



Fashion & Beauty



How to Dress Well After Losing Weight



With the New Year upon us, how many of you have made a resolution to lose weight? As you work toward your weight loss goal, how

do you adjust your clothing? Many people make the mistake of continuing to wear their "before" clothing but this only makes the body appear larger and sloppy. As the pounds drop, so should your dress size. Here are some tips to look great as your figure shrinks.

- Buy transition pieces such as basic black pants and a few tops that mix and match easily and will take you to the

next weight loss goal.

- Seek out thrift stores and bargain sales which will stretch your dollar.

- Pamper yourself. For each milestone, treat yourself to a new haircut & color, and makeup application. Schedule manicure and pedicure appointments. Losing weight encompasses the whole package so make sure the rest of the body is taken care of too - from tip to toe.

It will make you feel good from the inside-out.

- When you reach your goal, invest in quality garments that will flatter your figure and have lasting power.

- Congratulations on your weight loss. Show off that new figure - you deserve it!

Fashion Fix is a full-service fashion consulting business offering personal attention to wardrobe needs. This

unique service provides fashion consulting, wardrobe analysis, closet organization, personal shopping and group presentations. Visit the Fashion Fix calendar for events and upcoming workshops in the Pennsylvania/New Jersey corridor.

*Paula Molino
Yardley, PA
215-428-2446
www.fashionfix.com*



Healthy Tips for the New Year—(cont. from page 11)

after work and then drive directly to see his sons. He also soon learned to plan activities with them ahead of time.

More importantly, start or renew your New Years resolutions several times throughout the year. Key occasions include at the beginning of each season, on birthdays, half-birthdays or anniversaries. This approach is not a gimmick. It gives people repeated trials of re-training brain wiring to accept new behaviors.

Know What Triggers Temptation

For example, sitting at the bar or going out with colleagues to the local pub will impair promises to limit drink-

ing. Keep a diary or jot down the feeling/situation trigger on a piece of scrap paper to see in print what prompts set-backs.

Recruit Others to Assist or Participate in Keeping Resolutions

The Weight-Watchers Program works, in part, because of the buddy system and group dynamics. People can make similar pacts with colleagues to order healthier lunches. The same system works in families. For example, most families reward themselves with food. This approach is fine, except that it usually involves poor choices such as fried food and cake and ice cream. Soon, the reasons for celebrating expand so that everyone eats these foods often. However, remember, leaving out favorite foods

totally only creates cravings that force people to overeat. One solution is to make everyone in the family an official food deputy where each person has responsibility for saying to another, "Don't eat that—or so much of that."

Also, inform family physicians about any resolutions regarding health and ask her or him to assist in sustaining change.

Build in Rewards for Success

It takes time for the benefits of success to take hold. Usually, feeling better doesn't kick in until at least three weeks of new behavior. Many people who promised to exercise more, for example, had less trouble following a regime after a month.

The problem is how to motivate one's self in the meantime. Selecting meaningful rewards can often sustain the changes. Janet, the free-lance writer who wanted to awaken earlier, found that building in smart rewards such as watching a favorite television show helped motivate her. Eventually, the good feeling from success prompted her to go to bed earlier and rise in time to run half a mile. Over time, that half mile became one, then two miles.

The key is to avoid rewards such as eating or shopping, which can create more problems. Develop a new reward such as calling an old friend, soaking in the tub or gardening.

David started a vacation fund to help him quit smoking. When he wanted a cigarette, he put the price of a pack into a glass bowl. The plan worked because he not only chose a meaningful reward but also because he kept the jar in plain sight at work.

Add Helping Others to Your Resolutions

Improvements in self-worth often lead to increased ability to make changes and withstand the anxiety from letting of old habits. Volunteering and helping others is a great way to raise self-esteem. Select an organization that holds personal meaning and offer to volunteer. Or, resolve to be more understanding of a difficult family member.

Review This List and Read Other Articles About Tips for New Year's Resolutions

People learn through rep-

etition. Several times a year, on key occasions, use the helpful information to reinforce efforts to sustain and make changes.

There are no best resolutions. They vary with the person. However, smart ones include promises such as:

- I promise to join a weight program and gym and work out wisely with a group of friends.

- I promise to get a medical physical.

- I promise to pay attention to warning symptoms that I am not well.

- I promise to join AA or other similar groups for my substance abuse problems.

- I promise to recruit family members and friends to help me with all my resolutions.

- I promise to seek professional, psychological help for my difficulties.

- I promise to be a volunteer for a charitable organization.

- I promise to get financial counseling from my bank or place of work.

- I promise to take short vacations or breaks to relieve stress.

- I promise to find one thing in life that makes me smile and laugh.

In summary, if you follow these points you will increase your potential for success. Good luck and happy New Year.

LeslieBeth Wish, Ed.D., is a noted psychologist and social worker, specializing in women, family and relationships.



Fashion & Beauty



The “Princeton Hairnista” gives you The Top 2012 Hairstyle & Beauty Trends



Denise Taylor—Master Stylist

“The Princeton Hairnista Hairstyles – The ‘hot’ winter hairstyle!”

If you are looking for a winter hairstyle this year, the trends starts and ends with being unique. Hollywood’s latest trends for winter hairstyles includes bangs, layers, retros and bobs: I will highlight one of the more popular ones that you are sure to see on the award’s red carpet in a few weeks.

Bangs can be cut in various exciting new ways from ultra full, angled, curvy or cropped. Whatever your hair type from thin and fine, to curly and thick to straight and medium you can achieve a sexy look with rounded bangs or lash length tresses. You can have a soft feminine tousled look for many head turning beach waves, retro waves or coils to flirty crowns that leave your hair longer on the top and tapered near the nape of the neck and ears.

Bangs will sharpen up any short cut and add shine to a pin straight finish so that you can wear your fringe over one eye with a slight part on the opposite side or use a comb to smooth out the hair with a flat iron for a sleek look.

Color Trends –Ombre Hair Color Trend

Hair color trends change from season to season and sporting the same hairstyle, length and hair color for long periods of time is not beneficial for you, so the GL4L team works hard to keep our clients up to date and encourage

them to try the latest trends in hairstyles.

One of the latest trends in hair color is the ombre hair color trend. The ombre hair color trend is an absolutely fabulous mix of the trendiest hair colors treatments of 2011, and is one that you see on many celebrities such as Khloe Kardashian. Ombre hair color is actually a mix of brown to blonde hair color, a soft transition of the hair from brown at the roots to blonder towards the ends. You can go as soft or as bold as you wish when it comes to this look, however, the secret to this fabulous hair color is finding a flawless transition from one color to the other. This gradually changing hair color might seem like a “piece of cake” but achieving this look is not easy, this is why it is best to turn towards a professional like the certified stylists at GL4L.

Achieving an ombre hair color might require the use of bleach for women who have a brunette hair color so if you don’t want to cause any hair damage consult your hairstylist. This hair color brings a certain summery feeling which instantly brightens up your facial features thus it is a perfect way for women to soften harsh facial angles without changing the overall style of your hair. So, this winter if you’re looking for a sun kissed hairstyle, and a hair color which will soften your look and enhance your sexiness in a very innocent manner,—then ombre is the way to go.

Short Haircuts for 2012 – A winning look for African American women

Short hairstyles are in style and as an African American, you know how to rock the style with panache! , Due to its low maintenance and trendy looks, more black woman are opting to wearing their hair short.

It’s cute, it’s funky, it’s you!

Stop in to GL4L and try looking at some photos of short hair celebrities and let it give you an idea of what is the best way to look good --day or night; no matter what the weather.

If you like your hair straight, curly, wavy, dark, light, or if you are a little more daring you can try the multi layered look, or the uneven edgy cut of short and long strands designed together for an unforgettable style. Some of the more popular short hairstyles worn by celebrities such as Rihanna and Halle Berry has added a look of ‘timeless beauty’ to the new wave of women looking at short hair as a option and the staff of GL4L can give that look and help you maintain healthy and vibrant hair at the same time.

Transition Hairstyles for women of color

If you’re thinking of leaving relaxers behind, and you don’t want to cut all of your processed hair off, you’ll need some transition styles that will take you from straight hair to your natural texture. While most of these styles are protective, you can still wear your hair out on occasion. Try these hairstyles to get you through the sometimes awkward stages of transitioning and you’ll feel confident that your hair looks good every day:

Flat Twists: Unlike two-strand twists, which require curly ends that can hold themselves together, flat twists work well on hair that’s not completely natural. Similar to cornrows, you use two strands of hair instead of three when fashioning these twists, which lie on the head. You’ll still need to secure the ends. If your hair is past your shoulders, you can gather the ends into a ponytail or bun, while shorter hair can simply be pinned into place.

Buns/Chignons: Buns, top-knots and chignons are all easy and elegant ways to style

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transitioning hair. If you work in a professional environment, skip the scrunchies and choose other accessories to hold your hair in place, such as hair sticks, hair pins and tortoiseshell clips.

Extensions: For some women, weaving their hair away during transitioning is much easier. You can even choose extensions that mimic natural hair so that you can get an idea of what your new texture will look like on you. Twist and braid extensions are easy enough to get from a professional who’s qualified in this area.

2012 Specials

** For those women looking to make the transition—let GL4L make it easier for you. We are offering a 50% discount during January and February 2012 on our Pure Extension systems (call the salon for more details)

Keratin treatments are another great way to help you make that transition and therefore GL4L will be offering 50% off during the months of January and February for the keratin treatment in our salon with Element 1&2 stylists. A savings of over \$125.00

Make-up trends for those special evenings in 2012

On special occasions such as holiday events, the prom or your wedding day, you want to ensure that your makeup is going to last throughout the day. On these occasions, chances are that you are also going to be photographed, multiple times. You want to

be sure that your makeup is up to the task. This is why many women choose to use airbrush makeup for a these special events, knowing that it will stay in place for the whole day and give a smoother look to their skin than regular makeup would.

Airbrush makeup is make-up sprayed onto the skin using an airbrush instead of being applied with sponges, brushes, fingers, or other methods. Airbrush makeup is any makeup that is applied with an airbrush rather than with the traditional tools that you might associate with makeup application. Airbrushing is easy to remove, long-lasting and is hygienic. This is usually only applied in a professional beauty salon, for special occasions or for use on the screen and stage. The small particles of foundation rest on top of the skin, rather than being blended into the skin as they usually are. This creates a smoother, more natural look that can last for up to 12 hours at a time without any need to touch up the makeup. This translates better to photographs, without the need for extra retouching. GL4L has a number of great make up artists and can provide you with that one of a kind look! Please inquire within the salon for details.

**Airbrush makeup expert—Bridget is available for this service and we will be running an introductory special at 20% off for first time applications throughout various times in 2012.



Fashion & Beauty



Wedding Day Check List

6 - 12 months before the big day

- Decide on a date
- Make an appointment with Clergyman / Officiant Determine a budget.
- Compose a guest list.
- Set time, location of Ceremony, Rehearsal & Reception Venue.
- Choose Professional Photographer / Videographer / DJ
- Shop for wedding gown: Several fittings will be required.
- Obtain Floral & Music estimates; book services if possible.
- Register with gift registry.
- Select bride maids.
- Pick a honeymoon destination: (renew passports & inoculations if required.)
- Begin selection of a Caterer.
- Set a date to order dresses for bridesmaids.

5 months before the big day

- Finalize guest lists.
- Order invitations & announcements.
- Order personal stationary & thank you notes.
- Plan reception.
- Choose florist.
- Men choose attire.
- Make honeymoon plans. (Honey-moon Gift Registry will save you \$\$—www.WeddingManor.com/travel)
- Choose caterer.
- Confirm delivery of bridal gown.
- Make appointment for bridal portrait.
- Order wedding cake and or grooms cake.
- Arrange transportation for all members of bridal party to & from ceremony & reception locations.

- Go over details of reception with caterer / hotel manager.
- If you are renting any equipment, reserve it now. (tent, chairs, arch, floral, pillars etc.)

2 months before the big day

- Inform clergyman of all the details of your ceremony.
- Keep a gift diary - send thank you notes as gifts arrive.
- Fine tune guest list.
- Plan rehearsal dinner.
- Select attendants' gifts, grooms gift.
- Check all services.
- Make moving arrangements.
- Final gown fitting.
- Bridal portrait setting.

1 month before the big day

- Choose wedding bands.
- Mail invitations.
- Make room reservations for out of town guests.
- Check wedding party apparel.
- Confirm music arrangements & check selections.
- Make reservations for bridesmaids' luncheon.

- Discuss rehearsal dinner with hosts.
- Attend showers.
- Marriage license.

2 weeks before the big day

- Plan your wedding day hair style. (bring headpiece & veil).
- Schedule hair appointment for day of wedding.
- Final check on bridal party clothing.
- Notify newspapers.
- Arrange for name & address change. (Name Change Kit—www.WeddingManor.com/NameChange)
- Check with caterer / reception venue with any last minute changes.

1 week before the big day

- Remind rehearsal dinner guests of time / location.
- Start honeymoon packing.
- Wrap groom's & attendants' gifts.
- Check wedding announcements, stamped & ready to mail day after wedding. (Personalize your postage with custom stamps!—www.WeddingManor.com/stamps)
- Bridesmaids' luncheon.
- Schedule rehearsal for 1 - 2 days prior to wedding.
- Remind wedding party of exact time & place.
- Go over final details of ceremony & reception with all parties involved.

1 day before the big day

- RELAX !
- Have manicure & pedicure done.
- Attend wedding rehearsal & dinner.
- Give ushers guest list.

Wedding Day

- Eat!
- Hair and make-up.
- Check wedding dress. (pressing or steaming)
- Appoint family member to check ceremony & reception for left behind items.
- Change of clothes. (if leaving for honeymoon).
- Breathe ! Enjoy your day.

Helpful hint:

Make an emergency kit: Include: Make-up, extra panty hose, bobby pins, safety pins, clear nail polish, comb, hair spray, hanky or tissues, needle & thread (white), aspirins, saltine crackers, band aid, toothpaste & brush, white chalk, dental floss, breath mints. Sounds funny, but stranger things have happened.....

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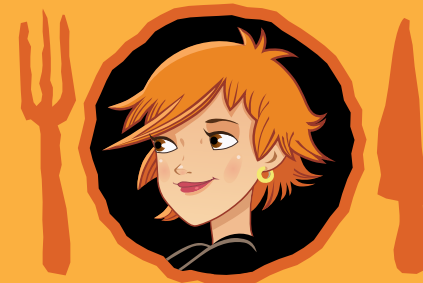


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Fabulous Foods

New Year's Resolutions for Foodies

—by Jo Ann Povia of GardenStateOnAPlate.com

It's that time of year again. Health club memberships surge and diet books fly off the shelves as holiday indulgences have us committing to resolutions of losing pounds and running half-marathons. While we admit that these are worthy goals, we have decided to create our own list of resolutions that require a little less willpower. In fact, it's more like a 2012 "to do" list for Mercer County foodies than a set of resolutions. We start with a health-oriented resolution, but the bulk of our suggestions fall squarely into the "indulgence" category.

Support Your Local Farmer

If you haven't taken advantage of the number of local farm stands and farmer's markets that have cropped up across the county, make a point to do so this year. A great option for anyone interested in keeping fresh produce on the table throughout the season is to join a Community Supported Agriculture cooperative (CSA). CSA members purchase shares (each share equaling a season's worth of produce) in advance and then enjoy freshly harvested produce throughout the season. Honey Brook Organic Farm in Pennington and Cherry Grove Organic Farm in Lawrenceville are two successful CSA farms. There are various options for share sizes and pick-up locations, and some CSAs include pick-your-own privileges for certain crops such as strawberries, peas and flowers. If interested, you will need to act quickly. Shares often sell-out long before the first drop is harvested.

Support the Local Restaurants that Support Your Local Farmers

It may seem like an easy lift, but using local sources to produce a menu usually requires more time, effort and money by chefs and restaurateurs than purchasing through regional and national vendors. The local market's variability alone demands more creativity and spontaneity. However, the results are extremely beneficial for the farmers, chefs and, of course, the restaurant patrons. Several restaurants that have committed to local sourcing also happen to provide some of the best dining in the area. Our favorites include: Chambers Walk, in Lawrenceville, The Brothers Moon, in Hopewell, Blue Point Grill, Mediterra and elements, in Princeton; Eno Terra, just over the border in Kingston and Hamilton's Grill Room, just up the river in Lambertville.

Expand your Culinary Horizons

We are fortunate in Mercer County to have such a rich variety of ethnic foods in our neighborhoods. Most of us are well aware of the abundance of restaurants serving popular cuisines such as Italian, Chinese and Japanese. But it's also nice to discover ethnic restaurants offering cuisines less common in the county. One example is Hon Sushi in Lawrence,

which serves Korean food, a rare find in Mercer; they even make their own house-made kimchi. It is also rare to find a non-diner restaurant offering authentic Greek dishes, which makes Mikonos in Ewing a welcome addition to the dining landscape. If you're craving Chicken Paprikas, a visit to Eastern European specialists Barbara's Hungarian Restaurant in Ewing or the long established Blue Danube in Trenton.

Don't Save the Best for Last (even though we did)

If you've already dined at elements in Princeton, we don't have to remind you to return, we're quite certain you've come to that conclusion on your own. For those who haven't, we urge you to check your calendars and make your reservations because this is the rare occasion when a celebrated dining establishment, under the direction of a highly touted chef, lives up to its reputation. Chef Scott Anderson, whose accolades include being named one of Esquire magazine's Best New Chefs of 2011, marries tastes and textures to produce food that can be simple yet complex, and is always thought provoking. The fine service matches the efforts of the kitchen; we have never encountered a better trained, nor more accommodating, front of house staff. There is a price to pay for such excellence, but we find it worth every penny.

Details for our suggestions are listed below. Join the conversation on GardenStateOnAPlate.com to add your favorites to the list:

Honey Brook Organic Farm, 260 Wargo Rd., Pennington, 609-737-8899, honeybrookorganicfarm.com

Cherry Grove Organic Farm, 11 Carter Rd, Princeton, 609-306-5139

Chambers Walk, 2667 Main St., Lawrenceville, 609-896-5995, chamberswalk.com

The Brothers Moon, 7 West Broad St., Hopewell, 609-333-1330, brothersmoon.com

Blue Point Grill, 258 Nassau St., Princeton, 609-921-1211, bluepoint.jmgroupprinceton.com

Mediterra Restaurant & Taverna, 29 Hullfish St, Princeton, 609-683-9680, mediterrarestaurant.com

elements, 163 Bayard Lane, Princeton, 609-924-0078, elementsprinceton.com

Eno Terra, 4484 Old Lincoln Hwy., Kingston, 609-497-1777

Hamilton's Grill Room, 8 Coryell St., Lambertville, 609-397-4343, hamiltonsgrillroom.com

Mikonos Restaurant, 50 Scotch Rd., Ewing, 609-883-9333

Barbara's Hungarian Restaurant, 1400 Parkway Ave., Ewing, 609-882-5500

Blue Danube, 538 Adeline St., Trenton, 609-393-6133, bluedanuberestaurant.com

Rossi's Bar & Grill, 501 Morris Ave., Trenton, 609-394-8480, rossiburger.com

DeLorenzo's Tomato Pies, 2350 US Hwy 33, Robbinsville, 609-341-8480, delorenzotomatopies.com

Papa's Tomato Pies, 804 Chambers Street, Trenton, 609-392-0359, papastomatopies.com

It's Nutts, 1382 River Road, Titusville, 609-737-0505, itsnuttsrestaurant.com

Tortugas Mexican Grill, 1280 US Hwy 33, Hamilton, 609-838-9962

Witherspoon Bread Company, 74 Witherspoon St., Princeton, 609-688-0188

The Bent Spoon, 35 Palmer Sq. West, Princeton, 609-924-2368, thebentspoon.net



Can't get any fresher than these peas from Pennington Farmer's Market



Dolsot Bibimbop in hot stone bowl at Hon Sushi

Skip the Chain Restaurants & Choose a Local Alternative

The corporate restaurant world has attempted to nationalize our favorite foods, with some efforts more successful than others. The next time you're in the market for an American favorite, we suggest you skip the mass produced options and find a local establishment serving the real deal. Here are few of our selections to get you started.

Burgers: The burgers at **Rossi's Bar & Grill** in Trenton are not likely to be duplicated at a drive-through.

Seafood: In Princeton, the **Blue Point Grill** offers a wide selection (i.e., nine varieties of oysters) of some of the best and freshest seafood available, all expertly prepared.

Pizza/Tomato Pie: We will miss **DeLorenzo's** on Hudson Street, but are grateful that their tradition continues at their Robbinsville location. Meanwhile, the equally magnificent **Papa's Tomato Pies** in Trenton continues to serve great pies in the city. An excellent Trenton-style tomato pie can also be had at the roadside gem, **It's Nutts**, in Titusville.

Mexican: Previously located in Trenton, **Tortugas Mexican Grill** has found a new home in Hamilton to serve their freshly made south of the border fare.

Bread: the chocolate croissants at **Witherspoon Bread Company** in Princeton are worth feeding the pesky quarter-munching parking meters. The bakery, which also supplies the bread for the Terra Momo Restaurant Group, offers a variety of artisan breads made daily.

Ice Cream/Gelato: Princeton's **Bent Spoon** has taken the concept of fresh, original ingredients to new heights. They aren't the only shop making their own ice cream, but their flavor combinations make them the most adventurous.



It's Nutts in Titusville



Artisan bread bakers Witherspoon Bread Company, in Princeton



Arts & Leisure



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SmartTalk makes sure to GIVE BACK to each community through women and girl charities by partnering up and allowing them to get a percentage back as well as offer them a chance to get the word out about what they offer these women and their community!

SmartTalk is very proud to support local charities and looks forward to helping the community give back to where it's needed the most. Please check out our new charity page on our website to learn more about these great organizations at www.smarttalkwomen.com/charities

"SmartTalk is about empowering and building women and girls. What a better way to do this by giving back to Wilmington and the local community!" said Karen Menke, Executive Chairwoman of SmartTalk Media, which produces SmartTalk ConnectedConversations™.

Season subscriptions, to all five presentations, are available to the public through the

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Dr. Jane Goodall
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Monday, January 16, 2012

Donna Brazile
Inspiring Civility: Stirring the Pots in American Politics
Tuesday, February 28, 2012

Frances Mayes
Under the Tuscan Sun: Journey of a Passionate Traveller
Tuesday, March 27, 2012

Cathy Rigby
Going for the Gold
Wednesday, April 18, 2012

Sigourney Weaver
An Evening with Sigourney Weaver
Tuesday, May 22, 2012

All presentations begin at 7:30 p.m. with doors opening at 6:30 for the pre-show. THIS YEAR subscribers qualify for substantial prizes!

About SmartTalk

A wholly-owned subsidiary of SmartTalk Media LLC, SmartTalk ConnectedConversations™ series provides its audiences with inspirational, connected conversations -- from renowned entertainers, political figures and other accomplished individuals. Since 1992, SmartTalk has presented captivating stories from such remarkable women as Julie Andrews, Barbara Walters, Mary Tyler Moore, Gloria Steinem, Lady Margaret Thatcher, Maya Angelou, Whoopi Goldberg, Erin Brockovich, Lauren Bacall, Susan Sarandon, Goldie Hawn and Priscilla Presley. The performers share their real, very personal views and life experiences in a way that is intimate, empowering and, above all, connected to the lives of women everywhere. For more information, please visit www.smarttalkwomen.com

6th Annual



"The Ultimate Girl's Day Out"

Saturday, May 12th
9 AM to 3 PM

What to Expect:



Shopping Galore!

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for all

Dozens of Seminars

3 Breakout Sessions:

Session A: 9:30 - 10:30 AM
Session B: 11:00 AM - 12:00 PM
Session C: 1:00 - 2:00 PM

Dozens of interesting, lively seminars
on Health, Legal, Finance, Home,
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Over 100 Exhibitors*

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- Mia Bella Candles
- NJAWBO Mercer Chapter
- Penn Cardiac Care at Mercer Bucks
- Pink Ribbon Associates
- Quakerbridge Radiology Associates
- Rite Aid Pharmacy
- Scentsy Wickless Candles
- Send Out Cards
- SHAKLEE
- Stella & Dot
- Take Shape for LIFE
- Tastefully Simple
- The Teal Tea Foundation
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- W.I.N. (Women Interested in Networking)

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