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**Harlequin Reborn**  
 Special Guest: **Poobah**  
 Opening Act: **Dubious Consort**

*Featuring Songs From Upcoming Live Album*

**Saturday, July 23, 2016 7-11:30 pm \$10**  
**Location: Yankee Lake Ballroom, Brookfield, Ohio**

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**Behind the Scenes with Film Producer, Kixx Alderette**

**Backstage With Harlequin Reborn's John Blangero**

**How You Can Benefit With Energy Deregulation**

**Who is Donald Trump?**

**Preparing Your Skin For Summer**

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# EDITOR'S COLUMN

Dear Readers:

Life's effervescence ... those little moments. Somehow we are so happy just for a moment and then reality hits. The gas tanks on "E", so much to do and not enough time to do it in ... so what are you going to do? Yeah you. Savor those precious moments however brief because they will not be back again. Thus make adjustments in your busy schedule to make new ones. The trick is to make them last a lifetime.

At last summer is in full bloom, the signs are all around us ... so the time is perfect to make some new memories. But let's face it, even if the birds are singing and the sky is blue, some of us just can't get away yet. No worries we still can enjoy the sights and sounds right here in our own backyard. You also might want to break out the barbecue and get ready to hit the parks. Get Real Magazine is going to take an active role in the promotion of concerts events in the area to help make some of these effervescent moments. To help you relax and enjoy your summer, we have an interview with John Blangero of Harlequin Reborn who has a concert coming up on July 23, 7pm Yankee Lake Ballroom in Bloomsfield, Ohio. You can read the article starting on page 6). So let's try this together ... how about a concert in Ohio, some of the local parks, lawn chairs, coolers in hand, the whole family having fun ... now doesn't that sound nice? We are all creatures of habit ... so break the mold ... live a little ... and look in your children's eyes ... aren't they beautiful and so full of life, hope and joy? So join us this summer for some fun. Need to know when and where? Visit us online at [www.getrealmagazine.com](http://www.getrealmagazine.com).



On a last note, our next edition of Get Real Magazine will be in fall. As you know each edition is also fully viewable online. So the summer edition will be viewable online. So don't forget to check out the next edition and our interactive web site with the listing of our upcoming concerts, photo galleries of our concert events, interesting places to go, entertainment outdoor style and more goodies. Now we are having fun ... so just go online to [www.getrealmagazine.com](http://www.getrealmagazine.com) from time to time to receive up dates or you can email us at [events@getrealmagazine.com](mailto:events@getrealmagazine.com) to be put on our email list for upcoming events. If you are a seasoned musician or band and might enjoy playing outdoors tell us about you, your band and music style via an email to [bands@getrealmagazine.com](mailto:bands@getrealmagazine.com).

From: All of us at Get Real Magazine  
To: You

*Have a great summer ... See you at our live concerts!*

- Silk Alderette  
Editor, Get Real Magazine

Get Real Magazine		July 2016				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Ellwood City Arts, Crafts and Food Festival Summer Music Series Pearson Park Gazebo Westminster 27th - 4th of July Celebration	4 Children's Summer Art Camp - Hoyt	5 Children's Summer Art Camp - Hoyt	6 Ellwood City Summer Concert Series	7 Back to the 50's in Cascade Park	8 Ellwood City Arts, Crafts and Food Festival	9 Ellwood City Arts, Crafts and Food Festival Fourth of July Celebration- Mines & Meadows
10 Slovenefest at SNPJ Recreation Center Gazebo Concert Wampum, PA	11 Western PA Balloon Quest New Castle Playhouse Joseph and the Amazing... Summer Music Series Pearson Park Gazebo	12 Western PA Balloon Quest Turtle Talk Program At Alameda Park Launches -6 & 7 am & pm Balloon Glow	13 Western PA Balloon Quest	14 Western PA Balloon Quest Turtle Talk Program At Alameda Park Launches -6 & 7 am & pm Balloon Glow	15 Western PA Balloon Quest New Castle Playhouse Joseph and the Amazing Technicolor Dreamcoat	16 Western PA Balloon Quest New Castle Playhouse Joseph and Amazing ... Enon Valley Community Day 9 am-10:30 pm
17 Western PA Balloon Quest New Castle Playhouse Joseph and the Amazing... Summer Music Series Pearson Park Gazebo	18 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat	19 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat	20 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat	21 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat	22 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat Friday Night Live at the Riverwalk 6 - 9 pm	23 New Castle Playhouse Joseph and the Amazing... HARLEQUIN REBORN Yankee Lake Ballroom Brookfield, OH 8-11pm
24 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat	25 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat	26 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat	27 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat	28 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat	29 Children's Art Festival at Hoyt Institute 11-4pm	30 New Castle Playhouse Joseph and the Amazing... Technicolor Dreamcoat

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Nature Camp Ewing Park- Ellwood	2	3 St. Vitus Parish Festival 6 - 10pm	4 7St. Vitus Parish Festival 6 - 10pm	5 St. Vitus Parish Festival 6 - 10pm	6 St. Vitus Parish Festival 6 - 10pm 2016 Regatta at Lake Arthur 10am - 9pm
7 2016 Regatta at Lake Arthur 10am - 9pm Pearson Park Music Series 3-5pm	8	9	10	11	12 Friday Night Live at the Riverwalk 6-9pm	13
14 Pearson Park Music Series 3-5pm	15 Lawrence County Fair	16 Lawrence County Fair	17 Lawrence County Fair	18	19 New Castle Playhouse Stop Kiss 7:30pm	20 Lawrence County Fair New Castle Playhouse Stop Kiss 7:30pm
21 Pearson Park Music Series 3-5pm New Castle Playhouse Stop Kiss 7:30pm	22	23	24	25 New Castle Playhouse Stop Kiss 7:30pm	26 Friday Night Live at the Riverwalk 6-9pm New Castle Playhouse Stop Kiss 7:30pm	27 New Castle Playhouse Stop Kiss 7:30pm End of Summer Blast II www.blrhs.org
28 Pearson Park Music Series 3-5pm Car Cruise - New Castle New Castle Playhouse Stop Kiss 7:30pm	29	30	31			



Now for a little bit about recording artist, Kixx Alderette. In a time capsule, Kixx, a twenty-year veteran of the recording industry, is the visionary behind Tri Cinema ([www.tricinema.com](http://www.tricinema.com)).

Kixx Alderette a successful writer and was the owner of three of the largest recording and rehearsal studios in Orange County California for more than 15 years and has sponsored and promoted several large scale concert events and written for major companies such as Coors.



**VAMPION: Kixx Alderette, Kixx Jr. and Skylar Alderette in the studio**

So what has Kixx been doing lately? As you can see in the above photo, my sons and I release a couple singles as a gothic band Vampion for Halloween entitled: Headless Horseman and Trick or Treat which can be found at iTunes and Amazon. Here's the QR code for Amazon if you wish to sample them:



So why Halloween gothic songs? Because music was getting too boring. The reception of these two songs was surprisingly well received and I feel guilty cause my fans keep asking for an album. Thus Vampion shall return to the studios this year and release a Halloween album.

But Kixx his wife, Silk, also had went into the studios and released a single entitled Crystal Mountain. I did this because my wife has a beautiful voice and I wrote this song for her. It was a totally different genre from gothic rock, but again I was totally grateful it was well received. It also can be found at iTunes and Amazon and here is the QR code for Amazon if you wish to sample Crystal Mountain:



So those fans who like country-rock and folk, also want an album worth of material to slap in their CD player, thus The Alderette Band will return to the studio, work hard, I promise and cut a new album in pure analog.

Surprise, surprise cause I don't want to give it away, but the price tag will be very low so everyone can enjoy! Beyond that, I have been working on a film with



**Kixx in the studio**

investors for years, and it is about to come to pre-production stage with boots on the ground, etc. I'll keep you posted. Did you know that most films takes years before they ever start filming? There is so much red tape. By the way did you know that when your see Executive Producer on the film credits ... that's the person(s) that put up the film money. Just a little nugget there for you.

In closing I am finishing up two books which have been on the back burner. I just don't have enough time in the day. I swear I get up early in the morning and then the day is gone. I'm sure some of you have had this feeling ... where did the day go? I'm always chasing my shadow. Well I hope you enjoy and make every day special because life is a blessing. Sometimes we take it for granted. Until our next issue, God bless, stay safe and keep rockin.

- Kixx

# How You Can Benefit From Energy Deregulation

Not long ago, options among gas and electricity providers were unheard of. The energy market in each state was basically monopolized. This meant that people had to take the power and gas option that they were given, at the price that is was offered, from the source making the offer. The onset of energy deregulation has changed this, allowing consumers to have a choice.

Electricity and Gas are products that everyone you know already pays for every single month. There is no need to persuade them to use it; they already do, every day. By simply educating the people you know and meet about the benefits of deregulation.

## Here are six benefits of Energy Deregulation to name a few:

1. Energy deregulation creates a level playing field for future industry rivalry and competition by ensuring that all companies have an equal chance to provide service to electricity consumers.
2. Energy deregulation lowers prices for residential consumers by empowering them to choose their electricity supplier.
3. Energy deregulation equalizes unjustifiable regional differences in electricity prices. While the average price of electricity in the U.S. is about 7 cents per kilowatt-hour (kWh), it varies widely from state-to-state. This range is from about 5 cents to 10 cents per kWh.
4. Energy deregulation increases jobs and benefits local communities.
5. Energy deregulation benefits the environment by empowering electricity consumers to be smarter, more demanding shoppers. This means that power companies will be held to higher standards

**"Energy Deregulation will be the largest transfer of wealth in history."**

**Warren Buffett**



of efficiency and cleanliness.

6. Energy deregulation increases service reliability. Under the regulated monopoly model, consumers cannot change to a new provider when their current provider proves unreliable. Under competitive conditions, failure in service will be met with consumer rebellion and subsequently loss of profit, which then strengthens the incentive to maintain higher standards of service.

**So get the keys to the car, take it out for a test drive ... what's it gonna do for you. Get Real Magazine first suggests you get a cup of java, drag out your bills, lay them all out and see what you got. Then tell yourself, "Gee whiz, I wish I could save some money here". Then tell yourself, "If I go with XOOM energy, I think I can." Yep folks, it's that easy, so they say any way. I invite all of you to go on a test drive with me. Go to my web site:**

[saldерette.acndirect.com](http://saldерette.acndirect.com)



Select your state.

See what energy (gas or electric or both) are available in your area. Choose which service you want to try. If you choose a variable rate, then there is no contract and you are month to month to try. If you like the XOOM energy, then you can switch to a fixed locked in price at any time to save long-term money. But for the short term, we are test driving how we like XOOM energy.

So after you selected your plan: fixed or variable, continue to fill out the information form fields, and then you are done. You will still be billed by your current electric or gas provider, but the provider will just purchase the actual gas or electric from XOOM energy.

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**Kixx Alderette,**  
EXECUTIVE DIRECTOR

# TREATMENT SOLUTIONS TO A SEASONAL ALLERGY

BY TIM BOCK

Seasonal allergies don't just bring sneezing and itchy eyes. Sometimes they include chest congestion, a symptom that can be frightening. Don't worry. Treating the chest congestion caused by seasonal allergies is simple and effective. Below are six effective ways to treat chest congestion caused by any type of seasonal allergy.

## Prevention

This is a good first step. If at all possible, keep doors and windows closed to keep the allergens out. Take a shower and change your clothes if you've been exposed to allergens.

## Medication

Over the counter expectorants will help loosen the congestion

and allow you to move it out of your system. There are several brands on the market and your pharmacist will be able to recommend a good one.

## Steam

A hot shower may be just the thing when it comes to congestion. Turn the water on as hot as you can stand and breathe in the steam. If you don't want to take a shower, closing the door and letting the hot water fill the bathroom with steam can be just as effective.

## Rest

Treat yourself well. Take a nap and give your tired lungs a chance to rest.

## Hydration

Take in plenty of fluids. Proper hydration is important for allergy sufferers.

## Doctor

See your doctor if these steps don't help. You may need to see an allergy specialist for further treatment.

People are affected by many different types of seasonal allergies. It's important to understand exactly what you're allergic to so you can limit its effect on your body.

To learn more about the specific types of seasonal allergies that may effect you please read our: Seasonal Allergies and Chest Congestion page today. This article will teach you exactly



types of seasonal allergies cause chest congestion so you can prevent it <http://www.easycallergyrelief.com> is a website that's dedicated to providing safe solutions to all types of allergies.

# THE OUTDOORS WILL NEVER GROW OLD

BY JOHN PARKS

You've entered the age of technology full speed ahead and are drowning in the newest technological gadgets. Every time you turn around you bump into someone with a blackberry or a cell phone. Stop in at the coffee shop and somebody is on a laptop computer. Drive down the road and the other drivers could be on any of these things. Where will it all stop? It probably won't.

Even in the midst of the technology boom the outdoors will never grow old. Hiking to the old fishing hole is still a pastime that doesn't take a lot of money or hi-tech savvy and you don't need a computer or iPod to find a few fish and have a great afternoon doing it.

There is something exhilarating about being outside. The sun pumps you full of vitamin D as the fresh air fills your lungs. The awesome creation just sings to your

soul, speaking of the One who brought you and it both into being. A true connectedness occurs with Something much larger than yourself and the distractions of work and worry can be temporarily laid aside.

Hiking is an age-old outdoor hobby, and in the past a necessity, that seems to have been doctored up considerably in recent times. Seemingly gone are the days of tromping through the countryside just to see the sights. Today, many hikers aren't feeling up to par without expensive running shoes, Walkman CD players and connectivity via the Internet on the ever-present blackberry. It seems that hiking has taken on new dimensions that have nearly destroyed the calming and physically beneficial effects it was designed to produce. Hiking can be restored to its rightful place if you leave everything at home. Life's fast pace will wait until you return.

Fishing is an art is finding is falling out of favor. Fishing license sales across the nation are decreasing, threatening the sport and indicating a future with diminished opportunities to wet a line. Anglers in the past have been attracted to the sport for the relaxed concentration of seeking their quarry and the great meals that success on the water produce. But even here the techno-gadgets have made inroads and created a demand for electronic fish finders, incredibly high-priced rods and reels and boats that cost nearly as much as a house. In the minds of many, gone are the simpler days of dropping a worm in the water. There may be miles of difference and a lot of acceptable terrain between the hook and bobber and a Rapala Original Minnow balsa wood bait, and that's



okay. What is not okay are the gadgets that steal your peace. Do you really need a fish finder? Whatever happened to a little skill?

If the truth be known, both the offices of medical doctors and psychiatrists would be a lot roomier if more of us spent time outdoors pursuing those outdoor pursuits that used to come so naturally. Hunting, fishing, hiking and camping are but a few. Even kite-flying and astronomy are healthier than video games and surfing the Internet.

# Spring Gardening Tips by Joanne Jones

Spring is a busy time for gardeners. It's a time to prepare for the summer by pruning, cleaning and planting. It can be a lot of hard work, so make sure that you are only doing the those tasks that will give you the most benefits in your garden and your yard. Here are some easy to follow tips for gardening in the spring time that will ensure a beautiful and bountiful garden all summer long.

## Clean Your Yard.

Rake up any debris left on your lawn after the winter snow has melted. Remove any mulch from the soil so that the soil can properly thaw out. Once the soil has thawed and warmed up, put down new mulch and remember to keep it away from the base of plants.

## Make Repairs.

The winter cold and frost can cause cracks and other damage to steps, fences and pathways, so check to see what repairs are needed in your yard. Tackle repairs right away in order to prolong the life of the damaged item and to

prevent future injuries caused by tripping or falling onto the damaged item. Also, spring is a good time for painting before the hot summer weather hits.

## Prune Trees and Shrubs.

Wait to do any pruning or trimming until the trees and shrubs in your yard have started growing new leaves. This will allow you to see which branches are dead or damaged. If you need help in removing them, call a local tree company, as they will have the proper tools to do the job quickly and without any injuries. As well, trim shrubs each year to keep them to a manageable size.

## Add Compost To The Soil.

If you have a compost pile from last year, spread the composted soil on top of your garden in order to add nutrients to the soil. If you don't have a compost pile yet, now is a good time to start one. Compost bins and tumblers are easy to use, plus they keep the compost material together while keeping rodents and small animals out.

## Start Planting.

Make sure to place your plants in nutrient rich topsoil, as this will make them grow



faster and stronger. Use stakes to help stabilize new plants, especially trees and to provide support for climbing plants, such as tomatoes and cucumbers. As well, make sure to keep new plants well watered for the first two weeks while they become established in their new home.

## Clean Out Bird Feeders.

To prepare for the new season, make sure to empty out all bird feeders, check them for any damage and to thoroughly clean them before refilling. Wood bird feeders can be fixed, but if any glass or plastic feeders

are damaged, you should throw them out so that the birds will not injure themselves. To clean wood feeders, use a stiff brush to remove all dirt and debris. Glass or plastic feeders should be disinfected with a small amount of bleach diluted in warm water. Scrub the feeder, rinse well and then allow it to dry completely before adding fresh bird seed to the feeder.

Joanne Jones shares her gardening expertise and garden reviews on her website The Gardener's Escape.

# Summer Gardening Tips by Michael J. McGroarty

Don't be afraid to trim those flowering shrubs and trees that need it. Failure to prune is probably the biggest gardening mistake a person can make. If you make a mistake pruning, don't worry about it. It's like a bad haircut, it will grow out. Of course use common sense and read the previous articles that I've written on pruning.

Along with summer time comes high humidity. High humidity can cause a lot of problems with the plants in your garden and around your house. One of the simple things you can do is don't water just before dark. Make sure your plants are nice and dry when you tuck them in for the night and you can cut down of the chance fungus being a problem.

One of the more common fungi that I get asked about a lot is powdery mildew. This appears as a white film on the leaves of ornamental plants. Dogwoods and Purple Sandcherry are often the victim of powdery mildew. Powdery mildew isn't extremely harmful to the plants, it's just that the foliage is damaged, and

little growing takes place once it sets in. Your local garden center will have a general fungicide you can spray if you'd like to try and control it. Usually once the plant defoliates in the fall the plant is back to normal.

If you have Perennial Rye Grass in your lawn, and you probably do if you're in the north,

# Who is DONALD TRUMP?



Who's Donald Trump may surprise you. Set aside all the mud-slinging, the guy for the most part is just a normal guy who got extremely rich! Hillary on the other hand is someone to be afraid of, be very afraid when she gets angry ... just ask Bill or her head of security etc. So with that being said, here are some of the facts on Get Real Magazine has researched Donald Trump from the internet. We would gladly give the author credit if we knew who you were, so please come forth and we'll give you credit next issue. So here it goes a list of nuggets we have found pertaining to The Donald.



Donald John Trump, was born June 14, 1946.

- He will be 70 years old on election day.
- From the Internet, he is 6'2" or 6'3" and weighs between 195 and 200 lbs.
- He has a full head of blond/brown hair (which is long and elaborately combed) and blue eyes.
- The Internet tells us he wears a size 12 shoe.
- Donald Trump was born the fourth of five children who were born over eleven years.

in Queens NY

• Though his family was very wealthy, Trump's boyhood home in the Jamaica Estates section of Queens was not a grand mansion. The Trump home was a larger version of the homes Fred Trump was building for his tenants.

• There are no indications that the Trump family lived among the wealthy elites on vacations or country clubs.

• Queens is the largest of New York's five boroughs and the most ethnically diverse.

• Trump attended a local private day school, the Kew Forrest School, in Queens until about 8th grade.

• His secondary schooling was at New York Military Academy which is about 60 miles north of NYC in Cornwall on the Hudson. He was the class of 1964.

• Trump was never a "Preppie".

• Trump never embraced any aspect of the "Hippie" movement of the time.

• Trump was a very good high school athlete - football, soccer, and especially baseball. He had potential to become a professional baseball player.

• Even in high school - Trump liked women and women liked him

• Trump was generally popular in high school.

• Trump's boarding school room mate liked him.

• He attended Fordham University in NYC for two years and transferred to the University of Pennsylvania's Wharton School of Business.

• At that time, the Wharton School offered a rare program for Real Estate Business.

• Though he was of age, Donald Trump did not serve in Vietnam.

• He was not drafted due to bone spurs in his heels (4F) and also student deferments.

• Ultimately, in the draft lottery, he drew a high number.

• The oldest, Mary Ann, was born in 1937 and is currently a Federal Judge.

• His older brother, Fred Jr, died in early adulthood as a result of complications from alcoholism.

• He has another older sister, Elizabeth and a younger brother, Robert.

• Donald Trump has been married three times.

• Trump's first wife, Ivana, was an immigrant from Czechoslovakia and a divorcee who has been married 4 times in her life. She is a lifelong avid skier and worked in design at the Trump Organization.

• Marla Maples, Trump's second wife is an actress and model

• Trump's third wife, Melania is an immigrant from Slovenia (born in Yugoslavia) and has been a super model.

• Two of Trump's children, Donald Jr and Ivanka, have gone to Penn. Son Eric, went to Georgetown.

• Donald Trump tells us that he is Presbyterian.

• Donald Trump does not appear to have had any interest in occults, mysticism or exotic mythologies.

• Donald Trump's oldest daughter, Ivanka, and her three children are Jewish.

• Trump's oldest daughter, Ivanka, is married to Jared Kushner who is, among other things, a newspaper publisher. The Kushner family is very successful in New York City area real estate.

• Donald's grandmother, mother, first wife, and third wife are all immigrants.

• Donald Trump was born and raised

## BACKSTAGE: Harlequin Reborn

Get Real Magazine went backstage for his hungry fans to do a tasty interview with Harlequin Reborn's lead singer, John Blangero. Here is what he had to say.

### 1. How did your band get its name, Harlequin Reborn?

In 1974, Ronnie Dominicis (our lead guitar player), Eddie Costa (our bass player), and I got together to form a band called Harlequin. We



played progressive hard rock and booked out of Pittsburgh. We played across the tri-state area. Although we'd been talking about it for several years, in 2015, we decided to reform. The name Harlequin, however, had been taken by a Canadian rock band who recorded a few albums in the late 70s. Therefore, we decided to become Harlequin Reborn!

### 2. How long has the band get together?

We started in 1974, although Ronnie and I had played in other local bands

including Anxiety's Moment and ThunderStar starting in about 1972. After Eddie joined up with us in 1974, we became Harlequin with a line-up that was rounded out by Chuck Loveridge on drums, and Mark Gorley on keyboards. Gorley was soon replaced by Walt Wolanski on keyboards and we played quite a few gigs with that line-up. In 1976/1977, Walt decided to give up playing and we also replaced Chuck with Mark Francis on drums.

### 3. How did the members come together?

Harlequin Reborn came (back) together through my constant harassment of Ronnie to return to the stage which he was reluctant to do. Eddie and Mark were always up for a reunion. We reformed in August 2015 and played two reunion gigs at Yankee Lake Ballroom. We added Tom Dyer from San Antonio, Texas on keyboards and he remains with us. For the reunion gigs, we also used Joel Westbrook from the DC area on drums with Mark taking on percussion and mellotron. Now, Mark is excited about returning to his traditional role as our drummer.

### 4. Does the band still have some of the original members?

The original members are Ronnie, Eddie, Mark and myself basically.

### 5. Can you list the current



### band members who are going to play the upcoming gig in July and what instruments they play?

For the July 23 gig at Yankee Lake Ballroom, the band will be composed of: John Blangero – lead vocals, piano, mellotron; Ronnie Dominicis – guitar; Eddie Costa – bass guitar; Mark Francis – drums; Tom Dyer – organ, piano, synthesizer; Theresa Ross – background vocals; Nick Salpietra – mellotron, synthesizers, piano. As you can tell, we heavily utilize keyboards which give us our symphonic sound driven by soaring old school progressive rock mellotron and synthesizer sounds.

### 6. After all these years under your belt playing, does anyone still get stage fright before the gig?

We'll probably all have a bit of it for this upcoming gig

## BACKSTAGE: Harlequin Reborn (Con't)

### still have the intense rehearsals required for the big show?

Given that we now gig very infrequently, it is very hard to spend a week or so in intensive rehearsals singing all out. In fact, last year at the reunion gigs, I basically blew my voice out in rehearsals which made me very unhappy at performance time. I pulled it off using a lot of hydration and sheer will power. This year, I intend to take it easy during rehearsal.

### 13. When you think of now and then, what has changed?

There are many fewer live music venues now and the music has clearly changed over time. Our stage show is still very theatrical although we try to avoid the spandex with our increased girth....though I may still be tempted this year. We've always put on a big show and we have kept that aspect of performance. People coming to see Harlequin Reborn expect theatrics and we'll have a few new tricks up our sleeve this year for them.

### 14. I mean these are the days when vinyl records are coming back and major acts are going back to 2" monster analog recording machines as opposed to digital. Do you see that as a fad or do you believe that analog is truly a warmer venue that people miss and want to have back again?

I'm certainly not an analog snob but



I prefer to work in analog. I like the natural saturation that you can get. However, there is a lot to be said for working in a hybrid manner with a combination of digital and analog approaches. Our music being rooted in the 70s clearly seems to reflect the analog era.

### 15. Your younger audience missed the killer bands of yesteryear and many grew up on their parent's rock and roll albums and feel deprived that they weren't there to see such true talent. Many younger players rehash the hooks and groves and call them their own, do you feel it is important for the new generation of musicians to strive to come up with their own true original music instead of reusing hooks and groves of older hit rock bands?

I don't want to sound like an old curmudgeon but I don't hear a lot of new pop music these days that gets me excited. I am very excited however about the renaissance of progressive rock acts. There is a lot of new great music coming from new bands. It is clearly a niche market but it is relatively strong.

Given the more melodic format of most progressive rock, there is always room for new sounds while paying homage to the tried and true.

### 16. What are some of the funniest or most memorable moments that you can share with the readers of Get Real Magazine that have happened to the band on the road?

As I mentioned, we always were very theatric and had elaborate costumes with make-up. Once we were miss-booked by our Pittsburgh booking agency into a country and western bar in Buckhannon, West Virginia. We were excited because the place was packed; there was probably more than 300 people in the joint. We came out to our intro music in all of our elaborate stage outfits and make-up and began playing mainly original prog and hard rock to deafening silence and the place emptied during the first set. I think there were two tables of really nice folks who stayed through the whole show and really got into our music. That certainly bruised our egos at the time but gave us a lot of laughs through the years.

## Summer Gardening Tips (cont) by Michael J. McGroarty

you must be careful not to leave your grass wet at night. There is a fungus known as Pythium Blight that appears in very humid conditions. This fungus attacks and kills perennial rye grasses. Here in the north most of our lawns are a blend of fescues, perennial ryes, and Kentucky Blue Grass.

mulches, and most of them are really disgusting looking. But this little gem is unique in the fact that as it grows it tends to swell. Then somehow it manages to explode, and it will spatter your house with tiny brown specks. The experts have appropriately named this one "Shotgun Fungus". Isn't that a cute name?

If you have problems with pythium blight you will lose the perennial rye grass in large areas of your lawn, and even though the other grasses will still be there and fill in, your lawn will have areas that are much darker green than the rest of the lawn because you spreading this deadly fungus. Unfortunately, I've got one more summer time culprit to warn you about. It's a handy little fungus that grows in mulch. Actually there are all kinds of fungi that tend to grow in

These tiny little brown specks will fly as high as eight feet into the air, and once they stick to your house or windows, they stick like glue. I know that right now there are people hollering across the house at their spouse, "Hey, remember those brown specks all over the house? I know what they are. It's from the mulch!" Tell me I'm wrong, but I know I'm not.  
A lot of people are victims of this nasty little fungus, but they don't know it. All they know is that there are tiny

brown specks on the house that look like paint. So far they have blamed everything from spiders to aliens.

There's not a lot you can do to prevent this fungus. I have found that if you keep the mulch loose so air can circulate it is less likely to grow fungi. Don't just keep adding layer after layer to the mulch around your house. You should skip at least every other year and just loosen the mulch you already have down. If you loosen it and then rake it flat it will look like you've just mulched. Mulch is great, just don't let it get packed down hard. Loosen it up at least once a year.  
To learn more about gardening from Mr. McGroarty please visit: <http://gardening-articles.com>

## Who is DONALD TRUMP? (CON'T)

than 200,000 people.

- In the casino business in Atlantic City, Trump had to do business with known mobsters - and he stayed "clean" and alive.
- Aside from his personal investments, Donald Trump has never been a Wall Street "player".

### The Political Trump:

- about 1967 - 1987 - Democrat (he was a supporter of Ronald Reagan)
- 1987 - 1999 - Republican
- 1999 - 2001 - Reform Party (he supported Ross Perot)
- 2001 - 2009 - Democrat
- 2009 - 2011 - Republican
- 2011 - 2012 - Independent
- 2012 - Present - Republican

Donald Trump was openly supportive of Mitt Romney's candidacy. Donald Trump does not seem to hold

political party organizations in high regard. For the most part, his political involvement has been for practical reasons. Donald Trump does not appear to be held to political ideology.

### Some shared supporter views:

- Trump has an extraordinarily energetic central nervous system much like Teddy Roosevelt but more targeted to industry and enterprise.
- Trump's presidency will be very energetic, transparent, and communicative.
- Trump will be a very hard working President.
- His interaction with his older brother (who everybody loved) tells me that he thinks that everybody is like him - or wants to be - or should be.
- His relationship with his older brother was a hard lesson in tolerance for him.
- Trump is the Babe Ruth of career

achievements.

- He is dumb like a fox. When you think he just said something stupid - he didn't. It's just that you were not his target audience.
- Trump knows the people - the folk.
- His son, Donald Jr. is right. Trump is a "Blue Collar Billionaire".
- More than anything, his TV show, The Apprentice, was his passion. He wants all Americans to have confidence (like he does) to venture.
- Donald Trump is attracted to and marries smart, high achieving women.
- The highest levels of a Trump Administration is certain to have many women - and they will be bright and assertive.
- Donald Trump's children are very important to him. And it shows.
- PS. Yes, we know nothing of our current president with 2 terms in office, and his term is almost over.

## Who is DONALD TRUMP? (CON'T)

• By all we know, Donald Trump does not smoke, drink or use recreational drugs. He'll be the first President in more than 25 years who hasn't smoked weed.

• BTW: Trump's children don't smoke or drink

• I am unaware that Donald Trump is a recreational gambler.

• His doctor publicly announced Donald to be in excellent health.

I think that to really know Donald Trump, you must know his family background. The Trump family story is a very American story.

### Trump family history - concise version.

- Donald Trump's grandparents immigrated to the U.S. from Alsace (Kallstadt, Germany) which throughout history has been alternately French and German. The Trumps are German, originally speaking the same German dialect as the Amish of Lancaster County, PA.
- His maternal grandparents lived in Scotland.
- Freiderich (Drumph) Trump made a small but respectable fortune in the late 19th Century in the mining boom towns of the American Northwest.
- He returned to Germany to marry his childhood neighbor, Elizabeth Christ.
- The newly married Trumps resettled in the Borough of Queens NY
- Freidrich was establishing a Real Estate business in Queens when he died

suddenly at age 49 (1918).

• In 1920, at the age of 15, Fred Trump (Freiderich's son and Donald's father), started a business partnership with his widowed mother called Elizabeth Trump & Son.

• This business was built upon the real estate holdings that his father, Frederich, had amassed (worth about \$500,000.00 in today's dollars). This is the original "seed money" of the current Trump Organization.

• Elizabeth & Fred remained close business partners her entire life (she died in 1966).

• In 1936 Fred Trump (age 31) married Mary Ann MacLeod (age 24) of Stoneaway Scotland.

• During the depression, Fred Trump built and successfully operated a supermarket (a new concept at the time) which was sold to King Kullen Co. and operates this day.

• Fred Trump made a lot of money building housing for the military during WWII.

• Fred Trump was investigated by the Justice Department for making "excessive profits" from government contracts.

• All (or nearly all) of the building of Elizabeth Trump & Son's non-government building was residential property in Queens.

• Fred Trump died in 1999 (age 94) - beloved and worth between \$250 million and \$300 million. His wife died a year later.

### "The Donald's" career:

Donald Trump is the greatest career achiever of the "baby boomer" generation.

Donald Trump has reached the zenith in his careers as book author, TV entertainer, sports entertainer, Real

Estate developer, and currently politician.

• Donald Trump has authored more than 18 books. At least one of them, The Art of the Deal was a top seller.

• Donald says that the Holy Bible is his favorite book. The Art of the Deal is his 2nd favorite book. And The Power of Positive Thinking by Norman Vincent Peale is his third favorite book.

• He likes golf. Donald Trump has developed more than 11 golf courses which bear his name.

• Donald Trump has twice been nominated for an Emmy Award

• Donald Trump has a star on the Hollywood Walk of Fame.

• Donald Trump has been inducted to the Professional Wrestling Hall of Fame.

• Donald Trump has appeared in more than a dozen movies such as Home Alone 2, Zoolander, and Little Rascals

• Donald Trump has been a guest actor in more than 6 TV shows such as Fresh Prince of Bel Air, Days of Our Lives, Sex and the City, and others.

• Trump has been the Executive Producer of 7 TV shows.

• Trump has been the guest host of 5 TV shows such as Extra, Larry King Live, and Saturday Night Live and more.

• Donald Trump has been co-producer of the longest running reality TV show.

• Donald Trump performed in several WWE wrestling shows.

• Donald performed in Wrestlemania 23 which set attendance records and revenue records up till that time.

• In his first candidacy for public office, Donald Trump received the most popular votes for the President of

the United States out of a field of experienced and successful politicians. And in most cases, he achieved this with less money than any of his opponents.

Keeping in mind that 90% of start up businesses fail, Trump's record of enterprise is nothing short of amazing.

Donald Trump has enjoyed success in at least 11 very different enterprises: Professional football, Ice Skating rinks, Fragrance, Ice, Steaks, Wines, Model management, Airline, blenders, Men's wear, Bicycle races, world class beauty contests, and many others. In some of these, such as model management, his firm has risen to the top of that particular industry.

• There are 31 buildings that bear his name.

• The largest private real estate development in New York is Trump Riverside. Drive down the Henry Hudson Blvd. - you can't miss them.

• There are at least 12 Trump Towers

• There are at least 6 Trump Plazas.

• There are at least 11 Trump Golf Course developments

• And much, much, more in real estate.

• Trump Entertainment, casinos and resorts was recently sold to Carl Ichan.

• Donald Trump's personal managing of the Wollman Ice Skating Rink project in the early 1980's is the quintessential case study for MBA students in Wharton, Harvard, and other business schools. His performance there was phenomenal.

• Donald Trump's privately held businesses have employed more



## BACKSTAGE: Harlequin Reborn (Con't)

since we have invested a lot of effort in getting the show together. Ronnie is usually the most stressed out and used to routinely get ill prior to gigs, although he didn't at the reunion gigs. I worry about forgetting the songs constantly, even the ones I wrote!

**7. Many older rock bands are still touring today and doing quite well, do you see Harlequin Reborn doing more, tasty originals or touring your older stuff?**

We're doing a combination of older originals and new ones. Frankly, the new material is superior and significantly more complex. There are a few of the older songs that we always do for the fans including Star Enchanter, Where Lies Eden, Lady Rever, and Behind the Mirror. Harlequin Reborn fans always expect to hear The Worm Ouroboros, although the new version is quite different from the original one since it has been significantly enhanced. We'll do a few covers also, although we're still deciding exactly which ones will be included. We are definitely working on new material for a planned studio album but we'll probably only debut one of those at the upcoming concert.

**8. With that being said, how has your music changed over the years?**

In the 70s, we were much harder rocking although always with progressive elements. Now, I'd say



we trend more to the melodic and symphonic schools of progressive rock although any time Ronnie D is playing guitar you can expect some classic hard rock.

**9. I understand you are going to play a few David Bowie songs as a tribute to him. What inspired you to do this tribute?**

In the 70s, we played quite a few Bowie covers along with our originals. Given the recent tragic loss of this musical genius, we've decided to break out at least one in his honor. We're keeping it a secret which one we will do on July 23.

**10. You have a new live album coming out from this upcoming concert, is it going to include analog to bring out the warmth of the music?**

Although it is digitally recorded, I've put a lot of time into the production restoring or simulating analog warmth. I've mixed using Harrison Mixbus software which does a great job at pseudo-analog. I also still use

analog processing out of the box extensively. My go-to analog compressors are Crane Song and Summit. My favorite equalizer is also a Crane Song. There is a lot of analog equipment that is used on the recording.

**11. When you tour, do you still appreciate open/big rock mics opposed to little digital remote ear mics when you sing on stage to a live audience?**

I am very particularly about microphones. I only use Neumann KMS 105 condensers on stage for my vocals. They have the best detail of any stage mic that I've ever used. They're quite expensive but worth the cost. For monitoring purposes, I still prefer floor monitors but I do use in-ear monitors as a back-up if things get a little hairy. I don't like the isolation that in-ear monitors are associated with, although this is probably a generational thing. I like the music loud so that I can feel the pulse.

**12. Speaking on singing, rehearsals can be brutal leading up to the gig, so how do you keep the band voices in prime time shape and**

## Make Sure You Eat Healthily and Bounce Into Spring!

By Lewis Stonham

A person's well being largely depends on eating healthy meals. However to some people finding the time to prepare these seems just too much trouble. It is simple to find easy healthy recipes online, and the sites where these are available offer eating tips, menu ideas and guides as to what foods are good for which aspects of health. Healthy eating should not be a chore. I mean it has to be far easier to throw together a wholesome tuna salad, with fresh whole wheat bread and fruit for dessert, than get in your car and go to the McDonalds drive-thru!

Spring has sprung and what better way to get into shape for the summer than

to change your eating habits now? You can take as many supplements as you like and go to the gym 7 days a week, but if you are not eating healthy, this is all just a waste of money. Health has to be approached holistically and this means from all the different aspects of it.

Many foods, even the ones we prepare at home, contain preservatives, hormones and chemicals. Say nothing of the artificial flavors, ingredients and colors that can also be so harmful to health. A positive goal this spring would be to buy and eat the most environmentally friendly foods you can find (read the packaging, it will tell you everything you need to know). Creating simple meals which are healthy

cannot harm either ourselves or our environment.

Organic salads and fruit are great as they can be tossed together in a bag and thrown into a bowl ready to eat. All vegetable and fruit types are good for something concerning your health. Purchasing free-range turkey and chicken is good, these are both great sources of protein and are versatile beyond belief. Eat whole grain carbohydrates such as pasta and bread for additional health benefits.

While fish is incredibly good for you and contains all the essential Omega fatty acids you need. There are certain fish you should be careful of eating too much



of, such as swordfish. Scottish and Norwegian Salmon are fantastic for good health, as is trout and Canadian Salmon.

## Kids Can Help Too!



Good eating habits start young! What better way to introduce your child to fruits and vegetables than let them help you in the kitchen. Then somehow that foreign looking fruit or vegetable ... doesn't look quite so strange. Familiarity breeds acceptance. Kids are much more willing to try some-

thing that they have seen mom and helped mom cook with over and over than if they just see it in its raw form in the store and think to themselves ... "She wants me to eat that? No Way! That looks gross so it must taste really bad!" We were all kids once and getting us to try something new ... just the thought made our tongues scared. Texture is one of the hardest things for kids to get passed. Let's face it, they start their life out on nice warm milk, followed by pureed everything to nice soft dissolving finger foods, etc. Then we want them to eat an apple that you actually have to

bite into and chew? Thus I learned with my kids its best to have them experiment in the kitchen and start with fruits and let them smell, touch and experiment with different fruit textures. They were much more apt to what to taste that fruit when it smelled good. I also encourage them to taste fruits in different forms such as in yogurt (a big hit) and jellies. We are still working on the vegetables, and salads seem to be the hit their. Well as long as they continue to grow in their culinary tastes and skills ... hopefully I will have started a tradition that they will pass to their kids ... that kids can help too and learn in the process!

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# 3 Super Diet Tips to Lose Weight Fast

by Roland Du Preez

We know that our first priority when wanting to lose weight is eating a healthy diet. Yes, exercise is important too, but diet is the number one thing if you want to maintain your weight throughout your life. I hope that after reading this article you will have some simple ways to make healthy changes to what you eat daily.

1) You have to have some healthy fats with most of your meals. This is very important if you want to maintain the correct fat burning, muscle building hormone levels. Eating enough healthy fats will also help you to keep your appetite in check.

The best source of good fats are seeds, egg yolks (organic free range), raw nuts, avocado, coconut oil and extra virgin olive oil (has the highest

antioxidant of all olive oils) Top Tip - eat a handful of raw nuts or mixed nuts almonds, walnuts, pecans (all healthy choices) three times daily, about half an hour before meals. This will dampen your appetite and provide your body with fiber, protein and healthy fat. This will help you to eat less calories at meal times and give you a great boost of nutrition because of the high density of nutrients in most nuts.

2) You should always try to eat a quality, high protein with each meal or snack. These would include grass-fed meats, raw dairy, nuts and beans will suppress your appetite and will help you to easily control your calorie intake.

These quality proteins will

help you to build lean muscle, especially if you have a regular, hard work out. Your metabolism will be much higher from the lean muscle you are building up.

When you eat enough protein with your meals it will also help your body control blood sugar and insulin levels by slowing down the breakdown of undigested carbohydrates.

3) I don't believe that a very low carb diet can be maintained, however, most people struggle to lose weight all their lives because of daily overeating excessively processed carbohydrates like refined sugars and refined grain starches.

The sugar found in fruits and berries are acceptable because the fiber in

them helps slow the intake of sugar in the body. Just avoid fruit juices, which are almost only sugar, and because of the processing the fiber has been removed, so there is little goodness left.

By experience, when people reduce their grain consumption to the minimum (like bagels, bread, pasta and cereals etc...), it becomes much easier to lose body fat. The best would be to eat the minimum grains and get carbohydrates from fruit and vegetables only. Just doing this helps people to manage their weight much easier.

By implementing these 3 tips to a healthier diet, there will be no reason you won't have much more energy and see a leaner body in no time.

# Losing Weight With Hypothyroidism, Is It Possible?

by Asma Somia

Maintaining a healthy weight can be a struggle when you're living with hypothyroidism. Like many people with untreated hypothyroidism, the symptoms include weight gain, high cholesterol (at a young age), mild depression, blood pressure issues, being tired and cold much of the time, in a brain fog, hair loss, dry skin, low energy, low sex drive, and so much more. Many hypothyroid patients struggle with an inability to lose weight. If this sounds like you or someone you know keep reading!

If the thyroid is extremely overactive, the individual's BMR increases which leads to increased caloric requirements to maintain that weight. If the person does not increase the calories consumed to match the excess calories burned, then weight loss will ensue.

the more severe the hyperthyroidism, the greater the weight loss observed. Weight loss is also observed in other conditions where thyroid hormones are elevated, such as

in the toxic phase of thyroiditis and if one is on too high a dose of thyroid hormone pills.

Being overweight is not something you are stuck with just because your thyroid function is in need of help.

Is losing weight with hypothyroidism possible?.

Here are the things that help turn weight struggle around in just a few short weeks.

## 1 - Adjust your thyroid medication:

Thyroid medication often needs adjustment, commonly needs to be increased, and not everyone responds to the same meds - some women need T3 and T4. Find a physician who will work with you to get on the right medication at the right dose, without overdosing you to the point of hyperthyroidism!

## 2 - Check your thyroid mabs:

If your thyroid isn't doing its job

of firing up your metabolism, it's going to be nearly impossible to lose weight.

## 3 - Eat only healthy food:

This means healthy proteins like organic meats, poultry, and eggs in moderation, beans and legumes, lots of vegetables, small amounts of whole. Healthy foods give our cells the information that they need to perform their jobs in top shape.

## 4 - Insulin Resistance:

Insulin is a hormone released by the pancreas. When you eat foods that contain carbohydrates (which make up the majority of most of our diets), your body converts the carbohydrates into simple sugars. These sugars enter the blood, becoming "blood sugar. Your pancreas then releases insulin to stimulate the cells to take in the blood sugar and store it as an energy reserve, returning blood sugar levels to a normal level.

If you are insulin resistant,

eating carbohydrates can make you crave more carbohydrates. You'll gain weight more easily, and have difficulty losing it.

You may feel frustrated that there's nothing left to eat, struggling losing weight with hypothyroidism.

But you need to rethink your eating habits. And for those who are insulin resistant, once you start eating this way, you'll find it easier, as your carbohydrate cravings will subside dramatically.

Treat hypothyroidism in a natural and effective way <http://www.liveitup.com/hypothyroidism-revolution-how-to-treat-hypothyroidism.html>

Article Source:



# Decorating In Cottage Style



## COTTAGE STYLE

When describing cottage style decorating, the following terms come to mind: feminine, floral, cozy, pastel, and distressed. Cottage decorating is a mixture of light colors, comfortable fabrics and furniture and accessories that is easy on the eyes with a vintage appeal.

Today's cottage style often incorporates a soft palette of greens, blues, yellows, and shades of lilac; it may rise to a brighter standard with crisp colors gathered from natural surroundings. Florals are everywhere, in wallpapers, fabrics, and dainty embroidered napkins. Glassware sparkles, whether it's clear or tinged with color. Cottage is serviceable, too, with handy tables, sturdy old beds from the family attic, and bare floors with throw rugs that are easy to sweep and shake out. Think flea markets, fresh flowers, vintage patterns, and a bit of romance, and you've defined today's expression of cottage country. Above all,

it's light and airy, fresh and fun, and completely, unequivocally original

The following is a list of cottage elements courtesy of Better, Homes & Garden:

**Color:** Pastels are the order of the day for cottage style rooms. For the walls, pale pink, lavender, blue, green, or yellow in a flat or eggshell finish creates a perfect background.

**White:** From crisp bright white to creamy ivory -- you'll want to use it for trim, furniture, and accessories.

**Garden themes:** Bring in fresh flower bouquets, botanical prints, and garden furniture to reinforce the look of the outdoors.

**Fabrics:** Floral fabrics, white linens, and pastel accents can be successfully combined in a cottage room. Using fabric for slipcovers is a wonderful way to get the cottage look on nearly any piece of upholstered furniture. Tea-stained and vintage fabrics are also prized.

**Distressed finishes:** Shopping at flea markets and junk stores is definitely encouraged. Look for aged paint finishes, areas that are chipped and worn -- all offering the look of a lovingly well-used home.

**Collections:** Whether you collect pitchers, teacups, or books, a cottage room may be the perfect place to display these treasures.

**Windows:** Keep window treatments light and airy. Muslin, linen, or cotton panels should be chosen with simple details like tab-top or rod-pocket styles.

**Beaded board and lattice:** Use these charming products to cover cabinet doors, ceilings, walls, wainscots, or even the

backs of shelves. Painted white, beaded board and lattice add the feel of pure cottage style.

**Wood:** Though painted wood finishes are prized, natural woods may also be used in cottage rooms. Hardwood floors, paneled walls, pine bookcases, and old mahogany tables add more warmth from wood.

**Lighting:** Think candles and chandeliers! Charming crystal fixtures, sconces, and glass lamp bases are more possibilities for romantic lighting.

**Wicker:** From baskets and trays to wicker tables and rocking chairs, wicker evokes instant charm and cottage style.

**Charm:** Room details like lace window panels, ruffled pillow trims, and eyelet curtains are small touches with big impact.

**Sparkle:** Consider bringing in a touch of sparkle with crystal, silver, or ceramic accessories.

**Romance:** Look for details with a hint of romance. Architectural details, vintage mirrors, tole trays, floral china, and pretty pillows are all candidates for charm in a cottage style space.

Try these ideas for a warm and romantic cottage look. First bring the outdoors in with garden furniture and ornaments. Wire plant stands, metal garden chairs, tole-painted trays, and botanical prints are often inexpensive, easy-to-find elements that mix well in a cottage room. Create intimacy with comfy spaces for conversation or lounging. A wonderful old wing chair or a bed plumped with pillows offers an invitation to cocoon. Layer on the details with ruffles, lace, buttons, and handmade needlework to gain romance

with every touch. Then accent artfully with the things you collect and love. Favorite books, heirloom jewelry, old family photos, and other mementos express who you are and can have a place in your decorating scheme. Plain pitchers overflowing with bouquets of flowers increase the feeling of garden abundance. Whether from your own garden or purchased from your local supermarket or farmers' market, flowers add life to any space.

Add candlelight, a simple yet elegant way to put romance in a cottage room. Include crystal candleholders and mirrored plates for more sparkle. Use candles scented with florals or spices for another delightful sensation.

Next edition, we will look at decorating in the Old World style.



## How to Get Rid of Age Spots Effectively

by Tisha Miller

Searching for help to remove age spots? Frustrated at seeing those dark brown spots each time you look at the mirror?

Just like you, I had suffered from this very discouraging skin disorder. But I have successfully managed to overcome them.

And in this article, I want to share with you tips on how you can get rid of these brown dark spots too. You will get to discover what are the treatments that can get rid of them naturally and safely, without even resorting to high-end surgery treatments.

But first, let us understand what age spots is all about.

### Causes

Sometimes called liver spots, age spots are actually skin pigments that arise due to the skin's constant exposure to the sun.

Researchers had found out that the damaging sun UV rays cause the melanin production in our body to accelerate and further to that, there is a "ceroid" pigment which starts building up in our body when the skin ages.

### Aloe Vera

**Aloe vera has healing properties and aids skin regeneration. So, it is excellent for getting rid of brown spots, especially when caused by sun exposure.**

**•Gently rub fresh aloe vera gel on the spots. Leave it on for about 30 minutes before washing the area with cold water. Repeat twice daily and within a month you should notice improvement.**

**•If fresh aloe vera gel is not available, you can opt for aloe vera juice that you can readily buy from the market.**

This pigment cell subsequently set off our skin to produce those unsightly age spots. And studies have shown that people over the age of 55 will generally experience a higher hit rate with this skin disorder.

Age spots can surface at any part of the body - arms, feet, face, and shoulders as well. So, if you are one who enjoys outdoor activities or a person who likes to sunbathe often, remember to put on sun blocks or sun protection lotions. Otherwise, you may just find yourself with brown little spots appearing on your back.

### Treatment and Removal

Here are some tips on how to remove age spots effectively:

a. Limit your exposure to the sun. Put on sun block, sun tan lotion with a high SPF factor of at least 15 to protect your skin.

b. Use bleaching solutions such as hydroquinone. It works effectively by killing the melanin production in our body. But do note that using hydroquinone may not suit some individuals who have sensitive skin type.

c. Kojic acid. Try using topical treatments like kojic acid, mandelic acid

or vitamin C products. These can help you to fade away those liver spots. These treatments are less irritable to the skin compared to hydroquinone.

d. Alpha hydroxy acid gel. The latest technique to remove dark skin spots involves the use of alpha hydroxy acid gel and beta hydroxy acid gel. You need to make put the gels on before you sleep. Although effective, this treatment may cause some

irritations to your skin.

e. Retin-A. Commonly used for acne creams, Retin-A cream can also help to lighten dark brown spots. The only drawback is that you need to use it regularly for at least six months before seeing any visible results.

f. Use skin lightening substances that contain Extrapone Nutgrass. I would recommend you to go for this if you want to effectively remove age spots. This is what I use as well. Clinical studies have proven that using this natural treatment, you can expect a high success rate of reducing melanin product by as much as 40%. It also does not cause any irritations or side effects to the skin. Results can be visible as short as a few weeks.

And to help you get clearer and younger looking skin, I will like to share with you one skin lightening range that I found contains more active ingredients than any other cream on the market. These ingredients are effective moisturizers, because they penetrate deeply and "nourish". So, they never feel greasy.

I have never seen any other natural products that is as good and report no negative or adverse effects. They are hypo-allergenic, fragrance free and can be used on any skin-type.



## Preparing Your Skin For Summer

by Mary Turner

Here in the East, we are counting down the days to short sleeves, bare legs, and a summer of wonderful sunshine. So it's time to get ready for the summer!

If winter leaves you with dry skin, it's time to brush away the dead cells and start anew with fresh, smooth skin. I always start with a full body exfoliation, and pay special attention to wherever your extra-dry spots are. The areas that are usually more parched than others are legs (especially my heels and knees) and elbows.

There are many different types of body scrub products available today. One of my favorites are sugar scrubs. Sugar is a great, natural exfoliant and is readily available at many stores in fabulous scents. I have found the best time to exfoliate is in the shower when your skin is damp and more easily resurfaced.

After exfoliating and rinsing well, slather on a rich lotion or body butter to seal in the moisture and keep your skin soft and smooth.

This is also a good time to apply a light application of self-tanner. Years ago, self tanners were orange-y and gave you a "fake tan" look. Updated formulas not only work better, but smell better too. I recommend a beautiful, healthy self-tan, rather than aging, skin damaging, unprotected sun exposure. Bronzers, highlighters and spray tanning can also give you a healthy, safe summer glow without the danger to your health. With all the fabulous options out there you can get your glow on without fear!

Part of keeping your skin healthy is using sunblock. Sunscreen is fine for the winter months, but in the summer you need more protection against UVA UVB rays. Check the ingredients in a sunblock to make sure it is truly protecting your skin. Look for ingredients such as Titanium Dioxide or Zinc Oxide. If these are found, your skin will be protected far better than a product that does not have them. For those with oily skin there are now oil free formulas that will not clog pores and will protect

your skin from premature aging and sun damage. Enjoy the sun, enjoy the beach, just do it safely and wear sun protection every single day, even when it's cloudy.

And we couldn't prepare for summer if we didn't talk feet! I get so excited when I can unpack all my lovely summer sandals and start showing off prettily pedicured toes! Getting and keeping your feet pretty can take a little work, but it's actually pretty simple. First, don't wear shoes that are too tight and cause unnecessary callouses and blisters on the feet. After showering, don't forget to moisturize and push back your cuticles to keep your feet soft and neat. Best of all, regular pedicures keep your feet in tip top shape so you can shine in your barely there footwear.

Mary, owner of Mary Turner Skin Care & Day Spa is a clinical esthetician, licensed cosmetologist and certified laser technician. Learn more about Mary and the spa online at [www.maryturner.net](http://www.maryturner.net) or call 724-657-5156

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## THIS MONTH'S BEAUTY TIP

Q. How can I get my hair to grow faster?

A. Hair grows about a 1/2 inch per month. Hair health, genetics and your diet play a huge role in how fast your grows, but there are things you can do to move hair growth along at a faster rate. Nutrients are fed to the hair through the hair follicle which also contains an oil gland to keep hair shiny and a tiny muscle that keeps the hair attached. When the hair finally appears it is not alive and is composed of fibers made of 91 percent protein. You need a healthy diet which is rich in B vitamins, biotin, and amino acids which are the building blocks of protein, and herbal compounds that stimulate the scalp. So, if you want to grow your hair fast for starters you need;

- A shampoo rich in amino acids (proteins) and herbs that stimulate the scalp
- Flaxseed Oil, Vitamin A and Zinc and Copper contribute to healthy hair growth
- Don't brush your hair when it is wet
- Do a scalp massage to stimulate circulation
- Quit smoking, it can cause hair loss
- Try to limit hair dyes & chemicals, high heat from hair dryers, heated rollers or flat irons
- Wear a hat if you will be in the sun
- Be patient

