



DRY JANUARY

GUIDE 2021



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DRY JANUARY + BEYOND THE ALCOHOL-FREE MOVEMENT CONTINUES TO GROW

WORDS BY TRENT JOHNSON



Verjus Spritz. Photo by Alex Lau.

What if we told you partaking in Dry January didn't preclude you from dabbling in the explosive flavors of your favorite cocktail? Would you be more inclined to ditch the bottle of bourbon or let specs of dust gather between your vodka and tequila? The world of nonalcoholic mixed drinks has gained a tremendous amount of steam in recent years, with notable mixologists and tastemakers placing more value on a strong drink, minus the booze.

As a Brooklyn, New York-based journalist and author covering innovation within the hospitality realm, Julia Bainbridge has always been more concerned with how a drink tastes as opposed to what's on the ingredients list. Bainbridge, who doesn't drink alcohol herself, released the book "Good Drinks: Alcohol-Free Recipes for When You're Not Drinking for Whatever Reason" earlier this year.

"Serendipitously, I removed alcohol from my life right around when alcohol-free beverage options started getting more interesting," Bainbridge says. "Alcohol behaves in a particular way, and these drinks don't have alcohol in them, so they're going to be different. And that's okay! I'm personally more interested [in] whether or not a drink tastes good than whether or not it tastes like what it should if it had alcohol in it."

Bainbridge says the community of alcohol-free is wide and diverse, and formed by many smaller communities who are all exploring the creative world of booze-free beverages. One person heavily involved in providing a place where people can enjoy these drinks is Chris Marshall, the founder of Sans Bar in Austin, Texas.

"I was 23 when I stopped drinking and found there were no places that felt truly welcoming to someone who was abstaining from alcohol," Marshall says. "I went on to become a substance use counselor and discovered my clients also dealt with the same struggle to remain social while not drinking. I left the clinical world and decided to devote my life to creating an alcohol-free social scene."



EIGHT ZERO-PROOF DRINKS TO KICKSTART 2021

WORDS BY LANNA NGUYEN



With Sans, Marshall offers a location where people can congregate socially and enjoy cocktails without alcohol. This year, the bar has shifted to providing virtual experiences and carryout options. But more importantly, he's worked to maintain the connection with people who are interested in trying this style of beverage.

"I think the options are growing as beverage companies understand there is a nonalcohol spectrum within the community," he continues. "While some people are not drinking for a short time, others are seeking long-term recovery and abstinence from alcohol. Each entry point along that spectrum is comprised of people who want different things from the beverages they consume."

And while everyone involved in testing out these drinks come to the table with different needs and desires, one thing they'll find is a growing variety. Bainbridge says that while a rising interest in moderating and understanding the role drinking plays in our lives may be anecdotal, the sheer amount of content on alcohol-free alternatives is very real.

"I do see more and more mainstream publications publishing stories on this alcohol-free movement, or alcohol-free beverages themselves, and that says something," she notes. "That my book went into a second printing three weeks after publication says something. That it tied 'Ottolenghi Flavor' for best-performing titles across Ten Speed Press, in terms of press coverage, says something, too."

People are paying attention, clicking on articles and buying books about the subject, but Bainbridge is hopeful that in the near future this will be less of a niche topic and more of a fixture or mainstay in the hospitality industry.

"My hope is that, five to 10 years from now, a book like mine won't need to exist. Alcohol-free cocktails will be incorporated into regular drinks books, as they're already starting to be (see

John deBary's 'Drink What You Want,' Maggie Hoffman's 'Batch Cocktails' [and] Leo Robitschek's 'The NoMad Cocktail Book'). And coverage of alcohol-free cocktails will be incorporated into drinks coverage in an ongoing fashion – not just in Dry January."

Bainbridge recommends several booze-free options for people interested, including white verjus with tonic and soda water and Athletic Brewing Company's Run Wild IPA. Marshall suggests alcohol-free brands Monday Gin, For Bitter For Worse and Wilderton. Ultimately, they both want people to think beyond the boozy drinks they associate with the term "cocktail."

"I think there's this perception that we must duplicate boozy drinks we are all familiar with," Marshall says, echoing Bainbridge's sentiment. "I reject that and say actual alcohol is just one dimension of a rich drink experience, and when you remove the booze, there's a ton of experimentation both inside the glass and around it."

If abstaining from alcohol is a focus, then there are a ton of options for delicious drinks. But if Dry January isn't your thing, that's fine, too. But don't be surprised if your next favorite mixed drink is alcohol-free.

"[People] can drink their whiskey," Bainbridge says. "That's fine! But for those who *don't* drink whiskey and have been wanting to level up from syrup and soda – just as the quality of American spirits, beers and wines has improved over the past couple of decades, drinking standards are finally being raised in the realm of alcohol-free cocktails."

For more information about Julia Bainbridge and her work, visit her website www.juliabainbridge.com.

To keep up with Chris Marshall and Sans Bar, visit www.thesansbar.com Follow them on Instagram @juliabainbridge and @sans_bar, respectively.

For some, the start of the new year is an opportunity to reset intentions, focus on health goals and take part in what has become a new year tradition for many: Dry January. For others, choosing to abstain from alcohol is a lifestyle. Whichever camp you fall under, if you're on the hunt for nonalcoholic options, try these eight zero-proof drinks available around the DMV.

The Elixir from Salt

The cocktail bar and restaurant located in Rosslyn places a heavy emphasis on classic and seasonal cocktails. But for non-drinkers, The Elixir, made with salted cucumber, ginger, lemon and Q Mixers ginger beer, is a creative beverage option. On The Elixir's ingredients, beverage director Paul Williams says, "By incorporating the fresh lemon and ginger syrup, it provides a brightness and spice to the cocktail. The salted cucumber juice adds a nice salinity that allows the palate to feel roundness and depth." Although the pandemic has impacted how many zero-proof options are currently available on the menu, the team plans to continue adapting its offerings to provide more nonalcoholic cocktails as they rise in popularity. "We plan to adapt our menu to those trends, as we are certain they are here to stay," Williams adds. *1201 Wilson Blvd. g113, Arlington, VA; www.saltrosslyn.com // @saltrosslyn*

Foggy Bottom Blueberry Blitz from Crossroads Tabletop Tavern

The restaurant, bar and board game tavern in Manassas, Virginia boasts over 1,400 games in addition to 10 zero-proof cocktails made with elixirs from "Best of Virginia" Red Root Company and J.T. Copper. Try the Foggy Bottom Blueberry Blitz: a combination of blueberry, vanilla, cream soda and cream. *9412 Main St. Manassas, VA; www.ttoptav.com // @crossroads_tabletoptavern*

Hong Kong Milk Tea from Tiger Fork

Head to Blagden Alley for contemporary versions of Hong Kong dishes at Tiger Fork and try the restaurant's take on the popular tea from Hong Kong: a combination of black tea and condensed milk. Order it iced for a refreshing beverage or hot to warm up with on a cold winter day. *922 Blagden Alley, NW, DC; www.tigerforkdc.com // @tigerforkdc*

Just Ask Ralph from Topside at Hotel Revival

At Baltimore's Topside located at Hotel Revival, bartender Anna Welker has curated a list of creative zero-proof cocktails that bridge the flavors guests would expect from alcoholic cocktail combinations. Just Ask Ralph, made with lapsang souchong tea, Giffard aperitif, Stirrings blood orange bitters, Fever Tree club soda and garnished with an orange peel, is one such drink. "I wanted to create something with a little more of a nod to the cocktail world: smokiness, bitterness and some layered complexity," Welker says of the drink's inspiration. She notes that lapsang souchong tea, a black tea made by smoking the tea leaves, gives a flavor reminiscent to whiskey. That, balanced with the sweetness of the Giffard aperitif, produces a drink she says is probably the one that most strongly mimics an alcoholic cocktail. On creating options for drinkers and non-drinkers alike, Welker adds, "We want to make sure everyone who walks in our door feels warmly welcomed with whatever it is they need that night, no matter the ABV." Although Topside is temporarily closed due to the pandemic, guests can enjoy their zero-proof cocktails when they reopen. *101 W Monument St. Baltimore, MD; www.jdvhotels.com/hotels/maryland/baltimore // @topsidebmore*



Manhattan Soda from Founding Farmers

Popular for its comfort food dishes, Founding Farmers also offers made-from-scratch spirits from its own D.C. distillery: Founding Spirits. But for those looking to enjoy zero-proof drinks, there are plenty of options including a nonalcoholic rickey, New York egg cream, lemonades and the Manhattan Soda. “The inspiration is derived from the famous Manhattan Special,” notes director of food and beverage Rachel Vistica about the Manhattan Soda, created during the iced coffee craze. Made with coffee, espresso, agave, jerk soda and topped with whipped cream, she says, “Our Manhattan soda is perfect for the brunch or afternoon pick-me-up that you need.” *Multiple locations; www.wearefoundingfarmers.com // @foundingfarmers*

Post Water-Melone from Summer House Santa Monica

The open, airy restaurant in Bethesda known for its California fare and West Coast vibes also offers refreshing, nonalcoholic beverages like the Post Water-Melone. The drink is filled with bright watermelon juice, fresh mint leaves and a simple syrup to balance out the fruit and herb tones. “We wanted to make something with watermelon juice, as it is a delicious and easily adaptable juice,” says beverage director Edgar Lincoln. When creating any new cocktail, he looks to the base flavor and then adds on to create depth. Something that is always at the core of any Summer House creation? Fresh ingredients. “We have always tried to incorporate fresh, seasonal ingredients into all of our menus – from food to cocktails to nonalcoholic cocktails,” he adds. *11825 Grand Park Ave. North Bethesda, MD; www.summerhousesm.com/north-bethesda // @summerhousesm*

Prickly Pear Tisane from True Food Kitchen

The health-driven restaurant has multiple locations in the DMV with a focus on fresh, seasonal ingredients – and it comes as no surprise their beverage menu includes extensive options for teetotalers. For bubbles without the booze, try the Sparkling Prickly Pear Tisane made with prickly pear, hibiscus and lime. *Multiple locations; www.truefoodkitchen.com // @livetruefood*

Spirit Free LIT from Your Only Friend

Paul Taylor’s sandwich creations have made a name for themselves at Columbia Room’s pop-up, but his drink pairings are equally impressive. His Spirit Free LIT made with pine tea, green pepper and cola is a play on the popular drink known for its high alcohol content. “We take cocktails from our canon, look at what flavors the alcohol brought to them, and then work backward from there to recreate those pleasant flavors in a spirit-free context,” Taylor says. “For example, we would think of tequila not as booze but as vanilla and green pepper.” Using that template, the team was able to rework the traditional Long Island Iced Tea into a delicious, nonalcoholic version that still hits on all of the requisite flavors. *1228 9th St. NW, DC; www.youronlyfrienddc.com // @youronlyfriendd*

Just Ask Ralph. Photo courtesy of Topside.



FIRST PAGE. Manhattan Soda. Photo courtesy of Founding Farmers. **SECOND PAGE FROM TOP.** (clockwise from left) Post-Water Melone. Photo courtesy of Summer House Santa Monica. Spirit Free LIT. Photo courtesy of Your Only Friend. The Elixir. Photo courtesy of Salt.



BARTENDER ANNA WELKER + BAR OWNER CHRIS MARSHALL TALK BOOZE-FREE BUSINESS

WORDS BY INGRID HARBO

Anna Welker and Chris Marshall are on the front lines of the zero-proof movement as a bartender and bar owner, respectively. Welker bartends at Topside in Baltimore, Maryland and helped create the “Zero Proof, Zero Judgement” section of the bar’s drink menu. Marshall founded Sans Bar, an alcohol-free bar in Austin, Texas. Welker and Marshall talked to District Fray Magazine about their experiences in the zero-proof industry ahead of the Dry January mixology workshops they are leading together with DC Fray on January 20 and 27.

District Fray: Why did you decide to pursue a career in the zero-proof industry?

Anna Welker:

I’ve been a bartender for over 12 years but have only been sober for the last year-and-a-half. I hate to say that it took my own recovery journey for me to really understand the need for zero-proof options, but sometimes you need first-hand experience to give you that push. I was about six months sober when I heard my managers [at Topside] planning a menu for Dry January, and I immediately perked up. I crafted the five-drink menu [and encouraged] them to keep it on permanently, because being sober isn’t just a quick trend for a lot of people. I’m forever grateful that they saw the need as well, and now it is a permanent section on the menu.

Chris Marshall: I was a substance use counselor and observed that there weren’t any social spaces that were inclusive for people who wanted to have a fun night out sans alcohol. I wanted a space where my friends could hang out and feel like they weren’t missing out on the opportunity for social connection just because they weren’t drinking. Austin is a party city, and I wanted to offer a space that was upscale [and] vibrant – without the intoxication.

How does having booze-free drink options, especially in public settings like bars, benefit individuals and communities?

Marshall: We believe there should be something for everyone to enjoy in social settings. Offering zero-proof options is an invitation for everyone to safely socialize. When you cater to a wider audience with zero-proof cocktails, you are sending a message that it’s perfectly normal to skip alcohol.

Welker: There is empowerment found in the freedom to choose. Just like it is common to have vegan, vegetarian and gluten-free options now, having a booze-free presence on the menu lets people who want something fun and delicious without the alcohol feel like their choice is not only valid – it’s acknowledged, seen and celebrated. When our needs and wants are met without us having to hunt them down on our own or feel like we’re inconveniencing anybody, we feel like we belong not only in our own skin but in our community as well.



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Why is booze-free culture relevant?

Welker: Booze has gone far beyond being merely relevant. We live in a booze-soaked culture. We have to be mindful that it is a mind-altering substance and can be abused, and lead to disastrous consequences if not treated with respect. By acknowledging that connections can happen without the presence of alcohol, we can lessen the degree to which our whole society relies on alcohol to do anything. I was only sober for a couple of weeks when I had a little revelation that what I was addicted to more than the alcohol was being around people. I wanted to feel that human connection, but it's so often found by default in the presence of alcohol. We really crave a higher human content in our interactions, not higher alcohol content.

Marshall: The current pandemic has really forced society to question the way we take care of ourselves and each other. We now know that alcohol is carcinogenic and can lead to some serious physical and mental health problems. This is a growing movement of individuals who are not prohibitionists, but [who] are questioning the role that alcohol plays in our overall health and social connections.

Why should more people try zero-proof options?

Marshall: Zero-proof options are a great way to continue the celebration and ritual of drinking without any of the harmful side effects. Trying these products is also a

micro-investment in the larger movement, because it indicates a demand for zero-proof options. When I started Sans Bar in 2017, there were just a handful of options available on the market. Today, there is quite literally something for everyone. I always encourage people to try beverages that feel safe and right for them. Some people may be triggered by alcohol-free beer, wines and spirits, and that's totally okay.

Welker: People should try zero-proof options just to explore. There's a whole world out there, and you can still enjoy something interesting without adding to your buzz. Maybe you're the DD that night and your friends want another round or two, [or] maybe you have something important to wake up for and you want to make sure you stay fresh. You can still have something that's fun and interesting and looks good on your Instagram without sacrificing whatever you need in that moment.

What does the future of the booze-free industry look like?

Welker: I think we're going to see it continue to grow. We saw a huge rise in the interest in craft cocktails when those bars started popping up a couple decades ago. The same people who were excited about all those new creations are still interested, but maybe looking to slow the pace down a bit. A lot of people are reexamining their relationship with alcohol as a result of the pandemic and being in quarantine. There are several studies remarking on the spike in drinking as a result of the stress and conditions of Covid, and I think a lot of people will realize that their relationship with alcohol has taken a turn for the unhealthy side. People are just becoming more mindful overall of how they navigate this world and the more options and freedom to choose [from], the better.

Marshall: The future is absolutely brilliant for this industry. I'm so encouraged by the spirit of collaboration over competition that spans across beverage companies, [nonalcoholic] bars and event organizers. We are up against a culture that pairs alcohol with practically everything. We will continue to see booze-free bars pop up across the country as the world returns to a new normal. I anticipate the beverage industry will also offer spirits that are higher in quality as the technology around distillation improves.

For more on DC Fray's upcoming Dry January classes on January 20 and 27, visit <http://bit.ly/2XaqvH0>. Learn more about Welker's zero-proof cocktails @topsidebmore on Instagram, and Marshall and Sans Bar on Instagram @sans_bar or at www.thesansbar.com.

Sans Bar's Chris Marshall. Photo courtesy of subject.



D.C. DENIZENS PICK THEIR TOP ZERO-PROOF DRINKS

WORDS BY LAURA SILVERMAN

Alcohol-free doesn't have to be boring. From wines and beers to kombuchas and teas, and sparkling waters to ready-to-drink cocktails, there's something for everyone. To give you even more options this Dry January and beyond, we asked some notable booze-free locals what their favorite zero-proof beverage brands are and why. Here's what they had to say.

Gigi Arandid, Binge Bar

"Curious Elixirs, Seedlip, Lyre's, Athletic Brewing, Mountain Valley Water, Mocktail Club [and] Sweet Crude: major shoutout to the reps and owners of these delicious [nonalcoholic] beverages. Their stories are so inspiring and continue to fuel my passion for the culture that will soon be represented once Binge opens its doors to the public."

Follow Arandid and Binge Bar on Instagram @bingeongigi and @_bingebar_, respectively.

Derek Brown, Drink Company // Columbia Room

"I'm a big fan of Spiritless Kentucky 74 because it's a great cocktail base. I've been making hot toddies with it and it's a perfect sub for bourbon. Woodnose Sacré is delicious stuff and something that can be used across the board as a cocktail ingredient. It has dark, rich notes from coffee and maple syrup, but also a wonderful bite from the maple syrup vinegar. It's very amaro-like, which is something we haven't seen a lot of in the nonalcoholic space."

Follow Brown on Twitter @ideasimprove and learn more at www.columbiaroom.com.

Tony Powell, DMV Photographer

"Kevita Apple Cider Vinegar Tonic in Turmeric Ginger [is] loaded with probiotics, and I can never have enough turmeric and ginger. [I] couldn't live without a shot of apple cider a day - vinegar, that is."

Follow Powell on Instagram @tonypowell1 and learn more at www.tonypowell.smugmug.com.

Photo courtesy of Atlantic Brewing Company.

Alice Hu, Woo Woo Company

"Recess [is] a sparkling adaptogenic drink with CBD. I love the blackberry chai flavor. [It's] perfect for when I want a special sparkling bevvie."

Learn more at www.woowoocompany.com and follow on Instagram @woowoocompany.

Bianca Russo, Body Positive Bootcamp

"I regularly stock up on Polar Seltzer's Cranberry Lime because the intense fizz greets my taste buds with a distinct flavor that cannot be beaten."

Learn more at www.bodypositivebootcamp.com and follow on Instagram @bodypositivebootcamp.

Vera Rosenthal, Mission Mocktail

"I go through phases with my favorite drinks but currently, I am all about Bravus Brewing Co. - particularly their Oatmeal Stout. One of my favorite drinks used to be a Black Velvet, which is a mix of stout and champagne. I'm excited to make one with the Oatmeal Stout and Gruvi's Dry Secco. Cheers!"

Follow Mission Mocktail on Instagram @mission_mocktail.

Alle K, Non-Binary Yogi

"DRAM Lavender and Lemon Balm herbal sparkling water is so refreshing and relaxing."

Follow them on Instagram @transyogateacher.

DRY Botanical Bubbly Is Changing The Drinking Game

WORDS BY NATALIA KOLENKO



There are a million reasons why people choose to cut alcohol out of their life, but Sharelle Klaus – founder and CEO of DRY Botanical Bubbly – wants you to know you have options.

“My big mission in life is hopefully [in five years], I walk into a bar, I ask for a cocktail and the bartender says, ‘With or without alcohol?’” Klaus explains. “I want [there to be] no stigma [and] nothing weird about having a zero-proof lifestyle. It’s just a viable lifestyle.”

For Klaus, the journey to the zero-proof lifestyle started when she became pregnant with her first child. She recalls dining at a restaurant in Georgetown with her husband and feeling frustrated that she had almost no drink options as a pregnant woman. By her fourth pregnancy, she began to question why alcohol always seemed to be the center of focus for every celebration.

“If you choose not to drink, and there’s a million reasons not to drink alcohol, why do you have no options? And why do you feel like a second-class citizen?”

It was this frustration that led Klaus to establish DRY Botanical Bubbly, formerly DRY Soda Company, 15 years ago in Seattle with the mission that social drinking is for everyone. A multifaceted product, DRY is a sparkling beverage made with natural ingredients and botanicals that Klaus created to be paired with food. Each flavor has a different acidity and sweetness level, and her drinks have become popular as a mixer.

Whether consumed on its own or as a mixer, Klaus wanted DRY to be a drink people could enjoy while celebrating: an alternative to alcohol that wasn’t just water. When Klaus first started DRY, there was almost no zero-proof culture to speak of, she says. But the culture has exploded in popularity, especially over the last few years. She says drinking zero-proof is more than just a trend – it’s a cultural shift.

“[Millennials] talk about mental health, whereas my generation talks about physical health. We never, ever talk about mental health,

Photos courtesy of DRY Botanical Bubbly.

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TOP #MADEINDC, BOOZE-FREE BEVERAGE BRANDS

WORDS BY LAURA SILVERMAN

and I think talking about that has made people question their relationship with alcohol.”

She says post-Covid, people will question this relationship even more. Just like most businesses this past year, DRY has seen its fair share of challenges with the pandemic. But that didn't stop them from pushing forward. Realizing that going out would be on hold for a while, Klaus' team came up with the idea of writing a zero-proof mixology book, “The Guide to Zero Proof Cocktails,” for people to make their own cocktails at home.

Klaus thinks this Dry January will be an especially difficult month for people but hopes her mixology book, and zero-proof beverages in general, will let people know they have options. As for the future of zero-proof, Klaus says DRY is focusing on the hosting experience by encouraging people planning an event to have zero-proof options for guests.

She also wants to encourage guests to “wine and DRY.” Instead of bringing two bottles of wine to an event, bring a bottle of wine and a bottle of DRY. The goal is to normalize zero-proof the way society has normalized having options for people with dietary restrictions.

“We want people to understand this is a drink that you can drink when you're celebrating,” Klaus says. “The more we can make [zero-proof] normal by talking about it and giving people options, the more they feel like, ‘Oh, there's other people out there like me.’ Our mission is to change the way people think about drinking.”

Visit DRY Botanical Bubbly online at www.drinkdry.com for more information and cocktail recipes, and to read their blog. You can order DRY online or use the search tool on their website to find DRY in a store near you. Follow them on Instagram @drysoda.



TOP PHOTO. DRY Botanical Bubbly Founder + CEO Sharelle Klaus.

Dry January is finally here! It's an opportunity to take a mindful break from the booze and reflect, build healthy habits, and get creative with your home bar. All of this is easier than ever before because the D.C. area is quickly becoming a zero-proof boomtown. Without further ado, here are some of the best-of-the-best beverage brands in the District, Maryland and Virginia. We've pulled back the curtain just a little to get insight from the founders on why their brands came into existence, the benefits of trying out Dry January and some of their favorites from their own product lines.

Compass Coffee Kenneth Fleming, Account Manager Top Pick

I start my day with an iced red eye, which is two shots of espresso in our nitro cold brew. I've been drinking iced red eyes since I started as a barista at Compass about two-and-a-half years ago. The vanilla cream cold brew, with or without the extra espresso, is my go-to drink when I'm feeling a little indulgent and want a little sugar. And I'm a sucker for matcha lattes.

Dry January Benefits

New Year's resolutions usually revolve around three main things: saving money, losing weight, and being more present and appreciating the small things. All three of those can be met by abstaining from alcohol during Dry January. You can see the small things more clearly and appreciate them more when you're not seeing them through a drunken haze. Just do it, seriously!

Follow on Instagram @compasscoffee and visit www.compasscoffee.com to learn more.

Crunchy Hydration Megan Riggs, Founder Top Pick

Watermelon Calm: It has been part of [my] daily routine and necessity during this crazy year, and it has 100% of your [daily] Vitamin D.

Dry January Benefits

Do it! What do you have to lose? Dry January is something I look forward to each year. It increases my energy levels and helps with mood, weight loss and [saving] money.

Follow on Instagram @crunchyhydration and visit www.crunchyhydration.com for more.

Element Shrub Charlie Berkinshaw, Founder Top Pick

Honeydew Jalapeño: It's just the weirdest, funkier flavor we have: a little heat, a little tang, a little sweet and a little savory. [It's] perfect with a little agave, muddled grapefruit and soda.

Photo courtesy of Wild Kombucha.

Dry January Benefits

Feeling great in the morning. We also love the challenge of really pushing the limits on what zero-proof drinks can look and taste like.

Follow @elementshrub on Instagram and visit www.elementshrub.com for more.

Everyday Kombucha

Chris Williamson, Founder

Top Pick

Lime Mint: For me, fresh mint combined with bubbly yerba mate is super refreshing and awakens my senses. That said, my days tend to be very active, so I drink a lot of the Lemon Ginger because it also has turmeric, black pepper and cayenne, which helps improve inflammation and circulation in the body.

Dry January Benefits

Find a replacement. I keep Everyday Kombucha, Topo Chico and La Croix in my fridge. Pour some kind of bubbly, nonalcoholic beverage in a fancy glass, garnish it and sip. Just having something in your hand resembling a drink really does wonders to the mind. Before you know it, it's time for bed, and your face doesn't feel numb, puffy and flushed. Mornings become so much more pleasant.

Follow on Instagram @drink.everydaykombucha and visit <https://drinkeverydaykombucha.com> for more.

Icaro Tea + Wild Kombucha

Sid Sharma, Co-Founder

Top Pick

Ginger Agave Kombucha from Wild Kombucha: We worked for years to create a blend of gingers from around the world that capture the spiciness and sweetness. Mint Yerba Maté from Icaro Tea: We steep organic spearmint in the tea instead of using extracts, so you get the true flavor of the mint leaves, which gives it an incredible, refreshing depth to go along with the energy boost from the yerba.

Dry January Benefits

Trying Dry January allows your body to reset and your mind to have more clarity. I only drink once every couple of months, but I still notice that my body and mind are not as sharp for the few days following it.

Follow @icarotea on Instagram and visit www.mobtownfermentation.com and www.icarotea.com for more.

JRINK

Jordan von Lange, General Manager

Top Pick

I usually gravitate toward Farma-C since it's refreshing but not too sweet, and I always feel like I'm getting a major immunity boost. I'm also loving our new Ginger Lemonaid. It's light and super gingery! With a little club soda, it would make for a delicious [zero-proof cocktail].

Dry January Benefits

I think trying Dry January this year will be different than any other year. With the stay-at-home orders, I've found myself

pouring a glass of wine *way* more than I usually would. Drinking has been a way to fill up the extra time I'm finding I have during the pandemic, and trying Dry January will give me more time to analyze and dig deeper into my inner being. I'm looking forward to journaling, focusing more on my health, working out, and making a point to prioritize my mornings and make a routine – instead of waking up groggy and hungover on a weekday.

Follow @jrinkjuicery on Instagram and visit www.jrinkjuicery.com for more.

Mad Magic Kombucha

Megan Donica, General Manager

Top Pick

Kafé: If you love coffee, this is the perfect flavor to start the day with. When I drink Mad Magic Kombucha in the morning, I find I make better food and drink decisions throughout the rest of the day.

Dry January Benefits

Your body [gets] to take a break from processing all of the toxins and sugars in alcohol. [A] clear head and clear skin are the immediate benefits I've noticed from taking breaks from alcohol and drinking more kombucha. Serve [kombucha] in your favorite glass. Add ice [and] fresh fruits or make it a kombucha spritzer with some extra fizzy soda water.

Follow @madmagickombucha on Instagram and visit www.madmagickombucha.com for more.

Mocktail Club

Pauline Idogho, Founder

Top Pick

It is hard to choose, but my favorite would be Havana Twist. It is familiar, refreshing and yet has layers of complexity. It is made with lime, cucumber and mint shrub, and has a hint of cardamom and cloves, which make it so unique.

Dry January Benefits

You will feel so much healthier, have better clarity and feel more in control. Try it out and see how you feel. There are so many great alternatives to alcohol to choose from.

Follow @mocktailclub on Instagram and visit www.mocktailclub.com for more.

NOPE Beverages

Beth Ann Shaeffer, Founder

Booze-Free Motivation

I wanted to make a drink that allowed people to be part of the celebration without the alcohol. Personally, I felt like when ordering a nonalcoholic drink, people would look at me with, "Well, if you aren't drinking, this is what you get: cranberry and soda." The non-drinker shouldn't be excluded. Their choice should be celebrated. It's time for the [non-alcoholic] drinker to be the belle of the ball.

Follow @drinknope on Instagram and visit www.drinknope.com for more.



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Self-Care

Last year was a nightmare to say the least, but 2021 gives us all the chance to start fresh with a brand-new self-care regimen.

WORDS + ILLUSTRATION BY AMANDA WEISBROD



SLEEPING WELL is key to having great overall health for both your mind and body.

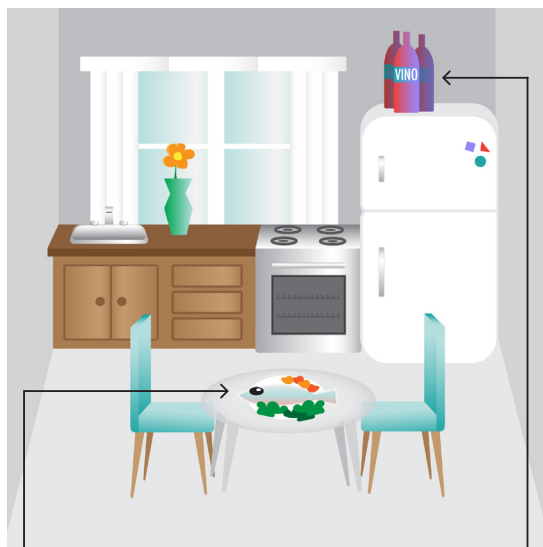
KEEP A ROUTINE to ground yourself and keep track of your days and nights.



JOURNAL DAILY to record your day and reflect on your feelings about the day's events.

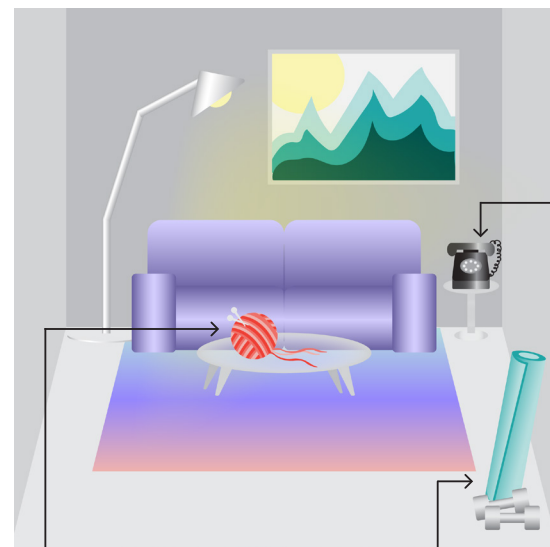
MOOD TRACKING will help you notice high or low mood trends so you can adjust your needs accordingly.

PRACTICE MINDFULNESS to get in touch with yourself and your feelings. Set aside time during the day to breathe, relax and rest your mind, even if it's only for a few minutes.



EAT WELL to fuel your body the right way. Whole grains and lean meats like fish are key!

REFLECT ON HABITS such as drinking alcohol to determine if they're healthy or destructive.



NURTURE YOUR RELATIONSHIPS with loved ones to build and connect with and your support network.

ENJOY HOBBIES and allow yourself to feel joy even if the activity is not traditionally productive.

EXERCISE OFTEN to release stress, strengthen your body and sleep better.

Dry January is a familiar New Year's resolution for many, and might feel even tougher to follow after experiencing the dumpster fire of a year that was 2020. But not drinking a single sip of alcohol for an entire month doesn't have to be painful. In fact, it's a good first step to weaving a little bit of self-care into your everyday life, which will have long-term benefits on your mental and physical health.

1. Make a routine and stick to it. I count on my routine to prepare for my day and wind down at the end of it. I roll out of bed at 7 a.m. each morning, make my bed, brush my teeth, take a shower, then put on a pot of coffee and cook breakfast. At bedtime, I wash the dishes, shower, brush my teeth, make myself a cup of tea, and burrow under a mass of blankets while I journal and read before turning out the lights at 11 p.m. Having little rituals is a great way to ground yourself and keep track of days and nights, especially during the monotony of a pandemic.

2. Practice good sleep hygiene. Adults 18 years and older should get at least seven hours of sleep each night, according to The Center for Disease Control and Prevention. For those who have trouble falling asleep, turn out the lights at the same time each night and don't hit snooze in the morning. Create the most comfortable atmosphere in your bedroom as possible by sleeping with your favorite pillows and blankets, and making temperature, darkness and quietness levels to your liking. Remove screens (TV, cell phone, tablet) from the bedroom and avoid eating large meals and drinking caffeine before bedtime. And finally, get some exercise during the day to wear yourself out.

3. Make time for your mental health. Stop what you're doing, take a deep breath and be present with yourself. Note the different sensations you're feeling in your body, like a clenched jaw or tense shoulders. Take inventory of your emotions and ask yourself why you feel this way. Congrats, you've just practiced mindfulness! Checking in with yourself through mindfulness and meditation has many benefits such as reducing stress, improving sleep quality and lowering anxiety levels. Personally, I like to sit in my little armchair and look out of the window in my studio. I sip on a cup of hot spiced tea and reflect on my day, or anything really – the experience is even better when it's snowing.

4. Write about your day and anything else that comes to mind. Trending since 2016, bullet journaling is the act of filling a blank page or bullet-style notebook with anything you want: plans, career goals, and thoughts and feelings are a few of the endless possibilities. Think of bullet journaling as a new take on the classic journal, but with much more organization involved. For me, I like to stick to a boring, old, lined notebook. Every night, I write an entry about my day. I let my mind wander and reflect on the events of the past 24 hours, not judging how much I write or how much time I spend writing. Putting my anxieties and concerns on the page gets it out of my head and allows me to fall asleep untroubled and unbothered.

5. Keep track of your well-being. I wasn't familiar with mood tracking until I began my own self-care journey, but I am very happy I discovered it. Each night before I write about my day in my lined notebook, I fill out a chart designed for tracking my mood, anxiety and irritability levels, medication, alcohol consumption, and anything else I deem important. I've logged my feelings for each day in 2020, which allowed me to notice trends I wouldn't have caught otherwise. As a person diagnosed with

a mental illness, tracking my mental health helps me recognize trends and warning signs, but I believe mood charting can be beneficial for anyone.

6. Eat healthy, but don't force a diet. Along with not getting enough exercise, my diet turned to crap. But once I began exercising, I took inventory of what I was putting into my body and was not happy with my findings. I started counting my macronutrients, which you might've heard bodybuilders or fitness enthusiasts talk about before. The basic idea is your calorie intake each day should include about 45-65% carbohydrates, 20-35% fats and 10-35% protein. This take on eating healthy is better than any other because *it isn't a diet plan*. By counting macros, you're changing your lifestyle and relationship with food for the long-term, not just following a lose-weight-quick scheme, which often leads to yo-yo dieting and weight gain. Still, make sure you include a cheat meal so you don't burn out! On Friday nights, I celebrate a successful week of exercise and eating right by ordering pizza, wings or whatever my heart desires.

7. Reevaluate your relationship with substances like nicotine and alcohol. In 2015, the prevalence of binge drinking, or the act of consuming at least four alcoholic beverages on one occasion, among adults in D.C. was at 24.4% – the second highest in the country behind North Dakota, according to the CDC. Studies show that drinking a lot of alcohol has many adverse effects on your physical and mental health, so to get into the habit of self-care, Dry January is a great place to start. Take this month to reflect on how much you drink, why you're drinking and how drinking makes you feel, then go from there.

8. Do things you enjoy, and don't feel guilty about it. In my opinion, there's too much emphasis on being productive in today's society and not enough attention spent on doing things that we enjoy. We feel anxious and hate ourselves for not working toward some goal or aspiration 24/7 (at least I used to), thus we feel guilty for taking time off to indulge in hobbies. But the truth is, spending time on personal interests allows for a space to declutter your mind so you can get back to work feeling refreshed and raring to go. My personal hobbies include reading, playing my Nintendo Switch and watching period dramas (looking at you, "Downton Abbey").

9. Make an effort to stay connected to loved ones. Seeing your favorite people face-to-face is tricky due to social distancing restrictions, but support networks are more important now than ever due to their positive impact on mental health. Self-isolation can leave you feeling hopeless and alone, and it's more tempting to do now that we aren't forced to have social interactions in public. So, take the time to video chat that friend you haven't spoken to in a while or call up your grandma to say hello. And remember, you are not alone.

10. Exercise, even if it's only a few times a week. I'll be honest, as soon as the stay-at-home order hit, I sat on my couch for weeks and barely moved. With my daily trek to campus canceled, I suddenly missed out on burning about 300 calories a day and gained 20 pounds over six months. I felt miserable, so I worked up the courage and decided to do something about it. Now I'm hitting the gym three times a week, and I feel so much better for it. I have more energy, I'm happier and I'm even sleeping better – hopefully weight loss follows soon! And if you don't feel comfortable going to a gym, try exercising at home.

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