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# Take Good Care of Yourself and Beat Those Winter Blues!

by Kim Amboy

It seems lately I've been talking to the person staring back at me in the mirror. "Who is that old lady?" I ask, or sometimes I greet her with, "Hello Mother." That poor girl is in serious need of an overhaul! And it makes total sense, because Old Man Winter does a number on everybody. Cold winds outside and dry heat inside coupled with lack of exercise are all 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 truly make a difference.

#### Visit a Local Med Spa

Get your "Posh on" by visiting a local Med Spa. This blend of traditional day spa and medical clinic is overseen by licensed medical professionals. **Deedee Karanian, owner of Posh Med Spa & Wellness Center in Powhatan** and her highly credentialed and experienced team are devoted to helping clients look and feel their best. They offer a multitude of innovative treatments that include customized facials, Microneedling to correct aging and acne scar-



ring on the face, back and chest. Also available are nutritional IV hydration infusions, vitamin injections, and customized diet and exercise plans that aid with weight management and overall well-being. And that's just the tip of the iceberg! Visit their website for a full list of services offered.



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#### **{{{** Stay Active

With shorter days, it's often easier to put fitness on the back burner. Yet this is one of the most important times to stay active. Sadly, wintertime gloom leaves many people feeling down, but exercise helps boost natural mood filters which fight off the "winter blues" and boost immunity. These are all great reasons to join a gym or enjoy regular



walks/jogs around your neighborhood. Get creative and keep moving!

#### **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 plate. Think healthy ingredients and smaller portions. Saladworks on Hull Street in Midlothian offers fresh food and ingredients that allows customers to build an original meal customized to their tastes and dietary needs with over sixty ingredients to choose from.

With all that said, I'll still talk to my reflection 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?" Hey, don't laugh! A girl can dream, can't she?

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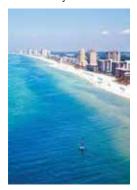
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# Unveiling Paradise: A Journey Through Florida's Panhandle Beaches

by Guy Ellenger

he Florida Panhandle unfurls a dazzling tapestry of beaches, each boasting unique charms that cater to a diverse range of travelers. Whether you seek family-friendly fun, tranquil escapes, or vibrant adventures, this unforgettable coastline promises a haven tailored to your desires.

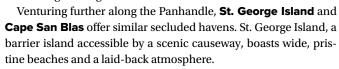


Panama City Beach reigns supreme as the heart of the Panhandle's excitement. Its 27 miles of pristine sugar-white sand are a playground for families, with gentle waves ideal for splashing and building sandcastles. This lively resort town offers a plethora of water activities, from exhilarating jet ski rides to exploring the underwater world through snorkeling or scuba diving. After a day enjoy vibrant nightlife at Pier Park, a hub of shopping, dining, and entertainment.

Panama City Beach caters to a diverse range of budgets. Luxurious beachfront resorts offer unparalleled pampering, while family-friendly accommodations provide a comfortable and affordable haven. You can use this for your home base as you ex-

plore the rest of the Panhandle.

For those yearning for a peaceful escape, **Navarre Beach** beckons. This hidden gem boasts uncrowded shores with calm, crystal-clear waters, perfect for swimming, sunbathing, or simply unwinding with a good book.







Nature lovers can find paradise at **Grayton Beach** and **Henderson Beach State Parks**. Hike or bike along scenic trails, explore the diverse ecosystems with opportunities for birding, or simply relax on the beautiful stretch of undeveloped beach. This park exemplifies the Panhandle's natural beauty, offering a chance to reconnect with nature.

Nestled along Scenic Highway 30A, Santa Rosa

**Beach** offers a laid-back atmosphere with charming beach communities. Rent a beach chair and soak up the sun, or go for a swim in the turquoise waters.

One of the most popular beach towns is **Destin Beach**. That is a whole lot to write about. So, due to space you will need to your own homework on Destin.

With its abundance of choices, the Florida Panhandle guarantees an unforgettable beach experience. From world-class resort towns to hidden gems, find your per-

fect stretch of paradise on the Panhandle's stunning coastline.









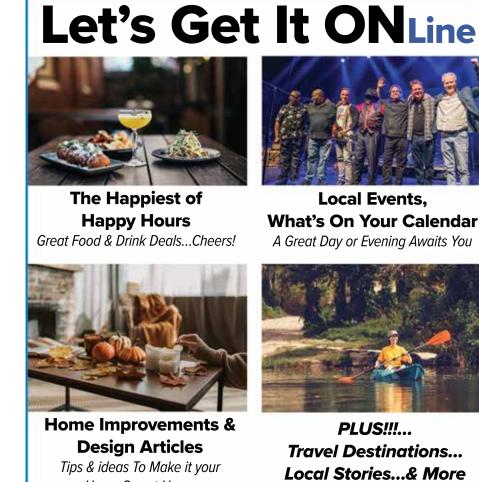












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### Southern Sweet Potato Casserole and Baked Cranberry Sauce

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.









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### **Fun Things TO DO List**

Sponsored by the Perkinson Center ooking 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 OPEN-ING 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)

#### THURSDAY, NOVEMBER 13 THROUGH SATURDAY, NOVEMBER 15



#### **HIT THE STREETS**

Run, don't walk to the streets of Richmond for the Allianz **Richmond Marathon**. The marathon, itself, kicks off at 7 a.m. sharp on Saturday. But on Thursday and Friday, over 60 exhibitors offering the latest in running equipment, nutrition, and technology will be displaying their wares at the Health & Fitness Expo at Richmond Raceway. Runners can pick up their packets during the expo. The race, which

runs through much of the city and its surrounds, starts at 1st and Broad Streets. See the website for more details. (RichmondMarathon.org)

#### FRIDAY, NOVEMBER 14 @ 7:30 P.M. AND SUNDAY, NOVEMBER 16 @ 2:30 P.M.



The Virginia Opera presents Cinderella. The Carpenter The**ater** at the Dominion Energy Center is magically transformed into the splendor of 18th century Italy for this captivating performance. (DominionEnergyCenter.com)



#### SATURDAY, NOVEMBER 15 FROM 6:30 TO 9:30 P.M.

#### "B" PREPARED

The "B's" stand for **Bourbon Brisket & Brushes**, a delightful fundraiser for the **Perkinson** Center. Enjoy a mouthwatering dinner from the legendary ZZQ Texas Craft Barbecue. Take a guided, spirited tasting tour curated by Three Crosses Distilling Company. Watch as artist demonstrations bring creativity to life. (PerksinsonCenter. Org)



#### **SATURDAY, NOVEMBER 15 THROUGH SATURDAY, DECEMBER 27**

#### **REV UP THE TIME MACHINE**

 $Travel\ back\ to\ the\ year\ 1946.\ Radio\ station\ WMAQ\ is\ hosting\ a\ live\ re-enactment$ of the well-known classic It's a Wonderful Life, complete with retro sound effects, commercial jingles, and an entertaining studio environment! Your time travel takes place at the **Swift Creek Mill Theatre**. (SwiftCreekMill.com)

#### **SUNDAY, NOVEMBER 16 FROM 11 A.M. UNTIL 3 P.M.**

#### **GET COMFY**

Grab your bathrobe and head on out to Center of the Universe Brewing for their Bathrobes, Eggs and Kegs! Event. Enjoy live music from the Royal WE while feasting on some delicious brunch and beverages, including Mimosas! (Facebook.com - search Center of the Universe)



#### **WEDNESDAY, NOVEMBER 19 AT 7:30 P.M.**

#### **GET THE LOWDOWN**

Lowdown, Lido Shuffle, and Jojo will, no doubt, be among the tunes wafting through the Altria Theater when Boz

Scaggs brings his **Rhythm Review 2025** to town. (AltriaTheater.com)

#### FRIDAY, NOVEMBER 21 FROM 6:30 TO 8:30 P.M.

#### **TAKE A NIGHT HIKE**

Ever wonder who stays awake while you sleep? On Maymont's Adult Night Hike (21+) discover some of the gardens' nighttime residents and learn about their nocturnal adaptations through experiments, games and a hike of the Maymont **grounds**. (Maymont.org)



#### FRIDAY, NOVEMBER 21 THROUGH SATURDAY, JANUARY 3

#### **LIGHT UP THE NIGHT**

Experience **Meadow Event Park's Illuminate Light Show**, Virginia's largest drive-thru synchronized light and music show, featuring over 3-million lights.(IlluminateLIghtShow.com)

#### **SATURDAY, NOVEMBER 22 FROM NOON 'TIL 5 P.M.**

#### **GIVE'EM SOMETHING TO WINE ABOUT**

Seven of the state's top wineries will be participating in the **Kiwanis Club's 14th annual Hopewell Wine-Tasting Festival**. Singer/songwriter Kyle Davis will provide the musical



entertainment at this event held at the **Beacon Theatre**. (HopewellWineFestival.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)

#### **SATURDAY, NOVEMBER 22**

#### **GET KOZY**

The **Kozy Cats** come to the **County Seat Restaurant and Gathering Place** for their signature blend of smooth jazz, swing, funk, and soul. (TheCountySeat.com)



# THE MES

#### 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)



#### **SATURDAY, NOVEMBER 29 AT 2 AND 7 P.M.**

#### **LET IT SNOW!**

Let it Snow! is the theme as the Richmond Symphony joined by the Richmond Symphony Chorus presents a performance of seasonal favorities on the Carpenter Theater Stage at the Dominion Energy Center. (DominionEnergyCenter.com)

#### WEDNESDAY, DECEMBER 3 AND THURSDAY, DECEMER 18 FROM 6 TO 8 P.M.

#### **PAINT AND SIP**

Or, if you prefer, you can sip and paint at the **Perkinson Center's Holiday Paint and Sip**. Enjoy an evening of creativity, conversation, and a splash of wine. It's the perfect way to re-

lax, unwind, and enjoy a fun night out. (PerkinsonCenter.org)

#### **THURSDAY, DECEMBER 4 @ 7:30**

#### **GET RHYTHM**

American Southern rock band the **Atlanta Rhythm Section** appears at the **Beacon Theatre**. (BeaconTheatre.org)





#### 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)



#### THURSDAY, DECEMBER 11 @ 7:30 P.M.

#### **WELCOME THE STRANGER**

Mike Santoro brings his **Billy Joel Tribute: THE STRANGER** to the  $\bf Beacon\ Theatre\ stage.\ (Beacon\ Theatre.com)$ 

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