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life

A Social Magazine for the Residents of Country Club

August 2015

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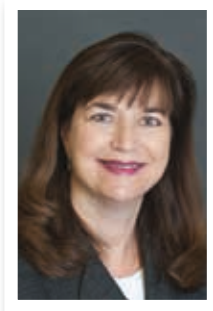


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from the *Publisher...*

Dear Country Club Residents,

Where the heck has the summer gone? While this is the August issue of, *Country Club Life* and you will likely receive it by mid-July, I still can't believe that the Fourth of July has already passed and the time is going by so quickly. I hope, however, that your Fourth was a great holiday weekend for you, spent with family and friends.

Very soon (if you already haven't) you will receive an invitation for an event that will be sponsored by Renewal by Andersen and N2 Publishing. It will be a food and wine tasting at Louie's Wine Dive in Waukee (on Hickman) and is scheduled for August 26, 2015 starting at 6:00 p.m. The details will be in the electronic invitation and will go out to those I have e-mail addresses for. Space will be limited to about 30 people so you will want to get your RSVP in as soon as possible. Also, if you decide you would not like to receive electronic invitations to events any longer, just let me know and I will be happy to take your address out of the list I have compiled over the years.

As you very well know, August brings on the beginning of the dog days of summer. Do your best to stay hydrated if

you're one of the many who walk the neighborhood or the greenbelt. Also, school is just around the corner so if you have some pictures you would like to share of your kids heading off to school, feel free to send them over and I'll be happy to place them. Now I realize I am getting a little ahead of myself because summer is truly not over, so let's all enjoy the summer months before school begins while we have them!

Take care, and always remember to support our local merchants who support your neighborhood newsletter!

Thanks and have a great August!

Sincerely,



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- Get out the lawn sprinkler or a garden hose and play!
- Hang your laundry out to dry.
- Make Sun Tea. Add sweetener and fresh mint, if you like.
- Have a movie-party in your backyard - use a projector and sheet.
- Have an old fashioned picnic.
- Sit outside at dusk and watch the fireflies.
- Have a water gun fight with your kids.
- Enjoy a campfire during the cooler nights.
- Get caught out in the rain.
- When it's just too hot...go see a movie at the theatre!

				79
	20		0	20
	17			103
	12	33		63
		46		108
72	65	109	48	59

Fill in the missing numbers!

Missing numbers are integers between 0 & 50. Numbers in each row add up to totals to the right. Numbers in each column add up to the totals along the bottom. Diagonal lines also add up to the totals to the right.

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 S I V S P C M C R E C M H K Q Y N S W J

August Fun!

Search the puzzle for themed words. Words may be horizontal, vertical, diagonal, forward and backward.

- BLOCK PARTY
- CAMPING
- EIGHTH
- FRIENDSHIP DAY
- GLADIOLUS
- HOT VACATION
- LEO
- PERIDOT
- PICNICS
- POPCICLES
- POPPY
- SARDONYX
- SPRINKLER
- SWIMMING
- VACATION
- WATERMELON



HOME Matters

By Paula Schnoor - Comes
| Country Club Resident

STEPPING STONES ROCK

Limestone and I are becoming BFFs. In the last two years my husband and I have installed several hundred feet of limestone edger and limestone stepping stones. It would appear that we can't get enough of the stuff! Well, I am just about at my limit; sorry Steve! So now, I can pass on the torch to you, and you can install your very own stepping stones, we'll save the limestone edger installation instructions for another day.

We purchased our limestone from Mulch Mart in Waukee, but I'm certain Rhino Materials sells it as well. It comes in slabs of varying sizes and I use a standard hammer to bust it into smaller 12" x 12" sizes. Once I have it moved to my installation location I do a quick placement on the ground. I turn the stones and position them in a staggering position. I also like to measure to make sure my path is centered for the area in which I am



working in and looks balanced. Once all my stepping stones are placed I trace around each stone with a spade and cut the sod and soil about 4" down. I remove the stone and dig up the cut sod in a parallel motion to the ground. I scrape off any excess dirt on the back of the sod and place it back into the hole and level it out. You can use sand, crushed granite or crushed road stone one inch deep in the hole and tamp it down for a leveler as well. Put your stepping stone back into the nicely carved out hole and hammer it into place with a rubber mallet. Stepping stones need to be level with the dirt and to not rock back and forth when stepped on. If they are too high dig out some more dirt, if they are unlevelled throw a bit more sand in on one side of the hole and put your stone back in and tamp it down. Check to see if it rocks back and forth by stepping on it. You should be all set! Repeat this process 60 more times and you should be done in 3 months! Okay, hopefully not that many ... or that long.

Have fun with your summer projects!

Laus Deo,
Paula Schnoor-Comes
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Molly's Musings

A Resident's Perspective:
AN AUGUST MONTH OF HOLIDAYS

Each month in this article, I take the time to pay particular attention to that month's holidays, observances, traditions, or attractions. January is all about the new year. February focuses on the lovers in this world. October highlights the horrors of Halloween while November and December typically feature musings about Thanksgiving feasts and yuletide cheer. This month of August is no different; I will still pay homage to the month's customs and conventions, but what special attention does August deserve? What holidays spring to mind when August arrives? ... I'll wait.

August is one of those off-beat months that does not feature too many celebratory occasions. It happens to contain my anniversary, but that is a bit individualized. My friend's birthday also falls on the fifth day of this month (happy birthday to you!). For many students and teachers out there, August marks the end of summer break and the beginning of school stress and strife. To the laymen, however, August just doesn't have that same shine, that same sparkle a lot of the other months of the year do. How do you decorate your yard for August? Sad schoolchildren's faces plastered on a flag? A wreath made from this summer's receipts?

Well, I propose a solution for this solemn slump in celebrations. Because

August is such an odd, random assortment of days without holidays, I believe we should make it a month of odd, randomly assorted holidays. And I've done my research on this one.

According to several incredibly unreliable sources, the first day in August is Girlfriend's Day. All the single ladies, put your hands up! This totally legitimate holiday is apparently set aside for those lady loves that lack a certain ring on their finger or a certain ring of commitment in their lives. At first glance, this Girlfriend's Day might seem like a cheap ploy to give unmarried women another Valentine's Day. Yes, it's probably that; nevertheless, these girlfriends might need a day to call their own as the married folk of this world share Valentine's Day and have the added benefit of lifelong commitment. So, as silly as it may appear, I'm celebrating the faux holiday Girlfriend's Day this year!

Another few holidays for the ladies out there fall on August 3 and 4. Sister's Day is the third of August when the female siblings in the family may feel free to get spoiled, tell embarrassing stories about their brothers, and otherwise bask in the glow of what it means to be a big or little sister. I'm definitely partaking in that fake celebration! August 4 features Single Working Women's Day, which seems to

be getting strangely specific. I'm wondering who was sitting there one day and thought to themselves, "Hmm, you know what the world is severely lacking? A day dedicated to the working woman, specifically the single ones, though." Well, if you've been single, working, a female, and feeling unappreciated, look no further than August 4 as your day to relish in the boxes you check while filling out your tax forms. Three cheers for made-up holidays!

Now, I do not mean to bash the delight of those of you who wish to celebrate these days in August; quite to the contrary, I wish to celebrate those of you who embrace these made-up holidays! What else is a holiday, really? People select a convenient or meaningful day, slap a snappy name on it, and surround their traditions around it. So what if there are new holidays abounding? It beats having nothing to commemorate.

So, as my conclusion, I'll leave you with one more fake day to remember this month: August 18, Bad Poetry Day.

Roses are red.
Violets are blue.
August is the best month!
I'm lying; can't you tell?

Resident Recipe

Submitted By Sue Johnson



PEACH TARTS

Easy and delicious, these tarts are great for picnics and other gatherings.

CRUST:

- 1 c. organic white flour
- 1 c. ground pecans
- 3 Tbsp. canola oil
- 1/4 c. unsweetened fruit juice

Combine the above ingredients adding just enough juice to form a soft dough.

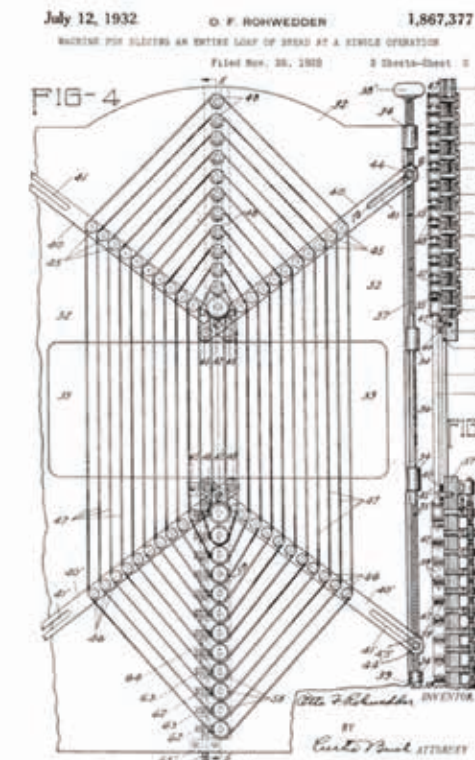
Press into prepared tart pans. Bake at 375 degrees for 15 minutes or until lightly browned. Cool and remove from tins. Prepare filling.

FILLING:

- 2 1/4 c. pureed fresh peaches
- 3 Tbsp. cornstarch

Combine peaches and cornstarch in a blender and whip until smooth. Pour into the top of a double boiler (or a bowl placed over a simmering pot of water) over medium heat. Stir constantly until mixture thickens. Remove from heat and cool. Spoon into prepared shells.

Do you have a recipe you would like to share with your neighbors? Please send it to us to publish: tom.fitzgibbons@n2pub.com. Thank you!



Did you know?

By Neil Shultz - Country Club Resident

Interesting Facts...

It's the greatest invention since ... well, sliced bread!

Did you know...

The sliced bread machine was invented by Otto Rohwedder in Davenport!

Rohwedder invented the first loaf-at-a-time bread-slicing machine. A prototype he built in 1912 was destroyed in a fire and it was not until 1928 that Rohwedder had a fully working machine ready.

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or at least bring some goods in for the homeless of our community.

What do you like to do to relax? We love to just relax and watch a movie with our family or grill out with friends.

What music do you listen to? Hairball!!!! We also like listening to the Hope VBS CD's in the car.

What are your favorite TV Shows? We like *Modern Family* and old *SNL* reruns. Blythe and Gianna also like, *So You Think You Can Dance!*

What is your favorite part about living in your neighborhood? I love our neighbors, and our kids have a bunch of friends with whom to run around!



Family Member Names: Mike, Blythe, Joshua (12), Jonathan (10), and Gianna (5)

Pets: Samson, our Lhasapoo, and two gerbils named Twix and Onyx

Street: 138th

Where are you from? Mike is from Urbandale; he went to Dowling Catholic, and Blythe is from LaCrosse, WI.

How long have you lived in your neighborhood? We have lived in the neighborhood for 14 years. It was our first house!

Profession(s): Mike is the Director of Professional Services at Global Tech Services in West Des Moines, and Blythe will start a new job as a part-time English teacher at Valley High School in the fall.

Favorite Activities/Hobbies: Our family loves to bike, swim, and hang out with extended family. We also love vacationing to Okoboji and Colorado.

Favorite Play Area/Park/Hang Out: We love to hang out in our neighborhood or at the Clive Aquatic Center

Favorite Restaurants: Chili's!

Favorite Vacation Spot: Okoboji

Favorite Sports Teams: Hawkeyes and Packers

Favorite Family Dinner: Pasta with Mike's mom's famous sauce

Family Traditions: Every Christmas we go through the Jolly Holiday Lights. We also deliver meals to the homebound on Thanksgiving. Most of our traditions involve church and family!

Kids? What activities are they involved with? Football, basketball, baseball, soccer, swimming, jumping on the trampoline, and Gianna is in dance!

How are you involved in the community? Our community involvement revolves around our church, St. Francis. The kids do many service projects and we try to either serve at Churches United Shelter or Connection Cafe once a month

Would you like your family highlighted in an upcoming issue? Please contact me at tom.fitzgibbons@n2pub.com and I will be happy to help you!



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Breed of Dog: Chinese Shar Pei

Age of Dog: 3 years old

Owner: Peggy Lammers

Fannie is a very friendly dog, but tends to like girls better than boys. Fannie enjoys sitting in the grass and watching people go by. She also likes when visitors come over to look at the garage sale goods that Peggy is selling. Fannie is just a wonderful doggie!

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A TIPS TO MAXIMIZE YOUR CREDIT CARD BENEFITS



Article source: Edwardjones.com

If you're trying to make smart financial decisions, you might initially steer away from credit cards. However, many credit cards offer options that can help enhance your specific financial picture. Here are four ways to maximize your card benefits.

1. READ THE FINE PRINT ON PROMOTIONS.

Many companies provide special incentives for opening a new card. These offers might require you to spend a certain dollar amount before you can earn the reward. Some cards also offer bonus points if you spend a certain amount during a billing

cycle or in certain categories such as gas or groceries. It's also a good idea to understand any fees associated with the card, such as an annual fee and those you might incur for balance transfers or using convenience checks. Before applying for a card, be sure you're familiar with any requirements and can meet them without financial burden.

2. CONSIDER HOW THE INTEREST RATE IMPACTS YOU.

If you tend to carry a balance from month to month, make sure the interest rate on your card is as low as possible. However, if you fully pay your balance each month, you might consider a card that can offer the best rewards over one with a certain interest rate.

3. BE FAMILIAR WITH YOUR REWARDS PROGRAM.

Can you get more worth out of your points by choosing one type of rewards option over another? For instance, some credit cards offer a higher dollar amount for travel purchases for the same number of points that it would take to receive a lower dollar amount as a statement credit. You'll also want to know if points expire or if they will roll over year after year. Make sure you don't accidentally waste any valuable points because you're waiting to accumulate enough for a dream vacation.

4. KNOW HOW YOUR CARD CAN PROTECT YOU.

Many cards carry travel insurance, fraud protection and price protection. Travelers who rent a car often can rely on a card's travel insurance benefit rather than having to pay for costly coverage offered by rental car companies. Fraud protection usually protects cardholders from having to pay for unauthorized purchases made with their cards.



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The initial consultation provides an overview of financial planning concepts. You will not receive written analysis and/or recommendations. Ameriprise Financial Services, Inc., Member FINRA and SIPC.



Autumn IN NEW ENGLAND

By N2 Staff Writer, Tracy LaFon

As summer fades to autumn and the temperatures begin to cool, a trip to New England is an ideal weekend getaway to celebrate the fall season. The quaint coastal town of Portsmouth, New Hampshire, is an idyllic destination for the best that fall has to offer and is a great central location to visit many iconic New England landmarks. Less than an hour from Boston and nestled close to Vermont and Maine, staying in Portsmouth allows visitors the opportunity to take in three different states and experience both the mountains and the coastline. Don't forget to pack a sweater as you set out to explore all of Mother Nature's finest seasonal attire in fiery red, orange and gold this time of year.

WHERE TO STAY

Founded nearly 400 years ago (1630), Portsmouth is one of the country's oldest settlements, a fact that is often reflected in its scenery and architectural style. There are many top-rated motels and hotels; however, finding an enchanting bed and breakfast can create a more magical and memorable vacation. You can enjoy your visit within the walls of the

colonial home at the Inn at Strawberry Bank – the perfect bed and breakfast experience. Perhaps the most unique and luxurious offering is the Wentworth by the Sea; a stay here gives visitors the feel of being taken back to the glory days of the roaring twenties and lavish Gatsby-style celebrations. Opened in the late 1800s, this sprawling ocean-side retreat has hosted such visitors as President Truman, Annie Oakley, Gloria Swanson and Prince Charles. Don't let its age fool you; the amenities are all updated for an exceptional experience, and the resort features a state-of-the-art spa dedicated to the ultimate in pampering.

NATURE'S OFFERINGS

Nothing will take your breath away quite like the awe-inspiring vistas of this area's mountain foliage in autumn. People come from all over the world with camera or brushes in hand to see the simply indescribable colors. Dotted in these mountains are towns alive with seasonal fairs and carnivals. The smell of fried dough and the sound of thrill-ride screams can be found every weekend from the first of September to the end November. And,

while not often thought of as a fall offering, the New England coast is particularly exquisite this time of year. The crowds of summer have left, and though the air can be a bit nippy, walking the sandy beaches, dining dockside and enjoying the local shops are simply wonderful ways to pass the day. All of these areas are an easy day trip from Portsmouth.

NOT TO MISS ATTRACTIONS

Portsmouth and its surrounding areas have a bountiful offering of historic things to experience. A visit to The Strawberry Banke Museum is a chance to transport back through almost 400 years of history as you walk through restored colonial homes and watch artisans create the beautiful furnishings that adorn them. The USS Albacore, a United States prototype nuclear submarine, has been converted to a museum that is open for touring. Also open for visitors, The John Paul Jones House and the Portsmouth Harbor Lighthouse.

Mark your fall calendars this year for a date with the beauty of a New England autumn vacation.

August

LOCAL EVENTS

Saturday, July 25

Italian American Heritage Festival

Where: Western Gateway Park in downtown Des Moines

When: 10a.m.-midnight

The Italian American Heritage Festival of Iowa is proud to announce that Journey former lead vocalist Steve Augeri will headline this year's entertainment lineup. Also enjoy great food, demonstrations, vendors and fun for the whole family!

For more information:

www.italianfestivalofiowa.com

Saturday, July 25-Aug. 1

National Balloon Classic 2015

Where: National Balloon Classic Launch Field, 1601 N Jefferson Way, Indianola, IA

When: All day

Join us during an incredible 9-day event! Live bands/entertainment nightly,

Kids Land activities, fabulous food offerings, Nite Glow Extravaganza, fireworks, and of course spectacular hot air balloons from all over the country including Special Shapes!

For more information: 515-961-8415

Saturday, July 25-Aug. 2

RENT

Where: Des Moines Social Club, 900 Mulberry Street/9th & Cherry, Des Moines, IA

When: 7:30p.m.

Loosely based on Puccini's *La Boheme*, *RENT* depicts a year in the life of struggling artists and friends in Lower East Side, New York at the peak of the HIV/AIDS crisis.

What began as a pop culture phenomenon has become a staple in the American musical theatre canon that audiences still find relevant and inspiring, featuring the memorable songs "Seasons of Love," "Out Tonight," and "One Song Glory."

For more information:

www.midwestix.securemytix.com

Sunday, July 26

National Balloon Classic 2015

Where: National Balloon Museum, 1601 N Jefferson Way, Indianola, IA

When: 5a.m.

Join us during an incredible 9-day event! Live bands/entertainment nightly, Kids Land activities, fabulous food offerings, Nite Glow Extravaganza, Fireworks, and of course spectacular hot air balloons from all over the country.

For more information:

www.catchdesmoines.com

Tuesday, July 28

El Bait Shop Fun Runs

Where: El Bait Shop & High Life Lounge, Court District, Des Moines, IA

When: 6p.m.

The Des Moines Marathon Running Club organizes a run starting from and ending at El Bait Shop. Run at your own pace, and finish with a \$4.00 Confluence brew!

For more information: www.catchdesmoines.com

Wednesday, July 29-Aug. 26

Zoo Brew

Where: Blank Park Zoo, 7401 SW 9th Street, Des Moines, IA

When: 5:30p.m.-9p.m.

In the summer months, Blank Park Zoo welcomes guests to enjoy their Wednesday nights with music, food, brews, and of course, the exotic animals of the Zoo!

For more information: www.blankparkzoo.com

Friday, July 31 & Aug. 1

Hinterland Music Festival

Where: Water Works Park, 2201 George Flagg Pkwy, Des Moines, IA

When: 4:30p.m.

It's a weekend of great music under the stars and skyline. It's two days of music hand-picked by First Fleet's Sam Summers for the gorgeous backdrop of Water Works Park, a 1,500 acre oasis in the center of our city. In our first year, Hinterland will feature a diverse blend of relevant artists, cyclist events, on-site sculpture and art installations, craft vendors, family engagement and more. We're excited to bring a festival to the area that captures that Midwestern knack for finding the beauty in all things urban and rural.

For more information: www.hinterlandiowa.com

Friday, July 31 & Aug. 7

Monty Python's Spamalot

Where: Des Moines Community Playhouse, 831 42nd Street, Des Moines, IA

When: 7:30p.m.

Lovingly ripped off from the classic film comedy *Monty Python and the Holy Grail*, *Spamalot* retells the legend of King Arthur and his Knights of the Round Table. A bevy of beautiful showgirls, catapulting cows, killer rabbits, and French people are just a few of the reasons audiences eat up *Spamalot*, winner of the 2005 Tony Award for Best Musical.

For more information: www.catchdesmoines.com

Thursday, Aug. 6

Shania Twain

Where: Wells Fargo Arena at Iowa Events Center, 833 5th Ave., Des Moines, IA

When: 7:30p.m.

One of the world's best-selling female artist in history, Shania Twain, has announced her first North American tour in more than 11 years entitled *Rock This Country*.

For more information:

www.more104music.com/events/shania-twain

Wednesday, Aug. 12

Iowa State Fair Parade

Where: Grand Ave. from Penn Avenue to 15th St., Des Moines, IA

When: 6:15 p.m.

An estimated 200 floats, animals, vehicles and novelty and performing units will parade down Grand Avenue to herald the start of Fair Tour 2015.

For more information: www.catchdesmoines.com



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From Farm To Table: **INCORPORATING FALL FOODS INTO Your Diet**

By N2 Staff Writer,
Elizabeth McCabe



Fresh pumpkin pie.
Apples straight from the orchard.
Home-grown squash.
Savory sweet potatoes.
Nothing compares to locally grown food from the farm making its way to your table. Why not incorporate a few fall favorites into your diet?

PACK ON THE PUMPKIN

With the arrival of fall comes plump pumpkins ready to be harvested from fields. Think pumpkin pie, pumpkin bread and even pumpkin beer. Or get creative in the kitchen and try out pumpkin ravioli or risotto. The sky is the limit with this rich beta-carotene food. Just 1 cup of cooked pumpkin yields more than 200 percent of your RDA of Vitamin A, which is an asset to your vision. Cooked pumpkin is also packed with potassium. Don't overlook the pumpkin seeds either; these are packed with tryptophan, an amino acid that helps in the production of serotonin. Not to mention pumpkin seeds being good sources for copper, calcium, iron, magnesium, zinc and other essential minerals!

ADD APPLES TO YOUR DIET

With 4 grams of fiber per serving, apples should be a fall staple in your diet. Whether you start the day with the apple, bite into an apple for an afternoon snack, or indulge in homemade apple pie for dessert, this fruit deserves to be a part of your diet. Full of antioxidants, apples come in a variety of textures and flavors that you and your family are sure to love. Try pairing Granny Smith apples with Gorgonzola and maple dressing. Or celebrate the season with a crisp caramel apple. Don't miss out on the skin either. Packed with flavonoids, apples can be a weapon in better health. Want an extra flavonoid boost? Go for the Pink Lady apples.

SAY YES TO SQUASH

Squash is a fall favorite that people have grown to love. The

options are endless for this seasonal vegetable. Try piping hot squash bread fresh from the oven served with butternut squash soup. Or expand your culinary horizons with acorn squash over penne, seasoned with cinnamon and ginger. And squash your risk of gallstones by consuming more squash. According to a recent study, 1 cup of acorn squash has approximately 28 percent of the RDA for magnesium -- a mineral that can reduce the risk of gallstones. Squash also contains omega-3 fatty acids, which support metabolism, benefit brain health, as well as reduce inflammation.

SAVOR THE SWEET POTATOES

Tired of the traditional sweet potato casserole? Why not try roasting your sweet potatoes in wedges? You might actually maintain more vitamins this way. And with sweet potatoes, you'll want to maintain all the vitamins you can. This fat-free food contains B6, Vitamin D, Vitamin A and Vitamin C. Sweet potatoes also have anti-inflammatory benefits and can regulate blood sugar spikes (unlike white potatoes).

So before you pass on your local farmers' market, think again! Take your food from farm to table by cherishing fall favorites. Incorporate the nutritional benefits of pumpkin, apples, squash and sweet potatoes into your diet.



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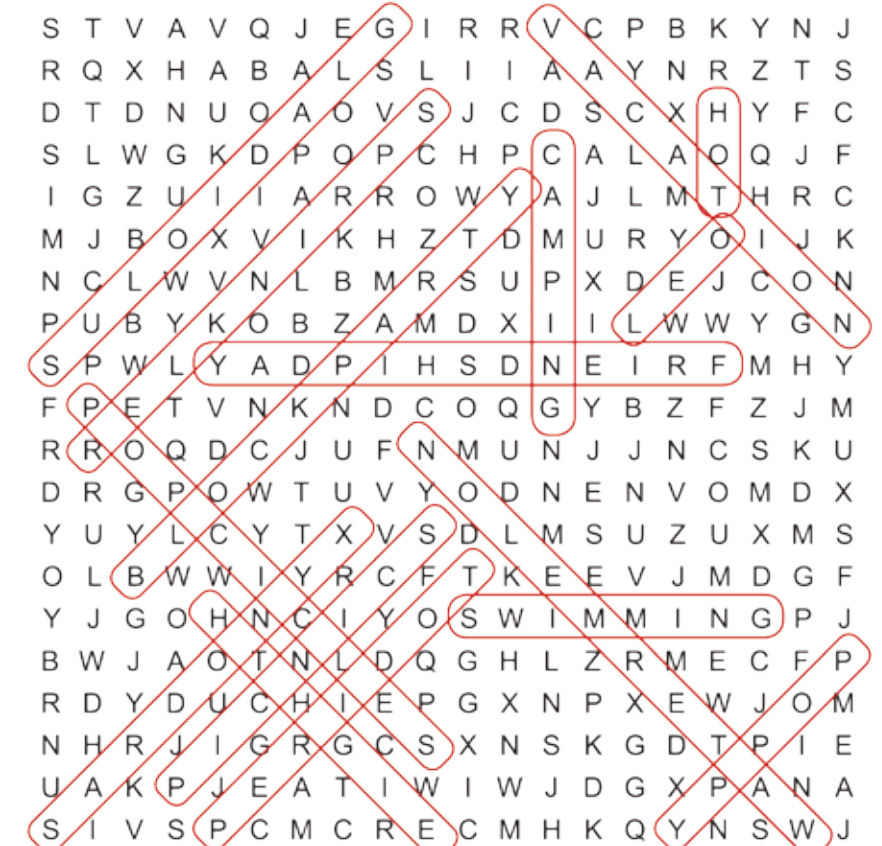
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14101 LAKE POINTE DR	Country Club	\$659,900			87	4	4	6,043	Active
1555 COUNTRY CLUB BLVD	Country Club	\$584,900			59	5	4.5	6,172	Active
1620 COUNTRY CLUB BLVD	Country Club	\$629,000			162	5	3.5	5,045	Active
13481 LAKE SHORE DR	Country Club	\$729,900			37	5	4.5	4,943	Active
13585 SUMMIT DR	Country Club	\$312,900			28	4	3.5	3,096	Active
2126 NW 136TH ST	Country Club	\$275,500			26	4	2.5	3,032	Pending
13190 CEDAR CREST LN	Country Club	\$419,900			6	4	2.5	2,948	Pending
1378 NW 141ST ST	Country Club	\$261,000			28	4	3.5	2,618	Pending
13996 SOUTH SHORE DR	Country Club	\$449,900			29	4	3.5	3,928	Pending
13533 LAKE SHORE DR	Country Club	\$340,000			80	4	3	2,995	Pending
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1381 NW 141ST ZT	Country Club	\$289,000	\$282,000	05/12/15	7	3	2.5	2,372	Sold
2142 NW 134TH ST	Country Club	\$520,000	\$507,500	05/07/15	129	4	2.5	4,322	Sold
13311 CEDARWOOD AVE	Country Club	\$449,000	\$431,431	05/02/15	81	5	3.5	4,219	Sold
1700 CEDARWOOD CRL	Country Club	\$550,000	\$500,000	04/28/15	250	5	5	5,025	Sold
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