

# The Winter *Survival* Guide

50+ WAYS TO PUT A LITTLE FUN IN YOUR FEBRUARY

PLUS: THE PERFECT  
VERMONT SKI WEEKEND

# Boston

## *Madoff-ed!*

Boston's  
Jewish  
Elite & the  
Making of  
a Ponzi  
King

## *Outbreak!*

A Mysterious  
Diabetes  
Epidemic Hits  
the Suburbs



02  
2009

*Also:*  
Harvard's  
Latest  
Woman  
Problem

Big Egos,  
Busted Budgets,  
and Lots and  
Lots of Flannel

➔ AN UNVARNISHED HISTORY  
OF THIS OLD HOUSE

Stimulus package—priced at \$4.99 U.S.

ALSO ON THE WEB @ [bostonmagazine.com](http://bostonmagazine.com)

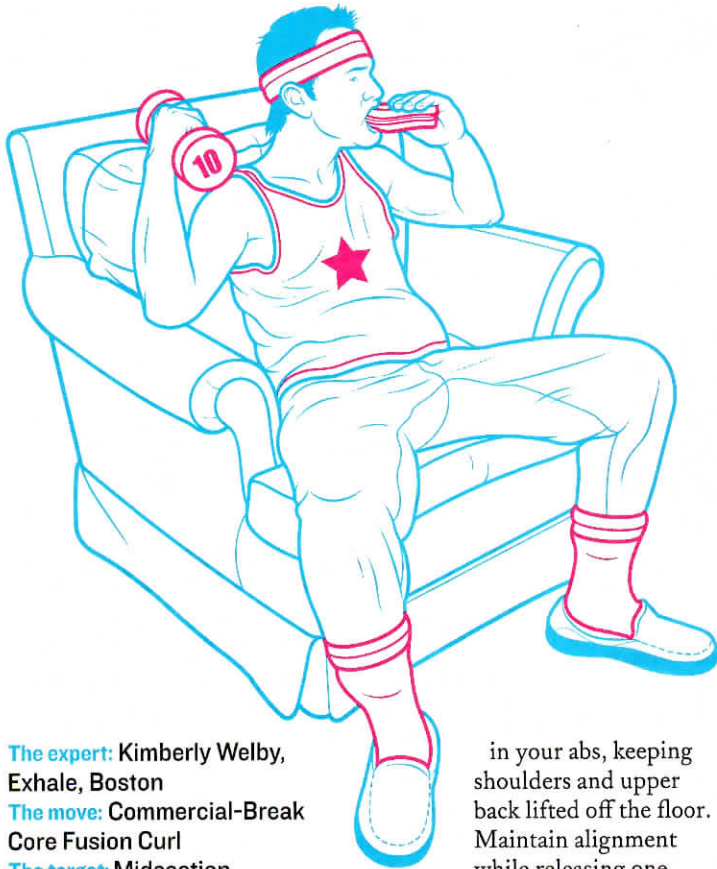


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## 7. Become an armchair athlete.

You made the commitment and renewed your gym membership—and then were reminded how much harder it is to keep fitness resolutions amid subzero wind chills. Now you're back to watching your cat watch *Seinfeld* reruns. It's time to get back on the wagon with these flab-busters—all of which barely require leaving your couch—from local workout pros.



**The expert:** Kimberly Welby, Exhale, Boston

**The move:** Commercial-Break Core Fusion Curl

**The target:** Midsection

When your show hits a commercial, hit the floor. Start on your back: propped up on elbows, knees bent, feet flat on floor. Tighten core, pulling in abdominal wall and tucking pelvis under. Slide hands to outer thighs and hold the tension

in your abs, keeping shoulders and upper back lifted off the floor. Maintain alignment while releasing one hand for 30 seconds, then return it to holding your thigh. Repeat on other side. Try releasing both hands, then return to thighs for another 30 seconds. Relax back onto elbows. Repeat five times—or until *Friday Night Lights* comes back on.

**The expert:** Gregg D'Andrea, Gstarfit, Needham

**The move:** Cleaning Bucket Blast

**The target:** Arms and shoulders

Fill two plastic cleaning buckets with magazines. Grabbing handles, raise them laterally from your sides to a 90-degree angle. Lower, and repeat 15 times. Locking arms straight, raise buckets one at a time in front of you to shoulder height for 20 reps. Finally, bend elbows and bring buckets toward shoulders, hands positioned as if holding a broomstick horizontally. Raise buckets above head, extending arms, then bend elbows and lower buckets for 15 reps. Note: Don't release elbows past a 90-degree angle when lowering.

**The expert:** Helena Collins, Life in Synergy, Boston

**The move:** Couch Pillow-Assisted Leg Lift

**The target:** Hips, thighs, and butt

Lie on side with legs extended at a 45-degree angle. Put couch pillow beneath head for support, slightly arching your back. Flex top foot and rotate hip inward, toes pointing slightly down. Raise and lower leg for 30 reps. Then do 30 small presses, lowering leg halfway. Last, circle leg clockwise and counterclockwise for 15 reps each.



**MARILYN RISEMAN**  
Event planner and "Kabuki" socialite

"[February] is a time to weed out annoying friends. Like this one from Florida who called and asked me how the weather was. I don't need that bullshit. I know it's sunny where he is."



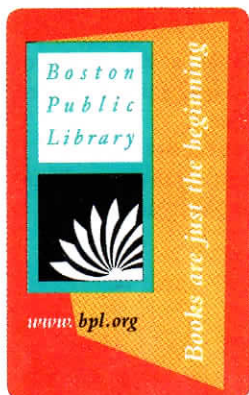
**ERIC TIRRELL**  
Kitchen designer, with daughter Emma and dog Jilly

"We get to dress Jilly up in fun clothes like this. And she doesn't mind!"



**COURTNEY FORRESTER**  
Owner of Sweet cupcake boutique

"I go to the Gardner Museum courtyard because it's so lush and green. It's springtime there all the time."



**8. MAX OUT YOUR LIBRARY CARD.** Having ditched iTunes and Netflix in favor of no-coin entertainment a few years ago, I'm not surprised my lowly library is emerging as a belle of the downturn ball: BPL card applications spiked by more than 30 percent last year, as newly thrifty Bostonians loaded up on free books, music, and DVDs. And with prime couch-surfing weather here, the library's recent push to stock boxed TV series (mainstreamers like *Lost* as well as smart imports like *Slings and Arrows*, each set counting as just one item) is a gift from the budget gods. J. L. JOHNSON