

# Enjoy September

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: SEPTEMBER 2014 Vol 3 ISSUE: 4

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

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## TY'S TIPS



HIDDEN GEM  
CAMPSITES

BROWN BAG  
REVAMP

NUTS FOR  
COCONUT OIL

BACK-TO-SCHOOL  
PLAYLIST

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A TOP  
**10**  
NATIONAL LENDER



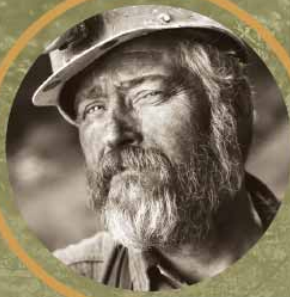
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RATING

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**SEPTEMBER 1**  
LABOR DAY



**SEPTEMBER 13**  
KIDS TAKE OVER  
THE KITCHEN DAY

# WHAT'S HAPPENING IN



**SEPTEMBER 17**  
CONSTITUTION DAY



**SEPTEMBER 21**  
INTERNATIONAL DAY OF PEACE

# SEPTEMBER



**SEPTEMBER 23**  
FALL BEGINS



**SEPTEMBER 24**  
ROSH HASHANAH BEGINS



**SEPTEMBER 27**  
NATIONAL MUSEUM DAY





**L**UNCH ISN'T TYPICALLY THE MOST GLAMOROUS MEAL OF THE DAY, and whether you are packing for yourself or your kids, it's often easier to eat out or shell out lunch money than it is to stand in front of the fridge at 7 a.m. trying to figure out what to pack. This month, ban lunchtime boredom and prepare these brown bag alternative recipes instead, approved for kids and adults alike!

**1**

## PARFAITS

Parfaits are the perfect lunchtime treat. Beautiful to look at and even better to eat, they can be a filling and fun alternative to the typical yogurt and apple. Pack up yogurt with separate containers of fresh fruit, peanut butter and granola for assemble-on-site toppings, or try making the parfait ahead of time in a screw-top jar for a fun and healthy on-the-go lunch.

**Here's one to try:**

### PAPAYA BERRY YOGURT PARFAIT

Serves: 6

**What you'll need:**

- 3 containers (5.3 ounces each) plain nonfat Greek yogurt
- 5 tablespoons honey
- 1 ½ teaspoons grated lemon zest, plus 1 tablespoon juice
- 1 piece fresh ginger (about 2 inches)
- 1 papaya (1 pound), peeled, halved lengthwise, seeds discarded, cut into ½-inch cubes
- 1 package (6 ounces) fresh blackberries
- 1 package (6 ounces) fresh raspberries
- ¼ cup chopped fresh mint, plus sprigs for garnish
- ½ cup granola

**Directions:**

1. In a small bowl combine yogurt, 3 tablespoons honey and zest; set aside.
2. Using the large holes of a box grater, grate the ginger (no need to peel) into a small bowl. Squeeze ginger through a fine-meshed sieve or strainer placed over a medium bowl to get a total of 1 tablespoon ginger juice. Discard pulp. To the bowl with the juice, add remaining 2 tablespoons honey and lemon juice; whisk to combine. Add papaya, blackberries and raspberries and toss gently to coat.

3. To serve: Spoon half the fruit and juices among six 8-ounce tall glasses. Sprinkle chopped mint over the fruit. Top with half the yogurt mixture and half the granola. Layer with the remaining fruit, yogurt, and granola. Garnish with mint sprigs.

**2**

## SKEWERS

What is it about eating off a stick that turns an otherwise boring meal into something fun? The whole family will rejoice with lunchtime skewers. Versatile and easy to pack, throw all your favorites on the stick and pack a dip to complement — veggies and sour cream dip, fruit and yogurt or apples and peanut butter.

**Here's one to try:**

### BEEF SKEWERS WITH PEANUT DIPPING SAUCE

Makes: 16 skewers

**What you'll need:**

- 3 cloves garlic, minced
- ¼ cup plus 1 teaspoon soy sauce for dipping
- 1 tablespoon toasted sesame oil
- 1 teaspoon light-brown sugar
- ½ teaspoon ground cumin
- ⅛ teaspoon red-pepper flakes
- 1 pound boneless rib-eye roast, sliced against the grain into 32 (3 by ¼ inch) strips
- 2 teaspoons canola oil
- 1/3 cup reduced-sodium canned vegetable broth, or water
- ¼ cup creamy peanut butter
- ½ teaspoon ketchup
- ¼ teaspoon rice vinegar
- Coarse salt and ground pepper

1



#### Directions:

1. In a bowl, combine  $\frac{2}{3}$  of the garlic with  $\frac{1}{4}$  cup soy sauce, sesame oil, brown sugar, cumin and red-pepper flakes. Thread 2 pieces of beef onto each of 16 skewers; arrange in a shallow dish. Pour marinade over beef; refrigerate covered 45 minutes or preferably overnight, turning once.

2. Meanwhile make dipping sauce: Heat canola oil in a small saucepan over medium heat. Add remaining garlic, cook, stirring until soft for 3 minutes. Add broth and  $\frac{1}{4}$  cup water; bring to boil. Remove from heat; whisk in peanut butter, ketchup, vinegar, and remaining teaspoon soy sauce. Let cool completely.

3. Heat grill to high. Season beef with salt and pepper. Remove skewers from marinade, letting excess drip off. Discard marinade. Grill beef 1 to 2 minutes per side for medium. Serve hot with dipping sauce on the side.

2



3

## STUFFED POTATOES

Baked potatoes are a great all-in-one lunchtime meal. Easy to make and pack, these old-school favorites are filling and a sure-fire hit. Top a baked regular or sweet potato with fixings like salsa, shredded cheese, grilled chicken and veggies and be the envy of everyone in the lunchroom.

Here's one to try:

### CHEDDAR BROCCOLI BACON POTATO

Serves: 4

#### What you'll need:

- 4 large baking potatoes, baked
- $\frac{1}{4}$  cup diced broccoli
- $\frac{1}{2}$  cup (2 ounces) shredded cheddar cheese
- 4 bacon slices, cooked and crumbled
- 2 green onions, chopped
- $\frac{1}{2}$  cup sour cream
- $\frac{1}{4}$  cup milk
- 1 teaspoon salt

3



#### Directions:

1. Cut a strip 1 inch wide from the top of each baked potato. Carefully scoop out pulp, leaving shells intact.
2. Mash pulp. Stir in broccoli and remaining ingredients. Spoon into shells.
3. Pack and microwave on site.

## + LUNCHTIME TIPS FOR WORKING ADULTS

- ▶ Think outside the (bread) box. Simply swapping your regular bread for a whole wheat or lettuce wrap, flatbread or pita can make a huge difference.
- ▶ Keep a few bottles of salad dressing at work so that you're never left eating a sad, dry salad.
- ▶ Bring fun snacks. Pack yourself something small and exciting on the side. These days, you might reach for greek yogurt, nuts or dried fruit instead of a fruit roll-up, but it will still add excitement.
- ▶ Always pack your entire lunch the night before. That way you have no excuses for not packing a lunch in the morning when you're inevitably running late.



# CAMPING ADVENTURES



**A**S THE SUMMER WINDS DOWN AND FALL CREEPS IN, IT'S THE PERFECT TIME OF YEAR TO PACK UP AND HEAD INTO THE WILDERNESS FOR ONE LAST WARM WEATHER HURRAH BEFORE GETTING BACK TO THE GRIND!

Instead of going straight to your nearest national park where you'll have to fight the outfitted crowds to get a prime spot, try out a hidden gem campsite instead. Every state in the union touts several secret campsites worth exploring. From the peaks of Colorado to the lush forests of North Carolina, here's a list of lesser-known campgrounds where you can tap into your inner explorer and connect with the great outdoors!



## CALIFORNIA

Columbia State Historic Park is designated as a National Historic Landmark District, and has been preserved to tell the story of the towns that arose during the California Gold Rush. Perfect for a combo wilderness-history buff.

## COLORADO

North Sterling State Park is a great place for anglers, boaters, hikers and water-skiers. Watersports enthusiasts, this is your spot.

## CONNECTICUT

Kettletown State Park features the cool waters of the Housatonic River. Beautiful, serene and perfect for a solo adventure or a romantic getaway.

## DELAWARE

Trap Pond State Park features two island campsites with bald cypress and loblolly pines, providing a remote island wilderness adventure.

## FLORIDA

Cayo Costa State Park is a barrier island off the southwest coast of Florida's southwest coast where you can snorkel, fish or hike the nature trails. This location is tropical camping utopia!

## GEORGIA

Cloudland Canyon State Park offers scenic, rugged geography and beautiful vistas, with hiking trails and two waterfalls. Attention geology geeks: This one's for you!

## MICHIGAN

Porcupine Mountains Wilderness State Park features virgin timber, secluded lakes and miles of wild rivers and streams. Remote and off the beaten path, even for Northern Michigan.

## MONTANA

Hell Creek State Park offers fantastic fishing and camping on Fort Peck Lake. Ideal for a fun-filled fishing excursion.

## NORTH CAROLINA

Goose Creek State Park is recognized as one of the best bird-watching areas in the country. Come with binoculars and bird books in tow.

## NEW HAMPSHIRE

Umbagog Lake State Park offers the total package, including a beach area for swimming, excellent fishing, wildlife viewing and boating.

## NEW YORK

Cranberry Lake is one of the largest remote lakes in the Adirondacks, with 50 miles of well-developed hiking trails. If you are a hiking guru, you can certainly get lost in the wilderness here.

## OHIO

Buck Creek State Park features disc golf, hiking trails, a nature center and an excellent beach. This is a perfect spot for a family vacation with activities for everyone.

## RHODE ISLAND

East Beach offers three miles of undeveloped beach frontage. Don't forget to pack your swimsuit!

## SOUTH DAKOTA

Hartford Beach State Park's Big Stone Lake offers camping and picnic areas nestled in the shade of a native forest. A real deep woods experience.

## UTAH

Red Fleet State Park is in the heart of Dinosaurland, a great place to discover footprints. Kid-friendly trails as well as a big lake for water sports provides endless fun for the whole family.

## WISCONSIN

Hartman Creek State Park is perfect for canoeists and kayakers, off-road bikers and horseback riders, where sporting and camping mix.



### "DON'T FORGET" LIST

- Tent
- Sleeping bags
- Multi-tool or knife
- Flashlights (with extra batteries)
- Water, filter or treatment tablets
- Moisture-wicking clothes and raingear
- Swimsuits and towels
- Matches/lighter
- Firewood
- Cooking utensils
- Biodegradable soap
- Toilet paper
- Sunscreen, repellent and hand sanitizer
- S'mores stuff!



### CAMPING HACKS TO MAKE YOU A PRO

- Use foam floor tiles for a softer, more comfortable tent floor.
- Point a head lamp into a jug of water for an instant lantern.
- Repurpose a coffee can to hold and protect toilet paper.
- Use Tic-Tac boxes to store cooking spices.
- No tent? Bring a hammock.
- Make pancakes with premade pancake mix using shortening and dry milk, which don't need to be refrigerated.
- Make an easy-to-carry fire starter by filling a cardboard-only egg carton with charcoal.
- Add bundles of sage to a campfire to keep mosquitoes away.
- Keep the kids busy with a nature scavenger hunt.
- Cotton pads dipped in wax are a crazy easy way to make portable fire starters.
- Bring microfiber towels — they're superabsorbent and lightweight.
- Freeze gallon jugs of water and place them in your cooler.



## Fresh Ways to Display Collections

SEPTEMBER'S TIP FROM

**INTERIOR  
DESIGN  
STAR  
TY  
PENNINGTON**



### **COLLECTIONS ALWAYS GIVE A ROOM PERSONALITY, AND NO WONDER**

Every piece—whether it's a matchbook from a favorite restaurant, a funky curio from travels near or far, or a souvenir baseball—comes with a story the collector is happy to share. Figuring out how to show off a cherished collection can be as fun as gathering it in the first place. Here are some ideas to try!



### **DISPLAY 101**

Collections have the most impact when gathered together. Set aside a table, alcove or shelf to arrange a group of treasured items. The floor-to-ceiling shelves to the upper left, for example, allow ample display space and create a focal point for the room. A monochromatic collection is best for a large space; too many colors would be overwhelming.

### **SERVE IT UP**

Plate collections are a snap to display using simple wire plate hangers or adhesive strips (be sure to check the package for the weight each strip can hold). Arrange them in a way that complements their style: Traditional plates could go into a china cabinet, but more modern ones could be mounted to a wall in a quirky pattern.



Courtesy of  
Ty Pennington Design Team



## SPICE UP STORAGE

Enhance the visual impact of a colorful display by painting shelves, ledges or blocks the same hue as the wall so the items stand out. For a ho-hum group, adhere decorative paper (found at a scrapbooking or crafts store) or wallpaper to the sides, tops or even inside of shelves to jazz it up. Spray adhesive or double-stick tape will do the trick.

## CREATE A THEME

Any group of images can become a collection when presented uniformly. Mount photos in similar white box frames to tie them together for a crisp look on your wall, or get an industrial feel by displaying them on a row of clipboards or hardware clamps. These supply store staples come in a variety of colors to match your decor.

## BE FLEXIBLE

Just because a collection is on display doesn't mean it won't grow. The loose formation of letters at the left means the owner can add more in any direction. For artwork, use picture frames with built-in storage space—choose a few to display at a time, then open the frame case to pull a new piece to the front.

## OLD AS NEW

Hand-me-downs, such as the old wire baskets can be used as instant display cases for vintage-style collections. Repurposed items like screw-top jars are great for small collections like seashells and seed packets. Mismatched glassware, like an oversize brandy snifter or a clear square case, can be reused to show off smaller items.



## FOUND SPACE

Some furniture pieces are made for easy display. Look for glass-topped coffee tables with a shallow shelf underneath where small or medium items, like menus and ticket stubs, can have their time in the spotlight. And look out for slivers of space to display collected treasures, like the unused area between tops of kitchen cabinets and the ceiling.



## RETHINK

Check out sports stores for display cases made for souvenir balls, pucks and gloves, then use them to display oddly-shaped or bulky collectibles like antique toys or dishware. Stacking storage cubes are a perfect match for collections of albums, books or magazines. Group them by size, shape or color to create a sense of order, then pull favorites forward to highlight them.



## REPURPOSE

For lightweight items such as postcards or other ephemera, consider a wall display using small tacks or sturdy pins on a piece of corkboard. Pegboard is also a convenient display tool: Simple hooks can hold everything from Grandpa's antique hand tools to Nana's beaded handbags. It can be painted any color and trimmed to best showcase your treasures.







While many are quick to dismiss it as a food fad, the beneficial stats on coconut oil show that it might be the real-deal remedy that your health arsenal needs. Coconut's chemical compounds make this natural ingredient a powerful tool to combat a host of health issues, including aging, weight management and infection. Full of antioxidants, this healthy fat is also incredibly versatile. Read on to find out all the ways it could be essential for a healthier you and how to work it into your routine!

## THE BENEFITS

### LOWER YOUR CHOLESTEROL

Coconut oil has a saturated fat called lauric acid, a powerful agent in fighting cholesterol as it can increase the good HDL cholesterol in the blood and improve cholesterol ratio levels. It has also been shown to help restore normal thyroid function, which contributes to healthier cholesterol overall.

### KEEP YOUR WEIGHT BALANCED

Coconut oil has special fats called medium chain triglycerides (MCTs). Breaking down these types of healthy fats in the liver leads to efficient burning of energy. One 2009 study found that women who consumed 2 tablespoons of coconut oil daily for 12 weeks showed lowered amounts of abdominal fat.

### STRENGTHEN YOUR BONES

Studies show that coconut oil improves calcium and magnesium absorption in the body, which work as a team to combat bone thinning. Together, increased calcium and magnesium absorption are of great benefit to middle-aged women who are at risk for osteoporosis.

### PREVENT AGING

The oils found in the coconut have a positive antioxidant action in the body, by helping our body stop the damage to other healthy fats and tissues in our body. Oxidation is considered a major contributor to cardiovascular problems and skin aging. Coconut oil can actually help our bodies reduce the need for antioxidant intake.

### FIGHT INFECTION

Studies have shown that intake of coconut oil can help our bodies mount resistance to both viruses and bacteria that can cause illness. It also can help to fight off yeast, fungus and candida, keeping all of our systems and organs working at peak performance.

## HOW TO USE IT

### COOK THE HEALTHY WAY

Virgin coconut oil is high in lauric acid, which is easier to digest than other fatty acids. A solid fat at room temperature, coconut oil's rich, tropical taste has made it a delicious substitute for butter or shortening. Try swapping it into baking recipes for rich and delicious cookies and treats. And because of its deep coconut flavor, a small amount goes a long way in savory dishes too like soups, curries, fish dishes or roasted vegetables.

### MOISTURIZE YOUR SKIN

Coconut oil is a wonderful moisturizer for skin, used all over the world as a natural hydrator and often used as the oil base for many creams and cosmetics. It also has good amounts of the antioxidant vitamin E, which is protective and restorative to the skin, and natural anti-bacterial agents to prevent clogging of the pores. Find an organic coconut oil and try applying to face and body after showering to lock in moisture and soak up all those nutrients! Bonus: Coconut oil makes a great makeup remover too!

### HYDRATE YOUR HAIR

Virgin coconut oil contains fatty acids, making it a great conditioner for your hair. Coconuts are also packed with growth factors, such as kinetin, a plant hormone that promotes cell division and slows aging. Run a dime-sized amount through your strands to keep hair looking healthy and lustrous, without all the chemicals and silicones in most hair products.

### KEEP YOUR GUMS HEALTHY

Some dentists advocate using coconut oil for an anti-bacterial process called "oil pulling," which involves swishing oil in the mouth to pull out the pesky bacteria living in our oral tissue, which are drawn to fatty materials, like our gum tissue and even oils. One study has shown that this technique may reduce plaque, remove bacteria, naturally clean teeth/gums, and help prevent gingivitis and bad breath. Try taking a tablespoon of coconut oil in the morning after brushing and swish throughout your mouth for 20 minutes while you multi-task other activities. Be sure not to swallow!



Coconut oil is surprisingly inexpensive and can be found in most grocery stores. For optimum health and beauty benefits, try to find high-quality, organic virgin coconut oil. That will maximize the effectiveness and keep you safe from pesticides.







Not only is this a tasty and refreshing drink but studies show that in moderation, vodka may have many benefits on the human metabolism. It keeps cholesterol and arteries healthy; is an excellent cold sore and fever remedy; and prevents stroke, heart attack and Alzheimer's. ENJOY!

## SADLY, IT'S TRUE... SUMMER WILL SOON ROLL TO A CLOSE.

It's time to savor every last second, and Endless Summer will do the trick. Drink on a warm night with quality ingredients and a nostalgic attitude.

## CHEERS TO SUMMER!

### WHAT YOU'LL NEED

- Sugar, for rim of glass
- Lemon slice, for garnish
- ¼ cup premium vodka
- 1 teaspoon Cointreau
- 2 tablespoons freshly squeezed Meyer lemon juice
- 1 tablespoon simple syrup

### DIRECTIONS

Place sugar in a saucer.

Moisten the rim of a martini glass with a lemon slice and dip rim in sugar.

In a cocktail shaker, combine vodka, Cointreau, lemon juice and lemon syrup with ice; shake well.

Strain into prepared glass.



**W**ith so many new fitness trends in constant rotation, it can be overwhelming to simply begin. Should you use the straps? The ropes? The cables? Between the obstacle courses, machines and gizmos, weights and bars, we are often left scratching our heads. This month, forget the gym and the fancy equipment, a simple set of stairs can easily do double-duty for a total-body workout. So find a staircase — inside your office or outdoors in the fresh air — and step up to your best body yet!



## **WARM UP: WALK UP AND DOWN THE STAIRS FOR 3 TO 4 MINUTES.**

Workout: Perform 12 to 15 repetitions of the following eight exercises, with two minutes of cardio bursts in between each, sprinting up to the top of the stairs and then walking back down to the bottom.

### **EXERCISE 1: OFF-CENTER STEP-UP AND SQUAT**

Stand with your left side to the step, feet hip-width apart. Step up sideways onto the stair with your left foot, followed by your right foot. Keep your eyes focused straight ahead, abdominals engaged and chest high. Step back down with your right foot, followed by your left foot and immediately lower yourself down into a squat by bending at the knees and hips. Repeat 15 times, then switch sides.

**Works:** core, legs

<< 2 minute cardio burst! >>

### **EXERCISE 2: SPLIT SQUAT**

Stand approximately 2 feet in front of the stairs, facing away, and bring one leg back behind you until the ball of your back foot rests on the bottom step. Keep your weight on your front leg. Slowly bend your front leg to lower your body down into a lunge. Lower until your front thigh is parallel to the ground and then gradually push back up to starting position.

**Works:** legs, glutes

<< 2 minute cardio burst! >>

### **EXERCISE 3: REVERSE CRUNCHES**

Sit on the edge of the bottom step and grip the edge of the step with your hands. Bend your knees and using your abdominals, pull your knees up toward your chest; then straighten them as you bring them back down.

**Works:** abs

<< 2 minute cardio burst! >>

### **EXERCISE 4: THE EXTENDER**

Stand on edge of stair, heels hanging off, with a weight in each hand. Rise onto balls of feet as you raise arms out to sides at shoulder level. Slowly lower to start; repeat. Do reps.

**Works:** shoulders, upper back, abs, butt, calves

<< 2 minute cardio burst! >>

### **EXERCISE 5: HIP HOORAY**

Stand with left side near base of staircase, place left foot onto first step, knee bent, and raise arms out to sides at shoulder level, elbows bent 90 degrees (like a goal post), palms forward. Straighten left leg as you press arms overhead and lift right leg to the side, foot flexed (as shown). Release to goal post position, stepping right foot down. Do reps. Switch sides; repeat.

**Works:** shoulders, triceps, back, abs, butt, thighs, calves

<< 2 minute cardio burst! >>



### EXERCISE 6: STAGGERED PLIÉ

Stand with left side near base of stairs. Place left foot on first step, knee soft, toes turned out. Squat, lowering yourself as far as possible, then straighten legs; repeat. Switch sides.

**Works:** shoulders, upper back, chest, butt, thighs

<< 2 minute cardio burst! >>



### EXERCISE 7: SPIDER

Start in push-up position with hands shoulder-width apart on the first or second step and toes on floor or landing hip-width apart. Bend elbows 90 degrees, lowering chest toward stair; pause, then bring right knee toward right elbow as far as you can comfortably go. Return to start. Repeat on opposite side.

**Works:** shoulders, triceps, chest, abs, hips, butt

<< 2 minute cardio burst! >>



### EXERCISE 8: BASKING BEAUTY

Sit on edge of stair, hands at sides, knees bent 90 degrees, feet flat. Use arms to lift your seat off stair. Lower body until elbows are bent 90 degrees. Straighten arms as you lift hips toward sky, creating a straight line from shoulders to knees. Lower to bent-elbow position; repeat.

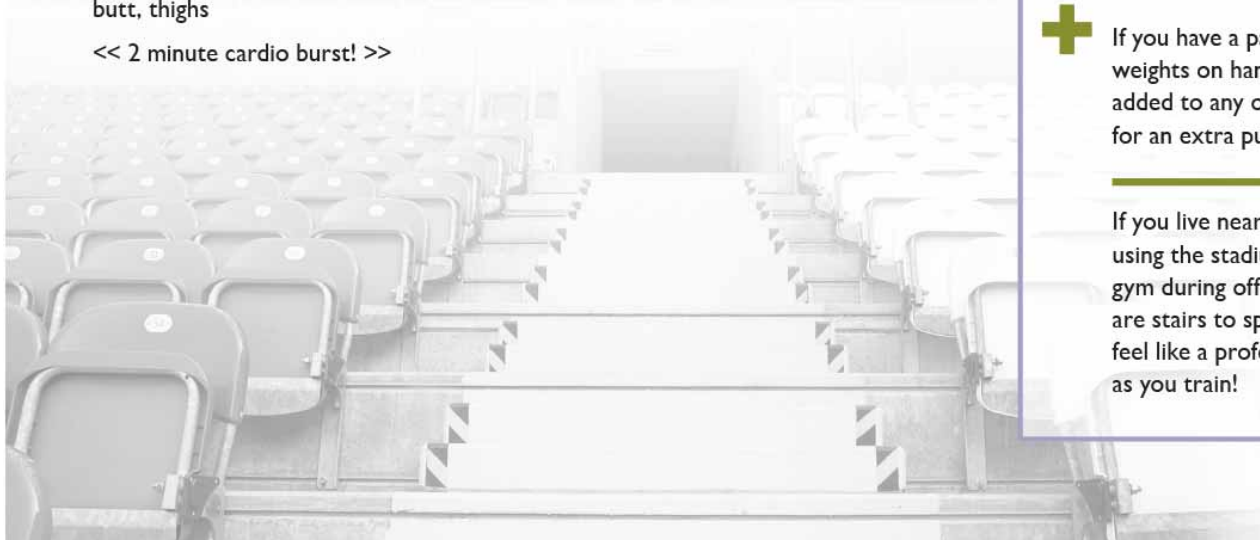
**Works:** shoulders, triceps, chest, abs, butt, thighs

<< 2 minute cardio burst! >>



If you have a pair of arm weights on hand, they can be added to any of the exercises for an extra punch!

If you live near a university, try using the stadium there as your gym during off-hours. There are stairs to spare, and you'll feel like a professional athlete as you train!





# MUSIC / BACK-TO-SCHOOL PLAYLIST

**N**o matter your age, September conjures up the familiar feelings of changing seasons and the beginning of a new school year — coasting on the high of days at the pool and summer jobs, to backpacks and school books. Here's a set of tunes in celebration of those long gone back-to-school days. Carefully select your outfit, perfect your hair and turn up the volume!

- 1 We're Going to Be Friends**  
THE WHITE STRIPES
- 2 Rock 'N' Roll High School**  
THE RAMONES
- 3 Gwan A School**  
SISTER NANCY
- 4 Me and Julio Down by the Schoolyard**  
PAUL SIMON
- 5 Crime**  
REAL ESTATE
- 6 Varsity**  
SMITH WESTERNS
- 7 Teenage Dirtbag**  
WHEATUS
- 8 Smells Like Teen Spirit**  
NIRVANA
- 9 Passing Me By**  
THE PHARCYDE
- 10 Everybody Want to Rule the World**  
TEARS FOR FEARS





Release dates subject to change.

## THE LONGEST WEEK

Genre(s): Drama, Comedy  
Release Date: September 5

Starring: Jason Bateman, Olivia Wilde, Billy Crudup, Jenny Slate

Conrad is raised by hotel staff when his rich parents go on hiatus at the age of 11. As a result, his 30s consist of chasing girls, relaxing and fully taking advantage of the perks that come with living in a prestigious hotel. But when his parents suddenly divorce, his party is abruptly ended, and Conrad finds himself homeless and unprepared for the real world. Conrad's journey as a broke, homeless and single adult male brings serious laughs, and when he finally meets the girl of his dreams, this comedy becomes a heartwarming romance.

## FRONTERA

Genre(s): Drama, Thriller  
Release Date: September 5

Starring: Ed Harris, Michael Pena, Eva Longoria, Amy Madigan

Frontera is a complex drama set in the turbulent stretch of land between Arizona and Mexico, tracing the events that take place after a former Arizona sheriff's wife is killed while riding on their ranch. On the surface, the obvious suspect is a Mexican man who illegally crossed into America, but as the local sheriff searches for answers, lives are changed forever.

## BEFORE I GO TO SLEEP

Genre(s): Thriller, Mystery  
Release Date: September 12

Starring: Nicole Kidman, Colin Firth, Mark Strong, Anne-Marie Duff

In this thriller, Christine wakes each morning alongside a man she does not recognize, in a strange bed. In the bathroom she finds a photograph of him taped to the mirror, with the words "your husband." This simple story gives the viewer a mystery that reveals itself through the disparate fragments that appear to Christine each day, flashbacks to the accident that damaged her and the life that she had built before it happened. Each night, Christine's mind erases the day, leaving her and the audience to start the puzzle all over again.

## THE SKELETON TWINS

Genre(s): Drama, Comedy  
Release Date: September 19

Starring: Bill Hader, Kristen Wiig, Luke Wilson, Ty Burrell

Estranged siblings Maggie and Milo are living separate lives on opposite sides of the country, each one struggling in parallel. But after a moment of crisis reunites them, Milo goes to spend time with Maggie in the small New York town where they grew up. Adrift and wondering how they ended up so far from who they were supposed to be, the siblings try to patch their lives, and their sisterhood, together.

## THE EQUALIZER

Genre(s): Thriller  
Release Date: September 26

Starring: Denzel Washington, Chloe Grace Moretz, Melissa Leo, Haley Bennett

Believing that he has put his mysterious past behind him and dedicated himself to beginning a quiet new life free from heroism and violence, McCall meets a young girl under the control of an extremely dangerous Russian mob. Armed with hidden skills that allow him to serve vengeance against anyone who would brutalize the helpless, McCall comes out of his self-imposed retirement, committing himself to save the girl and regain his place as "The Equalizer."

## THE TWO FACES OF JANUARY

Genre(s): Thriller  
Release Date: September 26

Starring: Viggo Mortensen, Oscar Isaac, Kirsten Dunst, Yigit Ozsener

A glamorous and charismatic American couple arrive in Athens by boat via the Corinthian Canal. While sightseeing at the Acropolis, they encounter a young, Greek-speaking American working as a tour guide — scamming tourists on the side — who is drawn to their beauty and sophistication. But we soon learn that behind the couple's affable exterior lurks a darker secret. Murder, intrigue, betrayal, lust and mystery ensue in a journey that takes them all from Greece to Turkey, toward a dramatic finale played out in the back alleys of Istanbul's Grand Bazaar.

## GOOD PEOPLE

Genre(s): Thriller  
Release Date: September 26

Starring: James Franco, Kate Hudson, Omar Sy, Tom Wilkinson

When a young American couple falls into serious debt and are faced with the loss of their dream to have a house and start a family, they discover that the tenant in the apartment below them has been murdered, leaving behind a \$400,000 stash of cash. Despite initially planning to take just enough to pay their debt, they begin spending the money and can't seem to stop, suddenly finding themselves tangled in an out of control adventure full of deceit, theft and murder.

## THE BOXTROLLS

Genre(s): Adventure, Animated Comedy, Fantasy  
Release Date: September 26

Starring: Ben Kingsley, Toni Collette, Elle Fanning, Isaac Hempstead-Wright

This comedic adventure fable takes place in a posh Victorian-era town obsessed with wealth, class and the finest things in life, including gourmet cheese. Lurking beneath its pristine, romantic cobblestone streets are the Boxtrolls, an underground cavern-dwelling community of quirky and lovable oddballs who wear recycled cardboard boxes the way turtles wear their shells. Living among the Boxtrolls is an orphaned human boy who has been living since infancy as one of their own. When the Boxtrolls are targeted by villainous pest exterminator above ground, the kindhearted troop of underground wonders must figure out a way to outsmart the rich, bridge the two worlds and save the day for everyone.







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