

Enjoy

MARCH 2018 | TRAVEL • EAT • DRINK • TY'S TIPS • FINANCE • LIFESTYLE • HOMEOWNER

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THAT BUSTS ANY BRACKET

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WASHING MACHINES:
NOT JUST FOR CLOTHES

Enjoy

MARCH 2018

Welcome.

March is synonymous with madness. Basketball fans young and old, true and not-so-interested, fill out their brackets hoping for bragging rights and a piece of the office pool. For those hosting game day viewing parties, our **Eat** and **Drink** section offers two great recipes – the Madness Margarita and True-Blue Buffalo Wings. Your alma mater may not win the championship, but these recipes will score points with all your friends.

Many of us are stressing out about our taxes. New tax laws passed last year have many worried they'll miss out on ample tax deductions that cater to homeowners. In our **Finance** section, we shed some light on what you can still deduct, and what's going away. The truth of the matter is the new laws won't impact your 2017 tax return.

Since March is also *National Nutrition Month*, we included a list of superfoods to supercharge your **Health**.

This month and every month, *Enjoy!*

SINCERELY,



Chrystal Caruthers
Editor-in-Chief
chrystal@enjoy.com

CONTRIBUTORS



Matt Barbato
Copy Editor,
Writer



Jake Newton
Designer

sunday	monday
 4 1889: Ernest Hemingway finishes writing his novel, "The Old Man and the Sea," claiming it was his best piece of writing yet. The book won the Pulitzer Prize in 1953.	 5 1963: The Hula-Hoop is officially patented by Arthur "Spud" Melin. The toy was first marketed by Wham-O in 1958 and remains a great American fad.
11 1997: Iconic musician Paul McCartney is knighted by Queen Elizabeth II for his "services to music." Sir Paul and The Beatles took the world by storm in the 1960s.	 12
 18	19 1957: Elvis purchases his famous home, Graceland, for \$102,000 at the age of 22. It was the second home he purchased for his parents.
25	26 1920: F. Scott Fitzgerald publishes his first book, "This Side of Paradise," at 23 years old. He published his masterpiece, "The Great Gatsby," five years later.



Sign of the times

Aries: March 21 – April 19

Notable personalities include:

Emma Watson • Chance the Rapper • Kristin Stewart • Quentin Tarantino • Reese Witherspoon • Christopher Walken • Mandy Moore

ON THIS DAY IN

MARCH

tuesday	wednesday	thursday	friday	saturday
	1 1961: President John F. Kennedy established the Peace Corps as a new agency within the Department of State. Thousands of Americans immediately volunteered.		2	3
	6	7 2010: Kathryn Bigelow becomes the first female director to win an Oscar for her movie "The Hurt Locker," about an American bomb squad in Iraq in 2004.	8 	9 1959: The first Barbie doll goes on display at the American Toy Fair in New York City. Now a global icon, more than 800 million dolls have been sold since its debut.
13 1762: The first St. Patrick's Day parade is held in New York City to honor the patron saint of Ireland. Today, millions of Americans celebrate the Catholic feast day.	14 1776: Alexander Hamilton is named captain of a New York artillery company, starting his stellar military career. Now, there's a hit Broadway musical named after him.	15	16 1850: The Scarlet Letter is published by author Nathaniel Hawthorne. The book tells a story of adultery and betrayal and is viewed as a classic American novel.	17 
20	21 	22 1947: Best-selling author James Patterson is born. Patterson is the creator of the Alex Cross detective series and the Women's Murder Club series.	23 1893: The initials "O.K.," are originally published in The Boston Morning Post as an abbreviation for "oll korrekt." OK is now an everyday word in the U.S.	24 2002: Halle Berry becomes the first African American to win the Oscar for Best Actress. Denzel Washington won the Oscar for Best Actor later that night.
27 1912: Two Yoshina cherry trees are planted on the Potomac River by Helen Taft, wife of President William Taft, and Viscountess Chinda, wife of the Japanese ambassador.	28 	29	30 1870: The 15th amendment is formally adopted into the U.S. Constitution, granting African American men the right to vote.	31 

Wilt Chamberlain scores 100 points

MARCH 2, 1962: Legendary Hall of Fame center Wilt Chamberlain accomplished a feat that no other NBA player has come close to accomplishing. "Wilt the Stilt," scored 100 points in a single game for the Philadelphia Warriors against the New York Knicks. Chamberlain made 36 field goals and 28 free throws during the game, which were both league records. Chamberlain actually scored at least 70 points six times during his career, which is a feat only five others have accomplished. The closest to ever reach Chamberlain is Kobe Bryant, who scored 81 points for the Los Angeles Lakers in 2006. Chamberlain's triple-digit scoring output might be a sports record that will never be topped. — SOURCES: THE LIBRARY OF CONGRESS, US NATIONAL ARCHIVES & RECORDS, HISTORY.COM



MILWAUKEE, WI

HIDDEN GEM OF THE MIDWEST

by Matt Barbato

Milwaukee never struck me as a desirable city before going to college. As a native of Elmhurst, IL, I was a 45-minute drive away from Chicago. The Windy City made any other Midwest metropolis seem insignificant.

I had been to Milwaukee once, in 2005, to see my beloved New York Yankees play the Brewers. Little did I know, I would be witnessing history as a 12-year-old. Alex Rodriguez hit

his 400th home run that day. The only thing that would've surprised me more in that moment was if you had told me the city where I witnessed A-Rod's 400th dinger would

also become my temporary home six years later.

In May of 2011, I officially enrolled at Marquette University, which is located a few blocks west of Milwaukee's downtown area. It didn't take long for me to realize the city I had inhabited was a regional gem.

Milwaukee is approximately an hour and a half away from Chicago, but you can make it there quicker, trust me. The city is aptly nicknamed "Brew Town," but should be coined as "Brat Town," and "Curd Town," in my books. Walk into any bar in the city and there's a good chance you can get your hands on at least one of these items.

The city becomes even more invigorating once you are of age for alcoholic consumption. Big tests and papers seemingly went by the wayside when



Miller Park, home of the Milwaukee Brewers since 2001.

year. If you get there after that, the city is wrapping up construction of a modern basketball mecca that will definitely be worth a visit.

Miller Park is also one of baseball's most underrated stadiums and is by far the best place to tailgate across the MLB. Tailgating is an unofficial sport in Milwaukee, so fill some coolers with beer, grab a grill if you please and go play some cornhole with the locals.

The further east you go, the more picturesque the city becomes. Milwaukee's lakeshore is scenic, quaint and not too far from cheese curds if you need a snack.

One of my greatest regrets of my college career was never going on a brewery tour. Don't worry, I experienced one a couple of years later. Lakefront Brewery in the Lower East Side is saddled along the Milwaukee River. MKE Brewery is also worth a visit for any beer connoisseur.

Milwaukee's biggest event of the year also happens to be the world's largest music festival, Summerfest. The party goes down at Henry W. Maier Festival Park, which is located in the Historic Third Ward by the lakefront. Summerfest spans nearly two weeks from the last week of June to the first week of July. It doesn't matter who you see at Summerfest. Experience the whimsical fairgrounds and go wherever your ears draws you.

Finishing a profile of Milwaukee would be incomplete without mentioning Potawatomi Casino, which is dangerously close to Marquette's campus. I lost a lot of money at "Poto," but I had even more laughs.

Milwaukee might be known primarily for beer and cheese, but it can offer just about any experience you ask of it.



the gang was heading downtown to Old World Third Street and Water Street, the heart of downtown Milwaukee.

Frequent voyages were made to Brat House, Old German Beer Hall (home of the best brat I've had), Buck Bradley's (which claims to have the longest bar east of the Mississippi River), Brother's, Duke's on Water, The Harp and McGillycuddy's. Each watering hole offers a unique experience and I only mentioned a handful of them.

If you've got time and a resilient stomach, go settle the city's renowned burger debate that was televised on Travel Channel's "Food Wars." You haven't lived in Milwaukee if you don't have a stance on the AJ Bombers vs. Sobelman's showdown. Truth be told, I prefer a third party named Oscar's.

The state of Wisconsin gets part of its notoriety for its passionate support



With a collection of over 30,000 pieces that range from Degas to Warhol, the Milwaukee Art Museum, redesigned by Santiago Calatrava, is one of the largest museums in the country.

of the Green Bay Packers, but Milwaukee has a couple of sports teams the city will rally around when it matters most. Go see the NBA's Milwaukee Bucks or a Marquette men's basketball game at the fabled Bradley Center before they demolish it later this



BLUE BUFFALO WINGS

Eat more wings

by Chrystal Caruthers

There's nothing better than spicy buffalo wings when watching your favorite game. We upped the ante by adding fresh blue cheese to the wings!

Ingredients

1 lb. chicken wings cut into drumettes and flats

1 tbsp. baking powder

½ tsp. kosher salt

¼ tsp. ground white pepper

2 tbsp. unsalted butter

2 tbsp. Louisiana® Hot Sauce

A few drops of El Yucateco® Chile Habanero Red Hot Sauce (leave out if you don't like spicy foods)

6 oz. crumbled Blue Cheese

Directions

Preheat oven to 450-degrees. Pat chicken wings dry with paper towels. Mix baking powder, salt and pepper. Toss wings in mixture until evenly coated. Place wings on baking sheet and let sit for an hour. Bake until done, flipping when necessary. Melt butter, add both hot sauces. In a large bowl, toss wings with sauce to coat. Finally, crumb the blue cheese with a knife. Toss with buffalo wings. Enjoy!



MADNESS MARGARITA

**Almost
too easy
to make!**

by Chrystal Caruthers

If March Madness has you party-ready, then this Drink will truly score. No blender necessary, this semi-frozen concoction is tart, sweet, tangy and delicious.

Ingredients

1.8 Quart bottle of Simply Limeade®

1 cup Tequila of choice

½ cup Triple Sec orange liqueur

Lime wedges
Salt

¼ cup Simple syrup

Directions

You will mix this drink in the Simply Limeade bottle! Pour out 2 cups of limeade. Add a cup of Tequila, simple syrup and a half cup of Triple Sec into the bottle. Shake! Store in the freezer until semi frozen. When your guests have arrived, rub the rim of your margarita glasses with a lime wedge, dip in salt then serve your Madness Margarita. Enjoy!

MARCH TIPS FROM
TY PENNINGTON
INTERIOR DESIGN STAR

HERE ARE THE **RULES**

HOW TO PROPERLY CARE FOR REAL HARDWOOD FLOORING

CONTRIBUTED BY
Matt Barbato, based on tips from Ty Pennington Design Team



Hardwood floors are a hefty investment, and for good reason. They add a terrestrial tone to any room and are extremely durable. However, our hardwood floors can occasionally go overlooked.

Shoes that drag in outside elements, bare feet, pets, spills and other accidents all play a role in dirtying, scuffing and dulling your hardwood floors. But like anything else in your home, your floors need some care too. Fortunately, making your hardwood floors shimmer and shine like they're brand new isn't a difficult task. It just takes a bit of elbow grease. First and foremost, you need to know how your floor is sealed before knowing how to properly clean it. There are many variations of wood finishes. Surface-sealed floors are the

most resistant and the easiest to clean. Lacquered, varnished, shellacked or untreated floors are the least resistant and need the most work.

Need help finding out how to determine the type of seal on your floor? That's easy; just rub your fingers along the floor. If you don't see a smudge on your floor, then that's how you know it's surface sealed. If a blemish does appear, then your floor was treated with any of the other options.

There are a few things you can use to clean surface-sealed floors. Feel free to use any cleaning solution that's recommended by a professional floor finisher. Of course, plain old soap and water will do the trick too if you're looking for a simpler solution.

Oil leaves an unsightly residue on surface-sealed hardwood floors. Cleaning sprays make your floors

slippery. Ammonia will scratch the finish and mopping with just water won't help the cause much, if at all.

Before breaking out the mop and bucket, grab the vacuum to get rid of any pet fur, hair, crumbs or other particles from the floor. Avoid soaking the mop too much because the excess water will do more harm than good. Instead, dip the mop gently into a bucket of cleaning solution, wring it completely and swab the floor in the direction of the wood grain and repeat. Make sure to dump and replace the cleaning solution when the water gets dirty.

Once you're finished, do one final rinse with clean water.

A hardwood floor should be cleaned roughly once a week, especially in high foot traffic areas. With this technique, your floors will look good as new in no time.



HEART HEALTHY FOODS

10 SUPERFOODS TO TRY NOW

by Chrystal Caruthers

March is National Nutrition Month and we're trying to eat healthier and live longer. With so much more information at our fingertips, we can precisely identify the foods and nutrients we need to live healthier. This health-conscious shift means foods that were once relegated to the back of the grocery store aisles have become mainstream. Healthy food is in and superfoods are leading the charge!

Superfoods are linked to reducing the risk of stroke and heart disease, the leading cause of death in Americans, according to the American Heart Association. However, there isn't a single list of approved "superfoods." Most agree that these foods, when combined with a heart-healthy diet and exercise, can provide the vital nutrients we need to live a stronger, healthier life.



Goji

Chinese herbalists have known for centuries about the immune-system accelerating and circulation boosting properties of Goji berries. Now, we can find these tangy berries at our local grocery stores.



Black Garlic

When fermented, garlic turns black and offers a sweet flavor. Garlic in any form is good for you, but when fermented it also provides healthy probiotics that stabilize intestinal flora.



Chia Seeds

Most people think of those sprouting pots advertised on TV when they hear the word chia. But chia seeds are packed with fiber, calcium, and omega-3 fatty acids. Sprinkle them on salads, add them to a smoothie or mix them into stir fries.



Acai

This antioxidant rich berry also features oleic acid, the same acid that makes olive oil so heart-healthy. Buy acai frozen to avoid added sugar.



Walnuts

Packed with anti-inflammatory alpha-linolenic acid, vitamin E and potassium, walnuts can help boost your memory and coordination.



Wild Salmon

Synonymous with omega-3 fatty acids, wild-caught salmon, fresh or canned, is an easy way to get heart-healthy nutrients in a delicious meal.



Sweet Potatoes

Want to boost your immune system? Eat more sweet potatoes! Packed with vitamin A and lots of fiber, this complex carbohydrate curbs cravings.



Sardines

Don't skip this canned food. Just 3 ounces of sardines provide all the vitamin D you need in a day.



Seaweed

It's not just for sushi! Seaweed is a vegetable packed with omega-3 fatty acids. It also has ample calcium, magnesium, iron and zinc.



Prunes

They're not just for your grandparents! Prunes have been shown to boost bone density, as well as keep you regular.



10 TAX TIPS FOR HOMEOWNERS

DEDUCTIBLE HOME-RELATED EXPENSES

by Chrystal Caruthers

As tax time approaches, homeowners are bracing for a flurry of changes. Congress passed the “Tax Cuts and Jobs Act” last year which overhauled the tax code. To be sure, there are winners and losers, but homeowners have always counted on several money-saving tax provisions like the mortgage interest deduction and state property tax deductions. While many of these provisions were saved, the new law places caps on high-tax states and mortgages over \$750 million, according to the National Association of Realtors.

The good news is that none of the new tax reform rules go into effect for the 2017 taxable year. So, when you file your taxes on April 17, 2018, here are the tax deductions homeowners can enjoy, according to Turbo Tax from Intuit.



Home Improvement

New roof, windows and furnace are big ticket items that are deductible when you sell your home in the future.

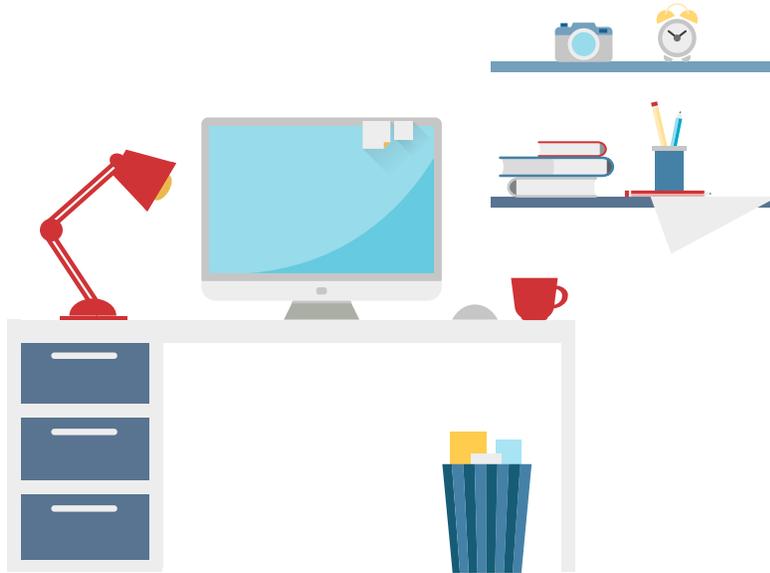


Casualty Losses

Mudslides, wildfires, hurricanes and other natural disasters can cause major property damage. This year, those losses are deductible. The new tax law limits these deductions to presidentially-declared disaster areas only.

Private Mortgage Insurance (PMI)

If you're single and make less than \$54,000, you can deduct PMI. Married couples filing jointly earning up to \$109,000 can still deduct it. The new tax law eliminates this deduction.



Home Office

If you regularly work from home and have an area that is exclusively used for work, that space can be deducted.



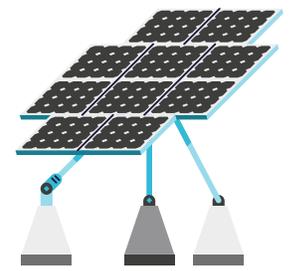
Closing Costs

No one likes fees but paying discount points to get a lower mortgage interest rate is tax deductible.



Historic Tax Credit

Rehabbing a landmark? Apply those deductions while you can. The new tax law repeals the 10% tax credit for pre-1963 buildings.



Energy Efficiency

Adding solar panels can help to reduce your carbon footprint as well as your tax bill.

State and Local Taxes

Homeowners can still deduct their entire local and state property tax bills from their income taxes. The new tax law caps that deduction at \$10,000 next year.

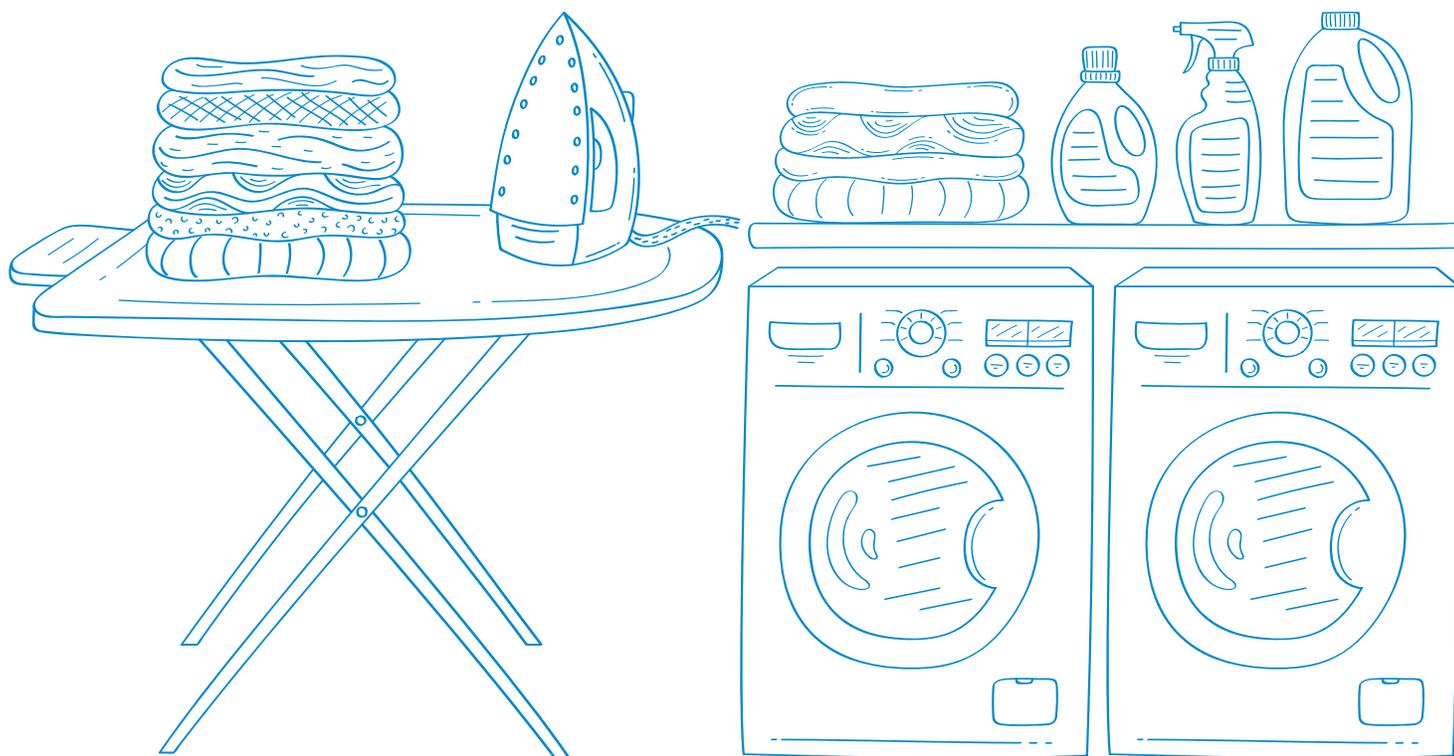


Moving Expenses

If you're moving for a job and need to sell your house, those moving expenses are still tax deductible. The new tax law repeals this deduction.

Mortgage Interest Deduction (MID)

If you already have a mortgage of \$750,000 or more, you're grandfathered in and can still deduct your mortgage interest. The new tax affects new buyers only capping MID at \$750,000.



5 Washing Machine Wonders

by Matt Barbato

Most people don't consider a washing machine a luxury item, unless they don't have one! Washing machines offer convenience and efficiency that once obtained we will never live without. But washing machines aren't just for smelly gym clothes and bath towels, here are five other household items you can throw in your washing machine to save yourself some precious time.

Pillows

We're not just talking pillow cases either! Your actual down pillow can go directly into the washing machine. Wash on delicate cycle with a mild detergent. Yellow stains are cleaned, and harmful mold, odors and bacteria are removed. Try to cleanse your pillows every three to six months, says Martha Stewart. "It's a good thing."

Backpacks

Whether you need it for school or for outdoor adventures, your backpack could definitely use a deep cleaning. Think about where you

put your it when it isn't slung over your shoulders: on the floor, on the ground, on a seat next to you. Check the tag before doing anything to make sure it's machine washable. Then, empty every pocket, turn the backpack inside out and remove any key chains or other attachable accessories and wash it clean!

Sports equipment

Got an athlete in the house? Your washing machine is up for that challenge too! Equipment such as knee pads, thigh pads, shin guards or elbow pads can cause serious skin problems if not properly cleaned.

Before throwing these items in the wash, be sure to close any Velcro straps and zippers. Use a lukewarm rinse to avoid damaging any equipment. Make sure more than just the uniform is squeaky clean after game day.

Stuffed toys

Your kids might get a bit of separation anxiety with their beloved toys missing for an hour, but these childhood favorites can become hubs for bacteria and definitely need a bath every once in a while. Remember, only soft toys without machinery on the inside can go into the wash.

Pet Bed

Your pets need a clean place to sleep too! Make sure the cushion of your pet's bed is machine washable before doing anything. Then, wash the fabric lining and the cushion separately and your furry friend will be resting in a fresh bed.

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c: (951) 634-4118

grahamholmes.com

gholmes@revironrealty.com

32357 Yucaipa Blvd

Yucaipa, CA 92399



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Nick Cowan

VP of Mortgage Lending

851 E. 6th Street

Suite B-1

Beaumont, CA 92223

**Let's
talk**

c: (714) 642-3557

o: (951) 271-3794

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rate.com/nickcowan

Nick.Cowan@rate.com

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