

## WHAT'S HAPPENING IN JANUARY



JAN. 1: NEW YEAR'S DAY

# WHAT'S HAPPENING







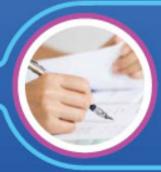
JAN. 20: INAUGURATION DAY

JAN. 4:

JAN. 21: DR. MARTIN LUTHER KING, JR. DAY

## JANUARY





JAN. 23: NATIONAL PIE DAY

JAN. 23: NATIONAL HANDWRITING DAY

## **NUTRITION** POST-HOLIDAY REBOOT: 10 FOODS TO HELP YOU DETOX

It's been a decadent and indulgent holiday season, filled with wine-soaked parties, large-scale family meals, and plates of cookies in every corner. Now that all of the New Year's Eve dust has settled, it's time to start reversing the clock and to get your body back on track. While exercising and cutting back on alcohol will do your body wonders, incorporating foods into your diet that have natural cleansing properties will have you back on track in no time!



away from your cells.





Drinking water with lemon in the morning will alkalize the body, aid in digestion, and provide vitamin C, helping the body detox and burn fat.



Dark leafy greens (think kale and spinach) will boost chlorophyll levels in the digestive tract, which helps the body rid itself of environmental toxins. Incorporate them into your diet by adding them to salads and broth, or by sauteing them with a little olive oil.

#### Fresh Fruit:

Get rid of leftover sweet treats and snack on fresh fruit instead, which is chock full of vitamins, antioxidants and fiber.



## Cabbage:

Trying to undo some NYE damage? Cabbage is known for its liver cleaning properties, and can be easily incorporated into salads for some extra crunch.



#### Artichokes:

This unassuming veggle is loaded with cynarin, which not only helps increase bile production, but also prevents indigestion and stimulates healthy digestion. Studies also show that artichokes promote healthy gallbladder and liver function.



Beets contain a hefty dose of fiber and increase the body's production of antioxidant enzymes in the liver-boosting healthy liver and gallbladder function.



#### Ginger and Garlic:

Because they eliminate free radicals that build up in the body, these two Gs are your liver's best friends! Throw them into your next soup or stir fry for extra flavor and detax power!



#### Green Tea

High in catechins, a flavonoid which speeds up liver activity and increases the body's production of detoxification enzymes, green tea will keep you warm and feeling 100% year round.

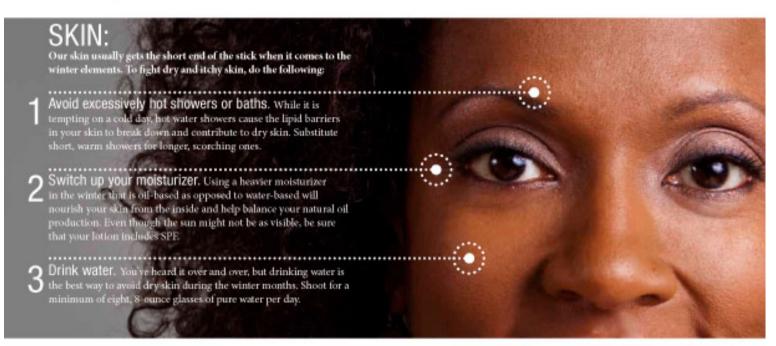
## Whole Grains:

Ditch the refined grains and substitute nutrient and antioxidant-rich whole grains in your diet, like barley, quinoa and oats. They are all full of insoluble fiber which help keep you regular since the last thing you want after the holidays is to feel bloated and constipated!



## NUTRITION MAINTAIN YOUR RADIANCE AND HEALTH THIS WINTER

The winter months bring cooler temperatures, drier air, and the common cold - read on for ways to combat the elements and stay healthy and radiant this season!

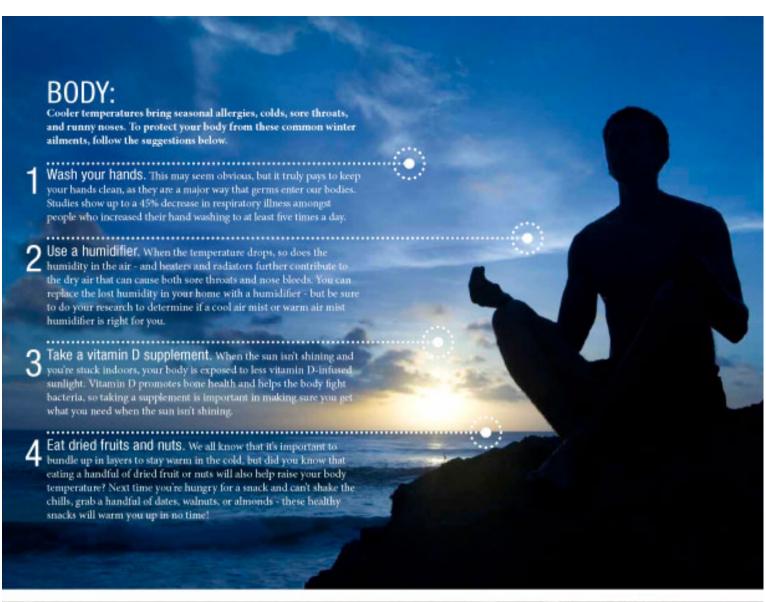


#### MIND:

Shorter days, a decrease in natural light, and cooler temperatures can all contribute to the winter blues and increase fatigue levels. Luckily, there are things you can do to fight back that will help boost your mental energy and spirits.

- Exercise. Getting your heart rate up everyday will not only help you fit into your jeans, but will also boost your mood, combat stress, and improve your brain's cognitive function so you can better focus and stay alert. Aim for 30 minutes of aerobic exercise per day, preferably in the morning.
- 2 Stay in the light. The winter months reduce the amount of natural sunlight you receive, so try to expose yourself to light whenever possible, as it's proven to boost your mood. Try moving your desk near a window, take a brisk walk outside after lunch, or sit near a light box with full-spectrum lighting to mimic natural sunlight.
- Get enough sleep. Research shows that a lack of sleep reduces
  brain function and makes us more prone to developing common winter
  ailments, such as colds and flu. Try to get at least 8 hours of solid shut-eye
  each night and you will wake up feeling ready to take on the day!







## FITNESS 10 THINGS PERSONAL RAINERS WISH YOU KNFW

"Please coreoft your physician before starting any workout routine

### YOU NEED TO VARY YOUR WORKOUTS.

Your body adapts quickly to strength and cardio routines; after a few weeks of the same workouts. they become easier and result in fewer calories burned. Luckily, you can easily change that by switching up 1-2 elements in your routine per month - for example, using kettlebells instead of resistance bands. or substituting a spin class in place of your usual morning run.

## CARDIO DOES NOT EQUAL WEIGHT LOSS.

While aerobic exercise is great for your heart and will burn calories, cardio alone won't raise your metabolism. What does? Lean muscle mass. To develop more lean muscle and subsequently raise your resting metabolic rate (the baseline amount of calories you burn in a day), incorporate 2-3. strength training sessions per week that work all of the major muscle groups.

## LIGHT WEIGHTS WILL GET YOU NOWHERE.

Your muscles have to be challenged in order for them to become stronger and toned. This can be achieved by increasing the load to an amount that is heavier than what your muscles are used to (but be sure not to overdo it). For example, choose a weight that you can only lift for 10-15 reps before losing good form. After a few weeks, when that becomes too easy, you can increase the weight again.

## TRAIN YOUR MUSCLES IN PAIRS.

Every muscle has a partner that works in the opposite way (for example triceps to extend your arm and biceps to bend it), and it's important to train them equally to avoid muscle imbalances. When you weight train, try to work in splits work your biceps and hamstrings one day and triceps and quadriceps the next.

## GO BEYOND CRUNCHES FOR CHISELED ABS.

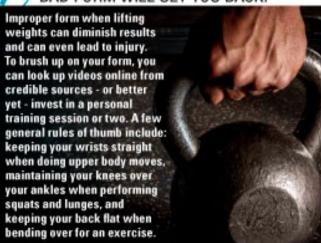
A GREAT WORKOUT DOES NOT EARN YOU A PIG-OUT.



While the feeling of pride after a successful trip to the gym may make you think you've "earned" the right to eat everything in your path and plop on the couch - don't! Eating back all of the calories that you just burned will steer you away from your weight loss goal, and will lead to weight gain over the long term. Instead, plan on a healthy snack 1-2 hours after your workout, and try to keep active!

## BAD FORM WILL SET YOU BACK.

WORKING OUT ON AN EMPTY STOMACH WILL NOT BURN MORE FAT.



According to the International Journal of Sport Nutrition and Exercise Metabolism, people experienced a larger boost in metabolism (burned more fat) when they exercised after eating breakfast as opposed to working out on an empty stomach. Even a small snack 30 minutes befor a workout that includes carbs. protein, and a little fat will help your body use more oxygen and result in a metabolism spike. Some good snack examples include yogurt with fruit or wholegrain cereal with milk.

#### A TIGHT GRIP WILL YIELD POOR RESULTS.

THE "FAT BURNING ZONE" IS NOT REAL. Gripping the treadmill or stairclimber Forget the cardio

handles for dear life forces your body into an uncomfortable position and creates muscle strain, not to mention it reduces the amount of calories you burn since your legs don't have to work as hard. Ease up your grip and keep your body centered over the machine by standing tall and relaxing your shoulders. machine's "fat burning" programs that encourage low, long, and steady intensity. Studies show that even in shorter workouts, boosting your intensity with interval training can burn as many - if not more - calories than the slow and steady type. Alternate between 30 seconds of high intensity followed by 90 seconds of low intensity and repeat for 20-30 minutes.

## FITNESS JANUARY COLLEGE BOWL GAME

## CALLING ALL COLLEGE FOOTBALL FANS!

January is a time when championships are determined and champions are made. Grab your football-fanatic friends and get to a flat screen to watch some of the most exciting games of the season!

\*All times Eastern and subject to change.



## January 1, 12:00 PM TaxSlayer.com Gator Bowl Northwestern vs. Mississinni Stat

Northwestern vs. Mississippi State Everbank Field Jacksonville, Fl

#### January 1, 12:00 PM Heart of Dallas Bowl

Purdue vs. Oklahoma State Cotton Bowl Dallas, TX

#### January 1, 1:00 PM Outback Bowl

South Carolina vs. Michigan Raymond James Stadium Tampa, FL

#### January 1, 1:00 PM Capital One Bowl

Georgia vs. Nebraska Florida Citrus Bowl Orlando, FL

#### January 1, 5:00 PM Rose Bowl Game presented by Vizio

Wisconsin vs. Stanford Rose Bowl Pasadena, CA

#### January 1, 8:30 PM Discover Orange Bowl

Northern Illinois vs. Florida State Sun Life Stadium Miami, FL

#### January 2, 8:30 PM Allstate Sugar Bowl Louisville vs. Florida Louisiana Superdome New Orleans, LA

#### January 3, 8:30 PM Tostitos Fiesta Bowl

Oregon vs. Kansas State University of Phoenix Stadium Glendale, AZ

#### January 4, 8:00 PM AT&T Cotton Bowl

Texas A&M vs. Oklahoma Cowboys Stadium Arlington, TX

#### January 5, 1:00 PM BBVA Compass Bowl

Pittsburgh vs. Ole Miss Legion Field Birmingham, AL

#### January 6, 9:00 PM GoDaddy.com Bowl

Kent State vs. Arkansas State Ladd-Peebles Stadium Mobile, AL

#### January 7, 8:30 PM

## DISCOVER BCS NATIONAL CHAMPIONSHIP

Alabama vs. Notre Dame Sun Life Stadium Miami, FL



## LIFESTYLE WHAT YOUR HANDWRITING SAYS ABOUT YOU

So you know your astrological sign and your personality type, but...

What does your handwriting say about you?

Since January 23rd is National Handwriting Day, it's a good time to take inventory of what your chicken scratch or loopy loops reveal about you!



#### Slant of Writing:

Determines your emotional reaction to situations

Left Slant (\\\): You have trouble expressing yourself and can come off as distant to those around you.

Vertical (III): You're generally guided towards logic over emotion when it comes to decisions, although you do a good job of balancing the two.

Right Slant (///): You follow your heart and tend to be more empathetic and caring than most.

#### Size of Writing:

Determines your concentration skills

Small: You have a high concentration level and are extremely attentive to detail; you do best when tackling tasks one at a time, and can do so alone.

Average: You concentrate just enough to be effective but do not get caught up in the minute details.

Large: You have a fast-moving mind and often find it difficult to concentrate one task for too long; you prefer a variety of responsibilities and tasks.

#### Signature:

Determines how you want to be perceived by others

Legible vs. illegible: A legible signature means that you want to be publically recognized, while an illegible signature implies that you prefer to remain more mysterious and unnoticed.

#### Elaborate vs. understated:

An eye-catching signature with lots of loops and underscores means that you like to show off and love attention, while a more understated signature means that you are shy and/or humble.

#### Spacing:

If there is a big gap between the first and last name, it means that you tend to disassociate yourself from your family lineage and prefer a more individual persona. A smaller gap means that you identify more with your family identity.



## FOOD NATIONAL PIE DAY: January 23RD

J anuary 23rd is National Pie Day, so celebrate with a homemade sweet or savory pie to bring guests to the table.

Or better yet, why not feature both types and call it a pie party?

## Shepherd's Pie with Cheesy Mashed Potato Top

### What you'll need:

#### For the pastry:

- · 1 tablespoon butter
- · 1 tablespoon olive oil
- · 1 onion, diced
- · 2 carrots, diced
- · 2 stalks celery, diced
- · 2 cloves garlic, crushed
- · Salt and freshly ground black pepper
- · 1 tablespoon tomato paste
- · 2 pounds lean ground beef or lamb
- · 2 tablespoons Worcestershire sauce
- · 1/2 cup beef stock
- · 1 1/2 cups garden peas

#### For the cheesy potato top:

- 4 pounds Yukon gold potatoes, peeled and quartered
- · 4 tablespoons butter
- · 1/4 cup heavy cream
- · 1 cup grated mature white Cheddar
- · Salt and freshly ground black pepper

#### Directions:

Preheat oven to 400 degrees F.

Fill a large saucepan with cold water and a tablespoon of salt. Add potatoes to the water and bring to a boil. Let potatoes cook until soft about 20 minutes.

Once the potatoes are at a desired density, drain the potatoes and place them back into the saucepan for mashing. Add butter and cream and begin to mash potatoes into a semi-smooth consistency.

Add cheese and mix well. Season with salt and pepper.

Set aside.

Add butter and oil to a large skillet on medium heat. Sauté onions, carrots, celery and garlic until tender for about 7 to 10 minutes. Season with salt and pepper.

Once the vegetables have softened and start to brown, add the tomato paste and mix evenly. Add the ground beef or lamb and cook until it is no longer pink, about 10 minutes. Add the Worcestershire sauce and beef stock. Season with salt and pepper to taste. Cook and simmer for another 10 minutes.

Mix in peas.

Transfer mixture to an oven-proof baking dish and spread evenly. Place mashed potatoes (see instructions above) on top of ground beef or lamb mixture and spread evenly. Once the top surface has been covered, rake through it with a fork to form peaks which will help it to brown nicely.

Place the dish into the preheated oven and cook until browned, about 20 minutes.

Spoon out the shepherd's pie and serve.

Courtesy: FoodNetwork.com



## Classic Cherry Pie

#### What you'll need:

#### For the pastry:

- · 2 cups all-purpose flour
- · 1 teaspoon salt
- · 2/3 cup plus 2 tablespoons shortening
- · 4 to 6 tablespoons cold water
- · Pie plate
- · Aluminum foil

#### For the filling:

- · 1 1/3 cups sugar
- · 1/2 cup all-purpose flour
- · 6 cups sour cherries, pitted
- 2 tablespoons butter or margarine, if desired



#### Directions:

Preheat oven to 425 degrees F.

In medium bowl, mix 2 cups flour and salt. Cut in the shortening, using a knife or a pastry blender, so they are the size of peas. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves the side of bowl.

Gather pastry into a ball, divide in half and shape into two rounds. Wrap flattened rounds of pastry in plastic wrap and refrigerate for 45 minutes or until dough is firm and cold, yet pliable.

Using a floured rolling pin, roll the two pieces of pastry on a lightly floured surface into two circles, about 11-12 inches in diameter. Carefully place one of them into the pie plate, pressing firmly against the bottom and sides. Be careful not to overstretch.

In a large bowl, mix sugar and 1/2 cup flour. Stir in cherries. Spoon into pastry-lined pie plate. Cut butter into small pieces and sprinkle over cherries. Cut slits into the second pastry round. Cover the pie plate with the slit pastry round, then seal and flute the edges. Cover the edges with a 1 inch strip of foil to prevent excessive browning and remove foil during last 15 minutes of baking.

Bake 40 minutes or until crust is golden brown and juice starts to bubble through the crust slits. Cool at least 2 hours before serving.

Courtesy: FoodNetwork.com



## TRAVEL TOP U.S. SKIING AND SNOWBOARDING DESTINATIONS

The holiday season is coming to a close, but that doesn't mean that the travel season is over! With so many skiing destinations across the U.S., why not take advantage of January airfare reductions with a winter resort getaway? Read on for the best places to get some air in 2013.

#### LAKE TAHOE, CA & NV

With over a dozen ski areas scattered throughout the mountains surrounding this alpine lake, it's no wonder that this is a favorite destination for skiers and boarders to explore. Heavenly Mountain Resort in South Lake Tahoe earns bragging rights for having 97 different runs as well as the West Coast's longest vertical drop (3,500 feet).

#### ASPEN, CO

Known for its steeps and four unlinked mountains, Aspen boasts excellent terrain for skiers and snowboarders of all levels. This legendary resort location (that often draws the rich and famous), does come with a higher price tag, so you'll have to save up for this one!

#### VAIL, CO

Marketed as "America's Favorite Resort," Vail is the largest single ski area in the U.S., offering 5,300 acres of skiable terrain. In addition to having over 190 marked trails and a vertical drop of 3,400 feet, Vail also boasts the fastest high-speed detachable quad (chairlifts) on one mountain.

#### LAKE PLACID, NY

Located in the Adirondack Mountains, the heavy Northeastern snows, combined with over 22 miles of ski and ride terrain, make this winter wonderland a top destination. Whiteface Mountain, in nearby Wilmington, features the largest vertical drop in the Eastern U.S. at 3,420 feet and hosted the Winter Olympics twice – in 1932 and 1980.

#### MOUNT HOOD, OR

Located in the Cascade Range, Mount Hood features six ski areas, with a total of over 4,600 acres of skiable terrain. It also includes the largest night-skiing location in the U.S., Timberline Lodge, situated at 6,000 feet on the side of Mount Hood. Timberline Lodge, a national Historic Landmark that was made infamous in the film *The Shining*, is known around the world for having the longest ski season in the country.

#### PARK CITY, UT

Famous for hosting the Sundance Film Festival every year,
Park City is also known for being home to world-famous
skiing and boarding terrain. With over 500 inches of seasonal
snowfall and 114 ski trails throughout six mountains, this
destination provides plenty of space to roam!

#### STOWE, VT

One of the most picturesque ski resorts in the U.S., averaging 22 feet of snowfall, Stowe combines traditional New England charm with serious slopes. Known as "The Ski Capital of the East," Stowe's Spruce Peak caters to novices, while the famous "Front Four" trails draw intermediate and expert skiers and boarders.

#### JACKSON, WY

Located 12 miles northwest of Jackson, Jackson Hole Mountain Resort entices skiers from around the world and is known for its steep terrain, bragging a vertical drop of 4,140 feet spread across two peaks. Expert skiers enjoy the thrill of conquering Corbet's Couloir, a run described as the scariest slope in America.



1 "STAN" EMINEM

"BEAUTIFUL DAY"

"REHAB"

AMY WINEHOUSE

"MAPS"
YEAH YEAH YEAHS

"SEVEN NATION ARMY"
THE WHITE STRIPES

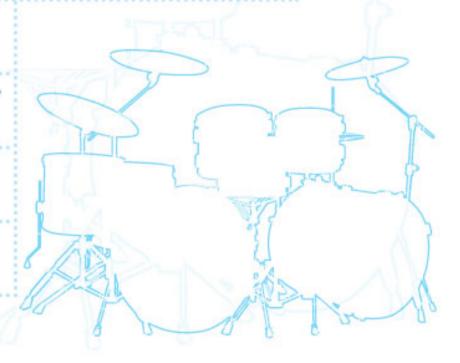
"PAPER PLANES"
M.I.A.

"HEY YA!"
OUTKAST

"CRAZY IN LOVE"
BEYONCÉ

"99 PROBLEMS" JAY-Z

1 "CRAZY"
GNARLS BARKLEY



## **MOVIES** NEW FLICKS IN JANUARY

#### GANGSTER SQUAD

Genre(s): Drama, Crime Release Date: January 11

Starring: Sean Penn, Ryan Gosling, Emma Stone

Set in 1940s and 1950s Los Angeles, this period film chronicles the LAPD's fight to keep East Coast Mafia figures out of L.A., specifically Brooklyn-born mob king Mickey Cohen, played by Sean Penn.

#### A HAUNTED HOUSE

Genre(s): Comedy Release Date: January 11

Starring: Marlon Wayans, Nick Swardson, Cedric the Entertainer

A spoof on all of the "found-footage/ documentary style" films released in the past, this flick follows the story of a newlywed couple that moves into their dream house, only to discover that they are not alone: one of them is possessed.

#### BROKEN CITY

Genre(s): Thriller, Suspense Release Date: January 18

Starring: Mark Wahlberg, Russell Crowe, Catherine Zeta-Jones

In this political thriller, Billy Taggart, an ex-cop and a private eye, is asked to follow the wife of NYC's mayor to see if she is cheating on him. Billy discovers that she is romantically involved with the mayor's political rival, and soon finds himself immersed in a much larger scandal.

#### THE LAST STAND

Genre(s): Western, Crime, Thriller Release Date: January 18

Starring: Arnold Schwarzegger, Forest Whitaker, Luis Guzman, Johnny Knoxville

Arnold is back in action as Ray Owens, the sheriff of a sleepy border town who gets unexpectedly called into conflict when a major drug player escapes an FBI prisoner convoy and flees for Mexico.

#### HANSEL AND GRETEL: WITCH HUNTERS

Genre(s): Horror, Drama, Action Release Date: January 25

Starring: Jeremy Renner, Gemma Arterton, Peter Stormare

This dark spin on the classic fairy tale takes place 15 years after the siblings' encounter at the gingerbread house. Hansel and Gretel, now a part of a team of bounty hunters, track and kill witches all over the world.

#### MOVIE 43

Genre(s): Comedy Release Date: January 25

Starring: Emma Stone, Stephen Merchant, Richard Gere

This outrageous ensemble comedy, directed by Peter Farrelly, consists of 20 comedic shorts and contains hilarious and offensive storylines that feature many familiar Hollywood faces.

#### PARKER

Genre(s): Crime, Thriller Release Date: January 25

Starring: Jason Statham, Jennifer Lopez

Parker is a thief with a unique code of professional ethics: don't steal from people who can't afford it and don't hurt people who don't deserve it. But when he is double-crossed by his crew and left for dead, he takes on a new disguise and forms an alliance with a woman on the inside, so that he can track down his enemies and hisack their next heist.









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