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The Birth of
a Magazine

www.TwinsMagazine.com ★ January/February 2014

30th Anniversary Edition
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Celebrate 30 Years with Us!

Can you imagine what it would have been like to be a parent of twins in 1984? For starters, picture your life *without* Google, Pinterest or Facebook and there were no smart phones or apps that could help make your life easier and forget about using any type of modern baby equipment that you have...

1984 was a big year for new and exciting innovations. Up until 1984, parents did not even know what it was like to haul kids around in an American Mini-Van. The very first camcorder was introduced in 1984 (yeah, it was gigantic and weighed over 20



they launched a brand new national/international parenting magazine dedicated solely to having and raising twins, triplets and higher-order multiples and TWINS Magazine was first published! For three decades we have been the world leading magazine for parenting twins/multiples and inside this issue we invite you to celebrate 30 years with us! Take a trip back through the years and read all the highlights from the past 30 years and also read more about the "Birth of a Magazine" and how it all started for us. We hope you enjoy this issue as much as we did putting it all together.

This is also a very special issue because we had the opportunity to interview several of our US Olympians who are twins and competing in the 2014 Winter Olympics. Be sure to follow these amazing athletes as they all go for GOLD in Sochi, Russia and read more about each of them inside this special edition.

As we celebrate this huge milestone for our magazine, we are extremely proud and honored that you all have embraced us for three decades! We look forward to many more years of providing you with valuable resources, support, advice and content specific to what you want and need. Thank you all for your continued loyalty and support it's been a fantastic ride!

pounds but parents during that time were thrilled to have this new and exciting way to capture their kids' every milestone!) Also new in 1984 was the launch of the Disney Channel and moms everywhere rejoiced while McDonald's introduced the Chicken McNugget for the very first time and kids everywhere rejoiced!

But on the other side, in 1984 resources and support specific to parenting twins and multiples were few and far between. It was a virtual vast wasteland void of helpful and practical information on parenting twins and this made life even more challenging for those parents with multiples. Luckily for all of us, a married couple with young twins had a vision and dream to fill this gaping hole for twin parents everywhere. This is when



Sincerely,
Christa D Reed
 Christa Reed,
 Editor-in-Chief



Dear TWINS:

Hi there! My name is Bethany and these are my beautiful twin nieces. Their names are Hayden and Alivia. They were born May 10, 2011. This magazine is awesome!! We would love to see a pic of them in there. Thank you and have a nice day! :0)

Beth Harrison, Via email



Dear TWINS,

My identical male twins, Bryce and Lucas, were born July 23, 2012. They were born at 24 weeks and spent 4-1/2 months in the NICU. On their actual birthday they were really only 9 months old. Here are a picture from their 1st birthday. They were born in Middletown, Ohio and they are currently 18 months old.

Thanks, Rachel Penny, Middletown, Ohio
Via Email



Hello! I just had my twin girls and I thought you might want to see a super cute picture of some newborn twins. (I'm sure you see tons and tons of cute twins but I thought I'd give it a shot. :) I have lots more where that came from...just in case you were interested in publishing some cute newborn twins :)

Sincerely, Evelyn Bysiek, Via Email



Dear Editor:

Daniel William Barr (on top) and Victoria Camila Barr (bottom). They are now 6 months old on the 19th. Their Birth Day was the best day ever! They are fraternal twins, Daniel (boy), Victoria (girl). Charleston, South Carolina.

Sincerely,
Monika Rosa, Via Email



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Dear TWINS:

Attached are a few birthday photos from our twins, Carli Chase & Wade Ransom's 2nd birthday party. They were born March 26, 2011. We live in Bartlett, IL. The theme was vintage root beer & hot dogs. The "Road Soda" favors were filled with root beer hard candies and topped with root beer float taffy. I love crafty things and made all of the invitations and decor items myself ... (i.e. flag banners/signs and table decor). Except the chalkboard signs - party/hot dog sign were done by my young adult daughter, who is also an artist. My one major splurge will always be having a professional photographer at their parties. Being a twin mom, it's too hectic to try to take the photos myself! I don't know what I would do if it wasn't for SD memory cards & pro photographers! Speaking of which, these photos were taken by Jennifer Kaye Photography (<http://www.jenniferkayephoto.com/>). They will turn three in March and we are actively planning their March 30th party. The theme is Tutus & Toolbelts.

Thanks so much for your time and consideration,
 Micca Swiatek
 Bartlett, Illinois, Via Email



Twin-bond shines through when U.S. biathlete Tracy Barnes gives up Winter Olympics spot to her twin sister, Lanny!

In a statement released by the U.S. Olympic biathlon team, Tracy Barnes called her sister 'my best friend and my teammate' while claiming she was 'deserving of a spot on the Olympic Team' after illness prevented her from making the cut during the final qualifying races in Ridnaun, Italy.



DENVER (AP) — when biathlete Tracy Barnes learned she had made the cut for the U.S. Olympic team, she turned and winked at her twin sister Lanny. After getting sick during the final qualifying races in Ridnaun, Italy, Lanny Barnes thought her Olympic dreams were over and assumed her sister was telling her she would race for her in Sochi. It was only later on a walk in the Italian Alps that Tracy told her what was really on her mind: She would give up her spot on the team so Lanny, a three-time Olympian who finished just behind her, would qualify for the team and compete in Sochi instead.

"She is my hero and this only shows true selflessness and the Olympic spirit. This has motivated me even more to not only represent my country but to represent her as well," Lanny Barnes, 32, of Durango told The Associated Press in an email Tuesday from Italy. Tracy Barnes, who barely missed qualifying for the 2010 Olympics, was returning home from Italy and couldn't be reached for comment.

In a statement released by the team, Tracy Barnes said her sister had had a stellar season before falling ill and she wanted to give her a second chance. "Lanny is my best friend and my teammate.

I see how hard she works on a daily basis, so I know firsthand that she is deserving of a spot on the Olympic Team," she said.

The twins' mother, Deb Barnes, told The Durango Herald that Tracy's motivation to go to the Olympics had waned in the last year. She is married to Durango Nordic race team coach Gary Colliander and her mother said they haven't been able to spend much time together because of her heavy travel schedule.

"Tracy is just ready for other things," Deb Barnes told the newspaper.

You can read more about these amazing twins inside this special issue!

Read more: <http://www.nydailynews.com/sports/olympics/biathlete-olympic-spot-twin-sister-article-1.1579786#ixzz2rFHAYlYF>

The Steward Twins Scholarship Established at USC Aiken

The University of South Carolina Aiken is pleased to announce the creation of the Steward Twins Scholarship Fund. This scholarship is being established by Vandria Steward, a 2005 graduate of USC Aiken. She and her twin Andria, also a USC Aiken graduate, want to share the wonderful opportunity of higher education with other twins. "Twins run in our family and even though I established the scholarship, all three sets of twins in my family are co-sponsors of the scholarship. Along with my sister and me other sponsors include our nieces and nephews both of which are also twins."

"My sister and I discussed how great it would be if there were scholarships for twins while we were students on campus," states Vandria Steward. "There are twins trying to attend college, so there is definitely a need for a scholarship such as this to help relieve some of the pressure of having two children in college at the same time."



There are three sets of twins in the Steward family. Vandria and Andria are twins, and their brother has two sets of twins - Deleon and Delando Steward, Jr., and their younger siblings Blake and Blair Steward. Vandria considers all three sets of twins as co-sponsors of this scholarship.

"I am personally so proud of Vandria for having such a generous and caring heart to reach out and help others as it can often be very difficult for parents of twins to fund their higher education," states Dr. Deidre Martin, Vice Chancellor of Advancement at USC Aiken.

This scholarship will be awarded beginning in the Fall of 2014 to a worthy, full-time student attending USC Aiken who is a twin with preference given to a student with financial need.

Anyone interested in supporting this new scholarship or any questions, please contact Dr. Deidre Martin in the University Advancement Office at (803) 641-3448 or at deidrem@usca.edu.

(Source: The University of South Carolina Aiken, S.C.)

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item to your baby registry, BabyList celebrates the uniqueness of each family. BabyList provides an inspiring, creative environment for new parents to discover everything they actually need for their baby - not what big box stores say they need. You can now buy books and products for TWINS on the baby registry at <http://babyli.st/second-baby-registry>

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10 Tips for New Twin-Moms

by Susi Wehri-McLaughlin

While this whole idea may seem overwhelming to you- let me assure you that it will be the best and most rewarding experience of your life. My boys are now 20 years old, in college, and being their mother is and has been my absolute favorite thing in the world.

Now every day may not feel that way... and that is perfectly okay... but at the end of each day when they are finally sleeping and you are truly exhausted and either picking up toys or cleaning bottles preparing for the next day - please do take a moment to reflect, take a deep breath and give yourself some credit. All that really matters is that you love them unconditionally and that you are doing your very best. The days may feel long at times, but the years go by so quickly. Try to savor every stage, write down funny stories as they happen (you may not remember them later) and always, always, always keep a sense of humor!

Some thoughts for you based on my experience:

- 1. 'Alive and fed' was my motto.** Nothing else mattered to me. Alex and Zack were the first babies I fed and changed so I didn't have any experience or comfort in what I was doing. So this was my simple rule - had they been fed? Are they still breathing? If so, then all else fell into place.
- 2. Sometimes you need to give yourself a time-out.** Even just for 10 wonderful minutes.

The older they get, the more they understand this - no explanation needed.

- 3. Honor the bond between them** -In watching them grow up together, I feel they have developed the strongest human bond possible. Now at times, this can be very defeating because they would step closer together, look at me and answer with "we don't do that" like in potty-training (it took them until they were four because of this). So sometimes your strategy needs to be 'divide and conquer' to get things done.

- 4. It's a fair fight.** As long as they weren't hurting each other, I always let them figure it out, even when they were teenagers. They are the same size and the same weight so nothing too serious could happen.

Story - they were fighting over a toy, and Zack hit Alex, so I sent Zack to time-out in their room. I told Alex he could play with the toy all by himself. Alex looked at me, and immediately walked upstairs with the toy and sat right outside their room and waited for Zack to get out. He said it wasn't any fun without him.

- 5. Try to be one step ahead of them.** Always know what 'that thing' is that they care most about. It will change through time. This is important.
- 6. Catch the faster one first.** When they learn to walk, they learn to run, and they liked to go in opposite directions. So catch the faster one and go back for the slower one.
- 7. My personal preference-** I never dressed them the same. People will want you to do this and give you two matching outfits or same but different colors. It is very easy to treat them as a unit, compare them side-by-side, but try to remember that they are individuals.

Story- they started kindergarten and Alex asked me why everyone asks them their names. He explained that no one ever asked Katie her name, they just said "good morning Katie". But they always asked them, "now, who are you?" I explained that there are two of them and that they looked alike and people wanted to call them by the right name. So he thought about

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by Mike Crider

Sometimes I use my commute to work to think about things that I am going to do for the day. Sometimes it's for gearing up for work if I know something is going to be going on at school that's a little out of the ordinary. Sometimes I just listen to ESPN and forget I have a brain for 45 minutes. And every now and then, I'll turn the radio off, and think about what I'm going to blog about.

But there are also occasions when the opportunity presents itself, like it did at 6:30 am.

I have taken the girls to preschool most of the year this school year and get them to school a little before 6:30 am so I can be at my school by 7:20 am. I typically take them into a room where school-age kids and younger congregates until the school-age students take the bus to school or go to their separate rooms. I've done this most days this year so far, and some of the older children will be sitting and playing with each other, and some aren't done sleeping and are napping on the floor on a blanket. Today was nothing different; I took the girls in, but just a tad later than I like to be. I took the girls into the room, signed the paper, and started to put M's hair in a ponytail (the only hair style I know besides bed head), when a boy sat straight up and said "It's a Daddy!". The entire room paused and got quiet...it was the craziest thing ever. I said some smart comment to make the adults in the room laugh, like "I'll be here all week", because I'm good at making awkward situations even more so. I left the preschool, and my mind started racing.

Why did the boy say that? Sometimes kids just say stuff, like Nat telling me lately that she wants to fly. Who the heck doesn't? Sometimes younger kids just say things that come to their head because that's kind of the way their minds work. They are thinking about something, and then it's like an epiphany, a light turns on in their heads and they make a connection.

But this boy wasn't a toddler, in fact, I would have guessed around kindergarten. It also wasn't said just to say it, there was excitement to the statement. It wasn't the type of thing you utter out loud just to hear your own words, but rather, something that had to come out. It was a statement that couldn't be contained. It was as if having a daddy in the room was something cool, and even...uncommon. For a moment, being a daddy felt like being in a zoo and kids were getting to see the endangered species, or the rare fossil in the museum.

So, that's where my mind jumped. The entire drive to work I thought about the boy's enthusiasm about seeing a daddy bring his twin daughters into preschool. I know nothing about the boy, but he seemed nice. I don't know his family life, and I'm not going

Mike Crider is a school administrator and father of twin girls. He is the author of the blog "Twin Dad Talks: Thoughts on Raising Twins, and Everything Else" and has published articles with Good Men Project, Multiplicity Magazine, and Grown Ups Magazine. He is also the author of the e-book "Twin Dad Talks: Help for First Time Fathers Navigating Pregnancy" which can be found on Amazon. He lives with his wife, Holly, and twin daughters in North Carolina.

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Racing to Save Lives

Twin fights for his Twin Brother and Younger Sister in a Special Way!

by Lagenia Clark



What do you do when your siblings are diagnosed with a fatal disease? 12-Year-old Jared is literally racing to save his twin brother and little sister's lives.

From the moment you find out that you are going to be a parent to twins, the only thing you can truly be certain of is that life is never going to be the same or predictable again. Our fraternal twins, Justin and Jared, were born nearly 13 years ago after many years of hoping to start a family. Just when we were getting used to our family of four, their younger sister Lexi arrived and changed our world again. As the kids grew, it became apparent that Jared was a natural athlete, while Justin was more content honing his gaming

skills on the Xbox. While they share a special bond, they couldn't be more different from each other.

Two years ago, we noticed that Justin was having trouble walking and would often fall down and appear to be clumsy in nature. This led us down a path of various testing and two surgeries. Less than three months ago, our world was turned upside down once more when DNA tests confirmed that Justin has a very rare genetic mutation called Giant Axonal Neuropathy (GAN). Unfortunately, GAN comes with a death sentence. Most people who are diagnosed with GAN do not live past their mid-20s. Even more heartbreaking, the disease is so rare that it only effects between 50-70 people



worldwide. This meant that no pharmaceutical companies are working on treatments because it is an orphan disease and a cure would not be profitable. Recently, we also learned that our little girl has this disease. It has been a devastating blow to our entire family. However, our son Jared, Justin's twin, isn't slowing down.

You see, Jared is a triathlete. When he was 7, a neighbor told him about a Kiwanis Kids Tri. He fell in love with

the sport. He raced the last race of that season and the next summer he did 5 more kid's races. Since neither his father nor I were triathletes or even runners at the time his interest began, we had to research to see if it was feasible for someone his age to begin doing longer distances when the kid's triathlons were no longer challenging for him. Subsequently, we received full approval of his doctors who closely monitor his training. By age 9, Jared started doing adult races on relay teams and then did his first full adult Tri when he was 10. That same year, he saved his birthday and Christmas money to buy a bike trainer. My husband and I had to buy road bikes because we couldn't keep up with him on our mountain bikes any longer.

When he learned about Justin's diagnosis, Jared decided to turn his upcoming race into a fundraising opportunity. On Sunday, November 3rd, Jared swam, biked, and ran over 70 miles in the

Oilman Texas Triathlon and became one of just a few young people to ever complete a half-ironman distance. Each mile he raced was sponsored via www.justintriumph.org with all of the funds going to the national GAN organization "Hannah's Hope Fund (HHF)", a non-profit whose sole mission is to find a cure for GAN. (www.hannashopefund.org). To date, we have raised around \$71,000, but this is just the first step in a goal of raising \$2 million dollars over the next year.

Who knew that one-day, my son, the athlete, would be using his physical abilities to help his twin, the video gamer and theater lover? Only God.

Jared has been an inspiration to our whole family. Since he started this sport, everyone in our immediate family has completed at least one Triathlon, including our young daughter, Lexi, who is now 8. Lexi did her first open water kid's tri at age 4, just 2 months after she got off her training wheels. Lexi enjoys tris, but is happy to do just a few kids triathlons a year unlike Jared who would race every weekend if possible. Justin also did a few kids triathlons before it became too difficult for him to run. Jared even talked me into racing my first 1/2 Ironman (Oilman) this year as well.

Ironically, Jared is not that fast nor does he have an intense competitive drive. My husband and I have tried to figure out why he loves this sport so much and wants to race whenever it's feasible since he doesn't focus on where he places. When Justin was diagnosed with GAN and we asked him to come up with a name for his "campaign", he picked Justin's Triumph. It didn't even dawn on me until a few weeks later when a friend pointed out how fitting that was for our family since the word "Tri" is in Triumph. Jared's endurance and love for this sport is enabling us to reach out and make others aware of this fatal disease. Hopefully, this increased awareness will bring in some donations to help find a cure for GAN. It's Jared's way of supporting his brother and sister.

Justin is a gift to our family too. Since the time he was born, I knew Justin was a special child. His pre-school teacher said he was the most empathetic child she had ever seen. While I always knew God had something special in mind for all three of my children, I never dreamed it would be helping to find a cure for a fatal disease.

Justin and Jared are each facing this challenge head on and doing everything they can to raise awareness of this horrific disease. Like most twins, they just do it in very different ways with the different talents they have been given. As their mother, I am doing my best to support them, keep up, and brace myself for whatever life has in store for us next.

To donate, please visit www.justintriumph.org. This website also explains more about Justin and the disease. ♥



it and said a minute later, "oh it's like we're socks- we match". From that day on, he never minded telling people his name.

8. When one gets invited to a party or special event and the other doesn't

– do something during that time very special with the one who is left out. This will mean a lot to them and you finally get some rare one-on-one time.

9. Boys are busy, let them be busy and try to keep them occupied at all times. When they are bored, they get into trouble. Don't worry about the house or what your decorating looks like. One trick that worked for me is that I would take blank paper, match-box cars and crayons everywhere we went (make sure the cars in your bag are different than the ones at home). They would sit for hours and draw maps and play cars and trucks. Every time it is new and different. Always have a good stash of toys and snacks. This will save you in desperate times.

10. Enjoy the journey. I can vividly remember the day when they were 13 months old and playing on the floor together as the first day I honestly thought the three of us would survive. They will push you to your extremes- happiness, joy, frustration, and exhaustion. It is all worth it – every moment along the way. ♥



there. He could very well have two parents who are there all the time for him. So even though I couldn't help but reflect on what the boy said, and especially how he said it, my thoughts went to the big problem our society faces.

I'm proud to be father. I worry, I complain, I stress, and I reflect. It all comes out here at my blog, partly because I've found that other fathers are just like me and find this as a great outlet to share their thoughts and voice their own concerns about being a father. But I take great pride in having twins and owning the responsibility of parenthood with my wife. Even though I feel guilt a lot because of the demands of my job I still do what I can, when I can.

But we have many examples where the boy's statement is perfectly justified. For whatever reason, it has largely been socially acceptable for men to pass off responsibilities to their wives or girlfriends because they were the breadwinners, the guys who wore a suit Monday through Friday, came home when they wanted, and ate dinner with the family before reading the paper and falling asleep with the TV on. And that was in a time when "father knew best" in "the good old days". Now, many fathers have chosen to shun their responsibilities and remain invisible in their child's life, leaving what is for some, a void that can't be filled by anything else.

It's a shame, too. The court system unjustly views all men in this light, even taking custody away from some excellent fathers. Network television has made a habit out of showing men as clueless, bumbling idiots when it comes to raising children, particularly young ones. It's almost as if we shouldn't be handling babies because it's somehow not in our DNA. Many studies will most likely show that fathers now handle more child-rearing responsibilities than they ever have, only to also show that more fathers are walking out on families than ever before.

When the girls were infants, they attended a different daycare in our town. One

morning I dropped them off and made a joke to a woman there that I didn't know how to do hair very well. Her response was, "At least you are here".

There are a lot of things that make me sad about this. I'm sad that this is the standard for fathers: we stayed. I think being a father is much more than that, but many mothers are content that their child's father stuck around. I'm sad that many children never get to really know who their fathers are, they just have their name and see them every now and then. I'm sad that society assumes that fathers are natural idiots. I'm sad (although I know it was unintentional) that when my babies were born and Holly was recovering, the nurse handed them to their grandmother first (who quickly pointed out that I needed to be the first to hold them).

However, I feel that there is hope. I think the expansion of blogging, for men and women, has shown that some parents (fathers and mothers alike) are extremely passionate about their children and raising them the proper way. I think it's possible for someone like me to talk jokingly about the compromises I make with my girls to coax them to accomplish something only to demonstrate the crazy things parents will do to teach their children structure and routine. I also think the conversation of equal rights for men and women both in the workplace and in raising children has been extremely beneficial in helping men focus their priorities at home and at work. Ultimately, I hope that all children will someday be able to not only say "It's a daddy" but also say "that's my Daddy!" ♥



I'm Your Biggest Supporter



by Meredith Haynes

Before I had kids I was one of those women who rolled her eyes at crying babies in church, shuttered at tantrums in the grocery store, and felt like pacifiers were basically a gateway drug. I shared my "I will never (fill in blank)" and "My child will never (fill in the blank)" stories to all who would listen.

And then I had two babies.

There are many statements I made pre-babies that I still stand by. Most of them, actually. The difference is I now realize what I feel is best for Jude & Sloane is exactly that... what I feel is best. There are one million different ways to raise a child and my job is to raise my two the best I know how... and to keep my nose out of everyone else's business.

The day I became a mom I became a supporter of other moms. I didn't look at them as competition; I looked at them--at us--as an alliance. We are a group of women with different backgrounds, different beliefs, and different values, with one very important thing in common: we love our kids. To me, as long as you love your kid, I'm

your biggest supporter.

I bring this up because a friend of mine was deeply hurt by other moms. She posted a picture on Instagram and mentioned she and her husband tried the cry it out method with their daughter one night. She received multiple comments and while many were words of affirmation, there were a few that were downright hateful. Some questioned her parenting while others told her to "do her research." One even said she hoped my friend's children let her cry it out in a nursing home one day.

I was absolutely appalled. I'm not upset that these people disagree with the CIO method, but why did they find it necessary to say such awful things to a fellow mom?

There are several things we do (or don't do) with Jude & Sloane that might make you raise your eyebrows. They don't have bumpers in their cribs. They are almost six months old and have never had rice cereal. The television stays off when I'm home alone with them. If a pacifier falls on the ground, we stand by the 5-second rule. We let them cry it out. They get all of their vaccinations.

All of these things could make one question our parenting but so far we've only received support. I know our day will come when someone makes a rude remark or a person without kids opens their mouth like I once did. I hope I handle it with grace. But more than that, I hope it never happens. This is not new information--I have read multiple articles, blog posts, status updates, etc., that all center on the same idea: Support each other. Love one another. And the next time you feel the need to say something negative, smile instead and tell that mom she's doing an amazing job.

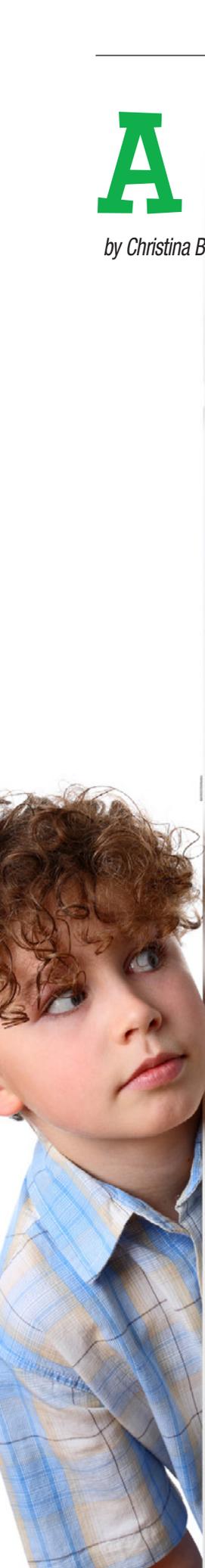
Because she is. ❤️

Meredith Haynes, a former communications director, lives in Dallas, Texas with her husband and one-year-old fraternal twins.

A Little Privacy, Please

by Christina Baglivi Tinglof

Will Too Much Twin
Togetherness Hinder Your
Twins' Individuation?



My teenage, fraternal twin sons have been in separate classes for many years and have different interests and personalities. Yet they still hang with the same friends, eat lunch together at school every day, and share a bedroom at home.

Although I marvel at their close bond and deep friendship, I also can't help but worry that all this twin togetherness may adversely affect them in the future. When they become adults and part ways, each living his life as a "singleton," for instance, will they be independent, self-assured men or will they rely too much on one another for advice, support, and approval? Part of the problem is that like many twins my boys lack time alone, separateness, and just plain privacy. "Twins lack privacy because they're born into a situation where they are within their twinship nearly all the time," says Joan Friedman, Ph.D., author of *Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children*. "Even before they're born, there's a lack of privacy because they're sharing the womb."

Whether you're a singleton or a multiple, everyone needs time to himself beginning in early childhood. When young twins have a chance to discover life on their own without the interruption of a co-twin, they're free to get a sense of themselves within the context of other children, an important step to developing emotional autonomy. It's during separation, for instance, that twins are able to build a positive self-concept. They learn self-motivation, too. Plus, studies have shown that alone time—those private moments away from everyone—increases one's

ability to concentrate, a great skill to have in the classroom. But, more importantly, if twins successfully individuate on their own when they're young, once adolescence and the second phase of autonomy begins, it will be a lot calmer for all. For it's during the pre-teen and teen years that children slowly break away from their parents as they mature into adults, able to make decisions on their own. Those with a healthy sense of self won't have the added struggle of separating from their co-twins as well.

The Twin Mythology

Friedman, an identical twin herself as well as the mother to 19-year-old fraternal twin boys, notes that some people view twin separation as unhealthy, as if it's something that's going to interfere with the twin relationship. "Twinship, on a whole, is so idealized," she says. "If you're not a twin, it's easy to project that all twins love each other, that they're best friends, and that they need each other. So the idea of twin privacy, separateness, and individuation can shock some people." In fact, when I interviewed one mom whose 15-year-old identical twin daughters still do everything together, she begged me not to write this article. She believes that some twins never need separation. Yet Deb Daniels of Hartford, Conn. and mother to five-year-old twins, Stephen and Joy, sees it differently. "They're twins and they will always share a special bond, but they're individuals first and foremost." Most parents are on the right track in helping their twins grow and develop. "I've always strived since the day they were born to treat them as individuals, not as twins," says Juliann Baker of her 11-year-old fraternal twin girls, Abigail and Natalie. This Thomaston, Conn. mom laid the groundwork early by

encouraging her daughters and their younger brother to pursue separate activities that each enjoyed. Although Baker quickly found out that her good intentions were turning her into a taxi driver as she motored all over town to various sport fields, her strategy showed her kids that each was unique and special. Sara Boretz of Upland, Calif. celebrates her 15-year-old identical twins daughters' differences. "Each has carved out her own niche," she notes. Elise, for instance, is into her music and loves the precision of the marching band, while Suzanne enjoys drama and visual arts. Both girls spend plenty of time apart with their various activities but Boretz sees this as a positive. "They really do get along amazingly well and I think a lot of it is because they're often apart for long periods of time."

Begin the Process When They're Young

Cheryl Lage, author of *Twinspirations: Real-Life Advice from Pregnancy Through the First Year* and mother to seven-year-old twins, Darren and Sarah, says her daughter began asking for "space" at age two! "We'd offer encouragement and support by suggesting another activity for the other, non-space needing twin," she says. "For instance, we'd say, 'Why don't you come over here and read to me while your sister does her artwork?'" We've found this to be very effective."

But it's not unusual for toddler twins to want to spend every waking minute together and it can be difficult to separate the pair. Like most families with young twins, Christine Houston's six-year-old fraternal twin boys, George and Max, share a close relationship. "I know this will change with age, but right now my twins are in the honeymoon phase and enjoy the intimacy," says the Glen Ridge, N.J. mom. "They're very much synchronized and in tune with each other."

Still, parents need to think about how they can gently prepare their twins for life as a singleton down the road. Furthermore, moms and dads shouldn't rely solely on their twins asking for more separation and privacy, but instead parents should look for subtle signs that more individual space is needed. Although Melissa Rocker's four-year-old fraternal twin daughter is protective of her co-twin in their shared pre-school classroom, the Fort Lauderdale, Fla. mom isn't sure her kids are ready to make the leap to two different classrooms next year. "The teacher told me that when they were turn taking with the

entire class and it was Michael's turn to look around the room and locate things hidden with a specific letter, Madison kept helping him, but not helping anyone else when they had trouble," she explains. "Obviously it would take a lot more than that example for me to absolutely be sure that they needed to be separated in school."

According to Friedman, however, parents should be proactive as most twins wouldn't think of saying they want to separate from a co-twin for fear it would hurt their sibling's feelings. "Parents shouldn't wait for their children to ask for separation. Parents should provide these things," Friedman notes. Whether it's a separate bedroom, classroom, or hobby, when your multiples demonstrate that they're ready, Friedman says to go for it. "Parents need to think with some forethought that it's their responsibility to set up boundaries. They have to stop thinking that it's going to emanate from the twinship itself, because it's not."

Even before the birth of her fraternal triplets, Maureen Kinney of Cooper City, Fla. set the stage for three independent little people. First, she and her husband decided on vastly different names for their children and then gave each a separate bedroom painted and decorated to each child's preferences and styles. "I think this has gone a long way in encouraging separateness," Kinney says of her four-years-olds, Samantha, Toby, and Jordan. "Although they are still fiercely attached and emotionally tuned into one another, they present themselves as separate beings with different likes and dislikes."

Obviously not everyone can offer their twins the luxury of separate bedrooms, but even carving out individual space within the same room is step in the right direction. Give each child a wall to decorate, for instance, or his own personal bookcase where he can display special trophies, vacation souvenirs, or just his favorite stories.

In our house, I try to make up for the lack of an extra bedroom in other ways. For instance, we now allow one twin to stay home alone while the rest of us go on a family hike on weekends. For those few hours, one or the other gets full reign of an empty house to do as he pleases.

Offering time alone with just one parent or an available relative is another great way to give each child some space away from a co-twin, too. Deb Daniels' twins and older singleton daughter regularly take turns sleeping over at Grandma's house. "We also try to have

regular one-on-one time with each of them," she says. "We also do the "just the girls" or "just the guys" (Dad and Stephen) thing."

Zygoty Counts

There's no question that in their quest for individuation, boy-girl twins have it a bit easier than same-sex twins. "Boy-girl twins can separate naturally as they get older because they have many opportunities to gravitate toward gender-specific activities," Friedman says. Furthermore, she adds, many opposite-gender twins don't have the same societal pressure to be "best friends."

Alicia Gutierrez describes her 14-year-old twins, Cristina and Nicolas, as "very tight," but the Miami, Fla. mom also says at this age, they're very independent of each other, too. "They have separated themselves by having different interests and friends," she notes. These days she tries instead to find ways in which they can spend more time

together! "When Nick is going to the movies with some friends, for instance, I ask him to ask his sister to go. Sometimes she goes, and other times she doesn't."

Lucia Fernandez of Alta Loma, Calif. agrees. "It's easier for boy-girl twins to separate as they get older," she says of her 16-year-old twins, Francesca and Dallas. "They're naturally involved in separate activities because of their interests."

It's All in Your Attitude

Offering individual space and encouraging separate activities are a few concrete ways that parents can help their twins cultivate autonomy. It's those small, tolerable doses of separation, Friedman stresses, that will help your twins get to know themselves outside of their twinship. "Your overall goal is to help them individuate," she says. "All those little experiences throughout their lives really prepare them for when they have to deal with the challenges of adolescence."

Christina Baglivi Tinglof lives in Southern California and is the mother of three sons, including 17-year-old fraternal twins and a 14-year-old singleton. She's also the author of *Parenting School-Age Twins and Multiples and Double Duty: The Parents' Guide to Raising Twins* available from the TWINS Parenting Bookshelf. Christina's website is www.talk-about-twins.com



Tips on Combining Twin Birthday Parties

by Steven Jeffries

Our boy and girl twins are approaching their seventh birthday, and for every year thusfar my wife and I have been able to do a combined birthday party with our kids' blessings. You might ask why we bother and don't just do two separate parties. Two reasons: less difficult and cheaper. There are very few economic benefits to having twins, but only one birthday party has saved us money, as well as time. I know of parents with different aged children who combine parties, and those that wish they

could! But how do you do it when your twins are either of different genders and/or have very different interests?

Since my son and daughter have dissimilar interests, we had to really research to find an idea that they both would be excited about. My son is very sports oriented, but my daughter has very little interest in them, but instead enjoys the arts, especially dance and music. It turns out that there are a variety of possibilities in a variety of price ranges and I shall attempt to illuminate several of these.

AT HOME

You can always have the party in your own home if this is what you and the children desire and you have the space. But you might want to avoid themes, because it could be hard to combine a "Princess" theme with a "Superheroes" theme. Some themes that can work are ones based on movies or tv shows that both your twins enjoy and are into. For example, Toy Story allows for many possibilities, or Diego and Dora (two shows that are closely connected).

When your twins are younger you can always do a party with a variety of activities or games. If both your twins are really into a sport such as soccer, you could have a party that includes playing a game of it. I have also

seen entertainers such as birthday clowns or children's singers or even a costumed character coming to the home



to do a performance for the children. There are also local companies that may bring exotic small animals into your home for the kids to see and even touch! Once again though, you would probably require some consensus from the twins for any of these ideas.

The other limiting dimension to most at home parties is that the majority of homes cannot accommodate a large number of guests so that your children may each be limited in the number of invites they each get. One other in-home idea that has proven successful is showing a DVD or a Blue Ray movie provided that you have a large screen television and enough viewing space for the number of guests that you want.

OUTSIDE THE HOME

There are a variety of options for outside the home, and I will key on a few that seem to have mass child appeal. When our kids were both one year old and three years old, we had parties at a play center. Play centers offer an indoor playground atmosphere with jumping castles, ball pits, climbing equipment, and slides. They usually include a private party room with the option of either ordering food and/or bringing your own, and some even will create loot bags for you for an extra charge. Many also have a party host, and best of all to parents, clean up is often included!

The other great thing about play centers is that they can usually accommodate a large number of kids, even thirty or more in some cases. But be aware, that while some offer private play space for your party, many indoor playgrounds are not only available to other parties at the same time, but also to private individuals who want to use the facility. You may also be limited to a certain block of time, with very little flexibility. It is also true that play centers or indoor playgrounds can be expensive, but when everything is taken care of for a large number of guests, and two birthday children, it actually seems more reasonable. When kids are very young, however, you have to factor in food for the adults too, who have to stay with their children.

Cooking parties are also great, as long as your twins can agree on what to cook. When our kids were four years old, we did a party at a supermarket's cooking school. It was a pizza and cupcake making party and both our kids and their guests had a blast making and eating their own individual pizzas, including rolling the dough and choosing toppings! Then they decorated a series of six mini cupcakes that became their loot bag to

take home. It was a drop off party, and most parents did just that. We provided coffee and a fruit tray for the adults, and the party cost was quite reasonable. This particular place could accommodate a large number (up to about 30 children), but some cooking party centres may limit numbers.

We held their sixth birthday party at a trampoline center, and this was, and since has been a popular party with both boys and girls. Other similar and popular types of parties are bowling and glow-in-the-dark mini golf. Bowling parties, which are still quite reasonably priced, go back to when I was a kid. Parties at restaurants such as Chuck E. Cheese or Dave and Busters are fine too, but it is still the games and winning tickets and prizes that are most exciting to the kids, rather than just the eating.

That brings us to this year. For our twins seventh birthday, we are going back to the same play center that we went to when our kids were three. No, we haven't lost our minds! This particular center offers a wide variety of parties and you can even combine them. This is exactly what we are doing as we are having a sports and games (such as parachute or dodgeball) theme, along with a

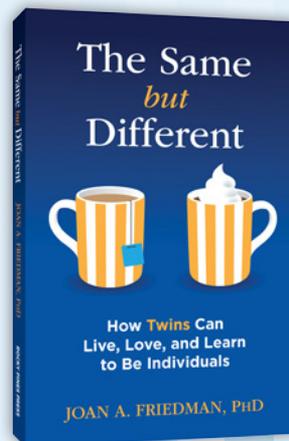
karaoke option. The party will start with the kids having a choice of the two options, be broken up with the food and cake (which we will be providing), and then finishing off in the gym with some games. Our kids get to choose the games they want to play prior to the party.

A FEW FINAL TIPS

There are a few things that you should consider no matter what you choose to do for your party. We have always tried to get separate cakes, if at all possible. One party, the cake that was being provided was so large that we divided (but not cut) it in half, and decorated each half differently for our son and daughter, according to their requests. We always sing happy birthday twice. If the place you are holding the party provides a gift for the birthday child, insist on a second gift, and, if necessary, pay for it begrudgingly! One way to reduce the cost of food is to hold your party in between meal times (such as mid-afternoon) and just have snacks and cake. If all else fails, hold separate parties for each of your twins, and let me know how it goes! ❤️

DEALING WITH THE CHALLENGES OF BEING

A TWIN?



“*The Same but Different* presents a stunning, in-depth look at the lives of adult twins as they face the twin challenges of closeness and independence, love and resentment in their evolving relations with each other.”

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Monique and Jocelyne Lamoureux

Age 24



TWINS: Are you identical or fraternal twins? Identical /Mirror Twins

TWINS: What sport will you be competing in and does your twin compete as well?

Both competing in hockey

TWINS: Where did you grow up and how did that have an impact on your sport?

Grew up in Grand Forks, ND and hockey ended up being the sport we chose to pursue as we got older. All four of our older brothers play and it is the big sport in town because of the winters we have. We would say growing up they had a big impact on deciding to play hockey.

TWINS: How did you first get involved in the sport and when did you realize that the Olympics could be a goal?

We started skating when we were two, and started playing hockey when we were six. When we were in 7th grade we started playing against girls in some tournaments and then we started to get a sense of how we stacked up against other girls and realized that we had a lot of potential. We always wanted to play at the highest level no matter what sport we were playing. We always wanted to play in the Olympics ever since we could remember. It was never just a dream, it was a goal and as we got older, we knew to put the work in to make it happen.

TWINS: Did you and your twin both start out in the sport? If so, did you experience any competition between yourselves? If not, did your twin have another activity he/she did?

Yes. We played every sport together. We were never in the same class growing up in school, but we pretty much always had the same friends and same interests. We were always competitive with each other in everything, but we also competed on the same team so it was a healthy competition that pushed us on a day to day basis.

TWINS: Did being so dedicated to your sport have an impact at all on your twin-bond and if so why?

Yes. We have always trained and played together our whole lives and our dream has always been "we" never "I." As we got into our training it was 24/7 accountability and had one of us made it and the other hadn't it would have been bitter sweet for the one who had made it.



Sport: Ice Hockey
Twin: Monique and Jocelyne
Birthday: July 3, 1989
Hometown: Grand Forks, North Dakota
Twitter: moniquelam7 / JocelyneUSA17
Facebook: Monique and Jocelyne Lamoureux
Instagram: JocelyneUSA17
Website: thehockeytwins.com

TWINS: Can you briefly describe the moment when you found out you made the US Olympic team and will represent our country at Sochi in your sport?

Our team officially got announced at the Winter Classic. Our team was on stage in front of 105,000 people. Before they announced the names, we turned and looked around the stadium and realized that we had accomplished part of our goal by making the Olympic team. It was such a relief when we found out and we got to share the evening with teammates, family and friends.

TWINS: Do you have any family members that are going to Sochi to route you on (including your twin)?

Our parents will be coming to Sochi.

TWINS: What is the best thing about being a twin?

Always having a support system. We are best friends so its always fun sharing all these experiences with Monique because we have always worked hard together to achieve these things

TWINS: What is the worst thing about being a twin?

Like any other siblings we bicker if we are around each other too much, so that can get really annoying sometimes. Being talked about as a pair instead of an individual can be annoying too.

TWINS: What is your most memorable birthday growing up as twins and why?

Our family has never been that big on birthdays so there really isn't one that stands out more than any other.

TWINS: When growing up, did you and your twin attend the same schools and if so, were you in the same classroom together or did you have separate classrooms?

We were never in the same class growing up, which I think is a good thing because it allows you to grow individually instead of being grouped together all the time.

TWINS: What is the best advice that your parents gave you growing up that has impacted your life today?

My dad always gave us the face in the mirror speech. In short its basically if you are able to look yourself in the mirror after anything (he used this for sport) and can say to yourself that you gave it your all and did everything you could, then you can't be disappointed in yourself. My mom always just told us to work hard and if one of us is struggling to help the other one out.



Tracy and Lanny Barnes

Age 31



TWINS: Are you identical or fraternal twins? Identical

TWINS: What sport will you be competing in and does your twin compete as well? Biathlon

TWINS: Where did you grow up and how did that have an impact on your sport?

We were born and raised in Durango, Colorado. Durango is an outdoor town with tons of biking, hiking, kayaking, skiing, and other outdoor activities. Durango is the perfect place to train for any sport as there is so much to do and you have the added benefit of training at altitude.

TWINS: How did you first get involved in the sport and when did you realize that the Olympics could be a goal?

We grew up hunting and shooting with our dad. At a shooting competition a man told us about the sport and suggested we try it. We were big soccer players and we thought cross-country skiing in the winter would be a great way to stay in shape for soccer in the spring so we signed up and tried it out. We immediately fell in love with it and have now been competing in biathlon for over 15 years.

TWINS: Did you and your twin both start out in the sport? If so, did you experience any competition between yourselves? If not, did your twin have another activity he/she did?

Yes, we both started out in the sport together. We do have a friendly competitiveness between us, but we make it fun. It's never serious. Only enough to push each other and make us better.

TWINS: Did being so dedicated to your sport have an impact at all on your twin-bond and if so why?

Yes, we really couldn't have done this sport without each other. You are on the road for so many months out of the year, that having a family member/twin traveling with you really helps. Also, there are so many ups and downs in any sport and weathering those ups and downs with someone really helps to strengthen the bond between you.

TWINS: Can you briefly describe the moment when you found out you made the US Olympic team and will represent our country at Sochi in your sport?



Sport: Biathlon
Twin: Tracy and Lanny
Birthday: 4/26/1982
Hometown: Durango, CO
Facebook: twin-biathletes
Website: www.twinbiathletes.com

I was ecstatic when I found out I made the team, but it was very bittersweet for me. Lanny, my twin sister, had not made the team because she was sick during the Olympic trials races. She was next in line in the points for the trials, so I decided to decline my spot on the team so that she would have a chance to be named to the team and compete in the Olympics. I declined my spot and the competition committee then named her to the team! It was the best decision I've ever made. I'm so excited to support her at the Olympics.

TWINS: Do you have any family members that are going to Sochi to route you on (including your twin?)

Since Lanny will be competing I hope to be cheering her on in Sochi!

TWINS: What is the best thing about being a twin?

Everything! But mostly having someone that you really care about and who will

always be there for you.

TWINS: What is the worst thing about being a twin?

I've been called my twin sisters name just as many times as I've been called my own. I answer to both.

TWINS: What is your most memorable birthday growing up as twins and why?

One year our parents went all out and we had a pirate themed birthday party. It was awesome. We were probably 6 years old. We played a game where one team was in one pirate ship (a large refrigerator sized cardboard box) and the other team was in another ship (another box) and we threw cannons (ping pong balls) back and forth to sink each other ships. And of course we had a pirate cake.

TWINS: When growing up, did you and your twin attend the same schools and if so, were you in the same classroom together or did you have separate classrooms?

Both. Some years we were in the same classes and some years we were in different classes. And of course we did switch clothes at lunch to play with our teachers

TWINS: What is the best advice that your parents gave you growing up that has impacted your life today?

Love, protect, and look after your sister.





Linsey Van

Age 30

FUN FACT:
This is the very first year that women can compete in Ski Jumping in the Olympics

TWINS: How did you first get involved in ski jumping?

I started skiing at the age of 4 and started ski jumping at 7. I really enjoyed the speed and catching air while skiing, but, I wanted more of each, and I found ski jumping. The jumps were built in Park City Utah to bid for the 1998 Olympics, so I was lucky to have them in my home town. My parents saw it, and asked my brother and I if it would be something we would like to do.

TWINS: Did you and Brandon both start out in sports together? If so, did you experience any competition between yourselves?

Yes, we did everything together. We skied, played soccer, rode bikes. We were always competitive, and we still are with some things. Mostly just when we ski now.

TWINS: When did you realize that the Olympics could be a goal?

I saw the Olympics on TV in 1994 and it was always something I thought would be really cool to be a part of. I was already ski jumping at the time and knew there were no women, so it was always in the back of my mind..

TWINS: Did being so dedicated to your sport have an impact at all on your twin-bond?

I don't think being dedicated had any impact on our bond. We have always been close and most things didn't need to be said to be understood.

TWINS: What is the best thing about being a twin?

The best thing about being a twin is having a built in best friend. I always had someone there to play with, or just be there for me.

TWINS: What is the worst thing about being a twin?

I don't know, I love being a twin and I don't know any different.

TWINS: What is your most memorable birthday growing up as twins and why?

Probably 16. I am 4 mins older so I rubbed it in that I could drive 4 minutes before Brandon, but then I failed my first driving test and he passed his.

TWINS: When growing up, did you and your twin attend the same schools and if so, were you in the same classroom together or did you have separate classrooms?

Yes, we attended the same schools, but we were usually in different classes. My parents thought that if we were in the same class we would never talk to anybody else.

TWINS: What is the best advice that your parents gave you growing up that has impacted your life today?

That we could do anything we wanted if we worked for it. We were very lucky to grow up the way we did, and in the place we did. There were so many opportunities, and my parents let us choose what we wanted.

Sport: Ski Jumping
Twin: Brandon
Birthday: 1/27/1984
Hometown: Park City, UT
Twitter: lindseyvan
Facebook: Lindsey Van

TWINS: What is the best advice you can give parents of twins?

Good luck. I can't imagine 2 kids at the same time is easy.

Photo Credit: Nbc Olympics / Usoc

Gracie Gold

Age 18



TWINS: Did you and Carly both start out in figure skating together? If so, how was it to compete against your twin?

Carly started skating a few months after I did. She watched me perform in a winter ice show and decided she wanted to have fun too! :) Carly and I have been competing with one another since we were born! I think it's pushed us both to do our best.

TWINS: When did you realize that the Olympics could be a goal?

In 2010 I qualified to compete in my first U.S. Championship. It was very exciting to skate at the very event that the U.S. Olympic Team for the Vancouver Olympics was chosen. I really felt that in four years I could be a contender...and here I am!

TWINS: Did being so dedicated to your sport have an impact at all on your twin-bond?

Skating has made our bond so much stronger. It's a passion we share.

TWINS: Do you have any family members that are going to Sochi to route you on (including your twin?)

My mom, dad, and Carly are all coming to cheer me on.

TWINS: What is the best thing about being a twin?

Always having a best friend.

TWINS: What is the worst thing about being a twin?

We have to share everything! Haha

TWINS: What is your most memorable birthday growing up as twins and why?

Our second birthday was quite memorable. Carly and I were playing on our new jungle gym in the backyard. Apparently, the structure had been built over an underground nest of bumble bees. Carly went down the slide and they attacked! She was stung on her eye! We ran to the house screaming and a swarm chased us to the door. We had a lot of family members visiting and they waged warfare with the bees. Armed with baseball bats, plastic whiffle ball bats and fly-swatters they fought valiantly. The bumble bees won that day (we actually had to have professionals come in to take care of the problem). All of the photos from that birthday, show Carly in profile, to hide her very swollen eye. It was a great family bonding event and became a family legend. I'm not sure if I actually remember it or if my visions are from hearing the story retold. It always brings a laugh when our family recalls the great battle with the bumble bees.

TWINS: When growing up, did you and your twin attend the same schools and if so, were you in the same classroom together or did you have separate classrooms?

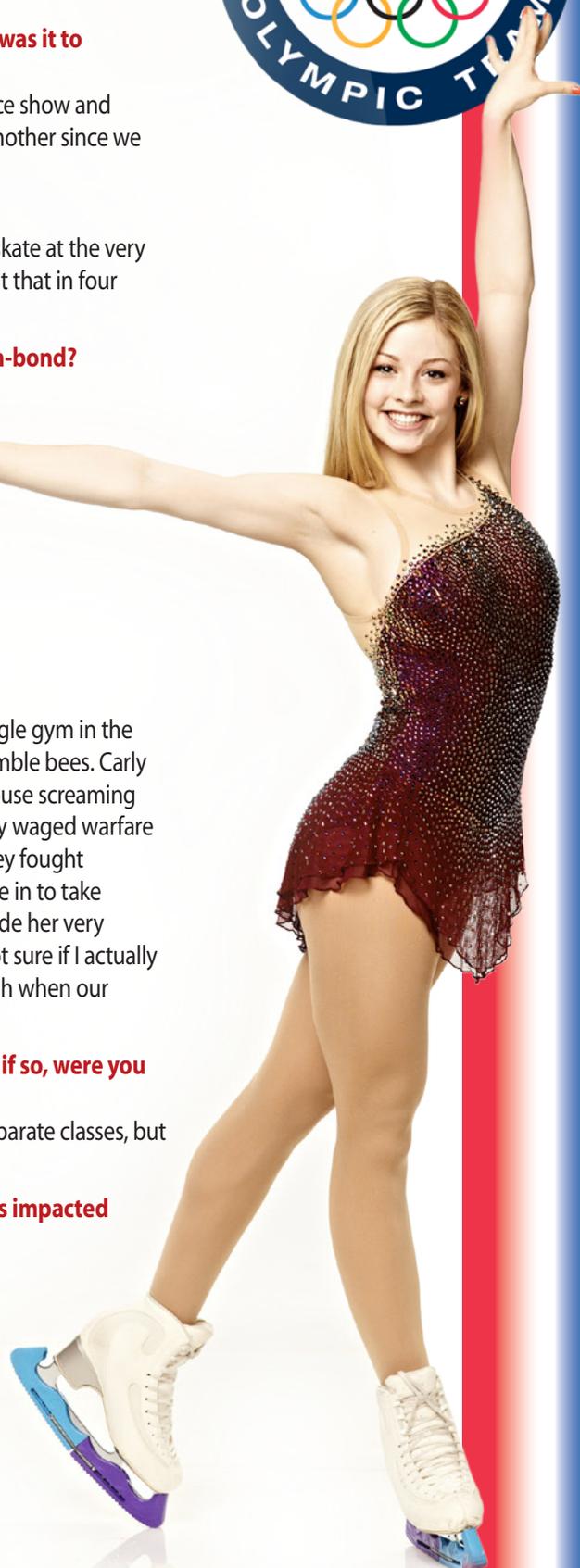
We attended all of the same schools. There were a few years where we had some separate classes, but we were fortunate enough to be together most of the time.

TWINS: What is the best advice that your parents gave you growing up that has impacted your life today?

My mom's famous quote "You'll never regret being kind."

TWINS: What is the best advice you can give parents of twins?

Enjoy every moment! Twins are such a special blessing. But actual practical advice? Buy THREE of everything in case one breaks!



Sport: Figure Skating
Twin: Carly
Birthday: 8/17/1995
Hometown: Boston, MA
Twitter: GraceEGold
Instagram: GracieGold95



Take a look back over 30 years of

TWINS™

highlights and notable moments



After two years of research and ground work, Barbara and Bob Unell launched the very first issue of TWINS Magazine with the July/August issue. Topics covered in that year included new developmental findings; Aggressive/Passive roles and why twins switch and the beginning of Double-Focus—an in-depth look at twin issues from pregnancy through adulthood. An interview with twin advice columnists, Ann Landers and Abigail Van Buren were featured and the Australian twin study on reading, language and individuality was published.



'Twice as Funny', a series of twin cartoons was launched and Barbie and Ken were on the cover. Topics covered included a dad's report on the fatherhood factor, is birth order important; exploring when one twin is handicapped and home remedies for energy conservation. Other topics covered were when death strikes a twin, child abuse and how twins are at greater risk and having a singleton after twins were published. The research results from the Vietnam experience twins study ran in the September/October issue and in November/December a very poignant reunion of twin survivors of the Holocaust. The magazine celebrated their 1st anniversary.



Bette Midler and Lily Tomlin graced the cover promoting "Year of the Twin" movie. Topics included focusing on the parents, advice on how to manage their anger and even the subject of sex was addressed offering readers how to educate multiples and give parents reassurance and protection. Other articles that year were topics about sibling favoritism when a parent feels drawn to one child more than the other; intriguing varieties of twinship when reared apart and ways to avoid the 'unit' approach when teaching twins.



Arnold Schwarzenegger was on our cover with 19-year-old twin boys and special Olympians. The magazine explored, who is a twin? And ran an exclusive report on how the past five years had changed the answer.



Celebrity Richard Thomas (from the Walton's) and his school age triplet girls were on the cover of TWINS. Topics covered that year were genetic and environmental effects on dental health; look down the road to college; answers to the Identical/Fraternal questions and news and hope for those diagnosed with TTTS



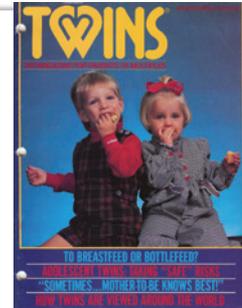
Twins Staff – Left to Right: Kay Brenneis, Robert Unell, Donna Summers, Jim Sczepanski, Mary Wharton, Anita Harris, Barbara C. Unell, Jane Walker, Fern Poquette, John Sylvester, Fred Bokun, Suzanne Burdick, and Brenda Schifman.



The winners of the 'Cabbage Patch' twins contest graced the cover to start this year. Topics covered included intimacy during pregnancy; the impact of divorce on twins; Fertility Drugs: risks of smoking during pregnancy; separating myth from reality and a new column was introduced called Education Matters which was the first to address the topic of same or separate classroom issues.



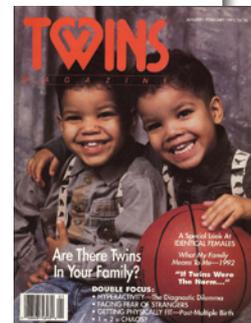
How twins are viewed around the world—myths and cultural traditions kicked off the year and the very first Double Takes section was introduced. Other topics covered were Lifesaving seatbelt safety information; the controversy over anesthesia for preemies; when one twin is gifted and the other is not and understanding the twin-to-twin trans-fusion syndrome.



TWINS provided new caregiver guidelines and published the latest findings from the Minnesota twins study; explored the team approach to school separation and offered tips on increasing survival in preemies.



The toddler twin boys that played Cosby's grandson on TV's Cosby Show were on the cover. Topics covered included what it means if there are twins in your family; meeting multi-generational challenges (the sandwich generation) and mothers at odds with the working mother's trends.

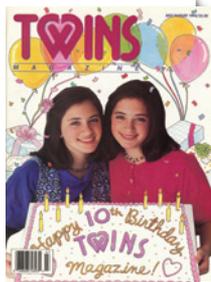




TV Show Full House was very popular and that is when famous twin girls, Mary-Kate and Ashley Olsen were on our cover. Other topics that year included new research on the 'vanishing twin' phenomenon; should you use fertility drugs again and included the top fertility treatments of the day.



Special 10th anniversary edition was published and included taking a look back over the last 10 years of TWINS Magazine; Other topics covered that year were individuation—the biggest challenge of parenting multiples; a new car seat safety handbook – lifesaving travel news for parents and the top 10 adjustments to a multiple pregnancy.



Topics covered this year was a question if alcoholism ran in the family; exploring the new technique... infant massage; an update on Pediatric AIDS and what to do when over 40 and pregnant with twins.



Preparing singletons for twins; is RSV more than a cold, speech development in multiples; co-bedding twins in the NICU; and how moms of multiples juggle work and family were some topics the magazine covered that year. Also featured were families with more than one set of multiples; potty training in pairs; TTTS and whether or not twin pregnancies were always a high risk. The results of the 1998 Second Annual Fiction Contest were published and 'You Can't Trick Me' was the winner.



TWINS Magazine redesigned their popular website. Topics covered included breastfeeding multiples; a husband's guide to bed rest; medical challenges facing ultipels and their families and when one twin is shy. Additional features about learning styles of twins, rhythm and twos the inspiration of music and movement and 12 tips for parents who want a home-based business were covered.

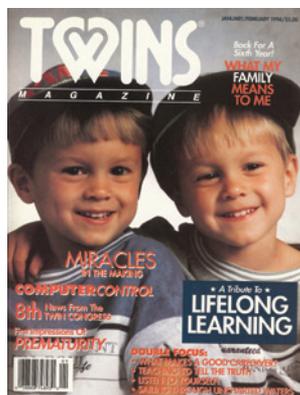


Get a grip—4 sure fire coping strategies and twins fuel jealousy among other siblings kicked off this year. Other topics were millennium multiples; a special car seat guide; taming toddler bed blues; caring for preemies; daycare decisions and dads on duty 24/7. The year ended with a 2000 Toy Guide and how using toys to enhance speech and language skills were included.





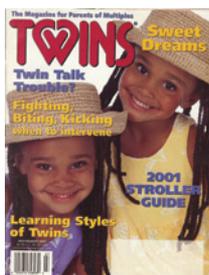
The World Wide Web was just beginning to get popular and www.TwinsMagazine.com went live in May 2006 with their website. The results from the 8th Twin Congress were reported and other topics this year included postpartum depression an emotional hurricane; questions answered about pre-eclampsia and the best defense against SIDS. A twin study on suicide was included along with a look at mirror image twins and the debate over different classrooms. Barbara and Bob Unell's last issue was in September/October 1996 when they sold



Money savers and bargain tips kicked off this year and other topics covered were ways to seek the perfect Nanny; TV twins; dealing with learning disabilities and what do single moms do when it's two against one. The first annual fiction contest was launched.



Divide and Multiply: Lessons from Twinning 101 a series of articles were included this year along with a 2001 car seat guide; postpartum depression; married with twins and learning styles of twins were covered. Also that year was a 2001 stroller guide; exploring twin zygosity; cord blood banking; safe sleeping with cribs, portable cribs and play yards and ways to help families with low incomes make ends meet.



Massachusetts Governor Swift, mom of twins was interviewed and professional hockey player and Olympic MVP, Joe Sakic and his twin boys were on the cover. Topics covered this year included divorced parenting; battling RSV; the long term affects of infant pain; 100 twin proofing tips; four sanity strategies for fine-dining with your twins and a touching story about 9-11 twins.



The mommy wars: stay-at-home vs. working moms and twins with two fathers started off this year of TWINS. Topics covered this year included understanding sensory integration dysfunction; breast vs. bottle feeding; colic pain and celebrating life with downs syndrome.





The 6th annual fiction contest was launched; toddler trials and training and how to treat TTTS and how it happens along with an article on how milestones look different in pairs were covered. Mrs. Colorado America Emily Stark was on the cover with her twin girls that were conjoined and separated with an article about conjoined twins-the intimacy and independence. Other topics included when one twin lags behind; twin proofing and baby gear; ADHD and multiples and tips on fighting twin discrimination.



Mealtime challenges; ways to get more organized; reasons to immunize and how to break the binky habit were covered in 2005. Other topics included strategies for dealing with meltdowns; steps to getting your twins on the same schedule; single moms = double duty and reasons to home school your twins. The very first separation of twins in schools law was passed in Minnesota!



Fighting stress; why antibacterial products are bad; autism in twins and why a school policy of separating twins in the classroom sparked change was some of the topics covered this year. Other features included an article about twin speak and their secret language; twin identity; how to teach your twins to speak more clearly and making friends on the TWINS Magazine message boards. Twins, sugar and hyperactivity was also covered along with preparing your twins for kindergarten and a new study about the parent-twin attachment was published.



Marked the 25th Anniversary for TWINS! The cover featured twin girls that were first on the cover in 1984, then in 1994 for the 10th Anniversary edition and as adults in 2009 for the 25th. In March of 2009 TWINS Magazine launched their Facebook page and also that year due to a down turn in the economy, the magazine transitioned to a quarterly print production schedule. In the final issue of 2009 our Holiday edition we introduced our magazine in a digital online format (the very 1st for twins/multiples) and then began publishing digital online issues in between the quarterly printed editions.



One of the highlights in 2010 was when TWINS did another re-design to update our look and introduced our popular regular running column "Ages & Stages: Raising Twins through Each Age & Stage" which included articles specific to pregnancy through the school-age stage. Also that year featured on the cover and in an interview with mom of twins and TV News Anchor Norah O'Donnell and her husband about how they made all their baby food for their twins and gave great information on how readers could also make their own baby food! Also, the magazine transitioned to a digital-only format in the final issue of 2010 due to the higher demand for content on the go and because of the extremely high printing and postage costs.



Early in the year the magazine was acquired by Sterling Investments, LLC which is owned and operated by Bill and Gina Cody, a couple with young twin girls and a toddler son. Soon after they acquired the magazine, they were given devastating news and both endured major, life-threatening medical issues. We continued publishing TWINS in digital format that year under the editorial direction of Christa Reed and our social media presence began to grow. One of the highlights that year was in the fall when we featured on our cover and an interview with NFL Players and twins, Devon & Jason McCourty.

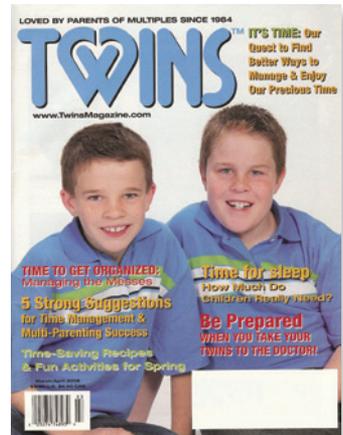




The year kicked off with topics like swaddling; DHA: the super brain food; when twins share common friends; managing when one twin is disabled; twins sharing a room: making it work and keeping twins safe in an unsafe world. Also featured were topics that explored taming the twins me-monster and 5 tactics that work; the bossy twin vs. the meek twin; potty time: waiting until they are ready; and IFV twins: should parents tell all? This year ended with topics like renting toys instead of buying them; how to get the correct diagnose for your special need twin and tips on taking toddler twins to a restaurant.



The final issue for publisher's Susan Alt and Donald Johnson of the Business Word Inc. was the January/February 2008 edition. The magazine was then acquired by Rod Beach & Associates, LLC on January 1, 2008 and Christa & Aaron Reed, parents of twins (plus two more) began publishing the magazine. They updated the design of the magazine to include a thicker, glossy cover and introduced new columns and regular features. TWINS also launched a new website design that summer. Also that year, we featured interviews with infamous mother of twins and sextuplets, Kate Gosselin from the popular TV show on TLC "Jon & Kate Plus 8" as well as mother of twins and star of the TV show, "Little People Big World" Amy Roloff!



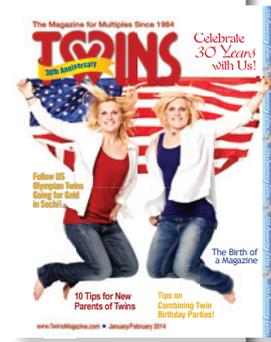
The magazine continued gaining momentum for its' digital online version and our social media pages on Pinterest, Twitter and Facebook all exploded as we continued providing content and information readers needed and wanted. Some highlights that year included featuring child actors and twins, Peyton and Spencer List on our cover and an interview on what life has been like for these twins who have grown up in the entertainment industry. Also that year we interviewed upcoming Olympian and mother of twins, Lashinda Demus who had her sights set on a gold medal in track.



In 2013, TWINS began offering readers a brand new print-on-demand service for anyone who wanted to purchase a printed hard copy of the magazine as a keepsake and also made our digital magazine available in the APP Store as well. Some highlights included an interview with twins and Olympic hopefuls, Ice Dancing duo Danielle and Alexander Gamelin, and we were excited to attend and cover the annual Twins Days Festival in Twinsburg, Ohio as well as the International Twins Association's 79th Annual convention in Las Vegas. By the end of 2013 the magazine's Facebook page reached over 24,000 followers, the largest in our niche, and continues to grow.



Happy 30th Anniversary TWINS! We look forward to continuing to provide the best and most specific information you can find on the planet about expecting, having and raising twins, triplets and higher order multiples. Thanks for the memories and for supporting our magazine for three decades... we hope you enjoy this very special issue!





The Birth of a Magazine

and why we
created it just
for parents
like you!



by Barbara and Bob Unell, Founders of TWINS Magazine

Dear Friends,

A bone-chilling cold, pouring rain had been steadily coming down for hours on this particularly dreary November night in Kansas City. The year was 1982, and we were hungry to learn everything we could about twinship, after having brought our own son and daughter into the world two years earlier.

In spite of the unpleasant weather, we decided to feed that hunger by attending a presentation by the esteemed researcher, Thomas Bouchard, Ph.D., the Director of the Minnesota Study for Twins Reared Apart. We were hoping that doing so would help us in parenting our 2-year-old twins, but the weather reports predicting ice and snow showers made us think twice about the wisdom of leaving our cozy home to venture out on this educational journey. We agreed that it would be important to go, but had no idea that doing so would transform our family's life...and yours!

Dr. Bouchard shared information and insights that inspired us to think about the entire subject of multiples in different ways. We quickly had more questions than answers: What does research say about how families can best support their twins' and triplets' identities as co-twins and individuals? How do families apply the research on behavior and temperament to help their multiples' reach their individual potential? What does the research say about the influence of the environment and genetics on who we

are as unique human beings... and on the special influence of both on multiple-birth children and adults? How do we apply this research-based information to the practical decisions all parents, physicians and teachers of multiples face—from same/different toys to more complicated decision-making? From birth to adulthood, children are their parents' best teachers...so how can we best listen and learn from our "multiple-birth classroom"?

FINDING ANSWERS

At the conclusion of the lecture, Dr. Bouchard joined us for some in-depth conversation on all of the above topics, and together, we agreed that it was time for a publication that could answer these questions, while providing a forum for sharing the miracle of parenting multiple-birth children. We wanted to learn, firsthand, if other multiple-birth families, teachers, doctors and researchers across the country shared our thirst for knowledge in translating multiple-birth research into "news we could use...and set about the tasks to explore this dream.

And the rest, as they say, is history. Indeed, it was on that dark night in 1982 that our bright and sunny dream was born of creating a magazine we chose to call "TWINS". Behavioral researchers, scientists, physicians, parents, teachers, coaches, and parent-

ing organizations—everyone with whom we consulted about our dream of a TWINS Magazine—enthusiastically said, “Yes! We, too, need such a publication to answer our questions about helping multiples balance their genetics with the influences of the environment, whether the subject is mental, physical, psychological, social or spiritual health and well-being.”

After over two years of our own market research, we led our team of writers, salespeople, and artists to give birth to this dream, TWINS Magazine! The birth date? September/October 1984!

OUR INSPIRATION

To truly reflect on the birth of a magazine 30 years ago, we must spend a moment reflecting on two other births that occurred 33 years ago: our twins, Justin and Amy. For us, that’s the true anniversary of TWINS Magazine. Our belief of the need for specialized parenting information for parents of multiples was, and is, a daily, almost minute-to-minute discussion from pregnancy... through this very minute!

It was only natural that we, a couple raising twins, with one being a journalist specializing in behavior, psychology and social-emotional health, and the other being an advertising executive, would take the step to fill this long-ignored information void. The ideas that filled the posters taped around our office were soon bound into a business plan and the rest is history.

But that first issue of TWINS would have never come off the press if it wasn’t for so many who believed in the concept and encouraged us to succeed...

- The banker who believed in our dream, just as we did.
- The national experts...doctors, researchers, psychologists...and parents all over the world...who were our first editorial contributors for the only parenting magazine for parents of multiples.
- All those early subscribers who verified that our instincts were right and subscribed



Barbara with twins, Justin and Amy in the early days.

to TWINS Magazine to support their own families.

- Marion Meyer, the Executive Director of the National Organization of Mothers of Twins Clubs in 1982, who, over a bowl of crab stew in her Silver Springs, Maryland home, listened to our dreams and gave us the full support we needed during our start-up years.
- The advertisers who agreed to invest in our new magazine serving a segment of parents who had never before had such a publication.
- The first staff members of TWINS...who helped us distill multiple-birth research into easy to understand practical parenting information and present a forum for advocating for multiple-birth families in fields of education, health, childbirth, fertility, genetics, temperament and personality.
- And of course, Justin and Amy, who taught us all we ever really needed to know about raising twins!

IN GRATITUDE

We are grateful for all of these individuals we know, and tens of thousands whom we never met, who hungered for sharing how families of multiples balance their children’s identities as individuals and multiples. We are grateful for the privilege of being part of their lives for so many years. And we are thrilled to celebrate this milestone in the publication of this magazine, as TWINS reaches its 30th birthday. Now we have a new dream: We dream that TWINS Magazine continues to provide a forum for research-based information, personal sharing, and the celebration of the miracle of our common humanity. The number of multiple-births increases each year and our information-hungry culture abounds with more and more research about the influence of genetics, the environment, personality and temperament on our behavior. Helping families parent multiple-birth children is more relevant and remarkable an adventure than ever before in history!

In conclusion, we leave you with the important words of Antoine de Saint-Exupery: “It is only with the heart that one can see rightly. What is essential is invisible to the eye.”

Never forget that at the heart of any parenting magazine is the heart! We send our best wishes for loving days ahead for each of you, and those you care about most, your multiple-birth children, for whom TWINS Magazine’s every issue is lovingly dedicated. ♥

BIOGRAPHICAL INFORMATION

As an author and parent educator in cognitive-behavioral psychology since she became blessed to be a mother of twins in 1980, journalist Barbara C. Unell has been a passionate advocate for understanding family relationships, along with Jerry Wyckoff, Ph.D. Together, they have co-authored *Discipline Without Shouting or Spanking*, *Getting Your Child From No To Yes*, *How to Discipline Your Six to Twelve Year Old Without Losing Your Mind*, *20 Teachable Virtues* and *The Eight Seasons of Parenthood*. Barbara has been a columnist for *The Kansas City Star*; a writer and a host of the nationally syndicated parenting information radio feature, “Kid’s Stuff”; and co-founder and editor of many publications, including *TWINS Magazine*, *Caring Parent*, and *Kansas City Parent*. Barbara has appeared on *Oprah*, *NBC Nightly News*, *Good Morning America*, *TODAY*, *CBS Evening News* and the *CBS Early Show*, as well as national and local radio and television programs around the country for the past 35 years.

In 1984, after working for three Kansas City advertising agencies, Bob founded his own firm, Unell Associates, Inc. Since 1990, Barbara and Bob have championed causes that foster healthy living by founding numerous social entrepreneurial ventures, including the nationally acclaimed, school-based character education program “Kindness is Contagious...Catch It!” sponsored by the STOP Violence Coalition; the Daniel L. Brenner Family Education Center; the community character-education fundraiser “Sunflower Celebration”; the fundraiser “Back in the Swing Retail Therapy” that promotes joyful, healthy and proactive living after breast cancer; the “Uncle Dan’s Report Card” program that helps children learn healthy habits at home that lead to success in school and in life; and the web-based parenting resource “Friday Mornings”.

Congratulations TWINS Magazine

on 30 Years!



Congratulations to TWINS Magazine, its' Publishers, Editor-in-Chief, Christa D. Reed and everyone else involved in 30 years of informing and entertaining parents of twins/multiples! I have been fortunate to have contributed to the great success of the magazine, and hope to continue to do so as it continues to thrive.

—Congratulations TWINS, Steven Jeffries & Family
<http://www.twiceblessedguidetotwins.com/>

Pictured in Photo: Steven, Lisa and twins Joshua and Abigail Jeffries

For thirty incredible years TWINS Magazine has helped multiple birth families navigate the trials and tribulations of raising multiples with exceptional guidance, advice, humor, and humanity. Congratulations on a job well done...past, present, and future.

—Dr. Joan A. Friedman

<http://www.joanafriedmanphd.com/>

Pictured in Photo (L-R): Dr. Joan A. Friedman and her identical twin sister Jane Friedman



Congratulations TWINS Magazine!
It's hard to believe that my first article with this important publication was way back in January 1999 when my fraternal twin boys were just three years old. (They're big now and getting ready to head off to college this fall.) Here's to another exciting 30 years!

—Christina Baglivi Tinglof
<http://www.talk-about-twins.com>



Christina, Kevin, twins Michael & Joseph, and Matthew

On behalf of Multiples of America (MOA), aka National Organization of Mothers of Twins Clubs, with 23,000 + members, it truly is an honor to congratulate TWINS Magazine on the momentous occasion of its 30th Anniversary. Your superb magazine remains a key resource in helping parents raise their multiples. TWINS Magazine has been part of a huge evolution of culture and technology and has successfully embraced change. Similarly, MOA has evolved to better serve and reflect the needs of its membership, and to better crystallize its identity in the 21st century.



Multiples of America and TWINS Magazine have had a collaborative partnership for many years. We look forward to many more years of working together to support and educate parents of multiple birth children. Congratulations on 30 years and here's to many more!

—Kim Ozark, President, Multiples of America
(also known as the National Organization of Mothers of Twins Clubs, Inc.)

President@multiplesofamerica.org / www.multiplesofamerica.org
Pictured in Photo: Kim Ozark, President of MOA

Congratulations on 30 years in business! It's been a real pleasure working with the good people at TWINS Magazine for the past 18 years, and evolving with you. Thank you for your continued encouragement and support of the multiples community with your engaging and informative magazine. Our Double Blessings' staff and family wish you multiple blessings and success for another 30 years!

—Sandy Clark, DoubleBlessings.com



Conner and Caitlin (our double blessings, age 19) Sandy Clark & husband, Fred



**Congratulations TWINS Magazine on 30 years!
From the International Twins Association**

Special 30th Anniversary Memories of

TWINS™ Magazine

30th Anniversary Edition



The TWINS Magazine Message Board is where I drew inspiration, support, and encouragement when I was pregnant with my twins and for a while after giving birth. My husband actually found the website and suggested it to me shortly after we found out that we were expecting twins. I developed a deep

and lasting friendship with my now best friend, among many other twin moms whom I keep in contact with. My best friend was due with her twins the same month as I was. We began chatting online often about the upcoming arrival of our babies, as well our other interests and our lives in general. We both have an older child who was born close to the same time and are the same age. Our twins are the same age, and we both have a successful photography business. We have so many similarities with each other that we often say we are living in a twilight zone - but we live 2000+ miles from each other. We get to see each other about once a year, but we talk online or on the phone almost every day!

The message board was such a great resource to find others going through the EXACT same thing as my husband and I and at the EXACT same time. Thank you for extending your reach to the online community of users and readers!

—Christina Newby

Photo is of my twins at 2 - they are turning 8 next month!



15 years ago, I was about to give birth to identical twin girls. I was 43 years old. TWINS Magazine was my lifeline as I waited for our babies to arrive. I borrowed back issues from the Fort Collins Parents of Multiples Club and once Julie and Emily were born, I always found the time and

energy to read my new issue when it arrived. Fast forward nearly 10 years from then, I found myself working for the magazine. The high points during the nearly 4 years I spent as the Customer Service/Office Administrator were the phone conversations with expectant and new moms. Even though we were mere voices to one another, there was a special bond with each and every parent I had the opportunity to speak with. Time truly flies by, one month from today our daughters will turn 14 and we are beginning the process of transitioning to high school! Although much of the first year or two is a blur, I am blessed and grateful every day to have our beautiful daughters in our lives, and I thank TWINS Magazine for all the profound advice and guidance it provided. Congratulations to TWINS Magazine on 30 years of providing such a valuable resource for all of us parents with multiples!

—Ellen Brey, Fort Collins, CO

Pictured in photo: Ellen and her identical twins, Emily and Julie



I love the magazine! I know it is digital now, but I miss the hard copy. My girls were in the calendar (tiny picture) a few years ago. It was always refreshing to hear about multiples. I also was glad to hear about some with

special needs. One of my daughters was diagnosed a couple years ago with Autism and Sensory Processing disorder. With extensive therapy and a typical twin sister, she has made unbelievable process. She is mainstreamed in a general education classroom and has lot so friends. She is a Cheerleader and a Girl Scout. They have a very unique bond. They are not attached at the hip, but they really do have something special that I cannot even describe.

Thank you for your publications, and advice columns, I have enjoyed reading them the past 7 years.

—Sincerely, Summer Smith

Pictured in photo: Katlynn-Red head / Audrie-Blond, Both age 6.5



Twins Magazine was the first magazine we were introduced to during our wonderful journey of becoming first time parents of multiples. It was very helpful & comforting to read articles from parents who were having the same experiences with their twins that we were having. You can read parenting articles anywhere or get advice from parents of singletons or children ranging in age, but it's not quite the same if you are a parent of multiples. Sometimes Paul & I sit back and think, are we the "only ones" having trouble with sleep habits, traveling issues, meal time messes, potty training problems, etc.? Twins Magazine really gives us a different perspective on raising twins and we come to realize we are not the "only ones"! You also gave my husband Paul and sons Joey & Brett the opportunity of being on the cover of the Father's Day June/July issue last year! What a dream come true. They were thrilled...We kept 3 copies and we gave our families copies as keepsakes! Thank you, Twins Magazine!



—Happy 30th Anniversary!

Jen Szeliga, Philadelphia, PA

Pictured in photo: The Szeliga family—Jen, Paul, Joey (Baby A-pictured w mom) and Brett (Baby B-pictured w dad) fraternal twins age 2



Congratulations TWINS Magazine on your 30th Anniversary! We have been around as long as you have and thought it was cool we are the same age. Many more years of success for a great magazine!

—Justin and Jason Jones, Fort Collins, Colorado



IDENTICAL TWINS
in Med School **STUDY** to be
DOCTORS
and Learn About
Themselves



Fascinated by how genes make them so similar, they have a mutual passion for medicine

Jessica and Jordana Goldman, first-year students at Rutgers New Jersey Medical School, are convinced that being identical twins is a big reason both want to be physicians.

"Growing up as an identical twin you want to know why you and your twin look the same when other people don't," said Jessica recently as the two sisters sat together in the medical school's leafy courtyard in Newark. "Medical school is a natural place for us to learn more about the genetic profile we share."

It is estimated that one birth in 250 produces identical twins. And Jessica and Jordana know well that the more science progresses, the more valuable knowledge about these special siblings becomes to researchers studying genes and their interactions with the environment. How can one identical twin develop a disease that the other, with essentially the same DNA, escapes? Why may one twin become outgoing while the other remains shy?

The sisters look forward to learning all they can about molecular genetics while in medical school, and their message to researchers who study identical twins is "count us in."

"I'm interested in participating in twin studies," says Jordana, "for the sake of science, but also to help me figure out why certain things about us are similar and why some are different."

Just two years ago they discovered one intriguing difference purely



Stethoscopes were already part of the Goldman sisters' ensemble when they were 3 years old.

by chance. Jordana learned in a psychology class about a neurological quirk called grapheme-color synesthesia, which causes people to think of a color when they see a number or letter. Before then, Jordana never had reason to consider herself unusual, but that day she realized she fits the description. For instance, a numeral 5 suggests redness to her, while she associates 6 with blue. The condition is presumed to have a genetic origin, but Jessica does not share it, while one of their cousins does. And they all wonder why.

Jessica's interest in DNA extends even further, with roots in her family's Jewish faith. "My strong interest in Judaism has led me to want to know as much as possible about Jewish genetic diseases," she explains.

Jessica and Jordana's shared passion for medicine has been years in the making, going all the way back to early childhood.

Jessica remembers drawing a picture of her future self in preschool, wearing a doctor's white coat with stethoscope in hand. "Whenever anyone asked me what I wanted to be," recalls Jordana, "I said, 'doctor.' I never said 'ballerina' or 'I don't know.'"

They acted on their common calling precociously early. When one sister had a childhood illness, the other would grab a medical book off their parents' shelf, look up the symptoms and declare a diagnosis. One day when Jordana went to the pediatrician with a case of strep throat and mom took Jessica along, Jessica told the doctor she planned to be a physician, and was thrilled to get a demonstration of how a positive strep culture differs from a negative one.

All the way from pre-K in Paramus, New Jersey, through medical school they have gone to school together, and their shared interest has persisted. Jessica worked for a time in a genetics lab at Mount Sinai in New York City, and when she mentioned she was an identical twin, she and Jordana instantly entered a study where their heads were photographed from multiple angles so that any differences could be explored.

There are indeed differences, yet another reason why they find genetics so fascinating. Matching DNA determines so much, but not everything, which they often emphasize to people they meet.

Weeks into medical school, many people still could not tell them apart. But here is how. Look at Jordana's left cheek. You will see a pair of beauty marks that Jessica does not have. Jordana says when people combine that with the fact that she has the less common name, it becomes clear who is Jordana and who is Jessica.

The sisters are determined to be distinct individuals and for the world to see them that way. While they went together to Johns Hopkins for its pre-med program, they pursued different interests. Jordana majored in psychology and minored in studies of women, gender and sexuality. Jessica focused on Near Eastern and Jewish studies. They embraced the chance to make separate friends, and liked the fact that, as Jessica puts it, "there were people I got to know better than Jordana and vice versa, so when they saw us together they knew who was who."

They insist on preserving their separate identities to the point where they pledge that neither of them will ever pretend to be the other – even if doing so at the perfect moment could produce a lot of laughs. Among their reasons is their future as doctors. Jessica explains that especially in medical school, an environment that values ethics, it is not smart to "mess with people's heads."

Jessica and Jordana Goldman say they root for each other "100 percent," and if one does well on an exam while the other does not, the joy is diminished for the sister who scored higher. They often study together, which works especially well when one understands a concept and the other does not – because the one who grasps the material knows better than anyone else in the world how to explain it in terms the other will understand.

It has crossed their minds that years from now there could be a medical practice with a sign in front that says "J. Goldman, MD, and J. Goldman, MD," but they also know that the medical residency system or their own individual choices may finally send them in separate directions.

If so, they look forward to what the future brings. "If it turns out that we want the same thing, great," says Jordana. "But we are not tied to that." ♥

(Courtesy of Rutgers Today)

A Trip Down Memory Lane...

Talking Triplets with the Rowland Family

by Christine Webb





Sometimes we see parents and think, “Wow, they’re doing it right.” It’s the mom in the grocery store who handles her two-year-old’s tantrum perfectly. It’s the dad who had his kids reading entire books by the time they enter kindergarten. It’s when a toddler drops a Cheerio in the mud, but then picks it up and carefully throws it in the trash instead of stuffing it in their mouth (like my child no-doubt would). Sometimes it’s easy to look at those parents and burn with a mix of jealousy and bewilderment, thinking “How do they do that?” Personally, I always wish I had a chance to sit down with them and say, “Teach me your ways!” as if they are the monks on the mountain and I am climbing to seek their knowledge.

One such set of parents is Karen and Terry Rowland from Kalamazoo, Michigan. They’re on the other side of parenting – their triplets have gone off to college and given them a chance to sit back and reflect on how they helped their children get to where they are today. No one can argue the impressiveness of the triplets’ resumes: Dustin got a perfect score of 36 on his ACT and is studying medicine at the University of Michigan. Brooke is the youngest person in her class at Georgetown Law School (she began at age 18) and was also in the Top Ten for Miss Teen USA in 2010. Tiffany recently got back from studying at Oxford University in England and is looking forward to beginning optometry school next year. Lucky for us, Karen and Terry agreed to be interviewed by TWINS so that they could impart some of their parental wisdom to our readers.

Karen says that one of the hardest things to overcome in having multiples is giving individual time to each child. She knows that individual time is not always going to happen, noting that when she had four kids in car seats at the same time, “You realize that you’re just going to have to do things ‘together’ most of the time, and that’s all right.” After all, family is about togetherness, is it not? She had some specific ideas about how to make her kids feel special as individuals,



though. Before the kids were in school, she would find ways for them to have one-on-one time: one might get up from a nap earlier than the others; one might like to “read” with her while the others played with different toys, etc. Once in school, she or her husband would take one of the triplets out for lunch once a week during the school day. It was a way for the kids to get special quality time with their parents. Another fun idea is that in between Mother’s Day and Father’s Day, they delegated days for each of their children: “Dustin Day,” “Brooke Day,” etc. This gave each family member their own special day to be celebrated – a tricky thing to do when three of them share a birthday.

Karen and Terry also emphasized that raising multiples is tricky to do alone. Many people have children, but not many have multiples. Finding support from people who have been through similar experiences to yours is very important. Karen spoke fondly of her experience: “The Mothers of Multiples group in Kalamazoo was a wonderful network of moms who had older multiples, and I gleaned a lot of support and advice from these more experienced moms at our monthly meetings. Having good friends to talk to is a wonderful blessing.” This is especially helpful, the Rowland’s note, because different phases of parenting have different needs. It’s good to have mentors who are ahead of you who can give advice and encouragement as well as people at the stages behind you keeps spurring you onward. Karen quips that when parenting triplets “every stage of life is magnified, and I feel like if I make a mistake, it is three times as serious!” Having that outside support is essential.

Parenting is a journey, and there isn’t any one magic formula that can make everything perfect. Karen uses her faith to keep her centered, explaining to us that “There is no secret. Parenting is a full-time job, not a hobby. It is hard work and a humbling experience, and you always feel like you could have done better. This life is short, and it is wonderful to know the truth that everything here makes sense if God is orchestrating your life. Time in reading the Bible and prayer keeps what is important in the forefront of my mind.” No matter what keeps you centered, it is important to prioritize your life to keep what really matters at the forefront of each day. Terry tells us to “remove everything from your life that you don’t really need – save time and money that way. Focus on your children, getting enough rest, eating healthy, making your home a pleasant place to gather. Eat meals together. Limit the kids’ activities to a reasonable level. Find like-minded families and have each other over to play and talk. Subscribing to TWINS magazine and meeting with other parents of multiples for questions and reassurance is also very helpful—it shows others have done it, you can, too!”

In conclusion, don’t get discouraged when one of your kids is throwing up on the couch and another is trying to throw the dog out the window (again). It will all be okay eventually. Invest in each day as it comes, knowing that it will pay dividends in the end. The Rowland’s left us with this final nugget of wisdom: “You reap what you sow, you reap more than you sow, and you reap later than you sow. If you invest in taking good care of your children when they are little, they will benefit for their entire lives, and so will you.” ❤️

Christine Webb is a teacher from Kalamazoo, Michigan. When she’s not teaching or writing she likes to spend time with her husband Rex, her beagle Elvis, and her evil cat Elsie. She used to babysit for one-year-old triplets and thinks parents of multiples should all receive medals of honor.



Life as an Identicalist

by Robert Shaffer

It's a bird, it's a plane, it's an identical twin! Identical twins are rare, mystifying creatures who have defied overwhelming odds. Splitting one fertilized embryo into two, these things are freaks of nature. Scientists don't know why the embryo splits. It just does. If you happen to see a pair (of twins, not embryos), be sure to distinguish every similarity or difference between the two. No characteristic is too small to go unnoticed; ask them any question that pops into your head about being a twin. They love that.

With the way people react to my brother and me, I'm 100% convinced that our people are the most majestic and the most confounding individuals on the planet. That's right, I'm declaring us as a culture: Identicalists are a proud people. The next time you see a pair of Identicalists, I ask you one simple thing. Act. Normally. Say hello to be friendly. Hold the door open to be courteous. Interact with your twin representatives as you would any other individual. Please, don't be awkward. Identicalists deal with enough awkward social interactions as it is.

"He's the older one, I'm the younger one." "You aren't seeing double." And, my all-time favorite, "Yes, we are twins." These are some of my go-to responses when people ask me the inevitable questions about being a twin. Forcing a grin every time I respond, people's shell shocked reactions get dull and predictable. I've been carrying this heavy burden for some 20 years now. My griping aside, I would never give up being a twin. I never was given a choice in the matter, but that's neither here nor there.

Being a twin is honestly amazing. I have somebody who understands me at an instinctual level. Cheesy, but true. We don't need words to communicate. We complete our sentences for each other and say the same thing at the same time. Think the twins from "The Shining," minus the long hair and murder. Fred and George Weasley without the magic joke shop. Mary-Kate and Ashley Olsen without the fading child-star personas.

A dumbfounded onlooker asks, "Are you two brothers?" I reply with a succinct, "Nope." The onlooker gives us a look of shock and horror. My brother adds, "We are just two individuals walking together, who look exactly alike. We aren't related at all." Holding on to what little patience and composure we have left, we smile politely and leave the onlooker wondering what the hell they just saw. Some sort of ghostly apparition? Extra-terrestrials? Not even close; they just encountered a pair of Identicalists.

Ok, I haven't ever done this. I'm asked this question so routinely that I smile and reply with a polite, "We're brothers, we're twins." This question is so unnecessary. Isn't it obvious that we are brothers? You can't be a twin without being a sibling. Surely such an outrageous question deserves an outrageous response.

"How do you know you are really you?" a slack-jawed spectator asks me, "and that your brother is really your brother?" While I mull over how to answer these seemingly self-explanatory life questions, the person clarifies. "How do you know your parents didn't confuse you as an infant, and you've been living your whole life as the wrong kid?" Now I'm lost. When I was growing up, my parents did occasionally mix up our names, but they knew which kid was which. My parents would never have thought Twin A was Twin B, Thing 1 was Thing 2, the sun was the moon,

or up was down. When you're talented enough to create two human lives at once, you understand which kid is associated with which traits. I was a pound heavier than my brother, I have a wider face. My brother has always been more active than me. Simply put, I am who I am and I know who I am, even if you don't know who it is that I am. You follow?

"Can you read each other's minds?" "Why yes we can," I quietly say. "In fact, we are wondering why you are bothering to ask us this question." I don't think I've ever said this either, but I've definitely thought it many times. Sadly, my brother and I don't have telepathic powers. Or maybe we do.

One Christmas, my parents took my brother and me separately to Toys "R" Us. We were picking out Christmas gifts for each other. I went with my Mom, my brother went with my Dad. In that gigantic store, overflowing with toys, board games, frustrated parents, and crying children, I picked out the most perfect Nerf gun I had ever seen. Neon green with orange accents, yellow darts with purple tips, I knew my brother would love it. Christmas day arrived and, lo and behold, what was my brother's gift to me? A magical unicorn, complete with rainbows and permanent good-luck. Kidding – it was that very same Nerf gun.

I think that at the heart of these fairly innocuous, occasionally stupid questions, people are really wondering one thing: "What is being a twin like?" It's hard for me to answer this. It's hard to imagine life not as a twin. People think that because we look alike we must be exactly the same in every way. My brother and I are actually very different. He likes rap, I hate rap. I love to read, he would rather do anything else. He thinks that movies are just as good as their books, I understand that movies are never as good as their books. We are obviously very different.

When it comes down to it, I was born with a built in best friend. That's pretty damn cool. I'm not saying this because I think identical twins are superior. We are just like any of you singletons out there, although, my mom tells me that God creates twins because the person is so spectacular there has to be a duplicate copy. Take from that what you will. ❤️





by Amanda Hamm

FOUR SHOES, FOUR SOCKS, FOUR MITTENS AND TWO HATS

I think I hate winter. I haven't always hated winter. It used to be kind of fun, what with the possibility of days off school or work, and hot chocolate... yummy hot chocolate. But that was before I charged into a winter with four small children in tow. Two of them a set of toddler twins who have yet to be convinced of the importance of shoes. I should have foreseen that hats and mittens would be less than welcome additions. The blindfold of optimism strikes again.

When the temperature began to drop, I dug into the back of the closet to prepare. I found warmer jackets for my two older kids and hats and gloves that fit them. They were all set. But the hats my toddlers wore last year were a bit small and I could find only one set of toddler-sized mittens. As babies they simply kept their hands under blankets most of the time they were outside, I knew that wasn't going to happen now that they could walk.

The lone set of mittens looked a bit threadbare, not the best way to stay warm, since they had already been used by two kids. They couldn't be used by two at once anyway so I decided to start from scratch. I bought two of the same hat and mitten sets, one pink and one blue. I don't usually go for the matching thing with my twins, but I couldn't resist. They were going to be so cute in their matching hats.

On the first cold day, I bundled them up and took the first twin out to the van. I opened the door to collect his sister and she handed me her hat and mittens. She was apparently

done with them and she hadn't even left the house. I took the warm clothes in one hand and her in the other and brought her out to the van. I had to remove her brother's mittens from her car seat before I could put her in it. He was done with his mittens, too. I buckled both twins and re-hatted and re-mittened them, then reminded my seven-year-old that he could not go to school sans jacket.

As I checked the rearview mirror to back out of the driveway, I saw a pink mitten fly through the air. I dropped my oldest at school and then arrived at the preschool, where I would need to get out and walk my daughter to her classroom. That meant we would all need to get out. I opened the side door and a toddler shoe fell out. It belonged to the toddler on the other side of the van. Both twins had stripped off not only their hats and mittens, but also their shoes and socks. The one closer to me was determinedly tugging on a pant leg.

I put everything back onto my little ones and then sorted out my four-year-old, whose gloves had two empty fingers. We walked up to the school with a stop every other second to reapply a mitten, all the while receiving annoyed looks from my toddlers, who didn't seem to understand why their hands were cold.

The next day I did not bundle my twins at the start of our journey. I left their four shoes, four socks, four mittens and two hats on the floor of the van where they had left them. I planned to fully dress them only once we needed to exit the van.

This plan did not quite work though because I was already standing in the cold (gloveless myself to better manipulate tiny clothing) when I noticed that we were short one blue mitten. I wondered how long to look for it before my son would be colder waiting than he would be rushing into the building without it. He started crying as he waved his bare hand at me. I couldn't tell if he was upset because his hand was freezing (like mine) or if he was just concerned because he knew there were supposed to be two mittens.

Since tear-shaped icicles were a bad idea either way, I abandoned my search and brought us all into a heated space as quickly as I could, but only after chasing a pink mitten that had been thrown from the stroller and was blowing across the parking lot. I was afraid that blue mitten had been kicked out in the carpool line by my oldest. We already lost a shoe this way. But I did eventually (with the help of a flashlight) track it down.

I guess I don't really hate winter. My kids look as adorable as I expected in their little hats, when they are actually wearing them. And I'm getting better at keeping tabs on all those cold weather necessities. I'll just keep putting them back on over and over until they get the idea to leave them on....Or, until springtime. ♡

*Amanda Hamm lives in North Carolina. She is the author of *Double Take: My First Year as a Mother of Twins*.*



Find a full rundown of schedules, athlete videos, Olympic protocols and more at NBCOlympics.com or TeamUSA.org

As a reminder, you can watch the first competitions of the Games on NBC starting February 6th, even though the opening ceremonies are February 7th (odd...I know) and run through February 23rd. The Paralympics are two weeks later in Sochi March 7-16.

Also, you may not know this, but the U.S. Olympic Committee is one of the only Olympic Committees in the world that receives no government funding for our athletes. They rely 100% on sponsors and donors to pay for training and participation in the Olympic Games. The Raise Your Hands campaign is a way for the public to help. The details are below.

About Raise Your Hands

- Raise Your Hands is a campaign to drive support for Team USA and our athletes
- ALL funds to support Team USA athletes come from sponsorships and individual donations
- With a pledge of just \$14, fans will receive a pair of "GO USA" mittens commissioned specifically for the U.S. Olympic Committee. The mittens are available now through the end of the Games and beyond at retail outlets nationwide and at: www.teamusashop.com/pages/Raise_Your_Hands



Another Twin athlete to watch Travis Ganong

Sport:	Alpine Skiing
Twin:	Derek
Birthday:	7/14/1988
Hometown:	Squaw Valley, CA
Twitter:	TravisGanong
Facebook:	Travis Ganong

Career Highlights:

2013, U.S. super G champion
2012, World Cup at Bormio, Italy, downhill seventh place
2011, World Championships downhill 24th place
2011, World Championships super G 18th place
2010, U.S. downhill champion
2010, U.S. super G champion

Fun Facts: Enjoys rap, hip-hop and reggae music
... Has been featured in a Warren Miller film ...
Sister, Megan, was a competitive skier



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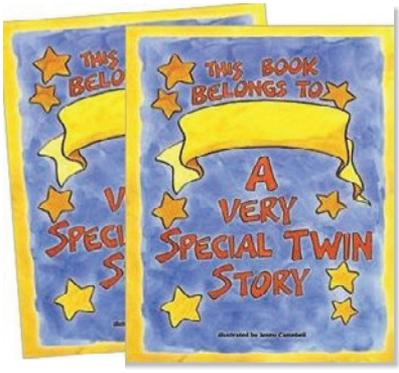


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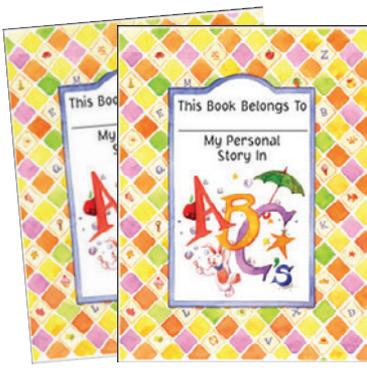
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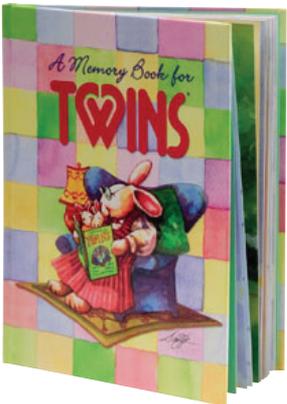


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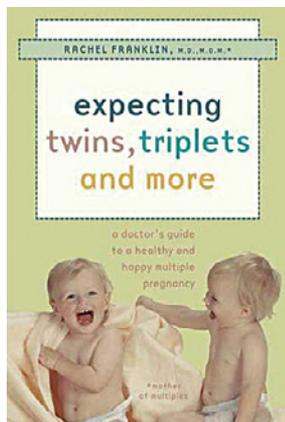
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Girl / Girl Twin Story Packet

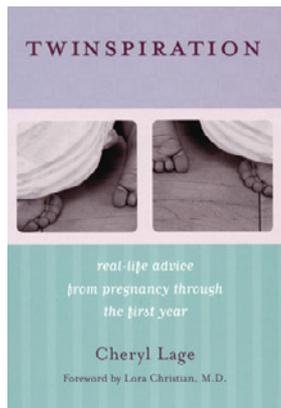


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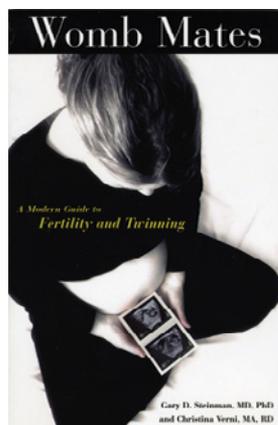
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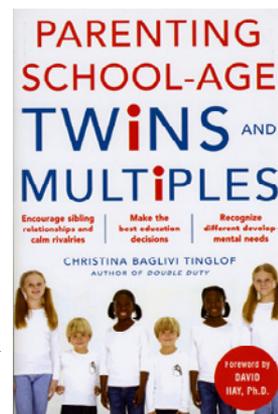
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Twinspiration



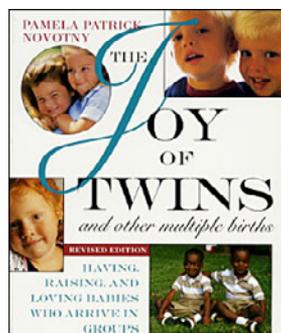
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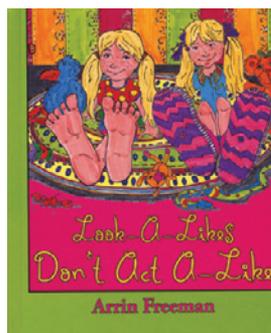
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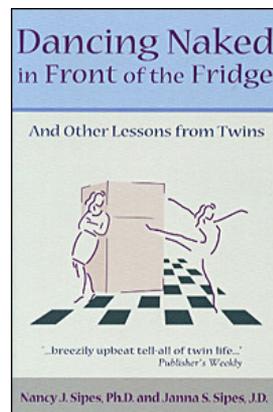
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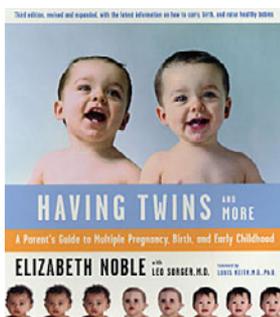
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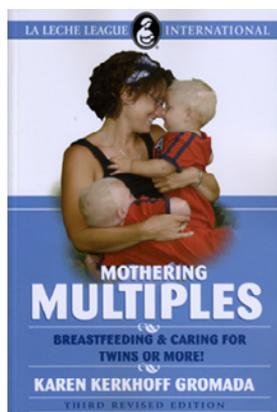
Look-a-Likes Don't Act-a-Like



Dancing Naked in Front of the Fridge



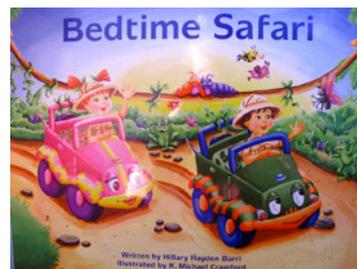
Having Twins and More



Mothering Multiples



Two Times the Fun



Bedtime Safari



Double Takes



Cade & Rece, FR
Age 1,
Birmingham, Alabama



Hayden & Hunter, ID
Age 1
Old Fort, Tennessee



Paxton & Adalyn, FR
Age 1
St. Peters, MO



Emma & Scarlet, FR
Age 22 mos.
Farmerville, LA



Jackson & Weston, FR
Age 2
New Florence, PA



Aleiyah & Aliejah, FR
Age 1
Hilo, Hawaii



Anna Faith & Rebekah Rae, FR
Age 1
Muskogee, Oklahoma



Lennon & Layne, ID
Age 2
Harrison, Ohio

January/February 2014

30th Anniversary Edition




Lola Belle & Jackson Douglas, FR
Age 10 mos. in photo (now age 2)
Rocklin, California



Katie & Maddie, ID
Age 1 in photo (now age 2)
Winder, Georgia



Bryce Preston & Brooklyn Noelle, FR
Age 1 in photo (now age 15 mos.)
Ponte Vedra, Florida



Asher & Miles, ID
Age 1 in photo, (now age 20 mos.)
Hillsboro, Ohio



Emily & James, FR
Age 1 in photo, (now age 19 mos.)
Bedfont, London



Carol & Claire, ID
Age 1 in photo (now age 14 mos.)
Millbury, Massachusetts



Ethan & Aiden, ID
Age 11 mos.
Tampa, Florida



Roman & Asha, FR
Age 1
Oak Lawn, Illinois



Fernanda & Sophia, FR
Age 2
Elizabeth, New Jersey



Doug & David, ID
Age 1
Baldwin, Florida



Elliott & Aubrey, FR
Age 1 in photo (now age 3)
Charlotte, Michigan

Double Takes



20

Julianna & Gianna, ID
Age 1 in photo (now age 4)
Hegins, Pennsylvania



21

Alexa Rose & Sophia Nicole, FR
Age 1 in photo (now age 15 mos.)
Delano, California



24

Ava & Elise, FR
Age 1 in photo (now age 18 mos.)
Farmington, Minnesota



22

Hayden & Connor, FR
Age 15 mos.
Pearland, Texas



23

Savion & Savonna, FR
Age 3
Cincinnati, Ohio



25

Camden Gregory & Wesley Cody, ID
Age 1
Maybee, Michigan



26

Jameson & Ainslee, FR
Age 1 in photo (now age 19 mos.)
Fort Walton Beach, Florida



27

Kieran & Craig, FR
Age 3
Flushing, New York



28

Easton & Savannah, FR
Age 1
Conway, South Carolina



29

Myles Harris & Tucker Manning, FR
Age 1
Hartsville, South Carolina



30

James Wiley & Caroline Grace, FR
Age 15 mos.
Woodside, New York

January/February 2014

30th Anniversary Edition



31

Sierra & Rebecca, FR
Age 1 in photo (now age 15 mos.)
San Diego, California



32

Sienna & Jacinta, ID
Age 18
Helena Valley Washington



33

Jacob & Brady, FR
Age 1 in photo (now 18 mos.)
Oshawa, Ontario, Canada



34

Natalie & Martin, FR
Age 5
Tulsa, Oklahoma



35

Jaena & Serrae, FR
Age 10
Long Beach, California



36

Gage & Alex, ID
Age 16
Quincy, Massachusetts



37

Chloe & Connor, FR
Age 3
Bethpage, New York



40

Emilyn & Adelyn, FR
Age 2
Burlleson, Texas



38

Isobel & Olivia, ID
Age 2
Mishawaka, Indiana



39

Audrie & Markie, FR
Age 1 in photo (now age 20 mos.)
Tulsa, Oklahoma

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