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Oct 20 - Nov 20 2008



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GET REAL[®] Entertainment Magazine

Your World ... Your Way ...

18 Dieting Mistakes

Fall/Winter Fashion Trends

Halloween Party Tips & Decor

Decorating With Art



And Much More...

GO BEHIND THE SCENES:
SPOOKTACULAR
HISTORICAL PLACES



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EDITOR'S COLUMN

Get Real Magazine is celebrating its fifth year anniversary with the introduction of a printed version here in Pennsylvania. With over 1 million visitors each year, we have emerged as one of the leading online magazines. Having our start in Southern California, we have relocated to New Castle, PA.

Your world your way ... should include friends.

Shopping should be a friendly place where on any given day you will most likely run into a friendly smile. Sometimes we all need to get out of the fast lane. Wouldn't it be nice not to have to squeeze past traffic for the last parking space?

Your world your way is closer than you think ... they are your local merchants. They get to know you on a first name basis and treat you more like a guest than a customer. You may not put a dollar value on being treated special, but they would be surely missed if they were gone.

Think of life as a Norman Rockwell painting. You would want it to include cobblestone streets and the quaint village shops and eateries. During the holidays, take a leisurely stroll with friends and family while you're window shopping. So get real and support your local merchants ... stop in and share a holiday cheer.

- Kixx Alderette
 Editor, Get Real Magazine

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GENETICALLY MODIFIED FOODS

Genetically Engineered Food ... Are We Human Guinea Pigs?

For 6 years genetically modified/engineered food as been put in the foods we eat without our knowing. The FDA did not require bio-companies to label foods from genetically modified/engineered foods. This has caused fear and anger in many of us.

The following are excerpts from PBS - Nova's Harvest of Fear, along with other studies and articles. Nature takes millions of years to effect genetic change. What right do we have to make changes overnight, as it were?

Nature also does not mix apples and oranges, much less flounder and strawberries. (Scientists placed an antifreeze gene from the fish into the fruit in a failed attempt to help strawberries withstand frost.) In short, do we have the wisdom to substitute human for natural selection? To play God?

Many argue we do not, and that such acts are immoral. For some, GM technology flies in the face of cherished principles about the



relationship between humanity and nature. If you are vegetarian, how would you feel if you learned that a vegetable you just ate bore an animal gene? For others, such pursuits offend deeply held religious beliefs. If you are observing kosher dietary laws, how would you feel knowing the tomato you just enjoyed in your salad carried a pig gene? For some people, genetic manipulation is nothing short of sacrilegious.

Next month we will start answering some of these questions as well as discuss both sides of the GM Food issues.



PUMPKIN HOLLOW

WHAT YOU NEED:

• Serrated knife • Spoon (to scoop out the inner pumpkin flesh) • Colored markers • Rocks or flat stones (if you want a walkway) • Cotton balls & a toothpick (if you want a chimney) Time needed: About 1 Hour

Step 1: Using a serrated knife, carve a circle around the stem to create a roof complete with a chimney. Angle the knife tip toward the stem, cutting the outside wider than the inside -- this keeps the roof from falling into the pumpkin.

Step 2: Scoop out all the seeds and stringy inner flesh.

Step 3: Have your child use a washable marker to outline a door and windows. He can even draw a pet peering out of a window. Once his design is set, retrace it with a permanent marker.

Step 4: Cut out the window openings. This time, angle the blade away from the opening so that the carved pieces are narrower on the outside and can be pushed into the shell and removed.

Step 5: Carve slits along the top, bottom, and one side of the door for the candlelight to shine through. To create the effect of an open door, carve out a triangle at the top and bottom of the door and a narrow rectangle adjacent to the threshold, as pictured above.

Step 6: Top your pumpkin house with a smoking chimney, if desired, by pulling apart a cotton ball or the strands of a length of wool yarn and gluing the puff around the top of a toothpick. Then insert the bottom of the toothpick into the pumpkin stem.

Step 7: Stack flat rocks or stones for steps to the front door.

Step 8: Turn on the light -- a tea light or votive candle set inside the shell.

SPOOKTACULAR HALLOWEEN PARTY IDEAS

INVITATIONS

Pumpkin Photo Invitations
Paint the party details on a huge pumpkin (or line up three smaller ones, each bearing a different piece of the information, such as date, time, or place). Take a close-up photo of the "invitation" and send copies to guests in bright orange envelopes.

CREATING HALLOWEEN ATMOSPHERE OUTSIDE

This Halloween, don't settle for the usual Jack O' Lantern as your decorative display. Get in the spirit this haunted eve by creating a bewitching experience for the neighborhood goblins and ghouls. Creating a Halloween landscape is a great activity the whole family can enjoy like our **Pumpkin Hollow**.

Create a Halloween Tree

Strings of lights aren't reserved for just December holidays, begin decorating your tree with lights. Next, add spooky accents by placing groups of Jack O'Lanterns, tombstones and cobwebs around the tree base.

Create Tombstones

To create tombstones, cut different sizes and shapes from cardboard or Styrofoam. Spray the stone cutouts with a coat of Fleck-Stone spray paint, allow them to dry, then use acrylic paints to write sayings on the stones such as "R.I.P." or "Dracula lies here". For mood lighting around your Halloween creation, place a small candle in a Jack O' Lantern with a hole in the back. This will create a truly haunted feel. The flicker of the pumpkin light will cast spooky shadows sure to scare.

Monster Footprints

Create a path of Monster Footprints leading treaters to your door. Cut a large monster shaped footprint out of cardboard to use as a stamp. Be sure to flip over the footprint and cut a matching pattern for the opposite foot. Coat each stamp with washable

paint and press along your sidewalk. Remember, the larger the space between steps, the larger your "make-believe" monster appears!

Add Some Fog Purchase dry ice and place in a bucket wherever you want extra haunting. Simply add 1-2 pounds of dry ice to every gallon of hot water. Consider using a crock-pot to keep the water warm throughout the evening. Show off the creepy fog with accent lights shining from the ground.

Ghostly Guests - Have bobbing ghosts haunt your yard! Cover a helium balloon with a sheet, draw a ghost like face and tie off at the neck. Secure the balloon string to a support (perhaps a rock or tree-branch) and let the ghostly activities begin.

Halloween Candles

Make an artistic front-porch pumpkin display. Hollow out pumpkins of various shapes, sizes, and colors. Drill small holes in them to create spiral or bull's-eye designs. Add votive candles and arrange in a cluster near the door.

Scary Sounds

Hide a boom box on the front porch to play scary Halloween sound effects or horror movie music as the guests arrive.



CREATING HALLOWEEN ATMOSPHERE INSIDE

Light Effects

Cut out bat, ghost, or pumpkin shapes from black construction paper. Tape cutouts to the inside of light-colored lamp shades for an eerie shadow effect. Replace the light bulbs with orange ones (available at most hardware stores).

Clip-On Bats

If your belfry is feeling a bit bare this Halloween, scare up a swarm of clip-on bats.



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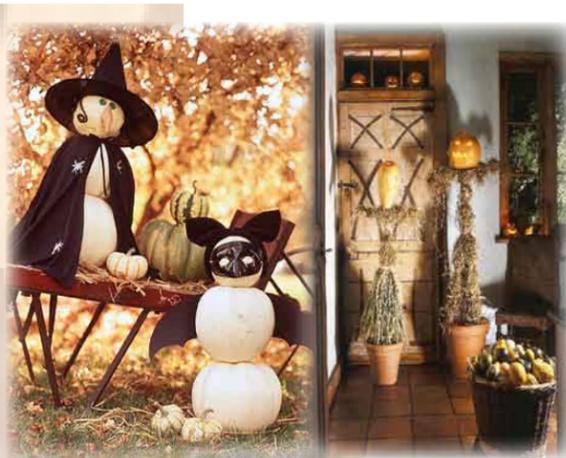
around the tree base.

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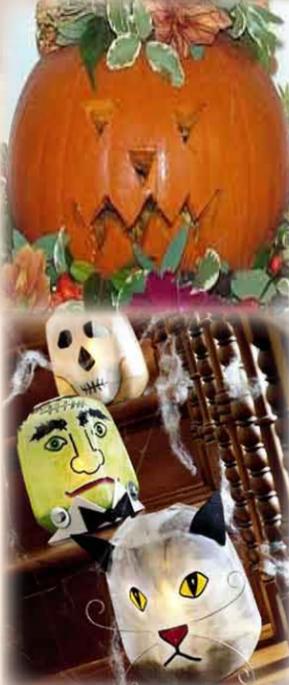
MAKE AN AUTUMN CANDLE WREATH



To make this wreath, select an assortment of naturals, such as berries, leaves, stems, pinecones, and acorns. (This wreath is made from cryptomeria japonica, euonymus "Gaiety," hydrangea "Nikko Blue," ilex "Nellie Stevens," pepperberries, and pieris "Valley Valentine.") You will also need a 14-inch diameter straw wreath form, sheet moss (available at garden supply stores), florist staples, and a hot-glue gun.

Instructions

Wet the sheet moss thoroughly to bring out its color and make it easier to shape. Then, blot with paper towels. Cover the wreath and underside of the moss with glue; press the sheet moss to the wreath, patching as needed. Arrange greens of assorted colors and textures on the wreath, starting with a base of three large pieces of greenery; attach to wreath with staples. Add additional greens as necessary. Fill in with leaves, stems, and berries, stapling in place. Finish the wreath by gluing on small items such as acorns and pinecones. Hang the wreath vertically, or lay it flat and set three candles inside in candle holders of different heights. Never leave a burning candle unattended



GET REAL Magazine November 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 New Castle Playhouse Apple Tree	3 New Castle Playhouse Apple Tree	4 New Castle Playhouse Apple Tree	5 New Castle Playhouse Apple Tree	6 New Castle Playhouse Apple Tree Berry Merry Xmas- Weingartner's flowers	7 New Castle Playhouse Apple Tree Berry Merry Xmas- Weingartner's flowers	8 New Castle Playhouse Apple Tree Berry Merry Xmas Xmas on Main St. NC Vets Parade 11am
9 New Castle Playhouse Apple Tree Xmas on Main St. - Volant	10	11	12	13	14	15
16 A Holiday Splendor- Dance 6-10pm Shenango Fire Dept.	17	18	19	20 New Castle Light Up Parade - 5pm- entertainment 7pm - parade starts	21 Neil Sadaka 7:30 Westminster College	22
23 Christmas in Mahoningtown 12pm	24	25	26	27	28 Santa's Village- Weingartner's Flowers	29 Santa's Village- Weingartner's Flowers
30						

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Walking Reduces Risk For Breast Cancer

According to Anne McTierman, M.D., Ph.D., a faculty member at the Fred Hutchinson Cancer Research Center in Seattle, Washington exercising just 10 minutes daily reduces your risk for breast cancer. After analyzing data from 74,000 women, her research team found those who performed moderate exercise, like walking or swimming, for 1 ½ or 2 ½ hours lowered their incidence of breast cancer by 18% compared with women who were sedentary.



Blood Sugar Balancing Nutrient

According to a Finnish study published in The American Journal of Clinical Nutrition, taking Vitamin E may help keep diabetes at bay. The research tracked 101 high-risk women and found that a diet high in vitamin E lowers blood glucose levels, which has been linked with a reduced risk of diabetes.



Top Autumn Leaves/Fall Foliage Destinations

Canoe Maine - Rain and cold can't spoil autumn wonders on the spectacular Penobscot River

George Washington Forest - A million acres of outdoor recreation in Virginia's Blue Ridge and Allegheny Mountains

Housatonic Valley - Walk, float, fish, or bike along Connecticut's river wonder

Byways and Scenic Drives - Routes for enjoying America's favorite outdoor pasttime, recreational driving. Hop in your car, RV, or 4WD and hit the road.

San Juan Islands - Bike an ancient archipelago off the Washington coast

Hunting Red October - Vivid reds and burnished coppers fill Pennsylvania's Little Grand Canyon.

Batten Kill River - Autumn in Vermont spectacular colors and late-season fly fishing

Cache La Poudre - The golden hues of aspen trees along Colorado's Wild and Scenic River

Rainbows in the Trees - The magic of autumn colors in the Great Smoky Mountains

Ottawa National Forest - Great northern forest of Michigan's Upper Peninsula

Scenic Ozarks - Scenic

7 Byway winds through Arkansas's Boston Mountains

No time to get away? New Castle to Slippery Rock Route 108 is a rural, tree-lined, two-lane highway connecting quaint and historic New Castle to Slippery Rock. Oak and maple intermingle, speckling the hillsides with vibrant yellows and dramatic reds in the fall. Stop for a country picnic or take a short detour to McConnell's Mill State Park where you'll see house-sized boulders formed by the last ice age. If you're interested in a naturalist-led pontoon boat ride, check out Moraine State Park and its awe-inspiring 3,000-acre, man-made lake.

Too Much Fluids as Bad as Too Little

Forget that advice to drink all you can before, during, and after exercise. Too many fluids are at least as dangerous as too few. But even though the USA Track & Field association changed its guidelines in April, the word hasn't reached everyone.

Most people still think you're supposed to drink as much as you can. But that advice is dead wrong, says Timothy David Noakes, MD, PhD, chairman of exercise and sports science at the University of Cape Town and the Sports Science Institute of South Africa. Noakes advises, "people have been coached to think that dehydration is the worst thing that can happen during exercise, so now you have

a dangerous situation. A woman only needs to put on 2.5 kg of fluid to kill herself. It adds up real quickly — it is easy to get overloaded. It is frightening how easily it can happen."

Fluid overload waters down the blood. It leads to dangerously low salt levels — a condition known as hyponatremia, in which the blood has too much water and too little sodium. Brain cells absorb too much water and the brain swells. It pushes against the skull, leading to seizures. Finally, a person stops breathing. This is what killed a woman during the 2002 Boston Marathon. Thus for water and for sports drinks, the new message is to drink wisely.



"A woman only needs to put on 2.5 kg of fluid to kill herself. It adds up real quickly — it is easy to get overloaded. It is frightening how easily it can happen." — Dr. Timothy Noakes

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A New Future For A Historical Building



The former Elk's building in downtown New Castle will be the future home of Tri Cinema Pictures and Studios. It will ultimately be the largest film, recording and soundstage between New York, LA and Nashville.

The last historical building in downtown New Castle does not qualify for historical significance. The reason: too many of the historical buildings were laid to waste in the claim of "making room for progress".

When talking with residents, many have asserted, "according to the New Castle News they thought the Elk's building was to be demolished". Wrong, in fact it has been purchased by Tri Cinema, who through articles such as this, want to give hope to many of the New Castle residents, as

downtown business district does not qualify for historical significance. The reason: too many of the historical buildings were laid to waste in the claim of "making room for progress".

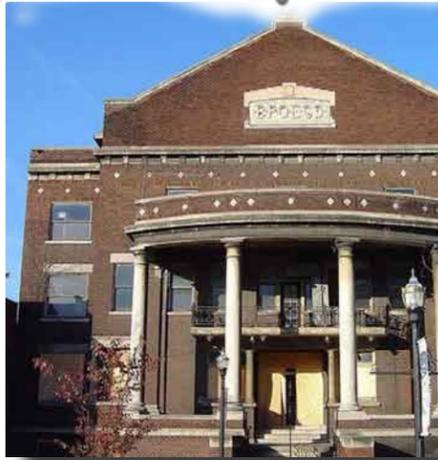
When talking with residents, many have asserted, "according to the New Castle News they thought the Elk's building was to be demolished". Wrong, in fact it has been purchased by Tri Cinema, who through articles such as this, want to give hope to many of the New Castle residents, as

well as many out-of-state admirers. This beautiful historical building still has a chance to be saved. The first plan of action is to stabilize the roof and rid it of those sad gapping holes which is a sobering reminder that more must be done by city council to expand the grants to include significantly historical buildings. City council is not obligated by past council decisions to rigidly allow façade grants for Washington Blvd only.

(con't on page 9)

BEHIND THE SCENES: Tri Cinema's Spooktacular Historical Places Documentary Series

PART 1



Easy Era. It survived all that, but something went dreadfully wrong. By today's standards, the Elk's building should be worth upwards of a \$7 million, yet was nearly laid to waste.

To the outcry of the town's people, the building is once more is being saved and the doors which were boarded shut for nearly 20 years reopened. But what are they hiding? What dark secrets must be brought to light?

We are here to film, photograph and relive its contents, including the barbarianism of people stealing and looting this building of its precious wealth.

Embracing your youth must include Halloween, trick or treat and if the ghosts are willing ... a real haunted mansion. Thus as we grow into adulthood perhaps it is why the fascination with paranormal still lingers and remains a constant in our minds.

Which brings us up to date, we indeed found such a building with huge pillars built in the time of American steel and money. Although the sandstone plaque was dedicated in 1897 the actual opening of the fabulous Elks building was 1914. Then came the roaring twenties and the Speak



The question is this: They say the building is haunted; does the violence still linger?

Now for the particulars of Spooktacular Historical Places, which we originally filmed for PBS. Our objective was to attract people from all walks of life and ages and then form teams of believers and non-believers alike. These teams would do a walk through this icon building that seems to be locked in a time warp of days gone by. Many people have stated that they have seen things, others claim to hear voices, while others claims to be drawn to

How to Avoid Becoming A Fashion Victim



Does your baguette bag clash with your pony hair mules? buying fashion fads because you Here's how to look fashionable without overdosing on the trends.

Here's How:

Decide if you're wasting too much money on fads, by assessing the last five items you've purchased.

If three or more are touted as the season's "must-haves," you're in danger of being a fashion victim.

Examine your closet to see if more than half of your wardrobe is already out of style according to your favorite fashion sources.

If you decided you always buy all of the fads because you really like them, you're not telling the truth so you might as well just stop here.

If you decide you use fads as a fashion security blanket, follow the next steps.

Never wear more than two trends together if possible.

Stop referring to your clothing by designer (the Gucci jacket, wardrobe is already out of the Galliano dress) and just call style according to your favorite them by the item name.

Never wear your sunglasses indoors.

Don't take your dog with you to fashion shows.

Tips:

Remember that celebrities often overdo trends for maximum photo impact -- they may not translate well for you on a day-to-day basis.

Lots of fashion victims try to adopt the It Girl "bored look" as an accessory -- a cheerful disposition will separate you from the dour pack.

There's nothing wrong with designer labels -- just make sure you aren't hiding behind expensive clothes to mask other insecurities.



Fall Fashion Trends



FALL TRENDS:

Fall fashions for women will demonstrate bold colors and earth tones to compliment flashier fabrics. Charcoal and silver sets the overall trend for base colors while adding vibrant, eye-catching color. Purple is the hot color this fall.

1. Minis

Short dress styles and skirts can be paired with black tights and leggings. Be sure to try a hot mini swing jacket to keep you warm

2. Wild Looks and Prints

Step into the wild with leopard and zebra prints. Get edgy with fur hems and skirts

3. Bohemian

Show your side with tie

dye and velour pants.

4. Plaid

Make bold statement with plaid jackets, skirts, and dresses.

5. Artsy

Show your side with artsy styles and looks

6. Tailored

Show your male side with pinned striped pants sets and suits.

7. Knits

Knit sweater dresses and coats are hot styles to wear.

FASHION TRENDS AND ACCESSORIES

This fall and winter season embraces the vintage look, with shiny fabrics, fake fur



edgings and trim give an elegant look for late-night parties. A pair of high-heeled, designer sandals adds romance to mystery.

ACCENTS AND JEWELRY

-Fashionable scarves with intricate designs.
-Glamorous gold jewelry is making a comeback.
-Long, layered necklaces.
-Stack rings.
-Cuff bracelets.
-Multi-faceted gemstones to catch the light

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How To Add Color To Your Wardrobe

Essential Fashion Terms (Part 1)

A-line - A dress or skirt silhouette that is narrower at the top, flaring gently wider toward the bottom thereby resembling the letter A.

Body bag - Also called body sacks or packs. Any hands-free bag. For example, backpacks, arm pouches, bags slung across the body diagonally, waist bags (used to be called fanny packs).

Bootleg or Boot cut - A pant style that is tapered to the knee and very subtly flares out to accommodate the bulk of a boot (flares have a much more noticeable flare, bell-bottoms have huge width).

Capris - Slim-fit pants that range from knee length to lower calf. Also called peddle pushers.



Neutrals are fine for much of your wardrobe, but color adds punch and personality if you know how to use it.

Here's How:

Start by holding different color swatches up to your face to find flattering hues.

Assess your current wardrobe to decide which colors coordinate best.

Narrow it down to two or three new vivid colors.

If it's an acceptable color for makeup like rose or fuchsia, start by using the color on your lips or nails.

Add accessories in one of your new bright colors.

Try a camisole in the new color under a neutral jacket.

Once you've incorporated color in small amounts, try adding accent pieces like jackets and cardigans.

Tips:

Don't stray too far from your normal style with color -- it you're used to wearing beiges, fuchsia will be too stark of a contrast.

Don't pay too much attention

to which colors you should or shouldn't wear according to your hair, skin an eye colors. Most of us have cosmetically altered our natural colors anyway.

Do put bright colors on or near your best assets, because they draw attention.

Don't shy away from sleeveless garments, especially eveningwear that you can cover up with a shawl, sheer top or bolero jacket.

Don't think that baggy clothes make you look slimmer. Body-conscious clothes that hint at your curves, without being clingy or tight, are the most flattering.

Dress 10lbs Slimmer

Want to lose 10lbs. without dieting? Here are some tips for dressing 10lbs slimmer:

- Choose darker colors as the basis of your wardrobe — navy, black, charcoal gray.
- Use undergarment foundations — from all-in-one shapers to control top pantyhose.
- Focus on playing up your best features, for example showing off shapely legs with a knee-length skirt.
- Choose fabrics that don't cling, avoiding stiff or bulky textures.
- Use accessories to draw attention to your face — scarves, earrings, etc..
- Avoid anything too tight

or clingy.

- Make sure you scale your accessories — from your handbag to your earrings, to your size.
- Choose clean-lined clothing without big embellishment or buttons.
- Pay special attention to creating strong vertical lines to look taller and slimmer.

Tips:

Prints should be scaled for your body — no ditz prints

if you are large. In general, it's the space between prints that makes them unflattering, so look for prints that have

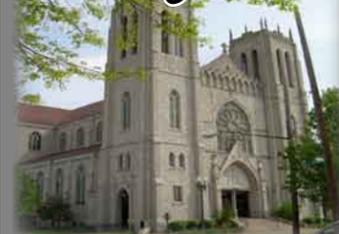
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Sunday 7:45 & 11:30 am

Thanksgiving Youth Service

Nov. 26, 2008 7:00pm

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Corner of North & Beaver Streets
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BEHIND THE SCENES: Tri Cinema's Spooktacular Historical Places Documentary Series *con't*



the former Elks building. At the very least, our independent investigation into the paranormal was done just about as unbiasedly as we could.

We logically wanted to be opened minded but having all things being equal, we created a blind comparison test while keeping the findings under lock and key so to speak until all opinions have been weighed and tallied.

Once the findings were logged, we then brought all teams back to reveal the results. The teams and us were honestly surprised. Contrary to the non-believers, the findings of the different teams were remarkably close at times ... to the point of being uncanny. Perhaps the real shocker was that even the non-believers felt there was a haunting in one form or another in the former great Elks. With All Hallows Eve almost upon us, we thought we would share Tri Cinema's findings with our readers.

So here it goes ... it was a full moon.



Whether you believe in orbs or not, we had many. Some orbs might



have been dust but other seemed to bright and were shown when people had a feeling "someone or something was near them". The most unexplainable was according to the psychics we brought in, was a ghost from the Speak Easy Era. They described him as a big man rather large and stout with



a derby hat dressed in a brown suit, thought to be a VIP. Later this ghost would be photographed by the paranoral team, Spirited Ghost Hunting. The apparition was photographed three times moving along the basement wall.



Next month in Part 2, we will find out more about this ghost and other spooktacular happenings in this historical Elk's building. You can also visit us online.

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Boxy Room Tips

Crowning Glory?

Decorating experts all say to make the most of the focal points of your rooms. But what if your plain, boxy room has no built-in interest? Here's how to create four focal points yourself. A scrolled wallpaper border and

crown molding create a picture rail that adds instant architecture to a boxy beige room. Pictures that might otherwise be lost grab attention when they are matted and framed in a big way, then stacked along the picture rail.



Open and Shut Case

Standard exterior shutters and a few painting tricks give a pair of small sash windows the power of a picture window. Since the shutters aren't operable, no complicated carpentry skills are involved. Exterior shutters can perform the same function

inside as out: They extend the line of a window, making it appear larger and more impressive than it is. Another exterior trick, painting window moldings lighter than siding, expands the window area even more. Paint the lower portion of the interior wall in dark contrast to the window

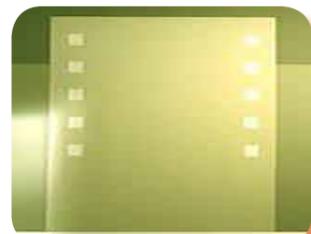


Set the Stage

Sticking to a single paint-store color strip makes picking shades as easy as 1, 2, 3: The colors automatically blend. Be sure there's enough contrast, though. If in doubt, move down one shade on the paint strip. Choose four colors from a single paint-store sample strip. Paint the entire wall the darkest color. Then,

using a tape measure and a straightedge, block out a geometric pattern. Blocks should be larger than the room's architectural elements, such as doors and windows. Make the horizontal rectangle large enough to span adjacent furniture (ours is 5x9 feet). Draw a smaller vertical rectangle (ours is 7x5 feet). Tape off the first rectangle and paint it

in the third lightest color. Tape off the second rectangle and paint it in the second lightest color. Paint the small, light-colored rectangles last.



Quilt Art

Clip-style rings and a sturdy metal drapery rod display a patchwork quilt as the center of attention in this cozy country room. The small scale of the rod and clips helps them disappear into the design of the quilt. Rather than centering a textile on the wall, hang it much as you would a painting or print, with the center of the work just below eye level. (You may need to

make adjustments for large quilts, lowering them even further so they aren't too close to the ceiling.) With tape, mark where the upper edge of the quilt will fall on the wall. Allow space for curtain rings, then mark the rod's placement. (If you live in an old house, you may need to adjust the placement slightly to compensate for an uneven ceiling or floor; just make sure the over-

all effect is balanced.) Hang .



Best Snacks, Worst Snacks

Feel a snack attack coming on? Follow this list of dos and don'ts to indulge without blowing your healthy diet. Noted nutritionist and author Elaine Magee, PhD, RD, says there's no reason to deprive yourself of a snack. To make wise choices, take this list and post it on your fridge.

Best Snacks

Popcorn

If you microwave, buy microwave popcorn that's 98% fat free. It's OK to drizzle on a teaspoon of butter if you crave the flavor. You're still consuming less fat than you would if you popped a bag of regular microwave popcorn, says Magee.

Fruit and Fruit Smoothies

"Awesome, awesome healthy snack choice," says Magee. For a complete snack that will sustain you through the afternoon, make a fruit smoothie in your blender. Use low-fat yogurt, fruit such as berries and banana, ice and -- if you want -- a little 100% fruit juice, milk, or soy milk as your base.

Yogurt and Frozen Yogurt

Yogurt doesn't need sugar to taste good. Buy plain yogurt and add something to it, like low-fat granola and fresh fruit, for a truly healthy snack.

Frozen Fruit Bars

These are fine snacks. Look

for 100% fruit-juice choices in your supermarket freezer.

Vegetables

You can't find a healthier snack. "I usually have a dip, like light ranch dip, and assorted vegetables on a platter," says Magee. Kids love this!

Cereal

Ah, the favorite snack of the young and single set! To keep it healthy, choose the higher-fiber, lower-sugar options such as oatmeal.

Peanut Butter

True, peanut butter is loaded with calories, but it's an OK snack if you eat just one tablespoon spread over several whole-grain crackers or a slice of whole-wheat bread.

Chocolate

Chocolate?! Sure, says Magee, as long as you opt for a small piece. "Almost every day, I have a little bit of chocolate," she says. "If you deprive yourself, you'll end up compulsively overeating."

Ice Cream

Yes ice cream. It's nutritious and now with the new non-fat and low carb ice creams it's a dieter's dream. Cafe's like Diet Delicious serve various flavors of low-carb ice cream which not only taste delicious, they have only 3 net carbs per serving and are made with high-quality whey protein.

Worst Snacks

Cookies

"If they're fat-free, the

cookies aren't so great, and you end up eating more," Magee says. "Cookies are something you should enjoy, but not as a regular snack."

Cake

As much as we love it, cake is not a snack. With about 400 calories per slice, cake is more like a mini-meal without nutritional value, says Magee.

Granola Bars

The chewier they are, the more sugar and fat they have, Magee says. "The healthy ones are crunchy, and not coated in chocolate." If you truly crave granola bars, make your own. "There are good recipes out there," she says, "and then you can choose the oil, fruits, grains that go into them."

Cheese and Crackers

This snack sounds healthy, but both cheese and crackers are usually loaded with fat. Try using Kraft 2% and Jarlsberg Light cheese on whole-grain, low-fat crackers for a lighter version of this snack.

Chips or Nachos

True, there are reduced fat

chips and chips made with canola oil. But chips are still the type of snack that people tend to overeat. Says Magee: "You're better off eating a real potato."

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Low Carb Fruits

When it comes to the area of low carb fruits in dieting, low carb fruits can be friends or foes. Eating low carb fruits is generally a part of any low carb diet plan, but those who eat low carb fruits do not always receive the same low carb fruits benefits. Not everyone has the same tolerance for low carb fruits.

The factor in low carb fruits that levels the playing ground for dieters is timing. When low carb fruits are eaten can affect results. How

the body reacts to low carb fruits can also affect the results, depending upon the metabolism of the person eating who is eating low carb fruits.

The desired result of low carb fruits is that when low carb fruits are eaten after protein that the protein slows down the body's absorption of sucrose from the low carb fruits eaten. This is the reason for not eating low carb fruits as a snack or for breakfast. Be careful though when it comes to low carb fruits because in some people low carb fruits have been shown to create sugar cravings.

If your favorite low carb fruit is one from this low carb fruit list, then your most favorite low carb fruit is a home-run hit.

- low carb fruit hit — grapefruit
- low carb fruit hit — peach
- low carb fruit hit — strawberry

If your favorite low carb fruit is one from this low carb fruit list, then your low carb fruit is definitely a miss. In fact, it's not even a low carb fruit at all.

- low carb fruit miss — banana
- low carb fruit miss — pear
- low carb fruit miss — grape

Lose Weight and Feel Satisfied 26% Sooner

Penn State University researcher's report stated eating soup cuts food intake by 26 percent. Study Author Barbara Rolls, Ph.D. explains, "A big bowl of soup acts as a visual cue. When you look at it, you anticipate feeling full. As the large volume of liquid is being digested, it activates the stomach's stretch receptors, which send "I feel satisfied" signals to your brain. Plus, soup leaves the stomach slowly, so you feel full longer."

18 Dieting Mistakes

- 3. You pig out on low-fat snacks
- 4. You don't drink water
- 5. You always opt for fruit juice
- 6. You always go for veggie dishes
- 7. You think the fish sandwich is a safe choice
- 8. You avoid snacks
- 9. You never have dessert
- 10. You love wraps
- 11. You avoid fat
- 12. You don't eat carbs
- 13. You starve yourself
- 14. You set unrealistic goals
- 15. You pig out because you work out
- 16. You eat quickly
- 17. You eat everything
- 18. You drink tons of coffee

(For the full reasons behind this list of mistakes, visit us online)

So Be Wise ...

If you're really serious about getting rid of that gut, you must be wary of the eating habits that may be destroying all your weight-loss efforts. By eliminating just one of those bad habits each week, you will end up saving hundreds of unnecessary calories.

Although you may think that you just can't live without your lunch wrap or cannot drink eight glasses of water a day, you'll find that it's really not that difficult once you make it part of your routine. Believe me, the results will speak for themselves.



Check out the following 18 common diet mistakes and find out whether your eating habits are undermining your efforts to achieve that perfect figure.

- 1. You skip breakfast
- 2. You don't track food intake



Tips on Decorating With Art – Part 1

Artwork can and will add a great and vibrant feeling to your home. Here are some tips to get the best results from adding artwork to your home decor.

Pointers to Decorating with Art

Choose a neutral background. White walls are best but darker neutrals, will also work well when taking in consideration the framing and the tones of the painting. A good lighting system is important so that you can maximize the viewing and effect of your artwork. In the evening, highlight it with light. Make use of lights aiming from different angles and not just from

the ceiling. Consider from the floor or walls. For a better look, try to hide the lighting.

Before purchasing your art, study and decide on how you are going to place it. Where will it show best? What size will fit better? Will it be better to make use of one large print or a group of smaller ones. Consider moving smaller items such as a lamp, a shelf or a chair for your print or prints.

When possible hung your art away from any furniture or other artworks with the exception of groups themed together. When possible hung it at eye level. When the placing your artwork above a piece of furniture such as a couch or a chair, try to position the image not too high. ideally it should be placed just lower than center between the ceiling and the top of the furniture keeping it as close as possible to eye level.



It is important to move your art around every once in a while. Move it around to recreate interest. if you leave it for to long a time in the same place, you will with time stop looking at it. Consider moving the art from one room to another. Give it an opportunity to be enjoyed by guests.

Make full use of your own preferences in style and decor. Make your home unique by using family photos, paintings,

and crafts . Do not try to reproduce other homes. When shopping for frames for your art, keep in mind the style of furniture and the architecture of the room. Your frame should enhance the artwork and not the colors of the walls or the room. Select a conservative frame instead of one that reflects a current trend but will be out of style in the next few years.

Next month: We will discuss

A New Future For A Historical Building (con't)



The former Elk's building in downtown New Castle will be restored to its former glory and it will be the home of Tri Cinema Pictures and Studios, Get Real Magazine, and other suites will be made available; as well as the ballroom for special occasions.

Many people have asked how they can help save this building. These are the different ways you could help.

□ Send us pictures of the inside of the Elk's building i.e. ballroom, lounge, grill & dining area, any and all events like Christmas with Santa, graduation, weddings, etc. You can also share the good memories and we will try to include them in the up and coming issues!

□ Attend a New Castle city council meeting ask them to please include the former Elks building on the downtown facade grant list.

□ Also if you wish to lend a hand, we need volunteers for many projects to do with the restoration of the building.

□ Purchase our Christmas Best of Duet CD. This CD has all the traditional classics with beautiful duet arrangements. You can hear samples of

the songs online at www.getrealmagazine.com and purchase the CD online.

□ If you have any old antique furniture you may want to donate, please call us at 724-614-3630.

Remember any and all help is truly appreciated. A big thank you to Lisa Cartwright from Farrell, PA for donating two chandeliers.

FALL / WINTER MAKE-UP TRENDS

This year Fall will bring inch past your outer corners about the deeper, richer tones of burgundies, sables, and greys in the makeup world.

GRAY GAZE Dove gray eye shadow is as neutral as beige but a million times sexier! Line the inner rims of your lower lash lines with a white pencil, then dust a soft gray shadow along your lower lash lines and from your lids to your brow bone

LONG LINER Adding length to winged eyeliner takes the look from pretty and retro to sexy and avant garde. Très chic! Use a navy or black liquid liner pen to draw a thin line that starts at your inner corners and wings out to a point about 1/2

DEEP PURPLES RICH REDS

Purple is to fall what bronze is to summer: a must-have shade that looks great on nails and cheeks. Blend a berry blush in a circular motion along the tops of your cheekbones

GREAT LENGTHS

Concentrating mascara on the outer corners of your lower lashes gives your look a rock 'n' roll edge.

Apply a lengthening mascara to the outer third of your lower lashes, let it dry, then go over the lashes several times so the lengthening fibers attach to the ends, making your lashes even longer

Want a signature lip look, but one that's a bit subtler than Christina Aguilera's fire-engine red pout? Line your lips with a brownish red lip pencil, then swipe on a brick red lipstick with a satin finish



Plastic Surgery TV: Therapeutic or Trivial? Part 1

Are popular television shows such as *Extreme Makeover*, *The Swan*, and *I Want a Famous Face*, where participants/patients undergo drastic, life-altering cosmetic surgery on camera helpful or harmful?

On *The Swan*, plain-Jane contestants go through a cosmetic boot camp and ultimately compete in a beauty pageant. On *I Want a Famous Face*, starstruck patients go under the knife to look like, say, actor Brad Pitt or another mega-star.

And on *Extreme Makeover*, compelling contestants undergo multiple surgeries and fashion makeovers that turn them from the dumpy to the divine and from the mousy to the magnificent. What's so bad about that? The answer depends largely on who you ask.

Risks, Options Largely Ignored On TV

According to Laurie A. Casas, MD, an associate professor of surgery at Northwestern University Medical School in Chicago and the communications chairwoman of American Society for

Aesthetic Plastic Surgery (ASAPS), "These shows trivialize cosmetic plastic surgery, and that does such a disservice for the patients." "There is no discussion of options, no discussion of risks and benefits, no sense of the length of surgery or the postoperative course," she says. "That is all glossed over."

As a result, "the public walks away with the impression that cosmetic surgery is no big deal." Moreover, "reality TV leaves you with unrealistic

expectations," Casas says. "There is no way you walk away with realistic impression of what any of this means or costs."

In next months addition we will discuss what most cosmetics surgeries really entail, as well as what questions to ask to help make your cosmetic surgery meet your expectations.

HOW TO ACHIEVE AGELESS BEAUTY

We always try to be beautiful, and in the process a mirror becomes more personal to us than we are to ourselves. Hardly do we realize that we would look the way we are, and an expression on our face is actually the reflection of what we are from within... We can camouflage the exterior, but we should not neglect the interior!

Our goodness or badness, generosity or animosity, love or hatred, all show somewhere here or somewhere there on our bodies. If we are good from within, our face reflects a mesmerizing state of goodness; if we are

not, we clearly show it through our expressions.

Ageless beauty comes from within.

A good person with a calm, peaceful inner world generates true beauty, regardless of age. So often, simple-looking, down-to-earth people impress us in the first very instance. They are the ones who carry an inner, positive influence as a beautiful mark on their faces.

A major part of beauty is mind-set, and you actually reflect a positive or a negative mind-set when you look beautiful, or do not. Celebrities and the media have a large influence on how people (particularly young girls) think about

beauty, about values, about life. Jaclyn Smith is a perfect example of ageless beauty. Unfortunately, the image reflected by some celebrities is not always good.

However, we can achieve our best beauty image by having a positive mind-set, by being good people and by enhancing our natural beauty features through appropriate use of cosmetics and styles.

Furthermore, taking good care of your skin by cleansing it, moisturizing it and pampering it with facials and massage are proven methods for re-



taining yours skins youth. Today women are fortunate since there are day spas that are very affordable and give you the feeling of being pampered and feeling beautiful.

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THIS MONTH'S BEAUTY TIP

Q. How to blend or camouflage freckles on fair complexions?

A. Camouflaging freckles or splotches requires your foundation to be mixed one shade lighter than the freckle and one shade darker than your skin tone. Also, remember to wear Translucent Powder because since your goal is to camouflage, you are required to apply your foundation thicker. The powder helps to keep the make-up exactly where you put it.

