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You, Your Home & Car**

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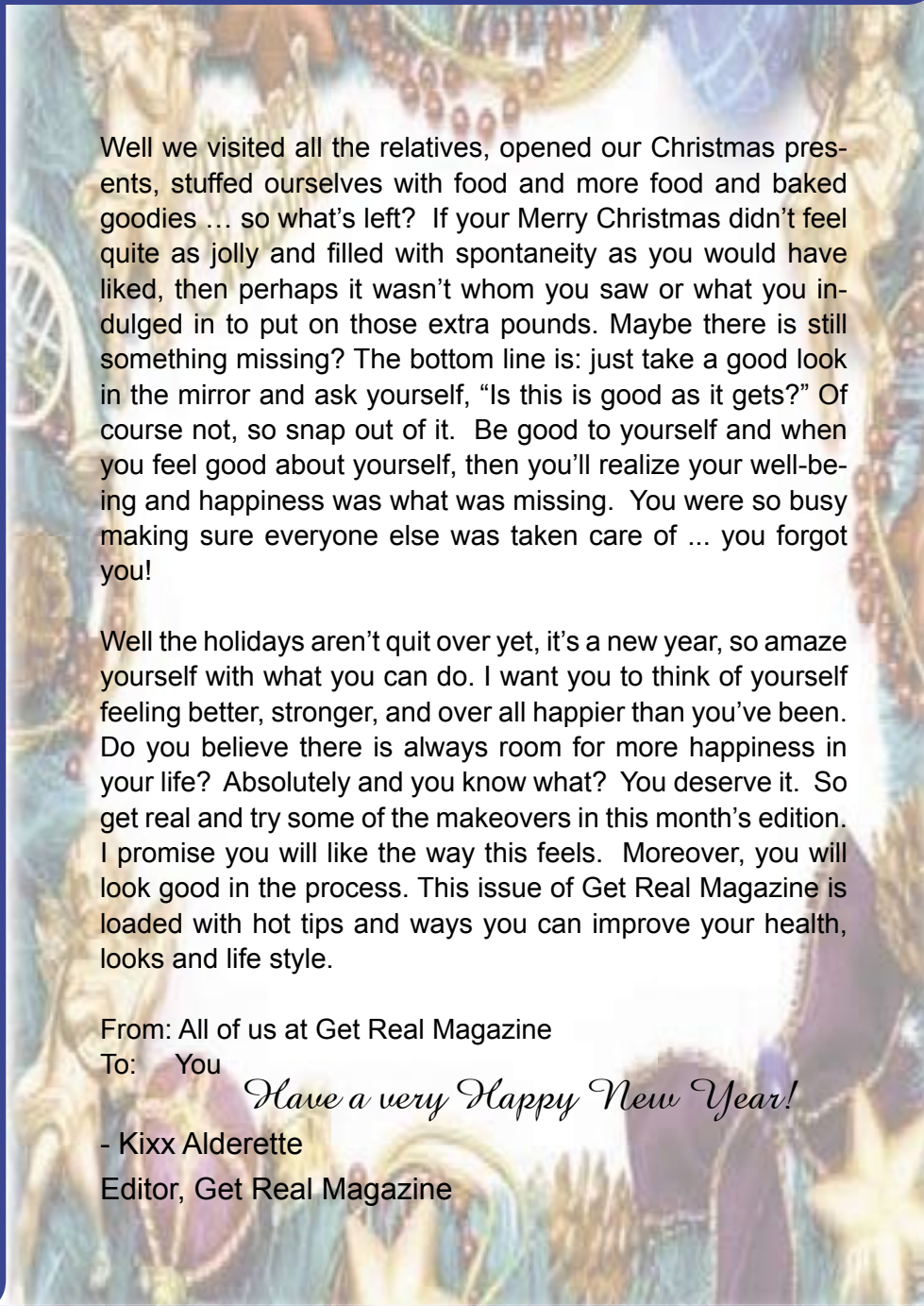
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EDITOR'S COLUMN



Well we visited all the relatives, opened our Christmas presents, stuffed ourselves with food and more food and baked goodies ... so what's left? If your Merry Christmas didn't feel quite as jolly and filled with spontaneity as you would have liked, then perhaps it wasn't whom you saw or what you indulged in to put on those extra pounds. Maybe there is still something missing? The bottom line is: just take a good look in the mirror and ask yourself, "Is this is good as it gets?" Of course not, so snap out of it. Be good to yourself and when you feel good about yourself, then you'll realize your well-being and happiness was what was missing. You were so busy making sure everyone else was taken care of ... you forgot you!

Well the holidays aren't quit over yet, it's a new year, so amaze yourself with what you can do. I want you to think of yourself feeling better, stronger, and over all happier than you've been. Do you believe there is always room for more happiness in your life? Absolutely and you know what? You deserve it. So get real and try some of the makeovers in this month's edition. I promise you will like the way this feels. Moreover, you will look good in the process. This issue of Get Real Magazine is loaded with hot tips and ways you can improve your health, looks and life style.

From: All of us at Get Real Magazine
To: You
Have a very Happy New Year!
- Kixx Alderette
Editor, Get Real Magazine

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GET REAL Magazine January 2009

Visit our website for the latest updates and more information on the events up and coming!
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 Volant Jan. Clearance	12 Volant Jan. Clearance	13 Volant Jan. Clearance	14 Volant Jan. Clearance Josh Sneed - 12pm Penn State Shenango	15 Volant Jan. Clearance	16 Volant Jan. Clearance New Castle Playhouse Laughter on 23rd Floor Porter House Brew Shop - Wine making 101	17 Volant Jan. Clearance
18 Volant Jan. Clearance	19	20	21	22 Cooking Class on Herb Rubs - Plant's Herb Farm B&B	23 Butler Little Theatre Deathtrap	24 Butler Little Theatre Deathtrap
25 Butler Little Theatre Deathtrap	26	27 Butler Little Theatre Deathtrap	28 Butler Little Theatre Deathtrap	29 Butler County Symphony's Winter Wonderland Ball Slippery Rock's Dance Theaters Winter Concert	30 Slippery Rock's Dance Theaters Winter Concert Butler Little Theatre Deathtrap	31 Slippery Rock's Dance Theaters Winter Concert Butler Little Theatre Deathtrap
4 New Castle Playhouse Stars of Tomorrow Volant Jan. Clearance Porter House Beer Brewing 102 class	5	6	7	8 Cooking Class on Scones - Plant's Herb Farm B&B	9 Pittsburgh Symphony The Cathedral 8pm	10 New Castle Playhouse Stars of Tomorrow Volant Jan. Clearance Porter House Beer Brewing 102 class
3 New Castle Playhouse Stars of Tomorrow Volant Jan. Clearance Porter House Beer Brewing 102 class				1 Happy New Year!	2 Open House Diane's Boutique Jameson's Candy Cascade of Lights 6:30 Noel night Volant 5-9 pm	

EDITOR'S CORNER: Why not a 2009 Car Makeover?

Enjoy the ride! Driving the way you want to feel ... your car's performance matters. Okay let's face it ... we all spend more time in our automobiles than we care to admit. Then when your car breaks down and suddenly the check engine light comes on, the glow ride is over.

So why wait ... why not avoid the whole stressful scenario and pick a more pleasant

one. Picture yourself behind a new automobile ... top down, hair blowing in the wind ... the smell of new upholstery, what's not to like? No doubt that is a most enjoyable experience and if you can honestly afford the payments then life is grand. Moreover the economy is on your side when it comes to making deals!

A little rich for the budget right now? You're still not out of the picture.

It's exciting to think how good you can look in a fine previously owned automobile without the sticker shock. Many of those cars look unbelievable and showroom fresh.

Okay that's still a stretch? No worries, you can still look good. Throw out the "make do with what you have" adage, cause making your dollar stretch has just gotten better. There are some

cool after market trim kits and chrome to add style to your wheels. Not to mention super tune-ups that include sensor upgrades that can be installed by a reputable automotive center ... to give your car that high performance drivability it's been missing.

So after doing one of these car makeovers, what's left? Is your personalized keychain and a new set of shades!

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THE HISTORY OF CHRISTMAS

Twinkling Ginger Champagne Punch (Makes 8 servings.)

Ingredients

- 1/4 cup sugar
- 1/4 cup light-color corn syrup
- 1/4 cup water
- 3 Tbsp. finely snipped crystallized ginger
- 1/2 cup vodka
- 1 750-milliliter bottle champagne, chilled

Directions

1. In a small saucepan, combine sugar, corn syrup, water, and candied ginger. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Stir in vodka; cool to room temperature. Cover and chill for 4 hours or overnight. Strain the vodka mixture to remove the candied ginger; discard ginger.

2. Pour vodka mixture into a large bowl. Slowly pour the champagne down side of bowl; stir gently with an up-and-down motion to mix.

3. To serve, ladle punch mixture into champagne glasses or punch cups. Serve immediately. Makes 8 servings.

The history of Christmas dates back over 4000 years. Many of our Christmas traditions were celebrated centuries before the Christ child was born. The 12 days of Christmas, the bright fires, the yule log, the giving of gifts, carnivals(parades) with floats, carolers who sing while going from house to house, the holiday feasts, and the church processions can all be traced back to the early Mesopotamians. Many of these traditions began with the Mesopotamian celebration of New Years. The Mesopotamians believed in many gods, and as their chief god - Marduk. Each year as winter arrived it was believed that Marduk would do battle with the monsters of chaos. To assist Marduk in his struggle the Mesopotamians held a festival for the New Year. This was Zagmuk, the New Year's festival that lasted for 12 days.

The Mesopotamian king would return to the temple of Marduk and swear his faithfulness to the god. The traditions called for the king to die at the end of the year and to return with Marduk to battle at his side.

To spare their king, the Mesopotamians used the idea of a "mock" king. A criminal was chosen and dressed in royal clothes. He was given

all the respect and privileges of a real king. At the end of the celebration the "mock" king was stripped of the royal clothes and slain, sparing the life of the real king.

The Persians and the Babylonians celebrated a similar festival called the Sacaea. Part of that celebration included the exchanging of places, the slaves would become the masters and the masters were to obey.

Early Europeans believed in evil spirits, witches, ghosts and trolls. As the Winter Solstice approached, with its long cold nights and short days, many people feared the sun would not return. Special rituals and celebrations were held to welcome back the sun.

In Scandinavia during the winter months the sun would disappear for many days. After thirty-five days scouts would be sent to the mountain tops to look for the return of the sun. When the first light was seen the scouts would return with the good news. A great festival would be held, called the Yuletide, and a special feast would be served around a fire burning with the Yule log. Great bonfires would also be lit to celebrate the return of the sun. In some areas people would tie apples to branches of trees to

remind themselves that spring and summer would return.

The ancient Greeks held a festival similar to that of the Zagmuk/Sacaea festivals to assist their god Kronos who would battle the god Zeus and his Titans. The Roman's celebrated their god Saturn. Their festival was called Saturnalia which began the middle of December and ended January 1st. With cries of "Jo Saturnalia!" the celebration would include masquerades in the streets, big festive meals, visiting friends, and the exchange of good-luck gifts called Strenae (lucky fruits).

The Romans decked their halls with garlands of laurel and green trees lit with candles. Again the masters remind themselves that spring and summer would return. Con't P.4

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THE HISTORY OF CHRISTMAS

and slaves would exchange places. "Jo Saturnalia!" was a fun and festive time for the Romans, but the Christians thought it an abomination to honor the pagan god. The early Christians wanted to keep the birthday of their Christ child a solemn and religious holiday, not one of cheer and merriment as was the pagan Saturnalia.

to compete against the pagan celebrations of December. The 25th was not only sacred to the Romans but also the Persians whose religion Mithraism was one of Christianity's main rivals at that time. The Church eventually was successful in taking the merriment, lights, and gifts from the Saturnalia festival and bringing them to the celebration of Christmas.

But as Christianity spread they were alarmed by the continuing celebration of pagan customs and Saturnalia among their converts. At first the Church forbid this kind of celebration. But it was to no avail. Eventually it was decided that the celebration would be tamed and made into a celebration fit for the Christian Son of God.

The exact day of the Christ child's birth has never been pinpointed. Traditions say that it has been celebrated since the year 98 AD. In 137 AD the Bishop of Rome ordered the birthday of the Christ Child celebrated as a solemn feast. In 350 AD another Bishop of Rome, Julius I, chose December 25th as the observance of Christmas.

Some legends claim that the Christian "Christmas" celebration was invented



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We all have visions of wonderful holiday get-togethers...

But after eight hours in the car with the kids, these visions get wobbly. How can we make the best of the trip, so that -- when the family piles out of the car at Grandma's -- everyone's still speaking to one another? And no one's in tears?

Don't Rush

.. is the golden rule. Pack the night before, and allow plenty of time for the trip including meal stops, bathroom stops, and stretch-your-legs stops. (Bring a frisbee or a ball for exercise at rest stops.)

Pacing

Listen for the telltale signals that your little ones are wearing down: like that change in voice pitch (that drives you nuts.)

This is not the time to push on for the next 100 miles! Better to take a break, be a little late, and arrive in good psychological shape.

En-route Entertainment

A few minutes of prevention are worth a hour of

damage control after a spat or meltdown: the more you keep the kids amused, the less conflict will occur. Luckily, on a car trip, you can take along a big bag of tricks for hand-held games, books, and small toys.

Conflicts

Spats happen. An excellent parenting-help book is Siblings Without Rivalry. Clear prose plus cartoons help you get beyond unhelpful responses, like "Stop it, you two!" and "Who started it?"

Online, Positive Parenting has helpful tips for stand-offs with preschoolers:

"The First Step is to Sidestep": step around a power struggle, instead of stepping into your opposing role. Sidestep with the unexpected. (If a preschooler's fretful in the car ask some silly questions, like, "Did you see that huge dinosaur?") give choices, not orders: your child will resist more if she feels forced.

Tantrums

Every parent hates a tantrum... But your child is probably hating it just as much as you.

Here's advice on Avoiding Tan-



trums on The Trip. And once you're at Grandma's: Hopefully the kids will play like angels while the turkey roasts.

But if you end up constantly "hushing" them, or find that your relatives have a completely opposite style of parenting...

One tactic is to schedule a short, fun, family meeting every day. You kids can count on having a private time to talk to you about anything that might be bothering them.

CAN WE PREVENT AGING? CONT

It's a major antioxidant in the body. Among the anti-aging claims are: reverses skin aging, increases male fertility, increases sexual performance, and increases exercise performance.

Ginseng:

Ginseng and ginkgo biloba are the two most commonly used "anti-aging medicines."

The term ginseng applies to several plant species coming from various countries in Asia. Traditional Chinese medicine uses ginseng to restore a balance flow of "qi" (pronoun: chee), or "life energy." In the United States, many athletes take ginseng as a sports performance enhancer.

Are the claims valid? Numerous studies have yielded conflicting data, but there is currently no credible evidence that vitamin E reverses the aging process. It appears to be protective against heart disease and some forms of cancer and it may help in Alzheimer's disease, but again, there are conflicting studies.

Adverse effects: There are no real adverse effects. However, you should not take it with coumadin (blood thinner).

Are the claims valid? A number of well-performed studies confirmed that there is no significant difference between those who take ginseng and those who don't in terms of heart rate, oxygen consumption, respiratory exchange rate, or total work load. In other words ginseng has no exercise benefits.

Adverse effects: Only Asian ginseng

has been reported to occasionally cause side effects, and there are many. The side effects increase when the use is extended beyond three months. They are mostly hypertension, rapid heart rate, vaginal bleeding, palpitations, along with sleeplessness.

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Can you imagine a tropical vacation as your new lease on life for 2009? According to medical opinions even save your life ... no fooling. Have you ever wondered why vacations feel so good? That's because they are good for us in many different ways. On a health level, vacations are like preventive medicine, allowing you to de-stress your body and mind before they blow.

of death. "Taking a vacation is a serious health issue that should not be ignored. It could save your life." He was referring to data from the Framingham Heart Study data from the Framingham Heart Study data of women aged 45-64 showing that frequent vacations cut risk of death among all women by half. Another study from the State University of New York at Oswego published in 2000 found that regular vacations lowered risk of death by almost 20 percent in 35-57 year-old men.

According to Dr. Dorothy Cantor, president of the American Psychological Foundation, "Stress can take its toll. In order to maintain a strong state of mental health, the human body needs a release and a source of replenishment, ... An ideal vacation should eliminate stress, encourage relaxation and provide opportunities for rejuvenation, making the benefits of the experience immeasurable."

The study stated, "Americans are the most vacation-starved people in the industrialized world." This was based on statistics from the World Tourism Organization listing average annual vacation days for Italy (42), France (37), Germany (35), Brazil (34), Britain (28), Canada (26), South Korea (25) and Japan (25) with the U.S. being last at 13.

Oxford's chief medical officer said, "Americans to realize that taking a vacation is not frivolous behavior. It's essential to staying healthy. Regular vacations are preventive medicine -- they cut down on stress-related illness and save health care dollars." He emphasized that while taking a vacation provide stress relief benefits, medical research shows that it can also lower risk

Well there it is from a medical standpoint, but are you truly convinced? Now tell the truth. Do you really realize why owning your own time-share is so valuable? The answer is the feeling of long time commitment devoted to your happiness each and every year which sends the message ... "don't call me I am so not available because everyone knows were I'll be" ... Yeah baby!

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CAN WE PREVENT AGING?

A recent medical study suggests that 60 percent of people over the age of 65 are using alternative medicines in the hopes of finding that fountain of youth. But are the claims of these medicines valid? And are they safe? On NBC's Today show, Dr. Richard Dupee, chief of geriatrics at New England Medical Center, takes a look at some of the alternative therapies being offered over the counter at health food stores and drug stores. He offers his thoughts on some of their claims below.

SEVENTY-SEVEN MILLION baby boomers are entering the Medicare demographic in the next 10 years. A recent study from Mt. Sinai Medical Center found that 60 percent of people over the age of 65 are now using alternative medicines. This includes hormones, acupuncture, chiropractic, herbal therapies and vitamins (such as ginkgo and garlic), and over a billion dollars is spent each year in the United States on anti-aging medicines and sports supplements. But the question still remains, do they work?

(Note: The following medications are not prescription. They can all be purchased over the counter at health food stores and drug stores.)

ANTI-AGING MEDICINES:

Dhea:

Dhea is a steroid produced by the adrenal glands. It has been called "the anti-aging hormone." Among the anti-aging claims are: boosts sexual performance, fights cancer, reduces risk for heart attack, reduces risk for diabetes and osteoporosis, and burns fat and builds muscle.

Are the claims valid? Currently there is no data to support its use but there are ongoing trials. Research shows no benefit in breast cancer (possibly higher incidence), minimal decrease in risk for heart disease and actually a slight increase in women. One trial suggested weight loss induction in males — subsequent trials did not confirm this.

It may be of help in the post-menopausal state, and may help ease symptoms of lupus. It may also improve mood and memory.

Adverse effects: Due to the male hormone, side effects are acne, deeper voice, hair loss and rise in blood sugar. Dhea has been banned for all use in the U.K. and Canada. Higher doses can have serious health risks.

Growth hormone:

Growth hormone is secreted naturally by the pituitary gland. It's the primary hormone responsible for growth in humans. Levels at age 60 are 1/2 of those in young adults. Reduction in growth hormone contributes to decreased muscle mass and strength. Among the anti-aging claims are: enhances athletic and sexual performance, increased joint health, sleep aid, enhanced immune function, protects heart and brain.

Are the claims valid? There is no evidence that oral human growth hormone has any health benefits. In several studies giving growth hormone to elderly males yielded no change in strength, but there was an increase in muscle mass and skin thickness, and a slight reduction in fat.

Adverse effects: higher blood sugar levels, fluid retention, carpal tunnel syndrome, breast enlargement and headaches.

Estrogen:

Estrogen is the female hormone produced by the ovaries and gonads. Levels drop sharply at menopause, and there are numerous synthetic and natural estrogen therapies available to women as a replacement after menopause.

Are the claims valid? Estrogen replacement therapy makes sense if there is no family history for cancer or cardiac disease. It's unquestionably effective in maintaining bone mass and reducing hot flashes.

Adverse effects: Studies have

shown there is an increase in incidence in heart disease and an increase risk of breast cancer.

Testosterone (also known as "androstenedione"):

This hormone made in the adrenal glands and gonads. Commonly known as "andro," it became popular because of its use by baseball player Mark McGuire. It was synthesized in the 1930s with an expectation it would become "the fountain of youth." Among the anti-aging claims: increased muscle mass and strength.

Are the claims valid? The data is unified regarding the serious health risks of the use of testosterone. It does play a role in patients with diminished libido and decreased testosterone levels, but is contraindicated in patients with prostate enlargement or prostate cancer.

Adverse effects: Increased risk for prostate cancer, acne, breast enlargement, hair loss, behavioral changes, lowering of "good" cholesterol.

Ginkgo biloba:

Ginkgo biloba is a traditional Chinese medicine herb which helps to boost memory. It's the top-selling medicinal herb in the United States. It comes from the maidenhair tree. It's an extract from the dried leaves. The claim is that it raises brain oxygen levels, which theoretically improves memory.

Are the claims valid? Studies show ginkgo biloba doesn't enhance memory for people who don't have a significant memory problem. But it does improve memory slightly in people with Alzheimer's.

Adverse effects: It blocks platelets (cells that make your blood clot). You must stop two weeks before surgery.

Vitamin E:

Vitamin E is an essential nutrient and a fat soluble vitamin.

NEW YEAR'S CUSTOMS & CELEBRATIONS

It is fairly universal to hear church bells ringing, people shouting, making lots of noise and throwing confetti at the stroke of midnight. This actually stems from ancient practices of driving evil spirits away from the New Year.

Ancient Rome

The practice of exchanging gifts on New Years Eve began in Rome. In the beginning, symbols of good luck were given. This developed into coins with Janus (the god of new beginnings) stamped on them. A friend would also receive a glass jar filled with dates and dried figs soaking in honey and a bay leaf branch so their year would be sweet and full with good fortune.

Argentina

On New Year's Eve people go out to visit relatives and neighbors, kissing and toasting the beginning of a new year; cars honk their horns and in some streets, the neighborhood gets together for drinks and dancing all night long and go house by house to greet people. Is a tradition to have drinks and cakes to offer to visitors; some people wear fancy dresses and masks.

Australia

New Year's Eve is a night of celebration. People gather at friend's homes or in major venues of their hometowns. There is entertainment, dancing and wonderful fireworks. At midnight everyone joins hands and sings "Auld Lang Syne" There is a tradition of making a "New Year Resolution."

Austria

Pork is the traditional food as the pig always roots forward. Even sweet candy pigs are served. Conversely, lobster is avoided as it moves backwards and might cause setbacks in the New Year.

Brazil

The streets of Brazil are decorated with bright colors and an abundance of bells and flowers. After midnight a late meal is served. Lentils are usually included as they symbolize good luck. Dancing and partying goes on until dawn. In Eastern Brazil, people go to the beach. At midnight people run into the waters with gifts of flowers and candles for the goddess Lemanja.

Bolivia

Little dolls made of wood and/or straw are hung in the doorway for good luck. British Columbia, Canada People plunge into the ice-cold water of Vancouver in the traditional Polar Bear Swim.

Cambodia

Chaul Chnam Thmey meaning Entering the New Year is celebrated on April 13th and last for three days. Homes are cleaned and decorated with flowers and balloons. People douse each other with colored

water (red, pink, or yellow) as a blessing to symbolize a colorful future.

China

The Chinese New Year is celebrated in January or February. Homes are cleaned, debts are paid and there are celebrations and symbolic meals. Lai see small red packets with money are given out. For more information visit Chinese New Year.

Ecuador

Karima Oglesby from Philadelphia, PA tells us that families burn a scarecrow and a will for the New Year representing the years short-comings.

England

Prior to the 19th century gloves and pins were the traditional gifts for the New Year. Today, people crowd into Piccadilly Circus and Trafalgar Square in London awaiting Big Ben to announce the start of the New Year. The "first-footer" or the first person to set foot in the house will determine the luck of the New Year. Susan Haley Cornwall, UK says "We put coal and silver coins just outside our door before midnight and bring it in after midnight to ensure that warmth and prosperity will enter our house all year round."

France

Families gather and exchange homemade gifts and greeting cards. Gifts to friends and associates might include bonbons, flowers and fresh or candied fruit. ~ Gifts of money are given to children or service people, ie. postman.

Germany

Onions are used to predict the weather of the New Year. Six onions are cut in half. The cut side is salted. Each half is designated as one month of the year. They are left alone for a while, then when they are looked over the predictions are made. Onions that the salt has dissolved on—the month will be wet, if the salt is still there the month will be dry. Other superstitions include eating pork and fish for riches.

Greece

This day is also the Festival of Saint Basil, the founder of the Greek Church. Vassilopitta or St. Basil's Bread is served. Small trinkets are baked inside the bread. The people who find the trinkets in their pieces will have good luck. Greek children leave their shoes by the fireplace in hopes that Saint Basil will fill them with gifts. The "Baby New Year" is believed to have originated in ancient Greece. During the Feast of Dionysus, the god of Wine, a baby in a basket was taken about representing the rebirth of the land.

Holland

The Dutch consume lots of wonderful food on New Years Eve and drink spicy warm

wine as they "eat out the old year and eat in the new".

Iran

No-ruz meaning "New Day, New Life" is celebrated on March 21st or 22nd and lasts 13 days. It is celebrated with new clothes, symbolic foods, bountiful feasts, and exchanging gifts. It is bad luck to stay indoors on the 13th day so many folks picnic. A ceremonial table called sofreh-e haft sinn, meaning "cloth of seven dishes" is set. Seven dishes are prepared, each beginning with the letter 's' in Farsi, sinn: samanoo (wheat pudding), sumac (berries), serkeh (vinegar), seeb (apple), sekkeh (gold coin), sombol (flower), and sear (garlic). Each dish represents one of the seven angelic heralds of life: rebirth, health, happiness, prosperity, joy, patience, and beauty.

Italy

A sprig of mistletoe is hung over the front door to ensure good luck and at midnight old pots and dishes are tossed out of windows to bring good luck. A popular sweet treat is Chiacchiere. It is made of tiny balls of dough that resemble little lentils, the balls are drizzled with honey so the year will be sweet.

Japan

Called Shogatsu, The New Year is celebrated for three days. New cloths are worn and straw ropes and fans are stung across the front door to bring happiness and good luck and seaweed and ferns for happiness and good luck. House entries and even may be decorated with pine for youth, longevity and strength of character, bamboo for luck, and plums for virtue and courage. The New Year brings a fresh start and often Bonenkai or "year forgetting parties" parties are thrown. On New Year's Eve, everyone gets a change to ring the bell in the Buddhist temple until it has rung a total of 108 times. Everyone laughs at the stroke of midnight to ensure good luck in the New Year. Craftsmen clean and honor their tools. Food plays an important part as well. Rice is always served and usually as mochi, a cooked glutinous rice cake shaped like a round ball.

Korea

Girls put three carnations in their hair. If the top flower dies first, the girls' later years of life will be arduous. If the middle flower dies first, her earlier years will bring her the most grief. If the bottom flower dies first, the girl will be miserable her entire life.

Philippines

In the Philippines families get together,

Con't P.6

Happy New Year 2009!

usually at someone's home and eat a midnight dinner. They also set out fireworks as a sign of happiness for the New Year. Children jump ten times when the clock strikes twelve to 'grow taller'.

Poland

People stay up until midnight when then they drink champagne and wish each other well. Then people go outside and watch the fireworks. The rest of the evening is spent sitting and talking and the kids play games, listen to the music and dance.

Romania

It is believed farm animals talk on New Year's Day. However if one hears them it is considered bad luck.

Scotland

The New Year is referred to as Hogmanay, "Moon of the Hag". Cakes and pastries are favored. Black buns and Scottish fruitcakes are baked weeks in advance and enjoyed on New Years Eve. They are served with haggis, het pint and shortbread. In some areas of Scotland large barrels of tar are set on fire to "burn out the old year". The "first-footer" or the first person to set foot in the house will determine the luck of the New Year. The well-known poem/song "Auld Lang Syne, was written by a Scottish poet, Robert Burns, 200 years ago.

Spain

"If you eat grapes on New Year's Day, you will have money the whole year." The Spanish each 12 grapes, one for each month of the New Year at the stoke of midnight.

Thailand

From one of our visitors: "In Thailand on New Year day's morning we get up earlier and go to Buddha's temple; offer food for monk and do some activities there; go to visit our parents and have a party in evening or at night. Now most of people prefer to travel in this long weekend."

Russia

Grandfather Frost and Snow Girl shake jingle bells on New Year's Day, when toys and cakes are given to children.

Vietnam

Tet, Vietnamese New Year, is celebrated in January or February. Prior to Tet homes are cleaned and painted. Hoa Mai blossoms decorate the home. New clothes are purchased and old debts are paid. For more information visit Tet.

Wales

Children go door to door singing and wishing people a Happy New Year. They receive mincemeat pies, fruit and coins in return. In Pembrokeshire special buns are given to each child.

Jewish Community

Rosh Hashanah begins the Jewish New Year, which occurs in September or October. There are 10 Days of Penitence that ends with Yom Kippur. Yom Kippur is the holiest day of the year. People ask for God for forgiveness for those promises they did not keep. For more information visit Rosh Hashanah.

United States

People gather on New Years Eve and wait for the stoke of midnight, when bells ring, noisemakers whirl, and people shout, "Happy New Year". People kiss, toast the New Year with champagne or sparking apple juice, and sing "Auld Lang Syne". Most everyone makes a New Year resolution. The idea of a New Year resolution is believed to have started in Babylon. It is the promise to do something to better oneself or to get something accomplished.

Pasadena, California

Early New Years Day the Tournament of Roses Parade begins. Large elaborate floats covered with flowers, nuts, and seeds are marveled at by spectators. The parade began in 1886 when carriages were decorated simply with flowers. The Rose Bowl, a football game, traditionally follows the parade.

Philadelphia, Pennsylvania

People dress in intricate costumes then parade and dance down the main streets in the Mummers' Parade, a tradition since 1901.

New York City, New York

Thousands crowd into Times Square

to watch the "ball drop". A large ball covered with lights drops from the top of a skyscraper precisely at midnight on New Years Eve.

Virginia

Ninna tells us that in Virginia, Christmas is celebrated by doing a dance called El Gid. "We spin in circles with many people."

Southern U.S.

The black-eyes peas known as Hoppin John are eaten to bring prosperity in the New Year. On New Year's Day, families get together and have a wonderful dinner. This dinner must consist of pork (for health), green cabbage (for wealth), black-eye peas (for luck) and fruit salad for prosperity. Resolutions are discussed, but I can't ever remember being TOLD to have one."

So no matter, where you are or what your New Year traditions are, may this New Year bring you God's blessings, prosperity, and a new hope for a better 2009!



Well it's a new year 2009 which also means its time to do some updating especially when it comes to our wardrobe. Here are quick ideas to help you update your wardrobe. So here we go ...

Somewhere between 18 and 29 we master the hemlength that suits, the eyeliner that flatters and the hairdo that takes three minutes to fix, then we get comfortable. And dated.

Decade leaping takes courage and the will to experiment. Let Paloma Picasso wear the same red lipstick for 30 years; you have other tricks up your sleeve. After you give up a Jennifer Aniston 'flip-do' you can do anything.

Invest in a colorist.

Ditch: Your college jeans, it's time to hand them down.

Switch: To flattering suit pants, stretch cords or velvet Capris.

Ditch: Cocoa-colored lipliner with nude gloss, spindly mascara-heavy lashes, heavy tanning.

Switch: Fattening and flattering cherry and berry tones, good powder bronzer, one coat of clear lash mascara.

Ditch: Really huge, really uncomfortable tote bag.

Switch: A pretty city tote that carries the bare basics. You are no longer sleeping in the rain at Woodstock.

Keep: Cowboy boots, carpenter husband, Moroccan djellaba, surfboard, Stones albums, silver and turquoise bracelets, integrity, oatmeal cookie recipes, '40s dresses/Ossie Clark/Zandra Rhodes and Jean Muir.

'80s Woman



Ditch: Big, hard hair, hot rollers, hair spray, short 'perky' fringe, curly Melanie Griffith bangs, Shaggy 'Valerie Bertinelli' bangs, bangs period.

Switch: A soft layered un-do (Meg Ryan/Cate Blanchett-esque), a

20+ Ways To Update Your Look

chignon or (if addicted to bangs) a bob like Audrey Tatou's in "Amelie."

Ditch: Fluffy, embroidered sweaters, leather micro-mini, ankle boots, lace stockings, multiple bracelets or keep one and wear it as ironic 'post' statement.

Switch: Your first no-shoulder-pads suit. White for black. An evening dress without any spangles, velvet bits or pie crust collars.

Ditch: Fur, distressed leather, long 'Edwardian' overcoat for work.

Switch: Cashmere layers. Short Tocca coat. Leather gloves and calf boots only.

Keep: Investment savvy, first Prada backpack, DKNY black body suit, gym addiction, Bruce Springsteen albums, Cowboy hat, La Perla account, red lipstick, gold bracelet (just one), real diamond earrings, denim jacket (non embroidered), Walter Steiger, Maud Frizon, Sonia Rykiel, heels, gold hoop earrings. Black 'Joan Jett' eyeliner.

'90s Woman



Ditch: Stuff that reminds you of "Friends:" the Rachel 'do, too

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'70s Woman

Ditch: Henna for the hair. It looks best on teenage Goth



girls.

Switch: To natural silver, blond highlights or lush auburn.

Party Definitions

Black Tie Invited means you have the option of wearing a tuxedo, but it should clue you into the formality of the event, meaning a dark suit and tie would be your other option. Women wear cocktail, long dresses or dressy evening separates.

Creative Black Tie leaves room for trendy interpretations of formal wear. He can go more modern with a tux -- maybe a black shirt, no tie. She wears long or short dresses or evening separates.

Semi-formal is the trickiest of all dress codes. Usually it means that tuxes are not required, nor are long dresses. An evening wedding (after 6 PM) would still dictate dark suits for him, and a cocktail dress for her. Daytime semi-formal events mean a suit for him and an appropriate short dress or dressy suit for her.

Cocktail Attire means short, elegant dresses for her and dark suits for him.

Dressy Casual usually means no jeans or shorts. Similar to business casual, but a tad dressier. Casual generally means anything goes.

Winter 2009 Fashion Trends

Winter is here which means fashion designers are proposing some fabulous winter trends! The first step is choosing the clothes' cut having yourself as the source of inspiration and then create harmony between your clothes, hair and makeup.

The first trend is jet black. Yes it was out for a while, but victorian, gothic, classic ... black is a main trend in the cold season.

The second trends is impact colors. The top colors designers are proposing are intense red, royal blue and brilliant orange.

The third trend is Bohemian Rhapsody. The Boho style is refreshed, acquiring new ethnic accents and a more precious touch. Fashion's crossing Eastern Europe, but also India, Peru and Mexico.

The fourth trend is Eco Challenge. With all the awareness of global warming, preservation and nature emphasized last season,

fashion designers continue to take their inspiration from the natural environment. Vegetal prints, green hues, earth tones, leather and fur are representing fashion designers homage brought to nature.

The fifth trend is Plaid is back. A bright colored pleated skirt will provide you a young and fresh look.

The sixth trend is Lady Chic. This season knee-length pencil-skirts, casual dresses that emphasize waist, vaporous chemises, tailored jackets are must-haves!

The seventh trend is the Military Look ... Buttons, epaulettes, badges, medals; all these motifs are in great demand!

The eighth trend is Architectural Shapes meaning clear lines, severe

appearance or architectonic and sculpted shapes assure you an ultra-modern look in an instant.

The ninth trend is Transparencies. This is a difficult trend to wear - doesn't have to be too much, nor too little.

The tenth trend is fur. Fox, mink, rabbit, lamb, chinchilla, sable or ecological fur ... fur coats, skirts, tops or accessories are all in.

The eleventh trend is Lace. Lace does not have to appear old-fashioned at all, nor unattractive! The Prada collection shows a beautiful example of combining romantic and sensual.

Well there you have our opinion on this years winter fashion trends. Don't forget to look for after Christmas bargains at your local fashion boutiques!

Wardrobe Essentials: Comfort Clothes

We all know and have our favorite "comfort foods" ... chocolate, ice cream, pizza, french fries ... and the list goes on. Yet do we not also have our favorite "comfort clothes"? Maybe its your favorite teams sweatshirt, sweatpants, oversized t-shirt or a favorite pair of old jeans. Whatever your comfort clothes are they make you feel good.

Fashion isn't just about how you look but how you feel. Let's

be honest, girdles can make you loose several inches within minutes ... but how many of us are willing to wear them except for maybe a special occasion? Think you're alone? Many stars feel the same way.

Eva Mendes insists it's more important to be comfortable than stylish. The Ghost Rider star says she only oozes confidence if she is relaxed in what she is wearing. Eve explains, "For me it is all about

comfort. So my tip would be that if it does not feel good you probably should not be wearing it. In fact that is probably true of all clothes - unless your husband has asked you to wear it as a favor. But otherwise I'm really about comfort."

So we are not alone. Moreover in winter it seems comfort clothes are even more in demand ... maybe it's due to the layering of clothes we wear. However, being comfortable should not mean "I'm dressed down so I don't need to do my hair or wear make up" which many times I see women do. Just look at the stars ... no matter what outfit they are wearing, they always have their makeup and hair done (unless they wish to end up on the front page of STAR magazine!) So unless you're at the gym and working out, wear makeup and get a hair



style that's versatile and easy to maintain.

Also, accessorize, accessorize, accessorize! I cannot stress how important accessories are to any outfit. Even the simplest of outfits benefit from a great handbag, a nice necklace and some simple earrings or other accessories ... allowing that outfit to go from ok to fabulous. Remember, clothes and accessories are meant to be fun, that's why there are so many choices.



For those readers who have been following the three part series Spooktacular Historical Places, our final chapter remains still somewhat of a mystery. This is mainly because the gallery of film/photos of the ballroom and noteworthy events that took place in the past are missing. The plan was to tie in old celluloid acetates/photos with famous in-house ghosts such as Milton. There were also other aberrations who frequented the ballroom that we are desperately trying to tie into the paranormal phenomena that lingers in the Elks. However, with no photos

of the Elk's in its glory days, the overlay from then to now is not finished.

The search lead us to more than a few past Exalted Rulers of the Elks and fascinating stories of first hand experiences of some of the guests who frequented the Elks. Some spoke of, you guessed it ... paranormal activity even as early as the 1920's.

Also to my surprise, since this story was released in Get Real Magazine, our mail bag has been filled with even more inquiries beyond New Castle. The good folks throughout the townships have also followed along and promised to join in the search for memorabilia and photos from inside of the Elks building. Yet as of press time, I can only be intrigued yet bewildered as to where all those pictures of the grand ball room etc are hidden. Who was in charge? Where were they stored?

As to the film shoot itself, we have extended the postproduction and mastering time. The decision to do so was based upon not just making this another ghost hunt, but to make every effort to tune into the ghosts that are thought to haunt the Elks and humanize, if you will, the real reason they are doing so.

We also would like to correlate the actual music they listened and danced too in the big ballroom, since some say you can sometimes get a glimpse of the past if you can see beyond the ballrooms deteriorated present condition. Thus we are going to dig through the archives and make that also available to the viewers who will be eventually be watching this documentary and tie this all in with the mysterious ballroom of many secrets.

The Elks is truly an icon of New Castle and at a price tag of \$1.5 million; it could be again. Will the ghosts of the Elks stay once restoration begins? Well that's another story. On a closing note, due to a scheduling conflict, the interview with the medium, Barb Bohizic, scheduled for this issue will be put online at www.getrealmagazine.com in Behind the Scenes.

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The Traditional Furniture Style



TRADITIONAL STYLE

The traditional style can best be described as the typical "formal" living room. Furnishings tend to be medium to dark woods with classic, conservative fabric patterns on sofas and chairs. These patterns are sometimes incorporated into the draperies as well. The defining word for the Traditional style is "timeless".

Without a doubt, traditional style remains at the top of the popularity charts in America's home decorating. Gracious and inviting, traditional design evokes images of understated elegance and the grand style of the 18th and 19th century -- and the warmth and classical

comfort many of us remember from our childhood homes. But if you equate "traditional" and "grand" with "old and stodgy," it's time to take another look. While elegance and history still personify this style, a definite and growing movement to bring traditional design into a fresher, more relaxed realm is well underway.

Although the traditional decorating style can be casual, many of the furniture choices are best suited to a formal room. Colors
The traditional-style color palette can be neutral or based on jewel tones — think of a formal study with wood-paneled walls and burgundy leather club chairs. Wallpaper is often used with traditional decorating and can be simple, such as a tone-on-tone stripe, elaborate images of bowls of fruit, leaves and vines, or damask. Stencils are another alternative; try a classic pattern such as fleur-de-lis.

Fabrics
Fabrics are luxurious and plentiful. Brocades, velvets and tapestries can be used for upholstery or window treatments. Layered window treatments are common — sheer curtains, then draperies and a cornice, swag or valance. Seating tends to be upholstered with patterned fabrics and accessorized with patterned throw pillows and blankets. Although traditional fabrics are always in style, it's easy to give old themes fresh variations. For example,

toile is offered in a number of colors. While this material has traditionally been used in common living areas, it can be paired with a fun pattern and used for curtains or bedding in a girl's room. Fabric can also be hung on the walls instead of wallpaper. Hanging velvet, for example, can instantly transform an ordinary room into a plush environment.

Furniture
Traditional styles are vast. Prior to the 1900s, France, Italy and England each had their own distinctive style of finely crafted furniture. Some of these pieces still exist in traditional-style rooms, while newer pieces of furniture are either replicas or have been influenced by antique pieces. Most traditional-style furniture is made from solid walnut, rosewood or mahogany. Furniture styles include Queen Anne, easily identified by the curved legs, and Rococo, which is extremely ornate and often features a seashell or clamshell shape. Furniture pieces, such as four-poster beds, tend to be substantial in size and heavy. Wood is usually kept in its natural color or enhanced using stains instead of paint. Club chairs, wingback chairs and sofas are usually upholstered. Although traditional-style rooms should not be cluttered, they usually appear to be full of furniture and accessories.

Details and Accessories
Accessories are an easy way to enhance a room. Details are important. For example, bronze- or pewter-colored nailhead trim or

decorative tacks can be added to the bottom edge of a sofa or around the back of a chair. Tassel fringe is commonly added to draperies. Cord trim may be wrapped around the outside of an ottoman, or buttons can be sewn into the top of the ottoman. Wall art should include mirrors, still-life paintings and family portraits hung in frames. Tapestries can also be hung as wall art using a dowel.

Tips
Estate sales can yield traditional furniture at discounted prices. Some buyers skip over pieces that look outdated, but new upholstery can make a big difference.

Antiques, reproductions and newer furniture styles can coexist. Simply limit the accessories to traditional style.

Crystal chandeliers are frequently used in traditional rooms, including bedrooms. Metal lamps should be bronze or pewter. Chrome and brushed-nickel lamps are associated with contemporary decorating.

It is easy to inadvertently turn a traditional-style room into a cluttered space. Plan the furniture arrangement before you buy and always take the color and material palette with you when making decisions about furniture and fabrics.

Next month, we will look at decorating in the Contemporary style.

28 Baby Steps To Dieting

When you were little and first learned to tie your shoes, someone taught you how to do it by breaking it down into smaller steps. First tie a knot. Then make the loops. Now tie the bow.

Splitting any task up into stages helps it seem more manageable, and gets you to goal quicker. The same goes for weight loss.

As you accomplish each "mini-goal," you'll feel like a winner. That sense of accomplishment is great motivation for meeting more mini-goals, and more, until suddenly you're at the weight you've always wanted.

"Making small changes one at a time is a great strategy," agrees Howard Rankin, Ph. D., a South Carolina psychologist. "It's not overwhelming, and it results in a slower, more steady weight loss."

Remember: When it comes

to weight loss, slow and steady wins the race. It's the pace that will help you get to your goal, then stay there.

Do Sweat the Small Stuff
A bunch of small changes add up to big results. Maybe cutting the cream out of your coffee seems like a small feat to you. But once you've got that down you can add another small feat, then another.

"Baby steps are the way to go," said one WeightWatchers.com user. "Especially when you're just starting the plan. There seem to be so many things to do, it's overwhelming. Little things become habits, and eventually the whole process doesn't seem so overwhelming."

We asked people like you — on the WeightWatchers.com Message Boards and in Meetings rooms — what small steps they've taken in order to see their way toward their weight goals. This is what they said ...

... About Small Eating Changes

Water, water, water, water. (Your skin will look great, too!) Order half portions at restaurants, or share a full portion with somebody. Or ask for a "to-go" container when you order your food, and pack up half the portion before you even start eating. Cut back on butter and mayo. Limit fried foods to once or twice per week. Use less or no sugar in your coffee or tea. Replace ground beef with "Boca" products or ground turkey. Try at least one new food every week. If you're bored with what you're eating, you're more likely to give up. Eat fresh, raw veg-

gies with sandwiches instead of chips. Measure your portions until you're sure you know what a cup, a half-cup, and a tablespoon look like. This will help you practice portion control, an essential key to weight-loss success. Try not to drink high-calorie beverages. Dip your fork in a side of salad dressing before each bite, instead of pouring it directly on your salad. You'll find that you are satisfied with much less than you usually put on. Find healthy alternatives to all your favorite foods. If you don't really love it, don't eat it. Never eat out of a bag or box. Take out a measured/ counted quantity of food and put it in a bowl. This way, you know exactly how much you're having. Always eat something for breakfast. Read food labels. Check serving sizes. Add vegetables to everything. Plan meals in advance; use that information to make out a complete shopping list. Give food to guests to take home. Write down everything you eat and drink, without fail. Plan ahead for special occasions by accounting for higher-calorie foods before you eat them.

... About Small Exercise Changes

Take the stairs every single time they're an option. No more elevators or escalators. Make exercise a priority, not an inconvenience. Park far from your destination, so you're forced to walk; this works at the supermarket, the mall, wherever.

(This also helps you waste less time looking for a parking space!) View tiring chores (shoveling snow, cleaning the house, weeding the garden, taking the garbage out, grocery shopping) as a chance to get in some activity. Take the grocery cart back to the store when you're done loading your bags into your car. If you take public transportation, get off one stop early. Work out with a buddy.

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New Year Resolution: Losing Weight & Keeping It Off

By Jeff Cwynar

A new year is here again. It seems like just yesterday we were making 2008's New Year's Resolutions. What is in store for you this year? Is it financial freedom in tough times, making more time to spend with your family, or the most common – LOSING WEIGHT AND GETTING HEALTHIER!

Whether you are interested in achieving outer beauty or inner health, fat loss or muscle gains, more energy or better blood values, weight loss will not only help get you closer and closer to your goals and expectations but will also keep you at a distance of developing heart disease or many other ailments. But all the information out there is very confusing, misleading, or not realistic.

Most people fail very quickly because their goals and expectations are set too high and are totally out of reach of achieving them. Also, most people don't know where to start. What do you eat? How much do you eat? Do you eat low fat or low carbohydrate? How much water do you drink? How much exercise do you do? Do you lift weights and how much?

Losing weight by increasing your metabolism and controlling your blood sugar levels will lead to a healthier life. Your individual measurements and goals tell the whole tale -- What to eat, How much to eat, How much water to drink, How much weight lifting to do, How much cardiovascular exercise to do. Whoa! That is a lot of components to be consistent with but the more you are able to achieve the quicker you will see results and the healthier you will become. The key is to make each component as simple and easy to achieve as possible. Therefore, you may be as consistent as possible and achieve results over the long haul.

INCREASING YOUR METABOLISM AND CONTROLLING YOUR BLOOD SUGAR LEVELS

There are many ways to increase your metabolism and control blood sugar levels.

1. Every time you eat your me-

tabolism increases.

2. Every time you ingest liquids your metabolism increases.

3. Eating lean proteins and high fibrous carbohydrates increases your metabolism and slows down the absorption of sugar into the blood stream.

4. Every time you lift weights your metabolism increases and sugar in the blood stream decreases, therefore leading to fat being used as an energy source.

5. Every time you perform cardiovascular exercise your metabolism increases and sugar in the blood stream decreases, therefore leading to fat being used as an energy source.

6. Adding fat free mass increases your metabolism.

Here are some steps to help you:

1. Start off your day as soon as you wake by eating breakfast. People who don't eat breakfast are more likely to be obese or overweight. Eat every 2-3 hours. This will increase your metabolism each time that you eat and will also decrease the amount of food ingested in each meal since you won't be starving to eat again.

2. Drink plenty of water throughout the day. It regulates body temperature, carries oxygen and nutrients to all cells, helps convert food into energy, protects and cushions vital organs and joints, keeps the liver and kidneys functioning properly, helps to metabolize fat, removes and detoxifies waste from our system, and is the basis for all of our fluid secretions (saliva, tears, etc.). Everyone has been told that you need 64 ounces of water per day. To be specific, divide your body weight by two. This is how many ounces of water you need per day.

3. Raise your metabolism by eating lean proteins. Because they are hard to break down your inner core body temperature increases, you use more energy in the digestion process and the absorption of any carbohydrates is at a slower rate, which controls your blood sugar levels. This will prohibit the body from having too high of a blood sugar level which may lead to the excess being stored as fat. If you eat too many car-

bohydrates at one time or eat simple carbohydrates that make your blood sugar levels "spike" the unused portion will be stored as fat.

4. Resistance exercise of lifting weights will raise your metabolism directly because you are increasing your heart rate and your body temperature while burning calories at the same time. Your metabolism may even stay elevated for hours after training, which will continue to burn calories. Lifting weights utilizes the sugar in the active muscles therefore opening up more storage sites for sugar to be deposited.

5. Cardiovascular training (i.e. aerobics, walking, running, etc.) will raise your metabolism by increasing your heart rate and body temperature while burning calories at the same time. The effects of the cardiovascular exercise may result in the continuance of calories burned for up to an hour after stopping. Performing cardiovascular exercise will utilize sugar in the body as the first energy source. By doing so, this will also prevent the storage of excess sugar as fat. This will definitely assist in the control of diabetes.

6. Lifting weights will indirectly keep your metabolism up 24 hours a day since it may help to maintain your muscle mass. Your muscle is the most metabolically active tissue on your body. The more muscle you have the higher your metabolism will be. If you lose muscle in the process of losing weight your metabolism will decrease. If you are able to increase your lean body mass by lifting weights this will end up with even more storage for excess sugar, limiting the amount converted to fat. Think of your muscle mass as a reserve gas tank on your vehicle. If you put too much fuel into the system it can overflow into the reserve tank rather than overflowing into the fat stores.

The questions now arise:

1. How many calories and grams of protein, carbohydrates and fat should you have?

2. How many ounces of water should you drink per day?


3. What are the frequency, duration and intensity that you should lift weights?

4. How many calories should you expend in a week's time through cardiovascular exercise?

All of these questions can be answered by figuring out your body composition. By calculating out how many pounds of muscle you have on your body, we can calculate what you should weigh, how many calories you should intake per day, how many protein grams you should intake per day, how many ounces of water you should intake per day, how much weight training you should perform per week, and how many calories you should expend through cardiovascular exercise per week. Use the KISS method – Keep It Simple Stupid. By keeping it simple and having direction with each component we can kiss the fat pounds away!

Jeff Cwynar, President and Owner of Pro Fitness Plus, has a Master's Degree and Bachelor's Degree in Exercise Physiology. Also, together with the most educated and experienced staff in the area, he can help you calculate each of your components on an individual basis to achieve the NEW YOU IN THE NEW YEAR!

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Tips on Decorating With Art – Part 3

As noted in last month's edition, artwork can and will add a great and vibrant feeling to your home. Last month we discussed planning your decoration project. This month we will continue with how to choose your art to not get overwhelmed or lose focus on your theme. Here are some tips to get the best results from adding artwork to your home decor.

Choosing Your Art

When buying art, before any other, consider your tastes and interests. Buy and collect art that makes you feel inspired, excited or images that move you. Price will usually limit your choices. If looking for Original art, it will generally be more expensive but it can be found at reasonable prices in outdoor fairs, or open studio events.

When considering reproductions, you will have the option of limited signed and numbered editions or open editions. By purchasing open editions such as prints and posters you can decorate your room at very low cost and still achieve the effect that art does to

any room. There are many stores who sell affordable open edition prints and posters especially selected with decoration in mind.

Deciding on a Style

To get that "professional stylist" look, it is best to pick one theme or two similar themes and work with that style. So let's discuss each style just a bit to give you a better idea of which theme you like.

TRADITIONAL STYLE

The traditional style can best be described as the typical "formal" living room. Furnishings tend to be medium to dark woods with classic, conservative fabric patterns on sofas and chairs. These patterns are sometimes incorporated into the draperies as well. The defining word for the Traditional style is "timeless" and for this reason the perfect wall decor is the "timeless" look of artists such as Monet, Renoir, Graves, and Bierstadt.

CONTEMPORARY STYLE

The contemporary style tends to reflect current furnishing trends. Since trends are constantly changing, creating a look through your wall decor and accessories is the most



cost effective. Some of the popular contemporary looks in imagery can be found in the work of artists such as Thomas McKnight, Michael Parkes, and Russell Erickson.

MODERN STYLE

The Modern style of decorating takes the contemporary look one step further for an even more dramatic effect. The furniture tends to have very clean lines, free of ornamentation, and incorporates glass, metals, and a high-tech feel into the texture of the pieces. Abstract art is the perfect backdrop to the modular look of the furnishings. Abstract art comes in a variety of color

palettes from bright to subdued, so you should have no problem finding images to work with your current color schemes. Images such as "Olympia" and "Oblique" by Laurie Fields, "Roma" and "Venice" by Gravelle, Texture I and Texture II by Jeanne (Hunter) Hughes and Imperor 35 by Vasili Kandinsky are excellent examples of abstract imagery that combine color with line to continue the Modern theme. *Next month we will finish our series on decorating with art by discussing the final three styles Old World/Antique, Country/Americana and Western/southwest.*

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Many times in my life I wished I had a "magic wand" that would instantly change my looks and give me a model-perfect face, free from acne, acne scars and hyperpigmentation (age or brown spots). With today's technology, there are SO many options available (no magic required!) to give you clear, smooth healthy skin.

If I could name one treatment that has made a profound difference in my skin and the skin of my clients, I would have to say Chemical Peels. Do you have wrinkles, age spots, scars or prematurely aging skin? Peel away signs of age to reveal your radiant, renewed skin with peels. A chemical peel can eliminate fine lines and wrinkles caused by sun damage.

Over time, your exposure to sun and wind naturally adds furrows and lines to your once supple skin. A chemical peel removes several layers of skin cells, leaving fresh skin with a more even surface and color. As we peel away

the damaged layers, your skin will be stimulated to produce new collagen for a smoother skin texture. After a chemical peel, you'll see a reduction in and even elimination of wrinkles - and the unveiling of luminous, finely textured, fresh new skin.

What is a Chemical Peel?

Chemical peels have been used for many years to smooth and improve the texture of damaged facial skin. In our practice we have performed numerous chemical peels to treat fine lines resulting from smoking, frowning, smiling ("crow's feet"), and scars. They can also remove pigmentation such as freckles or melasma (mask of pregnancy).

Before treatment we carefully evaluate each patient to decide if a chemical peel is the best way to enhance your appearance and improve your self-confidence. We've developed different formulas based on your needs and your skin type. Depending on the depth of peel needed to improve your skin's appearance, we will recommend the formulation to give you the most dramatic improvement.

Types of Peels:

Alpha hydroxy acids are glycolic, lactic or fruit acids. These are the mildest peel formulas for light peels that smooth rough, dry skin and improve the texture of sun-damaged skin. Useful for controlling acne, these can also be mixed with bleaching agents for pigment problems. These types of peels can be done weekly or bi-monthly, and can also be used to prep your skin for deeper peels.

Trichloroacetic acid (TCA) is a popular, medium depth peel that really helps with superficial blemishes, pigmentation and wrinkles. More



than one treatment may be needed for the desired result.

Chemical peels can rejuvenate the skin on the face, neck, chest, hands, arms and legs. You will notice almost right away that your skin will be tighter and smoother than before treatment. At first, you'll notice that tiny lines, spots and "worry lines" will be diminished, replaced by a firm, evenly textured skin.

Imagine a more Beautiful You! Chemical peels are but one of the many treatments we offer at Mary Turner Skin Care to revitalize your appearance. Please ask us about other anti-aging procedures to refresh and renew your natural beauty. You no longer have to live with acne scarring or age spots!

Call today for a free consultation and skin evaluation at 724-674-2161 SPECIAL!!! For the entire month of January, all chemical peel treatments are 20% OFF!!!! Get the beautiful skin you've always dreamed of.....no magic required!

NOTE: Only a licensed professional with the knowledge and skill required to achieve optimum results should administer chemical peel treatments.

Let's start with the basics.

Always start your make-up with your foundation. This will even out your complexion and give you a good base to start with. Now for the trick. Use a sponge to apply your foundation. This way your foundation will not change colors due to the oils on your fingers, and you will not contaminate your foundation. Another trick is to use a large complexion brush to smooth out your foundation around the hairline and jawline. This way you will not have a line of demarcation around the edge of your foundation. Next apply your brow color. Follow up with a brow gel to keep your brows looking nice all day or night. Apply your highlighter next. The trick here is to use a highlighter that is creamy instead of a waxy cover-up. When you are trying to hide lines on the face, using a waxy substance will not move with your face, thus causing creases and other wrinkles to form in the product. Using a creamy highlighter will get into the lines to lighten them and make them less visible. Again use your complexion brush to blend your highlighting

after you have applied it.

Now it is time to concentrate on your eyes. Applying make-up is like being an Illusionist or Magician. It is not like an artist that paints, because we are working with three dimensions. This is why it is important to use three different eye shadows. Starting from the top eyelash choose a color of a medium tone. Apply that from the lashes to the crease in the eye. The next shadow should be two shades darker than the first. Apply this shadow from the top of the first to the brow bone. The next shadow should be one shade lighter than the first to highlight the eye brows, because the eye brows are what gives you your expressions. Apply this shadow from the top of the second shadow to the bottom of the eye brows. This is how you give your eyes dimension, by going light, dark, lightest with your shadows. Now apply your eye-liner. The trick here is to use a shadow and firm bristle brush. This will give a more natural appearance. Always start from the outside going toward the center on the top and bottom. Another trick to this is to make sure you do not make the top and bottom

meet at the corners both inside and outside. By doing this you will make you eyes appear larger. Something else you can do to your eyes if you would like them to appear whiter, is to use a white pencil on the inside of the lower lid. This way light will reflect off of the white onto your eyes. This is especially helpful for people that tend to have a lot of redness in their eyes. Now it is time once again to blend with your large complexion brush.

We are almost done. Your next step will be your blush. The blush is applied to the cheek bone, and if you stare at yourself in the mirror find the place where your cheek goes from flat and starts to curve back. This is where you should start your blush, then follow the cheek bone back. Now let's do your lips. Make sure that your blush color and lipstick complement each other when you hold them together. If they do not look good side by side they will not look good on your face. This is also important for the next trick. Use your blush as a base color for your lipstick. This will help your lipstick last longer and prevent it from bleeding. The next trick for your lips is



to use a soft bristle brush to apply your lipstick. You will have more control this way, and your lipstick will stay on better. Like your eye-liner start from the outside and work in towards the center on the top and bottom lip. If you have small lips and you want to make them larger apply your liner just outside your lips. Conversely if you have large lips you can line just inside to make them appear smaller.

Now that you know some of the tricks of the trade you can apply your make-up like a professional.

THIS MONTH'S BEAUTY TIP

by Karen Park, owner of Casa Del Sol



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Q. I am really tired of waking up to the cold, grey skies of winter day after day, month after month. I would like to go to a tanning salon but am afraid because of what I read in some magazines. Should I be?

A. We often ask our clients why they like to tan. Invariably they say tanning makes them look and feel better. And there are a number of proven physiological and psychological benefits associated with tanning. Indeed there is no doubt that exposure to ultraviolet light is essential to our health and well-being. Recent research confirms that indoor tanning spurs the body's natural production of Vitamin D, which is in short supply during our long sunless winter months. At Casa Del Sol, we are committed to providing our clients the opportunity to enjoy the benefits of tanning while minimizing the risks associated with overexposure. Through classroom training and my years of experience, I can recommend the optimum amount of time you should spend in our state of the art Ergoline tanning beds to achieve both a beautiful and safe tan.