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WED. JUL. 15  
WED. AUG. 05  
WED. AUG. 19  
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WED. SEP. 16  
WED. OCT. 07  
WED. OCT. 21  
WED. NOV. 04  
WED. NOV. 18  
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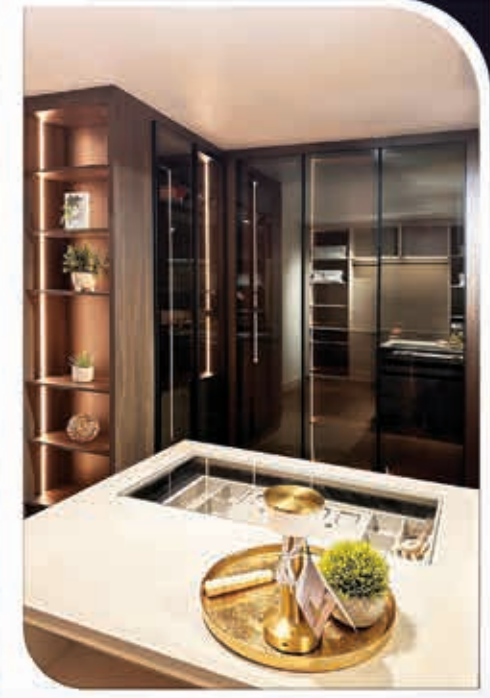
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**THE BASICS**

**Age:** 12

**School:** Alpine public school

**Siblings:** None, I'm a proud only child.

**GAME TIME**

**Sports you play:** Track, Gymnastics, Dance (tap and jazz)

**Favorite teams:** Galatasaray

**Go-to hype song before a game:** "Jump" by BLACKPINK

**Athlete you'd love to train with**

**for a day:** Simone Biles, because she is inspiring!

**BEYOND THE BOOKS**

**Favorite subject in school:**

Social Studies

**Least favorite subject:** Science

**Class you wish existed:** Crocheting

**EVERYDAY VIBES**

**Hobbies:** Crochet, cooking and baking, gymnastics, taekwondo, soccer, running, acting, dance, drawing, and playing the flute.

**Favorite Animals:** Panda

**Favorite color:** Purple

**Go-to snack:** Trader Joe's Takis

**Food you could eat every day:** Fruit

**POP CULTURE & ENTERTAINMENT**

**Favorite movie:** Harry Potter and the Prisoner of Azkaban

**Movie you can quote by heart:**

Harry Potter

**Favorite TV show:** Full House

**Most binge-worthy show ever:**

Cobra Kai

**Favorite music genres:** K-pop





**THE FUN STUFF**

**Dream Vacation:** Cancun  
**Superpower you'd want:**  
Traveling through time

**What's always in your backpack:**  
My pencil case - always stocked and organized.

**Biggest Fear:** What lies beneath the surface of the ocean

**Random Talent:** I can say the alphabet backwards

**What's something most people don't know about you:** I was born in London



**THE FUTURE & BEYOND**

**Dream job:** Orthodontist

**Ultimate life goal:** Compete in the Olympics

**One thing on your bucketlist:**  
Travel with Friends



# Elevated Layers for Cold-Weather Dressing

VANESSA BARRERA



**HI, FRIENDS AND NEIGHBORS!** February in Alpine is that magical moment when winter still has us bundled up, but fashion starts flirting with romance, and that means adding a dash of sparkle and spice to date night looks. For the rest of the month, think cozy-meets-polished—with a side of après-ski chic and Valentine's Day glamour.

This month's **it color** is cherry brown—deep, dramatic, and everywhere. It's brighter than burgundy, far warmer than black, less espresso than last winters chocolate and coffee hues and somehow makes even the simplest outfit feel intentional. Expect to see it in coats, leather bags, knits, and statement shoes. Pair it with Pantone's 2026 color of the year, Cloud Dancer, a soft airy white for a fresh contrast.

Cold-weather dressing is all about **elevated layers**. Long wool coats with exaggerated collars, tailored puffer jackets, fur, so much fur, ribbed knit sets, and sleek thermal turtlenecks are doing the heavy lifting. The vibe? Effortless, but put-together—even if you're just running into town.

Après-ski continues its reign (even if your only slope is the driveway). Think shearling-lined boots, chic beanies, wrap sweaters, and oversized sunglasses that say *"I might ski, I might just sip hot chocolate."*

For Valentine's Day or date night, February is leaning romantic but unfussy: satin midi skirts, fitted knits, soft tailoring, and a bold lip. Add a statement earring or a dramatic clutch, and you're done.

**February Gift List (Fashion-Girl Approved):**

1. A sculptural gold statement earring
2. A cashmere wrap or scarf
3. A luxe leather mini bag
4. A silk sleep set or elevated loungewear
5. A chic winter fragrance with warm notes

Sources we're loving: *Vogue.com*, *NeimanMarcus.com*, and *Nordstrom.com*.

Until next month—stay warm, stay stylish, and I'll see you around town (probably in a great coat).



**Vanessa Barrera**  
@VanessaBarci  
Fashion &  
Beauty Writer  
Alpine Resident



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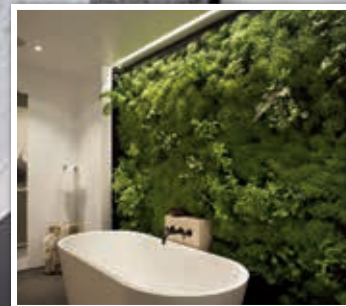
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# When the Body Shifts

## SUPPORTING WOMEN THROUGH HORMONAL CHANGES

NIDA ARAIN

For many women, midlife brings changes that can feel confusing or unexpected. Sleep may become lighter, energy may dip, and the body may not respond the way it once did. During perimenopause and menopause, these shifts are common.

As estrogen and progesterone naturally fluctuate and decline, the body adjusts in ways that affect far more than reproductive health. These hormones support the heart, bones, sleep, and emotional balance, so when levels change, women may notice new physical or emotional challenges.

With understanding, nourishment, and care, this transition does not have to feel overwhelming. The right food, movement, and supportive nutrients can help women feel more grounded, resilient, and supported as they move through this stage of life.

### Why These Changes Happen

During perimenopause and menopause, levels of estrogen and progesterone fluctuate and gradually decline. These hormones do not just influence reproduction they support many systems throughout the body.



- Quality supplements
- Free vitamin consultations
- Organic juice cleanses
- Organic juice and smoothies
- Healthy Snacks and groceries
- Organic prepared foods
- Organic Açai bowls



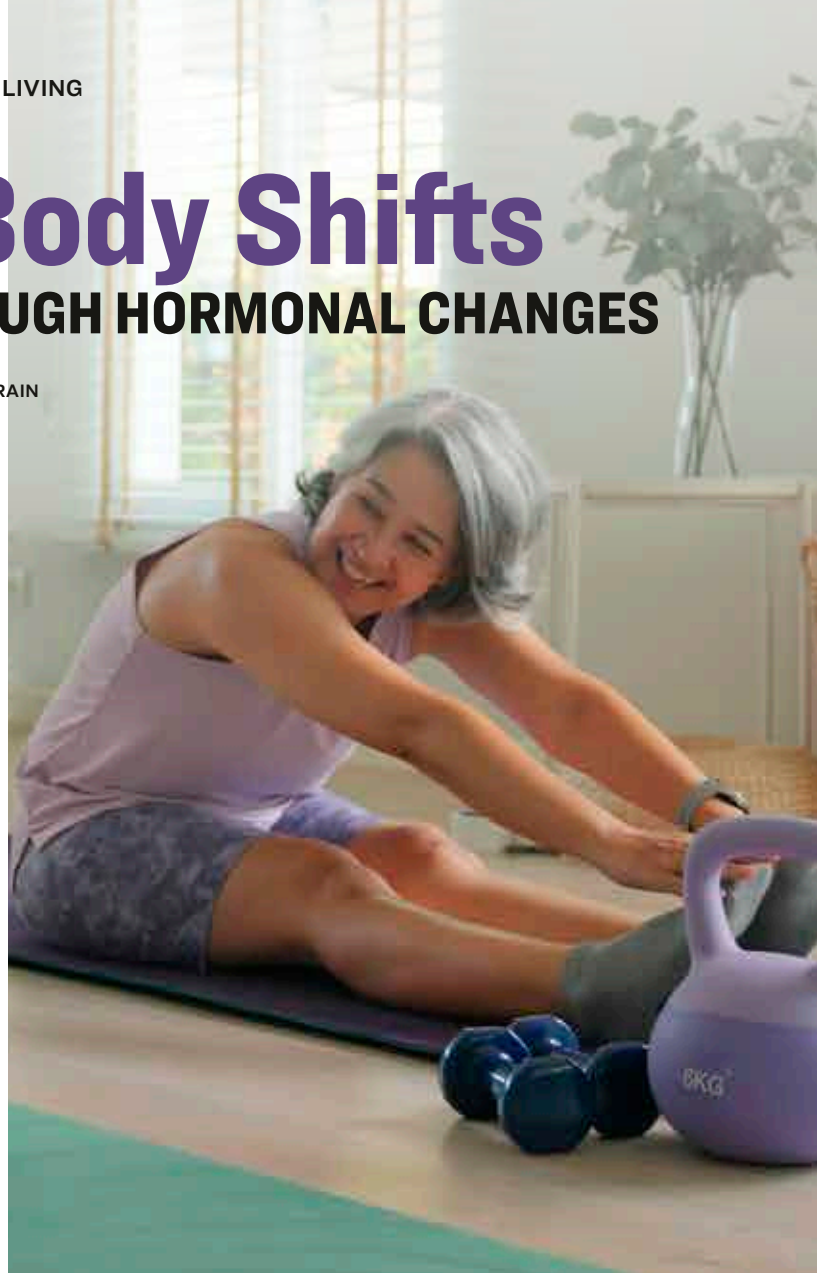
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Estrogen helps keep blood vessels flexible, supports healthy cholesterol levels, protects bones, and plays a role in mood and sleep regulation. Progesterone acts as a natural calming hormone, helping the body relax and achieve deeper, more restorative sleep. As these hormones decrease, women may notice new or worsening symptoms.

### Supporting Heart Health After 40

As estrogen levels fall, blood vessels may become less elastic and cholesterol patterns can shift, increasing cardiovascular risk. This makes heart health especially important during and after menopause.

### SIMPLE, SUPPORTIVE STEPS INCLUDE:

- Eating more fiber-rich vegetables, legumes, and berries
- Choosing healthy fats like olive oil, avocados, nuts, seeds, and fatty fish
- Staying active with daily walks, swimming, or strength training
- Supplements, such as omega-3 fatty acids, magnesium, and CoQ10, may also support circulation, blood pressure, and overall heart function.

### Protecting Bone Strength

Bone loss accelerates during menopause due to declining estrogen, increasing the risk of osteoporosis over time. This makes early prevention essential.

### HELPFUL STRATEGIES INCLUDE:

- Adequate intake of calcium, vitamin D3, vitamin K2, and magnesium
- Weight-bearing and resistance exercises to stimulate bone strength.
- Protein-rich meals to support both bones and muscles.

### Sleep, Stress, and Relaxation

Sleep disturbances and increased anxiety are common during this transition. Hormonal shifts affect neurotransmitters involved in mood and sleep quality, while stress hormones like cortisol can become more disruptive. Night Sweats can also be a reason that many women may have sleep disturbances.

Create a calming evening routine and practicing deep breathing, gentle stretching, or meditation may help along with the supplements listed below.

### Supplements for Hormonal Balance, Night Sweats and Mood

- **Black Cohosh** – helps reduces hot flashes and night sweats by supporting the body's response to changing estrogen levels.

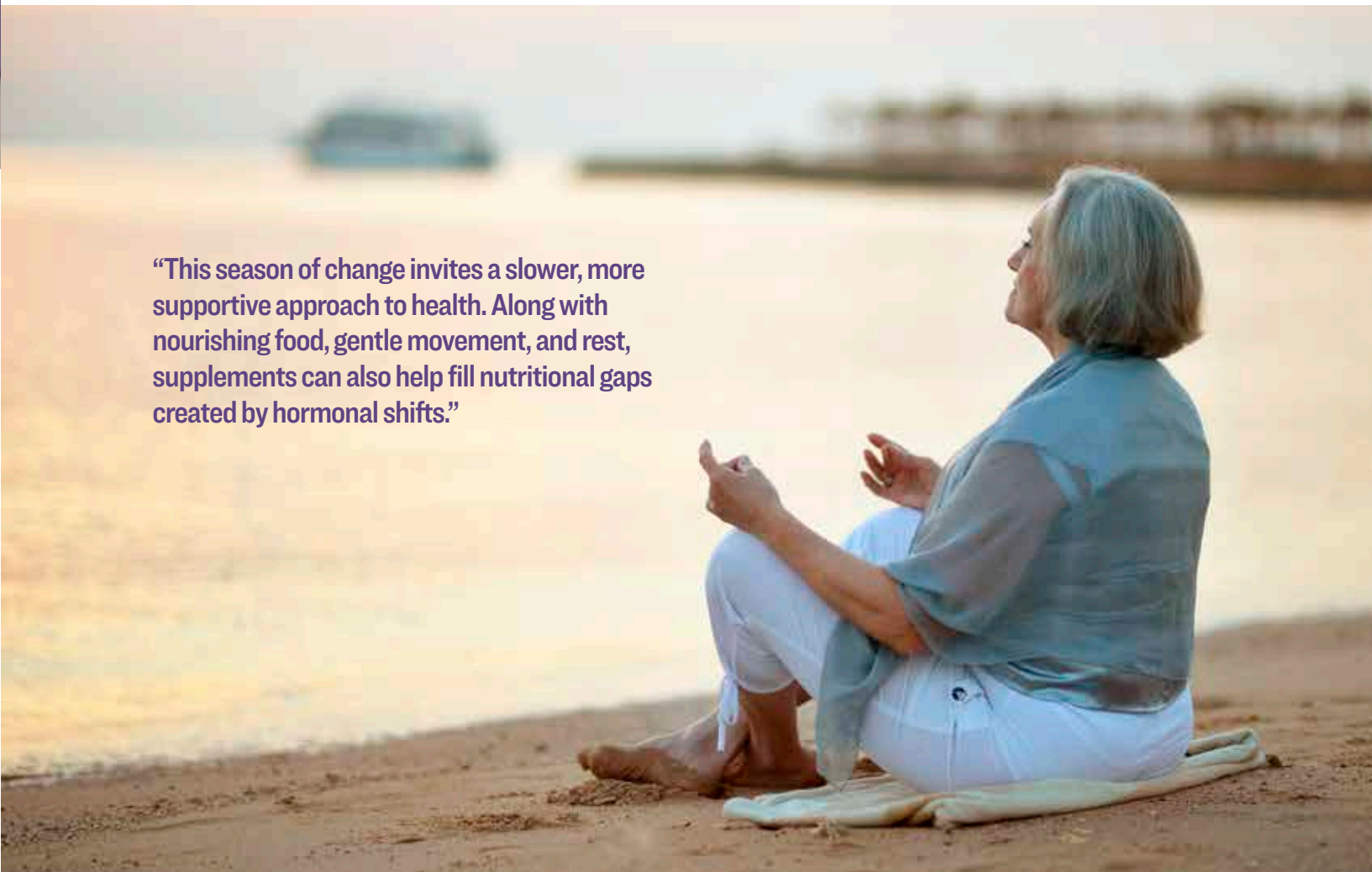
- **Evening Primrose Oil** – Rich in GLA, it supports hormonal balance and may help ease night sweats, breast tenderness, and skin changes during menopause.
- **Magnesium** - Calms the nervous system, relaxes muscles, and supports deeper, more restorative sleep while helping ease stress and tension.
- **Ashwagandha** – An adaptogenic herb that helps balance cortisol levels, reducing stress and supporting calmer moods and improved sleep quality.

### A Season of Self-Care

This season of change invites a slower, more supportive approach to health. Along with nourishing food, gentle movement, and rest, supplements can also help fill nutritional gaps created by hormonal shifts by supporting the heart, protecting bones, calming the nervous system, and promoting more restful sleep. Some of these lifestyle changes can help women feel more grounded and cared for as they move through midlife with greater ease and confidence.

This content is for informational purposes only and does not constitute for medical advice. Please consult a doctor when combining herbs and supplements with medications.

Holistic Nutritionist; Co-Owner of Healthway Natural Foods, Tenafly



“This season of change invites a slower, more supportive approach to health. Along with nourishing food, gentle movement, and rest, supplements can also help fill nutritional gaps created by hormonal shifts.”



# PRF INJECTION

## The “All Natural” Bio-Regenerative Filler

BY DAVID FOLK, MD



Platelet-Rich Fibrin (PRF) injections are emerging as one of the most talked-about natural facial rejuvenation treatments in 2026—especially for patients who want regenerative, subtle improvement without synthetic fillers. Unlike traditional dermal fillers made from hyaluronic acid or other compounds, PRF is created from a patient’s *own blood*, making it a truly autologous aesthetic therapy.

### WHAT IS PRF?

PRF is produced by drawing a small amount of the patient’s blood and spinning it in a centrifuge to isolate a fibrin-rich layer filled with platelets, white blood cells, and growth factors. This fibrin matrix acts as a slow-release reservoir of regenerative signals that support natural healing and collagen production when injected into the skin.

### HOW IT WORKS

Once injected, PRF doesn’t *instantly* plump like traditional fillers — instead, it encourages the skin to strengthen and regenerate from within. Over several weeks post-treatment, the growth factors stimulate **collagen and elastin synthesis**, leading to smoother texture, improved firmness, and a more radiant complexion.

### BENEFITS AND SAFETY

Because PRF uses your *own blood*, the risk of allergic reaction or immune response is negligible, and most people can safely undergo treatment. Common side effects are mild — temporary redness, swelling, or light bruising.

Many patients report that results last **several months to over a year**, although multiple sessions spaced over weeks may be recommended for optimal outcomes. Patients often ask, what is the difference between PRP and PRF?

Platelet-Rich Fibrin (PRF) and Platelet-Rich Plasma (PRP) are both regenerative treatments derived from a patient’s own blood, but PRF is considered a next-generation advancement with several distinct benefits—especially in facial rejuvenation, as noted below:

- **More Natural & Pure Composition**

PRF is processed without anticoagulants or additives, whereas PRP requires them to prevent clotting. This makes PRF a more natural product, aligning well with patients seeking clean, biologic treatments.

- **Slower, Sustained Growth Factor Release**

PRF forms a fibrin matrix that releases growth factors gradually over 7–10 days, compared to PRP’s shorter release window (typically hours). This extended



stimulation supports longer-lasting collagen production and tissue repair.

- **Higher Regenerative Potential**

PRF contains platelets, white blood cells, stem cells, and fibrin, while PRP mainly contains platelets. This richer cellular makeup enhances healing, skin quality, and overall rejuvenation.

- **Better for Delicate Facial Areas**

Because PRF has a gel-like consistency and softer volumizing effect, it’s especially well suited for under-eye hollows, fine lines, and thin skin, where PRP or traditional fillers may be less effective.

- **Longer-Lasting Results**

PRF results often last longer than PRP, particularly when used in a treatment series. Patients typically notice progressive improvements in skin texture, tone, and firmness over weeks to months.

If you have any questions, please feel free to reach out and follow @drdavidfolk or www.drdavidfolk.com!

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# COLORS OF THE YEAR 2026

## A Year of Mood, Calm & Personality

SAMI DUSSIN

**IN 2026, PAINT BRANDS SEEM** less interested in loud trends and more interested in mood, comfort, and timeless style. Some go soft and calming, others lean into rich, earthy depth, and a few bring jewel-like drama.



### KEY 2026 COLORS OF THE YEAR

#### Pantone – Cloud Dancer (PANTONE 11-4201)

For the first time, Pantone chose white as the Color of the Year.

- A soft, airy off-white/white neutral
- Cloud Dancer is described as “a breath of calm,” ideal for creating light, airy spaces. Great for living rooms, homes with minimalist or Scandinavian-adjacent style, or as a backdrop where you want art, furniture or textiles to pop.

#### BENJAMIN MOORE – SILHOUETTE AF-655

- A rich espresso-brown with subtle charcoal undertones — kind of like a perfectly tailored suit in paint form.
- Sophisticated and versatile: use it as a moody neutral in a living room, office, or bedroom — especially paired with warm woods, metal accents, or soft lighting to bring warmth and depth.



#### BEHR – HIDDEN GEM (N430-6A)

- A smoky blue-green, leaning jewel-toned but grounded — calm, cozy, a little moody.
- Perfect for bathrooms, home offices, kitchen islands, or built-ins. On cabinetry or accent walls, it brings calm sophistication. Pair with brass, wood, or cream accents for a grounded but baroque-touch vibe.

#### VALSPAR – WARM EUCALYPTUS (8004-28F)

- A muted sage-green with gray/blue undertones, earthy and relaxing.
- This shade brings nature inside — perfect for bedrooms, reading nooks, or cozy living spaces. It pairs beautifully with warm woods, natural textures, and vintage or retro-inspired décor.



Sami Dussin is trained in Architecture, Urban Design and Interior Design. Home is where our stories are written. Let's be creative!



#### DUTCH BOY PAINTS – MELODIOUS IVORY (313-2DB)

- A soft creamy beige / warm neutral — a timeless choice that works across many design styles.
- Think of it as the “calm blank canvas” for homes: great for walls, trim, or whole rooms if you want a neutral base that won't date or fight with furniture and art.



#### GRAHAM & BROWN – DIVINE DAMSON

- A deep, moody plum / cherry-berry — bold but sophisticated, leaning moody and dramatic.
- Ideal for intimate spaces: think a moody bedroom, a cozy study, or a dramatic dining room. Works beautifully with warm metallics, wood, and softer neutrals to balance its intensity.

### HOW TO INCORPORATE THE NEW COLORS

- Layer neutrals + bold mood tones: Use a neutral like Cloud Dancer or Melodious Ivory on most walls, then highlight one wall or an accent piece with Hidden Gem or Divine Damson for depth and personality.
- Nature meets softness: Warm Eucalyptus is amazing with woven textiles, wood furniture, plants, and soft lighting — perfect for a relaxing, back-to-nature vibe.
- Sophisticated and cozy: Silhouette AF-655 turns a room into something that feels elegant and grounded — ideal for a study, living room, or anywhere you want “grown-up comfort.”
- Don't shy away from drama: Deep jewel/plum tones like Divine Damson make small rooms feel luxurious — pair with toned-down neutrals so the room stays balanced.

2026 feels less about loud trends and more about creating spaces that feel good — quiet, calm, grounded, and intentional. Whether you love soft natural light and serenity, or depth, mood, and cozy sophistication, this year's palette gives plenty of options.

Happy New Year  
Xoxo  
Sami

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# Bergen Homes

## A DECADE OF SHIFTS & 2026 OUTLOOK

*Tips from your local real estate expert*

SANDRA GARCIA, REALTOR® AT CORCORAN INFINITY PROPERTIES IN ALPINE N.J.



“ Economists forecast home values growing modestly at 2-4% annually, with supply slowly improving through 2026 and beyond. ”



This month, we're looking back on a decade that transformed Bergen County's housing market, from a balanced 2015 landscape to a pandemic frenzy and now steady normalization. I'm Sandra Garcia, Alpine resident, Realtor® at Corcoran Infinity Properties, Real Estate Investor, and your trusted guide to the ever-evolving Bergen County market.

### From Balance to Boom and Back Again

In the mid-2010s, Bergen County's single-family housing market was near equilibrium, steady sales, healthy inventory, and modest price growth. That balance vanished after 2020. Record-low interest rates and remote-work demand unleashed a buying surge. By 2021, yearly home sales had jumped about 17% above pre-pandemic levels, while available listings plunged nearly 70%. At one point, Bergen had barely 900 homes on the market, about one-third of normal levels.

By contrast, 2023 marked a sharp downturn in sales as rates climbed, but prices didn't fall. Instead, low inventory kept values rising. The median existing home price now hovers near \$950,000, and 2.5M for New Homes Built to Sell, roughly 80% higher than in 2019. Entry-level homes under \$600K have all but disappeared, replaced by a growing segment of multi-million-dollar listings now representing 27% of the market, up from just 9% pre-pandemic.

### 2026: Strategic Balance Emerges

As of now, the market shows clear cooling from the frenzy. Homes take two to three weeks to sell, versus just days in prior years, and sale-to-list prices have normalized around 100%. Inventory rebounded 70% from 2023 lows, still tight, but buyers finally have options again, though desirable properties move very quickly. The difference now is realism: sellers must price strategically, buyers are less willing to overbid, and bidding wars are more selective.

### The Next Chapter

Looking ahead, expect Bergen County to remain New Jersey's most resilient, high-value market. Economists forecast home values growing modestly at 2-4% annually, with supply slowly improving through 2026 and beyond. If rates dip to low 6%, restrained demand could boost sales modestly. No crash ahead, low inventory provides a price floor, but also no return to 2021 mania. We're transitioning from the chaos of post-pandemic bidding wars to a healthier, more predictable pace.

**ADVICE FOR SELLERS:** Price strategically at true market value, sharp pricing attracts multiple offers even now. Highlight turnkey condition, as buyers shy from renovations amid rising days-on-market. List earlier than spring, low winter competition gives you an edge.

**ADVICE FOR BUYERS:** Move quickly on well-priced homes, they still draw lots of offers. Use longer DOM (60+ days) as negotiation leverage for overpriced listings. Get pre-approved and lock rates early, sellers favor ready buyers in this steady appreciation environment.

**I'm Sandra Garcia, your local Bergen County Realtor®, and I'm committed to helping you succeed through every market cycle, and I remain committed to helping Bergen County buyers, sellers, and investors.**

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# HIRING A LAWYER?

ELLIOTT MALONE, ESQ.



Most people don't think about hiring a lawyer until they absolutely have to. In the rush to find help, it's easy to make a choice based on a billboard ad you happened to drive by, a convenient office location or out of pure desperation. However, finding the right fit is about more than just proximity; it's about specialized expertise and a communication style that puts you at ease. You wouldn't hire an attorney that specializes in real estate for a criminal matter. Here are some ideas to keep in mind when hiring your legal representative.

Word of mouth is considered the *most trusted* and effective form of advertising because it comes from people you know, building credibility and trust that paid ads can't match. If you

are looking an attorney, ask the people you know and trust most. If it is a private matter, consider the internet your best bet on obtaining the right fit. Martindale.com and Avvo.com are online tools that allow you to search based on, location, legal issue, lawyer name or articles. These website have ratings for attorneys by clients and peers and according to Forbes.com the ratings are reliable. Superlawyers.com may also be of use as the lawyers that make this list are anonymously nominated by their colleagues.

One question you should ask yourself is, what can your wallet afford? A qualified lawyer may indeed be costly but please keep in mind that an unreliable and incompetent

attorney can be more expensive that the former. Once you have gathered a few options, schedule consultations via phone or in person, depending on what is offered and do not be afraid to ask questions, including those regarding fees. Remember your attorney will be working for you and with you to assist in what may be a dire matter, ask accordingly.

Do your homework. Depending on the type of expertise you are need of, research on whether or not the potential attorney/s you are considering has enough skill and experience handling those types of matters. The last thing you need is to end up hiring someone that has never handled a case in the area of your matter.

Once you have decided on an attorney and have received an engagement letter or agreement contract, please read carefully. One key aspect of competency is knowledge, do your due diligence and read every word on every page of every document that you intend on signing. If you expect competency set the tone. If there are questions or concerns regarding anything you have read, do not hesitate in asking the person you intend of having represent you, communicate

is key in every relationship with no exception here. Most lawyer will not charge for a consultation.

Remain proactive, although it is the responsibility of your legal representation to keep you up to date on the matter, it is still of interest to you. Follow up correspondences pertaining to your legal matter is encouraged. Any decision you make that impacts your future is imperative that you make with a fair degree of certainty and confidence, do your homework just as you would when purchasing a property.

Whether you like lawyers or not, it is very likely that at one point you may need one, and it doesn't have to be due to a negative experience, so choose wisely and keep a list.

**If there are questions or concerns regarding anything you have read, do not hesitate in asking the person you intend of having represent you, communicate is key in every relationship with no exception here.**



Elliott Malone, Esq.  
Law Offices of Elliott Malone, Esq. LLC  
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# Tips for Homebuyers

ELLIOTT MALONE

Here are some tips that may help alleviate the exciting stress that comes with purchasing your new home.

1. Determine and set a budget, aim for a price range that you can comfortably afford.
2. Start saving. Once you have a price range you are comfortable with, work on putting aside from 3% or 10% - 20% depending on the type of loan you choose.
3. Decrease unnecessary spending. When you purchase a home all of your finances will be put under a microscope you want to make sure to reflect financial responsibility to lenders.
4. Obtain your credit score along with a credit report. In order to obtain a favorable APR your 'it. You can obtain a free yearly credit report from any of the credit agencies (Experian, TransUnion, Equifax).
5. Gather all of your financial paperwork. All bank account statements, 30 days of pay stubs, two years of W-2s and of tax returns, 12 months of rent payments and lease, documentation of any outstanding loans, and more, are required.

6. Find a reputable mortgage lender and get pre-approved. Ask friends and or family for recommendations but most importantly do your own research.

7. If you find you may need assistance there are several options for first time home buyers:

Certain government programs are set up to help with first-time home purchases (i.e., down payments, closing costs). Programs are often for buyers with low-to-moderate incomes and can be grants (that you don't have to pay back) or loans. Learn what is available and when and make necessary steps in taking advantage of the offers.

- Affordable Housing Programs (AHP)
- S. Housing and Urban Development (HUD) homebuying programs by state
- First-time home buyer programs by your state
- FHA down payment programs

8. Find the right real estate agent for your needs. Research, go to open houses, seek recommendations from those you trust.

9. When buying home, there may be extra unexpected costs. Keep savings aside for those rainy days because when it rains it pours.

Here are some recent sales in the area during November 2025 (from NJMLS):

- ALPINE:** 1 Sale at 19 Allison Road - \$6,580,000
- CLOSTER:** 7 Sales ranging from \$710,000 to \$2,500,000
- 12 Pine Street 710,000
  - 31 Chestnut Avenue \$825,000
  - 728 Closter Dock Road \$2,500,000
- CRESSKILL:** 1 Sale at 177 6th St - \$750,000
- DEMAREST:** 6 Sales ranging from \$1,055,000 to \$3,754,000
- 103 Northwood Avenue \$1,055,000
  - 271 County Road \$1,620,000
  - 11 Central Avenue \$3,754,000
- ENGLEWOOD CLIFFS:** 7 Sales ranging from \$999,600 to \$1,510,000
- 11 Rossett Street \$999,600
  - 56 Toni Drive \$1,350,000
  - 52 Birch Street \$1,510,000
- TENAFLY:** 9 Sales ranging from \$815,000 to \$3,200,000
- 175 Clinton Avenue \$815,000
  - 152 Highwood Avenue \$1,940,000
  - 94 Downey Drive \$3,200,000
- UPPER SADDLE RIVER:** 6 Sales ranging from \$840,000 to \$2,700,000
- 25 Stevenson Lane \$840,000
  - 14 Ranch Road \$1,450,000
  - 5 Joseph Court \$2,700,000



Alpha Global Realty, LLC  
Elliott Malone is a licensed real estate agent

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# Valentine Crafts



## Coffee Filter Heart Suncatchers

### MATERIALS

- Coffee filters
- washable markers
- scissors
- water bottle

### INSTRUCTIONS

1. Fold the coffee filter in half and cut a heart shape.
2. Color the coffee filter using washable markers
3. Spray the coffee filter gently with water and allow to dry.

## Make My Heart Flutter Valentine Craft

### MATERIALS

- washable paint
- construction paper
- googly eyes
- pipe cleaners
- glue
- marker

### INSTRUCTIONS

1. First, cut two large hearts out of construction paper. You can use any color paper.
2. Next, paint your child's hand with washable paint and stamp it onto both hearts. Make sure you let the paint dry before moving on to the next step.
3. After it's dry, glue the two handprint hearts together.
4. Cut out a long oval for the butterfly's body. Then write the words "You make my heart flutter" on it.
5. Glue the body in between the two hearts. Cut out a small heart for the head.
6. Glue on the googly eyes, pipe cleaners, and draw a smile.



CONTINUED ►

## Paper Bag Heart Air Balloon Craft

### MATERIALS

- Cardstock – red or pink
- Brown paper lunch bag
- Brown marker
- Scissors
- Glue stick

### INSTRUCTIONS

1. Create a heart template.
2. Trace the template on the color heart of choice. Cut out. You will need 3 hearts.
3. Fold each of the hearts in half.
4. Glue one side of one folded heart to the side of another heart. Repeat for all 3.
5. Unfold the hearts and you should now have a 3D heart.
6. Now, cut a paper bag in roughly half. Keep the half with the flap.
7. Cut the bag into a basket shape, leaving two sides and cutting out the rest under the flap.
8. Next, use the brown marker to make a basket weave pattern on the paper bag.
9. Finally, glue the hearts to the basket.



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# ARTIST MADE SHOP



## Easy Tissue Flowers

### MATERIALS

- Tissue Paper
- Floral wire, twist ties, string, ribbon, or stapler + staples
- Scissors
- Ruler or measuring tape

### Step 1: Stack & Fold Your Sheets

The larger the flower, the more layers you will need to make the end product look fluffy and full.

*\*sheet size = number of layers = flower size\*\**  
 18 x 16in. Sheets = 10+ Layers = ~16in. Flower  
 15 x 13in. Sheets = 8+ Layers = ~15in. Flower  
 12 x 10in. Sheets = 6+ Layers = ~10in. Flower  
 10 x 8 in. Sheets = 5+ Layers = ~8 in. Flower

Stack your layers neatly in front of you. (If using larger sheets folded to a certain side, make sure all your folds are stacked along one edge.)

Now accordion-fold back and forth in 1 to 2 inch increments, until you've folded the entire length of tissue paper. Larger

tissue paper flowers get a 2-inch width fold, smaller tissue paper flowers can be folded into 1-inch increments.

### Step 2: Notch, Trim, & Tie

Now that your sheets are folded into an accordion, trim a notch on either side in the center of your bundle.

Then, trim the ends of your accordion to create the petals of your flower. *Cut rounded ends to create a carnation or peony or try pointed ends for a mix between a dahlia and a chrysanthemum!*

Tie a floral wire, raffia, ribbon, or clear fishing line tightly in a knot in the center where we just cut the notches.

Make sure this knot is secure – it will be hard to access it once we fluff out the flower petals. Also, be careful not to tie it too tight, or it may rip through the tissue!

### Step 3: Fluff & Style

One sheet at a time, pull the petal layers away from the center at a 90-degree angle, forming your flower's petals. Alternate sides until all the layers have been pulled out of the accordion.

Continue to fluff the tissue paper as needed to fill out the center and hide your knot inside.

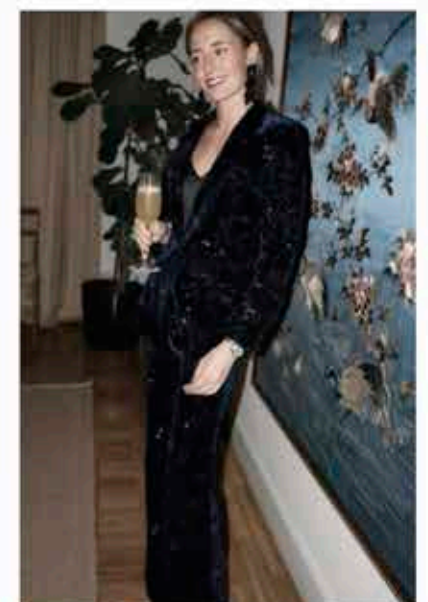
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## 11 Key Etiquette Tips for Overnight Guests

SAMI DUSSIN, ALPINE RESIDENT

**IF YOU'RE PLANNING AN OVERNIGHT** stay at your friend's place, remember these etiquette tips to make your visit enjoyable and increase your chances of being invited again.

1. - **Inform your host:** Let them know when you're arriving and leaving. Avoid overstaying your welcome.
2. - **Respect house rules:** Follow any guidelines your host provides, such as whether shoes are on or off and quiet hours.
3. - **Show appreciation:** Bring a small token of your gratitude, like a candle, a book, wine, or flowers, upon arrival.
4. - **Maintain cleanliness:** Keep your room and shared areas tidy. Make your bed and ensure everything is clean.
5. - **Be mindful of noise:** Respect quiet hours and keep conversations and activities at a reasonable volume.
6. - **Offer help:** Assist with meals, cleaning, or other tasks if needed.
7. - **Respect privacy:** Don't enter private areas without permission.
8. - **Be mindful of bathroom etiquette:** Keep shared spaces clean and limit your time in the shower.
9. - **Be flexible:** If the host is busy or needs some downtime, entertain yourself.
10. - **Leave things better than you found them:** Do a quick tidy-up of your room, remove used shopping



- bags and garbage, and ask if the host prefers the bed made or stripped before you leave.
11. - **Express gratitude:** Send a thank-you note or message after your stay to show your appreciation.

Xoxo  
Sami

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# Find the Love

Dive into this heart-themed word search and uncover hidden words celebrating friendship, kindness, and all the little things that make connections meaningful.

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BY CAROLINE EDWARDS

**WORD LIST:**

- TOGETHER      HEART
- KINDNESS     SMILE
- LAUGHTER    LOVE
- JOY            TRUST
- SUPPORT      HUGS
- FRIEND        BOND
- FOREVER      MEMORIES
- CARING

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 Y I L L Z A W J E O P R W E Y T E R E W  
 M Q W J N U V L R S T Z I M N N V G T U  
 N P R A O G L B C Q D M C C C D E Y H F  
 H W D X A H M O C K K L E O R W R M E I  
 U I C H U T C N V I J T K C B F F Q R W  
 G J F X D E V U V E J H E A R T J I L E  
 S R D E I R M X J C L N W S E N B I L Y  
 A D K F V H F I J Z L X O D C B C H U R  
 X Q F H Z X O U O K E Y C R T Z J X Q H  
 D M W V X J T K Q S W M F S U P P O R T

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