

Renew the Season

Give your November an extra boost with a refreshing activity that will leave you feeling confident inside and out.

LIGHT UP THE ROOM

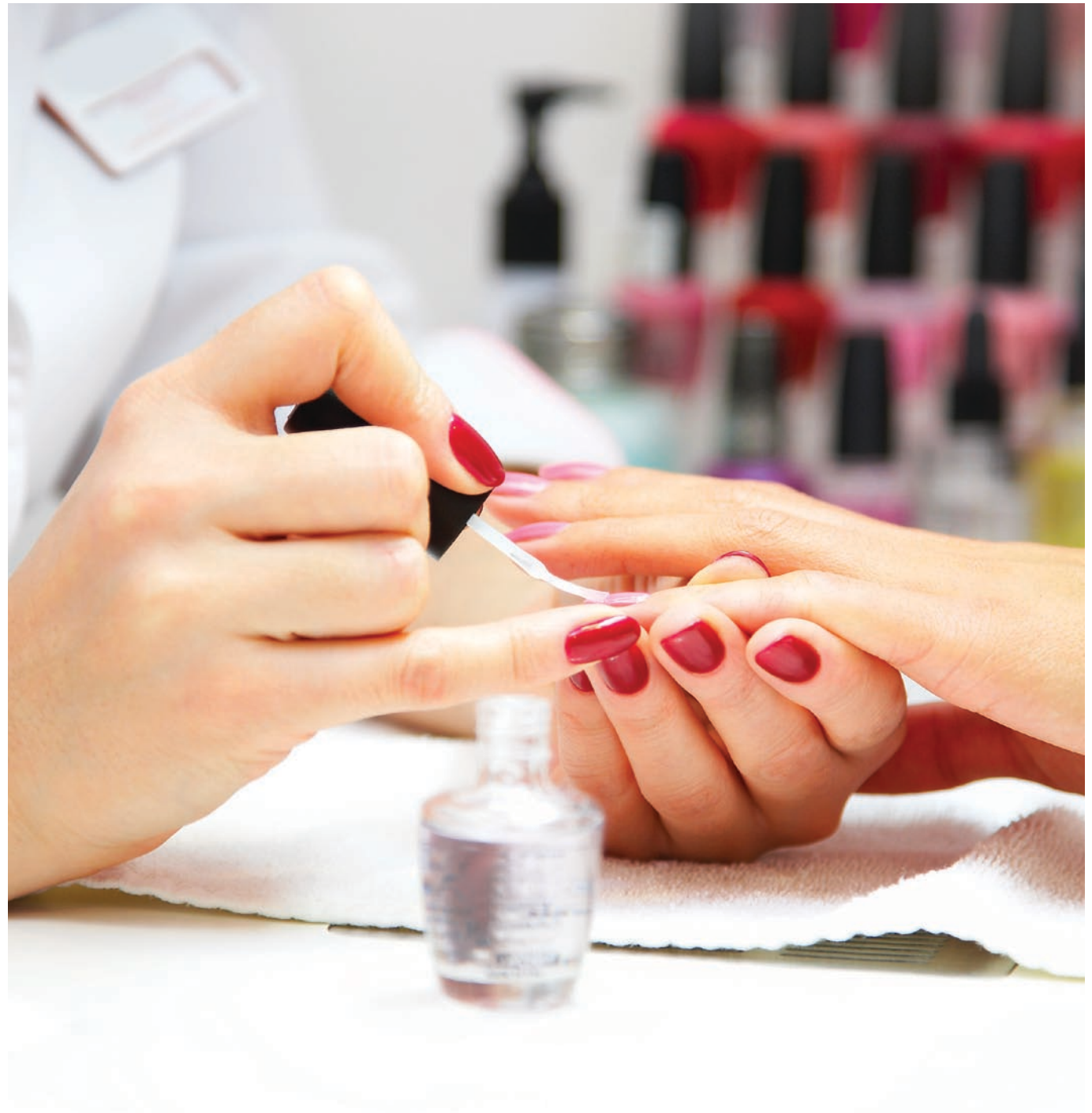
Walk into any room with glowing confidence simply by maintaining good posture. “Keep your shoulders back and chin up,” says Fort Collins model Amanda Stone. And use clothing as self-expression. “Choose something that fits you as an individual,” she says. Opt for comfort and proper sizing, because the wrong fit melts inner confidence faster than an ice cube in a sauna.

BEAUTIFUL HANDS ►

With as much as we text and type nowadays, our hands are almost always in our line of sight. An easy, inexpensive way to give yourself a boost is to apply a fresh coat of nail polish weekly—think festive reds or sparkly silvers. And don’t forget a clear base and top coat! (That way your nail color will go the extra mile without chipping.)

FEED YOUR SOUL

Boost the confidence of your soul with a help-others mind-set. Fort Collins Meals on Wheels relies heavily on volunteers to deliver food to home-bound individuals. When Colorado State University students race home for the holidays, few are left to distribute meals. Nonprofits keep their doors wide open for those random acts of volunteerism. fcmow.org



Powerful Pomegranate



CHOOSE WISELY

Pomegranates are packed with antioxidants that help fight heart disease. When it comes to picking a good one, Whole Foods produce buyer Jake McDonald suggests carefully inspecting its outer skin. “You want a deep, dark red (pomegranate) with no brown spots,” he says. The heavier it is, the better. A hefty fruit delivers more tart, delicious juice. “If you’re holding two of equal size, choose the heavier of the two,” McDonald says.

Help raise your heart health with one of nature’s most beneficial fruits.

POMEGRANATE, GREEN BEAN & JICAMA SALAD

2 pomegranates
1 medium jicama
1 pound green beans
1 tablespoon chopped flat-leaf parsley
1 tablespoon olive oil
1 tablespoon lemon juice
Salt and pepper
Chopped walnuts

Roll pomegranate against hard surface, pierce fruit with knife and squeeze to expel juices. Reserve ¼ cup juice. Peel and dice jicama into ¼-inch-thick slices, and combine with pomegranate juice. Chill mixture 30 minutes. Remove remaining pomegranate arils from fruit. Add steamed green beans and all remaining ingredients.



HOLIDAY TIME-SAVERS

This holiday season say goodbye to time-starved days and tiresome nights. These simple tips can add time back into your day.

Instead of standing in line at the store, get creative with gift-giving presents, says Fort Collins life coach Joan King.

“Ask yourself what would give you the most joy,” King says. “It may be writing a verse for people instead of giving gifts.”

Or design a coupon book, King says. Forgiveness coupons are in high demand and free massage coupons rarely go out of style.

What local foliage can be used to make a beautiful centerpiece?

“One that I think is often overlooked is ornamental grasses. They can be worked in among flower arrangements or bundled to capture the feel of fall harvest.”

—Jesse Eastman, general manager, Fort Collins Nursery

“I look for interesting flower heads or seedpods: purple coneflower, black-eyed Susans, yarrow. Use a pumpkin as a base, and use these (dried) plants to layer into an arrangement.”

—Sherry Fuller, horticulturist, Fort Collins