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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?









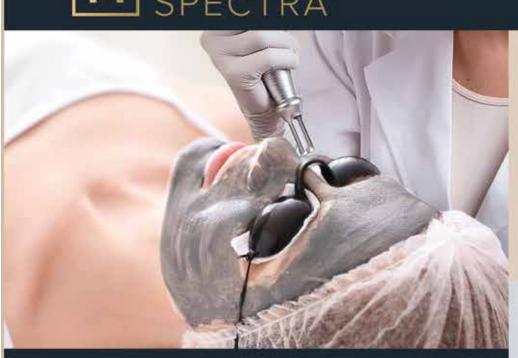








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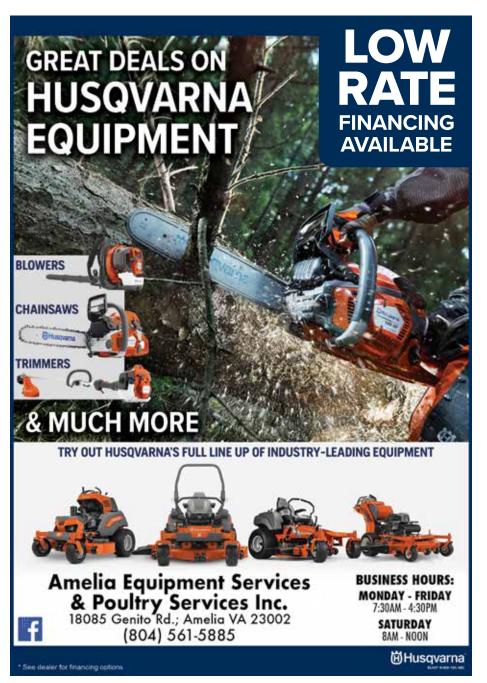


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A Winter's Drive to the Northern Neck on Cheasapeake Bay

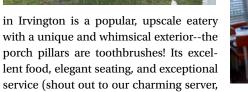
by Kim Amboy

re you itching for a little change of scenery but don't want to drive for hours to get there? Then grab your coat and take the relatively short jaunt out to the Northern Neck communities near Chesapeake Bay. Now that the warm weather crowds have thinned, it's a wonderful time to kick around the area, do some shopping, have a meal, learn some history and savor the majestic sights along the shore. A group of us recently did just that, and it turned out to be a real morale booster! So, here are a few points of interest you might enjoy checking out.

Known for its waterfront charm and coastal lifestyle, the small, quaint community of **Irvington, Virginia** is not even two square miles in size. Situated on the eastern banks of



Carter's Creek near the Rappahannock River, it was once a steamboat landing for ships from Baltimore, Norfolk, and elsewhere in the 1800's. Nowadays, travelers are drawn to its charming shops, inns and seafood. **The Office Bistro**



Tashima) make this a must-stop along your way. You'll leave stuffed, I guarantee it!



Less than five country miles from Irvington is **Kilmarnock**, an adorable little slice of Americana on the Rappahannock River. Brimming with history and wonderfully old architecture, the community's quaint downtown and surrounding areas have much to offer winter visitors, from art galleries and museums to clothing boutiques, home decor, and gift shops. Or take in the views from the cozy atmosphere at **Good Luck Cellars** (a winery on the Chesapeake Bay Wine Trail) and enjoy a little music and wine tasting.

For a change of pace, bundle up and bring your binoculars for some fresh air and a winter's hike through the secluded forests, marshes, and shoreline at **Hughlett Point Preserve** just

fifteen minutes out of town. This small peninsula on the Bay's western shore is an incredibly beautiful and peaceful spot that is sure to inspire even at this time of year. You're very likely to see ducks, geese, and other birds gathering during the





season, as well as several different species of raptors. While our group walked along the shore, we identified several different animal tracks in the sand as the waves lapped up nearby. The giant bear prints were a real thrill!

So, with the day spent and our bags full of gifts and souvenirs, we concluded our jam-packed visit to the little towns near the Bay. I must say, it was most enjoyable. Perhaps you can clear some room on the calendar, take the drive and make

your own Northern Neck memories.

















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Retired or retiring? Don't miss this wealth planning opportunity, because wealth isn't' just about how much you've saved. It's how much you get to keep and how long you can make it last.





From the Pantry

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. *Cindy*

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.



Scan the QR code for more recipes online!









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tastebudz

Tastebudz is back with all the news that's fit to eat.

Music to the Ears, Magic to the Mouth

Fans of great home cooking and fans of lively, local music share one thing in common - their love for the County Seat at 3883 Old Buckingham Road in the Village. For years, this popular dining spot as been drawing weekend crowds who listen, sing, and dance to the sounds of such local celebrities as Bill Deal and the Rhondells Front Line (Nov. 15), the Kozy Cats (Nov. 22), and Michelle Nixon (Dec. 13).

The restaurant offers delicious all-youcan-eat buffets on the weekend. But the big daddy of buffets will be served on Thanksgiving Day from 11:30 AM until last seating at 2:30 PM. It features such crowd favorites as a turkey carving station, crab cakes,



honey-baked ham, thin-sliced eye of round, and much, much more. Owner Tracy Ciphers advises making reservations now.



More Than Margaritas

If you're looking for space for your end-of-year party, Lalo Macias tells me that there's still some availability in his two private rooms at Two Compadres Taqueria Bar & Grill (13830 Village Place Drive) Speaking of the season, the restaurant has added some new seasonal specialties to the bar menu, such as their cinnamon apple mule, featuring Tito's Vodka, homemade apple cider, ginger beer, and topped with a smoky cinnamon stick. And, yes, if you want a Margarita, Lalo serves one of the best around.

Making It Shacky

I was having breakfast in one of my very favorite restaurants, SB's Lakeside Love Shack (6935 Lakeside Ave.) when a good friend from Goochland and her family stroll in the door. It dawned on me that this little hidden gem has become a destination hotspot especially for breakfast. SB is Sarabeth Hagen, who opened the Love Shack in 2017.

She explains, "We take your basic breakfast items and make them shacky." My personal favorite dish is their Glitter on the Mattress, a take on biscuits and gravy but theirs features sausage and bacon gravy blanketing a mattress of Texas toast with edible glitter on top. SB says that one of the customer favorites is the "Bang Bang On the Door" Benny - two poached eggs and Virginia ham on a grilled croissant topped with a smokey tomato hollandaise.



The food is just a part of what makes this place so cool. SB says you can feel the vibe. "When you come here, you fill your soul while you fill your tummy."



Thai Boat co-owner Joe Kiatsuranon (center) is flanked by business partners and chefs Wasv Suksomboon (I) and Thanit Sonsart (r) Bar Manager, "Boat" Rungpibulsapit looks on from behind the bar.

Thai Boat's A-Coming

Thai Boat Restaurant, in the fan at 2301 W. Main, recently opened and is serving the most authentic Thai food in town. That, according to co-owner Joe Kiatsurranon. Joe should know. He and his family operate some of the city's most popular Thai/Asian restaurants including Mom's Siam and My Noodle and Bar. Joe was inspired by the restaurants he enjoyed during a visit to his native Thailand and the island city of Phuket. BTW, the "Boat" in the name pays homage to Joe's good

friend, bar manager Narongchai Rungpibulsopit, whose nickname is "Boat."

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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)

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.

GET READY FOR SOME HAPPILY EVER AFTER

The **Virginia Opera presents Cinderella. The Carpenter Theater** 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)



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

 $\textbf{Scaggs} \ brings \ his \ \textbf{Rhythm} \ \textbf{Review 2025} \ to \ town. \ (Altria Theater.com)$

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)



A MILLS

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

THURSDAY, DECEMBER 4 @ 7:30

GET RHYTHM

 $\label{lem:american} American Southern \ rock \ band \ the \ \textbf{Atlanta Rhythm Section} \ appears \ at the \ \textbf{Beacon Theatre}. \ (Beacon Theatre. org)$





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 **Beacon Theatre** stage. (BeaconTheatre.com)

FRIDAY, DECEMBER 12 THROUGH SUNDAY, DECEMBER 21

TOMORROW - WAIT FOR IT

The sun will come out when **Annie** hits the **Libby S. Gottwald stage at the Dominion Energy Center** for this 10-day run. (DominionEnergyCenter.com)



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