



## We wish you LUCK this March!

Helping you, your friends, and your family buy or sell a home makes us feel lucky! We appreciate your continued support and hope this March and the rest of the year brings you health, happiness, and a dose of good luck!

On any given day more than 5.5 million pints of Guinness® are consumed around the world. On St. Patrick's Day that number jumps to 13 million! Want to participate in the fun with a pint? Celebrate your St. Patrick's Day with this twist on a class cold brew straight from Ireland. Pour slowly and enjoy!



### Ingredients

- 1 (12 fluid ounce) bottle lager beer (such as Harp®)
- 1 (12 fluid ounce) can or bottle Irish stout beer (such as Guinness®)

### Directions

Gently pour half the lager beer into a tall beer glass. Place a large tablespoon, dome side up, an inch or so above the lager beer, with the tip of the spoon pointed slightly downhill. Slowly pour half the stout beer over the tablespoon, so the stout gently pours down the side of the glass in a thick trickle. Allow to stand a few seconds so 2 distinct layers of beer form.

Source: <http://allrecipes.com/recipe/black-and-tan/>

### Are you ready for March Madness!



It's that time of the year when football ends and the college basketball begins. Closing out the season is March Madness, a term coined by H.V. Porter, an official at

the Illinois High School Association, in the 1930's to describe the tournaments held at the high school. Today the term describes the final NCAA playoffs and the now-popular brackets that many fans participate in to see who can predict the tournament correctly. But while you may be great at making future predictions, do you know your past? Test your knowledge.

Scroll to the bottom of the newsletter for your answers!

Who holds the record for the most points scored in one tournament in the 20th century?

Who was the 1997 Tournament MVP?

In 2000, Michigan State defeated Florida for their first title since 1979. North Carolina was a member of that Final Four. Who was the other team?

What team was in the Final Four 7 times in 9 years from 1986 to 1994?

Only one team scored over 100 points in an NCAA title game in the 1990's. Who were they?

## What's hot and what's not? Remodeling trends for 2012

This time of year is when many homeowners begin looking at areas to improve the overall look of their home. Remodeling to fit your living needs and your taste is a great place to start. It's also important to remember that the value of your home may increase when you keep the eye of the buyer in mind. Here are 2012's top trends for kitchens and bathrooms.



**The Trend:** Rework what you have. Homeowners sticking to a tight budget will find this trend appealing.

**Make it work #1:** Instead of purchasing brand new appliances, repair the current ones to extend their life. Can burners be updated, knobs replaced or ice makers updated? Find the small fixes that will guarantee you some longevity while you save up for the a replacement option.

**Make it work #2:** Cabinetry is an important feature buyers consider when purchasing a home. If you aren't ready to invest in brand new ones or new crown molding, try updating them with storage and functionality in mind.

**Make it work #3:** Small scale projects that have big impact will be a trend this year. Minor kitchen remodeling projects such as new drawers, countertops, hardware, and small appliance updates which cost up to \$20,000 can recoup homeowners up to 72.1 percent when the home is resold.

**The Trend:** Simpler styles and warmer colors, including Walnut, will rule this year.

**Make it work #1:** According to a study conducted by The National Association of REALTORS in conjunction with Remodeling Magazine, cabinet decoration will continue to streamline. For example, massive corbels, once fashionable as undercounter supports, will give way to sleeker counter top supports and cantilevered counter top edges. Stacked moldings will pare back or disappear entirely. Elaborately glazed finishes will yield to simpler paints and stains.

**Make it work #2:** Kitchen finishes are trending toward warmer colors this year. Darker colors continue to dominate though in some areas of the country.

**Make it work #3:** Laminate counter tops are still in due to their low cost, sleek look and high demand by homeowners interested in an alternative to more expensive wood options.

**The Trend:** New, high-tech installments let homeowners tap into the power of their kitchen.

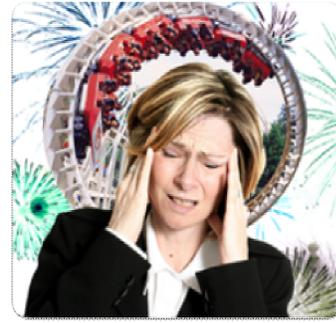
**Make it work #1:** If you're willing to spend the extra money, look for appliances that feature USB ports and digital screens to display media.

**Make it work #2:** Smart, induction built-in cooktops are closing the gap on traditional gas models. Many models range anywhere from \$500 to \$3,000, but is worth the investment if your home is older and you want a sleek, updated look.

**Make it work #3:** In 2012, your smart-phone could let you control lighting, temperature, and appliance settings through a wi-fi connection. As more of our daily life can be controlled with the touch of a finger - this trend could be a hot request from young buyers.

**Source:** The National Association of REALTORS and Remodeling Magazine  
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## Relieve Work-Related Stress with these 5 Simple Tips



The world is moving at an accelerated pace. We're working longer hours, doing more with less, and are under constant pressure to meet the demands of our bosses and our companies.

This all leads to stress, which is a physical and emotional reaction that everyone experiences when we encounter changes in life. Learning how to manage stress has become a popular topic. Here are 5 tips for lowering your stress levels and maintaining a happy, healthy, and balanced life.

**1. Tackle the Multi-Tasking Myth.** Many people believe multitasking is a good attribute. However, doing more than one thing at a time can often lead to lack of focus and as a result, poor execution. When faced with more than one task - which is the majority of us at work - do one thing at a time. Do it well and then go on to the next thing.

**2. Find your Stress Triggers.** For one week write down what or who causes you to have a negative physical, mental, or emotional thought. After the week, sit down and analyze your log. Identify key stress factors, come up with solutions for resolving or removing the stress, and then start implementing the solution.

**3. Improve your Time Management.** Work overload — feeling you have too much to do — is a common cause of job stress. You may not be able to affect the amount of work you have, but you can use time management to help you be more efficient and feel less under the gun. Set realistic goals, make a priority list, and perhaps most importantly, protect your time.

**4. Keep Perspective and Think Positively.** When faced with a difficult situation, take time to put things into perspective. Seek advice from colleagues on difficult challenges or projects, take regular breaks during the work day, have an outlet that you enjoy such as reading, or visiting with friends, and always take care of yourself. Regular exercise, healthy eating habits, and plenty of sleep has been proven to keep stress at bay.

**5. Seek help.** If the stress becomes to encumbering, try talking to a health care professional who can help you evaluate and break through certain work place challenges. Yoga, another coping mechanism that has become popular in recent years, may also help to alleviate tension, anxiety, and overall stress.

**Source:** [The Mayo Clinic](#)

1.Glen Rice. In 1989, Rice scored 184 points in 6 games, including 27 three pointers. He ironically only made 7 free throws in the tournament, the fewest points leader since the tournament was expanded to 64 teams. 2.Miles Simon. That year, Arizona defeated three No. 1 seeds on their way to the title. 3.Wisconsin. The bracket shocker Wisconsin Badgers managed to squeak their way into the Final Four in 2000. They lost to Michigan State, who went on to win the title. 4.Duke. Their reign included 7 Final Four appearances, 4 title games and 2 championships in the 9 year span. 5.University of Nevada, Las Vegas. UNLV's Runnin' Rebels beat Duke by 30 (103-73) in 1990 for the NCAA title.



If you are currently working with another Broker please do not consider this a solicitation.

