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Take Good Care of Yourself and Beat Those Winter Blues!

by Kim Amboy

ately I've been talking to the person in the mirror. "Who is that old lady?" I ask, or sometimes, "Hello Mother!" That girl definitely needs an overhaul, because Old Man Winter tends to do a number on everybody. Cold winds outside and dry heat inside are tough on waistlines, skin and hair. However, on a positive note, a little seasonal care can help. Here's some self-care tips that'll definitely make a difference.

Visit a Med Spa

Get your "glow" back by visiting a local Med Spa. This blend of traditional day spa and medical clinic is overseen by licensed medical professionals, and they provide services tailored to both beauty and health. Actually, winter is the ideal time to address summer skin damage such as sunspots, uneven tone, and dehydration by scheduling a chemical peel or other resurfacing treatments to reset your skin for the season. Reviewers rave about the results.



Stay Active

Keep moving! A great fitness routine is just the ticket to ward off cold weather blues, so being comfortable on your feet is especially important. "To avoid sudden foot and ankle injuries, choose the right footwear and make sure to warm up and stretch beforehand,"

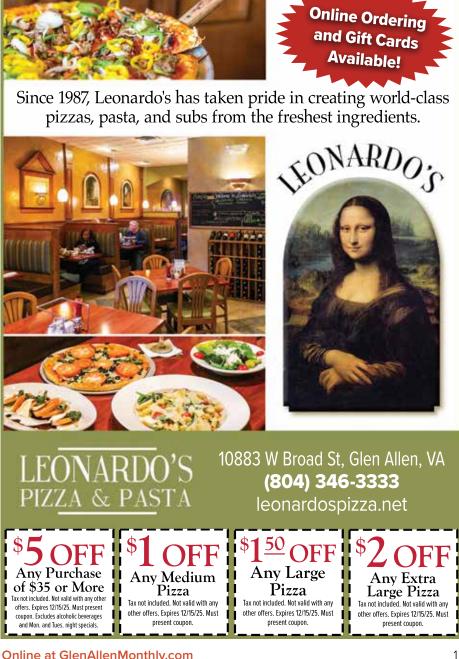




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recommends Podiatrist Aaron Bradley, owner of Sole Foot & Ankle in Mechanicsville. "If you're venturing out of doors, be especially mindful of slippery surfaces." He shared a few more tips: applying a thick, cream-based moisturizer (preferably with urea, shea butter, lactic acid, or hyaluronic acid) daily can help lock in moisture and prevent those annoying heal cracks that plague so many during winter. Also, warm, breathable socks protect your feet from weather extremes to ensure a good workout and happy feet!





Eat Well

Fact: This is the season of comfort food and cozy gatherings. Unfortunately, all that feasting tends to put a kibosh on healthy eating habits, so beware! Bad nutrition leaves us more vulnerable to colds and flu. That's why eating well in winter isn't just about satisfying cravings—it's about providing your body the nutrition it needs to stay healthy. So have fun but be mindful of what's on your platethink more fruits and veggies and less sugar. It'll do you a world of good.



I'll still talk to myself in the morning even after all that self-care. But maybe the conversation will sound like this: "Hey, Gorgeous, you're looking pretty good these days!" Or "Hello, have you seen Mom?" Don't laugh! A girl can dream, can't she?



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A Ride Through the Majestic Blue Ridge Mountains

by Kaitlyn Bruce

re you ready to embrace the winter season? With its stunning mountain ranges, crisp air, and rushing rivers, Charlottesville is one of the greatest places in Virginia to enjoy all the things winter has to offer.

Maybe you've taken a walk through one of Nelson County's vineyards or gazed upon the rolling hills on the patio of your favorite brewery. Now, imagine how enhanced that view would be if you were taking it in from atop a gentle, well-trained horse. The Indian Summer Guide Service offers private horseback rides along trails that are nestled amidst the rolling hills and breathtaking scenery of the Blue Ridge Mountains. While open year-round, the spring and fall offer the most pleasant weather for riding.

This isn't the typical trail ride where the horses are lined up nose to tail and the only thing a rider is able to do is sit there in the saddle. Of course, Indian Summer Guide Service is accommodating to riders of all skill levels, but if you are an experienced rider and you find more pleasure in being able to lead your own horse, then this is the trail ride for you.

The service partners with local wineries, breweries, and farms to create unique experiences that combine the thrill of riding with the pleasure of indulging in local delicacies. Be ready to discover corners of the mountains that you've never seen before. Then afterward, have a spectacular end to a perfect day by sipping a full-bodied red or refreshing craft beer while savoring a delicious meal.



If you seek a more adventurous ride, then you might want to consider the Back Country Ride. Here, you will be taken through some of Charlottesville's most tranquil scenery. Your ride will be about three hours long and will take you through rocky terrain and across flowing creeks, with views that will take your breath away.

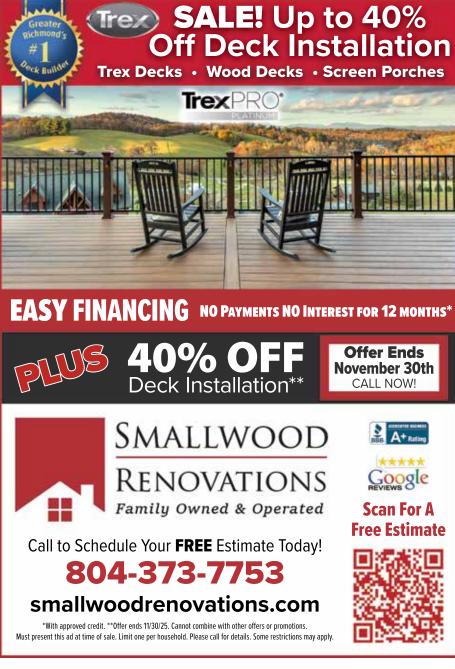
Whether you are seeking a romantic getaway or a day with friends, the Blue Ridge Mountains provide a majestic backdrop, and every turn reveals a postcard-worthy panorama. So, saddle up for an unforgettable journey and discover why Indian

Summer Guide Service is the perfect choice for a truly special horseback adventure. Visit **IndianSummerGuideService.com** for more information.



















Southern Sweet Potato Casserole and Baked Cranberry Sauce

veryone has their favorite sweet potato casserole and so do I. However, Great Grandma Rawls always served hers in a cored orange half with a whole pecan on top. I prefer them crushed, but the orange presentation is stunning. Add your own twist to delight friends and family. *Cindu*

Southern Sweet Potato Casserole

INGREDIENTS:

Sweet Potatoes:

3 cups sweet potatoes, cooked and mashed 3/4 cup sugar

1/3 cup butter, melted

2 eggs

1 tsp vanilla

1 tsp cinnamon

1/2 tsp nutmeg

6 to 8 oranges, cut in half and cored 1/2 cup orange juice, freshly squeezed

1/4 cup heavy cream

Topping:

3 tbsp butter, melted

1 cup brown sugar

1/3 cup flour

1 cup chopped pecans

DIRECTIONS:

Preheat oven to 325 F. Mix sweet potatoes, sugar, spices, butter, eggs, vanilla, and orange juice. Beat with an electric mixer until smooth. Add heavy cream and mix well.

Mix the remaining butter, brown sugar, flour, and nuts. Put the sweet potato mixture into the cored halves of the oranges and top with the nut mixture. Bake for 25 to 30 minutes.

I have been making this cranberry sauce for over 30 years and have even been asked if I would be willing to sell it. That's how different and delicious it is. I hope you enjoy this unique take on a classic dish.

Baked Cranberry Sauce

INGREDIENTS:

4 cups fresh cranberries

2 cups sugar

1/2 tsp ground cinnamon

113 oz jar orange marmalade

3 tbsp lemon juice

1 cup coarsely chopped walnuts, toasted

DIRECTIONS:

Preheat oven to 350 F. Wash and drain cranberries and place in a large bowl. Add sugar, cinnamon, marmalade, lemon juice, and walnuts to bowl with cranberries and mix well. Spoon into a 9-inch square pan and cover with foil. Bake for 45 minutes. Refrigerate and serve cold.







11761A West Broad St, Henrico, VA 23233 In The Shoppes at Westgate









Fun Things TO DO List

Sponsored by the Perkinson Center Looking for something fun to do? Here are a few ideas.



SATURDAY, NOVEMBER 1ST @ 2 P.M

PAWTY WITH THE PUPS

Join us for our biggest pawty yet. **Pawfect Sweets GRAND OPENING** will have delicious quality handmade oven-baked dog treats! We love our fur babies and want to extend that love through treats from our

home to yours. Come out to 8906 W. Broad St. Ste. B, Glen Allen, and see all we have to offer and enjoy our giveaways. (www.pawfectsweets.com)

WEDNESDAY, NOVEMBER 12 AT 7 P.M.

TAKE A STRING BAND JOURNEY

Deadgrass takes you on a string band jamgrass adventure through Jerry Garcia's musical world. Matt Turk and C Lanzbom join forces with bassist Dave Richards, banjo player Boo Reiners, and fiddler Kensuke Shoji to explore the life works of Jerry Garcia on the instruments that first inspired him. It's



an unforgettable evening at the Cultural Arts Center in Glen Allen. (ArtsGlenAllen.com)



SATURDAY, NOVEMBER 22 @ 8 P.M.

COME IN FOR THE STORM

Gaelic Storm, an American Celtic band founded in Santa Monica, California, appears on stage at the **Tin Pan**. The group's musical output includes pieces from traditional Irish music, Scottish music, and original tunes in both the Celtic folk and Celtic rock genres. (TinPanRVA.com)



SUNDAY, NOVEMBER 23 @ 7 P.M.

HERE, TRY A SAMPLE

The Samples, an American rock band, brings their unique blend of music, which has been described as reggae influenced "rock/pop" and a cross between The Police and the Grateful Dead, to the **Tin Pan**.

The band's name came from the members' early sustenance of food samples from the local grocery store. (TinPanRVA.com)

MONDAY, DECEMBER 8 @ 7 P.M.

ENJOY A HARE-RAISING ADVENTURE

Enjoy *Harvey*, as one of the greatest motion pictures of all times comes to the **Ashland Theatre**. Featuring Jimmy Stewart and his six-foot invisible puca., the film tells the heartwarming story of Elwood P. Dowd. All tickets



are just 75 cents. This is one you don't want to miss. (AshlandTheatre.org)







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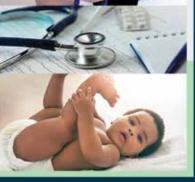


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