

## Saoirse & Caoimhe on Location



Happy  
Birthday  
Nan!

Love U Lots,  
Saoirse  
and  
Caoimhe



Did you know that there's a huge bison farm in Riverhead? Yep, that's right - bison....and here we are to prove it. As you can see we even got a chance to feed them.



Here we are in the Berkshires with our Dad picking organic veggies

Seeing our Grandmother again reminded us of how important family is. It has been almost 5 years since we saw our cousins back in Ireland and they have all changed. Our oldest cousin in Ireland, Conor has grown very tall and very strong. He was 14 or 15 when we last saw him and now he is waiting for results of his college application. Darragh our second oldest cousin was 10 or 11 the last time we saw him and now he is about to turn 14. He is the Gymnastics champion in his age group for Ireland. His brother Cian who is a year and a half younger than him is soon to be 12. Cian has also grown taller and stronger and looks a lot different.

Then there is Aoife who must be almost 11 and was only 6 or 7 the last time we saw her she was with the twins and was really good with them. Of course now comes the twins. The twins were only 4 the last time we saw them and now they are 8 but they still have the one difference that we can tell them apart - their hair cuts. Then comes our aunts, uncles and grandparents who are very important to us. They are the people who remind us of how lonely and scary life would be without a family to support you, teach you right from wrong and help you learn how to make good choices.

## Black Tie's Health Columnists

Dr. Bennett Flaum and Dr. Mitchell Flaum

### Launch New Book on Diabetes

“This book is dedicated to all those willing to take the challenge of making the journey of self-exploration from illness into healing”.

Illness of any type can be experienced with sadness and dread. As humans with ego and will, we fear that which we cannot control and in the throes of which we feel helpless. Indeed, even simply giving an illness a name often creates for us a further feeling of distance from it, shrouded in mystery and impalpability, unknowable and removed from our grasp.

An alternative approach to illness is to observe it with interest and rational study. Illness is dis-ease, a state in which the body is thrown off its predictable rhythm of activity. Learning what we can about how and why this has occurred and exploring our own capacities for acting as agents of repair is already a step in the direction of healing.

Illness is a call to examine our lives more closely and exercise our freedom of choice by choosing wisely. With choice, however, comes the challenge to change, despite whatever emotional blockage may reside within us leading us to resist such change.

The emphasis of this book is to provide information to empower the reader to gain life mastery by becoming aware of the vast array of lifestyle choices available.

To order please call Dr. Mitchell Flaum  
at  
917 670 8150  
or visit:

[www.how-sweet-it-is.net](http://www.how-sweet-it-is.net)

