

VALENTINE'S DAY RECIPES PG 3

LOVE IS ALL YOU NEED, SERIOUSLY PG 7

SMART HOME TECHNOLOGY: NEST PG 5

SEQUOIA NATIONAL PARK PG 11

# Enjoy FEBRUARY 2019

#### Welcome.

Happy Valentine's Day!

I hope your new year is starting off with lots of love and affection. Valentine's Day is for romantics. If you're all out of ideas on what you do this year, see our revised list of out-ofthe-box ideas. From glamping to cooking, there's something for everyone to spend quality time with the one you love.

Speaking of cooking, this month's recipe for luscious strawberry chocolate mousse is just what cupid ordered for a dimly light meal. It's so easy to make it's the perfect recipe for the weeknight meal. With just a few ingredients, you and your honey can whip up a dessert worth sharing.

Since this is a new year, some are searching for new jobs. Read our tips from a couple of recruits who put a snarky-dating twist on job hunting advice. While job hunting isn't as fun as swiping left or right, there are some tips and tricks that every job candidate should follow to make themselves stand out online because that's where the interview starts.

This month and every month we hope you *Enjoy* this issue.

#### SINCERELY,



**CHRYSTAL CARUTHERS** Editor-in-Chief chrystal@rate.com

#### CONTRIBUTORS



**SAM PEREZ** Photographer, America



**PAUL** BEVERIDGE Designer



MATT BARBATO Copy Editor, Writer, Ty's Tips

#### SUNDAY

#### MONDAY



2005: Alberto Gonzales receives Senate confirmation to become the first Hispanic attorney general in the United States.

1789: Despite his reluctance, George Washington becomes the first elected President of the United States Runnerup John Adams became Washington's vice president.

10

2014: Lovable child star Shirley Temple dies at 85 years old in her Woodside, California home. Temple served as a U.S. diplomat as an adult

11

1990: Nelson Mandela is released from prison after 27 years following demands from South African president F.W. de Klerk to end apartheid in the country.



1959: After debuting this made-up song on the road, Ray Charles officially records "What'd I Say," at the Atlantic Records studios in New York City, thus creating one of the greatest R&B records ever.

2004: "The Passion of Christ," Mel Gibson's film about Jesus of Nazareth's last 44 hours of life opens in theatres across the United States

#### SIGN OF THE TIMES

Aquarius: Jan. 20 - Feb. 18



NOTABLE PERSONALITIES:

Rosa Parks • Langston Hughes • Michael Jordan Dr. Dre • Oprah Winfrey • Etta James • Bob Marley

#### ON THIS DAY IN

# FEBRUARY

WEDNESDAY **TUESDAY THURSDAY FRIDAY SATURDAY** 2004: The first TV commercial for Ford's high-performance car, the Ford GT, airs during Super Bowl 38. The car cost roughly \$150,000. 1992: Three months after revealing he **1952:** At age 27, Princess had contracted the Elizabeth is crowned Queen HIV virus and was retiring from basketball, Los Angeles Elizabeth of Great Britain 1986: Spud Webb wins the Lakers legend Earvin "Magic" following the death of her NBA slam dunk contest at father, King George VI. just 5'7" tall, out-dunking his Johnson returns to the Currently 92, Elizabeth still hardwood for the NBA All-Star Atlanta Hawks teammate. maintains the throne. Dominique Wilkins. Game in Orlando. 16 14 1977: The B-52's, the unconventional, underground 1965: Canada flies the maple leaf flag as its national flag band most famous for its hit 1878: The silver dollar is made single "Rock Lobster," makes legal after the Bland-Allison in accordance with a formal its debut at a Valentine's Day statement made by Queen Act is passed, which allowed house party in Athens, GA. Elizabeth II of England. for silver coins to be minted. 1980: The U.S. Olympic hockey team pulls off the Miracle on Ice by defeating the 1878: Thomas Edison patents **1981:** Dolly Parton cements heavily favored Soviet Union team at the XIII Olympic the phonograph, arguably his herself as a country music and greatest invention, which was mainstream music star when Winter Games. Two days later, her song "9 to 5," hits No. #1 the first device to both record the Americans won gold over sound and play it back. on the pop charts. Finland 2013: Pope Benedict XVI 2005: Academy Award winning steps down at age 85 three actress Halle Berry surprisingly 1827: A group of masked and weeks after he announced appears to accept her "Razzie," costumed students dance he would be leaving the award for Worst Actress for the through the streets of New position. He was the first pope title role in the poorly received Orleans, starting the city's to relinquish power in almost action film, "Catwoman." famous Mardi Gras tradition. 600 years.

#### On this day: Leroy "Satchel" Paige breaks a baseball color barrier

JANUARY 5, 1933: Leroy "Satchel" Paige becomes the first Negro League veteran to be nominated for the Baseball Hall of Fame and was eventually inducted in August of that year after an endorsement from fellow Hall of Famer, Joe DiMaggio. Known for his incredible pitching talent and longevity of his career, Paige first retired from baseball in 1953. Twelve years later, Paige returned to pitch three innings for the Kansas City A's at the age of 59, making him the oldest person to ever play in the Major Leagues. — SOURCE: HISTORY.COM



### **Dreamy Strawberry Mousse**

#### BY CHRYSTAL CARUTHERS

Valentine's Day doesn't have to be an expensive night out. It can be just as romantic to stay home, cook together and share something sweet. This year try our oh-so creamy extra dreamy strawberry mousse. White chocolate and strawberries are a match made in culinary heaven so indulge your senses and feed your better half a spoonful of love.

#### **Ingredients**

1 cup frozen strawberries

2 cups heavy whipping cream

2 teaspoons confectioner's sugar

1 teaspoon vanilla extract

1 pinch pink salt

34 cup white chocolate (for melting)

1 tablespoon Grand Marnier

#### **Directions**

#### **White Chocolate Mousse**

Heat whipping cream in a heavy bottom saucepan, over medium-high heat. When small bubbles form around the edges, add the white chocolate chunks. Stir with a wire whisk until chocolate is melted and smooth. Turn off heat and stir in the vanilla. Add a pinch of pink salt. Pour into a bowl, refrigerate until completely cooled. Once cooled, use a hand mixer to whip until mousse texture is fluffy and stiff peaks form.

#### Strawberry mixture

Place thawed strawberries in a bowl with sugar and liquor. Allow to mascerate for at least 30 minutes. Place a dollop of mousse in a dessert dish. Top with strawberries and Enjoy!



## **Slushy Rosé Cooler**

#### BY CHRYSTAL CARUTHERS

Rosé has taken over the bar scene. The pale blush hued bubbly is screams romance in a glass. Add a little ice, or frozen strawberries, and a blender and now you have frozé! A slushy rosé cooler that keeps its lovely color and subtle flavor. For a romantic toast, try this simple recipe.

#### **Ingredients**

1 bottle of your favorite Rosé

**1 cup** frozen strawberries

½ **cup** sugar

2 ounces freshly squeezed lime juice

#### **Directions**

Place all ingredients in a blender. Blend on high until smooth. Enjoy!

FEBRUARY TIPS FROM

TY PENNINGTON

INTERIOR DESIGN STAR

4 REASONS WHY A

**SMART THERMOSTAT** 

IS A WISE HOME IMPROVEMENT







Let's be honest: the traditional thermostat is outdated. There are better solutions available for complete control of the temperature in your home. If you're looking for ways to cut down on your energy costs, installing a smart thermostat should be the first move you make. Here are four reasons why choosing a smart thermostat is a wise improvement for your home:

#### **Flexibility and Control**

A smart thermostat gives you as much or as little control as you prefer while keeping your home consistently cozy. You can set it and forget it or adjust it on the fly from your smart phone by connecting your device to Wi-Fi. Expecting the temperature to drop overnight? Just fire up your mobile app and turn up the heat before you go to bed. Flexibility is the name of the game with a smart thermostat. Say goodbye to cold winter mornings or stuffy summer afternoons. Your home will always be comfortable.

#### **Adaptation**

They're called "smart," thermostats for a reason. One of the coolest features of a smart thermostat is that it adjusts to the weather and to your habits and preferences. It won't waste energy when you're not in the home and can anticipate both your short-term and long-term needs.

For example, Nest thermostats can connect to your phone and discover your approximate commute time to and from work. It can set your home to your preferred temperature the second you walk through the door. A smart thermostat will eventually learn your preferences as the seasons change and can adjust the temperature accordingly. Awesome, right?

#### **Savings**

With a smart thermostat, you'll save money and reduce your carbon footprint. Sure, you might pay a bit more upfront for the system and installation, but you'll save more in the long run. A smart thermostat can save as much as 10 percent on heating and 15 percent on cooling annually because you'll only use it when you need to. These devices are also great for the environment because it will reduce your energy consumption. Smart thermostats are great for your wallet and the planet.

#### **Tracking**

Your monthly energy bill shouldn't be a guessing game about where your money is going. Smart thermostats also help you pinpoint when your energy consumption increases, so you can make cost-effective changes that will help pay off down the road. Yes, now you can make data-based decisions about heating and cooling your home. Welcome to 2019.

**SWIPE RIGHT** 

# FINDING THE RIGHT JOB IS LIKE ONLINE DATING



BY ADRIANA NUNEZ & BRENDA BHANSALI

CORPORATE RECRUITERS

Nowadays job searching is like dating – - there are a lot of fish in the sea but finding that perfect match has become more complicated. Just as singles swipe through hundreds of perspective matches on Tinder, recruiters see hundreds of resumes a week. With a glance at a resume, a corporate recruiter can determine if the candidate is a fit or not. "It's true, you never get a second chance to make a first impression. For recruiters and hiring managers the first impression of a candidate is that person's resume, make it count," said Mike ODonnell, director of recruiting at Guaranteed Rate, one of the largest residential mortgage brokerages in the country.

Adriana and I work on Mike's team as recruiters. We've seen it all. Resumes that feature low GPA's next to the year the candidate graduated from college (a No-No) to birth dates on resumes (another No-No). While some resume rules walk a thin line between what's acceptable and what isn't, unless you're in sales, there's no need to include your profile picture on your resume. That said, we know many people are starting the new year with a new job search. We want to help. Here are our rules for helping job seekers navigate the hunt for the perfect corporate match.



- ✓ Know your resume, like you know yourself.
- Know which job you're applying for before you hit send
- ✓ Make sure you include your complete contact information including your phone number. We shouldn't even have to say that.
- ✓ Use good old-fashioned snail mail and send thank you notes.
- ✓ When applying to jobs on job boards, make sure to attach your resume. This is not the time to be mysterious.
- ✓ Have multiple resumes and cover letters for the position you are applying for. Even though we don't read cover letters, we like when they're included!
- ✓ Use proper English. Save the emogis and acronyms for your friends.
- ✓ **Do your research**. Know the company and position you are applying to.
- ✓ **Use a template**. Again, this is your first impression.
- ✓ Spellcheck, proofread, have a friend review your resume before you submit it online because four eyes are better than two.

- × Don't put your headshot on your resume, this is not a casting call.
- X Don't include every job you've ever held.
  One page is standard.
- X Don't misspell words or fail to use proper English. Spell check is your friend.
- **X Don't include your GPA**. If you weren't Magna Cum Laude, it doesn't matter.
- X Don't write an autobiography. Less is more.
- X Don't include your hobbies. This isn't a dating app. Recruiters don't care about your stamp collection.
- X Don't list your references on your resume until requested
- X Don't lie. Recruiters tend to fact check a resume that's too good to be true.
- X Don't burn bridges. So you didn't get the one job you applied to. There may be others.
- X Don't blunder the name of the company, or person at the company, you want to work for.



BY **CYNTHIA JAFFE**NURSE PRACTITIONER

John Lennon wrote "All You Need Is Love" to send the world the message that love is everything. It was inspired by a word that everyone could easily understand: "L-O-V-E". Critic Mark Hertsgaard has called it the Beatles' most political song up to that point, reflecting the utopian vibe of the world's youth during the 1960s peace movement. The song, broadcast to 24 nations on June 25, 1967, in the first global TV show "Our World," was much more than a "groovy" track. It was a message. "I think if you get down to basics, whatever the problem is, it's usually to do with love... Love is not just something that you stick on posters or on the back of your car, or on the back of your jacket or on a badge... Love is allowing somebody to be themselves and that's what we do need," said Lennon in 1971.



The Harvard Grant Study, which spanned 75 years, substantiates Lennon's belief. In 1938, scientists began to track 268 male Harvard sophomores over an 80-year span. The researchers studied the men's accomplishments and failures in both relationships and careers in hopes of discovering not only life lessons learned, but the secrets that lead to a healthy and happy life.

It wasn't genetics, money or fame that made people happy, the study concluded, connections matter most. It's the quality of one's attachments to others that is the best determinant of a long, happy life, according to the study.

"The surprising finding is that relationships and how happy we are in our relationships have a powerful influence on our health. Taking care of your body is important but tending to your relationships is a form of self-care, too," said Robert Waldinger, director of the study.

#### Words to live by

Curious to know more about the health effects of love and connection on your life? Read "Triumphs of Experience: The Men of the Harvard Grant Study," by George Eman Vaillant, a lead researcher on the study. Here are a few takeaways:

- Connection social ties and strong relationships in as many areas of life as possible – are crucial: "Joy is connection."
- Money and power career success and material achievement play little part in a full life and later contentment.
- Children who fail to learn basic love and trust at home are handicapped later in mastering the assertiveness, initiative and autonomy that are the foundation of successful adulthood.

- In short, it was the capacity for intimate relationships that predicted flourishing in all aspects of these men's lives.
- People can gain great happiness over their lifetime, even if they face hardships along the way.
- "The Short Answer is L-O-V-E" and I might add not only loving others or being loved, but also developing love for oneself.

Love, and finding a way to cope with life that does not push love away, are Vaillants' secrets to a life that can ripen into happiness and fulfillment. In your later years, the warmth of your relationships will be everything. Wealth, status, and other superficial gains are no match for the power of love.

"I think if you get down to basics, whatever the problem is, it's usually to do with love... Love is not just something that you stick on posters or on the back of your car, or on the back of your jacket or on a badge... Love is allowing somebody to be themselves and that's what we do need." AMERICA . FEB 2019

# SEQUOIA 14710NAL PART



SAM PEREZ

PHOTOGRAPHER INFLUENCER

@SAMADVENTURE (6)

sun-soaked coast. It's also home to majestic trees so tall, it's hard to fathom how these trees can stretch 350-feet tall and 20 feet in diameter. Giant sequoias can live more than

diameter. Giant sequoias can live more than 3,000 years, according to the National Park Service. These old trees remind of us of our own mortality and how insignificant we are in the continuum.

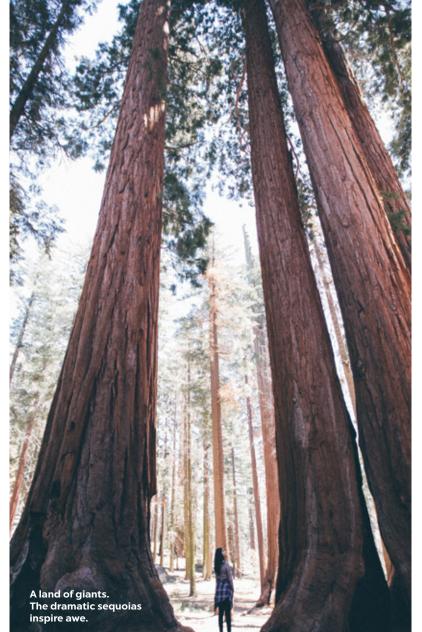
Mountains, foothills, canyons, rivers and the

lifestyle, California has more to offer than its

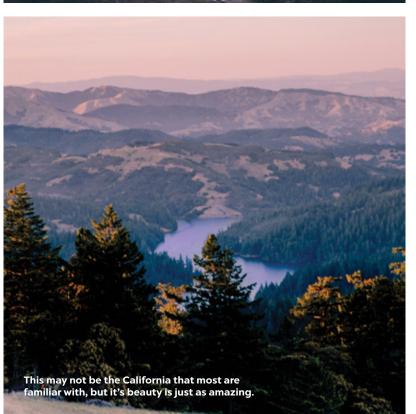
world's tallest trees all reside in California.

Known for its sunny beaches and Malibu

Few of us get to see these giants up close, but it's worth traveling to see trees so big tunnels are cut through them. A five-hour drive from San Francisco, Sequoia National Park has more than 630 square miles of land and is home to five of the 10 largest trees on the planet. Established in 1890, it's one of the oldest national parks in the country. But don't think it's just about gazing at trees. Sequoia National Park also features cave tours, tough hiking trails, horseback tours, green meadows and roaring rivers.

















#### Winter is a wonderful time of year to buy a home. Here are five reasons why you should house hunt this season:

#### Avoid the competition

While other home buyers hibernate during the winter season, you can take advantage of a potentially slower market, which means more options to choose from at potentially lower prices.

#### Take control

Since most home buyers make their purchase during the spring and summer months, some sellers become more anxious during the winter, giving you the upper hand.

#### Be the holiday host

It's your turn to invite friends and family to your brand new home for winter festivities!

#### Invest your extra dough

There's no better way to use that end of year bonus than on a down payment for your new home.

#### Seize the season

Buying in the winter means spending your summer living, rather than house hunting.

#### Don't get left out in the cold, find your dream home this winter.

#### Visit Rate.com/mgriffey

#### for details!

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Christopher Tenggren
HomesinTheFoxValley.com

#### **Christopher Tenggren**

**BROKER/REALTOR** 

o: (630) 513-0222

c: (630) 408-2750

f: (630) 313-4220

Homes In The Fox Valley. com

 ${\bf Christopher@HomesInTheFoxValley.com}$ 

License #: 471.001722

505 W Main Street

St. Charles, IL 60174





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#### **Melissa Griffey**

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o: (630) 364-7539

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