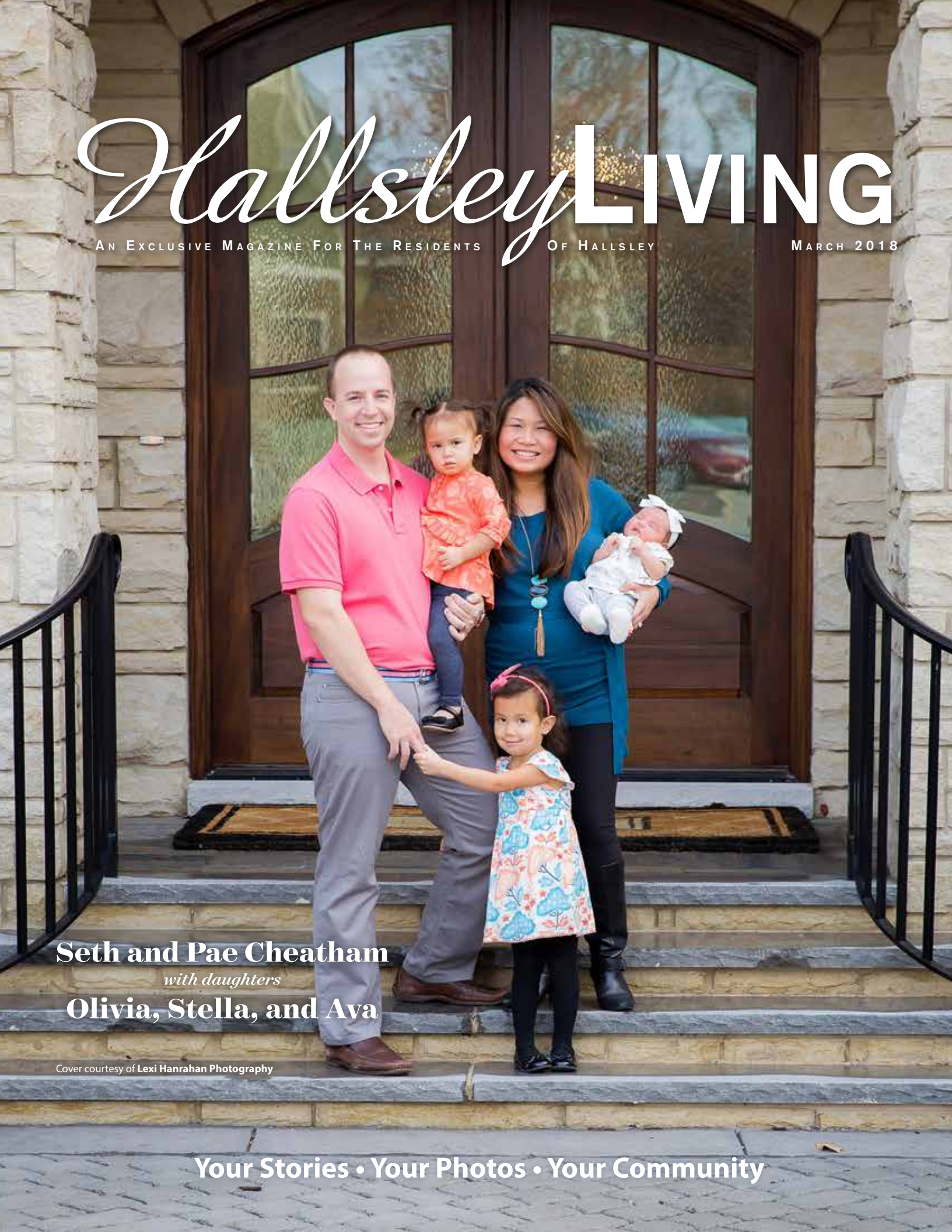


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MARCH 2018



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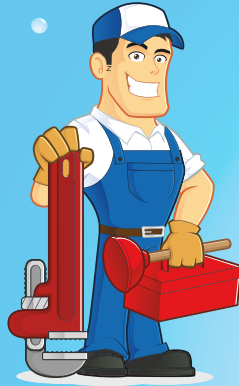
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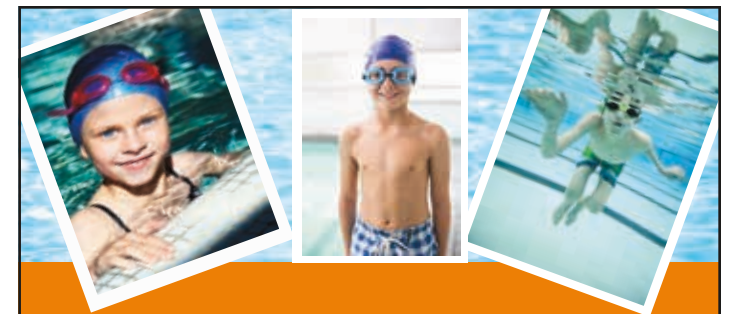
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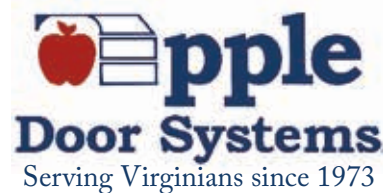
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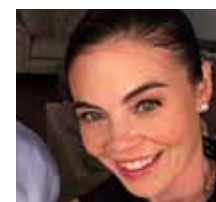
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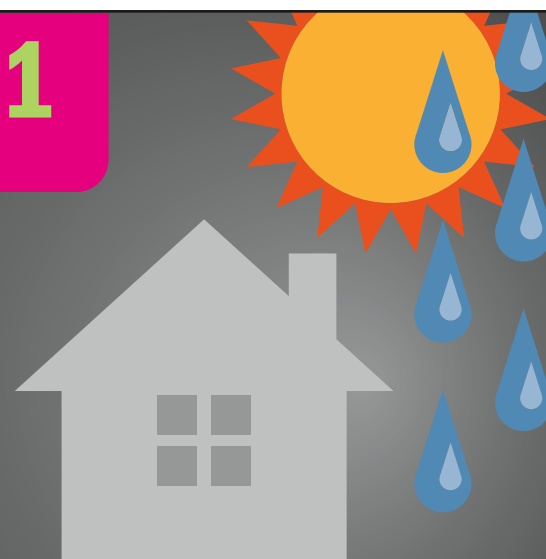


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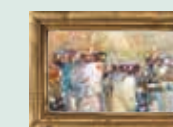
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resident recipe

Roasted Pork and apples

By Dana Miller
Hallsley Living's resident chef and
Pampered Chef consultant



This season, Pampered Chef is all about the one-pot meal. Not only am I loving the recipes, but I am really loving the simple clean-up by using just one pot or pan for each meal! One of my favorite new recipes is this fabulous roasted pork and apples- I hope you enjoy it in your kitchen as much as I do in mine!

Ingredients

- 2 sweet potatoes (1 lb/450 g)
- 3 tsp. (15 mL) rosemary leaves, divided (about 1 sprig)
- 1 tbsp. (15 mL) canola oil
- 1 garlic clove
- ½ tsp. (2 mL) salt, divided
- ¼ tsp. (1 mL) black pepper, divided
- 2 Honeycrisp apples (8 oz/250 g)
- 4 1" (2.5 cm) thick boneless pork chops
- ½ cup (125 mL) apple butter
- 2 tsp. (10 mL) Worcestershire sauce

Directions

1. Preheat the oven to 425°F (220°C). Peel and cut the sweet potatoes into large diced pieces.
2. Grate 2 tsp (10 mL) of the rosemary with the herb mill. Combine the rosemary, oil, garlic pressed with the garlic press, ¼ tsp (1 mL) of salt, and ½ tsp (0.5 mL) of black pepper in a medium bowl. Toss the diced sweet potatoes in the mixture.
3. Core and slice the apples. Transfer the sweet potatoes and apples to a half-sheet pan.
4. Season the pork chops with the remaining salt and pepper, and place them on the sheet pan. Bake for 10 minutes.
5. Meanwhile, grate the remaining rosemary leaves into a small bowl. Add the apple butter and Worcestershire sauce and stir to combine.
6. Remove the sheet pan from the oven, stir the apples and sweet potatoes, and top the pork chops with the apple butter mixture. Return the sheet pan to the oven and bake for an additional 10 minutes, or until the internal temperature of the pork reaches 145°F (63°C) and the sweet potatoes are tender.



Dana Miller

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family
spotlight

By Tiffany Moore

Hello, Cheatham Family!



Hello, Cheatham family! For the last 17 months, Seth and Pae Cheatham have called Beedon Drive home. Three adorable daughters, Olivia (three), Stella (23 months), and Ava (three months), fill this Hallsley home with much joy and laughter. Pup Brady, a dachshund mix, rounds out the Cheatham Clan.

Seth and Pae met at the hospital in 2007, where they both worked in orthopedics. Seth was completing his orthopedic surgical residency, and Pae was working as an orthopedic nurse in the operating room. Love bloomed in Richmond, and six years later, Seth from Nebraska and Pae from Thailand married!

Today, Seth works as an orthopedic surgeon at VCU Health specializing in sports medicine and covers various sporting events as the team physician for VCU and other local colleges. While Pae keeps her RN license current and active, she spends her days taking care of their three sweet girls. Olivia and Stella enjoy karate, soccer, and dance and love

playing with their friends at Romp N' Roll. Stella will be following in her big sister's footsteps at preschool soon. Ava spends her days cuddling, sleeping, and eating, as only a three-month-old can. As Ava grows, she is becoming more and more alert and aware of the world around her.

The Cheatham family enjoys exploring all that Richmond has to offer. They often take the girls to various festivals held annually in Richmond and surrounding areas. Broad Appetite and the Greek Festival are two of their favorites. The Children's Museum is another common family haunt. Fall has quickly become one of the Cheathams' favorite times of the year! Every October, the family ventures out to a local pumpkin patch for hayrides and pumpkin picking. Teaching the girls the importance of sharing is also a family priority. Around the holidays, the girls pick out an angel from the Angel Tree to help practice the art of giving.

Relaxation with three littles three and under is rare. However, when a few minutes is found, Seth enjoys working out at the gym, while Pae loves spending time shopping or getting a massage. During the day, Sprout or Disney Junior may rule the television for limited screen time, but after bedtime, HGTV or ESPN may dominate. The family definitely shares a passion for cheering on the VCU Rams, but Seth holds a special place in his heart for the Nebraska Cornhuskers, while Pae remains a devoted New England Patriots fan. Go, Tom Brady!

The Cheatham clan enjoys vacationing with the sun, sand, and waves. In 2016, they visited the Bahamas for a VCU basketball tournament, which was the first time for Olivia and Stella to travel



Photography courtesy of Lexi Hanrahan Photography

out of the country. Pae shares, "We all had a great time, and the girls were amazed by all the marine life that they encountered. They especially loved seeing the sea turtles and sharks." Last summer found them vacationing in Hilton Head, South Carolina, where they discovered the girls must be part fish since they loved the water so much! In a few months, the family is greatly looking forward to visiting Pensacola Beach, Florida for a family reunion.

The Cheatham family has loved settling into Hallsley. Good friends and good fun have been their experience thus far. The

girls have so enjoyed the fantastic playground and summer days at the pool. May the future hold the opportunity for more amazing memories and Hallsley adventures!



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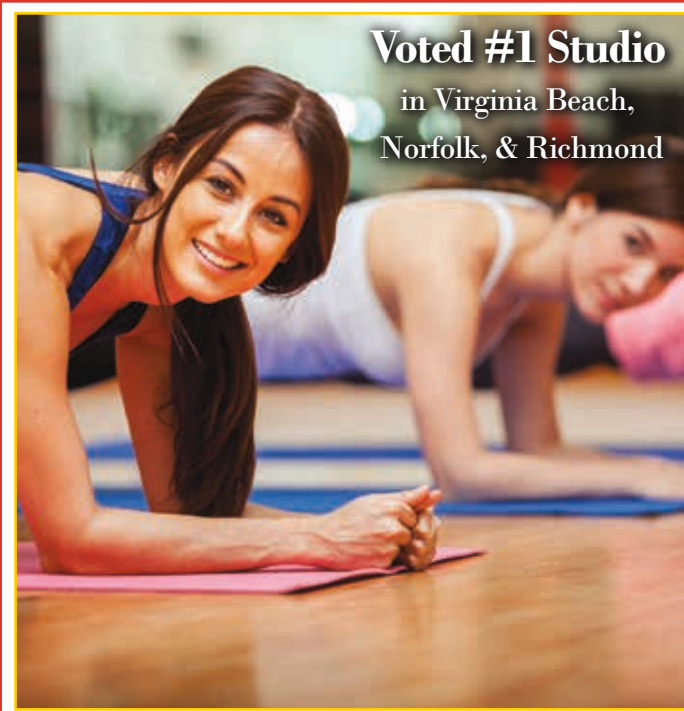
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making a difference

By Katie Krasner and Tiffany Moore

The East West Institute: *Mastering the Art of Living*

The East West Institute, focused on *mastering the art of living*, sponsored Hallsley's 2017 Summer Reading Enrichment Program. Students in middle school, high school, or college could read one or more of the institute's approved books and complete a survey describing how the book impacted their life for cash. Students were eligible to read and submit up to four surveys for the opportunity to earn a total of \$500. East West shares, "We were thrilled to read the 182 essays that were written by 56 of our Hallsley students. As a token of our gratitude for the thought and effort that these students invested in this project, we have reserved a copy of the book *Timeless Wisdom* for each participant ... Further, we are excited to share that three essays were selected for additional scholarship awards. Katie Krasner of Lambourne Road was awarded an additional \$1,000 scholarship for her insightful responses after reading *Tuesdays with Morrie*. Samantha Labrecque of Old Castle Court and Tessa Riley of Bedwyn Lane both received an additional \$500 scholarship for their reflections. Congratulations to these residents and everyone who participated in the reading challenge! East West is thrilled to play a small role in the personal development and growth of our young residents, and we think this program is highly worth the effort."



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Dear East West,
I would like to give a huge "thank you" to the East West community for sponsoring this great summer reading program! I have always enjoyed writing, as it is a great and simple way to relieve stress and take your mind off of things; so, I can honestly say I really enjoyed doing this! I loved that there was a little bit of competition, which really motivated me a little more. I am thoroughly glad I got to be a part of this, and I really appreciate not only the money but all the time put into this!

Thank you!
Katie Krasner



Tell us about how you are making a difference at tiffany.moore@n2publishing.com



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student life
By Emma Hermanson

EMMA HERMANSON:

HALLSLEY LIVING YOUNG ACHIEVER AND NEW STUDENT WRITER



Someone I admire and look up to a lot is Shawn Mendes. He taught me that hard work and dedication pay off. Shawn started from posting six-second covers on Vine and now today sells out shows all over the world. He's the reason I have such a passion for music. I picked up the guitar because of him, and I started singing more in front of crowds. I honestly wouldn't be who I am without him. Shawn has impacted my life so much, and I am forever grateful. Also, his music is so close to my heart. He connects people through his music in such a beautiful way. If you have a chance to see him in concert, you won't regret going! Shawn puts on a magical show. My aspirations with my music are to become known. I want to inspire others the way Shawn Mendes inspires me. I want to help people through their dark times!



Contact Tiffany about your student's achievements at tiffany.moore@n2publishing.com

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Photography by Michelle Proctor Photography

Hallsley Living is excited to welcome Emma on to the staff as one of our newest student writers. Please enjoy learning all about this wonderful Young Achiever, as she shares with you a bit about her life and interests. Be on the lookout for some great stories from Emma in the near future!

My name is Emma Hermanson. In my family, there is my dad, mom, twin sister, two cats, and a dog. I am in ninth grade at Midlothian High School and have lived in Hallsley since January 2017. My special activities are playing the guitar, ukulele, and piano, and dancing at Spotlight Studios. I'm also in Pitch Perfect, an acapella group at Midlothian High School.

I've been singing since forever but started piano lessons in the sixth grade. Playing the guitar and ukulele began Christmas of 2016. Pitch Perfect and dance began the beginning of the school year. I enjoy doing all of these because I get to express myself, and I absolutely love music. I don't think I could live without it!

Some highlights of my activities are being a part of the talent shows. I have met amazing people who I can call my best friends, and I have learned to get out of my shell. Because of my love for music, I've met so many people. That's not something you hear every day! For me, keeping a balance between all my activities is really easy. You just need to be good at managing your time and making sure you set reminders so you don't forget to finish something.



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What Will You Do with Your TAX REFUND?



The average refund for individual income taxpayers who received one for the fiscal year ending in September 2016 topped \$3,000, according to the IRS.¹ If you expect to receive a refund on your 2017 tax return, will you save or spend it? While you may be tempted to indulge, consider using the money to solidify your long-term financial position. No matter the size of your refund, there are ways you can use it to help reach your current and future financial goals. Here are a variety of ways you might be able to apply a refund based on your life stage:

FOR PEOPLE STARTING OUT IN THEIR CAREERS:

- **Add to your emergency fund.** Consider saving enough to have the equivalent of at least three-to-six months' worth of income in an emergency fund. This could come in handy if you experience a sudden interruption to your income or a major unexpected expense.



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- **Pay off student loans.** If you are carrying college debt or other loans, applying your refund to the balance can help reduce the total interest you pay or eliminate the debt entirely. Once you pay off your loans, allocate the amount you spent each month on student loans to another financial goal to keep building your financial foundation.
- **Invest in an IRA.** Think about starting a habit of investing your tax refund each year into an IRA, where any earnings can accumulate on a tax-deferred basis. While you are limited to contributing \$5,500 annually (\$6,500 for those age 50 and older), the savings can add up. For example, investing a \$3,000 refund each year from age 26 to 65 earning seven percent annually would build to more than \$640,000.

FOR THOSE STARTING FAMILIES:

- **Save for a down payment on a home.** A tax refund can make a meaningful impact as you accumulate enough to purchase your first home. Consider saving enough to cover at least 20 percent of the home's value. Doing so will eliminate the need for private mortgage insurance, which will cost you extra in interest payments.
- **Start or add to a college fund for your children.** With the cost of higher education continuing to rise, starting early and saving often can help you make funding tuition a reality. Many options may provide tax advantages, so work with your financial and tax professionals to find the best strategy for you.
- **Create or update your legacy plan.** Developing a will, trust, or other estate documents is important so that your wishes are clear in the event of your death. If you need to create or update legal matters, use your refund as a reason to take the next step.

FOR THOSE WHO HAVE A SOLID FINANCIAL FOUNDATION:

- **Apply to home improvements.** If you are planning to remodel your home, you may want to use the money to fund specific upgrades or to keep as a contingency fund throughout the project.
- **Save for starting a new business.** If you want to start your own business now or in retirement, the refund can provide a cash buffer to help you get started. It can either replace some of your regular income or be used to fund expenditures required to get the business up-and-running.

FOR THOSE APPROACHING RETIREMENT:

- **Increase your retirement savings.** As your retirement date and goals get clearer, maximizing your retirement savings should take priority. Your refund can help you make an addi-

tional investment towards your financial future. If you are 50 or older and have earned income, current tax laws allow you to invest extra dollars in your IRA and workplace retirement plan. Work with your tax professional to learn what the opportunities and limitations may be for your situation.

- **Pay down your mortgage.** Consider using your refund to make an additional principal payment on your home mortgage. Erasing debt prior to retirement can minimize a major financial burden.

FOR RETIREES:

- **Spend it on your retirement dream.** If you plan to travel or pursue a hobby in retirement, use the refund as a trigger to make your dream happen. Allow yourself to spend the money without guilt – after all, you've earned and planned for this opportunity.
- **Invest in a Roth IRA.** If you have any earned income that allows you to make retirement contributions, your tax refund can potentially be placed into a Roth IRA. This vehicle allows contributions after age 70-1/2 (contributions are not possible in a traditional IRA) and provides potential tax-free growth of any earnings.
- **Pay health care expenses.** Today's rising healthcare costs are often one of the biggest expenses for retirees. Consider applying the funds to Medicare or long-term care policy premiums. If your health care expenses are manageable, save the refund to pay for future expenses.

REVIEW YOUR TAX WITHHOLDING

If you regularly receive a large tax refund, you may want to adjust the withholding on your paycheck. Decreasing your refund may increase your monthly net pay, allowing you to allocate extra income each month to your financial goals. This strategy isn't right for everyone. Consult with your tax attorney and financial advisor before making adjustments or decisions on how to use your windfall.

¹ – IRS.gov, "Returns Filed, Taxes Collected & Refunds Issued," Aug. 30, 2017. <https://www.irs.gov/statistics/returns-filed-taxes-collected-and-refunds-issued>.

Rich Larose
Fellow Hallsley resident

Richard LaRose CPRC® CLTC is a financial advisor and private wealth advisor with Ameriprise Financial Services, Inc. in Midlothian, Virginia. He specializes in fee-based financial planning and asset management strategies and has been in practice for 16 years. Contact Info: 804-419-2502 / 14350 Sommerville Court Midlothian, Virginia 23113 / richard.l.larose@ampf.com. Ameriprise Financial, Inc. and its affiliates do not offer tax or legal advice. Consumers should consult with their tax advisor or attorney regarding their specific situation.

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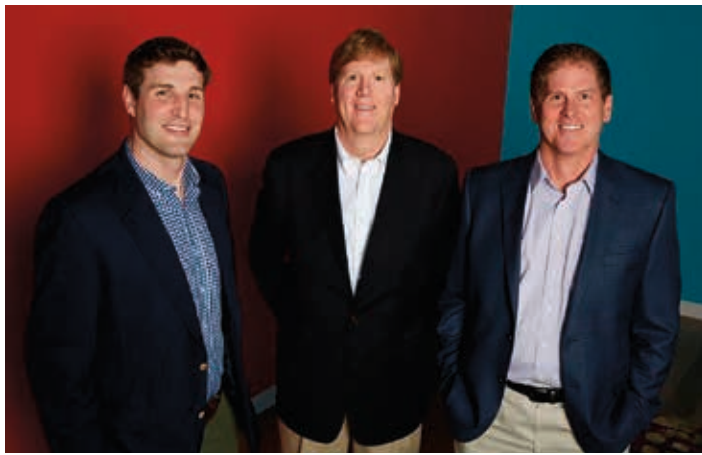


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Imagine your life with a new smile ... you'll be filled with confidence, your self-esteem will blossom, and you'll enter a room knowing you look incredible! Our smiles are how we greet the world. With healthy, straight teeth and a becoming smile, we convey confidence and self-assurance to those around us. Every day at Richmond Orthodontics, we have the privilege of seeing our patients' smiles and confidence transform right before our eyes! We believe you, too, deserve a confident smile: one that opens doors, engages others, and sets you on the path to success! Richmond Orthodontics is the longest running and established orthodontic practice in the greater Richmond Metro area, providing healthy, confident smiles for over 50 years. *Hallsley Living* is proud to introduce Richmond Orthodontics as a preferred orthodontic provider!

The orthodontists and dental team at Richmond Orthodontics pride ourselves in providing state of the art dental technology, a warm, welcoming environment, and experienced team members. Our orthodontists have accumulated numerous awards for patient care and recognition from many dental peers throughout the community. Doctors Wiltshire, Brassington, and Bibona are experienced, gentle orthodontists who conservatively combine a high quality of care with the most effective dental treatments available. Our team will ensure you remain informed, educated, and involved with every step of you or your child's smile transformation.

Richmond Orthodontics strives to make the orthodontic experience a fun one for each of our amazing patients! Our doctors and experienced professionals are friendly and good-humored and love getting to know our patients and family members. Every visit will find you being greeted by name and made to feel like part of our family. Kids love the sign-in process, which involves a cool, modern biometric finger scanner. Office contests and games present multiple opportunities to win fun and exciting prizes. When

starting orthodontic treatment, patients will be loaded up with some super cool Richmond Orthodontics swag and gifted with a Sonicare electric toothbrush to make sure oral hygiene stays on point! Freshly baked chocolate chip cookies and a coffee bar are offered in the office daily, so you and your family can enjoy a yummy treat before leaving!

Patients often dream of a medical office where flexibility is championed. Richmond Orthodontics aims to please with flexible appointment scheduling, flexible treatment options, and best yet, flexible payment options. Our office staff routinely check orthodontic insurance benefits and design a monthly, interest-free payment plan that fits any budget. We accept health savings plans, most insurances, and offer a 5% discount to patients who are able to pay in full up front.

The American Association of Orthodontists recommends that every child be evaluated for orthodontic treatment around the age of seven to ensure the identification of any developing problems. The goal of early diagnosis and treatment, if needed, is to help your child attain a healthy functioning bite, prevention of later problems, and the attainment of a confident smile that will light up any room!

Did you know orthodontics is for adults, too? While most often braces appear on children and teens, Richmond Orthodontics loves helping parents, working adults, and even seniors achieve amazing smiles, too! Whether we like it or not, adults are often judged by appearance and remain concerned about how their teeth and smile may impact self-confidence, moving forward with job advancements, and relationships. Luckily, the stigma of being "too old" for braces continues to diminish. Today's advanced orthodontic techniques enable doctors to move adult teeth gently into their correct positions through



"invisible" treatment options, such as clear braces and Invisalign clear aligners, as an innovative twist to make treatment more comfortable and discreet. This may also be a treatment option for adolescents. As premier Invisalign providers, Richmond Orthodontics is fully trained in numerous methods to increase patient comfort and decrease total treatment time. Rest assured, you can get the smile you've always dreamed of without anyone even knowing you are undergoing orthodontic treatment! **For this reason alone, we are thrilled to invite you to our Second Annual Invisalign Wine and Design Your Smile event! Join us for a fun-filled evening while you learn about Invisalign treatment and what it can do for you. Please see the printed invitation with details!**

Richmond Orthodontics has four offices strategically placed throughout the Richmond area to enhance patients' convenience and ease of treatment. We understand that selecting the right orthodontic

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sponsor spotlight

By Tiffany Moore

practice may be a difficult choice, but from the moment you walk into our beautifully modern Midlothian office, you will know you've come to the right place. Our Midlothian office is conveniently located behind J.B. Watkins Elementary School across from the Midlothian Library. That means great orthodontic care is only a few miles from your home in Hallsley and your child's school!

Complimentary orthodontic exams are offered to all new patients. During this initial exam, Richmond Orthodontics will discuss the findings, answer any questions you may have, and create a unique treatment plan to facilitate educational and informative decisions regarding your new smile! Richmond Orthodontics is not just another orthodontic practice. At Richmond Orthodontics, smiles are our passion! Your smile is special, and we understand you deserve specialized, exceptional orthodontic care. We look forward to seeing you soon and welcoming your family as part of our orthodontic family!

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Invisalign Night Thursday, March 15th 5:00 - 7:00 PM

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- a Richmond brewery tour with tastings for 14 on the Hopper
- and more!

After the live auction, dance the night away to music by our rocking DJ. This event is *exclusive to Hallsley residents* and will reach capacity, so get your tickets today! All proceeds will benefit VCU Massey Cancer Center and are part of a \$1 million fundraising goal through the Massey Street of Hope.

When: Friday, March 16, 2018, from 6 p.m. to 12 midnight

- Registration – 6 p.m. to 6:30 p.m.
- Casino events – 6:30 p.m. to 9 p.m.
- Live auction and casino prizes – 9 p.m. to 10 p.m.
- Dance the night away – 10 p.m. to 12 midnight

Where: The Hallsley residents' clubhouse; 3900 Brightwalton Road, Midlothian, VA 23112

Attire: Casino couture – *don't forget your St. Patrick's Day green!*

Tickets: Tickets are \$75 each. This event will **sell out** – purchase your tickets today!

Contact Jane Anderson for tickets: janea@eastwestp.com



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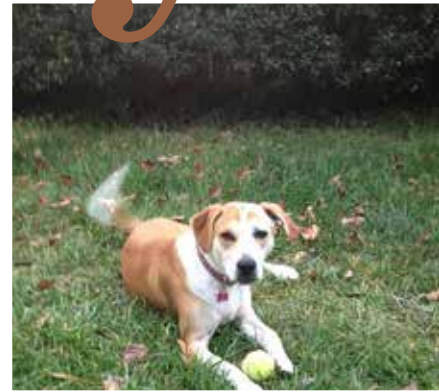
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By Quinn Nolan, Hallsley's Seven-Year-Old Roving Reporter

My Dog, Daisy



My dog Daisy is the best dog ever. She is really playful. She tugs on the leash when she goes for walks. Daisy also tries to jump over the fence in my yard. But, she never makes the jump. It is fun to watch her. We got her from people who found her in a ditch. She is a beagle and boxer mix. I love Daisy!

Fun Facts About St. Patrick's Day!

- Legend has it that St. Patrick drove all the snakes out of Ireland!
- St. Patrick is credited with bringing Christianity to the Irish people
- The first St. Patrick's Day parade in America was held in New York City in 1766 and is still one of the largest annual parades in the world
- Corned beef and cabbage are traditional foods eaten on St. Patrick's Day
- Every year, the city Chicago dyes the Chicago River bright green!

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Hallsley Car Talk

with **JUSTIN WALTERS**

I have a 2017 Ford Mustang GT Premium. This car is special to me because it is my very first new car, which happened to be my birthday present to myself this year. My favorite thing about this car is how quick it moves. With 435HP and 400 lb-ft. of torque, it really throws you back in your seat when you get on it. I also like the extra features it has, like the MyColor system, which allows me to change and personalize the interior lighting to any color I want, and the puddle lamps that actually shine a pony on the ground beside the doors. It has already been a great car making trips between work but also to the beach and other fun places over the summer. I definitely look forward to many more miles in it!

~ Justin Walters

Each month, DetailXPerts owner, David Barlow, will graciously gift a complimentary car detailing valued up to \$250 to one lucky Hallsley resident. DetailXPerts, the proud sponsor of *Hallsley Car Talk*, is an eco-friendly detailing spa for cars, boats, RVs, and other vehicles. This mobile auto detailing service travels to your home or office to provide exceptional vehicle detailing services using the power of steam. Fleet washing for trucks and business vehicles is also offered. David knows you will love the ease of scheduling and the quality of their work. All you have to do is be the first resident each month to share with Hallsley Living some "car talk" focused on your car and a few pictures of you and your vehicle.

Tell us what kind of car (vehicle) you have and why you love it! Share with us your favorite feature or why you decided to go with this brand or a memorable road trip where your car chauffeured you. Your car will love you for it after its experience with DetailXPerts! **To be considered for the next edition of Car Talk and to redeem your free detail package, please contact me at tiffany.moore@n2publishing.com and get your car tales ready.**

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Ovation DINE-IN MOVIES

By KATIE KRASNER



Going to the movies is a fun, family adventure for all ages. This month, Katie reviewed a movie and venue with the hopes that your family will enjoy a similar outing.



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I went to Ovation Movie Theater, located on Alverser Drive, right here in Midlo. Many people have raved about how amazing Ovation is ... not only do they show amazing movies, but they also have delicious food. They have more than your typical movie theater snacks. It is a restaurant in the theater where you can order a meal while watching your movie. How cool is that?!

The new Paddington movie is definitely a must-see! I think we can all learn something from this sweet little bear, Paddington! He manages to spread positivity, no matter where he is ... even in a prison full of aggressive men. He manages to escape all the negativity surrounding him while pulling out the best in others. I think we should all learn to be more like this kind, cuddly bear! We need as much kindness and positivity as we can in the world! This sweet movie would be great for all ages, especially young children. It is also a great movie for the whole family to see together!

I really hope you guys check out Ovation if you are looking for a fun family outing!

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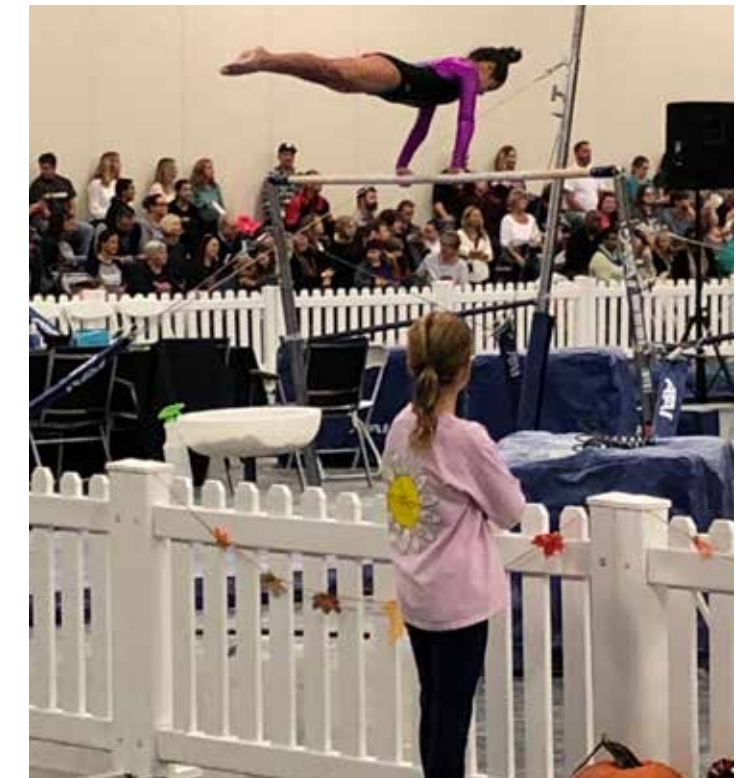
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athlete of the month

By Tiffany Moore

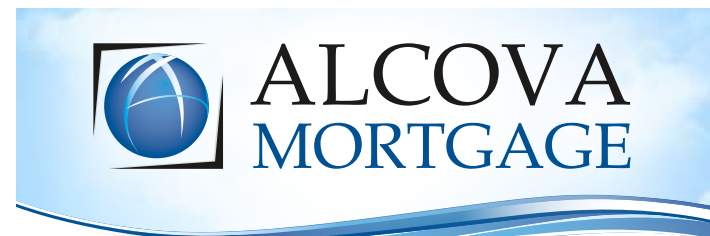


GYMNAST
KENDALL
RAMKEY



on, and she's one of the top college gymnasts in the United States right now." Kendall has high aspirations of possibly competing at the collegiate level one day, just like Alex McMurtry. She is very hopeful that Chesterfield County will reinstate gymnastics

as a competitive high school sport in the near future. Be on the lookout for feats of gymnastic greatness from Hallsley athlete Kendall Ramkey!



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GYMNAST KENDALL RAMKEY TRAINS AND COMPETES AT THE RICHMOND OLYMPIAD. AFTER GETTING THE SECOND HOT PINK CAST OFF HER ARM AT FIVE YEARS OLD, KENDALL'S PARENTS THOUGHT MAYBE SHE NEEDED TO LEARN HOW TO FALL BETTER! SOON AFTER, KENDALL BEGAN ATTENDING A KIDDIE GYMNASTICS CLASS ON SATURDAY MORNINGS AND HAS JUST KEPT GOING. CURRENTLY, THIS FOURTH GRADER AT J.B. WATKINS ELEMENTARY IS TRAINING FOR LEVEL FOUR AT OLYMPIAD, WHERE SHE PRACTICES FOUR DAYS A WEEK FOR THREE HOURS AT A TIME.

Kendall's fearless attitude has helped her succeed in the sport of gymnastics. Her parents and brother are proud to see her performing with a passion. Kendall spends a lot of time at the gym practicing with her teammates. While she enjoys learning new gymnastics skills, the uneven bars and floor exercise remain her favorite. During the recent Fall Classic, Kendall earned first place on the balance beam and second place all-around for her age group. Seven more competitions throughout the year allow Kendall to compete and prepare for the final state meet in May.

Within the world of gymnastics, Kendall greatly admires Simone Biles and Aly Raisman. She shares, "I also look up to the older girls at Olympiad; they are really dedicated and work hard. I get to practice on the same equipment Alex McMurtry worked out



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healthy living

By N2 Staff Writer, Elizabeth McCabe

BEAT THE Blues



LET'S FACE IT.

Once in a while, you might succumb to the blues or mild bouts of depression. Perhaps you lack interest in life or just feel rather down. Fortunately, you can turn that frown upside down with a few simple ways to beat the blues:

EXERCISE

Exercise is beneficial not only for your cardiovascular health but also your mental health, even boosting your brain power. Release endorphins, which are natural mood elevators, through physical activity. You don't have to go to a cardio kickboxing class or do an hour of aerobics to release endorphins, however. Simply changing your scenery and taking a 20-minute walk around the block (or better yet, at the park) can make you feel better.

VOLUNTEER

One of the best ways to forget your own worries and woes is to get actively involved in helping others. Change your inward focus to an outward focus. This can be as simple as stopping into a local nonprofit to help them sort through donations, volunteering at a soup kitchen, or serving at your church or place of worship.

GET YOUR ZZZs

Never underestimate a good night of rest. Feeling well rested improves your mood and helps you deal with stress more effectively. If you struggle with insomnia, treating sleep issues can also ward off depression. Aim to get seven hours of sleep for the best results.

WATCH YOUR DIET

Are you filling up with high-glycemic foods that spike your blood sugar and make you feel miserable? Change your diet and change your life. Those who suffer from metabolic syndrome - high blood pressure, high blood sugar, abnormal cholesterol, excess visceral fat - have a greater likelihood of depression. Fortunately, food can be your medicine in fighting the battle of the bulge and improving your outlook on life. Avoid high-sugar, high-calorie

foods and choose high-protein foods. Fill up with fiber (not fat) and transform your health in the process.

If life has you down, don't despair. Resolve to beat the blues today. Be encouraged in Annie's words, "The sun will come out tomorrow." However, if you are dealing with chronic depression, please consult your physician.

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Lexi Hanrahan

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2125 Colwyn Bay Drive	\$694,950			6	4	4,500	New Construction
1425 Baltrey Lane	\$529,900	\$515,000	195	4	3.1	3,140	Resale
1319 Ascot Hill Terrace	\$532,251	\$529,236	14	5	3.1	3,394	New Construction
1812 Allsdell Turn	\$599,000	\$565,000	143	4	3.1	3,986	Resale
16106 Allsdell Rd.	\$592,000	\$575,000	35	4	3.1	3,634	Resale
2400 Mitchells Mill Drive	\$653,389	\$687,956	2	4	3.1	3,200	New Construction
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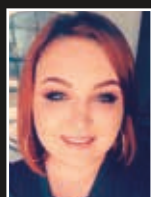
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