

Enjoy August

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: AUGUST 2014 Vol 3 ISSUE 3

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

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The Home
Purchase Experts®

WHAT'S HAPPENING IN AUGUST
CLASSIC U.S. LAKE VACATIONS
SUMMER WATER REMIXES
AN ODE TO BACON

“You don’t need a big bank to get a mortgage with a low, low rate.”

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& HOST OF EXTREME MAKEOVER: HOME EDITION



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AUGUST 3
WATERMELON DAY



AUGUST 6
HIROSHIMA
DAY

WHAT'S HAPPENING IN



AUGUST 10
NATIONAL S'MORES DAY



AUGUST 12
MIDDLE CHILD DAY

AUGUST



AUGUST 26
WOMEN'S
EQUALITY DAY



AUGUST 30
BACON DAY

TRAVEL CLASSIC U.S. LAKE VACATIONS

The American lake vacation is iconic, conjuring simple summery images of bare feet, freckled faces and watermelon rinds. With more than 120,000 lakes in the United States, nearly every state has several idyllic versions, each with glorious microculture rooted in its unique landscape, sporting and wildlife. Here's a short list of winners that offer up a range of activities and terrain, for every persuasion—the perfect escape just as summer rolls to a close.

LAKE TAHOE CALIFORNIA/NEVADA

Slopes blanketed with fresh powder, a crackling fireplace, picturesque mountains and a crystal-clear lake come to mind at the mention of Lake Tahoe, one of the world's top winter resort destinations. But there's another side to this natural playground when the temperatures warm up and white hills turn to green, from mountain biking and watersports to gourmet dining and luxury spas. Hitch a ride on the lift up the mountain and trek along one of the seven trails of varying difficulty, which offer spectacular photo ops of the lake, the Pacific Crest, Martis Valley and the backside of Northstar. Or hit the clear blue waters of Lake Tahoe, via power boat, kayak or stand-up paddleboard. Cruise along the shore and take in the unblemished beauty of the lake and the surrounding mountains.



LES CHENAUX ISLANDS LAKE HURON MICHIGAN

This Great Lakes archipelago was carved by glaciers and now provides sheltered channels and bays within the Straits of Mackinac, historic harbor area, especially revered by boaters and explorers. Towering forests with trails and pathways wrap historic port towns filled with antique shops, galleries, outfitters and wonderful dining. Boat from dock to dock and island to island for a perfect summer escape, or use it as a base of operations for your full Upper Peninsula adventure; Sault Ste. Marie, DeTour Village, Drummond Island, Pickford, St. Ignace and Pictured Rocks National Park are within driving distance.



LAKE KABETOGRAMA MINNESOTA

Ideal for kayak or canoe camping. Paddle along the same routes as early French trappers, traders and explorers on Lake Kabetogama in northern Minnesota. Part of the warren of waterways that make up Voyageurs National Park, the lake offers more than two dozen wilderness campsites that can be reached only by boat, including gorgeous spots along Lost Bay and among the Chief Wooden Frog Islands. Keep an eye out for wildlife along the shore, from bear and bald eagles to otters, wolves and moose.

CHAIN OF LAKES FLORIDA

Sixteen lakes form a deep-blue chain around the west side of Winter Haven, the Water Skiing Capital of the World. The craze started in 1936 with the debut of Cypress Garden, the nation's first aquatic theme park, and its celebrated water-ski shows. Now, visitors can troll the tropical expanse by boat or even try some of the many watersports made popular here. For the more adventurous, try barefoot waterskiing with an area expert!



LAKE CLARK ALASKA

The only way to reach super-secluded Lake Clark is by trekking overland through the Alaska bush, getting dragged by a dog sled team or flying in by a floatplane. Flanked by snowcapped peaks, thick boreal forest and whitewater rivers, the 50-mile-long lake is quintessential Alaska. Fishing, kayaking and wildlife-watching are the main aquatic activities, while the lakeshore lends itself to weeklong hikes and backwoods camping.



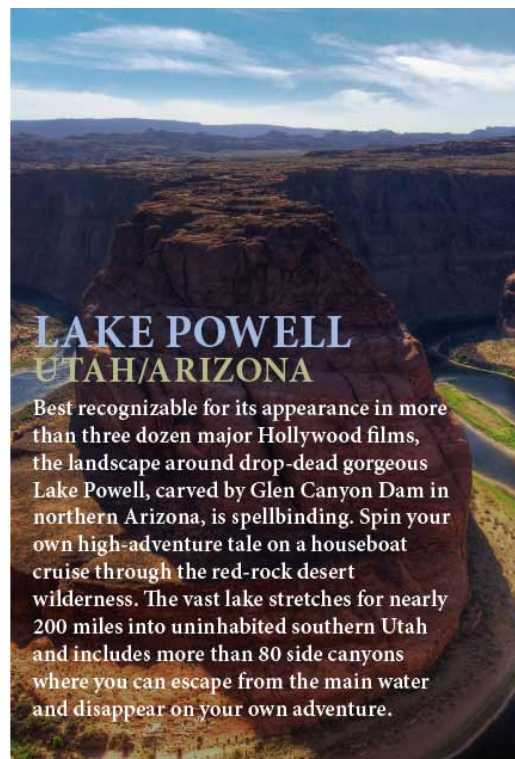
FINGER LAKES NEW YORK

With more than a hundred wineries, the Finger Lakes region of Upstate New York is the prime wine region of the Eastern U.S. This is the perfect destination for those looking to combine their love of lakes and wine-tasting. Many of the wineries have spectacular waterfront locations and other offer a perfect afternoon excursion in between lazy days on the dock or water.



GLEN LAKE NORTHERN MICHIGAN

With its warm, creek-fed, crystal blue waters and sandy bottom, Glen Lake draws regulars each summer from far and wide. Indulging in this ideal, Midwest "Up North" culture, means sailing with perfect wind and a perfect view, sleepy days on the dock, afternoon cherry picking or hiking in the dunes and four-star dining at French culinary gem La Bécasse. The town of Glen Arbor, less than a mile away, offers small town shopping and nightlife—all just steps from the Lake Michigan shoreline.



LAKE POWELL UTAH/ARIZONA

Best recognizable for its appearance in more than three dozen major Hollywood films, the landscape around drop-dead gorgeous Lake Powell, carved by Glen Canyon Dam in northern Arizona, is spellbinding. Spin your own high-adventure tale on a houseboat cruise through the red-rock desert wilderness. The vast lake stretches for nearly 200 miles into uninhabited southern Utah and includes more than 80 side canyons where you can escape from the main water and disappear on your own adventure.



JENNY LAKE WYOMING

A stunning, crystal clear glacial lake surrounded by the breathtaking Grand Teton Mountains and untouched by buildings and development, Jenny Lake is one for the books. With several hiking trails through prehistoric-looking forests, gorgeous campgrounds, scenic boat rides, waterfalls and quick access to the major climbing routes onto the tallest peaks of the mountain range, Jenny Lake is perfect for a family wilderness adventure. Watch out for bears!

LAKE OCONEE GEORGIA

If you love golf, this is the lake vacation for you. Situated just 90 miles from Atlanta, Georgia's Lake Oconee boasts nine world-class golf courses carved along its beautiful lakeshore, all with killer views and serious accolades. Get a few rounds in each day and cruise the water at night, or indulge in some lauded area dining. This stretch of reservoir in the Northern Georgia Mountains is understandably a very popular summer destination for Atlanta residents looking for a city escape. Wander even further to explore Oconee's sister Lake Sinclair and the many others created by the Wallace Dam.

NUTRITION SUMMER WATER REMIXES

Flavor-boosted water is all the rage these days, from drops to premixed concoctions, plain old water is looking very 1.0. The problem though is that most of these trendy sip enhancers are full of artificial sweeteners and other gnarly additives, which can be a determinant to your system. Here are 10 perfectly balanced flavored-water alternatives packed full of fresh fruits, herbs and nutrients that will keep your taste buds dancing and your body in step!

+ Adding wholesome, natural flavor to your water can stave off hunger cravings and give you a delightful, satisfying summer treat, without all the added calories and health ramifications of a soda.

1 Tropical Twist

For an island flavor boost, combine two tablespoons unsweetened coconut flakes, one cup cubed pineapple and a splash of agave nectar into your pitcher of water. Stir with a wooden spoon and serve chilled with ice cubes.

2 Berry Basil Blast

For a yummy antioxidant cooler, scrunch eight fresh basil leaves into your water jug to release their flavor. Add two cups halved strawberries, two cups fresh raspberries and gently muddle with a wooden spoon or spatula.

3 Cucumber with a Kick!

Stir two thinly sliced cucumbers and two seeded, sliced jalapeño peppers into your carafe of water and indulge in the oddly sensational chilled heat.

4 Peach Pie

Gently crush two vanilla beans and six pitted, sliced peaches with a wooden spoon or spatula before dropping them into your water jug. Like sipping the cool essence of a summer peach pie!

5 Melon-Cilantro-Lime Cooler

Muddle a handful of cilantro, three thinly sliced limes and 4 four cups honeydew melon chunks, mix with water and serve. A sweet and tangy twist on water!

6 Pear-fect Ginger

For a unique punch, stir five cored, sliced pears and 10 thin slices of fresh ginger into your water jug.

7 Watermelon Rosemary Refresher

Scrunch four rosemary sprigs into your water pitcher to release their flavor, combine with six cups watermelon chunks and toss into your pitcher. This one is fragrant, sweet summer bliss.

8 Mango Mojito

Muddle six mint sprigs with three cups cubed mango (fresh or frozen) and two thinly sliced limes; gently stir into your carafe and indulge.

9 Cherry-Sage Plum Yum

Gently smash six fresh sage leaves with 10 pitted, quartered plums and one cup of fresh cherries. Add to your water pitcher and serve! Your guests will delight.

10 Orange, Chia and Cinnamon

Place two large sliced oranges, two cinnamon sticks and two tablespoons of chia seeds in your water jar, stir to mix and add sweet maple syrup to taste. Bright citrus and warm cinnamon will leave your taste buds satisfied and your body full of omega 3 oils!



MUSIC SONGS FOR STARGAZERS

WHETHER YOU'RE OUT ON THE DOCK, BY A CAMPFIRE OR ON A BLANKET, THESE ARE THE 10 BEST SONGS TO LISTEN TO WHILE YOU'RE LYING UNDER THE STARS ON A SUMMER NIGHT.

- 1 :: PLACE TO BE**
Nick Drake
- 2 :: ADVANCED FALCONRY**
Mutual Benefit
- 3 :: REFLECTIONS AFTER JANE**
The Clientele
- 4 :: DRAGON**
The Amazing
- 5 :: SLOW TRAIN**
Kevin Morby
- 6 :: SI, PALOMA**
Sun Kil Moon
- 7 :: THE ONLY LIVING BOY IN NEW YORK**
Simon & Garfunkel
- 8 :: INTO THE MYSTIC**
Van Morrison
- 9 :: OUR WAY TO FALL**
Yo La Tengo
- 10 :: LE SOLEIL EST PRÉS DE MOI**
Air

TY'S TIPS CHEAP CHIC

WALLET-FRIENDLY WAYS TO FRESHEN UP YOUR ROOMS

Courtesy of
Ty Pennington Design Team

AUGUST'S TIP FROM
INTERIOR
DESIGN
STAR
TY
PENNINGTON



With a bit of imagination and just a little cash, you can upgrade the look of any space in your home. Try a few of these punchy, practical ideas and brighten your rooms in no time.

1 Take a mattress on a metal frame to the next level with a new faux headboard. Paint and stencils will do the trick. Crafty tip: Pouncing (a dabbing motion used to apply stencil paint) prevents smears under the edges.

2 Create bold artwork worthy of a modern museum: Just wrap a large artist's canvas with a patterned sheet or an eye-catching fabric remnant. Pull it tight and staple to the back of the frame.

3 Keep things versatile by covering major pieces—the couch, an armchair—in a neutral shade or plain white. Then you can add color and verve by changing out pillows and accessories rather than doing a total overhaul.





4 Find chic, unique pieces at flea markets, tag sales or surplus sales. Never been? Pros know to go early; the best pieces are sometimes gone even before the sale officially starts. This is cash and carry, so bring plenty of small bills and a strong back or cart. Have a measuring tape with you so you don't have to pass on a great deal because you weren't quite sure if it would fit in your space.

5 Paint a cabinet door or part of a wall with chalkboard paint to create a family message center.

6 Give old pressboard bookshelves (the kind with that fake wood-grain look that never fooled anyone), a fresh look.

Cover them in self-stick paper in funky patterns or a quick coat of bright paint and add mod wall appliqués.

7 Turn a funny-looking lamp base or an odd vase into a conversation piece with a coat of flat black paint or high-gloss white paint. The look is hip, and draws attention to the piece's shape rather than flaws like an atrocious pattern or color. Group several vases for a display with high impact and low cost.

8 Perk up a plain lamp shade with overlapping stencils in notice-me hues.
DIY TIP: Smaller stencil motifs are easier to hold down on a curved shade.



9 Pep up that tired chair from Grandma's attic with a simple slipcover.

Upholstered monstrosities transform into the comfiest seat in the house with large drape-and-tuck slipcovers. Hardback chairs feel dressier with new seat covers trimmed with wide grosgrain ribbons.

10 Don't limit paint to the walls. A few quarts can give your floor a serious color boost and a touch of charm. Use a chalk line and a T-square to get perfect grids. Check a craft store for thousands of stencils you can snag for a few bucks. Be sure to seal the deal with a protective coat of polyurethane.

11 Two words: throw rugs. Three more words: colorful, easy, cheap.

12 A small ceiling fan adds a pleasing element to a living area or bedroom. If you're handy with a few electrical basics (or know someone who is), you can make this upgrade for under \$100.

13 Puny windows are a perennial problem. Solve it with an old decorator's trick: Hang stationary fabric panels on rods wider than the actual window frame to give the illusion of a much larger window.

14 Fill a large glass vessel (punch bowl, tall slender vase or squat pillar-candle chamber) with stones for a spa-inspired accent. Pick up pretty ones at a craft store for less than \$3 a bag, or take a walk by a lake or in the woods and pick some up for nothing.

15 Gather an armload of fallen leafy tree branches and make an instant arrangement in a sturdy vase or pitcher.

FITNESS THE ULTIMATE STRETCHING PRIMER



If you work out, you've likely made stretching part of your warming up and cooling down routines at some point.

While it might be the least committed part of our workout, stretching can improve range of motion, flexibility, circulation and even the overall lasting success of your workout when done correctly. Often, we perfunctorily do a quad stretch here or a hamstring one there, but different kinds of training call for different types of stretching. Knowing them will help determine the best routine at the appropriate time. Here's a field guide for taking your stretching game to limit.

STATIC STRETCHING

Static stretching, the kind a fitness instructor leads at the end of a class, entails stretching a body part to its farthest position and then holding it. You feel the stretch through the entire length and center of the muscle and not in the joints. It may also involve a towel, ball, wall, or partner, which is a type of static stretching called "passive stretching." Despite what our gym teachers taught us, you should never, ever do static stretching before a workout. It forces the target muscle to relax, temporarily making it weaker. As a result, a strength imbalance can occur between opposing muscle groups that may make you more susceptible to muscle strains, pulls and tears during your upcoming exercise.

WHAT IT'S FOR:

Static stretching is highly beneficial for improving general flexibility, relieving muscle spasms and helping to reduce muscle fatigue and soreness after a workout. Basically, any time of day is right for static stretching, except before a workout

THREE TO TRY:

Perform each of the following movements, stretching your muscle to your personal limit and holding for 30 seconds or more.

1 Chest and shoulder stretch: Position yourself in front of a pole or door frame at shoulder height. With the left arm straight against the stationary object, turn to your right to feel the stretch. Repeat on the other side.

2 Quad stretch: Position yourself in front of a chair or bench with your back to the object. Reach your right leg behind you and place the top of your right foot face-down onto the surface. Dip your right knee toward the ground as you push your hips forward, keeping your torso upright. Repeat on the other side.

3 Hamstring stretch: Turn around to face the bench or chair. Place your right heel on the surface then lean forward slowly from the hips until you feel a stretch. Repeat on the other side.

DYNAMIC STRETCHING

Dynamic stretching involves controlled swinging of the arms and legs that gently takes them to the limits of their range of motion. Here, parts of the body are moved with gradually increasing speed, reach or both. There are no bounces or "jerky" movements. Dynamic stretching improves your "active" flexibility, the kind you need in every type of athletic endeavor, so it is an ideal warmup for any kind of active workout. It also excites your central nervous system, and increases blood flow, strength and power production. And when you regularly perform both dynamic and static stretches, some of the flexibility improvements from one will transfer to the other.

WHAT IT'S FOR:

Dynamic stretching is perfect for a pre-workout warmup to get your muscles ready for optimum performance short term and over time.

THREE TO TRY:

Dynamic stretching exercises should be performed in only as many sets as you can do to feel warm but not tired. Tired muscles are less elastic, which causes a decrease in the amplitude of your movements, so as soon as you feel fatigue, stop. Perform each of these in a set of 8-12 repetitions, at a slow tempo and in a comfortable range of motion. Slightly increase your range and speed with each repetition, until you're performing the movement quickly from start to finish.

1 Front to back leg swing: Stretches hamstrings, glutes and quads. Begin by supporting yourself with one arm on a chair or bench. Swinging the leg opposite your supported side forward then backward. Try to maintain the same plane in each pass, keeping it straight as it moves forward to stretch the hamstrings, and then bending to kick your glute as you bring it back to stretch the quads. Repeat on the other side.

2 Handwalks: Stretches shoulders, core and hamstrings. Start by standing up straight with your feet together. Slowly bend forward until your hands reach the ground, walk your hands forward until your body is almost parallel with the ground, pause for a half second and then slowly walk your feet back up to your hands.

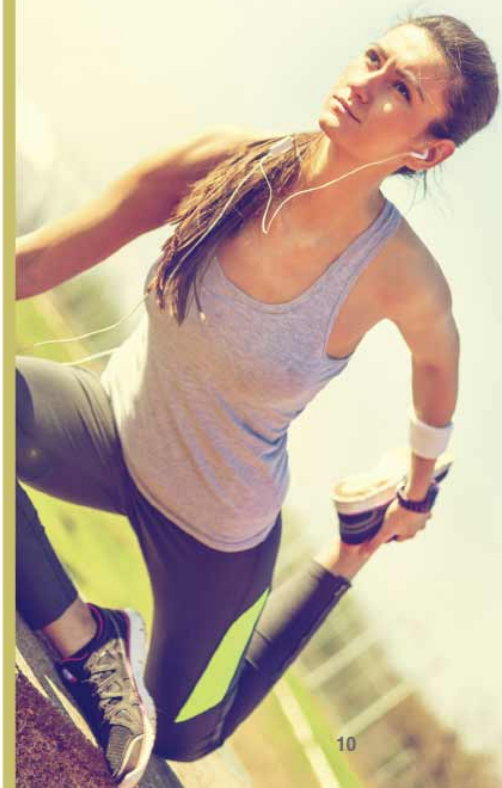
3 Lunge with rotation: Stretches glutes, hip flexors and calves. Lunge forward with either foot, keeping your knee over your toes, and rotate your body toward the forward leg. Stand back up and repeat with the other side.



Studies show that performing a static stretch on a muscle twice a day for six months can nearly double your flexibility in that area.



Stretching isn't just for the gym! The best way to increase flexibility is to stretch often. Try getting a stretch in while you're doing dishes, at your desk, grilling up dinner or watching TV!





FOOD AN ODE TO BACON

LADIES AND GENTS, **AUGUST 30 IS NATIONAL BACON DAY!**

In full celebration of this fantastically delicious event, why not celebrate with an entire meal centered on this smoky, flavorful, meaty delight? Whether you're already a committed bacon fan or just an intrigued skeptic, these quirky but mouth-watering bacon recipes will have you declaring a bi-monthly Bacon Day.



Not all health news about pork bacon is bad. According to a study conducted by the University of North Carolina, a micronutrient in bacon, called choline, is essential to healthy brain development for babies in the womb. Choline contributes to the development of the parts of the brain associated with recall and memory.

Note: Do not start feeding your pregnant friends (or infants) bacon. This is just a cute excuse for adults to indulge, like the dubious amount of calcium in Ben and Jerry's Ice Cream.



BACON POTATO SALAD

(OR THE BEST POTATO SALAD EVER)

INGREDIENTS:

4 cups cubed red potatoes
10 slices bacon, cut into 1-inch pieces
¾ cup mayonnaise
1 tbsp Dijon mustard
2 tsp granulated sugar
1 tsp salt
4 hard-boiled eggs, chopped
1 stalk celery, diced
1 small onion, chopped
½ medium green pepper, chopped

PREPARATION:

Boil the potatoes until they are fork tender. Drain the potatoes and set aside. Meanwhile, cook the bacon in a skillet over medium-low heat until crisp.

Remove bacon with a slotted spoon and place on a paper towel-lined plate to drain. Pour off all but 2 tablespoons of the bacon drippings in the skillet.

Add the mayonnaise, mustard, sugar and salt to the reserved bacon drippings in the skillet and whisk to combine.

In a large bowl, combine the potatoes, eggs, celery, onion and green pepper. Pour the dressing over the ingredients and gently stir to evenly coat. Stir in the bacon.

Cover and refrigerate for at least 3 hours before serving.

Source: <http://momspark.net/20-make-you-drool-bacon-recipes/>



BACON-WRAPPED TROUT

INGREDIENTS

1 (10 to 12-oz.) whole trout, cleaned
2 (4 to 5-inch) fresh rosemary sprigs
12-16 bacon slices
3 (⅓-inch-thick) lemon slices

PREPARATION

Preheat boiler. Put fish in a shallow baking pan (1 inch deep) or a large heavy oven-proof skillet, then pat dry and season cavity with salt and pepper. Put rosemary inside cavity and season outside of fish with salt and pepper, then wrap bacon slices around fish.

Broil fish 5 to 7 inches from heat until skin of fish and bacon are crisp, about 5 minutes. Turn fish over gently with a spatula and broil 2 minutes more. Add lemon slices to pan in 1 layer alongside fish and continue to broil until fish is just cooked through and rest of bacon is crisp, 2 ½ to 3 minutes more.

Source: <http://www.epicurious.com/recipes>

MAPLE BACON CUPCAKES

INGREDIENTS

4 ½ tbsp butter, room temperature
½ tbsp bacon drippings (left in the fridge to become solid)
1 egg, beaten
5 tbsp brown sugar
4 tbsp Grade B maple syrup
1 ¼ cup self rising flour
1 tsp baking soda
½ tsp baking powder
minuscule pinch kosher salt
¼ cup whole milk
¼ cup minced bacon, cooked and drained (extra for garnish, if desired)
large grain turbinado sugar and flake salt (optional, for garnish)



PREPARATION

Cook some bacon in a fry pan (about 6 thick strips). Reserve the drippings and place in the fridge to solidify. Mince ¼ cup of the bacon. The chef should eat excess to assure that the bacon is tasty.

Beat the butter and solidified bacon fat until light and creamy. Add the brown sugar and maple syrup and beat well until combined.

Add the egg and beat until mixed.

Sift the flour, salt, baking soda and powder together. You want a fine crumb for this recipe.

Add ⅓ of the flour mixture and mix, then ½ of the milk, then continue to alternate the dry and wet ingredients, ending with the dry. Mix until just combined. Fold in the bacon.

Scoop into cupcake papers and bake at 350 degrees for 18-22 minutes or until a toothpick comes out clean. Be sure to rotate the pan after the first 15 minutes for even baking.

MAPLE SYRUP FROSTING

4 tbsp butter
2 tbsp Grade B maple syrup
1 cup of powdered sugar

Mix the syrup and butter until combined. Add the sugar, a bit at a time, and whip at high speeds until combined. Pipe or spread onto cupcakes. Sprinkle on flake salt and turbinado sugar or top with crispy shards of bacon for decoration and a lot of added flavor.

Source: vanillagarlic.com/2007/05/maple-bacon-cupcakes-with-maple.html



Bacon has been around for centuries, beginning in China around 1500 B.C.



23% of men ranked bacon as their favorite fragrance.

DRINK THE BREEZY ROYALE

TRENDY ABSINTHE

**BRIGHT CITRUS
AND FRAGRANT
FLORALS MAKE
THE BREEZY
ROYALE A LAVISH
AND ENTICING
SUMMER TREAT.**

Try this conversation
starter cocktail for
impressive poolside
party libations.

WHAT YOU'LL NEED

- 1 ½ oz Tenneyson Absinthe Royale
- 1 ½ oz grapefruit juice
- 1 oz hibiscus simple syrup*
- ½ oz fresh lime juice
- ¼ oz allspice dram
- 3 dashes Angostura bitters
- mint leaves

DIRECTIONS

Combine ingredients in a mixing
glass and shake. Strain into an
ice-filled old-fashioned glass.
Garnish with mint leaves.

*While most cocktails use
just a splash of absinthe, this
one goes all out! Boast your
boldness as you serve...*

Source: www.esquire.com

***Can't find hibiscus syrup?** Try homemade! Dissolve 4 cups sugar in 1 quart boiling water. Stir in 1 oz hibiscus flowers (available at specialty grocery stores), then simmer for 10 minutes. Strain and chill.

MOVIES NEW FLICKS IN AUGUST

Release dates subject to change.

GUARDIANS OF THE GALAXY

Genre(s): Superhero, Action, Fantasy
Release Date: August 1

Starring: Chris Pratt, Zoe Saldana, Bradley Cooper, Vin Diesel

Fresh from the Marvel Universe comes a new team and superheroes. An action-packed, epic space adventure, "Guardians of the Galaxy" adventures into a planetary wilderness, where brash adventurer Peter Quill finds himself the object of an unrelenting bounty hunt after stealing a mysterious orb, which is coveted by Ronan, a powerful villain with ambitions that threaten the entire universe. Fun and action-packed as all the Marvel movies to come before it. This one should not be missed.

WHAT IF

Genre(s): Romance, Comedy
Release Date: August 1

Starring: Daniel Radcliffe, Zoe Kazan, Adam Driver, Rafe Spall

"What If" is the story of medical school dropout Wallace, who's been repeatedly burned by bad relationships. While everyone around him—including his roommate, Allan—seems to be finding the perfect partner, Wallace decides instead to put his love life on hold. It is then that he meets a girl that turns his love-free policy on its head! Wallace and Chantry form an instant connection, becoming inseparable friends, leading the pair to wonder: What if the love of your life is actually your best friend? A thoughtful, quaint peek into young love and the connections between two people.

TEENAGE MUTANT NINJA TURTLES

Genre(s): Superhero, Action
Release Date: August 8

Starring: Megan Fox, Alan Ritchson, Johnny Knoxville, Tony Shalhoub

In the newest epic capturing of a throw-back story involving a beloved pack of crime-fighting underworld super turtles, darkness has settled over New York City, and Shredder with his evil Foot Clan in tow have an iron grip on everything from the police to the politicians. The future is grim until the outcast brothers rise from the sewers and discover their destiny as Teenage Mutant Ninja Turtles. The Turtles must work with fearless reporter, April, and her wise-cracking cameraman, Vern Fenwick, to save the city and unravel Shredder's diabolical plan.

ALL IS BY MY SIDE

Genre(s): Biography
Release Date: August 8

Starring: Andre Benjamin, Hayley Atwell, Imogen Poots, Ashley Charles

One of the most rarely told stories in rock history, "All Is By My Side" charts one year in a man's life, in which he blossomed from a unknown and rose through skill, turbulence and stardom to become Jimi Hendrix: the year he spent as a young musician trying to make it on the streets and in the clubs of London and the lovers, friends and musical collaborators who helped him along the way. An electrifying new look into a cherished musician.

SIN CITY: A DAME TO KILL FOR

Genre(s): Action, Crime, Drama
Release Date: August 22

Starring: Jessica Alba, Joseph Gordon-Levitt, Mickey Rourke, Rosario Dawson

"Sin City: A Dame to Kill For" sweeps Frank Miller's cult graphic novel series "Sin City" back to the big screen in a film equally as sexy and graphically stunning as the first, weaving together two of Miller's classic stories with new tales. In this sequel, the town's most hard-boiled citizens cross paths with some of its more reviled inhabitants, resulting in exactly the chaos, destruction and seduction that you would expect from the "Sin City" tradition.

ARE YOU HERE

Genre(s): Comedy
Release Date: August 22

Starring: Owen Wilson, Zach Galifianakis, Amy Poehler, Laura Ramsey

When a self-consuming, womanizing local weatherman with a low emotional IQ hears that his off-the-grid best friend has lost his estranged father, he joins him in a journey back to his childhood home to mourn the loss and pick up the pieces. Once there, they find out that his friend has inherited the family fortune, and the ill-equipped duo must battle the remaining family and ensuing drama. "Are You Here" is a contemporary adult comedy about family, friendship, money and the people who keep it all afloat.

1 A

FRANK

Genre(s): Comedy
Release Date: August 22

Starring: Michael Fassbender, Domhnall Gleeson, Maggie Gyllenhaal, Scoot McNairy

A young, hip, wannabe musician who discovers that he's bitten off more than he can chew when he joins a band of eccentric pop musicians led by a mysterious, enigmatic frontman and his terrifying female sidekick. The catch in this otherwise normal plot line is that Frank's uniqueness lies not just in the fact that he makes music purely for the joy of creating but because he wears a giant fake head. When they retreat to a cabin in the woods to record their breakout album, creative tensions mount, and the band's entire raison d'être is called into question. Quirky and compelling, this film speaks to the nature of music, art, friendship and all the oddities of what makes someone "cool."

LIFE OF CRIME

Genre(s): Crime, Comedy
Release Date: August 29

Starring: Jennifer Aniston, Isla Fisher, Tim Robbins, Mos Def

Fresh out of prison where they bonded over their similar hobby of stealing automobiles, two former criminals and recent friends have already decided to team up once free, when they catch wind of a Detroit property developer and secret embezzler. Their plan starts off simple enough: They'll kidnap the man's country-club wife and hold her for ransom. But complexity mounts when it's revealed that the husband's affections have turned to his perky young mistress, and he may not be in a rush to rescue his spouse after all. The plot thickens as the hustle to formulate a new plan before it all blows up in their faces. A clever and hilarious crime-gone-wrong film with a killer cast.



Enjoy August

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