. Regis Mexico City which boasts rooms with floor-to-ceiling windows and panoramic views of the city center. (Double rates from \$430/night)

Condesa: Mexico City's answer to New York's West Village, shops, restaurants and apartments radiate out from the Parque México. Try Condesa DF: Southeast of the park, this boutique hotel has become one of the city's most fashionable addresses, thanks to its buzz-y scene (including the popular El Patio Japanese-Mexican fusion restaurant) and relaxed, vintage-inspired design. (Double rates from \$175/night)

Polanco: One of the city's most posh districts keeps expanding north: "Nuevo Polanco" is being colonized by galleries and shopping malls. Try Las Alcobas, refreshingly intimate amid the luxury-brand shops of the upscale district. Beds here are covered with embroidered linens, while bathrooms have both whirlpools and steam jets. (Double rates from \$275/night)



WHERE TO EAT

Hipsters, artists and boutique owners have revived the Roma neighborhood, which was once a bourgeois area of Art Nouveau mansions. Now a posh crowd lunches at seafood hotspot Contramar, where you can nosh on tuna tostadas and fluke ceviche. But get there early, restaurant closes at 7:30 p.m.

In Polanco, the minimalist interior of Biko sets the stage for a Basque-inspired menu that contrasts classic dishes with experimental interpretations.

If you're in the mood for good old-fashioned frijoles or pork-topped tacos al pastor, don't miss Condesa's Taquería El Califa.

WHAT TO DO

The art scene here is one of the best in the world! Try the soaring, light-filled Museo Universitario Arte Contemporáneo, which showcases contemporary international and Mexican artists; the Museo Universitario del Chopo, an early-20th-century building turned experimental art and performance hall that was recently redesigned by star architect Enrique Norten; and to see the latest in emerging art, head to Kurimanzutto, OMR and Proyectos Monclova, galleries known for staging the city's most cutting-edge exhibitions.

Shop! Dress the part of a Mexican movie star at Condesa's NaCo Miscelánea, purveyor of hipster sportswear was cofounded by actor Diego Luna (*Y Tu Mamá También*); for vintage Luis Barragán chairs and other Modernist Mexican furniture, look to Roma's Chic by Accident; the nearby La Valise, displays a combination art-and-literature bookstore, objects shop and photography gallery; and check out Celeste House, from the group behind the Mexico City-based indie fashion magazine of the same name, it is stocked with everything from Christian Louboutin shoes to 19th-century Latin American silver. Its third-floor English tearoom transforms into a champagne bar at night.

FOOD GRILLED CHEESE REMIX

As comfort foods go, it doesn't get much comfier than the grilled cheese sandwich, where gooey layers conjure nostalgic childhood memories and toasty winter meals. These three riffs on the original will surprise your taste buds and give you some new foodie memories, just in time for National Grilled Cheese Day on April 12!



Grilled Fig and Cheese

WHAT YOU'LL NEED

- Two slices sourdough bread (or your favorite bread)
- About 3 dried figs, sliced
- One spoonful of chopped walnuts
- A few spoonfuls of ricotta
- 2-3 slices brie
- 2-3 thick slices fresh mozzarella
- Generous drizzle of honey
- Sprinkle of truffle salt

DIRECTIONS

Heat a panini press or grill pan.

On one slice of bread smear the ricotta thickly. Top with fig slices and walnuts. Top that with the brie, then the mozzarella. Drizzle with honey and sprinkle with truffle salt. Top with the other slice of bread.

Place sandwich on the press or grill and press down. Grill, pressing down, until grill marks appear, bread is toasted, and the cheeses have melted and melded into a beautiful mess.



Caprese Grilled Cheese



WHAT YOU'LL NEED

- 2 slices fresh sourdough or rustic white bread
- 3 oz fresh mozzarella, sliced into rounds
- 4 - 6 Roma tomato slices
- 1 tbsp chopped, fresh basil
- Freshly ground black pepper, to taste
- 2 tsp extra virgin olive oil or 1 tbsp butter
- 1/2 clove of garlic, for rubbing bread

DIRECTIONS

Stack mozzarella rounds in an even layer over one slice of bread followed by an even layer of sliced tomatoes.

Sprinkle basil over top and season with ground black pepper to taste, then cover with remaining slice of bread.

Drizzle 1 tsp olive oil in a non-stick skillet, heat over medium-low heat and tilt back and forth to evenly coat. Heat the oil long enough for it to glide easily across the pan but don't heat it to smoking point before adding the sandwich or the bread will toast before the cheese has a chance to melt. Cover with lid and cook until sandwich is golden brown on bottom, about 2 minutes.

Lift sandwich out of skillet and drizzle remaining 1 tsp olive oil into skillet, tilt pan back and forth to evenly coat. Carefully flip sandwich to opposite side then return to skillet, cover with lid and continue to cook until bottom side is golden brown and cheese is melted through. Remove from skillet and lightly brush garlic clove along toasted sides of bread. Serve immediately.

Bacon, Egg & Hash Brown Grilled Cheese

WHAT YOU'LL NEED

- 1 russet potato, peeled
- 4 slices bacon (thick-sliced works best)
- 2 eggs
- 4 slices white bread
- 2 tablespoons butter, softened
- 6 ounces sharp cheddar cheese, shredded

DIRECTIONS

Place peeled potato in a small saucepan, cover with cold water and bring to a boil over high heat. Once it reaches a boil, reduce the heat and simmer for 5 minutes. Remove from heat and let sit for 15 minutes.

Meanwhile, fry the bacon in a large (12-inch) cast iron skillet (use stainless steel if you don't have cast iron) until crisp. Remove from the skillet to a paper-towel lined plate to drain. Pour the bacon drippings from the pan into a small bowl and set aside.

Return the pan to the burner (do not wipe out the pan) over medium heat and fry the eggs to your desired degree of doneness (you can cook them the whole way through, leave the yolk runny, whatever your preference). Remove the eggs to a small plate and cover with foil to keep warm.

Once the potato is cool enough to handle, grate with the large holes of a box grater. Heat your skillet over high heat and then measure the reserved bacon drippings. Add 2 tablespoons to the hot skillet (if you don't have quite 2 tablespoons, use vegetable or canola oil to make up the difference). Spread the shredded potatoes in a thin, even layer over the bottom of the skillet. Season with salt and pepper and cook for 5 minutes, or until golden brown on the bottom. Don't try to turn them or move them until the 5 minutes is

up! Once brown, use a wide spatula to flip the potatoes over and cook on the other side for 3 to 5 minutes, or until golden brown as well. Once finished, remove the hash browns to a plate.

Reduce the heat to medium-low. Butter all of the slices of bread, making sure to spread the butter over the entire surface of the bread to the edges. Place two pieces butter-side down in the skillet, and then top each slice of bread with a quarter of the cheese, half of the potatoes, one egg, two slices of bacon and the remaining cheese. Top with another slice of bread, butter side-up. Cook until the bottom is golden brown, then carefully flip the sandwich and continue to cook until golden brown on the other side, about 5 to 7 minutes total. Slice in half and serve!



Try swapping out different cheeses to update these mouth-watering recipes. Stick with milder cheeses like mozzarella and brie when you're going for a sweet and savory flavor; go for the richer more pungent cheeses like Muenster or Swiss when adding hearty extras like meats and potatoes.

MUSIC EARTH DAY PLAYLIST



Some of the world's most well-known musicians have recorded songs in homage to our great planet. Here are a few gems to get you in the green spirit, just in time for Earth Day.

Mercy Mercy Me

(The Ecology)

Marvin Gaye

Big Yellow Taxi

Joni Mitchell

Excuse Me Mr.

Ben Harper

My City Was Gone

The Pretenders

Fall On Me

R.E.M.

Mother Earth

(Natural Anthem)

Neil Young

Mother Nature's Son

The Beatles

The 3 R's

Jack Johnson

Don't Go Near The Water

The Beach Boys

Heal the World

Michael Jackson

MOVIES NEW FLICKS IN APRIL

Release dates subject to change.

CAPTAIN AMERICA: THE WINTER SOLDIER

Genre(s): Superhero, Action
Release Date: April 4

Starring: Chris Evans, Emily VanCamp, Cobie Smulders, Scarlett Johansson

In the wake of *The Avengers*, Marvel's newest *Captain America: The Winter Soldier* finds Captain America, living quietly in Washington, D.C., and trying to adjust to the modern world. When turbulence erupts and the world is threatened, he must join forces with the Black Widow and a new ally, the Falcon, as they battle a powerful, formidable enemy, the Winter Soldier.

GOODBYE WORLD

Genre(s): Drama, Comedy
Release Date: April 4

Starring: Adrian Grenier, Kerry Bishe, Gaby Hoffmann, Ben McKenzie

James and Lily have chosen to live off the grid, raising their young daughter in a cocoon of comfort and sustainability in the Northern California wilderness. When the world falls under a crippling cyber attack, their home transitions from sheltered modern oasis to a fortress for the estranged old friends that show up at their door for protection and community. The large reunion quickly crumbles under the slights of the past, the spark of lingering flirtations and the threat of a brewing chaos outside the walls of their home.

DRAFT DAY

Genre(s): Drama, Sport, Comedy
Release Date: April 11

Starring: Kevin Costner, Jennifer Garner, Sam Elliott, Tom Welling

On the day of the NFL draft, general manager Sonny Weaver has the opportunity to save football in Cleveland when he trades for the number one pick. As the day goes on, he must quickly decide what he's willing to sacrifice in pursuit of perfection as the lines between his personal and professional life become blurred on a life-changing day for a few hundred young men with dreams of playing in the NFL.

JOE

Genre(s): Drama
Release Date: April 11

Starring: Nicolas Cage, Tye Sheridan, Ronnie Gene Blevins

In the dirty, unruly world of small-town Texas, ex-convict Joe Ransom has tried to put his dark past behind him and live a simple life, working for a lumber company by day and drinking by night. When 15-year-old Gary, a local kid trying to support his family appears who is desperate for work, Joe finds a way to atone for his sins. As Joe tries to protect Gary, the pair will take the twisting road to redemption in the hope for a better life in this tough, hard-hitting but incredibly moving story.

TRANSCENDENCE

Genre(s): Sci-Fi, Thriller
Release Date: April 18

Starring: Johnny Depp, Paul Bettany, Rebecca Hall, Kate Mara

Dr. Will Caster is the foremost researcher in the field of Artificial Intelligence, working to create a sentient machine that combines the collective intelligence of everything ever known with the full range of human emotions. His highly controversial experiments have made him famous, but they also made him the prime target of anti-technology extremists who will do whatever it takes to stop him. The adversity only fuels his determination, as this film takes us on a profound and wild ride, asking big question about what it means to be human and whether or not power can be used for good.

BEARS

Genre(s): Documentary
Release Date: April 18

Starring: John C. Reilly (narrator)

Disneynature's new true life adventure *Bears* showcases a year in the life of two mother bears as they impart life lessons to their impressionable young cubs. Set against a majestic Alaskan backdrop, their journey begins as winter comes to an end and the bears emerge from hibernation. *Bears* captures the fast-moving action and suspense of life in one of the planet's last great wildernesses, where mothers definitely know best and their cubs' survival hinges on family togetherness.

FADING GIGOLO

Genre(s): Comedy
Release Date: April 18

Starring: John Turturro, Woody Allen, Vanessa Paradis, Sofia Vergara

Fioravante is a shy florist encouraged by his eccentric friend Murray. He enters into the world's oldest profession, giving women the attention and pleasure they need, discovering his own confidence in the process and ultimately finding something he didn't know he was looking for. This hilarious, sexy and heartfelt romp unveils the true meaning of love, through the unlikely of business endeavors.



Enjoy April

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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 - 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: 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 — ML04997 • TN — 109179 • TX — 1st Mortgage: 50426 2nd Mortgage: 47207 For Texas Consumers Only: Complaints regarding Mortgage Bankers should be sent to: Texas Department of Savings and Mortgage Lending*2601 North Lamar, Suite 201* Austin, Texas 78705A Toll-free consumer hotline is available at 1*877*276*5550 • UT — 7495184 • VT — Lender: 6100 Broker: 0930 MB • VA — MC-3769 Guaranteed Rate, Inc. - Licensed by Virginia State Corporation Commission, License # MC-3769 • WA — CL-2611 • WI — Lender: 27394BA Broker: 2611BR • WV — Lender: ML-30469 Broker: MB-30098 • WY — 2247