

Winchester, Virginia



# The Winchester Star

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Welcome to The Winchester Star 109th Year

Tuesday, February 8, 2005

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30 °F / -1 °C

Scattered Clouds

at 9:20 PM



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# It's That Time Again

## It's Not Too Late to Buy Valentine's Day Gifts

By F.C. Lowe  
*The Winchester Star*

It's that time of year again for Valentine's gifts, but it's not too late to get in the spirit and surprise loved ones with less than a week of shopping time.

The usual items are always a treat, such as flowers, chocolates, or a romantic dinner, but to vary the choices, here are some suggestions.

\* A singing Valentine is available for delivery Saturday, Sunday, or Monday by the local Barbershop Quartet. This includes a single



Kerri Sealock, dressed as a female Cupid, will deliver a song and balloons for a special Valentine's Day message.  
 (Photo by Scott Mason)

long-stemmed rose, a box of chocolates, and two love songs by the group for \$35. Call 869-7667 to place an order. Proceeds will benefit the Harmony Foundation and other charities.

\* Kerri Sealock of the Party Box offers a special singing telegram with balloons for Valentine's Day. The delivery can be made by a female Cupid or a gorilla for \$30 or a delivery person not in costume for \$20. Call



667-4651.

Ads by Goooooogle

\* A Smitten mitten-for-two of polar fleece is a unique gift. It is heart-shaped with two cuffs to allow hand-holding while braving the outdoors. Smittens are sold online for \$10.95 at [www.smitten.com](http://www.smitten.com).

\* Rather than braving the restaurants on Valentine's evening, Market Salamander in Middleburg offers options for gourmet-to-go dinners.

An example is a Dinner for Two combo including a cookbook, smoked salmon tart topped with salmon caviar, and bottle of Cava, a Spanish champagne, for \$60.

Other packages are available. Visit [www.market-salamander](http://www.market-salamander) or call 540-687-8011.

\* Author Robert Meyers-Lussier encourages cooking a feast at home. His cookbook, "This is Delicious! What is it?" has recipes for dishes to celebrate the special day. He does caution not to serve huge portions, save garlicky recipes for another day, and create the right ambiance with soft music, dimmed lights, and candles. Visit [www.thisisdelciciouswhatisit.com](http://www.thisisdelciciouswhatisit.com).

\* The "Be A Pilot" program offers a \$49 introductory flight lesson at any of the 2,100 flight schools participating in the nonprofit program, including several in this area. For information and locations, go to [www.beapilot.com](http://www.beapilot.com) or call 1-888-beapilot.

\* For those who are on a health kick, forget the chocolates, says James Vilepigue, author of "The Body Sculpting Bible for Men," and "The Body Sculpting Bible for Women."

He recommends starting the day with strawberries that are packed with Vitamin C, get and give a massage, indulge in a glass of red wine with antioxidants, and go dancing to burn calories.

His books are available online and at area bookstores.

\* Another option is to adopt a manatee through the Save the Manatee Club to help protect an endangered species. An adoption certificate, photo, biography, membership handbook, and subscription for the club newsletter are available for the annual \$25 membership fee, or for \$35, a free T-shirt will be included. Visit [www.savethemanatee.org](http://www.savethemanatee.org) or call 1-407-539-0990.

[Singing Telegram New York](#)  
NYC, Long Island, Westchester  
Custom songs.  
Same day service  
[www.preppygrams.com](http://www.preppygrams.com)

[Artistic Singing Telegram](#)  
Nationwide & California since 1982 We Cater to all Ages  
[www.baconbitz.biz](http://www.baconbitz.biz)

[singing telegrams](#)  
nationwide with many costumes gorillas and chickens  
[www.fun4parties.com](http://www.fun4parties.com)

\* Blue Ice Vodka Heart Throb Martini is advertised as good for health and heart. It is made with the antioxidant fighting power of POM, a type of pomegranate juice. It is a deep ruby-colored spin on the classic Cosmo drink but without cranberry juice. For more information and recipes, visit [www.blueicevodka.com](http://www.blueicevodka.com) and [www.pomwonderful.com](http://www.pomwonderful.com).

\* If you really want to go all out for fitness and health this Valentine's Day, Skier's Edge offers the Big Mountain Series All Mountain Master, a multipurpose machine designed to improve skiing ability, lateral strength, agility, balance, endurance, and overall fitness. For more information, visit [www.skiersedge.com](http://www.skiersedge.com).

\* Hallmark always has choices that are hard to resist. This year a CD of love songs by Martina McBride is featured.

Mays Angelou introduces her poem "Continue" on a collection of cards and gifts.

Visit [hookedonhallmark.com](http://hookedonhallmark.com) or area Hallmark stores.

\* Valentine's Day is largely viewed as a couples-only event while the kids sit home with a babysitter. Barbara Beery recommends some treats for the children. She offers recipes that can be made with the help of the children. She is author of "Batter Up Kids: Delicious Desserts." They include Be My Valentine Fondue, Love That Pink Lemonade, and Sweetheart Strawberry Shortcakes. For recipes, visit [www.batterupkids.com](http://www.batterupkids.com).

\* One retailer cautions to not forget Fido and Fluffy. Chocolik specializes in gourmet dog-safe chocolate treats for dogs. Bakery fresh, these treats are made from a chocolate substitute (carob). They are available at pet stores.

\* Last but not least, don't forget the card. Basically, it doesn't matter about all the rest as long as a beautiful card with a loving message accompanies whatever you choose to purchase.

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