

FITHESS-HEALTH-DRINK-FOOD-TRAVEL-TY'S TIPS-MUSIC-BEAUTY FITHESS-HEALTH-DRINK-FOOD-TRAVEL-TY'S TIPS-MUSIC-BEAUTY FITHESS-HEALTH-DRINK-FOOD-TRAVEL-TY'S TIPS-MUSIC-BEAUTY FITHESS-HEALTH-DRINK-FOOD-TRAVEL-TY'S TIPS-MUSIC-BEAUTY

ebruary, the shortest month of the year, and also the coldest for those of us in Chicago. It's the month actor Ashton Kutcher, rocker Alice Cooper and civil rights icon Rosa Parks were born—try putting those three in any other sentence together! It's also when we celebrate Valentine's Day. A day when many of us actually schedule time for romance. But what about those who aren't "Booed-up"? What's a single girl to do on the most romantic day of the year? Courtney Simmons, our resident feminist, shares how she plans to spend February 14th.

For those looking to travel, we enlisted the advice of Kurt Clauss, an international man of intrigue (mainly because he's been a flight attendant with American Airlines for 30 years!). He shares his top travel destinations, and hacks.

Because it's Black History Month, we list a few songs of freedom, struggle and inspiration that were inspired by the Civil Rights Movement. Listen to the lyrics of Billie Holiday's "Strange Fruit" and brace yourself for a chilling rendition of history through song. No wonder she sang the blues.

This month, like every month, we try to find recipes that will delight. I've always been a fan of mushrooms. Paired with polenta, this hearty, vegetarian dish will keep your diet on track while providing home-cooked goodness. "The Margarita Snap" is a ginger-infused twist on the traditional Tequila drink. Mix it, drink it.



Enjoy,
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February 2016

FEBRUARY 2

Groundhog Day

FEBRUARY 5

National Wear Red Day

FEBRUARY 7

Super Bowl 50

FEBRUARY 8

Chinese New Year

FEBRUARY 9

Mardi Gras

FEBRUARY 12 - 14

NBA All-Star Game

FEBRUARY 10

Ash Wednesday

FEBRUARY 14

Valentine's Day

FEBRUARY 15

President's Day

Observed

Black History Month American Heart Month National Children's Dental Health Month

Birthstone

Amethyst

Astrological Sign

Aquarius (1-19th)

Flower

Violet



BIG SKY, MONTANA

What's the largest ski resort in the U.S. that gets 400 inches of snow each year and allows kids under age 10 to ski for free? Big Sky, Montanal The affordable, family-friendly, powdered-peaks of Big Sky are just 44 miles south of Bozeman, MT. Colorado may aet all the attention, but underrated Montana is upgrading its facilities and you won't have to fight the crowds. If you have time, head to spectacular Yellowstone National Park just an hour away. Winter is the best time to avoid the huge summer crowds.

www.bigskyresort.com



MONT-TREMBLANT,

It's like skiing in Europe without the red eye flight across the Atlantic. Located in the Laurentian mountains of Quebec, Tremblant Resort is a 90-minute drive from Montreal, or you can fly right into Tremblant from Toronto on Porter Air or Air Canada. Après' ski, stroll the charming narrow streets of the village and take in fine cuisine and amenities at dozens of restaurants and shops all at the current exchange rate of \$1.40 Canadian per U.S. dollar (at the time of publish).

www.tremblant.ca

3 JACKSON HOLE, WYOMING

Non-stop flights from 13 different U.S. hubs makes Jackson Hole, WY easier than ever to get to. You will get a mix of cowboy and jet-set ski crowds here. In Jackson Hole, both budget-friendly inns, and the Four Seasons hotel, keep diverse skiers that rarely wait in a lift line. Even as Jackson Hole continues to grow with the luxury clientele, the rustic pureness of downtown Jackson is still a big draw. My fave here is the 100-skier tram that climbs 4,100 feet in just 9 minutes, complete with tunes controlled by the train operator. Many of the epic black diamond runs at Jackson are staples in extreme ski movies because of the breathtaking scenery. While there, don't go looking for an actual hole. Jackson Hole is named for its valley floor as it's surrounded by mountains. If you visit late season, Grand Teton National Park flanks Jackson Hole and has some of the best hiking in the U.S.

www.visitjacksonhole.com/Winter

PARK CITY, UTAH

There are three great ski mountains in Park City—Deer Valley, Park City Mountain Resort and the Canyons. You'll find lots of ski programs, terrain parks and camps for kids. Park City staffers focus on making sure each guest has a great experience during their visit. The town of Park City is more than just a ski town. There's plenty of shopping and nightlife (yes, they DO drink in Utah) and festivals like Sundance Film festival, which provides plenty of action for the non-skier. Airport transportation is available and the Park City buses are free.

www.visitparkcity.com

5 TAOS, NEW MEXICO

If you have more than a couple days, a ski adventure to Taos is totally worth it. The 2.5-hour drive from Albuquerque is a cool road trip through some fascinating landscapes. Traveler tip: Get in early if you can to drive during the daytime. Taos is steep, affordable. a little more secluded than the mega ski resorts, but it operates at a nice easy pace. Taos gets more than 300 days of sunshine a year and more than 300 inches of dry rocky mountain powder annually. Expect a low percentage of snow boarders here. Taos is also well known for its art, pueblo culture, food and wine.

www.skitaos.com



- Travel mid-week to save on airfare.
- Spring skiing is cheaper, sunnier and less crowded. Check snow conditions on your destination's website, and book in late March or early April. Most resorts typically close in Mid-April.
- Wear your bulky-big coat on the plane to maximize suitcase space.
- Save money on lodging by staying at a condo or ski house. Try VRBO.com for vacation rentals, as well as, ski.com for deals.







INTERIOR DESIGN STAR



TY PENNINGTON

The Top 5 Worries of Today's House Hunters

With the housing market being so competitive these days, more and more buyers find themselves concerned about a number of different situations related to their hunt for a new home.

As is the case with most of life's worries, it's important to know what you can control about the process and allow yourself to let go of the rest.

Let's take a look at five common concerns and what you can do to put your mind at ease.





1

Rates are on the rise.

It's true – the economy is improving and interest rates on mortgages are climbing for the first time in nearly a decade. Don't let this bring about panic. In fact, you should look at it as a positive development. We all need an incentive to make things happen in our lives, even good things. So if you're on the fence about buying a home, now's the time!

4

I might not qualify for a mortgage.

Don't waste time and energy worrying about whether or not you'll qualify for the loan you want. Go find out! And if you aren't approved for a mortgage, learn about what you need to do to turn things around. It could be a simple fix. Also, there are many programs out there for a variety of buyers. If you don't qualify for one, you might qualify for another.

2

Home prices are on the rise.

When interest rates rise, home prices generally follow the same trajectory. Why? Because when more potential home buyers take the plunge, demand goes up. This is a classic "strike while the iron's hot" scenario. And if prices continue to rise after you've settled into your new home, you might find yourself with more equity than you thought.

5

I don't like anything I've seen.

No house will check all of your boxes unless you build it from the ground up. So start with a list of deal breakers. For example, if you have a family of six, a quaint one-bedroom, one-bathroom abode probably won't cut it. But if you see a house that's perfect in every way but is a bit outdated, you can always remedy that with fresh paint, new tile and modern fixtures.

3

Other buyers want my dream house.

In a seller's market, there will be a lot of competition for homes. To play the bidding game you need to come prepared. Specifically, you need a preapproval letter that includes an automated underwriting approval. This kind of approval means your mortgage professional has reviewed all of your paperwork and received a preliminary approval from a lender. It also gives you an edge over other potential buyers who don't have one.

Feeling better now? Good! Now get out there and do some house hunting!

Contributed by: Chris Lathrop, based on tips from the Ty Pennington Design Team

The most romantic movies of all time...

P.S. I LOVE YOU

This is a movie for those nights when you just need a good cry with a positive ending. It's heart wrenching and sad, but also hopeful and funny. Then of course there is Gerard Butler....pause for attractiveness. Followed by Jeffrey Dean Morgan, yes again! Overall a great love story and romantic movie.

~ Debbie N.

SENSE AND SENSIBILITY

I think this movie encompasses so many forms of romantic love – youthful, impossible, unrequited, mature, and the true, everlasting, perfect love ... All of the characters make mistakes along the way, and have their hearts broken by circumstance or misunderstanding, but it's ultimately an optimistic story that makes you believe true love is possible if you are true to yourself.

~ Betsy F.

DIRTY DANCING

Because nobody puts baby in a corner.

~ Danielle B.

WHEN HARRY MET SALLY

It shows the reality of love and relationships. They are full of frustration, awkward moments, a solid friendship and a bond that only two can understand.

~ Selene G.

LOVE ACTUALLY

No brainer! It's the first "RomCom" that guys can enjoy as much as their girlfriends.

10

10

~ Mike B.

ETERNAL SUNSHINE OF THE SPOTLESS MIND

It's a fantastic love story without any of the clichés. The couple unwittingly discovers they're destined for each other, despite a bittersweet end to the relationship.

~ Courtney S.

A LOT LIKE LOVE

Two friends who've convinced themselves they would never make a good couple discover that they just might. This movie has the perfect combination of drama, wit and intrigue of seeing if these two charming, flawed characters end up together. It never gets old!

~ Kelly C.

THE PRINCESS BRIDE

In a medieval tale of good vs. evil, the true triumph is Wesley and Buttercup's love. It lasts through years apart, kidnappings, battles and even death. Love conquers all in this movie. For "death cannot stop true love. All it can do is delay it for a while."

12

~ Maisie S.

660



f you're a lady (or a lad) who finds yourself unattached and unsure how to spend this commercial, Hallmark holiday we call Valentine's Day, I've got something to say to you. It always baffles me that the media portrays single people as desperate and lonely, sobbing themselves to sleep with a quart of Haagen-Dazs because everyone else around them is married. Equally offensive, it makes me think of that song, "You're Nobody 'Til Somebody Loves You." Really? What a message! It's like saying, you are only defined by your partner. Absurd! If you ask me, these sentiments are dated and all-around untrue.

Women today are marrying later in life and spending their youth making names for themselves.

As a single woman, here are My Top 5 Modern Ways To Celebrate Valentine's Day, Alone Single. Get Pampered
Schedule your spa treatment and a facial for February 14. There is nothing wrong with giving yourself a little extra attention. You'll leave with a healthy glow and an extra dose of confidence to boot.

Treat Yo'Self
In homage to "Parks and Recreation," take Valentine's Day as the green light to treat yourself. If you aren't familiar with the reference, just go downtown and get that fine leather bag you've been eyeing. It's that simple.

Wine Night
Invite your best girls
(and guys) and bunker
down for a night of wine and
conversation. There doesn't need
to be an excuse to converse with
your best mates, but Valentine's
Day is a pretty good one.

Get Zen

Roll out the yoga mat and give your mind a refresh with meditative yoga. Guided group classes are great for beginners. If you're feeling more adventurous, try reiki and have a spiritual healer align your chi.

Take today to do what you love most. If the kitchen is your favorite room in the house, fire up the oven and try a new recipe. Or better yet, check off an item on your bucket list. Fulfill your creative side by attending an art or pottery class, or if you're the active type, look into a rock climbing gym and push your limits. Invest in yourself. Make Valentine's Day about YOU.



PROPER YEAR-ROUND FOOT CARE IS CRITICAL IF YOU WANT TO MAINTAIN SUPERB FOOT HEALTH.

This goes beyond just lotions, scrubs and moisturizing socks. While those things are necessary, you should also wear suitable shoes, trim your nails and keep those tootsies clean.

FOOTWEAR

Here are some quick tips to keep your feet happy and pain-free:

- Wear shoes made of all natural material. While there will be times when rubber, nylon or plastic shoes may be too good to pass-up, try limiting wear to cooler months to avoid sweaty feet.
- Make sure your shoes fit. Loosefitting shoes can alter your gait disrupting normal foot and toe movements.

 Low heels are best. Ladies, spiked heels may make you look like a million bucks, but they are not meant for all night dancing, walking through airports or shopping sprints. Wear sensible shoes for daily activities to ensure proper weight distribution and to avoid tendon tightness and muscle injuries.

LOTIONS, SCRUBS AND PEDIS—OH MY!

We all want our feet to look properly groomed and ready for the world, but don't skimp on foot care just because it's boot season. Here are some easy tips to keep your feet looking wintertime presentable.

 Use moisturizing socks overnight. Simply apply your favorite moisturizer, slip your feet into a pair of super soft cozy socks and rest easy. The next morning your feet will be ready to tackle another day.

- Remove dead skin and calluses from the heels, balls and sides of your feet with a pumice stone, or an exfoliating scrub. First soften the skin with a warm water soak, then rub rough patches with the stone to remove dead skin.
- Pedicures are a great way to get your feet back in shape. Just be sure your salon practices healthy hygiene. Tools and tubs should be properly disinfected or you'll risk exposure to unwanted fungus or bacterial infections.

HEALTHY FEET

Proper nail and cuticle care is not just for hands. Your feet need love too! Ingrown toenails are painful, and fungal infections can take prescription medications to treat. To avoid a trip to the doctor to cure an unknown infection, follow these toe tips:

- Always cut your toenails straight across. As tempting as it might be, curved cutting can, and in most cases will, result in ingrown nails which can lead to a trip to the doctor for correction—ouch!
- Always maintain healthy toenail cuticles. Those little pieces of skin prevent bacteria and fungus from entering the nail bed. When managing those delicate pieces of protection, you'll want to be sure the cuticle remains attached to the nail by gently pushing the cuticle back using a Hindu stone or orange stick.
- Always wear shoes. Keep the barefoot tootsies at home. While many love the freedom of walking around barefoot, the world around us is a petri dish waiting to wreak havoc. Be sure to wear flip-flops when walking around in public places like pools, gym locker rooms and showers.

Your feet are important, so take the time to make sure they are healthy and feeling good all the time! If you do nothing else, take some time to relax. Kick your feet up and give them a break.

Contributed by: Selene Garcia

Two is better than one! Contrib

Contributed by: Sarah Amundson

There's no better feeling than completing a great workout. So why not do this with your best friend, significant other or co-worker? In honor of Valentine's Day, here are some partner workouts that not only keep you in shape, but make exercising more enjoyable.

PLANK HIGH FIVE

Start out by facing each other in high plank. To get into this position, stack your shoulders over your wrists and stack your feet hipwidth apart (similar to a push-up position). Keep your hips level to your shoulders and gaze down at the floor entire time.

Once you are both in high plank, lift your right hand off the floor and give your partner a high five. Return to start position and repeat with your left hand. Continue for two more sets, with one minute per set.

High plank is one of the best exercises to work your core muscles, but it also increases flexibility and improves posture.

PARTNER PUSHUP SQUATS

Start in a high plank—this time spread your hands slightly wider than your shoulders. Have your partner stand behind you with his feet hip-width apart. He then lifts your legs by holding onto them just above the ankles. You lower into a pushup as your partner lowers into a squat. After one minute switch places to complete the set. Both pushups and squats work your entire body, so both partners benefit from this workout!

DYNAMIC LUNGES

For this move, stand facing your partner at arm's length, clasping each other's hands between you. Next, lunge forward with your right leg as your partner lunges backward with their left leg- coordination is the key here! Then reverse this move by lunging backward with the right leg as your partner lunges forward with the left. Complete 10-12 reps, switch legs, and repeat.

Leg lunges have a ton of health benefits, which include helping with your balance, hip flexibility and core stability.

YOGA TREE

Stand side-by-side, arm's length apart. Reach out to your partner and press palms together. Next, bend your right leg and plant your foot onto your inner thigh (or calf if you're not completely flexible). Complete the tree pose by extending your right arm straight out and flexing your wrist up so your fingers point to the sky. Hold for 20-30 seconds. Tree pose increases balance, focus and memory. It also strengthens your ankles and knees.

BODYWEIGHT SQUAT

Stand facing your partner at arm's length, with feet slightly wider than hip-width apart, grasping each other's forearms. Maintaining a secure grip, squat down in sync until your thighs are parallel to the floor. Hold. Slowly return up to starting position. Repeat for 10-12 reps and maintain good form by lifting your chest up, setting your shoulders back and grounding down through your heels the entire time. Doing squats on a regular basis increases flexibility and also decreases your chance of lower back pain and knee injuries.



February is Black History Month.

A time to reflect on the progress and struggle that the Civil Rights Movement accomplished. Here, we pay homage to Dr. Martin Luther King Jr. with music inspired by, and told through, the lens of equal justice for all.

OH FREEDOM

Harry Belafonte

FIGHT THE POWER

The Isley Brothers

I DON'T WANT NOBODY TO GIVE ME NOTHING

(Open Up The Door, I'll Get It Myselft) Pt. 1 James Brown

WHAT'S GOING ON Marvin Gaye

PEOPLE GET READY

The Impressions

BLACKBIRD

The Beatles

LIFT EVERY VOICE AND SING

STRANGE FRUIT Billie Holiday

THE REVOLUTION WILL **NOT BE TELEVISED**

Gil Scott-Heron

ALABAMA

John Coltrane

BLOWIN IN THE WIND

Bob Dylan

HOW I GOT OVER

Mahalia Jackson

SISTER ROSA

The Neville Brothers

MISSISSIPPI GODDAM

Nina Simone

THIS LAND IS YOUR LAND

Pete Seeger

A CHANGE IS GONNA COME

Sam Cooke

RESPECT

Aretha Franklin

WE SHALL OVERCOME

Pete Seeger





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