



Get Ready for March Madness 2017

CONTRIBUTOR: SCOTT BOAMAN

Here's the schedule for the 2017 NCAA March Madness Games

DATE	HOST	ROUND
MARCH 14 & 15	Dayton	First Four
MARCH 16 & 18	MAAC	First, Second
MARCH 16 & 18	Marquette	First, Second
MARCH 16 & 18	UCF, Stetson	First, Second

Read more at www.CBSSports.com

First Comes Love, Then Comes Mortgage?

CONTRIBUTOR: SARAH GOFORTH



According to the National Association of REALTORS most recent Profile of Home Buyers & Sellers, married couples once again dominated the first-time homebuyer statistics in 2016 at 58% of all buyers. It is no surprise that having two incomes to save for down payments and contribute to monthly housing costs makes buying

a home more attainable. But, many couples are also deciding to buy a home before spending what would be a down payment on a wedding, as unmarried couples made up 14% of all first-time buyers last year. If you're single, don't fret! Single women made up 18% of first-time

buyers in 2016, while single men accounted for 8% of buyers. One recent article pointed to a sense of responsibility and commitment that drives many single women to want to own their home, rather than rent. Here is the breakdown of all first-time homebuyers in 2016 by percentage of all buyers, income, and age:

	Percentage of All First Time (FT) Homebuyers	Household Income	Median Age (in years)
All FT Buyers	100%	\$72,000	32
Married Couple	58%	\$84,100	33
Single Female	18%	\$48,400	34
Unmarried Couple	14%	\$74,600	29
Single Male	8%	\$58,300	31
Other	2%	\$60,800	36

SOURCE: NAR



Recipe of the Month: Penne Pasta with Chicken and Asparagus

CONTRIBUTOR: JONATHAN "JJ" JEROTZ

INGREDIENTS:

- | | | |
|---|-----------------------------------|--------------------------------------|
| 1 (16 ounce) package dried penne | salt and pepper to taste | trimmed, cut on diagonal into 1-inch |
| 5 tablespoons olive oil, divided | garlic powder to taste | 1 clove garlic, thinly sliced |
| 2 skinless, boneless chicken breast halves - cut into cubes | 1/2 cup low-sodium chicken broth | 1/4 cup Parmesan cheese |
| | 1 bunch slender asparagus spears, | |

PREPARATION:

PREP TIME

15

MIN S

1 Bring a large pot of lightly salted water to boil. **Add pasta**, and cook until **al dente**, about **8 to 10 minutes**. Drain, and set aside.

3

Pour chicken broth into the skillet. Then **stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper**. Cover, and steam until the asparagus is just tender, about **5 to 10 minutes**. Return chicken to the skillet, and warm through.

COOK TIME

20

MIN S

2 Warm 3 tablespoons olive oil in a large skillet over medium-high heat. **Stir in chicken**, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.

4

Stir chicken mixture into pasta, and mix well. Let sit about **5 minutes**. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.

Drink of the Month: Wake Up Smoothie

CONTRIBUTOR: STEVE EMMINGER

With a stash of berries in your freezer, you can jump-start your day with this nutritious, tasty smoothie in just minutes. It provides vitamin C, fiber, potassium and soy protein.

INGREDIENTS:

1¼ cups orange juice, preferably calcium-fortified

1 banana

1¼ cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries

½ cup low-fat plain yogurt

1 tablespoon sugar, or Splenda Granular (optional)



5 MINS

PREP TIME

5

INSTRUCTIONS:

Combine orange juice, banana, berries, tofu (or yogurt) and sugar (or Splenda), if using, in a blender; cover and blend until creamy. Serve immediately.



PICTURED: LEFT - Bangkok; Top Right - Chiang Mai; Bottom Right - Ko Somai

TRAVEL

Exploring Thailand

CONTRIBUTOR: KENNY SIMPSON

My most recent adventure was Thailand. I visited Bangkok, Chiang Mai and Ko Sumai. What a beautiful, peaceful and amazing country. The people are very nice and welcoming. The more you get away from the big cities, the better your trip will be in my opinion. The food, culture, sightseeing, weather and overall vibe of Thailand is amazing. I can see why so many people travel here and come back over and over. When I traveled recently, \$1 USD

was about 35 Baht. It's very affordable and can accommodate any budget.

If you do decide to go to Thailand I would recommend a food tour. This allows you to eat like the locals, hang out with the locals and really understand more of Thailand's culture. I did a 4 hour food tour in Bangkok and it was one of the highlights of my trip. Great experience and great food. Also get a \$10 massage.

TRAVEL

TIP

if you are able to get access to a lounge on an international flight take a shower on your layover.

You'll feel refreshed. Ahh yes, what a nice treat.



FITNESS

Total-Body Tune Up: 6 Days of Work Outs

CONTRIBUTOR: JEFF BLACKWELL

One of the most-effective ways to see results is to add variety to your workouts and constantly change up different variables. This week we'll pick one different body area on each

of 6 days and work on increasing muscle tone and strength as part of our "Weekly Workout Plan". This is going to be a killer week of workouts, but I promise you'll love the results!

Here we go!

Read more at www.tone-and-tighten.com.

MON	TUES	WED	THURS	SAT	SUN
LEGS	CHEST	BUTT	ABS	ARMS	BACK
<i>DUMBBELL EXERCISES</i>	<i>PUSH UP EXERCISES</i>	<i>SQUATS & LUNGES</i>	<i>PLANKS</i>	<i>WEIGHTS</i>	<i>FLOOR EXERCISES</i>
<p>15 reps of Squats</p> <p>20 reps of calf raises</p> <p>10 reps of single leg dead lifts</p>	<p>10 reps of wide push ups</p> <p>15 reps of chair dips</p> <p>10 reps of diamond push ups</p>	<p>1 minute of squats</p> <p>1 minute of lunges (30 sec. per leg)</p> <p>1 minute of donkey kicks</p>	<p>30 seconds of straight planks</p> <p>30 seconds of side planks (left and right)</p> <p>30 seconds of Spiderman planks</p>	<p>10 reps of bicep curls</p> <p>16 reps of lunges with bicep curls (8 per leg)</p> <p>10 reps tricep push ups</p>	<p>3-5 seconds of Supermans. Do 20 reps</p> <p>10 reps of pike push ups</p> <p>3-5 seconds of bridge holds. Do 20 reps</p>



FASHION

A Guide to Men and Women's Work Attire

CONTRIBUTORS: ERICA ENGLISH & AMANDA NORRIS



“
 THE SECRET TO CHANGE
 IS TO FOCUS ALL OF YOUR
 ENERGY NOT ON FIGHTING
 THE OLD, BUT ON
 BUILDING THE NEW.
 ”