Safety tips for surviving the dog days of summer

The end of summer can be a bitter-sweet time of year. To some, summer is the most enjoyable time of year, marked by shorter hours at the office and family vacations. For kids, summer is a time when homework is set aside in favor of rest and relaxation.

As enjoyable as summer can be, there are many people who, come the end of August, are glad to see summer nearing its end. Such people may enjoy cold weather or may simply find their homes too hot. There are high temperatures and humid afternoons to start the wear down.

Regardless of one’s personal opinion about the dog days of summer, the often unforgiving climate sweltering with late summer is a considerable safety risk for all ages. Temperatures approaching or exceeding the triple digits coupled with intense humidity can be dangerous, and it’s important that men, women and kids emphasize safety as summer winds down.

- Check seating before sitting down. You don’t have to spend time outdoors to get burned when summer temperatures soar. Something as simple as sitting down on a surface exposed to the sun can cause a thing. Before sitting down in a car, on a bench or other surfaces exposed to the heat, check the seats by hand. Bring a friend with your hand is not likely to result in a burn. If you can’t gauge whether a seat is safe to sit on, it’s too hot. Parents should always check their children’s car seats before placing youngsters in the car. If seats are too hot, sit down on a towel before sitting down.

- Check car doors at all times. Kids might make the amenable to summer heat than their parents are, but that doesn’t mean playing outside isn’t a potential threat to youngsters’ health. In addition to more standard precautions like applying sunscreen to youngsters before they go outdoors and ensuring they drink enough water, make sure the doors to all vehicles on your property are locked. Whether they’re seeking a respite from the hot summer sun or simply playing with friends, kids might climb into cars when mom and dad aren’t looking, and that can put youngster in precarious postures, especially if the vehicle’s windows are rolled up. Cars can quickly turn into ovens during the late summer swelter, and kids can easily succumb to the heat if they climb into an unattended vehicle in a hot day. Be sure to lock your car doors so kids are not tempted to climb in on hot summer days.

- Limit strenuous activities. Adults may find late summer is the ideal time to get outdoors and go for a run or enjoy a little sun-soaked exercise. Some may want to get a little sun or simply enjoy the sensation of sweat off a few pounds as they jog around the neighborhood. But strenuous outdoor activities should be kept to a minimum once the dog days of summer arrive. Heat stroke and dehydration are very real possibilities when adults and kids overextend themselves on hot days, so keep physical activity to a minimum on especially hot days or schedule activities for those times in the day when the temperature is more amenable to activity.

- Stay hydrated. Late-summer heat can take a toll on the body, which needs water to stay cool. On days when the heat is especially hot, be sure to drink plenty of water even if you don’t feel thirsty. The body’s cooling system can fail in extreme heat or when conditions out- side are especially humid, leaving most women and children susceptible to dehydration. One way to gauge if you are drinking enough water is to look at the color of your urine. If your urine is clear like water, you’re likely drinking enough water. When the urine has a dark shade like that of apple juice, then you likely need to drink more water. Dizziness, an ele- vated heart rate and nausea are some symptoms of dehydration, particularly on hot days.

The end of summer means cooler weather is just around the corner. But that doesn’t mean summer heat can be very dangerous, and men, women and children should take precautions so summer’s last heat wave does not take a potentially dan- gerous toll on them. 

Recognizing safety hazards around the house

Home may be where the heart is, but it also can be an unsafe place if safety hazards are not recognized and addressed.

The Consumer Product Safety Commission says that each year 3.1 million injuries occur in and around the house. Here is a collection of home hazards that you should avoid:

- Home fire injuries are high- est among seniors and children under the age of five. In addition, home fires are a leading cause of emergency room visits. Smoke alarms on every level and in the garage can alert to danger, but ensuring candles are extinguished and electrical wiring is up to date and making sure space heaters and other appliances are not left unattended can help prevent fires.

- Garage doors: The CPSC says an average of 20,000 people each year are treated in the hospital for injuries caused by garage doors. From fingers and toes getting trapped to heavy doors falling on children and adults, garage doors can cause serious injury.

- Falls: Falls are a leading cause of injury to people of all ages. Falls can occur from stumbling on carpets, tripping on stairs or off high surfaces like beds and tables. Make sure your home is free of tripping hazards.

- Faulty underwire lighting, appliances that are swallow ed may not pass easily through the digestive system. Occasionally, they can get trapped in one another or a piece of metal and pinch or twist the intestines, potentially causing blockage or infection.

- Furniture tip-over: Large furni- ture and electronics that are not bal- anced well or anchored to a wall can result in electrocution. The CPSC notes that suction from a pool or spa drain is also potentially hazardous. The majority of suction accidents involved children, but suction can hold an adult underwater. There have even been cases of people being dismembered from pool drains. Installing a safety vacuum release system that turns off the pool pump when a drain is blocked can prevent entrapment.

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Food prep tips for breast cancer patients

Breast cancer treatment can be exhausting, resulting in low energy levels that can make it hard for patients to tackle all of the tasks that come with a typical day. That includes preparing meals, which is often the last thing a person fighting breast cancer wants to do after a day of treatment. But nutrition plays a vital role in beating cancer. A nutritious diet can promote strength and increase energy levels, something breast cancer patients know is not always easy to come by. The following are a few tips to help men and women undergoing breast cancer treatment maintain a nutritious diet throughout their treatments.

- **Plan ahead when you’re feeling strong.** Breast cancer patients often have good days and not-so-good days during the course of their treatment. When the latter comes around, everyday tasks like cooking meals can seem as exhausting as climbing Mount Everest. So breast cancer patients can plan ahead for such days by going the extra mile on those days when their energy levels aren’t compromised. Prepare meals in advance and freeze them so they require minimal effort on those days when energy levels are low.

- **Avoid empty calories.** Emotional distress like those found in a bag of potato chips won’t help fight fatigue on those days when your energy levels are low. When eating, opt for foods that are rich in vitamins and nutrients but not heavy in calories. A meal that is dense in nutrients but not calories will benefit your energy levels.

- **Opt for snacks that are high in protein.** When snacking during the day, it’s possible to counter any exhausting effects of breast cancer treatment by choosing high-protein snacks. Foods that are high in protein, including low-fat cottage cheese, Greek yogurt and almonds, can improve your energy levels because the body does not break protein down as easily as it does carbohydrates. Soy protein, when mixed with a protein shake, can be a longer-lasting energy source than snacking alternatives that are low in protein. If you aren’t a fan of soy, consider a protein shake.

- **Buy in bulk.** When visiting the grocery store, buy items in bulk so you won’t have to make as many trips there. This can help on those days when energy levels are waning. Further save energy by asking a store employee to carry your groceries to your car. On those days when the cart is out and you don’t feel up to a trip to the store, call your local grocer, explain your situation and ask if it’s possible to have groceries delivered. Many grocers would be glad to help.

- **Modify recipes.** In addition to boosting your energy levels, protein helps heal and rebuild tissues, and you can modify recipes to increase the amount of protein and lower your energy requirements. For example, add cheese to sandwiches, pasta dishes and casseroles, as dairy is a strong source of protein. When cooking, use whole meals, and avoid processed foods that can compromise taste. If you’re unsure of how to do so, discuss this with a physician or dietician.

- **Fatigue is a common side effect of cancer treatment, but there are many ways men and women undergoing breast cancer treatment can alter their diets to make their meals more nutritious, improving their energy levels as a result.**

Many people like to unwind by spending a night out on the town with friends or family. Sharing some laughs, a good meal and maybe even a few drinks can make for a memorable night. But men and women taking in the local nightlife must prioritize certain safety precautions to ensure their night out on the town isn’t memorable for all the wrong reasons.

Personal safety can be threatened when nights out on the town last into the wee hours. Though this isn’t a reason to stay in, it does highlight the importance of emphasizing safety when unwinding with loved ones late at night. The following are some safety precautions men and women can take when their next night on the town figures to continue long after the sun has gone down.

- **Never go out alone.** When going out for a night on the town, always do so in the company of friends or family members. Geometric shapes can make you a more attractive target for criminals. If friends cancel at the last minute, it’s best to reschedule your revelry rather than going it alone. If friends are ready to go home, then you should go home as well rather than staying out alone late at night.

- **Avoid excessive alcohol consumption.** Alcohol may help some people lower their inhibitions, but alcohol also makes you less aware of your surroundings, especially when you consume large amounts of alcohol. Alcohol also impairs judgement, which can put people who drink excessively in precarious positions they would otherwise avoid when sober. When consuming alcohol, drink in moderation.

- **Have a designated driver.** Designated drivers are a good thing to have even if no one plans to drink to excess. A designated driver is one person in the group who agrees to abstain from alcohol for the night so he or she can safely drive everyone home at the end of the night. The designated driver also can monitor the group’s alcohol consumption as the night goes on to ensure no one is overindulging and putting their health at risk.

- **Mindful of your valuables.** A night out on the town might be a laid back, way to unwind, but that doesn’t mean you should drop your guard when in a public place. Men should keep valuables like their wallets and mobile phones with them at all times, while women should never let theirs pass out of their sight. Avoid leaving a purse hanging off the back of a chair, as that makes it an easy target for thieves who often prey on unsuspecting victims having out a good time.

- **Avoid poorly lit areas.** Alleys, vacant lots or poorly lit parking lots are prime locations for criminals to ply their trade. Avoid such areas no matter how large your group is. Areas that are not well-lit tend to be less trafficked, and should something go wrong, others may not be able to hear any cries for help.

- **Don’t be too flashy.** While it’s nice to get dressed up for a night out on the town, displaying expensive jewelry or carrying lots of cash can make you a prime target for thieves. Keep this in mind when choosing your outfit for a night on the town.

- **Don’t distrust yourself.** Distractions are everywhere nowadays, and it’s easy for men and women to lose track of their surroundings when talking on their mobile phones or listening to music on their digital music players. When out in public, remain alert and avoid distractions as much as possible.
**Improve air travel experiences**

Air travel remains the quickest way to traverse long distances. Millions of people across the globe take to the skies each year, and the aviation industry suggests there are $87,000 flights each day in the United States alone. These flights include international, commercial airline flights, private flights, and flights carrying military personnel. However, for travelers with which air travel can get passengers from point A to point B, many travelers still find it prone to extreme unease on a flight, talk to their anxiety. It is unadvisable to make solid decisions upon landing. Some sites indicate if there is baggage carousel.

- **Recognize the more affordable flight isn’t always the best option.** Numerous travel sites offer low-cost flights for budget-conscious travelers. But very often price comes at the cost of convenience. A lower-priced flight may be a red-eye, while other cheap flights require multiple stops along the way. Travelers who want their flights to be as quick and as convenient as possible might want to choose a non-stop flight even when there are less costly alternatives.

- **Know the rules before you board.** Increasingly, security measures mean tougher restrictions as to what passengers can carry on a flight. There also may be restrictions on carry-on baggage or restrictions on how many pieces of luggage can be brought along before being required to check. Check an airline’s website or consult with a customer service representative to learn the rules of your flight so you are not held up check-in.

- **Leave ample time to get to the airport.** Depending on the city you are visiting, there may be some time, as clearing security, particularly for international travelers. Rather than beginning your trip stressed out as you rush to the airport, leave your home 2-3 hours before adequate time. That way you can enjoy the sights and sounds of the city. It is better to be early and waiting around than be late and miss your flight.

- **Assess your health needs.** Some people simply are not good flyers. Air travel can induce anxiety, so if you are prone to extreme unease on a flight, talk with a doctor about getting a prescription to treat your anxiety. It is unadvisable to take sleeping pills on a flight because most medications are required to be taken eight hours of sleep. If you take a pill on a shorter flight, you may risk being unaware of any medical emergency that may require you to call for assistance or even to discontinue flight.

- **Find out if you can pick your seat.** Check the airline’s website or the website of travel agents to browse airline seating maps and learn about the features of certain planes, such as leg room and where emergency exits are located. Some sites indicate if there is in-flight entertainment and if there are any digital electronic hookups available in particular seats. This can make flights more comfortable for all travelers.

**Get the scoop on fall fashion trends**

Clothing styles change from season to season. Each year established and budding new designers call forth their creations to be public with a bevy of new wardrobe items and accessories. The fall 2013 season is no exception. Borrowing from the past but with a nod for the future, key elements of patterns and design colors, released their predictions of the fall season, some of which may become the trends of winter. Here’s a look at what should be filling stores and closets in the next few months.

**Color**

Expect to see plenty of green-hued items this fall. Mossy greens, yellow-green, linden green, deep green, as well as Pantone’s color of the year, emerald green, will each be in-style this fall. In addition to various shades of green, expect to see some other colors of color straight-out of nature. Exotic reds, acai purple and azure blues are just a few complementary colors that are expected to mix with the fall standards of slate gray and khaki.

Patriotic

There were interesting patterns and color combinations from a number of designers. While fashion-forward shoppers might not see the same level of detail at mainstream stores than they could expect to find at designer boutiques, there certainly may be a sampling of some of the prints and patterns that adorned the runway.

Modernized florals in earthy colors and graphic prints that take their cue from the streets of Paris or Hong Kong. Some of the showcased trends. In addition, Eastern European florals and color-blocking reminiscent of Soviet era were showcase on the runway, Moschino and Blenciaga, crop-tops made many nostalgic for the early 1990s. Plaid flannel also graced some models, furthering the early 1990s look.

**FASHION/ACCESSORIES • CONSUMER TIPS • WOMEN**

*Image courtesy of Rad Hourani

**Wearing white after Labor Day**

Soon the summer season will come to a close. Labor Day is just around the corner, and the throats of beachgoers will be singing into the fall. The weather is still a daily life that doesn’t include jaunts to the beach. Labor Day, the holiday 22nd of the month. Some people also may be packing away their light-colored clothing, including white shoes and pants. The myth that white shouldn’t be worn after Labor Day has prevailed for years and years. At the end of summer, conventional fashion wisdom states that white clothing should be packed away, only to return come Memorial Day. Although many experts have been quoted, there is no firm indication as to why the white moratorium is set into place each and every Labor Day. Some surmise this fashion “rule” dates back to the early 20th century.

One common explanation has to do with the availability of air conditioning and methods to keep cool. In the 20th century, wardrobes were not as casual as they were today. White clothing would never be considered formal clothing. So instead of donning a pair of shorts and a tank top and spending the day enjoying the outdoors, people would wear a white and light-colored clothing that is lightweight and comfortable. In addition, an effort to keep cool during the heat of summer. After Labor Day, when summer arrives and colors can be worn, more people will leave people too chilly, so people cast aside white for darker, heavier fabrics.

Furthermore, most of the fashion trendsetters were based in New York City, where fashion editors were exposed to each of the seasons. Therefore, in the pages of the leading fashion magazines, trends were set based on the social scene of New York City. Though the fashion rules have been dictated from Miami or Houston, white clothing might have remained perfectly acceptable long after Labor Day.

Other historians speculate that the white rule had more to do with social class than fashion. White clothing was associated with the upper-class, who had enough disposable income to change clothes and jet-set to vacation havens. In an effort to assimilate, some lower-class people would emulate the well-to-do by wearing white and light-colored clothing. Rules were established by those in the know that white was eschewed after Labor Day originated. But rules were made to be broken and today many people no longer adhere to traditional rules of fashion, including the one suggesting wearing white after Labor Day is a faux pas. In fact, many fashion trendsetters have embraced wearing white after Labor Day, much as fashion icons like Coco Chanel was known to wear white suits year-round in the 1920s.

White linen and garden fabrics may not be as comfortable or appropriate after Labor Day, white certainly can be adapted to different occasions. A fun, “winter white” shade, which is a creamier hue of white for colder months, has become popular. Naturally, brides who get married after Labor Day have been wearing white after Labor Day for decades — with no ill effects. Men and women can opt for heavier cotton sweaters, floral prints, and boots, and winter white peacoats to integrate white into their fall and winter ensembles.

**DID YOU KNOW • SPORTS**

Did you know?
The Little League World Series traces its origins back to 1947, when the board of directors presiding over the original Little League organized a tournament for the 17 Little League programs in existence at the time. This tournament was initially called the National Little League Tournament, but the name was changed to the Little League World Series in 1962.

Eleven teams participated in the inaugural Little League tournament, 10 of which were based in Pennsylvania, where the tournament is still played to this day. New Jersey’s Hammonton All-Stars were the lone team from outside the Keystone State to participate in the tournament. Accounts of the championship game, in which the Lock Haven All-Stars were defeated by a W. All-Stars, 3-1, are written in newspapers across the country. That publicity would prove beneficial to Little League, which soon had programs in every state. Nowadays the tournament has expanded even further, with teams from across the globe traveling to Pennsylvania to compete for a championship.

**FASHION/ACCESSORIES • CONSUMER TIPS • HOLIDAYS-SUMMER**

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How to get fuller hair this season

Many men and women want to improve the appearance of their hair. But solutions that may have worked at one time may not work after the seasons have changed.

When cooler, crispier weather arrives, humidity levels wane and hair can feel flat and lifeless. This can exacerbate already existing conditions of thinning hair.

Concern for men and women alike. As women age, their bodies produce less estrogen, which can lead to thinning, while some men are genetically predisposed to thinning hair and even balding.

But thinning hair may be a byproduct of the weather. When the temperature outside begins to dip, people tend to spend more time indoors with the heat turned on. Dry air can cause static electricity and flyaway hair.

People who wear hats to protect their hair from chilly weather also may find their locks have flattened. Fortunately, there are a number of solutions to flax, each of which can improve fullness and body.

• Try a plumping shampoo with keratin. Keratin is a strong, fibrous material found in human hair, skin and nails. Depending on the composition of the amino acids in keratin, it can be produced as hard (animal hooves) or soft (skin). Much of the hair keratin comes in contact with is cells that are already dead, and these cells are proteins themselves. Cells with keratin hair treatment can create a thicker layer of keratin to protect and moisturize the hair and help improve fullness.

• Find the right volumizing shampoo for your hair. Many volumizing shampoos work by thoroughly cleansing the scalp and removing any product residue or excess oil that can weigh down hair.

In the process, some may actually dry out hair, so it is important to test out different brands to find one that cleans but does not strip hair. “Big” shampoo from Lush Cosmetics, for example, uses natural coriander seed to exfoliate the scalp and hair, as well as a blend of natural oils and citrus to moisturize and shine the hair. Many of the popular drug store brands of shampoo will have a volumizing alternative, or you can consult with your hairstylist for a salon brand or she recommends.

• For many people, washing and drying their hair is not enough to provide volume and lift. Styling aids can add volume to your hair. Volumizing mousse will coat the hair strands and give the appearance of thickness and lift. Framis Hair Treatment Volumizing Mousse Conditioner, for example, uses Mediterranean Sericina silk protein to improve the appearance of their hair.

A new cut may revitalize limp locks for the season.

Men not immune to breast cancer

Though it’s significantly less common in men, women, breast cancer is not exclusive to women. That may surprise many men, who may not realize that they have breast tissue that can develop breast cancer just like their female counterparts.

In fact, men developing breast cancer remains quite as slim, according to the American Cancer Society noted that they expected roughly 2,200 new cases of invasive breast cancer diagnosis in men from 2013. Men have less medical options for detecting breast cancer cases does not mean it’s something men should take lightly, as a breast cancer diagnosis can be just as deadly for men as it can for women.

Though male breast cancer prevention can be difficult because of the uncertainty surrounding the cause of the disease, men who understand the risk factors are in a better position to handle a diagnosis than those who don’t.

• Age: Age plays a role in many cancer diagnoses, and male breast cancer is no exception. According to the ACS, the average age a male is diagnosed with breast cancer is 68, and a man’s risk increases with age.

• Alcohol and liver disease: Heavy alcohol consumption increases a man’s risk for breast cancer, and this can be con- nected to liver disease, which is another risk factor for male breast cancer. Heavy alcohol consumption can make men more likely to develop liver disease, including cirrhosis.

Men with severe and long-standing liver disease tend to have high estrogen levels because the liver finds it more difficult to control normal activity. Higher estrogen levels have been linked to breast cancer risk in men.

• Family history: Just like age, family history can influence a man’s risk of cancer, including breast cancer. The ACS notes that roughly 20 percent of men with breast cancer have close male and female relatives who have or have had breast cancer.

• Inherited gene mutations: Gene mutations greatly increase a woman’s risk of developing breast cancer, and they can be risky for men as well. Men with a mutation in the BRCA2 gene have a lifetime risk of breast cancer of about 6 percent. A mutated BRCA1 gene also can increase a man’s risk of breast cancer but not as significantly as a mutated BRCA2 gene. Men with both mutations have a lifetime risk of breast cancer.

• Gene therapy: Genetic testing for BRCA1 and BRCA2 genes may be considered for men who are at risk of developing breast cancer.

• Prostate cancer: Men with prostate cancer may be more likely to develop breast cancer than men who are not.

• Obesity: Obesity increases the risk of developing breast cancer.

• Radiation exposure: Men who undergo radiation treatment in the past are also at an increased risk of developing breast cancer.

• Late menopause: Men who have menopause later in life are at a higher risk of developing breast cancer.

• Hormone replacement therapy: Men who have been treated with hormone replacement therapy are at a heightened risk of breast cancer.

• Hormone therapy: Hormone therapy for men who have been treated with hormone replacement therapy may be at a heightened risk of breast cancer.

Men and women want to improve the appearance of their hair. But solutions that may have worked at one time may not work after the seasons have changed.

When cooler, crispier weather arrives, humidity levels wane and hair can feel flat and lifeless. This can exacerbate already existing conditions of thinning hair.

Concern for men and women alike. As women age, their bodies produce less estrogen, which can lead to thinning, while some men are genetically predisposed to thinning hair and even balding.

But thinning hair may be a byproduct of the weather. When the temperature outside begins to dip, people tend to spend more time indoors with the heat turned on. Dry air can cause static electricity and flyaway hair.

People who wear hats to protect their hair from chilly weather also may find their locks have flattened. Fortunately, there are a number of solutions to flax, each of which can improve fullness and body.

• Try a plumping shampoo with keratin. Keratin is a strong, fibrous material found in human hair, skin and nails. Depending on the composition of the amino acids in keratin, it can be produced as hard (animal hooves) or soft (skin). Much of the hair keratin comes in contact with is cells that are already dead, and these cells are proteins themselves. Cells with keratin hair treatment can create a thicker layer of keratin to protect and moisturize the hair and help improve fullness.

• Find the right volumizing shampoo for your hair. Many volumizing shampoos work by thoroughly cleansing the scalp and removing any product residue or excess oil that can weigh down hair.

In the process, some may actually dry out hair, so it is important to test out different brands to find one that cleans but does not strip hair. “Big” shampoo from Lush Cosmetics, for example, uses natural coriander seed to exfoliate the scalp and hair, as well as a blend of natural oils and citrus to moisturize and shine the hair. Many of the popular drug store brands of shampoo will have a volumizing alternative, or you can consult with your hairstylist for a salon brand or she recommends.

• For many people, washing and drying their hair is not enough to provide volume and lift. Styling aids can add volume to your hair. Volumizing mousse will coat the hair strands and give the appearance of thickness and lift. Framis Hair Treatment Volumizing Mousse Conditioner, for example, uses Mediterranean Sericina silk protein to improve the appearance of their hair, allowing silicone and marine extracts to add volume and bounce. A stylist can recommend a treatment that will fit with your face and hair goals.

• Consider coloring your hair. Hair coloring isn’t just for women. Any stylist can recommend a color that will complement your face and hair goals. For men, a new cut may revitalize limp locks for the season.

Many people enjoy living in tight-knit communities where neighbors know one another and there is a great sense of community. Places to raise a family and live a full life.

But communities need not be small to offer an array of services to their citizens. In fact, many communities and neighborhoods offer a variety of programs that are available to diverse populations.

Many communities have a public golf course within their borders. These courses are open to the public and often charge considerably smaller fees than private courses. Public golf courses are a great place for the green or hiker who would like a way to take a break and enjoy the outdoors.

Hiti the books

If golf isn’t your game or the weather on your parade, you might find a great local library is an ideal place to spend an afternoon. Libraries can be a great place for a book lover to find a new book or read the latest best sellers. Public libraries often offer programs for young readers, including story time or special guest demonstrations. Such programs are a great way to introduce youngsters to reading.

Visit the park

Whether you live in the suburbs, a city or a secluded countryside, chances are your community has a park. Parks are great places to spend a day. Hikers can get their fill of a park’s trails while those who simply want to spend a day relaxing in the sun can plan a picnic with friends and family. Many public parks have designated areas for picnics, and some even include charcoal grills for those who want to give their picnic more of a backyard barbecue feel. Some public parks may even have programs for young nature enthusiasts.

Dance the night away

Many communities come to life when the weather warms up, offering a host of outdoor programs that foster a sense of community among residents. Free concerts have become increasingly popular in communities across the country, and these concerts can make for a great night out on the town. Musical acts from yesterday can take adults back to their formative years, while performers just now making a name for themselves may catch the interests and ears of younger residents.

Check with your community to see if there is a summer concert series and make the most of this opportunity to dance the night away in the warm summer air.

Managing your chemotherapy records

Battling breast cancer can be exhausting. As the American Cancer Society notes, the most common side effect of cancer treatment is fatigue, and many breast cancer patients find themselves lacking energy after treatment.

But as draining as such fatigue can be, breast cancer patients must make an effort to keep track of their treatments so they can stay organized. Many cancer survivors may have more than one round of chemotherapy, and keeping track of each round can help patients stay more informed.

Breastcancer.org is a nonprofit organization dedicated to providing reliable, complete and up-to-date information about breast cancer, recommends breast cancer patients keep separate records for each round of chemotherapy.

• name, address and phone number of institution where chemotherapy was given

• name of medical record

• pharmacist

• name of medication

• cumulative dose

• adverse reactions, if any

• antinausea medicines used

• name, address and phone number of doctor who supervised your chemotherapy nurse or nurse practitioner’s name and phone number

• type of central line, if applicable

• name of treatment protocol or clinical trial

• name of medication

• dose received each session

• adverse reactions, if any

• change in dose or medicine because of adverse reactions

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Going green can be good for your health

Maintaining physical and mental health and adopting an eco-friendly lifestyle can go hand in hand. Many of elements of “going green” can benefit people looking to keep themselves healthy. Here are some ways to go green and benefit your overall health.

Skip the disposable water.

Bottled water may be convenient, but some estimates suggest that 38 billion disposable plastic bottles are used every year. And that’s just in the United States. In addition, water that is housed inside of plastic bottles may end up being contaminated with some of the chemicals used in the plastic bottle composition, particularly if the bottles are left in hot cars or left out in hot weather. Reusable bottles filled with filtered water may improve your health and reduce landfill waste.

• Pack a lunch. Rather than heading to a take-out restaurant or fast-food drive-through, bring lunch to school or work. You will have greater control over the foods you include and can reduce packaging waste in the process. If you are particularly environmentally conscious, you can opt for organic and locally grown foods.

• Walk or bike more. The Centers for Disease Control and Prevention says that more than one-third of American adults are obese. The situation is not much different in Canada, where obesity statistics tend to mirror what is occurring in the United States. A sedentary lifestyle, heavy use of automobiles to get around may be contributing to these obesity rates. Skipping the exhaust-spouting automobile in lieu of walking or biking around the neighborhood can vastly improve personal health and contribute to a cleaner environment.

• Carry reusable tote bags in your purse or backpack. Plastic and paper (particularly the latter) have no place in the average household. Reusable running errands, use reusable tote bags instead of plastic bags. Reusable bags are more eco-friendly, and carrying non-disposable items around will give your arms and body a workout.

• Indulge in a glass of organic wine. Organic wine is made from grapes grown without synthetic pesticides or chemical fertilizers. Also, organic wines should not contain sulfites to stabilize the wine during transportation. Red wine contains powerful antioxidants known as polyphenols as well as resveratrol, according to The Mayo Clinic, has been linked to preventing damage to blood vessels and helping to reduce “bad” cholesterol. Resveratrol may also help reduce inflammation and blood clotting that can lead to heart disease. Just be sure your alcohol consumption is moderate.

• Choose organic foods. Organic foods, or those grown without chemical pesticides and herbicides, have fewer chemicals that can harm the body and the environment.

• Get outdoors and turn off your electronics. Spend several hours or a day away from the tablet, phone and computer. Head outdoors and enjoy recreation in the fresh air. You will get more exercise and save energy.

• Trade for exercise equipment. Look for swap sites and garage sales to pick up exercise equipment for less. This can reduce fuel consumption, and you might just save a lot of money along the way.

• Stick to the recommended and lose weight. Head outdoors and relax by meditating. Some studies have found that overweight women who perform daily relaxation techniques lost an average of 10 pounds after 16 months, without conscious exercise. They gave a person to turn to food for comfort.

• There are many different ways people can get healthy and help the environment in doing so. — TF118416

Regular exercise can help women lower their risk of developing breast cancer.

Breast cancer is the second most common cancer among women, second only to lung cancer. One in eight women is expected to develop breast cancer in her lifetime, and a recent survey by the Society for Women’s Health Research found that 22 percent of women named breast cancer as the disease they fear most. The specter of breast cancer makes it no surprise that women are eager to seek various ways to reduce their risks of developing this potentially deadly disease.

Though cancer treatments continue to evolve, there remains no cure for breast cancer or any other types of cancer. However, there are steps men and women can take to reduce their risks of developing breast cancer. In fact, the National Cancer Institute says avoiding breast cancer risk factors is the best path to prevention.

• Avoid exposure to radiation. Repeated exposure to radiation therapy used to treat illnesses like Hodgkin’s disease can increase a person’s risk of breast cancer, particularly if treatments begin at an early age.

• Keep a healthy weight. Obesity increases the risk of breast cancer, particularly in postmenopausal women. Healthy eating and exercise can help women control their weight while reducing their risks of developing breast cancer and a number of other diseases. Scientists at The Mayo Clinic believe there is a link between estrogen production in fatty breast tissue and breast cancer.

• Increase fruit and vegetable consumption. When shopping or preparing food, or those grow n w ithout chemicals, pesticides or herbicides, have fewer chemicals that can harm the body and the environment. Studies indicate simply walking briskly for one to three hours per week can reduce a woman’s breast cancer risk by 18 percent.

• Eat a low-fat diet. The Women’s Intervention Nutrition Study from the National Cancer Institute found that the highest rate of breast cancer reduction was among a group of women who ate a low-fat diet.

• Reduce alcohol consumption. Various studies have indicated that women who drink alcoholic beverages may develop cancer at a higher rate. Women who consume two to five drinks daily have a greater risk of developing breast cancer than those who abstain from alcohol.

• Weigh the risks of hormone replacement therapy. There are mixed reviews on hormone replacement therapy, or HRT, for postmenopausal women. There may be a link between long-term HRT and breast cancer, particularly when estrogen and progesterone are used in combination. Some doctors advise estrogen-only hormone therapy for women who have had a hysterectomy.

• Use of SERMs and aromatase inhibitors. Selective estrogen receptor modulators, or SERMs, are drugs that act like estrogen on some bodily tissues but block the effect of estrogen on other tissues. Aromatase inhibitors decrease the amount of estrogen made by the body. Women with a high risk of breast cancer may benefit from taking a SERM or aromatase inhibitor.

• Increase fruit and vegetable consumption. Carotenoids are cancer-protective pigments found in a vast number of fruits and vegetables. Researchers at New York University found women who had higher blood carotenoid levels had a significantly smaller risk of breast cancer than women with lower levels.

• Go sparingly on antibiotics. Only take antibiotics when they are truly needed. New evidence suggests that the more often a woman takes antibiotics, the higher her breast cancer risk. A study of more than 10,000 women found that women who took antibiotics for the equivalent of about 25 prescriptions over an average of 17 years twice as likely to develop breast cancer than women who never took the drugs.

• Breastfeed your children. Lactation can suppress breast cancer and decrease the body’s production of estrogen, which has been linked to higher levels of breast cancer. But even if you do not breastfeed, there is some evidence that drop a woman’s breast cancer risk by 4 percent.

• Risk factors include obesity. There are a number of different ways women can reduce their risks for breast cancer. — TF118498

How you can lower your risk of breast cancer

Blush Collection

Accessories perfectly complete seasonal ensembles

Regardless of their fashion sense, many people realize that accessories can enhance personal style and provide the finishing touch to an outfit. Whether it’s an eye-catching necklace, a set of face-framing glasses or a hat to add an air of mystery, the key to a great accessory is finding pieces that work in concert. Robindda Unsworth’s loft and romantic Blush Collection features pendant necklaces that possess herloom quality. Smoky quartz, white topaz, morganite, silver, and gold foil doublets complemented by a palette of luminous tones add just the right amount of shimmer to any look. Earthy tones help them transition well from the heat of the summer to the cool, crisp days of winter. British-born, New York transplant Richard Mewha founded Bevel, an artisanal eyewear company that provides looks worn by some of the most celebrated men and women around the world. Mewha believes eyewear is essential to personal style and reflects this with a focus on comfort, fit, flattering colors, and great shapes. These elements blend together to create a timeless accessory to complete any look. — TF118433

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Educing young women about breast cancer

At the age of 12 to 15, many young women are experienc-
ing the body and life changes that accompany adolescence. It can be difficult to imagine that breasts that are just beginning to develop may contain cancer. But such is the reality for some girls.

The majority of women who receive a breast cancer diag-

nosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark, found a quarter-sized lump in her right breast, while a 19-year-old student at the College of New Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy.

Though such cases are rare, it behooves teenage and ado-

lescent girls to familiarize themselves with the disease and be mindful of their breast health.

Just as with older women, adolescents and teens should realize that eating healthy foods, exercising, avoiding alco-

hol and tobacco, and maintaining annual physical exams with a doctor are key ways to reduce the risk for cancer.

August fun facts

August is known for many things, including the dog days of summer, National Watermelon Day (Aug. 3) and National Smile Week (Aug. 5-11). But there are many other fun facts associated with summer’s last full month:

• August is named after Augustus Caesar, founder and the first emperor of the Roman Empire, who was posthumously adopted by his maternal great-uncle Gaius Julius Caesar.

• In the early Roman calendar, August was actually the sixth month of the year. It was originally 30 days in length, but an extra day was added so that it would equal the number of days in July, which was named after Julius.

• August was originally called “Sextilis” in Latin before it was renamed for Augustus.

• Around 700 B.C., August became the eighth month when January and February were added to the original 10-month calendar.

• August has two birthstones: Peridot and Sardonyx. Peridot is among the oldest known gemstones and is green in color. Sardonyx, which is lesser-known, is a white- and brown-banded gemstone once believed to have mystical powers.

• The official flower for August is the gladiolus. These vertical-growing flowers were named from the Latin “gladius,” meaning a sword.

• The Anglo-Saxons once referred to August as “Woden’s mouth,” which means “Weed Month.” It was so named because it is a month when weeds and other plants grow most rapidly.

• Edinburgh, Scotland, annually plays host to various arts and cultural fes-


tivals throughout the month of August.

• Fans of Elvis Presley mourn each August 16th, the day the famed singer died in 1977.

• On August 24th in 79 A.D., the volcano Mount Vesuvius erupted, destroying the city of Pompeii and others.

• People born in August fall under the sun zodiac signs of Leo and Virgo. Leos are known to be dramatic, creative and outgoing. They are impossi-

ble to resist and often take center stage. Virgos have acute attention to detail and are the people most likely to dedicate themselves to serving. They also are loyal, hardworking and analytical.

• On August 21, 1911, the Mona Lisa was stolen from the Louvre Gallery and not recovered for two years.

• Although civil rights activist Martin Luther King, Jr., is honored in January, when he was born, he is best known for his famous “I have a dream” speech, which was given on August 28, 1963.

• The month of August is often referred to as the “dog days of summer” but not because of pet poosches. It has to do with the star Sirius, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.

• Some famous people born in August include Martha Stewart, Martin Sheen, Jeff Gordon, Deon Sanders, and Halle Berry.


Aging not always the culprit behind cataracts

Many men and women develop cataracts as they age. While aging is the single biggest risk factor for cataracts, there are other factors that can contribute to cataracts, which can afflict people of all ages. According to the American Optometric Association, the following factors can contribute to the development of cataracts:

• Alcohol consumption: Studies have shown that higher alcohol con-

sumption can increase a person’s risk of developing cataracts.

• Diabetes mellitus: Persons with diabetes are at a greater risk for developing cataracts than those who do not have the disease.

• Medications: Certain medica-

tions have been associated with the development of cataracts. Corticosteroids and chlorpromazine and other phenothiazine related med-

ications have been linked to cataracts in the past.

• Nutrition: Men and women who do not eat a nutritious diet may be increasing their risk of developing cataracts. The AOA admits studies examining a potential link between nutrient deficiency and cataracts are inconclusive, but some studies have suggested there is such a link between the formation of cataracts and low levels of antioxidants like vitamins C and E.

• Smoking: Smoking can increase a person’s risk for a host of ailments, including cataracts.

• Ultraviolet radiation exposure: Persons who aren’t adequately pro-

tected when exposed to ultraviolet, or UV, radiation have a greater risk of developing cataracts.

Some people may be born with cataracts or develop them during childhood. Such cataracts are known as congenital cataracts and may be the result of the mother having con-

tracted an infection while pregnant. Kids born with cataracts may also have inherited them. For example, cataracts may be a side effect of Alport syndrome, a genetic condi-
tion characterized by kidney disease, hearing loss and abnor-

malities in the eye.

When a person develops cataracts, surgery is the only effective treatment. But that does not necessarily mean a doctor will suggest surgery right away. Cataracts do not typically harm the eye, and delaying surgery does not mean you are less likely to regain your vision if and when you do opt for surgery. Doctors will likely recommend surgery when cataracts begin to impact quality of life, such as making reading or dri-

ving more difficult.

Cataracts are often mistakenly con-

sidered a byproduct of aging. But not every aging man or woman will develop cataracts, and not all cataracts are a byproduct of aging. Learn more at www.aoa.org.


DID YOU KNOW • GENERAL INTEREST

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sidered a byproduct of aging. But not every aging man or woman will develop cataracts, and not all cataracts are a byproduct of aging. Learn more at www.aoa.org.
A particularly common method to remaining comfortable is turning up indoors. But what about the people who want to be cool and enjoy fresh air as well? Shade trees could be their best ally against hot temperatures.

Individuals will agree that it feels much cooler under a shade tree than it does when standing in direct sunlight. The nonprofit organization Trees Forever says the difference in temperature readings can be monumental. In 2010, volunteers worked with the organization to compare the actual temperature of shaded and unshaded surfaces around a county fairground in Iowa. The volunteers used laser thermometers and took readings from sidewalks, parking lots and grassy lawn areas. The volunteers found differences in temperature ranging from 14 to 55°F depending on the surface measured. That’s a sensible savings of energy and could help a person remain cool.

Trees are a practical way to stay cool and may reduce air-conditioning energy use and lower temperatures down. Planting trees around a property can reduce reliance on air-conditioning systems, saving a person money while reducing dependency on fuel sources. Other vegetation, including grass and yard plants, can also promote an overall cooling effect by reflecting sunlight and reducing temperatures on hard surfaces that radiate heat.

Numerous varieties of trees can serve as shade trees. These are typically deciduous trees that will have leaves during the warm-weather months and then lose them during the cooler seasons arise. However, some evergreens and some conifer trees also work well as shade producers in and around a landscape.

**American Arborvitae:** This slow-growing evergreen typically grows about 6 feet and can create tall hedges and privacy screens. It also offers year-round moderate to dense shade when planted at each maximum height of 25 to 40 feet.

**American Beech:** This tree offers shade and also edible nuts. It can grow up to 100 feet in fertile, well-draining soils.

**Autumn Blaze Maples:** These trees are known for their outstanding fall foliage. However, they also are fast-growing shade trees that can cool down any landscape.

**Bald Cypress:** The fern-like leaves of this tree provide moderate shade. This cypress is low-maintenance and has few problems with insects or disease.

**Chinese Elm:** This fast-growing tree is excellent for screening or providing a windbreak. Small dense foliage will fill in about five years, when it will be good shade.

**Crepe Myrtle Tree:** Myrtles are fast-growing shade trees in southern climates. In northern climates, they may grow more like a perennial shrub. 

**Little-leaf Linden:** This is a fragrant tree that blooms with yellow flowers in early summer. The dense foliage will remain on the tree into late fall.

**Morraine Locust:** This tree is cold-hardy and can withstand urban conditions. It is fast-growing and provides light to medium shade.

**Silver Maple:** This is the most rapid growing of all maples and will be a large spreading tree.

**Tulip Trees:** These very large trees are coveted for their flowers that resemble the shape of tulips. This tree should be given plenty of space in which to grow.

**Virginia Pine:** Because its branches aren’t as close to the ground as other pine trees, the Virginia pine can be an effective shade tree.

**White Birch:** This tree, also known as the European birch, grows 30 to 60 feet tall and has drooping branches. The smaller leaves offer dappled shade. The peeling white bark can stand out in a landscape.

**White Oak:** Oak trees make excellent shade trees, but the White Oak can grow to 100 feet tall with a spread of 80 feet in its canopy. It has thick horizontal branches that contribute to its shade producing benefits.

Trees in one’s yard can not only keep temperatures cool, but also provide habitats for birds and small animals. GM O’s act as a food source for plenty of creatures.

Shade trees can drop temperatures on a property by several degrees, reducing dependency on air conditioning.

Living an eco-friendly lifestyle is a goal for many, but a recent survey little thought was given to protecting the environment in the picture nowadays. men, women and children alike recognize the impact their behavior has on the immediate and long-term future of the planet.

Though some eco-friendly men and women may feel as if they have exhausted the ways in which they can live a more environmentally conscious lifestyle, there are always new ways to consider to protect the environment in everything you do. For example, hosting a party for family and friends can be a great opportunity to have some eco-friendly fun. The following are a few ways party hosts can entertain with the environment in mind.

**Serve organic foods and beverages.** One of the easier ways to turn a party into an eco-friendly affair is to serve organic foods and beverages. Visit your local farmer’s market for fresh and locally grown organic foods. Organic foods have the highest rate of pest control and may be used more sustainably, and the environment may even be healthier for your guests as well, while locally produced products have a much smaller carbon footprint than products imported, which are often shipped on long hauls and can use up to 30% more energy. For organic wines, teas and juices instead of more traditional brands, you may want to purchase from companies that are independently certified organic.

**Don’t go disposable.** Disposable place settings and utensils might be more convenient and faster for a large gathering, but such products are unnecessarily wasteful, especially if they are not made from recycled materials. When hosting, use your own reusable dinnerware. It might not be quite as regular, but just such dinnerware is more eco-friendly, especially if you wash the dirty dishes rather than hand washing them after the party. The latter cleaning method is more laborious for the bodyʍer.

**Opt for e-vites instead of traditional invitations.** Many people, even those not consciously trying to be more eco-friendly, have embraced the convenience of e-vites when inviting friends and family to a party. But e-vites are as eco-friendly as they are convenient, saving the paper used for the invitations and the envelopes they’re sent in as well as the fuel it takes for the postal service to deliver each invitation. If you must use traditional paper invitations, choose invitations made from recycled or sustainable materials.

**Location, location, location!** Location is everything in real estate, and the same might just be true when hosting an eco-friendly party. When choosing a location for your next get-together, find one that’s convenient to everyone who plans to attend. This reduces the heavy toll that travel can take on the environment, and your guests and you will be happy that no one had to travel far and wide to make an appearance. If you plan to have your party at a venue, look for a facility that’s certified as eco-friendly. Such facilities might have been constructed predominantly with eco-friendly materials or they may employ more efficient electronics throughout the building in an effort to reduce the venue’s carbon footprint.

**Take the party outdoors.** Another way to entertain with the environment in mind is to throw your party outside. Make use of a sunny day by moving the festivities outdoors, where you won’t need to turn the lights on to see your guests and where you can serve cold foods or foods prepared on a charcoal grill to further reduce your reliance on electricity and gas.

Hosting a party and doing so in an environmentally conscious way is easier than many party hosts initially think. A few changes here and there can not only enable your party to be as eco-friendly as it is fun. The debate about foods containing GM O’s continues.

The foods people eat and how those foods are grown and manufactured has long been a topic of contention. Recently, the subject of genetically modified organisms, or GM O’s, has garnered its share of attention.

GM O’s are organisms that have been altered via genetic engineering. Many GM O foods have been produced in part in a laboratory by foreign genes from plants and animals. While there are some people who say that foods containing GM O’s are safe for consumption, others argue that that may not be the case, saying such foods create new, untested toxic substances that could exacerbate allergies and increase the risk of cancer.

Foods containing GM O’s are largely crops that are modified using the latest molecular biology techniques. In the laboratory, certain traits, such as insect resistance to herbicides or improved nutritional content, are enhanced. By modifying plant species to contain genetic codes that make a crop drought-tolerant and increase its potency to make that crop thrive better in drought-stricken areas. Genes from one plant can also be transferred to another plant to create desired traits. If a particular gene is unsuited to certain insects, this gene can be put into other crops to deter those insects.

In the past, crops were bred to feature specific, desired traits with the hope that breeding two different flowering plants to form a hybrid would bring out the best features in both species. However, the process is time-consuming and genetic modification in the laboratory generally produces fast results. An alternative is to use genetic engineering techniques to introduce specific, desired traits with the hope that breeding two different flowering plants to form a hybrid would bring out the best features in both species. However, the process is time-consuming and genetic modification in the laboratory generally produces fast results. Proponents of foods containing GM O’s say that desired traits can be produced in these foods more readily, which is advantageous to the agriculture industry by creating larger, more tolerant crops. In addition, GM O’s may help crops become more resistant to disease, reducing reliance on herbicides and pesticides needed to fight disease. GM O’s also may help certain crops grow better in colder climates and where soil conditions are salty. But not all scientists, health officials, public interest groups and even religious organizations argue tampering with foods is not proper. In addition, such opponents say the potentially harmful effects of introducing new genes into the landscape may be long-lasting impacts of laboratory-bred crops warrants concern.

In the past, many people feared that the journal Nature found that pollen from a genetically modified corn crop called B. t. corn caused high mortality rates in monarch butterfly caterpillars. Unintended harm to other organisms living in close proximity to GM O’s is a significant concern.

In addition, there is concern that foods that contain GM O’s and those that do not may cross-breed and create super-plants. Such plants may become disease- and herbicide-resistant, thusly choking out the intended crops. In June 2013, Monsanto Co., the world’s largest seed company, was sued by an environmental group and a Washington farm over claims it failed to take steps to prevent genetically altered wheat from contaminating regular wheat. In 2011, a Monsanto field-tested the modified wheat in 16 states.

Another area of concern is the health implications of introducing foreign genes into foods. The effect of such practices on the human body are largely unknown. Unexpected allergic reactions or even physical changes in the body may occur. Evidence as to the safety of GM O’s is insufficient.

Many European nations have backed away from growing crops containing GM O’s. The United States, however, does not. GM O’s are safe for consumption, according to the U.S. Food and Drug Administration. In 2015, the European Union voted to ban growing GM O’s in the E.U. Many countries worldwide, however, are following suit. In the United States, there is no such action.”
Choosing the right restaurant for your dinner party

Getting together with family and friends for a good meal is a great opportunity to reconnect and share a few laughs. Today, gathering together has traditionally taken place at private homes, today’s busy adults are increasingly turning to restaurants for their mini reunions. Restaurants don’t require hosts to tend to guests’ every need, and don’t have to clean their homes top to bottom like they would if they were to have a party at home.

Such a reality makes a dinner party at a local restaurant a lot less stressful for the hosts. There are a number of things to emphasize when looking for the right restaurant to host the next dinner party.

Proximity

Whether entertaining family and friends or a business dinner, the restaurant where you will be gathering should be easily accessible to all people who plan to attend. A centrally located restaurant that’s only a short drive for guests and hosts alike is as it cuts back on the time spent traveling to and from the restaurant. Try to accommodate those guests who don’t drive well by offering transportation that’s accessible via public transportation.

Price

Perhaps the only downside to hosting a dinner party at a restaurant is the cost factor. Restaurants can be more expensive than parties at private residences. Hosts should first determine who will be paying the bill. If everyone agrees to pay their share, this gives you a little more flexibility when choosing a restaurant. If you, as the host, intend to pick up the tab for everyone, then you might want to find a nice restaurant with reasonably priced entrees. A five-star restaurant might break the bank, but you might be able to find a three- or four-star restaurant that’s still elegant and more affordable.

If each guest intends to pay for his or her own meal, discuss with guests how much they would like to spend before making a reservation. Once you have an idea of what everyone is willing to spend, you can start to narrow down your options.

Menu

The menu is an important thing for hosts to consider when choosing a restaurant for their next dinner party. Many men and women adhere to certain diets or lifestyles that restrict what they can and cannot eat, and you will want to find a restaurant that caters to as many of your guests’ needs as possible. Discuss any dietary restrictions with your guests before you begin the process of finding a restaurant. If the responses are slow to come in, you can still go ahead with your search, but look for restaurants that offer vegetarian and gluten-free fare.

When examining the menu, take into consideration any offerings for kids if any guests are planning to bring their children along. Kids tend to prefer chicken fingers and fries over filet mignon and baked potatoes, so the restaurant should have some menu items for young children if kids will be joining in the festivities.

Accessibility

When looking for a restaurant, try to find one that’s easily accessible for any older guests who might not get around as easily as they used to or for any guests who might have a disability that prevents them from climbing stairs or entering the restrooms. Many restaurants can fill both of these needs, but it’s still up to hosts to ask in advance so all guests have a comfortable evening. The parking lot should not be too far away, but if it is, ask the restaurant manager if valet service is available for those guests who might prefer it.

A dinner party at a restaurant with family, friends or even professional colleagues often makes for an enjoyable evening for guests and hosts alike. But hosts must consider several factors before ultimately choosing where they and their guests will dine.

Tips for quick weeknight meals

Enjoying a meal together on a weeknight is a great way for families to eat healthier and stay engaged in one another’s lives. And even families with hectic schedules can employ a few tricks to make dinning together more convenient.

Cold dinners, including salads, are an option for time-strapped families who still want to enjoy meals together on weeknights.

• Lean on seafood more often. Seafood can be healthy and delicious, but that’s not the only reason it’s an ally to time-strapped families. Seafood should not take much time to cook, as even those dishes that take more time than simpler dishes like sautéed shrimp will still take less than 30 minutes to complete. That’s significantly less time than meals in which beef, pork or poultry is the main entrée.

• Leftovers aren’t just for lunch. Leftovers are often relegated to lunch, but extras from a meal cooked over the weekend can be used as a quick go-to meal on a hectic weeknight. If the family enjoyed the meal the first time around, there’s no reason they won’t enjoy it again. When eating leftovers for dinner, make sure the leftovers are fresh, but try to avoid serving leftovers the night after they were initially cooked. Enjoy meals as a family is a great way for families to eat healthier and stay engaged in one another’s lives.

Cold dinners, including salads, are an option for time-strapped families who still want to enjoy meals together on weeknights.

Did you know?

Some fats can be beneficial to your health. Unsaturated fats, which include polyunsaturated and monounsaturated fats, can improve your cholesterol levels and promote a healthier heart. Polyunsaturated fats can be found in various foods, including fish and walnuts. Monounsaturated fats can also be used to make recipes healthier. For example, when a recipe calls for butter, consider substituting that butter with a monounsaturated fat such as olive oil or a polyunsaturated fat such as sunflower oil. According to the Harvard School of Public Health, both polyunsaturated and monounsaturated fats help reduce “bad” cholesterol, also known as low-density lipoprotein, or LDL, while increasing high-density lipoprotein, or HDL, a protective cholesterol often referred to as “good” cholesterol. LDL can build up in the bloodstream and form plaque that lines the walls of the arteries, which can increase an individual’s risk of heart disease. Though saturated fats can be part of a healthy diet, it’s best to make sure consumption of saturated fats is minimal. Sources of saturated fat include meat, poultry with skin still attached and whole-milk dairy products. When eating meat, look for lean cuts with no visible fat. When preparing poultry, peel the skin off. And when enjoying dairy products, choose low-fat or nonfat products.
How to grill for a crowd

Cooking over an open fire is a staple of warm weather. While roasting some veggies or vegetables on the grill for a family dinner is usually an easy undertaking, grilling for a crowd may need to apply some tricks of the trade when grilling food for the masses.

- **Cook some pieces great.** Rather than individual burgers or chicken wings, think about barbecuing an entire rack of ping-pong size ribs. In this way, the meat can be set up on the barbecue early in the morning. By the time the evening arrives, the meat should be tender and cooked through. With just occasional brushing of sauce, keeping an eye on the heat and turning, this may be the most low-maintenance option when feeding a crowd.

- **Because you can grill more.** Unless you are working with industrial-sized or commercial equipment, a standard backyard barbecue has plenty of surface area to cook a lot of food at once. Find a friend or family member who is willing to lend you his or her grill. Having twice the room means you can cook twice the amount of food. You also may be able to rent a larger grill for an event.

- **Precook the food.** You can put bravura, hot dogs or burgers on the grill and partially cook them before the party, then store them in aluminum pans. When guests arrive, simply throw them on the grill and they'll be hot and ready in no time.

- **Make sandwich steaks.** Make the food go further with less work by cooking ribeye steaks or flank steaks on the grill. Slice up the meat and serve it over fresh bread, with a garnish of green salad and your choice of toppings. Try sliced cucumber, red bell pepper, lettuce, tomato and a dollop of mayonnaise. A light sauce such as lemon juice and olive oil goes well with the grilled meat. Grilling for a crowd is easier when you plan with foods that are precooked or heat up quickly. This way you can enjoy more time with your guests.

Furniture

Whether hosting indoors or outdoors, make sure your furniture is as comfortable as possible. No one is left standing while enjoying food. Some extra folding chairs might prove useful, especially outdoors. Have some extra patio furniture on hand, just in case. Make sure that fire extinguishers are up to date. When hosting outside, be sure to clean any patio furniture before guests arrive.

The bare essentials

Unless the size of your gathering, space and finances allow, don’t plan an event that requires a furniture rental. Most outdoor cleaning supplies, including paper towels, club soda and household cleaning products will get the job done right. If you are please to long-term and cleaning supplies are a problem, consider renting all furniture.

Safety and comfort

Investigate your home for any potential hazards before inviting guests. Repair any chipped concrete or walkways and ensure that railings are sturdy so no one slips or falls. Make sure that there is adequate indoor and outdoor light if you will be hosting your event in the evening. If you will be inviting a person with mobility issues, make sure that the path between the entryway and the bathroom is free of obstructions. Keep all doors and windows closed if you are expecting visitors. Also, keep in mind that some guests may be allergic to pets or uncomfortable around animals. In such cases, have a pet sitter put a pet in a quiet, out-of-the-way room for both the comfort of guests and the safety of the animal.

Keep all exits and windows easily accessible in case of an emergency. Make sure that fire extinguishers are charged in the event a candle or chimney will burst into flame. Have a few seats available outdoors for smokers or those who want a break from the activity inside. Prepare a home for party guests takes some patience and elbow grease. But party hosts can get a head start by preparing their home to make the day of the party less hectic.

Preparing a home for entertaining

Hositing a party at a home can be a great way to get together with family and friends. But hosting is also a big responsibility that requires planning of pre-party preparation and presentation.

Part of that preparation involves stocking up on food and drinks. You can ensure you and your guests’ needs are met once the party starts. When taking care of the food, you will need to break things down into categories and make a list of what you need by category. This can make your supply shopping trip that much easier.

Kitchenware

Unless you’re hosting a cocktail party, your guests are likely to show up at just glasses come the big day. How much kitchenware you will need depends on the type of party you are planning. Guests who are attending be sure to have enough drinking glasses for the cocktail hour.

Serve egg whites for breakfast.

When hosting friends or family members over, avoid starting the day off with fatty or high fat serving of high fat breakfasts. Unlike eggs, egg whites contain no fat and no cholesterol but are still flavorful. And egg whites have become increasingly popular, so chances are your guests already opt for egg whites when making their own breakfasts at home. Another way to trim some fat from the most important meal of the day is to offer low-fat butter or margarine, cream cheese and chive spread when serving bagels, muffins and toast. Low-fat or non-fat milk is a healthier choice just as flavorful as their less healthy alternatives.

Serve whole grains.

When hosting a party, it is a good idea to try and offer at least some whole grains whenever possible. If serving a pasta dish, choose whole grain pasta instead of white rice or white bread.

Serve yogurt.

Whole grain pastas tend to have fewer calories, and their fats are healthier than those of their white counterparts. Serve whole grain yogurt for breakfast. Its high in protein and low in fat, making it a great way to satisfy a sweet tooth and keep the weight off. Serve yogurt on the grill. Unlike just解放军 as flavorful as their less healthy alternatives.

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How to cut back on the sugar in your diet

Many people have a love-hate relationship with sugar. They may love how it tastes, but they also may hate the effects sugar can have on their bodies. As a result, many men and women would love to reduce their sugar consumption.

The American Heart Association reports that the average adult in the United States consumes the teaspoons of added sugar each day, which equals 150 pounds per year. Teenagers consume an average of 26 teaspoons per day. Some dairy products each contain 10 grams, or 2 teaspoons, of sugar daily. These numbers are more than twice the amount of sugar a person should be eating.

Healthy fruits, vegetables and some dairy products each contain sugar. But refined sugar is what can compromise a person’s health. When more than 10 percent of a person’s total calories come from added or refined sugar, this can prove harmful to both the mind and body. University of California, San Francisco researchers estimate that 130,000 new cases of diabetes documented between 1990 and 2000 could be attributed to the increase of sugar consumption. When you crave something sweet, grab a piece of fruit or a sweet vegetable, such as corn or beets. You will be consuming fewer calories and eating less processed sugar.

Research the amount of sugar in foods. Read labels and ingredients to determine if sugar is hiding in the foods you consume. Anything that ends with the suffix “ose” is a derivative of sugar. Some foods that don’t list added sugar may still have no good intentions on the sweet stuff and not even miss it. This may lead to improved dental health and a host of other medical benefits.

Don’t be derailed by special diets when entertaining

Entertaining a crowd with various dietary restrictions may mean more than simply having a vegetarian or eliminating peanut butter. Food allergies vary, and some people steer clear of certain foods not because they have made a lifestyle choice, but because their health depends on it. As a result, party planning should be more thoughtful and accommodating to people who have dietary restrictions and try to be as accommodating as possible.

The Asthma and Allergy Foundation of America reports that approximately 6 percent of allergy sufferers have food allergies as their primary allergy. The American Academy of Allergy, Asthma, and Immunology offers similar findings while noting that 38.7 percent of food-allergic children have a history of severe reactions. Milk, eggs, fish, shellfish, wheat, tree nuts, and peanuts are the foods most likely to cause a reaction among food allergy sufferers.

Each year allergists account for millions of outpatient office visits and hospitalizations. For people allergic to peanuts, severe reactions can be so severe that they result in extreme stress and anaphylaxis. Severe reactions that occur when a dinner guest accidentally touches a peanut or is subjected to uncomfortable or potentially fatal reactions is sure to turn into conflicts and food restrictions when preparing a meal and consider the following tips before and during the party.

• Speak to guests. The best way to learn of any food restrictions your guests may have is to ask them directly for such restrictions. Some guests may only eat kosher foods while others may have a gluten intolerance. Knowing what to expect and being able to research proper preparation methods can make the process go more smoothly.

• Label menu items. Some guests may be eating a vegetarian or vegan diet. Items that are wheat-free may be produced in factories that also produce goods containing wheat. Kosher foods tend to be made of simple ingredients and packages. Kosher foods have specific cooking practices. Kosher foods are easy to find on menus, as they are available in the supermarket. People with food allergies may appreciate knowing what the ingredients of kosher foods are and can rely on these items when preparing meals.

• Serve high-maintenance dishes. Not everyone may like to eat certain foods. Some dishes are not reheat easily or may not taste the same the next day. If you will be dining out with the same group of people, you may want to plan a meal in advance to ensure that all can enjoy the meal.

• Save dessert for home. Many restaurants offer discounts or promotions. While being a restaurant can be fun and convenient, over time too many nights out on the town can have an adverse effect on a person’s finances. Eating out is usually more expensive than buying food and preparing a meal at home.

Of course, coupons, Groupons, and direct-home mailers frequently feature coupons for dining out at various local and chain restaurants. Some establishments even include coupons of take-out foods to help reduce the cost of meals considerably, especially if you will be dining with the entire family. For example, a restaurant may offer discounts for a certain group of diners during off-peak hours. Early bird specials are often offered for those who arrive for dinner before 6 p.m. while bars often have happy hour promotions during which drinks are heavily discounted.

• Split meals. Restaurant portions today are much larger than in years past. Two people may be satisfied sharing one entree instead of ordering two. Some restaurants will not add a plate-sharing fee, while others may. But sharing fees are still likely to cost less than two separate entrees. And sharing a meal is good for your waistline as well as your wallet.

Save money when dining out

Manypeoplearethereallergietosheflish,sohostsshouldplan to serve shellfish should make alternative foods available to their guests.

Consuming sweetened beverages, baked goods and candy is how many people add sugar to their diets.

When a person consumes more sugar than he or she needs, the excess may be stored in the body as triglycerides, a type of blood fat. Both high triglyceride and low HDL levels contribute to the hardening of your arteries. This condition increases the risk of heart disease, stroke and heart attack.

Information published in the British Journal of Psychiatry indicates sugar may be responsible for mood swings and other mental disorders. Fluctuations in sugar levels can affect mood and metabolism. Fortunately, men and women looking to curtail their sugar consumption can do so in a variety of ways.

Enjoy a sugar-free or low-sugar breakfast. You may begin the day with a sugar rush if you consume too much sugar at the breakfast table. This will inevitably result in a sugar crash, after which you may overeat or gravitate toward more sugary products. Starting the day with a protein-rich, whole grain entree is a healthier way to fuel the body at breakfast.

Stock up on fruits and vegetables. When you crave something sweet, grab a protein-rich, whole grain, or a sweet vegetable, such as corn or beets. You will be consuming fewer calories and eating less processed sugar.

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• Save dessert for home. Although many restaurants bake their own desserts on the premises, many save time by ordering bulk-size desserts from warehouse stores. You can probably get the same dessert for less if you do your own shopping. Opt for dessert at home to save a little money.

• Choose high-maintenance dishes. If you will be dining out, get the most for your money by opting for intricate dishes. You may not be inspired to make at home. Don’t spend valuable dining out dollars on dishes you can just as easily make at home.

• Select foods that can be reheated. Taking leftovers home enables you to enjoy two meals for one price. However, if the food you choose does not reheat easily or may not taste the same the next day, you may end up wasting money.

• Make lunch your big meal. At many restaurants, lunch menu items are less expensive than dinner menu items. So fill up on lunch and have dinner at home.

Classic hummus gets a spicy makeover

Hot, spicy foods are enjoyed by many and can be found in restaurants and on dinner tables across the globe. Home cooks can take the heat up a notch with spicy smoked peppers that turn any meal into something delicious.

From omni’s chili to marinara sauces, spicy sizzle imparts a smoky, sweet and alluring flavor to dishes. Traditional recipes can also be given a bit of heat. Such is the case with the following recipe for “Chipotle Hummus” courtesy of the makers of Roland® Chipotle Peppers inAdobo Sauce (www.rolandfood.com).

**Chipotle Hummus**

Makes 16 servings

- 3 cups Garbanzo beans (chickpeas), drained
- 1 cup water
- 1 tablespoon of Tahini (sesame paste)
- 3 tablespoons fresh lemon juice
- 2 tablespoons Roland® Extra Virgin Olive Oil
- 2 tablespoons Roland® Chipotle Peppers in Adobo Sauce, minced
- 1 garlic clove, minced
- 1 teaspoon fresh cumin, ground
- 1 teaspoon fresh cilantro, chopped
- 1/4 cup fresh cilantro, chopped
- Roland® Fine Sea Salt and black pepper, ground, to taste.

Directions:

1. Blend garbanzo beans, water, tahini, lemon juice, olive oil, chipotle peppers, garlic, and cumin in food processor until smooth.

2. Add pimientos and pulse until finely chopped.

3. Taste and adjust seasonings.

4. Chill before serving.

5. Serve with tortilla chips.

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Visit [www.metrocreativeconnection.com](http://www.metrocreativeconnection.com) for weekly tips and the latest money-making ideas.
Throw a great party on a budget

Many life events are worthy of celebration. Many families aspire to host parties honoring special events, such as graduations, birthdays, bar mitzvahs, Sweet Sixteens, and much more. Hosting such a party can be a great time, and a little thought and planning can make sure that your hosting duties need not break the bank.

Hosting a party can be an expensive undertaking. An uneasily healthy economy has left many families pinching pennies for the necessities, and hosting duties are a luxury many families cannot afford. But hosts who can create a budget ahead of time make events easier to plan, and events are easier to plan. Creating a party budget may mean compromising on a few elements, but it does not mean compromising a good time. Here are a few ways to budget for a party and still have a blast.

• **Determine a realistic party budget.** The first step is to determine exactly what you can spend. You will need to base all of your plans on what you can afford. It can be tempting to go above budget, but that may land you in debt. Without a budget, you will not know how to allocate your money effectively.

• **Get price quotes from various vendors.** The more quotes you get, the more likely will be the biggest expense on your list. But you can save a substantial amount of money by researching and comparing different vendors. While choosing vendors, be sure to ask what the price includes, be it expensive, parks or church basements.

• **Figure out what elements are important.** Are your guests gourmets who enjoy top-quality food and wine? Or are they simply looking for something tasty and tete? If so, you may have to spend more on food and beverages. If a flash location is more preferable, then know that a large portion of the budget will be allocated for a place with a view. Some people look to parties for the entertainment. If you are like-minded, then budget for a larger portion for the band or deejay.

• **Keep a tally.** As you start securing elements to the party, keep track of the expenses from the total budget. Hold on to all receipts and reconcile them against the amount you have to spend. This will present an accurate picture of the total cost of the party. If you start to break your budget, you will know you’ve it’s time to cut any additional services.

• **Don’t plan on the gifts covering expenses.** Some families circulate invitation cards to their guests to bring gifts at weddings. Today, many throw parties with the intention of breaking even once monetary gifts are collected. Not only is this in poor etiquette, it is risky. There is no guarantee that guests will cover the cost of their meals.

• **Do as much as you can yourself.** Cutting out the middleman will dramatically reduce the cost of many party services. If you want floral centerpieces on tables, make them yourself. If you want to take home chocolate lollipops or other trinkets, spend time making them yourself. Printing your own invitations reduces the cost of using a printing service or buying them. Set your own playlist of compiled music on an mp3 player for the music. If hiring a caterer exceeds your budget, prepare the food yourself. The more services you can provide on your own, the less expensive the party will be.

• **Pure down the guest list.** Another significant way to cut costs is to be realistic about how many people you can invite or how much budget you can allocate for the party. Those who have to do this have overextended themselves. Many throw parties with the intention of breaking even once monetary gifts are collected. Not only is this in poor etiquette, it is risky. There is no guarantee that guests will cover the cost of their meals.

• **Serve dessert on fine china.** Offer an ice cream sundae in a cone for the children and cupcakes or a fancy roll for a backyard party. Serve the same ice cream in a crystal champagne flute or a fancy cup for the adults at a new year’s eve party.

• **Experiment with new flavors.** Rather than chocolate sauce, work with mocha or even hazelnut toppings for cakes and other desserts.

• **Create a trifle.** Layers upon layers of dessert can seem more impressive. Trifles may seem like a lot of effort but they can be thrown together with ready-made ingredients. For example, create a straw- berry-vanilla-banana trifle by layering cubes of vanilla pound cake, ready-made vanilla pudding, slices of banana, and canned strawberry pie filling in alternating levels in a tall vase. Top with whipped cream, and you have a delicious and eye-catching dessert.

Petting zoos enhance kids’ parties

Children’s birthday parties have evolved into elaborate events. Parents have plenty of play spaces and party locations to choose from. But parents looking to have their child’s birthday party in their home. Those who have limited house or apartment space need to seek other options. While choosing vendors, be sure to ask what the price includes, be it expensive, parks or church basements.

• **Assure quality and care.** Petting zoos need to be licensed and their animals need to be inspected and are properly cared for. Adults should be present to ensure that children do not interact with the animals. Adults also must ensure that children do not bring any items into the petting zoo of the animals.

• **Come time for dessert, serve a zoo-themed cake to add a little pizzaz to the party.** When hiring a petting zoo, check with the company to find out if they allow any animal interactions such as handstands, hay bales, horseshoes, and other costume or party favors. If not, look for such favors in local party stores.

What to look for when hiring a DJ

The success of a social event is often dictated by the activities that keep guests busy. At many parties, dancing is the most common activity. When selecting DJ services, guests want to remember dancing to their favorite songs and how the music complemented the event. A professional disk jockey, or DJ, can be instrumental in setting the mood of a party, helping to create a festive atmosphere while choosing the right songs to enhance certain moments throughout the event. Here is how to choose a DJ that will fit with your goals and the scope of your event.

• **Why hire a DJ?** One reason many party hosts choose a DJ is affordability. Disc jockeys are traditionally less expensive than bands, and a DJ will have access to a selection of music that spans various generations and genres.

• **Select a DJ**

When choosing a DJ, it is important to first get recommendations from other party hosts, that way you know how the DJ has performed at a prior event. It is always better to choose a DJ who has a proven track record. If guests love the music provided by a DJ, then the D J will want to establish a rapport with the crowd, recognize when to liven things up and get the crowd back on the dance floor.

• **Don’t underestim ate the power of chocolate.** Chocolate shavings on top of cake, melted chocolate fudge sauce, and even simple cookies dipped into hardened chocolate can transform a drab dessert into a divine delicacy.

Tips to add some pizzazz to your pastries

When stepping into a bakery, your nose can often smell a delicious cake or pie even before you sample the delicacy. Professional bakers can make goods that get customers to look like something out of the pages of a classic cookbook. Those on dessert duty at the next family function or gathering of friends can rest assured that there will be a dessert that will likely be the biggest expense on your list. But you can save a substantial amount of money by researching and comparing different vendors. While choosing vendors, be sure to ask what the price includes, be it expensive, parks or church basements.

• **Use a container with a thin spout to drizzle chocolate.** Layers upon layers of dessert can seem more impressive. Trifles may seem like a lot of effort but they can be thrown together with ready-made ingredients. For example, create a straw- berry-vanilla-banana trifle by layering cubes of vanilla pound cake, ready-made vanilla pudding, slices of banana, and canned strawberry pie filling in alternating levels in a tall vase. Top with whipped cream, and you have a delicious and eye-catching dessert.

• **Frosting.** The power of chocolate sauce, work with mocha or even hazelnut toppings for cakes and other desserts.

• **Create a trifle.** Layers upon layers of dessert can seem more impressive. Trifles may seem like a lot of effort but they can be thrown together with ready-made ingredients. For example, create a straw- berry-vanilla-banana trifle by layering cubes of vanilla pound cake, ready-made vanilla pudding, slices of banana, and canned strawberry pie filling in alternating levels in a tall vase. Top with whipped cream, and you have a delicious and eye-catching dessert.

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A drizzle of strawberry sauce and a dusting of confectioner’s sugar may be all it takes to transform store-bought eclairs into something special.

Print your own invitations

Printing your own invitations reduces the cost of using a printing service or buying them. Set your own playlist of compiled music on an mp3 player for the music. If hiring a caterer exceeds your budget, prepare the food yourself. The more services you can provide on your own, the less expensive the party will be.

• **Keep a tally.** As you start securing elements to the party, keep track of the expenses from the total budget. Hold on to all receipts and reconcile them against the amount you have to spend. This will present an accurate picture of the total cost of the party. If you start to break your budget, you will know you’ve it’s time to cut any additional services.

• **Don’t plan on the gifts covering expenses.** Some families circulate invitation cards to their guests to bring gifts at weddings. Today, many throw parties with the intention of breaking even once monetary gifts are collected. Not only is this in poor etiquette, it is risky. There is no guarantee that guests will cover the cost of their meals.

• **Do as much as you can yourself.** Cutting out the middleman will dramatically reduce the cost of many party services. If you want floral centerpieces on tables, make them yourself. If you want to take home chocolate lollipops or other trinkets, spend time making them yourself. Printing your own invitations reduces the cost of using a printing service or buying them. Set your own playlist of compiled music on an mp3 player for the music. If hiring a caterer exceeds your budget, prepare the food yourself. The more services you can provide on your own, the less expensive the party will be.

• **Pure down the guest list.** Another significant way to cut costs is to be realistic about how many people you can invite or how much budget you can allocate for the party. Those who have to do this have overextended themselves. Many throw parties with the intention of breaking even once monetary gifts are collected. Not only is this in poor etiquette, it is risky. There is no guarantee that guests will cover the cost of their meals.

• **Serve dessert on fine china.** Offer an ice cream sundae in a cone for the children and cupcakes or a fancy roll for a backyard party. Serve the same ice cream in a crystal champagne flute or a fancy cup for the adults at a new year’s eve party.

• **Experiment with new flavors.** Rather than chocolate sauce, work with mocha or even hazelnut toppings for cakes and other desserts.

• **Create a trifle.** Layers upon layers of dessert can seem more impressive. Trifles may seem like a lot of work but they can be thrown together with ready-made ingredients. For example, create a straw- berry-vanilla-banana trifle by layering cubes of vanilla pound cake, ready-made vanilla pudding, slices of banana, and canned strawberry pie filling in alternating levels in a tall vase. Top with whipped cream, and you have a delicious and eye-catching dessert.

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For "Ultimate Pumpkin Pie With Rum Whipped Cream" from Ina Garten’s “Barefoot Contessa Foolproof” (Clarkson Potter) is a spirit-infused take on the classic dessert. The recipe can be prepared with fresh pumpkins and the canned variety found at stores.

Ultimate Pumpkin Pie With Rum Whipped Cream

Serves 8 to 10

1 unbaked Perfect Pie Crust (recipe follows)

Dried beans for blind binding

Filling:

- 1 ½ cups pumpkin puree (not pie filling)
- 2 tablespoons light brown sugar, lightly packed
- 1 cup granulated sugar
- 3 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 tablespoon kosher salt
- 2 teaspoons grated orange zest
- 1 ½ cups heavy cream
- 2 tablespoons dark rum, such as Mount Gay

Rum Whipped Cream (recipe follows)

Preheat the oven to 425°F. Line an 11-inch pie pan with the pie crust. Place it on a cookie sheet. Place a pie weight or beans on the crust with parchment paper. Fill the paper three-quarters full with the beans and bake the crust for 15 minutes, until the edges start to brown. Remove the beans and paper (save the beans for another time), prick the crust all over with the tines of a fork, and bake an additional 5 minutes.

Reduce the oven temperature to 350°F. Meanwhile, in a large bowl, whisk together the pumpkin, brown sugar, granulated sugar, cinnamon, nutmeg, salt, orange zest, eggs, cream, milk, and rum. Pour the filling into the baked pie shell. Bake for 50 to 60 minutes, until the filling is just set in the middle and knife inserted in the center comes out clean. Set as side to cool completely. Serve with the rum whipped cream.

**Rum Whipped Cream**

Serves 8 to 10

1 cup cold heavy cream
1 tablespoon granulated sugar
1 tablespoon mascarpone or creme fraiche
1 tablespoon dark rum, such as Mount Gay
8 to 10 tablespoons (% cup) ice water

Place the cream in the bowl of an electric mixer fitted with the whisk attachment and beat on medium speed for 1 minute. Add the sugar, mascarpone, cream, and vanilla and beat on medium-high until it forms soft peaks. Serve with the pumpkin pie.

**Perfect Pie Crust**

12 tablespoons (% 1 sticks) very cold unsalted butter
2 tablespoons dark rum, such as Mount Gay

Divey up desserts

Desserts are a big part of pot luck gatherings. Ask which guests prefer to make desserts and then keep track of who is bringing which items so you do not overlap. Chances are there is a seasoned baker in your midst who enjoys delighting the crowd with delectable desserts.

Divvy up desserts

Outdoor entertaining is a great way to spend time with family and friends. Outdoors pies are the new gamut from informal barbecues to fancy catered events. Party hosts are now being invited to take certain precautions to make food safe and palatable when serving guests.

In addition to weather that can threaten foods, insects are an obstacle guests may not be aware of. Ants are attracted to sweet foods as well. Ants can be a danger when food is involved.

Flies

Flies that land on food may seem more of a nuisance than anything, but these same bugs can be carriers of a number of diseases. Outdoors pies can carry more than 100 diseases and insect pests. For example, the laying eggs on waste, including feces. Pathogens can collect on their legs and mouth. These microbial invaders can then be transferred to foods. Flies are also shown to be capable of turning it into a liquid for consumption. A fly that lands on food could be leaving behind a lot more than it landed on, and that may be unsafe and unsavory. Move food outdoors only at the last minute and cover keep flies out.

Wasp

Wasps can sometimes be attracted to food. At certain points in the year, typically spring and early summer, wasps are attracted to meats and other protein-laden foods. As the season shifts, wasps are more attracted to sugary, sweet-smelling items and there may be very persistent when pursuing protein-laden foods. A wasp may latch on to a piece of meat, then attempt to break off the food and leave. If a wasp is stung, the individual may step on it and use it to create a stinger. The stinger may remain in the body for a period of time. Ants are attracted to sweet foods as well. Ants can be a danger when food is involved.

Keep foods safe from insects

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Simple ways to cut calories

People take a variety of approaches when attempting to lose weight. Some and women attempt to lose weight is to cut calories from their diets. Cutting calories can be as simple as using less butter or extra pounds, but it should be done in a way that does not compromise your overall health for the sake of a slimmer waistline. Any changes adults make to their diets should be discussed with their physicians prior to going forward, but the following are a handful of healthy ways to cut calories:

• Put away the potato chips. Potato chips are a favorite snack of many people, but those delicious chips could be a reason your belt size is getting bigger. Instead of potato chips, opt for air-popped popcorn, which contains roughly one-fourth the amount of calories as potato chips. Popcorn also is a whole grain, which contains far fewer calories. Popcorn also is a whole grain, which includes at least 2 1/2 cups of fruits and vegetables each day can help men, women and children lower their cancer risk. Fruits and vegetables that have the most color, such as those that are dark green, red, yellow, and orange, tend to have the most nutrients. Fruits and vegetables are typically low in calories as well, which helps people maintain healthy weights.

When making a sandwich, hold the mayo in favor of mustard, which contains far fewer calories.

• Add healthy flavor to your pasta. Pasta might be a boring dish, but it is increasingly available in recent years, whole grain pasta has risen in popularity. But remember when choosing pastas. White pasta could go even further when cooking up a pasta for dinner. When making whole grain pasta, be sure that at least half the amount you normally would, and then add fresh or even frozen vegetables to the mix. A salad made of mixed greens and a variety of vegetables will reduce the amount of calories you consume and add additional vitamins to your diet. Another way to cut calories from your favorite pasta dish is to leave out the half of the pasta on the side. Parmesan cheese can be loaded with calories, and the vegetables should add all the flavor you need.

• Choose the right condiment for your sandwich. Many people love a good deli sandwich, but it can be high in fat and calories. A healthy alternative might be adding a significant number of calories to your meal. One tablespoon of mayonnaise contains 100 calories, and a cup of mayonnaise can be just as flavorful as mayonnaise, but adds far fewer calories. Try “so long” to soft drinks. Perhaps no method to cutting calories is more effective for soft drink lovers than cutting soft drinks from their diets. Sugary beverages are not only loaded with calories, but such drinks offset the benefits of exercise, as they can be harmful in the same way that eating too much fat can be harmful. Instead of using soft drinks, people might be able to drink a glass of water or a glass of milk. In a 2011 independent study commissioned by the Novartis Institutes for Biomedical Research, the AHA announced that soft drinks are the fifth-leading cause of stress in the United States, so emphasizing a healthy diet may prevent the onset of stress or reduce its symptoms. Too much caffeine and sugar can cause mood and energy swings and negatively affect your ability to get a good night’s sleep. A bad night’s sleep will only exacerbate stressful situations throughout the day.

• Take a proactive approach to stress

Few men and women can avoid stress. Be it a byproduct of a hectic work environment or the result of juggling a family and a career, stress is a part of life for many adults. In fact, according to the American Psychological Association, 77 percent of adults experience physical symptoms of stress on a regular basis. The APA also notes that job pressure is the leading cause of stress in the United States, so emphasizing a healthy diet may prevent the onset of stress or reduce its symptoms. Too much caffeine and sugar can cause mood and energy swings and negatively affect your ability to get a good night’s sleep. A bad night’s sleep will only exacerbate stressful situations throughout the day.

In order to make the most of your walk, consider the following tips.

• Invest in a comfortable pair of walking shoes. Exercise can be thwarted by pain in the feet. Comfortable shoes will make it easier for you to stick to your walking regimen.

• Stand up straight and look ahead while walking. Do not stoop or look at the ground.

• Bend the elbows and swing the arms a little while walking.

• Bring a friend along who can engage in conversation and make the time spent walking go more quickly. Otherwise walk a dog or play upbeat music that encourages you to pick up the pace.

• Find a convenient time to walk each day, and look for a new path each day to vary the workout. Walking in beautiful surroundings can make the walk that much more enjoyable.

• Start out slowly and then increase the pace and the intensity as you build up more stamina. You also may want to increase the distance you walk as you gain more stamina.

Walking is an exercise that doesn’t require special equipment or a fancy location. People of all ages can benefit in a variety of ways from walking.

Fruits and veggies can help fight cancer

Cancer affects the lives millions of people across the globe. When detected early, cancer becomes a significantly less formidable foe, as survival rates for cancer patients whose cancer was detected early are much higher than those whose initial diagnosis came after the disease had progressed into its later stages. But early detection isn’t the only way to beat cancer. According to the American Cancer Society, a healthy diet that includes at least 2 1/2 cups of fruits and vegetables each day can help men, women and children lower their cancer risk. Fruits and vegetables that have the most color, such as those that are dark green, red, yellow, and orange, tend to have the most nutrients. Fruits and vegetables are typically low in calories as well, which helps people maintain healthy weights.

That’s a significant benefit, as the ACS Cancer Prevention Study II showed significant increases in cancer occurrence in people who are the most overweight. The link between cancer and being overweight is seen in specific cancers, including breast cancer after menopause and cancers of the colon, rectum, pancreas, kidneys, esophagus, and endometrium. What’s more, studies have shown that obese men and women have a harder time battling cancer upon diagnosis. While so a diet rich in fruits and vegetables can help lower cancer risk, such a diet may even make it easier to battle cancer if diagnosed.
**Fiber and cholesterol**

Soluble fiber has been shown to help lower blood cholesterol concentrations by decreasing the absorption of cholesterol into the bile acids. When less bile acid is absorbed, the body must use stored cholesterol to make more, lowering blood cholesterol as a result. The American Heart Association reports greater reductions in low-density lipoprotein, or LDL, cholesterol among those who consume diets high in soluble fiber and who are in saturated fat and cholesterol alone.

**How to increase fiber consumption**

While many products include added fiber, here are some of the best ways to increase the many grams of fiber consumed on a daily basis:

- **Eat more bran**, as bran has the highest fiber content of any food at 22 to 25 percent.
- **Consume whole fruit instead of juice**. Whole fruits have more fiber in them and fewer calories than juices. Eating fruit can help you feel fuller longer.
- **Pass up on refined flours**. Opt for whole-grain and whole-wheat flours that are high in fiber and provide a great deal of fiber, protein and other important nutrients.
- **Find a partner**. If you feel you are not getting enough fiber in your daily diet. Gumby fiber chews are tasty ways to get fiber.
- **Option for fresh fruit and vegetables for snacks over processed foods.**

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**Injury prevention tips for the physically active**

Physically active men and women come to expect a bump or bruise every so often. Such minor scrapes are an accepted and inevitable byproduct of an active lifestyle. While broken fingernails are common after a workout, more serious injuries can sideline athletes and threaten their long-term health.

Though injuries can occur at any time, active men and women can easily develop several techniques to greatly reduce their risk of injury, ensuring they can continue to live active lifestyles into their older adulthood.

**Warm up before beginning your workout.** Warming up before you dive into your workout can loosen your muscles and increase blood flow. This will increase your cardiovascular activity, such as five minutes of low-intensity walking or running on the treadmill. This will help loosen your muscles and get your heart rate up. This will also improve your performance throughout the rest of your workout.

**Focus on form when strength training exercises.** When strength training exercises like weightlifting are a great way to promote long-term bone health and prevent or reduce the risk of osteoporosis, a condition in which bones become brittle and more prone to fractures or loss of tissue. But poor form when strength training can lead to injury, including muscle strains and backache. Such injuries can be quite painful and greatly compromise mobility. When strength training, focus on your form. If working out at a gym, ask a trainer or staff member to demonstrate how to use a machine correctly. If working out at home, employ the buddy system so you can have a spotter there to ensure your form is correct.

**Don’t overtrain.** When working out, many men and women get into a groove, during which it can be easy to overtrain. But overtraining can easily lead to injury as your body and muscles are not given ample time to recover between workouts. Regular exercise is important, but don’t overdo it. Make sure your body has time to recover between workouts.

**Gradually increase intensity when you return from a layoff.** Many men and women make the mistake of diving back into a high-intensity workout too quickly. It’s important to take some time off from working out because of an injury, a vacation or a busy schedule. Gradually increasing the intensity of what you both expect to be held accountable to your exercise regimen is a success.

**Begin a new workout regimen can be exciting and intimidating.** But it’s important to keep your goal of ensuring our new lifestyle is a hit right off the bat.

**Bookending your workout with some low-intensity cardiovascular exercise can reduce your risk of injury and aid in muscle recovery.**

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**Make the gym work for you from the get-go**

Many people aspire to adopt a healthy lifestyle that includes regular exercise, which medical professionals have long advised is an essential element of a healthy life. In fact, the Centers for Disease Control and Prevention recommend adults get at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking, every week and some muscular-strengthening activities that focus on all the major muscle groups on two or more days per week. While adhering to such an exercise regimen might make you feel as though you’re lost in a vast sea of people, it’s important to keep in mind that while poor form when strength training can lead to injury, including muscle strains and backache, such injuries can be quite painful and greatly compromise mobility. When strength training, focus on your form. If working out at a gym, ask a trainer or staff member to demonstrate how to use a machine correctly. If working out at home, employ the buddy system so you can have a spotter there to ensure your form is correct.

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**About fiber**

Many people are aware of the importance of including fiber in the diet, but few understand the importance of dietary fiber. Fiber is essentially indigestible substances that are found in the outer layers of plants. Fiber will pass through the human digestive system virtually unchanged from when it was consumed and without being broken down into nutrients. Fiber is classified into two types: insoluble fiber, which will not dissolve in water, and soluble fiber, which can be dissolved. Insoluble fiber is typically found in whole grains, dark leafy vegetables, green beans, wheat bran, seeds, nuts, and skins of fruits and vegetables. Soluble fiber comes from foods like oats, nuts, fruits, and dried beans.

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**Fiber and digestion**

Fiber is the unsung hero of digestion. The Harvard School of Medical Health advises people should get between 20 to 30 grams of fiber each day. This is because many people do not consume that much fiber. Fiber adds bulk in the digestive system, which helps food pass through and flush out the intestines. It assists in making bowel movements, prevents constipation. A diet high in fiber helps reduce the risk for hemorrhoids and diverticulitis disease.

**Fiber and weight loss**

While fiber is often associated with improving regularity, that is not its only role. Fiber, particularly soluble fiber, can make you feel fuller longer. Feeling full can help a person eat healthy portions. Fiber-rich foods are also less calorically dense; this means you can eat more and feel full without consuming tons of calories. Increasing fiber consumption may help you to meet your goals. You may even lose weight looking to lose weight.

**Fiber and blood sugar**

The slow absorption of carbohydrates also regulates the absorption of glucose into the bloodstream. This can prevent sugar spikes that may be dangerous to people with diabetes. It can also help to reduce the risk of developing type 2 diabetes, according to a study published in the New England Journal of Medicine in May 2000.

**Fiber and diverticulitis**

How much fiber do you need? A study published in the American Journal of Physiology found that 30 minutes of daily exercise was just as effective as helping overweight adults lose weight as 60 minutes of daily exercise. For the study, researchers from the University of Copenhagen studied 60 moderately overweight men who wanted to lose weight. Men were randomly assigned to one of two groups: a aerobic exercise group or a high aerobic exercise group. The high-exercise group had to exercise hard enough to produce a sweat for 60 minutes a day, while the moderate group only had to exercise hard enough to produce a sweat for 30 minutes per day. The study was conducted for 13 weeks, and, by the end of the 13th week, the men who exercised for 60 minutes per day were significantly better results, than those who exercised for 60 minutes per day. In fact, the men who exercised for 30 minutes lost an average of two pounds more body weight than those who exercised for a full hour. Researchers suggest that the men in the moderate group might have benefited from having more energy throughout the rest of the day, while those in the 60-minute group had little energy for the rest of the day and were less inclined to be physically active post-workout.
Many people have been told to stretch before starting a workout, as such a routine prepares the body for physical exertion. But new evidence suggests that stretching before a workout may do more harm than good. Several studies now indicate that static stretching, or slowly moving muscles until they start to hurt and then holding the position, may impair strength and sprint. One study published in the April 2013 Journal of Strength and Conditioning Research concluded that the muscles used to maintain a static stretch position for a long enough time to result in muscle shortening could find themselves feeling wobblier and weaker than expected. A study from the University of Zagreb in Croatia reviewed 104 studies of people who practiced static stretching and found that muscle strength was reduced by more than 7 percent in those who stretched their ankles, elbows, shoulders, and knees. Men who did basic squats while lifting barbells, women who stretched and those who didn’t were examined. Those who stretched lifted 8.3 percent less weight than those who skipped stretching.

Many personal trainers now discourage extensive stretching before a workout, as static stretching may provide the most benefit. A number of people have long confused stretching with exercise. In fact, stretching is a different activity from actual exercise, which involves low-impact movement of the body. There is no evidence that stretching before a workout makes muscles more limber or reduces the risk of injury during a workout.

Some experts liken stretching muscles prior to working out to overstretching a rubber band. The muscle may get limped and overworked premonitory and then not be able to perform to peak when power intensity is needed. Others argue that when people engage in stretching, the muscles are actually tightening, rather than relaxing, which may make athletes more prone to injury.

Stretching improves flexibility and range of movement. But some fitness experts suggest stretching be reserved for times when exercise will not immediately follow, such as after a workout has been completed. ☛ LS138389

Continuing to eat healthy after losing weight is a great way to keep weight off. Dietary supplements can be just as valuable as you work to maintain your weight loss. If you work to improve the health of your body through a system on your way to losing weight, continue to do so. If your family adopted a healthy diet to help make things easier on you during your weight-loss efforts, continue to eat such healthy foods as a family, which can only pay dividends for everyone in the long run.

• Expect some setbacks, but don’t accept them. Just like there were setbacks on your road to losing weight, there will be setbacks as you try to maintain that weight loss. Such setbacks are expected, but they’re much easier to accept when you’re already at a healthy weight than when you were when you were overweight. But when you accept setbacks and don’t work to avoid more, all that hard work losing weight could end up being for naught. Don’t beat yourself up if you gain some of the weight back, but if you do, assess how it happened and work to address any issues that might have led to that weight gain. ☛ LS138590

• Embrace aerobic exercise. Aerobic exercise is essential to cardiovascular health. Daily aerobic exercise, such as walking around the neighborhood, can help men and women lower their blood pressure, maintain a healthy weight and lower their bad cholesterol, which can circulate in the body and cause blockages that lead to a heart attack.

• Adopt a low-sodium diet that’s also low in cholesterol. Diet can be a major contributor to a heart attack. Avoid high-sodium foods and try to keep sodium intake low.

• Eating healthy snacks. Dessert is often considered an unhealthy indulgence, but there’s plenty of nutritious desserts that are so delicious kids likely will not realize they’re eating healthy. A dessert of fresh fruit and a small serving of yogurt can provide the same post-meal refreshment as ice cream or cake, but it does so with much fewer calories and a lot more nutrients and vitamins. What’s more, kids will come to look at dessert as a chance to eat fresh fruits instead of another opportunity to load up on ice cream or other, less healthy alternatives.

• Serve healthy portions. Sometimes it’s not just what is on the plate but how much is on the plate that can be healthy or unhealthy. When doling out portions for the family, create healthy portions so kids are not encouraged to overeat.

• Don’t reward kids with food. Some parents try to reward youngsters with food, allowing kids to indulge in unhealthy fare in acknowledgement of a good report card or something else that’s expected. But research suggests this is as a reward is an unhealthy eating habit that can lead to problems down the road as kids become adults responsible for their own eating habits.

• Be a role model. Kids are more likely to eat healthy when mom and dad are healthy eaters. If your first choice at snack time is to reach for a bag of potato chips, then don’t be surprised when your kids opt for chips over healthier fare like a piece of fruit. “Do as I say, not as I do” is a tough sell to youngsters when it comes to eating habits, so parents should set a positive example for their kids by ensuring their own diets are healthy. ☛ LS138404

Improved heart health is not difficult.

Heart disease is one of the leading causes of death across the globe. According to the World Health Organization, the risk of death from heart disease, which is largely in which blood supply to the heart is reduced, is the leading cause of death in women. The association between the fourth-leading cause of death in low-income countries.

Parents should keep in mind the following fact about the prevalence of heart disease is that it can be largely preventable. The American Heart Association recommends that everyone have their blood pressure checked at least once a year. If your blood pressure is found to be too high, your physician may suggest using a number of methods to lower blood pressure. Some of these methods include:

• Establish a regular eating schedule, for example, eat one meal a day at the same time. Such healthy habits and achieving such a goal is an accomplishment to be proud of.

• Exercise daily. Exercise plays a significant role in managing weight-loss efforts, and men and women should understand the importance of exercise as they work to maintain their weight loss. An exercise regimen that helps you lose weight can be effective as you work to keep that weight off. Aerobic and strength-training exercise can make men and women maintain a healthy weight and reducing their risk for various diseases, including heart disease. Strength training exercise can be especially important for men and women, as strength training exercise helps maintain bone health and reduce the risk of osteoporosis.

• Continue healthy eating habits. Once the weight has been lost, that doesn’t mean you can return to your previous eating habits. After those excess pounds have disappeared, continue to watch your post-workout routine.

• Plan healthy desserts. Talk to their doctors about trying niacin as a first line of defense in helping counter high cholesterol. It is always best to monitor your blood pressure and discuss with your physician ways to lower high blood pressure. ☛ LS138441

Talk to a doctor about the possibilities of using niacin to improve cholesterol levels.

LDL and lower LDL did not provide any protection against heart attacks. Conventional wisdom suggests that lowering bad cholesterol reduces risk of heart disease, but researchers have long theorized that increasing good cholesterol, and using niacin to do so, would help, too. But studies have yet to offer strong evidence that niacin can help maintain healthy cholesterol levels as well as a healthy blood pressure.

• Monitor your blood pressure. A blood pressure of 120/80 is considered healthy. But many doctors visit, and men and women should monitor their blood pressure even when they aren’t visiting their physicians. High blood pressure does not always produce symptoms, but that doesn’t mean it isn’t potentially deadly. High blood pressure is the leading cause of stroke and can contribute to heart and kidney disease. So be sure to monitor your blood pressure and discuss with your physician ways to lower high blood pressure.
Simple and healthy ways to boost your energy levels

As a day wears on, many men and women find their energy levels steadily decreasing. Some resort to a cup of coffee, while others prefer a sugary snack to get more pep. Such solutions are not always healthy and rarely provide more than a temporary jolt of energy.

So what are men and women to do when the inevitable post-lunch doldrums rear their ugly heads? Oftentimes the best way to remedy a dip in energy levels is to prevent it in the first place. There are several simple and healthy ways to boost your energy levels so you don’t find yourself falling flat in the afternoon.

• Drink water throughout the day. Water is a versatile beverage that serves many purposes, not the least of which is its ability to make a positive impact on your energy levels. When the body does not get enough water, it can send a variety of signals that are easily misread. The symptoms of thirst or dehydration can easily be confused for hunger, which may cause you to eat more during the day, and that food can make you feel sluggish as the day progresses. Even slight dehydration can make you feel fatigued. If drinking water isn’t a part of your daily routine and you find yourself feeling fatigued on a regular basis, start drinking water and your energy levels will likely increase. Water is an especially good way to boost your energy levels thanks to its availability and affordability.

• Don’t skip breakfast. Breakfast is the meal that robs your body of the fuel it needs to get through the day. Skipping breakfast is especially harmful, as you will be energy source that lasts longer than a lunch without any protein.

• Exercise. Fatigue can be a byproduct of a body’s overworked but also a side effect of a body that isn’t being fed enough. Daily exercise will increase your energy levels, even if the exercise is minimal. The California State University found that even a brisk 10-minute walk increased exercise levels by 15 percent in two hours. If your energy levels tend to start waning in the afternoon, consider a short, mid-afternoon jaunt. The dividends such a walk pays regarding your energy levels may just last until it’s time to call it a day.

• Don’t eat too many calories. Men and women fighting fatigue may feel as though their weight is the main culprit behind that lethargy. Though being overweight or obese for a short time is sure to affect your energy levels, it’s important men and women don’t cut too many calories from their diets when attempting to lose weight. Doing so may slow your metabolism, which can cause feelings of fatigue. If you are overweight or obese, you may very well need to cut calories, but don’t do so at the expense of your energy levels.

• Men and women find themselves becoming listless as they reach late-afternoon. Though it’s easy to pour yourself another cup of coffee or lean on an energy drink once the post-lunch listlessness rears its ugly head, there are several alternatives to such remedies that can be more effective at boosting your energy levels over the long haul.

It’s possible to exercise safely during pregnancy

Pregnant women have mixed views on staying in shape. Some mothers-to-be view pregnancy as a chance to cast aside concerns about body image and enjoy the freedom to eat a little more and revel in the changes their body undergoes during pregnancy. Some others want to remain physically fit and return to their pre-baby weight and consult their physicians, staying fit throughout a pregnancy. The Medical Advisory Board and the Institute of Medicine, depending on starting weight, women can expect an average weight gain of 15 to 40 pounds during pregnancy. Women who are overweight or obese, you may very well need to cut calories, but don’t do so at the expense of your energy levels.

Most experts advise pregnant women capable of exercise to aim for 30 minutes of moderate exercise at least three times per week. A more rigorous workout schedule may lead to a low-weight baby or could put excess strain on pelvic floor muscles that may lead to early labor. When pregnant women are exercising, there are some additional guidelines:

• Avoid exercise in extremely hot or cold weather.
• Wear comfortable footwear that has ankle support.
• Drink plenty of water.
• Begin slowly and gradually build stamina.
• Listen to your body and do not push yourself if you are tired or in pain.
• Avoid exercise that involves lying flat on the back during the second and third trimesters as this decreases good flow to the uterus.
• Always keep your doctor abreast of your exercise schedule and consult with him or her if you plan to include any new activities in your regimen.

Exercising during pregnancy is possible and a good way to maintain peak physical health to prepare for the arrival of a baby. However, many other fibromyalgia patients may beg to differ with these findings. Numerous people living with fibromyalgia insist that changes in the weather directly impact many symptoms synonymous with the condition.

In 2002, a study was conducted in Colombia, Argentina, where there are four distinct seasons every year. The study examined fibromyalgia sufferers and a healthy control group. Participants were asked to rate their pain symptoms on a scale from one to 10 every day for 12 months. After 12 months, these symptoms were matched up to the year’s weather patterns. Researchers found that pain symptoms of the participants with fibromyalgia correlated directly to weather changes with pain being more persistent when the weather was especially harsh. Fibromyalgia can be debilitating for many people, causing pain, weakness, fatigue, and irritability.
7 myths about body fat

Body fat is often considered the enemy for those looking to get fit. People are told to avoid a specific type of diet and exercise in an effort to rid their bodies of excess fat, and such regimens provide varying degrees of success. Part of what makes fat so confounding is the multitude of misconceptions surrounding this natural component of anatomy. To separate the myths from the facts, men and women might find their efforts to burn body fat that much more successful.

Myth #1: Body fat is only under the surface of the skin. While body fat near the surface of the skin, which is known as subcutaneous fat, is the most noticeable, body fat is actually accumulated throughout the body. One can be overweight or obese, and have internal fat, known as visceral fat, which can wrap around the heart and muscle tissue. According to Dr. David Haslam, clinical director of the National Obesity Forum, visceral fat can be toxic and unhealthy. When people begin to exercise, they burn away this visceral fat after an exercise regimen begins.

Myth #2: Muscle mass will burn fat without exercise. Muscle and fat are two separate components of the body. Muscle is composed of the cells that allow movement, while fat is what stores energy. People will gain weight after they stop exercising because fat will become more prominent due to the lack of activity. However, muscle will not turn to fat. Upon returning to regular exercise, a person can regain his or her physical condition.

Myth #3: Body fat develops from eating fatty foods. Fat in food will not necessarily turn to body fat. It is true that if you eat a piece of bacon you will more than likely gain body fat because it is high in fat content. However, not all fat is created equal. Fat that is near the surface of the skin, which is called subcutaneous fat, is more easily converted to body fat than fat stored at the core of the body or visceral fat, which is more closely associated with organs. Therefore, fat will not turn to muscle mass, and muscle mass will not turn to fat.

Myth #4: Starving oneself will burn fat. Depressing the body of calories may initially force it to burn body fat stores. However, when the body senses that there is no more fuel, the body may actually go into "starvation mode," where it breaks down fat cells more slowly. Also, when food is reintroduced, the body may store more fat in anticipation of future deprivation. This can cause an increase in body weight and body fat than if he or she had just adhered to a moderate diet all along.

Myth #5: A person can lose body fat weight loss with wait in just one spot on the body. The body burns fat slowly so that one portion is not depleted more than another. Running is an area of the body that is not naturally insulated by fat. Therefore, a diet and exercise plan will produce gradual results. There is no way that excess is stored as fat reserves. How can the body turn food into muscles and fat if the food is all used up they will not turn into fat.

Myth #6: Fat modulates body temperature. Scientists used to believe that body fat was instrumental in regulating body temperature. New information suggests that it is actually muscle that helps regulate body temperature, although it is not entirely understood why. According to a report published in Nature Medicine, muscle protein called scarlopin is believed to help regulate body temperature. Muscle contractions also help to generate heat.

Myth #7: Fat weighs less than muscle. Muscle and fat weigh the same. A pound of fat and a pound of muscle are the same amount of body tissue. However, muscle contains more water than fat and is significantly denser. A pound of fat takes up more space than a pound of muscle, so a person can see a difference in weight.

Myth #8: A person can lose body fat weight loss while on a diet and exercise. There are a number of exercises purported to burn fat from a specific area of the body. For example, doing hundreds of crunches will burn belly fat. However, fat will not diminish in just one spot on the body. The body burns fat slowly so that one portion is not depleted more than another. Running is an area of the body that is not naturally insulated by fat. Therefore, a diet and exercise plan will produce gradual results. There is no way that excess is stored as fat reserves. How can the body turn food into muscles and fat if the food is all used up they will not turn into fat.

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Metro’s Online Editorial Library

There are many ways to search within the MetroCreativeConnection Editorial Library. This basic primer should be of valuable assistance to those new to the site. If you’re a long-time user, perhaps this will serve as a refresher or enable you to discover a new tip. Here are the items located in the Editorial Library and the various ways to search for them.

**Bonus Features**

- **Bonus Features**
  - **Kids’ Corner Puzzles** Get a direct connection to the youth market in your area with informative and entertaining features. A Canadian version is also available through the pull-down selection.
  - **Prime Cuts Recipes** Offer readers seasonal and timely meal ideas and capture advertising from food-related businesses.
  - **Crossword Puzzles** Appeal to the puzzle enthusiasts in your readership with weekly crosswords.
  - **Horoscopes** Entertaining and popular features that can highlight birthday greeting pages.
  - **Metro Sudoku Puzzles** Get one feature for each day of the month to enable sustained sponsorship for your entertainment pages.
  - **Word Search Puzzles** For adult puzzle enthusiasts.

**August Bonus Features**

August plays host to numerous events. Here’s a sample of what’s inside the Bonus Weekly Features that correspond to a number of those events:

- **Back to School Season**
- **August Horoscopes**
- **August Birthdays**
- **Immunization Awareness Month**

Plus, visit the Editorial Library of Metro CreativeConnection to download daily Metro Sudoku puzzles and solutions. Puzzles are provided in three levels of difficulty. Don’t miss all-new Word Search puzzles as well!

**August Bonus Idea:**

Put some color into all of your publications — even your weekly or monthly puzzle pages. Metro now offers Kids’ Corner and Horoscopes in full color. Subscribers can simply download resizable EPS images and text files for these puzzles from the Bonus Feature pull-down menu in the MetroCreativeConnection Editorial Library.
Subscribers can download the art and text files of Kids’ Corner, Crosswords, Horoscopes and Prime Cuts from the Editorial Library of MetroCreativeConnection. Subscribers can also download the art for Canadian Kids’ Corner, tailor made for editors catering to Canadian markets, by selecting the “canada kids corner” from the Bonus Features pulldown menu.
Subscribers can download the art and text files of Metro's latest bonus weekly additions, "Crypto Fun (CQ)," "Word Scramble (WD)," and "Guess Who (GW)," from the Editorial Library of MetroCreativeConnection.
Metro Sales Events

Team and art from the Metro Newspaper Service, these Timely Features become even more valuable as ready-to-sell layouts. Give them to your sales department for an immediate revenue opportunity. Each month you get two options with the same themed subject, with different articles, so you can sell the directories as campaigns for multiple runs while keeping your readers engaged. Metro Sales Events are located in the MCC Spec Ads & Covers Library, searchable by keyword or ad file name.

Choosing the right restaurant for your dinner party

Metro Sales Events are located in the MCC Spec Ads & Covers Library, searchable by keyword or ad file name.

Helpful Hint: When searching for Metro Sales Events in the MCC Spec Ads & Covers Library, select "Multiple Advertiser" from the "Ad Type" pull-down menu.
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It’s time to try tofu!

The vegan lifestyle has grown increasingly popular over the years, and more and more people find such a lifestyle is not only on board with their ideals, but it is growing to be delicious as well. The following recipe for “Horseshadish Mustard and Panko-Encrusted Tofu” from Davey Mousouros’ “350 Best Vegan Recipes” is proof that vegan cuisine can be just as tasty as a more traditional diet.

Horseshadish Mustard and Panko-Encrusted Tofu

For the plate:

1. Drain tofu, wrap in a clean, thick kitchen towel or paper towels, and place on a dinner plate. Place a second dinner plate on top, place a heavy can on top and set aside for 1 hour.
2. Cut pressed firm tofu in half cross-wise. Set each half on one narrow side and cut into 1-inch thick pieces. Pour wine into a shallow bowl and lay tofu slices in wine.
3. In a 2-cup measuring cup, using an immersion blender or in an upright blender, combine silken tofu, soy milk, mustard, horseradish, and lemon juice and puree into a very smooth sauce. Pour mixture into another shallow bowl and set aside.
4. In a third shallow bowl, whisk together flour, tapioca and salt. Pour panko into fourth shallow bowl.

For the plate:

5. Working in batches, flip tofu in wine to dampen both sides, then remove from wine. Dredge tofu in flour mixture, turning to coat all sides, and transfer to mustard mixture. Using fork and fingers, turn tofu to generously coat all sides. Using fork and fingers, lift and transfer tofu to panko and turn to coat all sides. Transfer coated tofu to prepared baking sheet.
6. Place a heavy-bottomed skillet over medium-high heat and let pan get hot. Add 3 tablespoons of the oil and heat until it shimmer. Carefully place 1 or 2 tofu pieces at a time into hot oil and cook until bottom is golden brown and crusty, 1 to 1 ½ minutes. Flip tofu and cook until bottom is crispy, about 1 minute. If feeling clever, tip tofu onto sides and turn, cooking until crispy. Transfer to a platter lined with paper towels to drain. Continue with remaining tofu, adding oil and adjusting heat as necessary between batches. Serve hot.

Horseshadish Mustard and Panko-Encrusted Tofu

Serves 4

1 pound firm tofu
¾ cup dry white wine
4 teaspoons Dijon mustard
1 tablespoon prepared horseradish
1 tablespoon freshly squeezed lemon juice
1 cup all-purpose flour
2 tablespoons tapioca flour or cornstarch
1 teaspoon salt
3 cups panko bread crumbs
¼ cup canola oil, divided

1. Preheat oven to 350 F. Place 2 tofu slices in wine.
2. Cover with a plate and let sit for 10 minutes (so the wine can permeate)."
Don’t Miss the Advertising Event of the Year!

Now is your chance to be a part of the area’s premier guide to local restaurants, bars, entertainment venues and hosting trends. With appealing features related to dining and entertaining at home and on the town, our Dining, Entertaining & Celebrations special section is the ideal place to shine a light on your business!

Advertising Deadline: Friday, August 00
Publication Date: Sunday, August 00

NOTE: This ad has been specially designed to help you promote Dining, Entertaining & Celebrations to your advertisers.

Dining, Entertaining & Celebrations
A Special Section from NAME NEWSPAPER

TARGETED ADVERTISING TO STRENGTHEN SALES

As consumer demand for health and fitness solutions grows, so does the competition. Make sure your business gets noticed with targeted, professional advertising in our latest themed section, Healthy Lifestyle. By advertising alongside helpful features that range from cutting calories to making the most of workouts, this section’s topics will help get readers pumped up about taking the next step toward improving their health and fitness with your products and services.

Contact your sales rep or call 000.000.0000 before Friday, August 00 to reserve your advertising space.

Healthy Lifestyle
Publication Date: Sunday, August 00

NOTE: This ad has been specially designed to help you promote Healthy Lifestyle to your advertisers.

YOUR HEALTHY LIFESTYLE HELPER

Want to take the first step toward improving your health and fitness? Grab a copy of our Healthy Lifestyle guide to get yourself on the right track. From making a strong start at the gym to making simple calorie cuts, this special section is filled with tips to get started, stay motivated and reach your goals!

Look for your copy of Healthy Lifestyle in this newspaper on Sunday, August 00!

Healthy Lifestyle
A Special Section from NAME NEWSPAPER

Access promotional ads and cover designs, in color or black & white, in the Spec Ads & Covers Library of MetroCreativeConnection (MCC).

These ads are designed as PASS 2-column size widths based on a 1.833 inch column.

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