ACCENT MAGAZINE



From the General Manager's Desk



Paul Kroll, CCM General Manager

Great Energy for the New Year!

January is a time for renewal of spirit and a commitment to well-being. At the Club we have experienced a head start in this area as we have had tremendous activity levels throughout the fall, and we are gaining even more momentum as winter settles in. More members are exercising, more members are dining and more members are inviting more friends to be members!

Explore new things with us in 2013---try your hand at creating the winning ACC chili (pg. 8), consider joining a Committee to help govern the Club (pg. 8), or enjoy a new varietal at Winter Wine Tasting. Don't forget to enter "I Lost it at the Club" (pg. 8) if you need to shed some holiday pounds, and experience a new class offered on our expanded group fitness schedule (back cover) for a jolt to your fitness routine. This is just a sampling of some of the special programming at the Club, all in addition to our dayto-day activities. We make it hard to stay inside even in the most wintry weather!

February is the month that we hold our Annual Meeting and Dinner to review our year and to talk about plans for the future. Please join us on February 19th for this informative and enjoyable evening. We will sadly bid farewell to our current President, Lisa Antolino, at that event. It has been my honor and pleasure to work with Ms. Antolino over the past year, and she has served impeccably as this Club's President. In this very special Centennial year, she represented the ACC as its first female president. There is no better representative of this wonderful 100 year-old institution, male or female, than Ms. Antolino. Please join us in thanking her at the Annual Dinner.

We will welcome Andy Smith as our new Club President at the Annual Meeting, too. Look for his complete biography in the February ACCent Extra. Mr. Smith will be guiding the Club through some exciting projects in 2013, and you will hear all about them on February 19th (that is called a "teaser")!

So, however you choose to use your Club in 2013, we hope that the ACC plays a vital role in your friendships, fitness and festivities in the New Year. See you soon!

ANNUAL MEETING & ELECTION NIGHT DINNER TUESDAY, FEBRUARY 19

Polls are open 11am - 6pm

Voting members (Resident and Privileged Members) are invited to attend the Annual meeting at 5 pm.

All members (Including spouses and significant others) are invited for cocktails from 5-6 pm in the Grill Room followed by a Prime Rib Buffet in the Ballroom (both complimentary). Reservations are not required.

Please, no other family members or guests after 5pm. The restaurants will be closed for dinner service.

NOTE: More information regarding Board candidates and voting procedures will be included in the February ACCent "Extra" issued on February 1, 2013.











Gingerbread **Brunch with Santa** December 8, 2012



A special congrats to ACC staff member Lola Brown, recipient of the "Platinum Ant" employee award for outstanding service and teamwork! Lola was nominated by her supervisor, Angel Mitchell, for her superb attendance and attention in all she does to keep

the Club gleaming. Other nominees for this award were: Brian Johnson (Athletics,) David Fullen (Food & Beverage,) Teresa Lonas (Front Desk/Child Care,) and Tim Harrison (Kitchen.)

President's Message

When I consider the amazing things that have transpired in our Club since its inception in 1912, this past year seems like such a small part of that century. And, when I consider that my year as President of this Club is coming to an end, it is unbelievable how quickly the time has passed.

But when I really reflect on the past 12 months, our accomplishments at the ACC are easily evident and should be celebrated by all of us. Over the past year, we welcomed more than 200 new members who are using the Club in its entirety. It is refreshing to see new faces in classes, in child care, on committees, at events and in the restaurants, and we happily welcome all of these members as we head in to our next 100 years!

Our second floor has been hopping with private events, too. We are lucky to have a great team selling and servicing all of the meetings, parties and weddings that are so important to the Club's bottom line. Don't forget our very own member events, too---the past year has been packed with fun and fanciful gatherings. From the member favorite chili cook-off, to Spring Whites wine-tasting, to the Halloween Spooktacular, to the resplendent Centennial gala celebration, our staff truly does a fabulous job making sure that our parties are second to none.

To experience just such a party, please plan to join us on Tuesday, February 19h for our Annual Meeting/Dinner (see opposite page.) This is a great time to gather with friends from the Club to relive the past year and to learn what's in store for next year. As is our tradition, there will be plenty of shrimp on hand!

We will continue to reinvest capital dollars in to the care and repair of our beautiful 100 year-old building, but we also have some exciting projects to look forward to over the next year. One major renovation that is just around the corner is the rebuild of our bowling alley. Our six lanes have been used and abused with not much upkeep for many years. Look for a great new gathering space surrounding renovated lanes in the next 12 months!



Lisa A. Antolino President

This is my last message as your

Club President, and I would like to thank you for allowing me to lead this wonderful organization at such a special time in its history. It has been my honor to serve as President during our Centennial year. I sincerely thank our General Manager Paul Kroll, Jr., and Board and Committee members for the support given me during my term. The skills and experience demonstrated by our Committee members, combined with their heartfelt love of the Club, has allowed us to make some remarkable advances this year, and I am proud to have been a part of the action.

Looking ahead, on February 21, Andy Smith will officially take the helm as Club President, and he will appreciate your continued support!



The New Year always brings new faces into the ACC!

Introduce your friends and family to the Club <u>between January 1 and March 31</u> and reap the benefits of our "Return on Investment" program. This means rewards for you (the sponsor) and for the new member!

ROI for the new member:

- FREE fitness assessment
- REDUCED Initiation Fee of \$250
- \$100 Club Experience Card to use toward events, personal training and league dues

ROI for the sponsor:

- \$100 Club Credit Card
- Sharing the Club experience with your friends and family!

Contact the Membership Office for your Return on Investment: 3rd Floor Office, 614.221.3344

Marte Dobosh mdobosh@accolumbus.com Stacey Whitis swhitis@accolumbus.com



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WELCOME NEW & RETURNING MEMBERS

OCTOBER

Robert Alt Charlotte Bell Jeffrey Biesenberger Julie Bonin **Christian Bowers** Timothy Brady Jordan Brodnik Nathan Brush Scott Chappelle **Donald Epler** Vaughn Flasher Dale Ann Gray Christopher Guglielmi Kathleen Jeanmaire Matthew Jurkowitz Jeffrey Kasler Andrew Lallathin Ronald Maag Courtney Mankowski Michael Martin Carl McCoy Caroline McNally Andrew Myton **Christopher Raines** Christopher Rechner Kenneth (Michael) Reed Lee Rosenfeld Kerry Ruberg Bruce Savage Joseph Steinmetz **Douglas Suter** Alexander Vrancich

NOVEMBER

Craig Hairston
Kearstin Hamad
Brent Hausfeld
Sean Lane
Brett Langolf
James Lynch
Dimitrios Makridis
Stefanie Olejniczak
Cassi Testa
Jeremy Young

Membership Snapshot as of November 30, 2012

Total Membership as of 11/30/12 - 1473 New and Returning Members for October - 38 New and Returning Members for November - 14

October Sets the Stage for Success!

New Members Flock to Take Advantage of Reduced Initiation

October 2012 was the best membership month for the Athletic Club since 1996 when the nearby University Club closed! 38 New members took advantage of \$100 initiation and we bid farewell to only 9 members, for a gain of 29 members! We kept up the positive trend in November by welcoming 14 new members and only losing 9 members.

Even better, these members are active in every part of the Club---you will see new faces in the athletic areas, in the restaurants, and at events. The level of activity at the Club is exciting and growing each day as members old and new alike take advantage of all that the ACC has to during these colder winter months. Why not try something new in the new year? Aqua Zumba? Enter the chili cook-off for bragging rights? A different vintage of wine from our list?

Please consider inviting your friends, family members and co-workers to try something at the ACC in 2013, too...you'll receive \$100 in Club Credits, and they will, too!

Thank you to our October and November sponsors:

Michael Schwartz	Cory Kooperman	Kathy Mast Kane
Chris Hull	John Jolley	Greg Lashutka
Tim McCombs	Dustin Blake	Rob Ferguson
Troy Judy	Rob Peirce	Dan Sharpe
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Andy Effler	Walter Kropp	Steve Siegel
Patrick Foltyn	Deb Eliot	Zach Dean
Sydney Federer	Tim Maglione	Gary Szerszen
Matt Borges	Jim Coleman	Melissa Hoeffel
Nick Nicastro	Robert Lane	Jonathan Tauber
Colby Crall	Andrew Good	Michael Schoedinger
Larry Lehring	Marianne Mayhan	Geoffrey Smith

New Member Social Tuesday, February 5 | 6:30 PM

All first year members are invited to mix and mingle, while finding out more about the ACC from committee members and Clubs-within-the-Club participants.

Complimentary cocktails and hors d'oeuvres will be served.

RSVP to Stacey: swhitis@accolumbus.com, 614.545.1351.

Athletic & Aquatic News



Dana Johnson Athletic Director

Using your club to the fullest!

Each New Year brings a significant uptick in facility usage. As an Athletics staff, we have been tailoring our programming to help each member make fitness at the ACC a habit in 2013. In December, we ran a very successful "Stay Even for the Season" program, in which 90 members participated to make sure that they did not gain holiday

pounds. Now that you have "Stayed Even", the next step is to work on losing those love handles and creating a new you for 2013 by joining in our "I Lost It at The Club" challenge. For those of you who competed last year, you know that the contest is fun and provides very useful body composition and nutritional information.

The Women's Committee is sponsoring "Keep Calm and Train Hard" on January 9. All women of the ACC are invited for an evening of guided tours and demonstrations of our equipment. Several personal trainers and staff will be on hand to answer questions about equipment and possible training programs. We encourage you to come in your fitness gear and break a little sweat with us.

For our group fitness enthusiasts, we are beefing up our Group Fitness Schedule to include more Spinning classes, plus additional night and weekend classes. The Saturday

morning schedule will be tailored around our long-standing children's "Gym and Swim" program. Group class times will coincide with the Gym and Swim classes to allow parents to take a class while children are having fun in the pool and gym!

Our pool activity and programming includes extending the weekend hours to 6pm, the return of Water Polo (starting January 15), a TEAM ACC swim meet (January 26), Aqua Zumba Classes (Jan 20 & Feb 17), and Discover Scuba (Jan 27 & Feb 24). Aquatic Director Reggie Henderson is also planning adult swim lessons and triathlon training in the pool. If any of this interests you, please shoot him a note rhenderson@accolumbus.com.

We also realize that many of you are "data driven" and want hard numbers during and after each workout. To help provide this feedback, we recently became a distributor of Polar Heart rate monitors. These watches can help with everything from an accurate calorie burn to what heart rate zones you should be training in. If you desire even more fitness information, we offer Resting Metabolic Rate (RMR) and Vo2 Max testing. For more information or to schedule an appointment for this testing, please contact ACC trainer Audrae Hughes ahughes@accolumbus.com.

Our goal in 2013 is to help each of you find a niche, a class, or a group that motivates you to keep an active and healthy lifestyle!

Gym & Swim

Saturdays, January 12 - March 2

Calling all kids of the ACC! Jump right in to one of the longest running programs at the Club!

Program includes 8 Saturdays of instruction, end-ofprogram activities and awards banquet on March 9

Ages 4 - 10: \$85 per child

Program includes 40 minutes in the Pool and 40 minutes in the Gym. Children will be grouped according to age so they may learn age-appropriate skills. Program will begin at 9 AM or 10:30 AM based on group assignment.

"Tornado Toddlers" Ages 2 - 3: \$50 per child Get your child ready for Gym & Swim with this 30 minute class in the Gym. Parent participation required. Class begins at 8:30 AM.

Sign up with Jordan Sugarman: jsugarman@accolumbus.com, 5th Floor Athletic Office

POOLSIDE PROGRAMS:

Contact Aquatic Director Reggie Henderson to sign up for programs!

rhenderson@accolumbus.com, 614.545.1380

Water Polo Class

Tuesdays & Thursdays 4 weeks, 6 - 8 PM begins January 15 \$80 per person.

Sign up with Reggie at the Pool, 545.1380.

Aqua ZUMBA Class

Sunday, January 20 & Sunday, February 17 3 PM

Sign up with Reggie at the Pool, 545.1380.

Discover SCUBA Seminar

Sunday, January 27 & Sunday, February 24 4 - 6 PM

Sign up with Reggie at the Pool, 545, 1380.





Menu

Venison Stew

House Made Venison Sausage sweet potato hash and blue berry compote

Smoked Venison Sliders sweet potato fries and hot pepper aioli

Venison Tenderloin
parsnip puree, caramelized Brussels sprouts
and apricot gastrique

Enjoy these specials in Carmichael's and the Grill Room for lunch and dinner, January 14 through January 19.

Birthday Night

Wednesday, January 16 and Wednesday, February 20

All members with a birthday are invited to celebrate at the Club with friends and family! Those with a planuary or February birthday will receive \$25 off their birthday dinner, plus a complimentary dessert!

Live piano music will accompany the evening. Please call 614.221.3344 for reservations.



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MEMBER SIPC

"I Lost It at The Club"

Fitness Challenge 2013

Begins January 14 for 8 weeks \$99 per participant

Program includes:

- Pre- and post- best fat testing in BOD POD
- T-shirt with event logo
- Weekly weigh-ins
- Points for participating in physical activities in the Club
- Points for personal workouts
- Points for attending Club within the Club events

Overall winners include:

- Top male body fat % lost
- Top female body fat % lost
- Top male % weight lost
- Top female % weight lost
- Overall highest points awarded

Contact Blair Visser for more information: bvisser@accolumbus.com



ATTENTION ALL WOMEN OF THE ACC!

~ Enlighten, Empower & Encourage ~

Take a guided tour of our Athletic Floors. Get all the information to be successful in your journey to be fit and healthy. Join in demonstrations led by our personal trainers!

Participation and fitness apparel is encouraged.

Wednesday | January 9, 2012

Meet in the first floor lobby at 6pm No charge for attendance & all are welcome! Refreshments will be served & reservations are appreciated. Call 614.221.3344

Sponsored by the Women's Committee

Committee Connection

Thursday, January 17 | 6 PM

Join fellow members at the first ACC Committee Connection! Learn more about the ACC Committee System, meet committee members and find your spot in Club governance! All members are encouraged to attend.

Complimentary drinks and hors d'oeuvres. RSVP online or at the Front Desk, 614.221.3344.

Associate Members Mixer

Thursday, January 25 | 6:30 PM

Hey Associate Members!

Here's your chance to mix & mingle with fellow Associate members* and the Board of Directors in the Library Bar. Offer insight into what you love about your membership and what you would like to see added in the future. Bring your ideas to share for new events and programs at the ACC! Complimentary drinks and hors d'oeuvres.

RSVP online or at the Front Desk, 614.221.3344. *Associate members are age 35 and under.



5th Annual Chili Cook-Off Friday, January 25 | 7 PM

It's time to get your chili pots boiling for this year's competition!

Enter your best chili recipe (beef, other meat or vegetarian) for a chance to win the coveted ACC Chili Bowl trophy! The winning chili will be served in Carmichael's Pub for the month of February. Not interested in making chili? No worries! Come and taste the different recipes and enjoy plenty of ACC chili and cornbread for dinner. Cash bar featuring plenty of beer on tap!

RSVP: Call 614.221.3344

Free to attend. Guests welcome!

ACC Swim Meet

Saturday, January 26 | 6 PM

Swim your best events at this swim meet and make your way into the ACC record books! Sign up for individual and relay events with Aquatic Director Reggie Henderson: rhenderson@accolumbus.com, 614.545.1380



Club Calendar



ANUARY

9 Keep Calm and Train Hard

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Gym & Swim begins see page 6

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Venison Week see page 7

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"I Lost It at The Club" begins

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Water Polo class begins see page 6

January 16 & February 20

Birthday Night see page 7

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Associate Members Mixer see page 8

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ACC Swim Meet see page 8

January 27 & February 24

Discover Scuba Seminar see page 6

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FEBRUARY New Member Social

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Father Daughter Dance see below

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Wild Game Dinner see page 7

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Annual Meeting & Dinner see page 2

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Endurance Sports Expo see below

View the Club Calendar & sign up for events online at accolumbus.com! Plus, keep in touch with ACC on Facebook - become a Fan today!





Endurance Sports Expo

Wednesday, February 27 6:15-8 PM

Join fellow sports enthusiasts in the areas of running, cycling and swimming to meet top vendors and race directors at this annual ACC event! Pick up race schedules and check out the latest apparel.

No cost to attend. Open to the public.

RSVP on the ACC Facebook Page. Hosted by Team ACC.

SAVE THE DATE

March 2013









Visit the ACC online calendar for more information and to sign up for events: www.accolumbus.com.



The ACC Spring Fling party is back!
Featuring Live Music from

The Conspiracy Band

Cocktails • Heavy Hors D'oeuvres Dancing • Casino Games

More details coming soon!



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Contact Athletic Director Dana Johnson for more information: djohnson@accolumbus.com, 614.221.3344

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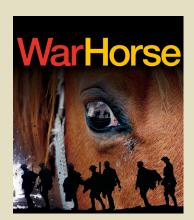
The ACC has great seats to all *Broadway Across America* shows coming to Columbus! Contact Stacey Whitis for your tickets today: swhitis@accolumbus.com, 614.545.1351.



Show times available:

Wednesday, March 20: \$66 Thursday, March 21: \$66 Friday, March 22: \$66/80 Saturday, March 23: \$80

Seats located in Loge and Orchestra levels. Order tickets by February 11!



Show times available: April 23 through April 28 Ticket prices range from \$71 to \$83.

Seats located in Loge and Orchestra levels. Order tickets by March 11!

Thank you to the following sponsors of the annual ACC Golf Outing held in September:













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Photo Gallery

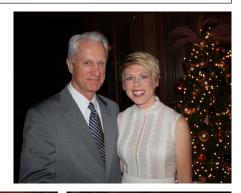




Congratulations to ACC member Mike **Schoedinger**, named the 2012 Rotarian of the Year by the Columbus Rotary!



Over 30 kids enjoyed Christmas Cookies & Crafts on December 18. The kids decorated plenty of cookies and made an ornament to take home. This event has become an annual family favorite!



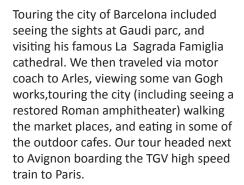


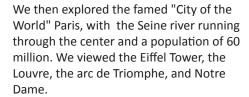


live jazz music from Powerhouse Quartet and plenty of martinis to go around!



Barcelona set on the beautiful Mediterranean sea, the taste of tapas and the excitement of flamenco dancers was the setting for ten people participating in the ACC travel club's Barcelona to Paris group trip.





Our accommodations were excellent, the tour guide absolutely wonderful, and the motorcoach comfortable. We enjoyed excellent as well as interesting food, we shopped and had a great time.

Next travel adventure to be announced!









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ACCENT MAGAZINE

The Official Publication of the Athletic Club of Columbus

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Calendar Year 2013

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- Ads may run up to six (6) times per calendar year
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Ad size	<u>W (in.)</u>	<u>H (in.)</u>	6 issues	3-5 issues	1 issue
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1/4 Page	3-1/2"	4-7/8"	\$43	\$50	\$60
1/8 Page	3-1/2"	2-5/16"	\$25	\$31	\$35

BUSINESS DIRECTORY:

- \$200/yr. per listing
- Minimum of one (1) year term per listing
- Limit of 100 words per listing

ACCent Magazine Production & Distribution:

The ACCent Magazine is issued **6 times per calendar year**. We print **300 copies of each issue**, which are placed throughout the ACC for members & guests. The magazine is uploaded to the ACC website for continuous viewing throughout the month, as well as archived on the site for reference.

Please contact Sarah Favara at 614.643.3119 for advertising information.

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View this magazine online at www.accolumbus.com!

• WINTER 2012 •

effective January 7 - March 31



GROUP FITNESS

VVINIER ZUIZ V					ejjective junu	ary 7 - March 31
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 am Easy Ride Spinning Studio Nicole	6:00 - 7:00 am Spindurance Spinning Studio Erin	6:00 - 7:00 am Spindurance Spinning Studio Erin	6:00 - 7:00 am Spindurance Spinning Studio Erin		8:00 - 8:45 am Ride in 45 Spinning Studio Lisa	
6:30 - 7:30 am Master Swim Pool Reggie	9:00 - 10:00 am Water Aerobics Pool Ann	6:30 - 7:30 am Master Swim Pool Reggie	9:00 - 10:00 am Water Aerobics Pool Ann	6:30 - 7:30 am Master Swim Pool Reggie	8:30 - 9:15 am Balance Fitness Studio Noelle	
9:30 - 10:30 am Super Sculpt Fitness Studio Blair	10:00 - 10:30 am Cardio Express Fitness Studio Blair	9:30 - 10:30 am Mat Pilates Fitnes Studio Jordan		9:30 - 10:30 am Super Sculpt Fitness Studio Blair	9:30 - 10:30 am ZUMBA + Abs Fitness Studio Patricia	
11:30 - 12:15 pm Spin & Sculpt Spinning Studio Dr. Sandy	11:30 - 12:00 pm Intensity Ride Spinning Studio Kate	11:30 - 12:15 pm Ride in 45 Spinning Studio Laura	11:30 - 12:15 pm Spin & Sculpt Spinning Studio Kate	11:30 - 11:55 am Intensity Ride Spinning Studio Dr. Sandy	10:00 - 10:30 am Intensity Ride Spinning Studio Nicole	11:15 - 12:00 pm Cardio Kickboxing Fitness Studio Dr. Sandy
	12:05 - 12:25 pm Abs & Sculpt Fitness Studio Kate	12:15 - 1:00 pm Sweat & Sculpt Fitness Studio Kate		12:00 - 12:15 pm Abs & Sculpt Fitness Studio Dr. Sandy	10:45 - 11:15 am Express Sculpt Fitness Studio Nicole	
12:30 - 1:15 pm Ride in 45 Spinning Studio Laura	12:30 - 1:15 pm Ride in 45 Spinning Studio Lisa	12:30 - 1:15 pm Ride in 45 Spinning Studio Laura	12:30 - 1:15 pm Ride in 45 Spinning Studio Kate	12:30 - 1:15 pm Ride in 45 Spinning Studio Erin		4:00 - 5:00 pm Spinervals Spinning Studio Jennifer
6:00 - 7:30 pm Modified Ashtanga Yoga Fitness Studio / Nora	6:00 - 7:00 pm Mat Pilates Fitness Studio Jordan	6:00 - 7:00 pm Warrior Workout Fitness Studio Blair	6:00 - 7:30 pm Modified Ashtanga Yoga Fitness Studio / Nora		Child Care Hours: Monday - Friday 9 AM - 1:30 PM & 5 PM - 9 PM Saturday 7:30 AM - 12 PM	
6:15 - 7:15 pm Spinervals Spinning Studio Jennifer			6:15 - 7:00 pm Ride in 45 Spinning Studio	Th Floor Office with	Infant Care Hours: Monday - Friday 9 AM - 1:30 PM & 5 PM - 9 PM	

Classes in **blue** require an additional fee. Please contact Athletic Director Dana Johnson, 5th Floor Office, with questions. *Subject to change. "I LOST IT AT THE CLUB" CHALLENGE: January 14 - March 10, \$99 to participate. First 30 to sign up get a prize! See Blair Visser for details.