

# Seasonal Sparks

Give your spirits a relaxing boost during this busy time in Northern Colorado.



## FRUITY GLAZED PORK TENDERLION

Add seasonal flair with this simple glaze.

### INGREDIENTS

- 1 small red onion
- 1 teaspoon olive oil
- ½ gallon apple cider (reduce to 1 cup)
- ½ apple
- ½ pear
- 1 sprig rosemary

### DIRECTIONS

Mince red onion and sauté in oil until transparent. In separate pan, reduce apple cider by simmering for about 30 minutes over medium heat. Chop up apple and pear. Add fruit and onions to prepared reduction. Simmer 5 more minutes. Remove from heat. Add rosemary. Brush glaze over meat for last 5 minutes of cooking and use to drizzle before serving.

— Chef Tom Stoner

### RIDE▲

Wake up your winter spirit with a cozy blanket and sleigh bells. Beaver Meadows Stables offers an enchanting ride on an old-fashioned horse-powered sleigh that takes you through forest trails amid blue sky. About 60 minutes from Fort Collins, this time-honored tradition is a holiday favorite. [beavermeadowsstables.com](http://beavermeadowsstables.com)

### UNWIND

Whether walking the mall or getting ready for a party, the holidays put your feet to the test. A reflexology session at Essential Living Massage & Spa can help. Based in Eastern medicine, the treatment pinpoints specific areas on the foot to promote healing throughout the body. 970.430.6630 or [massagefc.com](http://massagefc.com)

### SIP

When the end of a busy day comes, sit back and relax with a tasty drink that will light up your insides. Tuaca is a brandy-based liqueur with a sweet, citrusy taste. It works wonders when paired with warm cider. Combine 8 ounces of cider with 2 ounces of Tuaca. Garnish with a cinnamon stick and let all the cares of the day float away.



# Winter Warm-Ups

**W**hen Old Man Winter gets to be a little too much and the holiday season begins to wear on your last nerve, it's time to recharge.

Give your mental and physical well-being a boost this busy time of year with a scenic view and soothing hands.

## HIT THE TRAIL

Heading outside for a hike may not seem like a great idea during winter, but the rewards to mind and body are unbeatable.

Besides providing a little heart-pumping exercise that is sure to warm you, a hike to see Chasm Falls at Rocky Mountain National Park will put a healthy glow on your soul, too.

The five-mile round-trip hike offers spectacular views of some of the most

magnificent scenery in the country most people only see captured in a photo.

Once at Chasm Falls, the frozen icy falls in their bluish arctic glory is truly a sight to see.

Pack some snacks and an insulated mug of hot cocoa, and you have an activity that will leave you feeling invigorated.

## ROCK ON ►

The next time Jack Frost nips at your soul, head to one of our local spas for a hot stone massage.

The warmth and feel of smooth palm-sized river stones running up your spine and down to your toes will quickly send Jack packing.

It'll also leave you feeling renewed. The heated stones encourage deeper relaxation of the muscles, as well as the mind and spirit.



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**I don't want to overeat at a holiday party.  
What's a healthy snack to fill up on before I head out?**

**“Go with high-fiber veggies, like broccoli or fruit. An apple has enough fiber to help you feel fuller.”**

*—Rich Clarke, personal trainer, Clarke Personal Training, Fort Collins*

**“High-fiber foods help maintain a steady blood sugar. About 12 almonds have lots of antioxidants, fiber and good fats.”**

*—Dru Ledder, registered dietitian, Simply Nutrition LLC, Fort Collins*