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SECRETS  
THAT WORK**  
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we tried them!)

**Should You  
Take  
Probiotics?**

SEE PAGE 100

**Throw a  
July 4th Party!**

DECORATING BARGAINS  
AND FESTIVE RECIPES

**Too Sexy Too Soon**  
*Dad vs. Tween Daughters*



JULY 2014  
familycircle.com





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**I** think we can all agree that the best part of summer is relaxing outdoors with friends and family. Add great food, beverages and music and—*voilà!*—instant party. Here are a few ways FC staffers make their get-togethers no-fuss fun.

“ In my experience, kids and adults alike love a DIY sundae bar. I set out a few tubs of ice cream with chocolate and rainbow sprinkles, chocolate syrup, whipped cream and cherries.” —*Jonna Gallo Weppler, Articles Director*

“ I start a ‘Create a Potluck’ list on luckypotluck.com. It’s an easy way for everyone to share what they’re bringing to the party.” —*Caren Oppenheim, Assistant Editor*

“ I serve cocktails made with passion fruit juice and ice-cold vodka, and then I crank up vintage Celia Cruz or Tito Puente. Instant mood enhancers!” —*Suzanne Rust, Lifestyle Editor*

“ This sounds ridiculously simple but is a crowd-pleaser for all ages: Cut ripe honeydew or casaba melon and fresh mozzarella into bite-size pieces and place one of each on a toothpick. You could also add cantaloupe or mango for color, but honeydew really is best.” —*Michael Tyrrell, Associate Food Editor*

“ I love to wrap tree branches with lights (I’ve been known to pull out the Christmas lights) to make my ordinary backyard glow.” —*Lisa Mandel, Digital Director*

“ Simply fill a tall glass with ice and add 1 cup pink lemonade, ½ cup sparkling water (I use a Sodastream) and ¼ cup (2 oz) vodka. It’s the perfect summer party drink.” —*Julie Miltenberger, Executive Food Editor*

“ Herbs from my garden—rosemary, mint, thyme, oregano, basil, chive—give a summery freshness to almost everything. I use them in salads, as garnishes, and even combine them with flowers for an impromptu tabletop arrangement.” —*Lisa Kelsey, Art Director*

“ I’m renowned on my block for my white wine sangria—there’s never any left over. The secret is peach-flavored vodka in addition to dry white wine and lots of fruit.” —*Lynya Floyd, Health Director*

*Linda*

Linda Fears, Editor in Chief  
linda@familycircle.com



Did you know that more kids suffer from food insecurity during the summer months, since they don’t have access to school meals? Champions for Kids, a nonprofit organization that supports kids in local communities, has teamed up with Walmart to help feed hungry children this summer. Purchase participating products at Walmart and meals will be donated to children in need. To learn more about the brands involved or how you can win \$25,000 for your school to help kids thrive, see page 63 or go to [cfkhelpkidsthive.org](http://cfkhelpkidsthive.org).

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**MOM** Check out our blog for moms of teens and tweens  
[MOMSTER.COM](http://MOMSTER.COM)

**A FEW OF MY FAVES**



**Sonia Kashuk Satin Luxe Lipcolor in Classic Red**

This is my go-to red this summer. Not only is it the perfect shade, the formula is both anti-aging (thanks to lip-plumping botanicals and ceramides and peptides that blur lines) and provides sun protection with SPF 16. Plus it’s a bargain. **Target.com, \$10**



**Evolve Greek Kefir Yogurt in Peach**

If you like Greek yogurt, you’ll love this product even more—it’s creamier, plus it’s packed with protein and probiotics. All yogurt is made with at least 2 cultures; Evolve’s kefir has 11. (For more info on probiotics, see page 100.) **Supermarkets, \$2**



**Kevin Murphy Motion Lotion**

This is the right styling product I’ve used that not only enhances waves and curls and cuts frizz but makes your hair look great the next day too. It also adds shine and protects color. Totally worth the price, since you only need to use a little. **Amazon.com, \$40**



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# get inspired!

IDEAS FOR LIVING

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## GLASS ACT

Try the unexpected: a mirror, mirror...on an outside wall. We consulted Nathan Fischer, design expert from Ace Hardware, for tips on picking and positioning a looking glass.

### 1/ Location, Location, Location

A covered patio with open wall space is the perfect spot. Place mirror at eye level—centered behind a seating area, between two doors or on a stretch of fence.

### 2/ Materials Matter

Plastic or resin styles can be left out year-round. Wood is fine too, if well covered and shielded from direct sunlight. Just keep in mind that a rusty patina will develop on non-stainless-steel surfaces.

### 3/ Hang Time

Consult a pro for the mounting technique that's right for your exterior. Avoid permanent wall marks by screwing two equal-length steel wires into any wood or soffit above, and hang the mirror directly from there.





# get inspired!

## PESTO CHANGO

Basil pesto? Been there, done that. Try these three ways to give a classic a fresh spin.

## KALE-WALNUT

In a food processor, combine 2 cups packed baby kale, 1 clove garlic,  $\frac{1}{3}$  cup toasted walnuts and 2 tbsp lemon juice. Blend until smooth while drizzling in  $\frac{1}{2}$  cup olive oil. Stir in  $\frac{1}{2}$  cup grated Parmigiano-Reggiano,  $\frac{1}{4}$  tsp salt and  $\frac{1}{8}$  tsp black pepper.

## ROASTED RED PEPPER

Combine 1 cup roasted red peppers,  $\frac{1}{4}$  cup shelled pumpkin seeds (pepitas) and  $\frac{1}{4}$  cup packed fresh parsley in a food processor; blend until smooth while drizzling in  $\frac{1}{3}$  cup olive oil. Stir in  $\frac{1}{2}$  cup grated Asiago cheese,  $\frac{1}{4}$  tsp salt and  $\frac{1}{8}$  tsp black pepper.

## CORN-CILANTRO

Heat 2 tbsp olive oil in a sauté pan over medium heat. Add 1 cup fresh corn (cut off the cob). Cook 5 minutes; cool. Add to a food processor with  $\frac{1}{2}$  cup cilantro, 2 chopped scallions and 2 tbsp lime juice. Drizzle in  $\frac{1}{3}$  cup olive oil, processing until smooth. Stir in  $\frac{1}{2}$  cup grated ricotta salata,  $\frac{1}{4}$  tsp salt and  $\frac{1}{8}$  tsp black pepper.





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GOOD

DAY

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# get inspired!

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Keds, \$60. Clutch,  
Pelcor, \$105.  
See Buyer's Guide,  
page 137.







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Use only as directed.



# get inspired!

## IN THE LOOP

Soft pretzels, a hit at the ballpark, are easy to make at home, thanks to boxed mixes. Just follow package directions (we used Fleischmann's Simply Homemade). The finishing touches are up to you.

### EVERYTHING PRETZELS

Combine 3 tsp *each* poppy seeds, sesame seeds, dried garlic and dried onion with 2 tsp coarse salt. Sprinkle on pretzels after boiling, then bake.

### SALTED CHOCOLATE

Melt 4 oz semisweet chocolate chips per package directions (thin with canola oil if necessary). Drizzle baked pretzels with chocolate and sprinkle with fleur de sel.

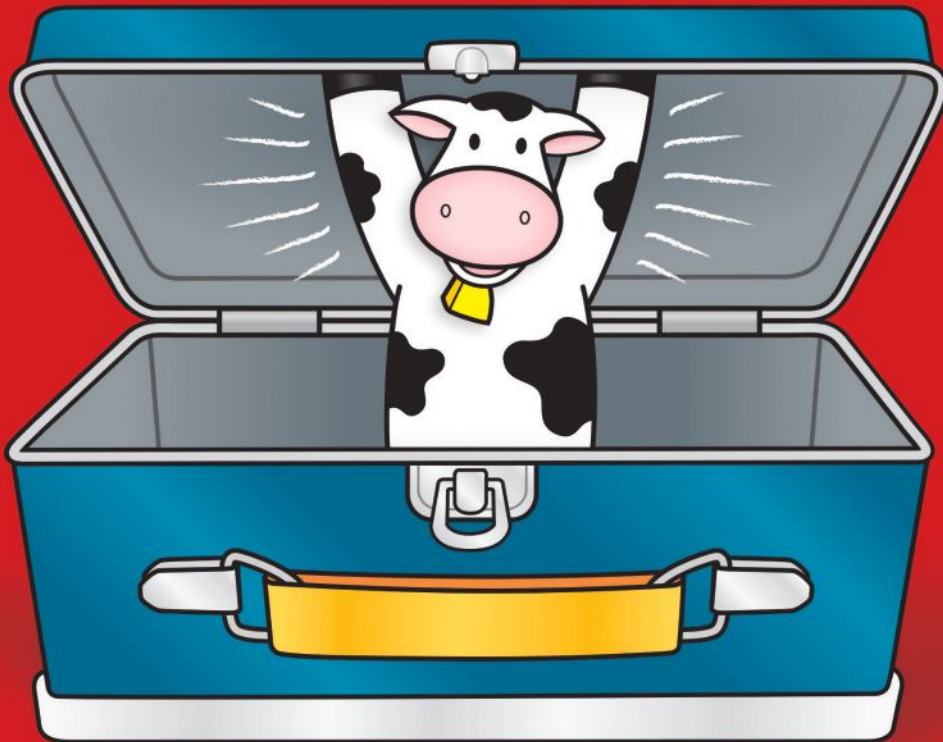
### CHEDDAR-BACON

Sprinkle each pretzel with 1 tbsp grated cheddar and 1 tsp crumbled cooked bacon before baking.

Want to shape pretzels like a pro? Visit [familycircle.com/pretzels](http://familycircle.com/pretzels).



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EVERY SIP COUNTS



# BEST OF July



Planning a **Fourth of July backyard bash**? Check out our delicious, doable and perfectly patriotic party plan on page 24. Or go to [familycircle.com/july4th](http://familycircle.com/july4th).

# 5

Animal shelters get overwhelmed with pets who freak out and run away during noisy fireworks. For **safety strategies**, turn to page 88.



# 4

**Happy birthday, America!** Download documentary extraordinaire Ken Burns' eponymous iPad app, divided into six hour-long themed playlists, for an amazing rundown on U.S. history and culture. **iTunes.com, \$10 after a free demo**

# 11



Free Slurpees all around for 7-Eleven Day! Locations, [slurpee.com](http://slurpee.com).

# 12



Last chance to savor Michigan's tart, terrific crop at the **National Cherry Festival**. Think picnics, pies and a fireworks finale over West Grand Traverse Bay. (Plus, a Cherry Queen is crowned!) Details, [cherryfestival.org](http://cherryfestival.org).

# 13

Wimbledon wrapped earlier this month and FIFA World Cup soccer ends today. For a sporty summer look, check out our **athletic-inspired fashions** on page 42.



# 15

Batter up! Bragging rights and home field advantage at the World Series are up for grabs at the **Major League Baseball All-Star Game** at Target Field in Minneapolis.



# 18



From the makers of cult favorite *The Matrix* comes the 3-D sci-fi fantasy *Jupiter Ascending*. Mila Kunis stars as a young woman with the fate of the world in her hands. In theaters nationwide.

# 23



Here's the scoop: Today marks 110 years since the **ice cream cone** was invented. All the more reason to indulge.

# 27



After 23 days, 21 stages and 3,600+ kilometers (that's over 2,200 miles), the **101st Tour de France** glides into history. Info, [letour.com](http://letour.com).



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# your time

SLOW DOWN, BREATHE, BE HAPPY



## ICE DREAMS

“My father used to say to me, ‘The only limit to your success is your own imagination.’ I actually believed that—like, I’m still coming to terms with the fact that I might not be an Olympic figure skater. I’m sure there are barriers. I have just chosen not to acknowledge them.”

—**SHONDA RHIMES**  
creator of *Scandal*, *Grey’s Anatomy*  
and *Private Practice*



## Reel Talk

**Get thee to a relationship-themed movie...with your partner.**

According to a recent study conducted by the University of Rochester, talking about the nitty-gritty issues that couples face on the big screen can be as beneficial as therapy. Participants watched films like *As Good as It Gets*, but more recent picks such as *Her*, *After Midnight* or even a blockbuster like *The Amazing Spider-Man 2* (Gwen and Peter!) can get the conversation flowing. Couples who discussed movies that deal with the ups and downs of long-term relationships, action films included, were less likely to separate or divorce than those who did not. One word: Netflix.

## CLEAN SWEEP

**Volunteering this summer can be a day at the beach. Really.**



The Barefoot Wine Beach Rescue Project and the Surfrider Foundation are in the eighth year of their collaboration helping organize volunteers to carry out cleanups nationwide. (Honestly, the only thing that should be bobbing up and down in the water or resting along the shore this summer is you.) Go to [beachrescue2014.com](http://beachrescue2014.com) to check for a local event, then grab a few friends for some good clean fun.

## READING ROOM



### SUMMER HOUSE WITH SWIMMING POOL

by Herman Koch (Hogarth)  
Sharp-eyed and sharper tongued—no surprise from the author of the disturbingly entertaining *The Dinner*. Marc Schlosser is a protective father to his two girls, a celebrity doctor with disdain for his patients, and possibly a murderer. Flashing back, he shares a tale of debauchery, deceit and denial. As his moral center implodes, his parental love becomes the lifeline to preserving what remains of his humanity. Devilishly dark and discerning.



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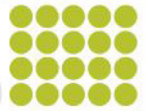
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# home life



## SOLAR POWER



The sunburst is a shining star in the interior design world. “Sun- and ray-shaped accessories bring a touch of glamour and midcentury style to a room,” says Gordon Andahl of Z Gallerie, the home furnishings store whose golden Scoppio decorative sphere (shown here, center) is perfect for perching on a stack of books. Try out the trend with an abstract fruit bowl or embroidered pillow. Or make a bold statement by choosing a radiant chandelier or metallic mirror. See Buyer’s Guide, page 137.





# ALL-STAR SUMMER

*Celebrate the best of the season with fireworks,  
flags and a festive backyard menu.*

BY JUDY PROUTY • PRODUCED BY TINA ANDERSON  
PHOTOGRAPHY BY JAMES BAIGRIE

A baking pan filled with ice cubes keeps watermelon wedges on pop sticks cold. Printed paper cups give seasonal berries Americana flair.





For Tina and Larry Toomer (center), owners of Bluffton Oyster Company in South Carolina, cooking up an alfresco seafood feast couldn't be easier. After all, fishing boats routinely unload a briny bounty of fresh shrimp and shellfish at nearby docks on the May River—and when weekends roll around there's often a party. "It's a big family affair," says Tina. "We can't do an oyster roast or barbecue without everyone's friends stopping over." A picnic on a sandbar is one option. If it's the Fourth of July, another choice is a big table on the lawn set with red, white and blue linens and a flag-inspired theme.





The culinary star of Tina and Larry's all-are-welcome blowout is Low-Country boil (opposite page), a medley of shrimp, sweet corn, new potatoes and kielbasa. Also called Frogmore stew, it's the essence of coastal life, says Tina. The menu often features local favorites like collard greens, cheese grits and pulled-pork barbecue (recipes, page 125). On the table, sparklers tied with twine add a patriotic touch to each place setting. Oyster shells hold salt and pepper.





IT'S NOT SUMMER  
WITHOUT LOW-COUNTRY  
BOIL, A ONE-POT MIX  
OF PEAK SUMMER  
OFFERINGS.







CASUAL RULES FOR A PICNIC? “SOMETIMES I’LL JUST USE NEWSPAPER AS A TABLECLOTH,” TINA SAYS.



Grandnephews Luke and Camden kick back on the makeshift lounge, an old rowboat piled high with cushions. Guests of all ages keep their cool with a sugary-tart pitcher of southern sweet tea. Vintage oyster tins filled with colorful blooms lend local flavor to the decor.



# You'll love mealtime as much as he does.



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& BALANCED  
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With wholesome ingredients and irresistible taste, it's the only one **cats ask for by name.**

\*Based on various life stages

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Deviled crab dip, another recipe with roots in South Carolina Low Country, calls for crab claw meat. For the finale, Tina's go-to dessert is a traditional banana pudding. Daughters Jessica, Jamie and Jacqueline, with best friend Jenna McQuillen (far left), dig into the sweet creamy treat served in individual glass canning jars.





Food styling: Cyd McDowell. Prop styling: Elizabeth Demos. Hair and makeup: Christine Stephens. Wardrobe: Mitchell Hall. Craft styling: Suzanne Striving. Seafood courtesy of Bluffton Oyster Company. Shot on location at The Inn at Palmetto Bluff.



Bluffton Oyster Company, founded in 1899, is the last hand-shucking house in the state. The processing plant sits on reclaimed land built up by decades of discarded shells, and even today family members still pitch in to help on both land and water. Larry's nephew Skippy owns and operates a shrimp boat. And Tina and Larry's daughter Jessica manages the Bluffton Oyster Company Family Seafood House, a low-key spot featuring oysters, steamed clams, she-crab soup and grilled shrimp among the fresh-caught offerings on the menu. Above, Tina and Larry enjoy the view.

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\*per load vs. the leading detergent



# FUN UNDER THE SUN

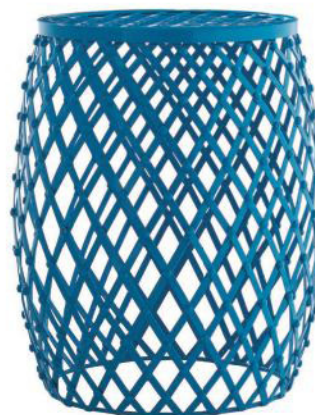
Outdoor entertaining's a breeze with these picnic and party must-haves.



1



2



5



3



4



6



7



8

- (1) Lancaster Ombré Beverage Dispenser, [jcpenny.com](http://jcpenny.com), \$36. (2) Kate Spade Saturday Envelope Pillow Cover in Strata Stripe, [saturday.com](http://saturday.com), \$35. (3) Essential Home Stemless Wine Glasses in Tinted, [kmart.com](http://kmart.com), \$13/set of 4. (4) Martha Stewart Collection Beach Blanket, [macys.com](http://macys.com), \$50. (5) Garden Stool in Blue, [homegoods.com](http://homegoods.com) for stores, \$40. (6) Malibu Lantern in Emerald, [zgallerie.com](http://zgallerie.com), \$20 to \$40. (7) Sonoma Outdoors Ogee Round Melamine Serving Platter, [kohls.com](http://kohls.com), \$20. (8) Large Printed Ottoman in Small Dot Tangerine, [dormify.com](http://dormify.com), \$99.



# Nexium Level Protection.

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for frequent heartburn.

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# Nexium 24HR





# WEEKEND UPDATE

*I spiffed up a plain-Jane wardrobe with a painted cane motif in less than a day. My M.O.? A simple new stenciling technique and a soft shade of blue.*



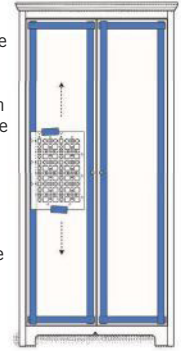
## Directions

### What you'll need:

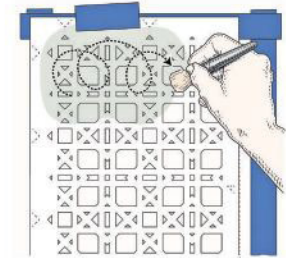
- Stencil
- High-quality natural bristle stencil brushes
- Multi-surface craft paint, or stencil crème
- Painter's tape (optional)

### STEP BY STEP

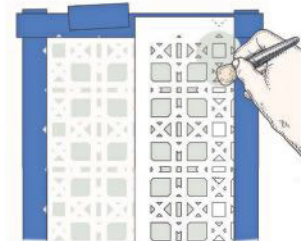
**1/** Place stencil on the front of the wardrobe, securing with painter's tape or holding it in place with your hand. For this design, start in the middle front of the wardrobe and work outward.



**2/** Dip the stencil brush into paint and dab onto a folded paper towel until brush feels almost dry. Paint over the exposed portion of the stencil using a light swirling motion—always dab off excess paint before reapplying. When the section is complete, remove the stencil and let dry to the touch.



**3/** Continue the pattern, lining up the edges of the stencil to match. Once most of the surface is painted, finish by trimming stencil (if necessary) so that it lies flush against the edge.



Suzonne Stirling blogs at [urbancomfort.typepad.com](http://urbancomfort.typepad.com).  
For more craft projects, visit [familycircle.com/crafts](http://familycircle.com/crafts).  
SEE BUYER'S GUIDE, PAGE 137.





Cats everywhere are having a hard time smelling their litter boxes thanks to Fresh Step® Triple Action



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## ▶ WATCH THIS

See NYC celebrity hairstylist Christo solve our editors' hair woes (everything from frizzy curls to thinning locks) at [familycircle.com/helpmyhair](http://familycircle.com/helpmyhair).

• JULY •

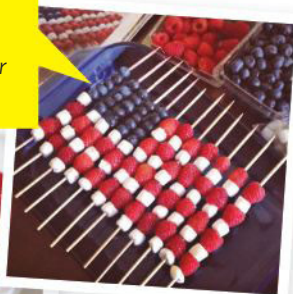
# @familycircle.com

WHAT'S ONLINE THIS MONTH

## ★ EVERYONE'S ALL-AMERICAN ★



**"We are berry patriotic!"**  
says Instagram user  
[@mommi\\_swag](https://www.instagram.com/mommi_swag), who re-created our  
Berry Kabobs.



Upload photos of your *Family Circle* food masterpieces with us on Instagram by tagging [@FAMILYCIRCLEMAG](https://www.instagram.com/FAMILYCIRCLEMAG) and [#FCMADEIT!](https://www.instagram.com/FCMADEIT) Visit [familycircle.com/madeit](http://familycircle.com/madeit) to learn more.

↑ Find this and other patriotic treats at [familycircle.com/redwhiteblue](http://familycircle.com/redwhiteblue).



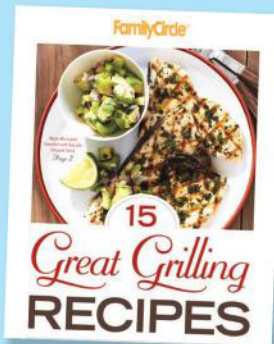
Turns out there *is* such a thing as free lunch—as well as dinner, movies and crafts! We're blogging about our favorite family-friendly discounts on the web at [familycircle.com/momster](http://familycircle.com/momster).

## YOU TELL US

We love hearing from you! Share your thoughts and photos with us and you could be published! Contact us on social media or by email: [fcfeedback@familycircle.com](mailto:fcfeedback@familycircle.com). All content becomes property of *Family Circle* and may be edited prior to publication.

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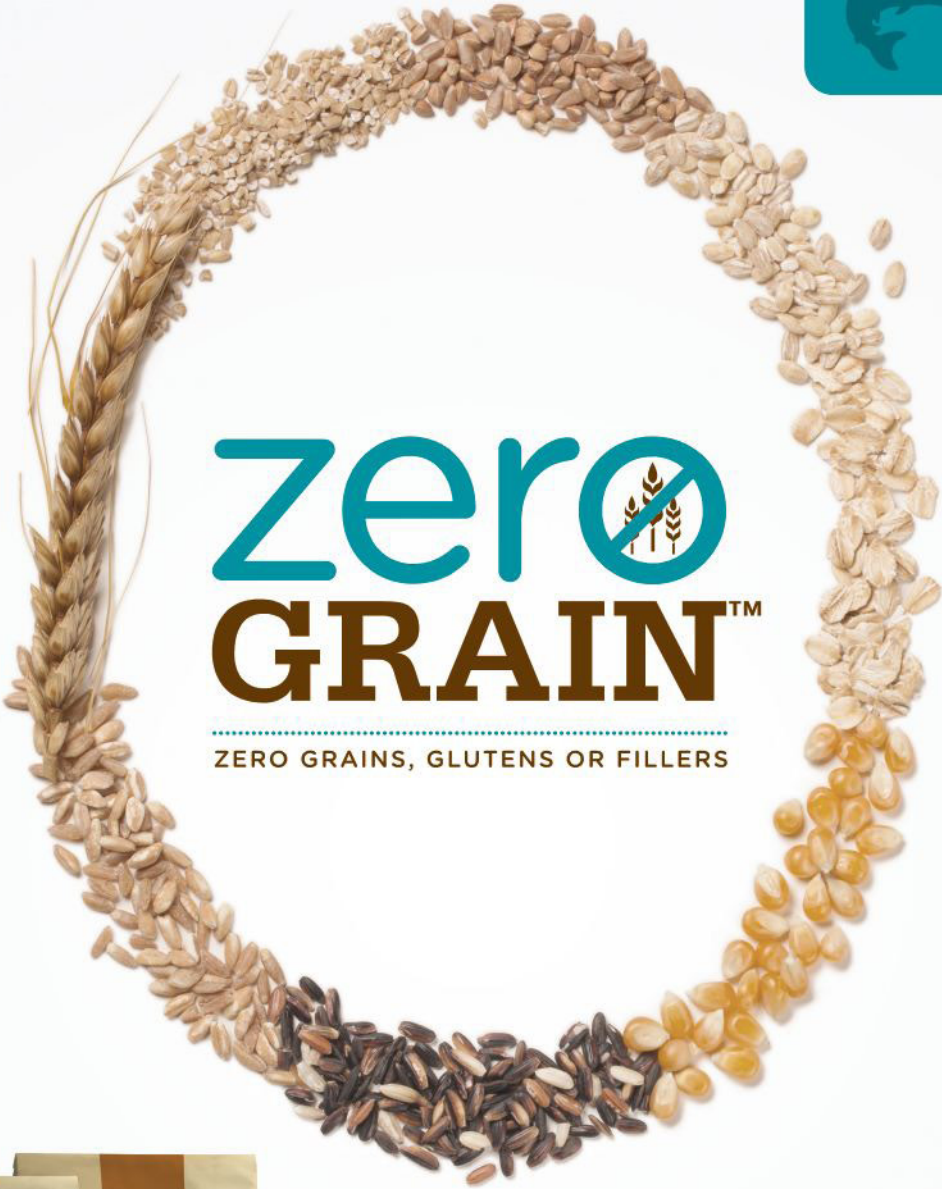
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For more information, visit [nutrishforpets.com/zerograin](http://nutrishforpets.com/zerograin)



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[BleachThis.com](http://BleachThis.com)

Refer to colorfast instructions on package and always use as directed.





# looking good



## ORANGE CRUSH

Warm up your lids with the summer's hottest hue. Coral is traditionally worn on lips and cheeks, but now it's brightening up eyes, making them really pop. Get the look by first applying an eye primer, like Stila Stay All Day Liquid Eyeshadow Primer, \$20, to make the color last, says celebrity makeup artist Albee Franson. Then sweep a powder shadow (try MAC Cosmetics in Free To Be, \$15) from lash line to crease and blend up and outward to create a soft wash of color.

SHOT ON LOCATION AT OMNI AMELIA ISLAND PLANTATION RESORT IN FLORIDA.

Hair: Jeanie Syfu for TRESemmé. Makeup: Albee Franson. Wardrobe styling: Megan Hungerford.



# GOOD SPORT

STAY ON COURSE—  
AND IN STYLE—  
WITH BRIGHT  
SHADES,  
FLATTERING  
SILHOUETTES  
AND ATHLETIC-  
INSPIRED LOOKS.

BY NICOLE  
MCGOVERN

PHOTOGRAPHY  
BY BRIAN DOBEN

## COLORFUL SETUP

MELLOW OUT AN  
ABSTRACT PRINT AND  
NEON SANDALS  
WITH SLEEK WHITE  
PANTS.

Jacket, Forever 21, \$30.  
Pants, Old Navy, \$35.  
Shoes, Call It Spring, \$45.  
Earrings, Color By Amber,  
\$20. Headphones,  
Urbanears, \$100.





**WHITE-HOT**  
TAKE A SWING AT THE  
SPORTY TREND IN A  
PERFORATED DRESS WITH  
A TWIRL-WORTHY SKIRT.

Dress, BCBG Max Azria, \$198.  
Shoes, Jessica Simpson  
Collection, \$89. Clutch,  
Cocobelle, \$150. Necklace,  
ABS by Allen Schwartz, \$75.







## GAME CHANGER

RUNNING SHORTS GO THE EXTRA MILE IN ELECTRIC PINK. TOP THEM WITH A SILKY BOMBER FOR A WINNING LOOK.

Jacket, NYDJ, \$140. Shirt, Lands' End, \$49. Shorts, L'Amour Nanette Lepore, \$34. Necklace, Forever 21, \$12. Bracelet, C. Wonder, \$48. Watch, Komono, \$60.






### SKIRT THE ISSUE

A SIMPLE WHITE SKIRT IS PAR FOR THE COURSE, SO ADD A SHOT OF STYLE BY PAIRING WITH PRETTY PATTERNS AND BOLD ACCESSORIES.

Tank, nicole by Nicole Miller, \$36.  
Skirt, Fila, \$36. Shoes, ...me Too, \$99. Earrings, Stella & Dot, \$44.  
Ring, Kenneth Jay Lane, \$90.  
Clutch, Old Navy, \$23.



# TOO DARN HOT



Limp locks, melting makeup and faded manis are only a few of summer's biggest beauty bummer. Beat the heat—and look your best—with our no-sweat solutions.

**BY DORI KATZ**

PHOTOGRAPHY BY BRIAN DOBEN

## BUMMER NO. 1

### YOUR ONCE-VOLUMINOUS HAIR FALLS FLAT.

Plump it up with a weekly protein treatment, says celebrity hairstylist Jeanie Syfu. Aveda Damage Remedy Intensive Restructuring Treatment, \$34, adds body and strengthens strands with quinoa protein. Apply to damp hair, leave on for 10 minutes and rinse, followed by a light moisturizing conditioner on ends. When blow-drying, make sure each layer is completely dry, especially near the nape. Otherwise, you'll lose fullness faster. Finally, play around with your part! Hair gets used to falling in a certain direction—switching it up instantly adds lift and movement.





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**BUMMER NO. 2**

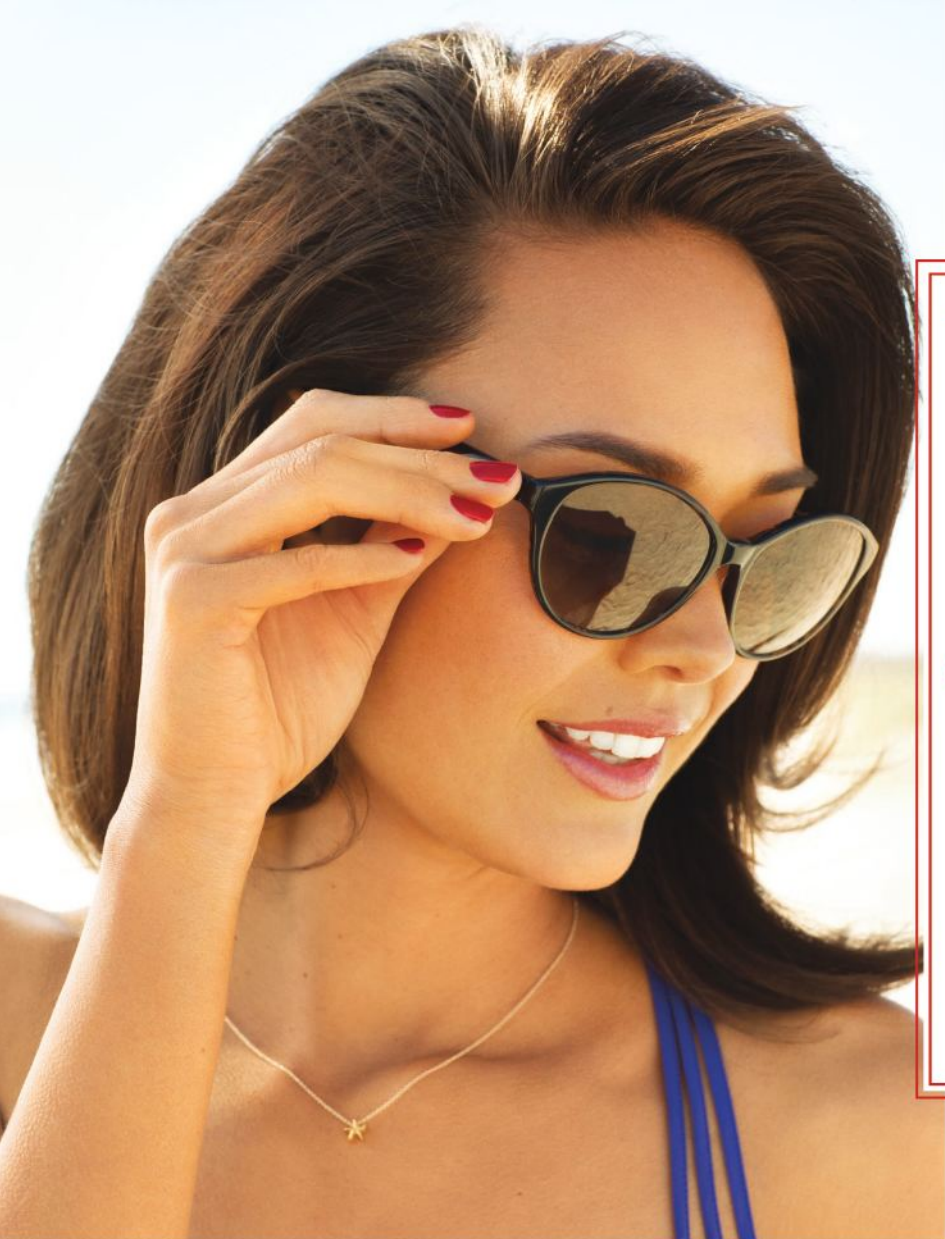
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**BY LUNCHTIME, YOUR  
MORNING MAKEUP HAS  
A FULL-BLOWN  
MELTDOWN.**

---

A silicone-based primer helps you save face by stopping makeup from slipping and sliding, says Achelle Dunaway, makeup artist and creative director of E.L.F. Cosmetics. Clinique Superprimer Face Primer, \$27, will mattify skin and fill in pores and fine lines for a smooth canvas. Stick with cream eye shadows and blushes—they won't cake (like powders do) when you perspire. For foundation and concealer, remember that less is more. Use dense formulations, like a cream or stick, to avoid melting, and "spot" apply only where needed. And to avoid the dreaded T-zone shine, keep oil-absorbing papers in your purse.





### BUMMER NO. 3

## YOUR SUPER-SHINY MANICURE DULLS INSTANTLY.

Apply a quick-dry top coat every other day to keep your manicure looking fresh longer, says Jenna Hipp, manicurist to the stars. Always extend the brush past the nail edge to minimize chips. Use a product with UV filters, like Zoya Armor Top Coat, \$10, which prevents sheer shades from yellowing in the sun. When color starts fading, try adding a sheer metallic color on top—it will reflect more light than a cream polish and won't chip as fast.

### BUMMER NO. 4

## YOUR FRAGRANCE DISAPPEARS WHEN YOU STEP OUTSIDE.

Exfoliate a few times a week with a granular scrub, suggests Mark Knitowski, Victoria's Secret VP of fragrance. Removing dead cells lets perfume adhere to your skin. In addition to spritzing, rub on the lotion or solid version of your favorite scent. These formulations last longer since they don't contain alcohol. Store bottles in a cool, dark place to keep top notes from diffusing. Pop them in the fridge for a refreshing burst every time you spray.

### BUMMER NO. 5

## DESPITE APPLYING SUNSCREEN, YOU GET A MAJOR BURN.

Soak in a bathtub with lukewarm water and 6 cups of regular milk to help lower body temperature and hydrate skin, says celebrity aesthetician Renée Rouleau. Then apply a lightweight lotion containing antioxidants, such as vitamins C and E, to reduce inflammation and skin damage. For major irritation, either a cooling, gel-based mask (like Origins GinZing Refreshing Mask, \$25) or cold plain yogurt will bring soothing relief. Leave it on for 15 minutes, rinse and repeat as needed.

### BUMMER NO. 6

## YOUR VIBRANT HAIR COLOR IS FADING FAST.

Keep your hue bright and true by cleansing with cooler water in the shower. George Papanikolas, celebrity hairstylist for Matrix, explains that higher temperatures swell the hair's cuticle, causing it to release color. Try an opaque (instead of translucent) color gloss, which will deposit pigment and extend your DIY or salon dye job a few weeks. Rita Hazan Ultimate Shine Color Gloss, \$26, is available in five shades. And fight the urge to wash daily—natural oils help strands retain color. When you do shampoo, using products for color-treated hair is vital, especially in summer. They contain extra conditioning ingredients and instantly up the shine factor.



# Pretty & POLISHED

Celebrity manicurist Deborah Lippmann shares the best shades for summer, plus the most flattering hues for your skin tone.

Find the perfect match for your complexion.

## Skin Tone

### PINK

### NUDE

### YELLOW

FAIR/LIGHT



Creamy magenta is just right for pale skin.  
**SinfulColors Nail Polish in Scandal**, \$2



Try a clean beige with pink undertones.  
**Essie Nail Polish in Prima Ballerina**, \$8.50



Think sheer and bright.  
**Revlon Top Speed Nail Enamel in Crystal Glow**, \$6

MEDIUM



Peach accents add balance.  
**OPI Nail Lacquer in I Eat Mainly Lobster**, \$9



Swipe on an opaque, full-coverage color.  
**Flower Nail'd It Nail Lacquer in Make My Daylily**, \$5



Soft, buttery shades blend nicely.  
**NYC New York Color Quick Dry Nail Polish in Lexington Yellow**, \$2

DARK



Fluorescent pink pops perfectly.  
**ORLY Nail Lacquer in Neon Heat**, \$8.50



Opt for a golden caramel with subtle shimmer.  
**Deborah Lippmann Nail Lacquer in No More Drama**, \$18



The bolder, the better. Neon citrus is fun and happy.  
**Sally Hansen Triple Shine Nail Color in Lemon Shark**, \$5

Photos (models): Brian Dohen. Hair: Jeanie Syfu for TRESemmé. Makeup: Albee Franson. Wardrobe styling: Megan Hungerford. Stills: Bryan McCoy.



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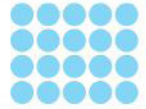


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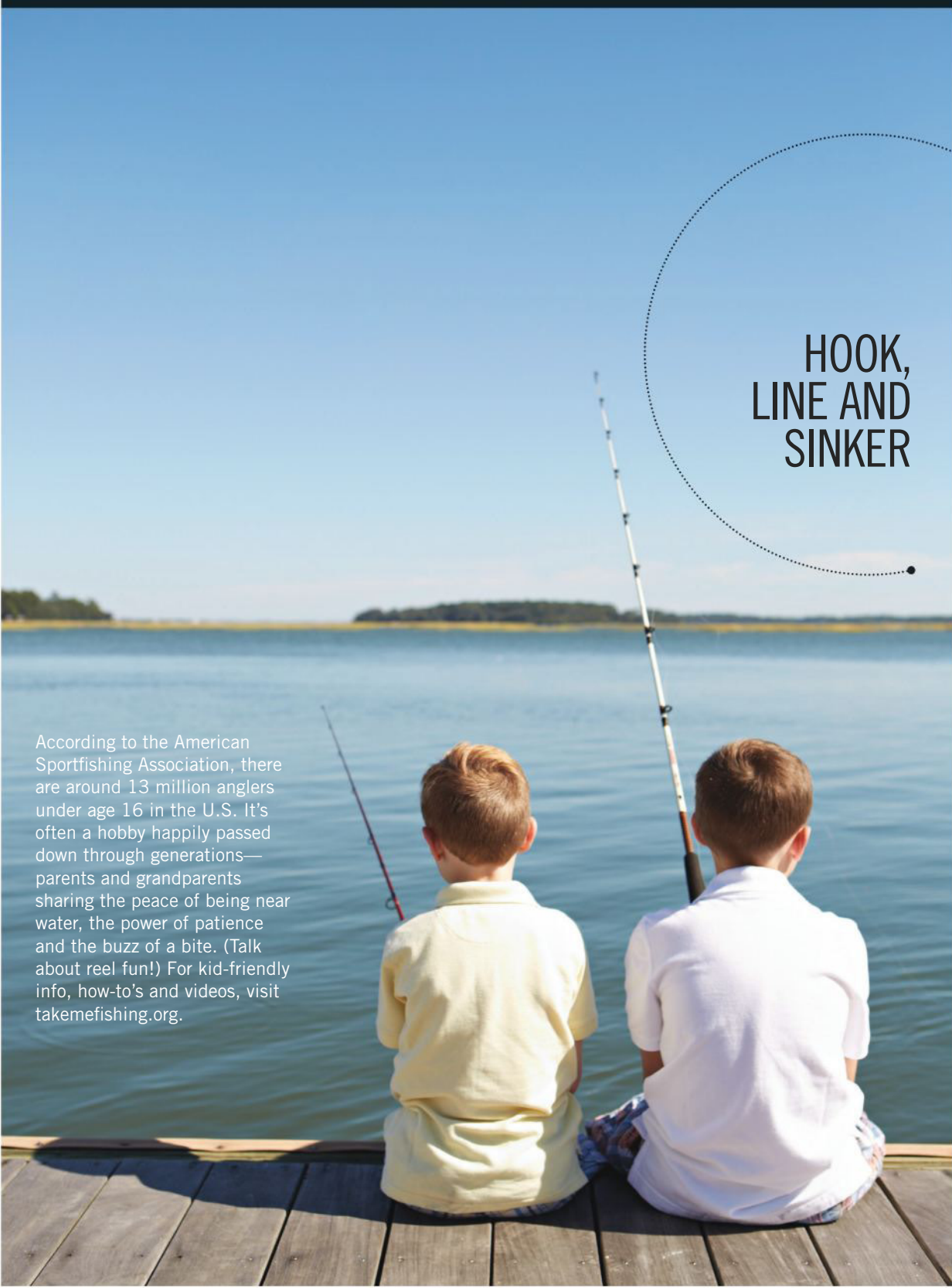




# family matters



## HOOK, LINE AND SINKER



According to the American Sportfishing Association, there are around 13 million anglers under age 16 in the U.S. It's often a hobby happily passed down through generations—parents and grandparents sharing the peace of being near water, the power of patience and the buzz of a bite. (Talk about reel fun!) For kid-friendly info, how-to's and videos, visit [takemefishing.org](http://takemefishing.org).

Wardrobe styling: Mitchell Hall. Shot on location at The Inn at Palmetto Bluff.



# Debra Messing

The Emmy-winning actress on her love of courtroom drama, canines and candy.

*I was already singing and dancing at 3. When my parents took me to see Annie on Broadway, it changed my life. I sat up in my seat, turned to them and said, "I want to be up there. That's what I want to do!"*

**I'm crazy about Reese's Peanut Butter Cups, jewelry and dogs. I couldn't go a day without Henry, my Havanese, and Laila, a Coton de Tulear. They bring such joy to my life.**

**My ultimate way to unwind is to take a nice, long bath.**

**I believe in astrology.**

**If I'm reading a magazine or newspaper—even if it's two months old—I have to read my horoscope.**

**I'm definitely a Leo—strong-willed, fiercely loyal and passionate.**



**The toughest thing about being a single mom is setting boundaries so that my professional life doesn't eat into personal time with my 10-year-old, Roman. Finding the right balance is hard.**

*No bouquets for me—I'm allergic to flowers, even floral perfume. When I was filming The Wedding Date a new makeup artist was doused in the stuff, and my face turned so red and my eyes got so puffy we had to stop shooting for nearly three hours. I'm a spokesperson for Zyrtec because it's a lifesaver.*

**I always wanted to be a lawyer.** That was my plan B if I didn't go into acting. I'm fascinated by the judicial system, and in my downtime I watch live trials on TV. Real life is the best theater around.

**familycircle.com**

For more celeb interviews, go to [familycircle.com/starturn](http://familycircle.com/starturn).



“

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”

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# Recipe for Success

*The Bushman twins are baking away to help needy families.*



Emma Bushman was watching a TV special on child entrepreneurs when inspiration struck. “Emma asked, ‘Can kids really start their own business?’” recalls Alison, her mother. “I said sure, but rather than make money for herself, I suggested she and her twin sister, Amy, do something for others. They might want to think about the families in the homeless shelter where the girls donated toys and books they collected at their birthday party each year.”

That summer the 7-year-old twins spent a week at a cooking camp in their Cincinnati hometown. One day they returned with a Mason jar filled with the dry ingredients for oatmeal cookies. “Amy and Emma now say that was their aha moment,” Alison says. Thinking about how much they enjoyed baking and bonding in the kitchen with their mom, the girls decided to give departing shelter families a jar of cookie mix so that they could inaugurate their new home by making cookies together.

Alison and the twins perfected a dry recipe for oatmeal chocolate chip—their favorite—that would fit into quart-size Mason jars. In October 2008, they launched the Bake Me Home Tote Bag Program. “We learned that hygiene items could not be purchased with food stamps, and as a mother, I was upset when I realized we might be giving cookies to children who couldn’t always brush their teeth,” Alison says. So in addition to cookie mix and kitchen utensils, each bag also contains toothpaste, toothbrushes and a \$10 grocery store gift card to buy butter and eggs.



Amy (left) and Emma Bushman created Bake Me Home to help families leaving shelters celebrate their fresh start.



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Initially they worked out of the kitchen of their local church, where they could fit more volunteers to help fill totes and fulfill deliveries throughout the state. After nearly five years, Bake Me Home moved into its own building, complete with offices, conference rooms and a kitchen. Donations, both from local supporters and through their website, have funded the rent and renovations. “When we first began, if someone had told me that we would have our own building, I wouldn’t have believed them,” Emma, now 13, says.

But the girls didn’t stop there. In 2009 they started the Picture Me Home program, in which a team of volunteer professional photographers

take portraits of families at shelters, food pantries and churches—and everyone receives a framed photo. “This program is remarkable because we have the most intimate contact with the families we serve,” Alison says. “We once found ourselves hugging and crying with a mom who had just moved into a domestic violence shelter. She had to flee on the spot and leave all her pictures of her children behind, and that one picture we provided may be the only one she now owns of her kids.”

The girls also started the offshoot Bake Me Back Home in 2010. For \$30, a donor can choose a service member to be sent four dozen homemade cookies—enough for sharing. So far, over 7,000 of the girls’ signature oatmeal chocolate chip cookies have been mailed overseas.

Amy and Emma’s next goal was to get more children involved in charity work. “I think everyone should be helping their community; if they do it as a kid, they’ll do it as an adult,” Amy says. Two years ago, after receiving a grant from the Sodexo Foundation, the twins started the Bake It Forward Program, which provides a \$100 grant to three children every year. Applications are welcome from kids in grades 2 through 9 who have



The twins and their mom, Alison, want to help other families bond in the kitchen.

## Just the Right Mix

Amy and Emma’s signature Oatmeal Chocolate Chip Cookies

- 1½ cups flour**
- ½ tsp baking soda**
- 1 tsp salt**
- ½ cup sugar**
- ½ cup brown sugar**
- ½ cup oatmeal (quick oats)**
- 1 tsp vanilla extract**
- 2 eggs**
- 1 stick melted butter**
- 1 cup Nestlé semi-sweet chocolate chips**

- Heat oven to 375°. Mix all ingredients together with a large spoon. Drop spoonfuls of dough (2 tbsp per cookie) onto an ungreased cookie sheet. Bake for 12 to 15 minutes or until golden brown. The Bushmans recommend using uninsulated cooking sheets. Cool on baking sheet for 3 minutes before moving cookies to a cooling rack.

*Makes 24 cookies.*

completed a summer community service project for a charity that benefits children. The winners’ \$100 award is donated to the nonprofit of their choice, and they also receive a Bake It Forward T-shirt and a jar of Bake Me Home cookie mix.

As Bake Me Home has kept on growing, it’s become a family affair. Alison’s role as president has developed into a full-time volunteer position, and her husband, Lee, attends most events and is always ready to lend a hand. The girls are proud of all their good work, which started with a jar of flour, sugar and oats. “Ironically, we never baked those cookies,” Alison says. “We still have the original jar from the cooking camp that inspired it all.”

To learn more about Bake Me Home or make a donation, visit [bakemehome.org](http://bakemehome.org).





Walmart 

# SUMMER OF GIVING

Help Us Provide  
**5 MILLION MEALS**  
to Hungry Kids

Walmart and Champions for Kids are teaming up to feed hungry children this summer. And you can help us and our sponsors provide 5 million meals through our **Summer of Giving** program! All you have to do is shop the Walmart freezer section and support our sponsor brands. When you do, you'll be helping to feed hungry kids in your local community.

## GET INVOLVED!

Visit your local Walmart freezer section June 9 – July 9 and support our sponsors!

Like to learn more?  
Please turn the page.

Visit [CFKHELPKIDSTHRIVE.ORG](http://CFKHELPKIDSTHRIVE.ORG) to learn how you can win **\$25,000** for your school!





## THE NEED IS GREAT.

It's hard to believe that among the world's 35 economically advanced countries, America ranks at the bottom of relative child poverty, second only to Romania.\*

At Champions for Kids, our premise is that all of us can do something to make a difference. Our organization was founded to connect everyday people to the needs of children in their own communities. We believe this is how change happens.

We inspire, educate and mobilize people to become champions for kids. But most of all, Champions for Kids makes it simple to give kids the resources they need to thrive!

\*United Nations Measuring Child Poverty, May 2012

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Visit the Walmart Freezer Section  
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# SUMMER OF GIVING

Help Us Provide  
**5 MILLION MEALS**  
to Hungry Kids

## PEOPLE WANT TO HELP

We believe people care about the future of our children, and they will help if they know the problem exists.

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We invite you to join us by visiting the Walmart freezer section and help our sponsors help our hungry kids through *Summer of Giving*.

how you can win **\$25,000** for your school!



Champions  
for Kids

The logo for Champions for Kids, featuring the words "Champions for Kids" in a white, serif font inside a black circle with a purple border.



# SUMMER OF GIVING

Help Us Provide  
**5 MILLION MEALS**  
to Hungry Kids

## Tyson



## STATE FAIR



# Walmart

Look for these sponsor brands in the Walmart freezer aisle this summer!

## BIRDS EYE



## YOU CAN BE A COMMUNITY CHAMPION!

Did you know that 10 percent of U.S. children live in food-insecure homes? That's millions of children who don't know when, or if, their next meal is coming. This is especially true during the summer months when school meal programs are no longer in effect.

This is not okay. Not in a country where so many have so much – and are willing to share it.

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Champions for Kids is about harnessing the power of people. People like you who are willing to help make sure kids don't go hungry this summer.

### HOW?

First, by participating in our Walmart Summer of Giving program and helping our sponsors in the freezer aisle meet our goal of providing 5 Million Meals this summer.

Second, by becoming a Community Champion and organizing a Champions for Kids SIMPLE Service project to help gather food and other items to help local kids in need.

### AND YOU COULD EARN \$25,000 FOR YOUR SCHOOL!

Simply share your SIMPLE Service project during Summer of Giving and your school district could be chosen to win one of three \$25,000 awards!

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- 4 SHARE your story with us to inspire others

Visit [CFKHelpKidsThrive.org](http://CFKHelpKidsThrive.org) for all the details!

Get connected!   #helpkidsthive



# You're Wearing **THAT?**

My girls are barely in their tweens, but the wardrobe wars have already begun. I can't win every battle over clothes that are too skimpy, clingy or cheeky, but that's okay. I'm learning to make peace—well, sort of—with their fashion sense. **BY BRUCE FEILER**

PORTRAITS BY MARLEY KATE

**DAD SAYS:**  
*"Bare tummies are for the beach, not the classroom. This outfit's okay for playing with friends or getting some ice cream, but that's about it."*



**DAD SAYS:**  
*"Cat lovers may like this, but 'meow' means something else to boys. Girls might consider it cute; everyone else thinks it's a come-on."*

**I**t first happened to me last year. My twin daughters, who had just turned 8, came bounding into the room to show off the new outfits they would be wearing to an extended-family gathering. My eyes bulged. The dresses drooped provocatively off the shoulder and offered other peekaboos of their bodies. Sure, I figured I would one day face clothing battles with my children. Politicians





Eden (left) likes solids and bright colors, while twin sister Tybee goes for comfort. No heels yet—flats are just fine.



aren't the only ones who draw red lines. But so soon?

As a father, I find these conversations particularly challenging. On the one hand, I've internalized all the messages that I should not criticize my daughters' bodies, compliment them merely for their looks, or in any way stifle their emerging sexuality. On the other hand, I don't want them to leave the house dressed as pole dancers.

For years, I had what I thought was a sly way of handling this issue. Whenever my daughters modeled a new piece of clothing, I would say: "I don't care what you wear. I care who you are." Recently they've begun throwing my line back at me: "But I thought you didn't care what we wear!"

Time to get some new lines.

The issue of appropriate clothing for girls has been the subject of increasing academic and popular scrutiny, fed by the likes of skimpy panties printed with "Dive In." Abercrombie & Fitch (whose CEO got in hot water recently for saying he wanted to sell clothing only to cool, attractive kids) was forced to back down after marketing "padded" and "push-up" bras to little girls. Walmart bowed to parental pressure and yanked girls' underwear that was printed with the words "Who needs credit cards..." on the front and "When you've got Santa" on the back.

While it's easy to put the blame on stores, the real issue lies at home. I feel as if I'm constantly struggling with where and when to draw the boundary line. Is this worth picking a fight over? How about that? According to Sarah Murnen, PhD, a professor of psychology at Kenyon College, parents today face greater challenges than in the past because girls' clothing has become more revealing. Her survey of popular shopping sites shows that a third of items were "sexualized," including more than half of dresses and two-thirds of swimsuits. This trend is particularly alarming because her research indicates that when adults see girls dressed in sexualized clothing, they take them less seriously. "Teachers

might be looking at these girls and assuming they aren't intelligent," she says. Still, it's impossible for kids to withstand sophisticated efforts by corporations that prey on their desire to be popular, says Joyce McFadden, a psychoanalyst and the author of *Your Daughter's Bedroom: Insights for Raising Confident Women*. Parents can sometimes compound the problem. "We're so afraid to talk honestly with our daughters about their sexuality that we end up leaving them out in the cold," she says.

My wife, who selects the bulk of our daughters' clothes in consultation with them, admits that she's less concerned with what a particular dress or T-shirt says about the girls than with what the girls say for themselves. "My goal is to make them feel good when they go to school, so they can focus on what they have to say in class," she explains. To do that, she prefers to let them pick out clothes they like, even if they're a bit tight-fitting or short. About those

'So-and-so gets to stay out until 4 in the morning.'" A little pushback—as in, "Well, in our family we do things differently"—is called for here. The critical step is for parents to make sure they are on the same page before approaching their children. Even so, "you're going to have to compromise on some pieces of clothing," says McFadden. "I had to give in on push-up bras with my tween. But don't let these items take over her wardrobe."

### ***"It's the only thing they sell."***

According to Sharon Lamb, EdD, PhD, a psychology professor at the University of Massachusetts Boston and co-author of *Packaging Girlhood*, children who make that observation actually have a point. "Still, it's important to state your values," she advises. "Say something like, 'I don't want to see you and your friends buying into these marketers' schemes to sell teenage stuff to

## ***"I'm constantly struggling with where and when to draw the boundary line. Is this worth picking a fight over? How about that?"***

outfits that set off alarm bells (not only with me, by the way, but with my mother- and sister-in-law too), she says, "My line might be drawn slightly differently from yours. I found those dresses to be a little mall rat, perhaps, but not risqué."

But we agreed that we need to be more prepared for these battles in the future. So I came up with a few typical tween-teen retorts and then asked for expert advice on how to reply.

### ***"Everybody does it."***

"Ooh, that's a rough one," McFadden says, "because it's the precursor to 'Well, Johnny is freebasing' or

younger and younger kids. It's like *Invasion of the Body Snatchers*. The marketers are the body snatchers, and I'm going to fight them!"

### ***"You're such a square."***

Maybe, but parents need to embrace their old-fashioned standards, Murnen insists. "I told my daughter that I hope she develops a wonderful body image and a healthy sexuality but I don't think that's what sexy clothes are doing," she says. Murnen went a step further and adjusted her own fashion choices. "I'm not a conservative person and I like attractive clothing," she says. "But I'm



careful not to wear styles with sexualizing characteristics because I do feel like I need to be a role model.”

**“Mom wears these things, why not me?”**

The smart answer is to point out to girls that as they get older, they will have more freedom to make their own decisions. But you’ve got to put your foot down for now. “This generation of parents are such sissies when it comes to setting boundaries,” says McFadden. “They concede to their children’s whims to make them happy, but those children have no internal compass. Limits are what make healthy, happy adults possible.”

**“Fine, but I’m just going to change as soon as I get to school.”**

When your daughters threaten to peel off layers once they leave the house, it’s time to redirect the conversation. “I would say, ‘I’m not interested in controlling what you wear, but I am interested in getting you thinking about what it means to be an attractive person,’” Lamb suggests. In fact, she often tells her college students that the species would die out if boys only wanted to have sex with girls who looked like Victoria’s Secret models. “We’re built to be attracted to people with different looks, personalities, talents, senses of humor and lots of wonderful things,” she says.

**S**o back to that family gathering and those barely-there dresses. Our girls were clearly flashing their approaching tweendom, and my wife quickly heeded the message. Shawls were procured, and their outfits instantly became more age-appropriate. A few weeks later, the three of them did a little hunting and located some websites that sold attractive clothing with more modest yet trendy-enough slogans: “I Love



Feiler with wife Linda Rottenberg, Tybee and Edén at home in Brooklyn. The outfits are Dad approved.

Music” and “Bee-You-Tiful” with a bumblebee.

Still, as we’ve been warned, the big battles are yet to come. McFadden encouraged me to stay strong. “Remember, you’re raising two young girls who are going to live a whole life,” she says. “Just because one episode doesn’t go well doesn’t mean an accumulation of similar messages won’t somehow trickle down. Be brave. Let them have the freedom they deserve, but still set guidelines that represent your values.”

When I first became a dad, I figured I would decide on a few core principles, state them firmly, and my children would know how to apply them. Now I realize I was wrong. I have to constantly find new, subtler ways to remind them what’s really important. Sexuality may be the most vivid example of this change. When I was growing up, parents thought the topic could be dispensed with by a

single awkward sit-down about the birds and the bees. But these days, sexuality is everywhere. As a result, it’s no longer “The Talk” for parents; it’s a series of talks. It’s a conversation. And it can’t begin when the kids turn 12. By then, it’s too late. Our kids are already tuning us out.

In that way, I’m happy I had this first showdown with my daughters while they were still young enough to listen to me. If nothing else, we got to practice what’s already becoming our little opera of daily life. They say, “I’m becoming a woman, Dad, hear me roar!” I say, “I’m a square, girls, but I can roar too!” And every now and then, I can even get them to smile, as long as I don’t rub it in that I can still make them laugh.

**BRUCE FEILER** is a columnist for The New York Times and the author of the best-selling book *The Secrets of Happy Families* (William Morrow).



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**Q** / I'm concerned about my grandson, who will be heading into his first year of high school this fall. He's a people-pleaser and always desperately trying to fit in. How can I get him ready for the potential dangers—everything from bullying to drugs?

This is why grandparents are so crucial! They can take a step back and see their grandchildren's challenges with perspective and love. If you want to reach out, do it casually. When you're watching TV together, for example, mute the commercials and start a conversation. Better yet, offer to take your grandson on an errand when he needs

something for school or drive him to an extracurricular activity. If you ever made an effort to fit in, share the experience and what you learned from it—including that it's not a sign of weakness to need help figuring out these kinds of problems. Explain the difference between playful teasing (which makes you feel liked) and malicious teasing (which

makes you feel insecure). Tell him that a loyal friend won't put you in situations that compromise your values, but a disloyal one will. Need more guidance on the common challenges that high school boys face? Read and then give him a free e-book I wrote with high school boys called *The Guide: Managing Jerks, Recruiting Wingmen, and Attracting Who You Want* (available on all platforms).

**Q** / We have an in-law whose spending habits are appalling. Several years ago he declared bankruptcy. I'm concerned that his teenager won't be able to afford college in a few years because of his horrible financial behavior. What should I do?

You shouldn't feel obligated to do anything. This child is no more your responsibility than any other child with a financially negligent parent. However, it's better for all of us if we look out for the well-being of every kid—according to our means. If you can afford it, you could start an educational savings account (such as a 529 college savings plan) with a minimum deposit of just \$15 to \$25. Then sit down with the teen and explain what you've done—and plan to continue doing—as he works toward his higher-education goals. You can also help by researching grants and loans for the schools he's interested in. The idea, though, is to focus on increasing the teen's chances of being able to pay for college instead of trying to fix your in-law's woeful money problems.

**Q** / My daughter is dating a boy whose Twitter feed is filled with profanity, graphic sexual comments and references to

drinking and drugs. She says it's just a joke. Her high school friends tell me the boy's trouble. How can I guide her to date boys who respect her—and themselves? Even if he is just joking, her boyfriend is trying to impress people by making them think he drinks and does drugs. So I'd say to your daughter: "I know it's up to you to figure out who you want in your life. But as your parent, it's sometimes my responsibility to ask you uncomfortable questions. Twitter is your boyfriend's public face. If he doesn't do any of the things he posts about, why is it so important to him that other people think he does?"

Explain the potentially serious consequences for her boyfriend if college admissions staff, internship coordinators or any influential adults are offended by his profile. Remind her that the guy she chooses to date is a reflection of her, and ask whether she's comfortable with that. Don't expect your daughter to agree or to enthusiastically engage in a deep conversation about how she appreciates your good sense. This is a lot to take in. Finish by saying, "If you don't want to talk about it now, I'd like you to think about it and then we can talk later." Make a point of checking in with her the next night before you go to bed, so if she has had some epiphanies—and hopefully she has—you can talk them over.

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Catch up with Rosalind on her blog at [familycircle.com/rosalindwiseman](http://familycircle.com/rosalindwiseman). Do you have a parenting dilemma you'd like considered for this column? Email [askrosalind@familycircle.com](mailto:askrosalind@familycircle.com).

**➤** ROSALIND WISEMAN works with tens of thousands of students, educators and parents each year to stop bullying, promote media literacy and more. Her book *Masterminds and Wingmen* is a New York Times best seller. For more info, go to [rosalindwiseman.com](http://rosalindwiseman.com).





Johnson & Johnson employee Paul, his partner Andrew and their sons Emerson, Riley, & Henry.

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# Under Fire

*I panicked when my daughter asked if I'd smoked pot. So I did something bold: I told the truth.*



“MOM, DID YOU EVER smoke marijuana?” my 11-year-old daughter, Lizzie, asked as we pulled up in our driveway, gravel crunching under the car’s wheels. Her question wasn’t totally out of the blue—we’d just passed a group of teenagers hanging

out on our town’s main street, a smoky cloud hovering over them like a mass Schleprock—but I was still caught off guard. My husband muttered something unintelligible and darted from the car to let the dog out of the house. I sat,

frozen with anxiety. Do I answer honestly? Or lie? Spinning possible answers like a roulette wheel in my mind, I opted for truth.

“Yes, I did. A long time ago, in high school.” I unclasped my seat belt and turned around to face her. Lizzie actually gasped. “Why?” she asked. She’s the type of kid who likes rules, the more of them the better.

And why indeed? I’d been curious, of course, but I also wanted, desperately, to escape my social awkwardness, the discomfort of living in a small southern city. That town fit me as well as the jeans I wore back then, so tight and claustrophobic that I had to lie down on my bed, exhale, close my eyes and will myself smaller to zip them up. I guess I also wanted to see what I could get away with. (Quite a lot, it turned out.) Pot was forbidden and illegal—and sure to horrify my straitlaced parents. But mostly it was a social lubricant that greased my rusty social skills: The ritual of rolling a joint and passing it around a room of kids my own age was something I could spend hours doing.

Of course, I wasn’t going to tell Lizzie all this. I wanted to bare my soul but not get naked. I wanted to be candid with her, but I wanted my candor to be rated PG. So I simply told her I’d been curious. I admit, I gave it a little spin. I told her that way back then, marijuana wasn’t as strong as it is now and drug laws were different. I explained that kids can ruin their chances of getting into college or attaining a scholarship if they’re caught with drugs. And Lizzie already takes college, the concept, very seriously. She plans to study writing and cooking. This week, at least. (Not long ago, she wanted to be an elf.)

Shocked, Lizzie rushed into the house and raced over to her dad, shouting, “Did you know Mom smoked marijuana in high school!” He did.

➤ SUE SANDERS is the author of *Mom, I’m Not a Kid Anymore: Navigating 25 Inevitable Conversations That Arrive Before You Know It*.



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Like so many other parenting challenges, this one thwacked me in the face. I'd been meaning to talk with Lizzie about drugs, I really had, but just never got around to it. Sure, I'd read articles about what you're supposed to do. Then I'd forget, or get busy folding laundry, or my email would ding. Then again, maybe waiting for the perfect opportunity, the right teachable moment, to present itself is just another way of saying I was wrapped in my cocoon of denial and avoidance. Teachable moments have a way of playing hooky.

Later that night, after Lizzie and I had snuggled together and talked a little more about drugs—I'd asked her if she had any more questions, and she did—

out on the basic steps of parenting? Was I simply Doing It Wrong?

I closed the parenting website and opened Facebook. It was time to lean on my most trusted source of parenting advice—my friends. And so I posted a status update, a query, asking how other parents talked to their kids about drugs. The postings poured in. Most said they favored being honest about their history and discussing the legal and health ramifications. They warned me off any *Reefer Madness* fervor or hard-line demand of "Don't ever do it." Back in high school, I'd been on the receiving end of "Don't ever do it." I can personally attest that approach didn't work. I didn't "don't ever do it," quite a lot.

All of which confirmed what I

*Like so many other parenting challenges, this one thwacked me in the face. I'd been meaning to talk with Lizzie about drugs, I really had, but just never got around to it.*

I trawled the Internet, searching for parenting advice on various websites. And I discovered I'd apparently done everything wrong. I was supposed to bring up the subject of drugs way back when my sixth-grader was still in preschool, finger painting and sorting colorful plastic toy bears into muffin tins. I should have discussed "good drugs" versus "bad drugs" with her as I gave her a Children's Tylenol or Motrin for her fever. I briefly berated myself for not reading more parenting books when Lizzie was younger. See, I'm not a big fan of "experts" telling me what to do—a residual and healthy distrust of authority from my adolescence—but I do believe these guides have their place: as kindling. While newly pregnant, I was given a popular book that forewarned me of all the things that could possibly go wrong with the baby I was carrying, arranged in a helpful trimester format of pure terror. I think it was called *What You Expect to Go Wrong Will*. But in bypassing this publishing industry of fear, had I missed

already knew. It was better to trust my friends—and myself—than "experts" for commonsense parenting advice. Besides, there seems to be a new expert or parenting philosophy every time I flip open the newspaper or log on to my computer. I won't always discount what they have to say. But as parents, we have to trust our guts too. Because you can't plan for every question, and the questions come fast.

The other day, while I was having lunch, Lizzie came into the dining room, face furrowed, and asked, "What's a virgin?" Choking on my seltzer, I asked what she meant. She went into the kitchen, came back with a container and pointed. "It says right here: virgin lemonade."

This article first appeared in Salon.com, at <http://www.salon.com>. An online version remains in the Salon archives. Reprinted with permission.

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## KEEP IT SHORT AND TWEET

There I was at the airport, in a long line of jet-lagged travelers that was devolving into an angry mob before my eyes. All outbound flights had been grounded by weather, so none of us were going anywhere in the near future—and the customer service reps were starting to come unglued. I called my husband, Dan, to warn him I was stuck before dialing United Airlines to try to bypass the chaos and rebook my flight home. Dan hit Twitter. While I waited on hold, he engaged in a productive back-and-forth with @united, learning that my best option was to book a hotel and accept a voucher for a future flight. Dan texted me this update and I snagged a room lightning-fast, before they were all gone.

Using Twitter to get quick, courteous customer service is one of the best reasons to maintain an account on the social media site. Because these interactions unfold in a public forum, companies know their reputation is always on the line. Therefore, they tend to staff their Twitter accounts with reps trained to listen attentively and resolve issues on the double. Lately, I've been seeing more and more users Tweet complaints and get results—even possibly incite change.

For instance, I watched a Safeway (@Safeway) customer post that an advertised sale price was no longer ringing up at her local store and get a reply the next morning honoring the lower

price. A Chico's (@Chicos) shopper who complained that shipping to Canada cost too much was promised that the policy would be reviewed. A Whole Foods (@WholeFoods) customer who expressed distaste for her store's plastic take-out containers was informed that packaging decisions are made by local management. Of course, people also visit the Twittersphere to praise products and businesses (which is a nice thing to do). But more often, it's the best way to circumvent lengthy hold times. Case in point: When General Motors (@GM) recalled cars because of a faulty ignition switch earlier this year, one woman bypassed phone support by Tweeting instead, and her problem was soon addressed.

Bottom line: These days, if you have something to say to a company, Twitter is the smartest place to do so.

### Speak Up!

Twitter communications director Rachael Horwitz sums it up perfectly: "Twitter is public, so brands are listening." Keep her advice in mind when you try Tweeting for service satisfaction.

**Address the right audience.** You post a Tweet to a company by using their Twitter handle, which always starts with @. To find the correct handle, type the name in the search field on the home page.

**Be concise.** Remember that you only have 140 characters to get your message across. Composing a Tweet is the modern equivalent of sending a telegram. Skip any unnecessary preamble. Include only key details.

**Follow along.** While Tweets are public, there is an option to continue a conversation privately within the Twitter platform, through the Direct Message (DM) function. In order to do so, both parties must be following each other. If a company's customer service rep asks you to follow them, this is likely why. (It's often a good sign.)

**Don't wear egg on your face.** If you set up a new Twitter account, be aware that the default icon is an egg, which displays in your profile and Tweets. To avoid screaming newbie, change that icon right away. "It doesn't really matter whether you have a lot of followers," says Horwitz. "But companies are more inclined to take tweets seriously from someone who seems engaged with Twitter. So you should create a profile to convey that."

### familycircle.com

For the latest tips, trends and worthwhile products, check out Christina's blog at [familycircle.com/tech](http://familycircle.com/tech).

CHRISTINA TYNAN-WOOD is the mom of two tech-savvy teenagers and a fan of using digital means to better manage her household. Check out her website, [GeekGirlfriends.com](http://GeekGirlfriends.com).





## Blow up your taste buds.

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# NO MORE LATE FEES

Never miss a bill payment with our three-step plan.

As our to-do lists grow longer—shuttling kids, making dinner, planning weekend fun—sitting down to take care of bills can sometimes fall by the wayside. But the secret to paying them on time is easier than you think.

### Know your dough

To run a marathon, first you have to train, and the same applies to getting your family's finances in shape. Sixty-one percent of people who have missed a due date say it was simply because they forgot, according to a recent Citi

Simplicity survey. "Missing a bill more than once or twice can affect interest rates and credit scores, so it's crucial to be on top of your budget and monthly cash flow," says Lena Rizkallah, founder of Money Moxie, a blog and organization focused on financial education for women and small business owners.

### Start a money day

Set aside 15 minutes on the same day each week to review finances and make payments. Family or work obligations got in the way of 39% of people who didn't

pay their bills on time, according to the Citi Simplicity survey, so making these deadlines a priority is paramount. "I do it every Monday morning before my kids wake up," says Galia Gichon, author of *My Money Matters*. Also, put an alert in your phone's calendar or write due dates in your planner until it becomes a habit. When you pay bills weekly, you'll only have to address a couple at once, keeping the time commitment to a minimum.

### Lighten your load

Set up automated online billing for cable, utilities and other accounts that have a consistent balance. Since they're due at the same time each month, they're easier to plan for and you'll avoid overdraft fees by ensuring the money is in your checking account. But beware of signing up for alert systems from the companies themselves. Identity theft scammers sometimes pretend to be reputable banks and credit card companies in emails, and it can be difficult to discern what's legitimate and what isn't when you're quickly scrolling through your inbox. Bottom line: Always check that you're on a secure website before entering confidential information.

### familycircle.com

For more financial information and tips, visit [familycircle.com/moneysavings](http://familycircle.com/moneysavings).



## Technical App-titude

### Stay on top of your tabs with these free apps.

→ **Check** connects to your bank account and billing companies and then notifies you of upcoming deadlines. It will also tell you whether you have sufficient funds in your account to cover the amount.

→ **Manilla** keeps all your money matters together, including accounts that might be offline, such as your rent, babysitter or dog walker. And it's multi-platform, so you can log on from your smartphone as well as your home computer.

→ **Doxo** serves as a digital file cabinet, letting you store financial documents along with account user names and passwords.

## DEBT DEFENSE

When you know that you don't have enough money in your account to pay a bill, the worst thing you can do is ignore the problem. Instead, call the company you owe money to immediately and ask for an extension or set up a payment plan. If you're consistently struggling to meet payments, consider debt counseling. Check out the National Foundation for Credit Counseling at [nfcc.org](http://nfcc.org).







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# SUMMER SOS

As temperatures rise, so do the risks. Learn what you need to know to keep your pet safe.

When Renee Payne's playful dog approached nearby boaters during a vacation, he ended up taking an unplanned swim. "He fell in the lake from a dock," says the Brooklyn-based animal behavior expert. "Luckily, his instincts kicked in and he started paddling, but I still had to help him back to shore." Warmer weather may signify easy living, but it can pose myriad challenges for animals. Test your knowledge of these summertime situations.

## 1 TRUE OR FALSE?

You need to make a quick stop at the store. Since it's 75 degrees outside, it's safe to leave your dog or cat in the car as long as you crack the window a few inches.



## 2 WHICH OF THE FOLLOWING SIGNALS HEATSTROKE, FATAL AFTER JUST A FEW MINUTES?

- a LETHARGY
- b CHANGE IN TONGUE AND GUM COLOR
- c HEAVY PANTING
- d ALL OF THE ABOVE

## 3 TRUE OR FALSE?

You should use animal-friendly sunscreen on pets—even long-haired ones.

## 4 WHAT'S THE BEST WAY TO AVOID PARASITES LIKE FLEAS AND TICKS?

- a BRUSHING HIS COAT REGULARLY
- b PERIODICALLY CHECKING HIS SKIN AND FUR
- c PREVENTIVE TOPICAL SOLUTIONS OR SOFT CHEWABLES



## ANSWERS

**1 FALSE.** Leaving pets in a car on a hot day for even a few minutes is extremely dangerous and can lead to heatstroke. "When the temperature's 70 degrees or above, animals should be left in the comfort and safety of their home," says Jason Nicholas, BVetMed, president of PreventiveVet.com. "Cracking the windows does little, if anything, to slow the rate of heat rising in a parked car."

**2 D.** Familiarize yourself with the color of your pets' gums and tongue so you can detect a change. "Avoid heatstroke by keeping him out of hot environments, not exercising him during the heat of the day, watching his weight and providing plenty of fresh water to drink," says Nicholas. If you suspect your dog or cat is suffering from heatstroke, take him to the vet immediately.

**3 TRUE.** Protect the bridge of her nose, the inside and tips of her ears and her belly if she's going outside. Breeds with light coats benefit from extra coverage where they have less fur, says Nicholas. Use pet-safe sunscreens that don't contain PABA (para-aminobenzoic acid) or zinc oxide, like Epi-Pet Sun Protector Sunscreen for dogs (epi-pen.com, \$18), says Melanie Monteiro, a dog safety expert and author of *The Safe Dog Handbook*. Check with your vet before applying human sunblock.

**4 A AND C.** "Even if you're using a topical solution such as Frontline Plus, which has formulations for cats and dogs, check your pet," Payne says. Parasites seek warmer areas on the body, so inspect the stomach, ears and underarms. Flea and tick collars can also offer an added layer of protection, and year-round prevention is critical even for indoor-only animals, states Nicholas.

FOR MORE QUESTIONS AND ANSWERS, VISIT [FAMILYCIRCLEMAG.COM/PETSAFETY](http://FAMILYCIRCLEMAG.COM/PETSAFETY).



Your dog shares the spirit of the wolf.  
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All dogs are descendants of the wolf, which means they share many similar traits—including a love for meat. That's why we created BLUE Wilderness.

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# WHO'S ON FIRST?

*Treat your pup to a day at the ballpark this summer.*

Upgrade your game of fetch big-time and play ball! Seventeen Major League Baseball clubs are hosting select dog-friendly game days. Pets are welcomed with perks that may include special seating, parades, best-dressed contests and giveaways, such as an Atlanta Braves dog leash or a Cincinnati Reds T-shirt. And depending on the game, a portion of the tickets may go to charity. Talk about a home run! Visit [mlb.com/tickets](http://mlb.com/tickets) for details.

## STARS AND STRIPES

DRESS YOUR PETS IN THEIR FOURTH-OF-JULY BEST.



➤ Sweet Pickles "The Food Critic" Cat Bow Tie, [petsmart.com](http://petsmart.com), \$9



➤ Uncle Sam Dog Costume, [partycity.com](http://partycity.com), \$15



➤ Peace Tank, [petco.com](http://petco.com), \$20



➤ Platinum Pets Genuine White Leather Collar with Stars in Sapphire Blue, [amazon.com](http://amazon.com), \$14

## #FCPETS!

Pose your pets in their finest red, white and blue gear and share the snapshots with us on social media, using the hashtag #FCPETS.

➔ For more great picks, visit [familycircle.com/petgear](http://familycircle.com/petgear).

## FEAR FACTOR

Boom, crack, pop! While the sound of fireworks signifies a celebration for most of us, pets are often terrified and run away. No wonder July 5th is the busiest day of the year at animal shelters, according to the American Humane Association. This Independence Day keep your pets safe with tips from animal behaviorist and celebrity pet expert Harrison Forbes.

**1** **Leave them at home.** Being around fireworks isn't safe for animals, who don't respond well to sudden loud sounds, flashing lights and burning smells. And any embers that fall to the ground can be poisonous if ingested.

**2** **Microchip and GPS them.** If you haven't already, it's crucial to take precautions in case your pets get lost. A microchip ensures a reunion if they end up at a shelter or a vet, and a tracker allows you to pinpoint their location.

**3** **Keep them out of harm's way.** If you're hosting a party, a house full of strangers can easily put cats and dogs on edge. Let them skip the festivities and simply relax in a quiet room with music to mask the commotion.



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# healthy living

## PRESENCE OF MIND



Recharge by taking a few minutes to find calm amid the chaos. Researchers are uncovering the health benefits of mindfulness—being aware and nonjudgmental of what’s happening in the here and now. “When we’re focusing our awareness on the present moment, we’re not stressing about the future or the past,” explains Suzanne Cushwa Rusnak, the coordinator of mindfulness programming at the Connor Integrative Medicine Network at University Hospitals in Cleveland, Ohio. Try to focus on different physical sensations throughout the day, like each breath as you inhale or exhale or the feeling of the ground beneath your feet. You might discover peace in unexpected places.



# BOOST(ER) YOUR HEALTH

Your child isn't the only one who needs routine vaccinations—chances are, you're missing a few yourself. National immunization rates for adults are too low, according to the Centers for Disease Control and Prevention. We asked Sandra A. Fryhofer, MD, adjunct professor of medicine at Emory University, for three inoculations you may have skipped.

## TDAP

**HELPS PREVENT** Tetanus, diphtheria and pertussis (whooping cough, which in 2012 reached its highest levels since 1955)

**ROLL UP YOUR SLEEVE** "All adults should get this one-time shot, especially if they are around babies, who are most susceptible to complications from whooping cough," says Fryhofer. (But in 2012, only 14% of adults did.) It can be done in lieu of the Td (tetanus-diphtheria) shot, which is needed every 10 years.

## PNEUMOCOCCAL

**HELPS PREVENT** Pneumonia, meningitis, bacteremia (a bloodstream infection) and some ear and sinus infections

**ROLL UP YOUR SLEEVE** It's recommended for everyone over the age of 65, along with smokers and younger people with long-term health conditions, like heart disease, diabetes and asthma, says Fryhofer.

## SHINGLES

**HELPS PREVENT** Herpes zoster (also called shingles)

**ROLL UP YOUR SLEEVE** If you've had chicken pox, you can get shingles, and your risk increases as you get older. Currently, the CDC recommends that people over the age of 60 get the vaccine, but it's FDA-approved for those age 50 and up. First talk to your doctor, as you may have to pay for the shot out of pocket.



That's the minimum number of daily servings of fruits and vegetables you should eat to extend your life span, suggests a new study. Find healthy juice recipes to help meet your quota at [familycircle.com/greenjuice](http://familycircle.com/greenjuice).

Source: University College London

## PERFECT PORTIONS

Snacking is often viewed as a diet derail, but done correctly, it can lead to weight loss and prevent overeating, says Bonnie Taub-Dix, RD, Family Circle's nutrition advisor and author of *Read It Before You Eat It*. Choose any food item from columns A, B and C to end up with an ideal protein-carb-fat ratio. Shoot for one or two well-balanced options per day.

<b>A</b>	<b>B</b>	<b>C</b>
5-6 OZ CONTAINER GREEK YOGURT	1 SMALL PEACH	2 TBSP WALNUTS
½ CUP COOKED OATMEAL	1 CUP BLUEBERRIES	1 TBSP CHIA SEEDS
½ CUP MILK ICE CUBES*	½ CUP BANANA SLICES	1 TBSP ALMOND BUTTER

\*SMOOTHIE BASE

Photos: (woman) Brian Dohen; Hair: Jeanie Syfu for TRESemmé; Makeup: Albee Franson; Wardrobe styling: Megan Hungerford. Shot on location at Omni Amelia Island Plantation Resort in Florida. (Stills) iStockphoto (3).





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**Who Can Give Taco Night  
a Kick in the Maracas?**

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BY MARIA MASTERS

# Q&A

***I've warned my son about skin cancer, but he still won't wear sunscreen. What else can I say to convince him?***

We've been there too: You drill home the long-term effects of sun exposure, only to get an "it-can't-happen-to-me" eye roll. But here's a strategy that might just get his attention—at least for now: Kids are more likely to apply sunscreen when they learn that UV rays cause premature aging, according to a new study from the University of Colorado. Buy the spray-on kind, which some kids find easier to apply, and remind him to spritz the sunscreen onto his hand before applying to his face.



## ACE YOUR CHILD'S CHECKUP

No one exactly looks forward to a doctor's visit. But scheduling regular appointments can teach your child to value her health and forge a good relationship with an MD. "Kids will model their parents' attitudes toward checkups," says Cora Breuner, MD, a professor of adolescent medicine at the University of Washington. Follow these guidelines to make the most of each appointment.

**RULE 1**

**Leave the room.**

A pediatrician should request a few minutes of alone time starting when your child is 11 or 12 years old. "Talking with a doctor is a learned skill," Breuner says. One-on-one time will build trust, which becomes more important as kids face potentially serious issues—think smoking, drinking and sex—when they're older.

**RULE 2**

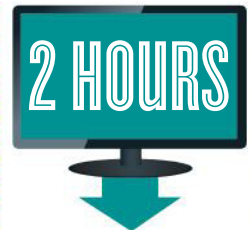
**Be sure they discuss more than vitals.**

Some of the biggest health concerns for kids can't be found with a stethoscope: "Alcohol, traffic accidents and suicide are the main threats to teens today," says Breuner. Before you leave, ask that certain topics be addressed: the importance of wearing a seat belt and the dangers of alcohol and depression.

**RULE 3**

**Do some prep work.**

Ideally, you should bring your teen to the office until she's 18 years old, otherwise she might miss out on necessary vaccines, says Breuner. But if you aren't able to accompany her, give your child a list of questions to ask and then follow up with the MD in the next few days for a recap of the appointment.



The maximum amount of time children older than the age of 2 should spend in front of a screen daily.



The actual amount of time kids ages 8 to 18 spend on entertainment media, like video games, TV and the Internet. Cut back by moving game consoles, cell phones and TVs out of the bedroom.

Sources: American Academy of Pediatrics, Kaiser Family Foundation

Photo: Aline Rohmer/Getty Images.





“I have osteoporosis.  
I also play many roles in life,  
including active grandmother.  
I take Prolia<sup>®</sup> to help  
strengthen my bones.”

Blythe Danner  
Award winning actress



**Prolia<sup>®</sup> is a prescription medicine used to treat osteoporosis in women after menopause who:**

- **are at high risk for fracture, meaning women who have had a fracture related to osteoporosis, or who have multiple risk factors for fracture**
- **cannot use another osteoporosis medicine or other osteoporosis medicines did not work well**



## Important Safety Information

**Do not take Prolia<sup>®</sup> if you:** have low blood calcium; or are pregnant or plan to become pregnant, as Prolia<sup>®</sup> may harm your unborn baby; or are allergic to denosumab or any ingredients in Prolia<sup>®</sup>.

### **What is the most important information I should know about Prolia<sup>®</sup>?**

If you receive Prolia<sup>®</sup>, you should not receive XGEVA<sup>®</sup>. Prolia<sup>®</sup> contains the same medicine as XGEVA<sup>®</sup> (denosumab).

**Prolia<sup>®</sup> can cause serious side effects: Low blood calcium (hypocalcemia).** Prolia<sup>®</sup> may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during

treatment. Your low blood calcium must be treated before you receive Prolia<sup>®</sup>.

Take calcium and vitamin D as your doctor tells you to help prevent low blood calcium.

**Serious allergic reactions** have happened in people who take Prolia<sup>®</sup>. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.

**Serious infections** in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also happen more often in people who take Prolia<sup>®</sup>. You may need to go to the hospital for treatment.

Prolia<sup>®</sup> is a medicine that may affect your immune system. People who have weakened immune systems or take medicines that affect the immune system may have an increased risk for developing serious infections.

**Skin problems** such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

**Severe jaw bone problems (osteonecrosis)** may



For women with postmenopausal osteoporosis  
at high risk for fracture: there's Prolia®.

 **prolia® is different:**  
**It's 2 shots a year.**

**It's proven to help  
strengthen bones.**

**Prolia® is also proven to:**

- **Significantly reduce fractures of the spine, hip, and other bones**
- **Help increase bone density**

**Is Prolia® right for you? Ask your doctor today.**

occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

**Unusual thigh bone fractures.** Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

**Before taking Prolia®, tell your doctor if you:**

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

**What are the possible side effects of Prolia®?**

It is not known if the use of Prolia® over a long period of time may cause slow healing of broken

bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®.

For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

**You are encouraged to report negative side effects of prescription drugs to the FDA.**

**Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

**Please see Brief Summary of Medication Guide on the next page.**

**Ask your doctor about your bone strength and if Prolia® is right for you.**

 **prolia®**  
(denosumab) injection

**2 shots a year proven to help strengthen bones.**  
**[www.prolia.com](http://www.prolia.com)**





## BRIEF SUMMARY OF MEDICATION GUIDE

### Prolia® (PRÓ-lee-a) (denosumab) Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

#### What is the most important information I should know about Prolia?

If you receive Prolia, you should not receive XGEVA®. Prolia contains the same medicine as Xgeva (denosumab).

#### Prolia can cause serious side effects including:

##### • Low calcium levels in your blood (hypocalcemia).

Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.

##### • Serious allergic reactions.

Serious allergic reactions have happened in people who take Prolia. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction. Symptoms of a serious allergic reaction may include:

- low blood pressure (hypotension)
- trouble breathing
- throat tightness
- swelling of your face, lips, or tongue
- rash
- itching
- hives

##### • Serious infections.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection.

Prolia is a medicine that may affect your immune system. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.

Call your doctor right away if you have any of the following symptoms of infection:

- Fever or chills
- Skin that looks red or swollen and is hot or tender to touch
- Severe abdominal pain
- Frequent or urgent need to urinate or burning feeling when you urinate

##### • Skin problems.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:

- Redness
- Itching
- Small bumps or patches (rash)
- Your skin is dry or feels like leather
- Blisters that ooze or become crusty
- Skin peeling

##### • Severe jaw bone problems (osteonecrosis).

Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia.

##### • Unusual thigh bone fractures.

Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

#### Call your doctor right away if you have any of these side effects.

#### What is Prolia?

Prolia is a prescription medicine used to:

- Treat osteoporosis (thinning and weakening of bone) in women after menopause ("change of life") who:
  - are at high risk for fracture (broken bone).
  - cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

It is not known if Prolia is safe and effective in children.

#### Who should not take Prolia?

##### Do not take Prolia if you:

- have been told by your doctor that your blood calcium level is too low.
- are pregnant or plan to become pregnant.
- are allergic to denosumab or any of the ingredients in Prolia. See the end of this leaflet for a complete list of ingredients in Prolia.

#### What should I tell my doctor before taking Prolia?

##### Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.

◦ **Pregnancy Surveillance Program:** Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen's Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.

- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

**Tell your doctor about all the medicines you take**, including prescription and nonprescription drugs, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

#### How will I receive Prolia?

- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

#### What are the possible side effects of Prolia?

Prolia may cause serious side effects.

- See **"What is the most important information I should know about Prolia?"**
- It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

The most common side effects of Prolia in women who are being treated for osteoporosis after menopause are:

- back pain
- pain in your arms and legs
- high cholesterol
- muscle pain
- bladder infection

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### How should I store Prolia if I need to pick it up from a pharmacy?

- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- Do not shake Prolia.
- Keep Prolia in the original carton to protect from light.

#### Keep Prolia and all medicines out of reach of children.

#### General information about Prolia

Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to [www.Prolia.com](http://www.Prolia.com) or call Amgen at 1-800-772-6436.

#### What are the ingredients in Prolia?

Active ingredient: denosumab

Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide





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# WELL CULTURED

Probiotics may be popular—but are they right for you? **BY MARIA MASTERS**

Unless you do your grocery shopping online, you've probably noticed quite a few new products on the shelves with a label boasting that they contain probiotics. Right now, these "good" bacteria are being hailed as nutritional rock stars. The claim: They can whisk you away to wellness. But as beneficial as probiotics seem, our enthusiasm for them may be outpacing the science showing what they can actually do. Before you plunk down your cash, here's what you need to know.



To make sense of how probiotics work, you'll need to understand a few details about your stomach's landscape. There are more than a trillion bacteria cells hanging out in your digestive system. And that's a good thing. Most of these bugs are "friendly" bacteria; they extract nutrients from your diet and boost your immunity by fighting off germs.

Even though the adult digestive system is dominated by a few common bacteria species, scientists suspect that each person can harbor more than 500 different kinds. Your own gut bacteria are like a fingerprint; no two people's are the same.

Despite the differences, scientists know that these bacteria mainly coexist harmoniously, helping to maintain a healthy digestive system. But this gastrointestinal (GI) party is crashed by stress, illness and even antibiotics (which can fight infections by indiscriminately killing





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The advertisement features five women in various poses of discomfort. In the foreground, three Salonpas products are displayed: a box of Salonpas Pain Relief Patch (5 patches), a box of Salonpas DEEP Relieving Gel (8 hours relief), and a bottle of Salonpas pain relieving JET-SPRAY (6 patches). The background shows a woman sitting on a chair holding her knee, a woman standing holding her neck, a woman sitting with her hand on her shoulder, and a woman sitting with her hand on her back. The products are shown in their original packaging with clear instructions and benefits.

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+ Fast Acting  
+ Fast Absorbing  
+ Clear, Non-greasy Gel

**Salonpas pain relieving JET-SPRAY**  
for minor aches and pain relief  
+ Shoulder  
+ Upper Back  
+ Lower Back  
8 HOURS  
6 patches





Probiotics are found in foods like yogurt, kefir and kimchi.

off both the good and bad bacteria). That's why some experts believe that consuming probiotics—either in food or supplement form—can help improve or maintain your health. Since they're similar to the good bacteria that are already living in your stomach, you'll kick out your digestive system's unwanted guests, which may alleviate depression, assist with weight loss and reduce the duration and symptoms of some illnesses.

If you're tempted to dash to the nearest grocery store, we won't stop you. Scientists believe that probiotics have some pretty huge health potential. But here's the caveat: "We're still scratching the surface of understanding probiotics," says John Y. Kao, MD, a physician scientist who studies probiotics at the University of Michigan. "Since people's gut flora are so different, it's difficult to determine which ones are healthy. And much of the probiotic research has been done in the laboratory—as far as what they do in each person's digestive system, that's another hurdle."

So should you take

probiotics? Maybe. For starters, they are found in many healthy foods, like yogurt, kefir and kimchi. You can also consider taking your probiotics in pill form—see the guidelines to the right.

Another way to improve your gut health is by eating more produce, which may help the probiotics already inside your body to flourish. "These bacteria have evolved to break down fruit and vegetable fibers and use them as fuel," says Kao. Shoot for five servings a day, and vary the kinds and colors of produce you eat. According to one study, a "healthier" gut contained a more diverse number of bacteria species than an "unhealthier" one. By expanding your diet to include a more diverse amount of whole foods, you'll establish a diet plan that will improve more than just your stomach health—your whole body will benefit too.

## HOW TO CHOOSE A PROBIOTIC SUPPLEMENT

"When it comes to a product's quality, it's a buyer-beware situation," says Tod Cooperman, MD, president of ConsumerLab.com, which tests supplements. "But for some people, the pros may outweigh the cons." Follow these three tips to make a smart purchase.

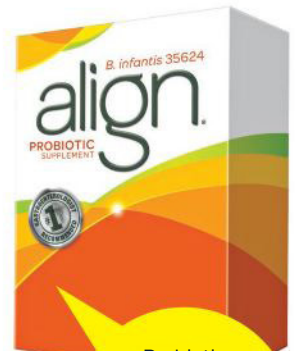
### 1 / Seek out specific strains.

"Not all probiotics are created equal," says Matthew Ciorba, MD, assistant professor of medicine at Washington University in St. Louis. "Different strains exert different effects on the body, so you should look for the one that's helpful for your condition."

Studies show that *Lactobacillus rhamnosus GG* can reduce the duration and severity of diarrhea caused by some viruses and antibiotics. And *Bifidobacterium infantis* can help IBS-related diarrhea and constipation. Find the former strain of probiotics in the Culturelle supplement and the latter in Align.

### 2 / Pay attention to packaging.

"Don't be misled by an 'at the time of manufacture' label," says Cooperman. "Just because these organisms were alive when bottled doesn't mean that they survived transportation and storage." A better bet is to look for a "best buy" date; companies that list one probably included more probiotics to compensate for some bugs dying off. Check for at least 1 billion colony forming units (CFU), and note the storage instructions; many require storage in a dry place, while others don't.



Probiotic supplements, like Align, may help improve your digestive health.

### 3 / Be your own judge.

For people without a GI disorder, probiotic supplements might be a good option, says Kao. But unless you have a specific digestive health problem, it's hard for researchers to quantify their benefits. After all, a person who's healthy at the beginning of a study will most likely still be healthy at the end.

Plus, the FDA doesn't regulate supplements like it does medications, so there's no guarantee that a bottle's contents match its claims. According to a study by ConsumerLab.com, 5 out of 19 probiotic products didn't contain as much good bacteria as the manufacturer promised. (Culturelle and Align, mentioned above, both passed the test.) To some extent, it's up to you: Monitor whether your symptoms are getting better or worse or staying the same. Science can only tell us so much—listen to your body as well.





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Let's just say that if I had a dollar for every pound I've lost and regained over my adult life, I'd have plenty of cash for the proverbial rainy day. But after two decades on the roller coaster, I was weary of the ride. My always-messy closet, stuffed with clothes to fit my body anywhere along a 30-pound spectrum, was bumming me out. And more important, as a mom wading into my 40s, not facing the potential health implications of being overweight felt increasingly irresponsible. Anxiety about high blood pressure, diabetes, stroke and heart disease gnawed at my brain. My son and daughter—9 and 6—are my world, and I want to be around for them for as long as possible.

Bottom line: It was time to break the cycle. So this is the story of

# HOW I FINALLY LEARNED TO STOP DIETING

BY JONNA GALLO WEPPLER





# In February 2013

I loaded up a suitcase with T-shirts, sweats, socks, sneakers and every sports bra I owned, bound for the Biggest Loser Resort Niagara. My hope was that a week at a hard-core fitness camp would jump-start some weight loss and put the brakes on two decades of yo-yo dieting. (Go to [familycircle.com/biggestloser](http://familycircle.com/biggestloser) for that story.)

It was the first time I'd been away from my kids (then 8 and 5) for more than 24 hours, and initially I was distracted, worried, like a fish out of water. Soon though, that anxiety gave way to what can only be described as euphoria, courtesy of mega endorphins from the workouts and the fact that I was relieved of all household to-do's—no cooking, cleaning, homework-checking. It was awesome. But in hindsight, I was living a little too much in the moment and not focusing on how I would lose weight and live healthfully at home. The trainers talked about it—a lot—but instead of truly listening, I was reveling in my freedom from everyday responsibilities. Yes, even exercising 5 hours a day, it felt like a luxury vacation. Despite arriving home optimistic, after a month or two, I was back to my old eating habits. As for exercise, it was sporadic. At best.

In the end, I was disappointed that I didn't make more of that stay. So when I was unexpectedly offered a chance to check out the newest Biggest Loser Resort, in Chicago, I went for it—vowing that instead of letting history repeat itself, I'd come away with doable long-term strategies.

Going in with that mind-set made all the difference. Thanks to the guidance from BLR Chicago's first-rate trainers and staff, I've made more than a few changes in my day-to-day. Some are surprisingly easy and cheap. Others



That's a fitness tracker in place of a watch. I'm a fan of the Shine by Misfit Wearables—see page 109 for details.

require more commitment and cash. Combined, they've helped me take off 10 pounds and counting at press time, and keep to a reasonably consistent exercise schedule. If you too have had it up to here with dieting, by all means benefit from my hard-won experience.

## LITTLE CHANGES, BIG RESULTS

► **WAKE UP, DRINK UP.** I'd heard downing lots of H<sub>2</sub>O is a must for weight loss a million times. Unfortunately, I don't like water, so this advice went in

one ear and out the other. A trainer suggested I drink a big glassful before doing anything else in the morning. This single new habit has upped my overall consumption considerably and makes me feel like I'm starting the day on a positive note. And since I'm not fully awake, I find the water less objectionable. I still enjoy an a.m. java, but not first thing. New ritual: Stumble out of bed, plug in coffee, drink a glass of water, then carry on as usual.

## ► GET SERIOUS ABOUT EXERCISE.

My fitness plan hinged on working out at night, "right after everything at home is squared away." Despite good intentions, it rarely happened. The earliest I ever achieved "squared away" status was around 9 p.m. Exercise, after a nonstop 14-hour day? Yeah, right. At Biggest Loser Chicago, there's a mandatory cardio class at 6 every morning. Sounds tough, and it was initially. But then it dawned on me—the beauty of that hour is that nothing is likely to get in the way. Result: Twice-weekly 6 a.m. workouts. In my wildest dreams I would not have imagined forcing myself out of bed at that hour for a sweat session. Which is not to say it's easy—truth be told, some days I have to drag myself out from under the covers. And by 9 that night, I'm totally beat. Even so, the major mental lift I get from crossing exercise off my list first thing is worth the effort.



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CRUNCH ON

► **CRUNCH THE NUMBERS.** Math is not my strong suit, but sustainable weight loss requires reading food labels and doing basic calculations. The Biggest Loser healthy eating prescription calls for a 30/30/40 split of daily calories among protein, fat and carbs. It also suggests 25 grams of fiber per day for women, less than 2,400 milligrams of sodium and water, water throughout the day—though not so much during meals, because it can interfere with digestive enzymes doing their thing. Realistically, aim for a 90/10 split—meaning 90% of the time you're eating nutritionally sound, balanced meals. The remaining 10% is flexible, for special occasions and indulging cravings to prevent feelings of deprivation.

► **HIT THE HAY SOONER, NOT LATER.** As a working mom, it's hard to resist the lure of staying up till the wee hours in order to get stuff done. The house is quiet, and there's always a floor to sweep, laundry to fold, papers to sort. In a session at BLRC, I experienced this aha moment: The later I putter, the likelier I am to end up in the pantry, foraging for sweets. Not out of hunger, but from a mix of boredom and a sense of entitlement. After all, if I'm up this late, surely I deserve a treat. My nights now consist of a few reasonably quick tasks, then retreating to bed



With my terrific training buddies, Carla Bleil (left) and Sarah Persteins. Trainer John Barry keeps all three of us moving.

(far from the kitchen) with a book or magazine until lights-out.

► **TRAIN FOR LE\$\$.** Nobody will kick your butt better than a personal trainer, but the cost can be tough to stomach. Make it more affordable by recruiting a couple of like-minded friends, then finding a fitness pro willing to train you together. This suggestion has been a boon for me and two buddies—we do new moves each week under trainer John Barry's watchful eye, but at a third of the price of a session. And by agreeing to pay our share regardless, we hold one another accountable to show up.

► **SHORT-CIRCUIT A SUGAR RUSH.** Cake, cookies, candy, ice cream. Yes, please! My brain and sweet tooth duke it out often, and usually my sweet tooth wins. Unfortunately, a few bites of something sugary can often snowball into blowing off an entire



day of otherwise healthy eating. BLRC nutritionist Jennifer Vimbor's suggested fix is a protein-and-carb combo. Three easy options: 1 to 2 ounces of turkey breast on a slice of whole-grain bread, plain

## 3 ANYWHERE, ANYTIME WORKOUTS

From day one at Biggest Loser Resort Chicago, the trainers emphasize that any minute of movement you can grab during the day makes a difference. "When it comes to exercise, nothing gets you nothing, but something gets you something," chirps head trainer Betty Herberger. I learned these quick, simple workout ideas from her and rely on them to get my heart pumping at any opportunity. (No equipment needed!)

### 1-MINUTE ROUTINE

Do **60 seconds** of jumping jacks, with a squat in between each.

### 15-MINUTE ROUTINE

**2 minutes** Walk in place  
**2 minutes** Run or brisk march in place  
**2 minutes** Push-ups  
**2 minutes** Jumping jacks  
**2 minutes** Fast squats  
**2 minutes** Burpees  
**2 minutes** Lunge  
**1 minute** Plank (or two 30-second segments)

### 40-MINUTE ROUTINE

This workout is called Treading, and I love it because it starts with a bang, mixes high-intensity intervals with recovery time for maximum fat burning, and never gets boring. I do this outdoors with a combo of walking and running, weather permitting. If not, it's great on a treadmill or elliptical machine.

**5 minutes** Walk in place  
**5 minutes** Run/walk as hard as you can (If you

can converse with a friend, you're not going hard enough. Step it up!)

**5 minutes** Recovery  
**4 minutes** Go as hard as you can  
**4 minutes** Recovery  
**3 minutes** Go as hard as you can  
**3 minutes** Recovery  
**2 minutes** Go as hard as you can  
**2 minutes** Recovery  
**1 minute** Go as hard as you can  
**1 minute** Recovery  
**5 minutes** Cooldown



Greek yogurt with a serving of fruit or 1/3 to 1/2 cup of high-fiber cereal, or tuna with a few whole-grain crackers. These easy-do pairings quickly stabilize blood sugar and provide that little pause you need to take a breath, refocus and get back on track.

▶ **LOOK PAST THE SCALE.** When the number isn't moving downward quickly enough, it's all too tempting to throw in the towel—or munch miserably through half a box of doughnuts. At BLRC, it was ingrained in my brain to make a conscious effort to seek other tangible signs of progress. Clothes getting noticeably looser, for instance, or being able to do more reps of a challenging exercise can speak just as loudly as the number on the scale. I just have to listen.

▶ **WEAR A TRACKER.** Even as activity monitors became increasingly popular, I resisted. (In retrospect, I'm sure I

just didn't want inarguable proof of how little I was moving some days.) BLRC trainers are big advocates of the information and accountability these devices provide, and I finally caved. On nights that my number of steps taken is pathetic (like, sub-4,000), I grab my iPod and go for a walk after my husband gets home. There are tons of options on the market. Personally, I like the sleek look and functionality of the waterproof Misfit Wearables Shine (misfitwearables.com, \$120). The leather band is an awesome upgrade, and they make socks, a necklace and a T-shirt that house the device as an alternative to wearing it on your wrist. (See how we rated a variety of fitness trackers at familycircle.com/fittrack.)

▶ **RESIST "MAGIC MONDAY" SYNDROME.** How tempting it is to say, "I'll start over on Monday." It's the first day of the work week—seems ideal,

right? Wrong. Any day is good to start (or recommit to) eating well and exercising. Don't let one junk-food-laden party or skipped workout derail you for days. Think of it this way: If your car suddenly started skidding, you wouldn't wait until Monday to do something—you'd take corrective action right away. Apply that principle here. As soon as you perceive a skid, grasp your mental steering wheel firmly with both hands and turn decisively in the direction you want to go.

**CHICAGO** is the latest addition to the roster of **Biggest Loser Resorts** around the US. The boot-camp-style program runs within the **Hilton Chicago/Indian Lakes Resort**, which boasts indoor and outdoor pools, a gorgeous golf course, a luxury spa and more. For details and rates, go to [biggestloserresort.com/chicago](http://biggestloserresort.com/chicago).

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## RECIPES

The food at the resort is spa-style—healthy, fabulous and filling. Here's a taste of three Biggest Loser recipes now in my repertoire.

### Chocolate Banana Peanut Butter Smoothie

MAKES two 12 oz servings

- 2 cups ice
- 1 banana (frozen, fresh or a mix)
- ⅓ cup PB2 Powdered Peanut Butter
- ½ cup plain Greek yogurt
- 1½ tsp honey
- ½ cup chocolate almond milk, unsweetened
- 2 scoops vanilla protein powder

▪ Add all ingredients to a blender. Whirl until smooth.

PER SERVING 206 CAL; 4 g FAT; 16 g PRO; 32 g CARB; 5 g FIBER; 227 mg SODIUM

This scrumptious smoothie calls for my new pantry staple, PB2 (amazon.com, \$11). It's powdered peanut butter that adds intense peanut flavor but with almost 85% less fat calories than the typical spread. The recipe yields two satisfying drinks—one each for me and my peanut-butter-loving husband.

### Vegetable Hummus Tortilla Wraps

MAKES 2 wraps REFRIGERATE 3 hours

- 1 tsp sugar
- 1½ tsp white vinegar
- ¼ cup carrots, julienned
- ⅓ cup seedless cucumber, julienned
- ⅓ cup red onion, julienned
- Pinch of salt
- Pinch of pepper
- 2 10-inch multigrain tortillas
- ⅓ cup roasted red pepper hummus, homemade (recipe follows) or store-bought
- ⅓ cup bean sprouts
- 1 cup alfalfa sprouts

▪ Dissolve sugar in vinegar. Mix with carrots, cucumber and onion. Season with salt and pepper and refrigerate for 3 hours.



- Drain veggies.
- Spread ¼ cup of the hummus across each tortilla. On bottom third, add half the marinated vegetables, top with half the sprouts and roll up. Square ends and cut in half.

PER WRAP 380 CAL; 8 g FAT; 14 g PRO; 65 g CARB; 11 g FIBER; 795 mg SODIUM

**Hummus is easy to make, and you can refrigerate what you don't need for the wraps in an airtight container. But if time is short, store-bought works too. Neither my husband nor I are typically fans of sprouts, but this sandwich makes for a lovely lunch.**

Photos: Yunhee Kim. Food styling: Megan Schlow. Prop styling: Karim Olsen.

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## Roasted Red Pepper Hummus

MAKES 2 cups

- 1 can (14 oz) garbanzo beans
- 1 roasted red pepper
- 1 tbsp lemon juice
- 2 cloves garlic
- 1 tsp tahini paste
- 1 tsp sea salt
- 1 tsp paprika
- ½ cup water
- 1 tsp chili flakes

Place all ingredients in a blender. Whirl until smooth. Make sure to scrape down sides of blender pitcher to get any lumps.

PER ½ CUP 234 CAL; 4 g FAT; 11 g PRO; 39 g CARB; 10 g FIBER; 465 mg SODIUM

## Peanut Butter and Chocolate Chip Cookies

MAKES 11 cookies

BAKE at 350° for 15 minutes

- 1¼ cups canned garbanzo beans, drained and rinsed
- 2 tsp vanilla extract
- ¼ cup plus 2 tbsp peanut butter
- ½ cup PB2 plus ¼ cup water, mixed together
- ¼ cup honey
- 1 tsp baking powder
- ½ cup dark chocolate chips

Heat oven to 350°. Line a baking sheet with parchment paper.

Combine all ingredients except chocolate chips in the bowl of a food processor and whirl until smooth. Remove dough from food processor to a mixing bowl. Stir in chocolate chips.



Using a ¼-cup scoop, portion out dough into 11 rounds on baking sheet. Lightly press down on cookies to flatten.

Bake at 350° for 13 to 15 minutes.

PER COOKIE 138 CAL; 6 g FAT; 5 g PRO; 18 g CARB; 3 g FIBER; 187 mg SODIUM

For times when only a cookie will cut it, try a flourless chocolate chip version made mostly with protein- and fiber-packed garbanzo beans. Will it be the best cookie you ever had? Doubtful—but it will help get you over the hump.

For more Biggest Loser recipes, go to [biggestloser.com](http://biggestloser.com) and click on Nutrition.



Drizzle on flavor, not added sugar. Make your favorite dressing with SLENDA® No Calorie Sweetener for an even healthier salad.



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THINK SUGAR, SAY Splenda





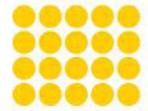
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# what's cooking

## GET SAUCY

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Traina Sun Dried Tomato Ketchup, \$5

Rick's Picks with Relish, \$6





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HEALTHY  
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DINNERS

# Grill Happy

Get fired up  
with a mix of  
rubs, marinades  
and sauces.

by Julie Miltenberger  
PHOTOGRAPHY BY CON POULOS

**Chili-Lime  
Swordfish and  
Grilled Corn**  
page 122





## Coffee-Rubbed Steak with Charred Zucchini

MAKES 6 servings PREP 15 minutes  
GRILL 14 minutes LET REST 5 minutes  
MICROWAVE 90 seconds

- 2 **tbsp espresso ground coffee (decaf if desired)**
- 1 **tsp chili powder**
- 1 **tsp garlic powder**
- 1½ **tsp salt**
- 1 **tsp sugar**
- ½ **tsp smoked paprika**
- ¼ **plus ½ tsp ground black pepper**
- 1½ **lbs boneless sirloin steak (at least 1 inch thick)**
- 4 **small zucchini, trimmed and quartered lengthwise**
- 1 **pkg (10 oz) button mushrooms, trimmed**
- 1 **sweet yellow pepper, cut from core into 4 pieces**
- 2 **tbsp light balsamic salad dressing**
- 1 **pkg (8.5 oz) heat-and-serve white or brown rice**

▪ Heat grill to medium-high. In a small bowl, combine espresso, chili powder, garlic powder, ¾ tsp of the salt, the sugar, paprika and ¼ tsp of the pepper. Sprinkle 1 tbsp of the rub over one side of steak and press in with your hands. Turn steak over and repeat. Reserve remaining rub for another use.

▪ Season zucchini with ¼ tsp of the remaining salt and remaining ¼ tsp pepper. Thread mushrooms onto

2 skewers. Brush mushrooms and yellow pepper pieces with balsamic dressing. Grill vegetables for 6 minutes, turning once. Grill steak for 6 to 8 minutes, depending on thickness, turning once.

▪ Meanwhile, microwave rice for 90 seconds. Remove steak from grill and let rest for 5 minutes. Quarter mushrooms and dice yellow pepper. Toss in a bowl with rice and remaining ¼ tsp salt. Slice steak and serve with zucchini and grilled veggie rice.

PER SERVING 408 CAL; 11 g FAT (3 g SAT); 44 g PRO; 34 g CARB; 3 g FIBER; 704 mg SODIUM; 71 mg CHOL

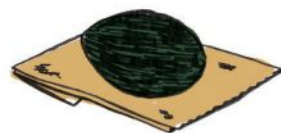
Don't throw away leftover rub. It can be mixed into meatloaf, rubbed onto chicken thighs or sprinkled over salmon before baking or roasting.



## Chicken and Grilled Pineapple Salsa

MAKES 5 servings  
PREP 15 minutes GRILL 24 minutes

- 2 **tsp grated fresh lemon peel plus 2 tbsp fresh lemon juice (from 1 lemon)**
- 2 **cloves garlic, minced**
- 1 **tsp ground coriander**
- ¾ **tsp salt**
- ½ **tsp ground cumin**
- ½ **tsp ground black pepper**
- ⅛ **tsp ground cayenne pepper**
- 1 **pkg (24 oz) Perdue Perfect Portions boneless chicken breasts or 5 small chicken breast halves (4 to 5 oz each)**
- 1 **tbsp olive oil**
- 1 **peeled and cored pineapple, cut into 6 wedges**
- 2 **avocados, halved, pitted and peeled**
- ½ **small red onion, minced**
- 2 **tbsp chopped cilantro**
- 10 **corn tortillas, warmed**



• Always choose firm-ripe avocados for grilling: Gently press near the stem end with your thumb; there should be some give, without being too soft. Look for skin that is dark green, almost black. If not yet ripe enough, store on the counter in a paper bag for 24 hours and test again.

▪ Heat grill to medium-high. In a small bowl, combine lemon peel, garlic, coriander, ½ tsp of the salt, the cumin, black pepper and cayenne. Rub half onto both sides of chicken. Whisk lemon juice and olive oil into remaining rub and brush onto pineapple and avocados. Grill pineapple for 12 minutes, turning twice so all sides are nicely marked. Meanwhile, grill avocado halves, cut side down, for 3 minutes, until nicely marked. Transfer pineapple and avocado to a cutting board.

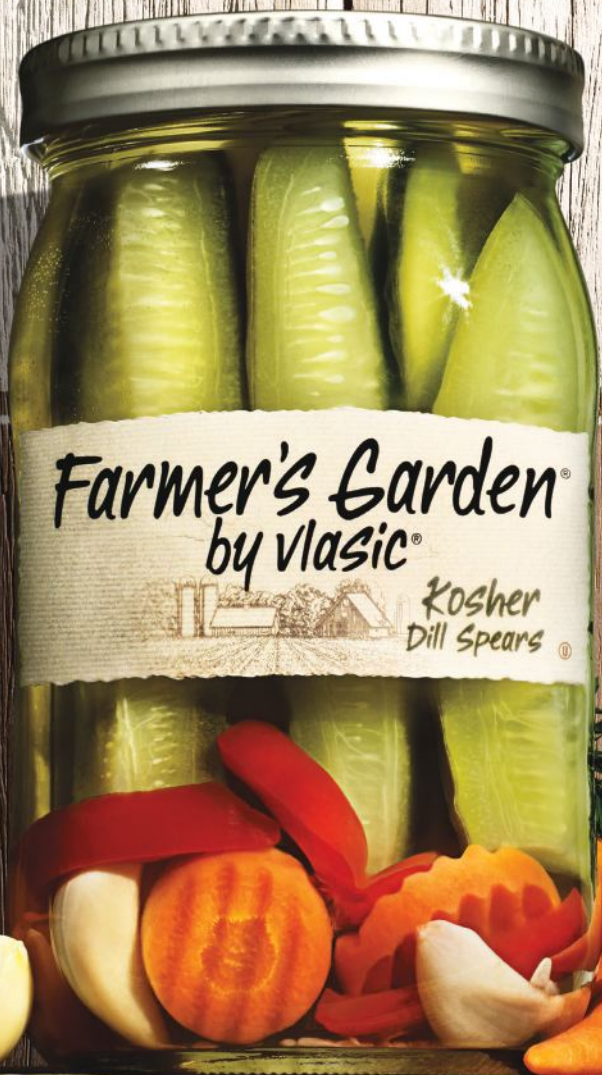
▪ Grill chicken for 10 to 12 minutes, turning once. Meanwhile, dice pineapple and avocado and gently mix together with red onion, cilantro and remaining ¼ tsp salt.

▪ Divide pineapple salsa among 5 plates. Top with a chicken breast half and serve with 2 tortillas per plate.

PER SERVING 472 CAL; 18 g FAT (3 g SAT); 37 g PRO; 45 g CARB; 11 g FIBER; 469 mg SODIUM; 79 mg CHOL



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Before grilling, indent the center of each patty with your fingertip to prevent shrinking and help hold shape while cooking.

## BBQ Burgers

MAKES 4 servings

PREP 15 minutes GRILL 12 minutes

**1¼ lbs 92% lean ground beef (such as Laura's)**

**½ cup grated onion**

**7 tbs bottled barbecue sauce**

**2 tbs grated Parmesan**

**2 tsp Dijon mustard**

**½ tsp garlic powder**

**4 slices sourdough bread (about 1½ oz each)**

**4 small leaves Boston lettuce**

**1 tbs extra-virgin olive oil**

**4 tbs French's fried onions**

**Mixed green salad with fat-free dressing (optional)**

▪ Heat grill to medium-high. In a large bowl, combine ground beef, onion, 3 tbs of the barbecue sauce, the Parmesan, mustard and garlic powder. Gently mix until combined, then shape into 4 patties about the size of the sourdough slices.

▪ Brush sourdough on both sides with olive oil. Grill for 2 minutes per side, turning once. Transfer to a platter and top with Boston lettuce leaves.

▪ Grill burger patties on oiled grill for 4 minutes. Spritz burgers with **nonstick cooking spray** and flip over. Grill an additional 4 minutes, or to desired doneness. Transfer to lettuce-topped bread and spoon 1 tbs barbecue sauce onto each burger. Top each with 1 tbs fried onions and serve with a mixed green salad, if desired.

PER SERVING 483 CAL; 18 g FAT (7 g SAT); 34 g PRO; 47 g CARB; 2 g FIBER; 773 mg SODIUM; 78 mg CHOL



## Grilled Ratatouille

MAKES 4 servings PREP 35 minutes

MARINATE 30 minutes

GRILL 14 minutes

**1 eggplant (about 1 lb), trimmed and cut lengthwise into ½-inch-thick pieces**

**2 medium zucchini, trimmed and cut lengthwise into ½-inch-thick pieces**

**1 sweet red pepper, cut from core into 4 pieces**

**1 sweet orange pepper, cut from core into 4 pieces**

**⅓ cup balsamic vinegar**

**2 tsp honey**

**1 tsp grainy mustard**

**½ plus ⅓ tsp salt**

**¼ tsp black pepper**

**¼ cup extra-virgin olive oil**

**2 large cloves garlic, minced**

**1 cup cherry tomatoes**

**1 can (19 oz) chickpeas, drained and rinsed**

**¼ cup parsley, chopped**

**¼ cup grated ricotta salata cheese**

▪ Place eggplant, zucchini and peppers in a large resealable

plastic bag. In a medium bowl, whisk together vinegar, honey, mustard, ½ tsp of the salt and the pepper. While whisking, add oil in a thin stream. Stir garlic into marinade and set aside ¼ cup. Add remaining marinade to bag with vegetables. Marinate 30 minutes.

▪ Thread cherry tomatoes onto 1 or 2 skewers. Oil grill grate and heat grill to medium-high. Grill marinated vegetables for 8 to 10 minutes, turning once. You may need to do this in a few batches, depending on the size of your grill. Grill tomato skewers for 4 minutes, turning once.

▪ Transfer eggplant, zucchini and peppers to a cutting board. Transfer tomatoes to a serving bowl with chickpeas. Dice eggplant, zucchini and peppers. Add to bowl with reserved marinade, parsley and remaining ⅓ tsp salt. Top with ricotta salata just before serving.

PER SERVING 400 CAL; 12 g FAT (2 g SAT); 14 g PRO; 62 g CARB; 14 g FIBER; 779 mg SODIUM; 4 mg CHOL

Freshly chopped garlic packs the most flavor, but you can reduce prep time by swapping in a heaping tbs of jarred.

## PEPPER HOW-TO

To create easy-to-grill sections of sweet pepper, start by holding a pepper by its stem on a cutting board. Slice down one side, following natural curve. Repeat three more times, leaving core and seeds attached to stem.





# How to unwind after a long day.



1

**Breathe.** A little fresh air can lighten your mood and help you unwind, so get outside and take a walk around the neighborhood.

3

**Get grateful.** Even though it was stressful, write down three things that happened today that you are grateful for.

4

**Grab a treat.** Reach for Weight Watchers® Ice Cream for a perfect combination of indulgence and sensibility.

2

**Turn off.** Hit the power button on your phone, laptop and TV.



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## Pork and Plum Skewers

MAKES 4 servings PREP 15 minutes  
COOK 8 minutes GRILL 6 minutes

- ½ tsp ground cinnamon
- ½ tsp ground cumin
- 1 tsp ground ginger
- ½ tsp black pepper
- ¼ cup plum preserves
- ¼ cup cider vinegar
- ¾ plus ½ tsp salt
- 2 tbsp olive oil
- 2 lbs boneless pork loin, trimmed and cut into 1½-inch pieces
- ½ of a red onion, cut into 1½ inch pieces
- 3 red plums, pitted, each cut into 6 wedges
- 1 cup Israeli pearl couscous
- 2 cups packed baby spinach, shredded
- ¼ cup crumbled feta cheese
- ¼ cup toasted sliced almonds

- In a small bowl, whisk together cinnamon, cumin, ginger, pepper, preserves, vinegar and ½ tsp of the salt. While whisking, add oil in a thin stream. Set aside 3 tbsp of the sauce for couscous.
- Thread 6 metal skewers with pork, onion and plum wedges: Use 5 or 6 pieces of pork per

## KABOB HOW-TO

For pieces of soft fruits like plums, thread skewers through skin to anchor the fruit so it won't fall off while on the grill.



skewer, alternating with 3 plum wedges and as much red onion as desired.

- Heat grill to medium-high. While grill is heating, cook couscous in lightly salted boiling water for 8 minutes. Drain and rinse with cool water. Toss in a bowl with spinach, feta, almonds, ¼ tsp of the remaining salt and the reserved 3 tbsp sauce. Set aside.
- Brush skewers with some of the sauce. Place on oiled grill, sauce side down. Brush with remaining sauce. Grill for 3 minutes, then flip over. Grill for 3 minutes more, or until pork is no longer pink. Season



If you often grill kabobs, consider buying metal skewers instead of bamboo. They're cost-effective and hold heat better, plus you don't have to soak them in advance.

with remaining ¼ tsp salt and serve with couscous salad.

PER SERVING 439 CAL; 16 g FAT (4 g SAT); 38 g PRO; 34 g CARB; 3 g FIBER; 492 mg SODIUM; 89 mg CHOL



When you use acidic ingredients like lime juice or vinegar, limit marinating time to 20 minutes. Otherwise, the fish, chicken or beef can get mushy.

## Chili-Lime Swordfish and Grilled Corn

MAKES 4 servings PREP 15 minutes  
MARINATE 20 minutes GRILL 10 minutes COOK 3 minutes

### FISH

- 1 cup coconut water
- 1 jalapeño, thinly sliced
- 2 cloves garlic, thinly sliced
- 1 lime (to yield 1 tbsp zest and 2 tbsp juice)
- 2 tsp chili powder
- ½ tsp salt
- ¼ tsp black pepper
- 4 5 oz swordfish, mahi mahi or halibut fillets, thawed if frozen
- 12 oz (about 3 cups) spicy sweet potato fries (such as Alexia)

### CORN

- 4 ears corn, shucked
- 1½ tbsp butter, melted
- 1 tsp lime zest
- 1 tsp lime juice
- Pinch of salt

- In a medium bowl, combine coconut water, jalapeño, garlic, lime zest and juice, chili powder, salt and pepper. Place fish in a resealable plastic bag. Add marinade and refrigerate for 20 minutes.
- Meanwhile, bake fries per package directions. Heat grill

to medium. Add corn and grill for 10 minutes, turning occasionally.

- After corn has cooked for 4 minutes, add fish to grill, reserving marinade. Grill for 6 minutes, turning once. Remove to a platter. Pour marinade into a small saucepan and bring to a boil. Boil for 3 minutes and spoon over fish.
- In a small bowl, blend butter, lime zest, lime juice and salt. Brush over corn. Serve fish and corn with sweet potato fries.

PER SERVING 451 CAL; 17 g FAT (4 g SAT); 32 g PRO; 49 g CARB; 6 g FIBER; 807 mg SODIUM; 63 mg CHOL



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BY MELISSA KNIFIC • PRODUCED BY TINA ANDERSON • PHOTOGRAPHY BY JAMES BAIGRIE



## Collard Greens

MAKES 8 servings

PREP 20 minutes

COOK 58 minutes

- ½ **lb smoked slab bacon (or thick-cut bacon), diced**
- 1 onion, diced**
- 3 cloves garlic, smashed**
- 2¾ to 3 lbs collard greens, stems removed, cut into 2-inch pieces**
- 2 cups chicken stock (such as Kitchen Basics)**
- ¼ **tsp salt**

▪ Heat a large stockpot over medium heat. Add bacon; cook 8 minutes, stirring occasionally. Add onion and garlic; sauté 5 minutes. Stir in greens, chicken stock and **2 cups water**; bring to a boil. Cover and reduce heat to medium-low; cook 20 minutes. Uncover and cook 25 minutes. Stir in salt.

▪ Using tongs, remove greens to a serving bowl, allowing excess liquid to drip off.

PER SERVING 104 CAL; 4 g FAT (1 g SAT); 7 g PRO; 10 g CARB; 4 g FIBER; 385 mg SODIUM; 10 mg CHOL

## Cheese Grits

MAKES 8 servings

PREP 5 minutes

COOK 14 minutes

- 1 cup Quaker Oats grits (not instant)**
- 8 oz shredded cheddar**
- 2 tbsp unsalted butter**
- 1 tsp salt**
- Freshly cracked black pepper**

▪ In a large pot, bring **4½ cups water** to a boil. Gradually whisk grits into water. Reduce heat to medium-low, cover and cook 12 to 14 minutes, until thickened. Stir in cheese and butter until melted. Stir in salt and pepper.

PER SERVING 212 CAL; 12 g FAT (7 g SAT); 9 g PRO; 18 g CARB; 0 g FIBER; 759 mg SODIUM; 38 mg CHOL



## Deviled Crab Dip

(shown on page 30)

MAKES 24 servings PREP 15 minutes

BAKE at 375° for 30 minutes

BROIL 2 minutes

- 1 cup light mayonnaise**
- 2 eggs**
- ¼ **cup fresh lemon juice**
- ¼ **cup milk**
- 1 tbsp seafood seasoning (such as J.O. Spice Company or Old Bay)**
- 1 tsp dry mustard**
- 1 lb crab claw meat**
- 1 sweet red pepper, diced**
- ½ **cup diced onion**
- 2 ribs celery, diced**
- 1 cup plus 2 tbsp plain bread crumbs**
- 2 tbsp olive oil**

▪ Heat oven to 375°. In a large bowl, whisk together mayonnaise, eggs, lemon juice, milk, seafood seasoning and

For an adult take, combine 4 oz Southern Sweet Tea with 2 oz vodka (or Firefly Sweet Tea Vodka) and ½ oz fresh lemon juice. Serve in a tall glass over ice.

dry mustard. Carefully fold in crab, red pepper, onion, celery and 1 cup of the bread crumbs.

▪ Transfer mixture to a shallow 1½-quart oven-safe baking dish. Sprinkle remaining 2 tbsp bread crumbs on top and drizzle with olive oil. Bake at 375° for 30 minutes. Broil on HIGH for 2 minutes or until browned. Serve with crackers.

PER ¼ CUP 96 CAL; 5 g FAT (1 g SAT); 6 g PRO; 6 g CARB; 0 g FIBER; 282 mg SODIUM; 43 mg CHOL

## Southern Sweet Tea

MAKES 12 servings

PREP 5 minutes STEEP 30 minutes

- 10 black tea bags (such as Lipton)**

¾ **cup sugar**

- 1 lemon, sliced, plus more slices for garnish (optional)**

▪ Secure tea bags around the handle of a small lidded pot filled with **4 cups water**. Bring to a boil. Turn off heat, stir in sugar and cover. Let steep 30 minutes. Cool completely.

▪ Pour cooled tea into a pitcher with **4 cups cold water**. Add lemon slices and enough **ice** to fill pitcher. Serve over ice in tall glasses. Garnish with more lemon slices, if desired.

PER SERVING 31 CAL; 0 g FAT (0 g SAT); 0 g PRO; 9 g CARB; 0 g FIBER; 10 mg SODIUM; 0 mg CHOL



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### South Carolina Pulled Pork with Mustard Barbecue Sauce

MAKES 24 servings PREP 30 minutes

SLOW ROAST at 300° for 7 hours COOK 18 minutes

#### PULLED PORK

- 1 **bone-in pork shoulder (about 7 lbs)**
- 1 **tsp salt**
- ½ **tsp pepper**
- Small hamburger buns (optional)**

#### MUSTARD BARBECUE SAUCE

- 1 **tbsp unsalted butter**
- ½ **yellow onion, grated**
- 2 **cloves garlic, grated**
- 1 **cup yellow mustard (such as French's)**
- 1 **tbsp dry mustard**
- ¾ **cup cider vinegar**
- ¾ **cup packed light brown sugar**
- 1 **tsp Tabasco**

• **Pulled Pork.** Heat oven to 300°. Let pork sit at room temperature 30 minutes before cooking; season with salt and pepper. Wrap tightly in aluminum foil, then place on a rimmed baking sheet

fitted with a rack. Slow roast at 300° for 7 hours, until pork reaches 200° in the thickest part and pulls apart easily with a fork.

• **Mustard Barbecue Sauce.** During the last 20 minutes of roasting, heat butter in a small pot over medium-low heat. Add onion and garlic. Cook 3 minutes. Whisk in mustard, dry mustard, vinegar, brown sugar and Tabasco. Reduce heat to medium-low and simmer 15 minutes.

• Allow pork to cool slightly, then shred with 2 forks. Discard fat, skin and bone. Toss with barbecue sauce. Serve pork alongside buns, if desired.

PER ½ CUP 288 CAL; 18 g FAT (6 g SAT); 23 g PRO; 8 g CARB; 0 g FIBER; 270 mg SODIUM; 89 mg CHOL





### Low-Country Shrimp Boil

MAKES 8 servings

PREP 5 minutes COOK 17 minutes

- 3 lbs small red potatoes**
- 1½ lbs kielbasa, sliced into 2-inch pieces**
- 4 ears corn, husk and silk removed, halved**
- ¼ cup seafood seasoning (such as J.O. Spice Company or Old Bay), plus more for sprinkling (optional)**
- 3 lbs shrimp, shells on**

Place potatoes and kielbasa in bottom of a large stockpot. Fill with **5 quarts cold water**. Stir in seasoning, cover and bring to a boil; cook 5 minutes. Remove lid and carefully add corn; cook 10 minutes. Stir

in shrimp and cook 2 minutes, until pink and just cooked. Drain. Sprinkle with more seasoning, if desired.

PER SERVING 520 CAL; 20 g FAT (6 g SAT); 47 g PRO; 39 g CARB; 4 g FIBER; 1,120 mg SODIUM; 297 mg CHOL

### Banana Pudding

MAKES 8 servings PREP 10 minutes COOK 5 minutes  
REFRIGERATE at least 3 hours or overnight

- ½ cup plus 1 tbsp sugar**
- 3 tbsp cornstarch**
- 3 cups 2% or whole milk**
- 6 egg yolks, beaten**
- 1 tsp vanilla extract**
- 3 tbsp unsalted butter**
- 8 9 oz glass canning jars with lids**
- 48 vanilla wafer cookies**
- 4 bananas, sliced**
- 1 cup heavy cream, chilled**

Blend ½ cup of the sugar and the cornstarch in a medium pot. Stir in milk. Bring to a simmer, stirring often. Whisk 1 cup of the mixture into beaten egg yolks. Stir egg mixture back into pot. Cook 4 to 5 minutes, until it reaches 160°, thickens



and begins to bubble. Remove from heat; stir in vanilla and butter. Cool completely.

- In the bottom of each jar, place 3 vanilla wafers. Cover with a layer of bananas. Spoon a scant ¼ cup of the pudding on top of each. Repeat layering. Secure lids; refrigerate at least 3 hours or overnight.
- Just before serving, combine heavy cream and remaining 1 tbsp sugar in a bowl. Using a hand mixer, whisk until stiff peaks form. Spoon over each dessert.

PER SERVING 523 CAL; 25 g FAT (13 g SAT); 7 g PRO; 76 g CARB; 2 g FIBER; 126 mg SODIUM; 218 mg CHOL

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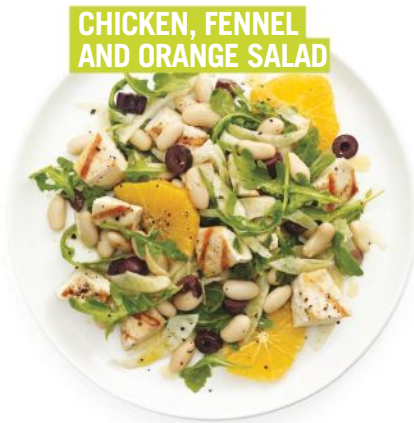
**ARUGULA, BLUEBERRY  
AND CORN SALAD**  
PAGE 132

BY MELISSA KNIFIC PHOTOGRAPHY BY TINA RUPP





**KALE CAESAR SALAD**



**CHICKEN, FENNEL AND ORANGE SALAD**



**CHIPOTLE POTATO SALAD**



**CITRUSY SALMON SALAD**



**THAI BEEF SALAD**



**PERSIAN LENTIL AND RICE SALAD**



**SHRIMP PESTO PASTA SALAD**



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**GRILLED FRUIT SALAD**



## Arugula, Blueberry and Corn Salad

MAKES 4 side salads

PREP 10 minutes COOK 15 minutes

- 4 ears corn on the cob, shucked
- 2 tbsp balsamic vinegar
- 2 tbsp extra-virgin olive oil
- 1 tsp Dijon mustard
- ½ tsp salt
- 1 pkg (5 oz) arugula
- 6 oz blueberries
- ½ small red onion, thinly sliced
- 1 log (4 oz) blueberry, cranberry or plain goat cheese, sliced into 8 rounds
- Freshly cracked black pepper

Heat grill or grill pan to medium. Spray or brush lightly with oil. Grill corn 15 minutes, turning several times, until lightly charred. Cool slightly, then slice kernels off cob.

Whisk together vinegar, oil, mustard and ¼ tsp of the salt. Toss with corn, arugula, blueberries, onion and remaining ¼ tsp salt. Place 2 goat cheese rounds on each serving and garnish with cracked pepper.

PER SERVING 245 CAL; 14 g FAT (5 g SAT); 9 g PRO; 27 g CARB; 4 g FIBER; 438 mg SODIUM; 13 mg CHOL



*Lacinato kale (also known as dinosaur and Tuscan kale) is surprisingly good raw. Packed with vitamin K, this hearty green is ideal for make-ahead salads.*

## Kale Caesar Salad

MAKES 4 side salads

PREP 10 minutes COOK 2 minutes

- 2 pasteurized egg yolks
- 2 tbsp lemon juice
- 1 clove garlic, grated
- 1 tsp anchovy paste
- ½ tsp Dijon mustard
- 3 tbsp extra-virgin olive oil
- 3 tbsp vegetable oil
- 2 tbsp capers
- ¼ plus ⅜ tsp salt
- ½ cup plain bread crumbs
- 1 pkg (5 oz) chopped kale
- Freshly cracked black pepper
- 2 oz (½ cup) shaved Parmesan

In a bowl, whisk together egg yolks, lemon juice, garlic, anchovy paste, mustard, olive oil, 2 tbsp of the vegetable oil and ¼ tsp of the salt until well combined. Stir in capers and set aside.

In a sauté pan, heat remaining 1 tbsp vegetable oil over medium heat. Add bread crumbs and stir for 2 minutes, until golden brown. Cool.

Toss kale with dressing, remaining ⅜ tsp salt and the pepper. Gently fold in bread crumbs and Parmesan.

PER SERVING 328 CAL; 27 g FAT (6 g SAT); 9 g PRO; 16 g CARB; 1 g FIBER; 884 mg SODIUM; 112 mg CHOL

## Chicken, Fennel and Orange Salad

MAKES 4 main-dish salads

PREP 15 minutes MARINATE 1 hour COOK 12 minutes

- ¼ cup extra-virgin olive oil
- 2 tbsp fresh orange juice
- 2 tbsp white wine vinegar
- 1 tsp honey
- ¾ tsp salt
- ¼ tsp black pepper
- 1 lb boneless, skinless chicken breasts
- 1 small head fennel, cored and thinly sliced
- 4 medium oranges, peeled and thinly sliced into rounds
- 1 can (15 oz) cannellini beans, drained and rinsed
- 4 cups arugula
- ½ cup pitted Kalamata olives, roughly chopped

In a bowl, whisk together oil, orange juice, vinegar, honey, ½ tsp of the salt and ⅛ tsp of the pepper. Pour half the dressing (about ¼ cup) into a large resealable plastic bag with chicken breasts. Marinate in the refrigerator for 1 hour. Set aside remaining dressing.

Heat a grill or grill pan to medium. Pat chicken dry and discard marinade. Grill 6 minutes per side (12 minutes total) or until 165°. Cool chicken slightly, then chop into 1-inch pieces.

Toss chicken with fennel, orange slices, beans, arugula, olives, reserved dressing, remaining ¼ tsp salt and remaining ⅛ tsp pepper.

PER SERVING 462 CAL; 19 g FAT (3 g SAT); 33 g PRO; 40 g CARB; 9 g FIBER; 907 mg SODIUM; 66 mg CHOL

## Chipotle Potato Salad

MAKES 6 side salads

PREP 15 minutes COOK 12 minutes

- 2 lbs baby red potatoes (1 to 2 inches wide)
- 3 oz cured chorizo, diced
- ¾ cup light mayonnaise



*Often found in packaged mixed greens, tatsoi has a spinach-like crunch and mildness that make it perfect on its own.*

- ¼ cup sour cream
- 3 chipotles in adobo, seeded and chopped, plus 2 tsp adobo sauce
- 1 tbsp cider vinegar
- ¼ tsp salt
- 1 cup cilantro, chopped
- 6 scallions, sliced

Place potatoes in a pot and cover with 1 inch cold water. Bring to a boil. Reduce to a simmer, cover and cook 12 minutes, until fork-tender. Drain and cool slightly. Cut into bite-size pieces.

Meanwhile, heat a sauté pan over medium heat. Add diced chorizo. Cook 5 minutes, until slightly crispy. Set aside.

In a large bowl, whisk together mayonnaise, sour cream, chipotles and adobo sauce, vinegar and salt. Fold in potato pieces, chorizo, cilantro and scallions.

PER SERVING 306 CAL; 18 g FAT (5 g SAT); 7 g PRO; 29 g CARB; 4 g FIBER; 676 mg SODIUM; 30 mg CHOL





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*Mache—or lamb's lettuce—is delicate, sweet and nutty. Simple prep, such as tossing with a vinaigrette, is best.*

## Citrusy Salmon Salad

MAKES 4 main-dish salads  
PREP 15 minutes COOK 6 minutes

- 1¼ lbs skin-on salmon fillets
- ¾ tsp salt
- ⅛ tsp black pepper
- 3 tbsp extra-virgin olive oil
- 2 tbsp lemon juice plus 2 tsp zest
- 1 tsp Dijon mustard
- 10 oz frozen peas, thawed
- 6 cups watercress
- 1 pkg (5 oz) mesclun
- ½ cup roasted and salted sunflower seeds

Pat salmon dry and season with ¼ tsp of the salt and the pepper. Heat 1 tbsp of the oil in a sauté pan over medium-high heat. Place fillets skin side up in pan; cook 3 minutes. Flip and cook 3 more minutes for medium. Cool slightly on a plate, then cover with plastic wrap and refrigerate until cold.

In a large bowl, whisk remaining 2 tbsp oil, the lemon juice and zest, mustard and remaining ½ tsp salt. Remove salmon from fridge and flake into large pieces with a fork, discarding skin. Gently toss salmon in bowl with peas, watercress, mesclun and sunflower seeds.

PER SERVING 428 CAL; 24 g FAT (3 g SAT); 39 g PRO; 16 g CARB; 6 g FIBER; 714 mg SODIUM; 81 mg CHOL

## Thai Beef Salad

MAKES 4 main-dish salads  
PREP 25 minutes COOK 10 minutes  
LET REST 10 minutes

- 3 tbsp lime juice
- 2 tbsp fish sauce
- 2 tbsp canola oil

- 1 tbsp minced garlic
- 1½ tsp sugar
- ½ tsp red pepper flakes
- 1¼ lbs skirt steak
- ¼ tsp salt
- 1 cup cilantro
- 1 cup mint
- 6 cups roughly chopped romaine
- 2 plum tomatoes, sliced
- 1 large sweet red pepper, sliced
- 1 cucumber, sliced
- ⅓ cup thinly sliced shallots

In a bowl, whisk together lime juice, fish sauce, oil, garlic, sugar and red pepper flakes. Set aside.

Heat a grill or grill pan to medium-high. Spray or brush lightly with oil. Season steak on both sides with salt. Cook on medium-high 3 to 5 minutes per side, until medium-rare. Let rest 10 minutes to cool, then slice thinly against the grain. (Alternately, steak can be cooked ahead of time, refrigerated, then sliced.)

Roughly chop cilantro and mint, then gently toss with sliced steak, dressing, romaine, tomatoes, sweet pepper, cucumber and shallots. Serve immediately.

PER SERVING 364 CAL; 19 g FAT (5 g SAT); 34 g PRO; 15 g CARB; 5 g FIBER; 954 mg SODIUM; 81 mg CHOL

## Persian Lentil and Rice Salad

MAKES 8 side salads  
PREP 15 minutes COOK 21 minutes

- 1 cup uncooked jasmine rice
- 8 oz (1¼ cups) red lentils
- 3 tbsp extra-virgin olive oil
- 3 tbsp pomegranate molasses (see Note)
- 1¼ tsp salt
- 3 cups packed baby spinach, chopped
- 1 cup fresh mint, chopped
- 1 cup dried cherries
- 1 cup walnuts, toasted and chopped
- ½ cup crumbled feta

Cook rice per package directions. Cool 15 minutes in lidded pot. Fluff, then transfer to a rimmed baking sheet. Cool in refrigerator.

Meanwhile, bring a separate pot of water to a boil. Add lentils. Return to a boil; cook 6 minutes. Drain and rinse under cold water until cool.

In a large bowl, whisk together oil, pomegranate molasses and salt. Stir into cooled rice and lentils. Gently fold in spinach, mint, cherries, walnuts and feta. Serve at room temperature or chilled.

NOTE: Can't find pomegranate molasses? Whisk together 1 tbsp honey with 2 tbsp pure pomegranate juice.

PER SERVING 358 CAL; 15 g FAT (3 g SAT); 12 g PRO; 44 g CARB; 8 g FIBER; 489 mg SODIUM; 8 mg CHOL

## Shrimp Pesto Pasta Salad

MAKES 6 main-dish salads  
PREP 20 minutes COOK 7 minutes

- 3 cups packed basil
- ½ cup shelled unsalted pistachios
- 1 clove garlic, halved
- 1 tbsp lemon juice
- ½ cup extra-virgin olive oil
- ¼ cup grated Parmesan, plus more for serving

Combine basil, pistachios, garlic and lemon juice in a food processor. While running, drizzle in olive oil until well combined. Remove to a large bowl. Stir in Parmesan, salt and pepper. Set aside.

Bring a large pot of lightly salted water to a boil. Add cavatappi; return to a boil and cook 5 minutes. Add shrimp and asparagus to pot; return to a boil and cook 2 more minutes. Reserve ¾ cup pasta water. Drain and rinse pasta, shrimp and asparagus under cold water. Stir pasta water into pesto. Fold pasta, shrimp and asparagus into pesto. Serve at room temperature or chilled, sprinkled with Parmesan, if desired.

PER SERVING 577 CAL; 26 g FAT (4 g SAT); 27 g PRO; 61 g CARB; 5 g FIBER; 482 mg SODIUM; 115 mg CHOL

*The smaller the mustard green leaves, the more tender when eaten raw. They offer a spicy addition to salads—much like, well, a grainy mustard.*





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*Mizuna is frequently spotted in mesclun because of its mild versatility. Try mixing with other greens.*

### Summer Spelt Salad

**MAKES** 6 side salads **SOAK** overnight  
**PREP** 15 minutes **COOK** 40 minutes  
**COOL** 30 minutes

- 1½ cups spelt (such as Bob's Red Mill), soaked overnight**
- 3 tbsp extra-virgin olive oil**
- 3 tbsp tarragon vinegar**
- 1 tbsp honey**
- 1¼ tsp salt**
- ¼ tsp black pepper**
- 2 cups heirloom or regular cherry tomatoes, halved**
- 8 radishes, thinly sliced**
- 2 tbsp tarragon**
- 1 cup sprouts**

• Drain spelt. Add to a pot with 6 cups water. Bring to a boil. Cover and reduce to a simmer; cook 40 minutes. (Cooking will take longer if grains are not soaked.) Drain and transfer to a large bowl.

• In a small bowl, whisk together oil, vinegar, honey, salt and pepper. Pour half over warm spelt. Cool 30 minutes. Stir in tomatoes, radishes, tarragon and remaining dressing. Top with sprouts. Serve immediately or chilled.

**PER SERVING** 233 CAL; 8 g FAT (1 g SAT); 7 g PRO; 37 g CARB; 5 g FIBER; 393 mg SODIUM; 0 mg CHOL

### Grilled Fruit Salad

**MAKES** 12 servings  
**PREP** 30 minutes **GRILL** 18 minutes

- 2 cups mango, cut into 2-inch pieces**
- 2 cups pineapple, cut into 2-inch pieces**
- 2 cups watermelon, cut into 2-inch pieces**
- 2 cups strawberries, trimmed**
- 2 bananas, peeled**
- 1 lime, halved**
- ⅓ cup pepitas**
- ⅛ tsp salt**
- ⅛ tsp cayenne**

• Heat a grill or grill pan to medium. Skewer mango, pineapple and watermelon pieces and strawberries (about 12 skewers). Grill half the skewers for 3 minutes. Turn and grill 3 more minutes. Repeat with second batch of skewers. Grill bananas 3 minutes; turn and grill another 3 minutes. Grill lime halves cut side down for 3 minutes (add to grill when bananas are turned).

• Slice bananas and place in a bowl with fruit (removed from skewers). Juice lime and pour over fruit. Gently toss with pepitas, salt and cayenne. Serve warm.

**PER SERVING** 83 CAL; 2 g FAT (0 g SAT); 2 g PRO; 17 g CARB; 2 g FIBER; 27 mg SODIUM; 0 mg CHOL



# Buyer's Guide

## GET INSPIRED

### ➤ Natural Wonder

**PAGE 14:** Cap, **Pelcor**, pelcorusa.com, \$48. Wallet, **C. Wonder**, cwonder.com, \$58. Watch, **Sprout**, sproutwatches.com, \$45. Sneakers, **Keds**, keds.com, \$60. Clutch, **Pelcor**, pelcorusa.com, \$105.

## HOME LIFE

*Most items pictured but not listed are from private collections.*

### ➤ Home Life

**PAGE 23:** (Clockwise from top left) **Land of Nod** Sunburst Mirror, landofnod.com, \$69. **Style Selections** 18-Light Brushed Nickel Chandelier, lowes.com, \$198. **Happy Chic by Jonathan Adler** Chloe 18" Square Starburst Decorative Pillow, jcpenny.com, \$32. **Starburst Fruit Bowl** in Satin Nickel, target.com, \$19. **Z Gallerie** Scoppio Sphere, zgallerie.com, \$25.

### ➤ DIY

**PAGE 36:** **Royal Design Studio** Small Rattan Wallpaper Stencil and Natural Bristle Stencil Brushes, royaldesignstudio.com. **Ikea** Birkelund and Hennes Wardrobes, similar to shown, ikea.com for stores.

### ➤ All-Star Summer

**PAGES 24–25:** **No-Fray Econ Cotton U.S. Flag** in 4" x 6" Mounted, flagsexpress.com, 48 cents each. **Red Mini Tin Pail**, shindigz.com, \$3. **Paper Baking Cups** in Red Stripes, Red Stars, and Navy Stripes, \$8.50 for 25. (On watermelon sticks) **Dress My Cupcake** Wash Decorative Tape in Mini White Stars on Red, amazon.com, \$8 per roll. **Wrapables** Colorful Patterns Japanese Washi Masking Tape in Navy Stars, amazon.com, \$8 per roll. (Overhead flag banner) **No-Fray Econ Cotton U.S. Flag** in 4" x 6" Mounted, flagsexpress.com, 48 cents each and **No-Fray Econ Cotton U.S. Flag** in 6" x 9" Mounted, flagsexpress.com, 92 cents each. Rip flags off posts and hot-glue to twine to create banner.

**PAGES 26–27:** (Place setting) **Falcon Enamelware** Pillarbox Plate Set in Red Rim, fab.com, \$42/set of 4. **Medline** Crash Cloth 17" x 33" Towels, amazon.com, \$26/set of 12. **Sparklers**, onlinefireworks.com, \$20/pack of 72.

**PAGE 28:** **Vintage Oyster Tins** used as vases, found on etsy.com, \$23 to \$36 each.

## LOOKING GOOD

*Items pictured but not listed are available at drugstores or mass-market retailers.*

### ➤ Orange Crush

**PAGE 41:** Earrings, **Kevia**, keviastyle.com, \$38. **Stila** All Day Liquid Eye Primer, stilacosmetics.com, \$20. **MAC Cosmetics** Eye Shadow in Free To Be, maccosmetics.com, \$15.

### ➤ Good Sport

**PAGE 42:** Jacket, **Forever 21**, forever21.com, \$30. Tank, **Splendid**, splendid.com, \$38. Pants, **Old Navy**, oldnavy.com, \$35. Shoes, **Call It Spring**, callitspring.com, \$45. Earrings, **Color**

**By Amber**, colorbyamber.com, \$20. Headphones, **Urbanears**, urbanears.com, \$100.

**PAGE 43:** Dress, **BCBG Max Azria**, bcbg.com, \$198. Shoes, **Jessica Simpson Collection**, Nordstrom, \$89. Clutch, **Cocobelle**, mermaidsboutique.com, \$150. Necklace, **ABS by Allen Schwartz**, Lord & Taylor, \$75.

**PAGE 44:** Jacket, **NYDJ**, nydj.com, \$140. Top, **Lands' End**, landsend.com, \$49. Shorts, **L'Amour Nanette Lepore**, JCPenney, \$34. Necklace, **Forever 21**, forever21.com, \$12. Bracelet, **C. Wonder**, cwonder.com, \$48. Watch, **Komono**, wearekomono.com, \$60.

**PAGE 45:** Tank, **nicole by Nicole Miller**, jcpenny.com, \$36. Skirt, **Fila**, kohls.com, \$36. Shoes, **...me Too**, Nordstrom, \$99. Earrings, **Stella & Dot**, stelladot.com, \$44. Ring, **Kenneth Jay Lane**, 877.953.5264, \$90. Clutch, **Old Navy**, oldnavy.com, \$23.

### ➤ Too Dam Hot

**PAGE 46:** Dress, **Princess Vera Wang**, kohls.com, \$58. Necklace, **Dogeared**, dogeared.com, \$68.

**Aveda** Damage Remedy Intensive Restructuring Treatment, aveda.com, \$34.

**PAGE 47:** **Clinique** Superprimer Face Primer, sephora.com, \$27.

**PAGE 48:** Sunglasses, **Warby Parker**, warbyparker.com, \$95. **Zoya** Armor Top Coat, zoya.com, \$10. **Origins** GinZing Refreshing Mask, origins.com, \$25. **Rita Hazan** Ultimate Shine Color Gloss, sephora.com, \$26.

### ➤ Beauty Insider

**PAGE 51:** (Earrings from top) **Kevia**, keviastyle.com, \$38. **Adam Levine for Kmart**, shop.yourway.com/adamlevine, \$10/set of 3. **Kevia**, keviastyle.com, \$22.

### ➤ Omni Amelia Island Plantation

**PAGES 41–48:** Omni Amelia Island Plantation in North Florida is a beautiful oceanfront resort full of stunning settings, creative cuisine and adventurous amenities. Recognized for offering a luxury resort experience in perfect harmony with nature, the oceanfront retreat is nestled between the Atlantic Ocean, lush marshlands and the Intracoastal Waterway. The property includes 404 luxury oceanfront guest rooms and suites, all with private balconies; the largest pool deck in Northeast Florida with multitiered lounge seating; an adults-only infinity pool; a family-friendly pool; and a kids' splash park. Rich in recreational amenities, the resort also offers three and a half miles of wide, uncrowded beach; 54 holes of championship golf; 23 Har-Tru tennis courts; award-winning recreation programs; a shopping village with restaurants, boutiques and a nature-inspired signature spa; a state-of-the-art fitness center; 10 culinary options ranging from casual to gourmet; kids camps; and numerous activities for adventurers, including paddle boarding, kayaking, Segway tours and seven miles of paved trails. **For more information on the Omni Amelia Island Plantation, call 1-800-The-Omni or visit omniameliaislandplantation.com.**

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## Cherry Tomato Bruschetta

MAKES 16 bruschetta  
PREP 20 minutes GRILL 3 minutes

- 1 loaf (10 oz) Italian bread, trimmed and cut into 16 pieces (each about ½ inch thick)
- 3 tbsp extra-virgin olive oil
- 1 cup ricotta
- ¼ cup basil leaves, chopped, plus small leaves, for garnish
- ½ tsp lemon zest
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 2 cloves garlic, halved lengthwise
- 1½ lbs heirloom cherry tomatoes, sliced
- 1 tbsp lemon juice

- Heat grill or grill pan to medium-high. Brush bread slices on one side with 1 tbsp of the oil. Grill, oil side down, for 1½ minutes. Brush with 1 tbsp oil and flip slices over. Grill another 1½ minutes or until toasted and lightly marked. Transfer to a platter.

- In a medium bowl, stir together ricotta, 1 tbsp of the chopped basil, the lemon zest and ¼ tsp each of the salt and pepper.

- Rub cut side of a garlic clove half on 4 of the bread slices. Repeat with remaining garlic clove halves and remaining grilled bread.

- Gently toss cherry tomato slices with remaining 1 tbsp olive oil, remaining chopped basil, remaining ¼ tsp each salt and pepper and the lemon juice.

- Spread 1 tbsp of the ricotta mixture on each grilled bread slice. Top with a spoonful of the tomato mixture and garnish with basil leaves.

PER PIECE 106 CAL; 5 g FAT (2 g SAT);  
4 g PRO; 11 g CARB; 1 g FIBER;  
191 mg SODIUM; 8 mg CHOL



Food styling: Michael Pederson. Prop styling: Molly FitzSimons.



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<sup>†</sup> Source Healthcare Analytics ProVoice™ Survey, Jan 2005 – Mar 2013. <sup>^</sup> Symphony Health ProVoice™ Survey, Jan 2005 – Mar 2013.  
<sup>‡</sup> Pharmacy Times Surveys, Acid Reducer/Heartburn Categories, 2006 – 2013. \*\* P&G calculation based on Nielsen ScanTrack FD+, 2004 – 2013.



# The Neelys



Proud southerners Pat and Gina Neely started out in the hospitality industry running family-owned barbecue hot spots in Memphis. (The charismatic couple charmed TV producers who were filming locally, which led to their top-rated Food Network show, *Down Home with the Neelys*.) These restaurant roots inspired Gina to riff on the peach cobbler commonly served in the region's eateries, adding plums and nectarines. "The first time I prepared this for Pat and the girls [they have two daughters], I asked him what fruits he thought were in there," says Gina. "His reply was 'I don't care. It's so damn good, it really doesn't matter.'" Can't ask for higher praise than that.

## PEACHY KEEN

"Both our grandparents had peach trees in their backyards," says Pat. "Gina and I spent plenty of summer afternoons when we were younger climbing them and pulling the fruit off the branches."



Pat and Gina's new cookbook, *Back Home with the Neelys*, offers updated takes on southern classics they grew up on. "The recipes in this book mean a lot to us," says Pat. "We hope they bring as much joy to other families as they do to ours." **Amazon.com, \$28**

## Summer Fruit Cobbler

### FILLING

- 5 peaches (2 lbs total), pitted, peeled, and cut into ½-inch slices**
- 2 plums (¾ lbs total), pitted and cut into ½-inch slices**
- 2 nectarines (¾ lbs total), pitted and cut into ½-inch slices**
- 1 cup sugar**
- ½ cup water**
- 1 tsp pure vanilla extract**
- Pinch of kosher salt**

### CRUST

- 1 cup self-rising flour**
- 1 cup sugar**
- ¼ tsp ground cinnamon**
- ¼ tsp kosher salt**
- ¼ cup whole milk**
- 1 egg beaten**
- 1 tbsp unsalted butter, melted**

- Preheat oven to 350°.

▪ **Filling.** Toss peaches, plums, nectarines, sugar, water, vanilla extract and salt together in a large saucepan or skillet over medium-high heat. Bring to a simmer and cook for 10 minutes, stirring occasionally. Put in a 2-quart square casserole dish.

▪ **Crust.** In a medium bowl, combine self-rising flour, sugar, cinnamon, salt, milk, egg and butter. Top fruit filling with batter in spoonfuls. Place on a sheet tray and bake for 35 to 40 minutes, until topping is golden and puffy.

*Makes 6 to 8 servings.*

**familycircle.com**

Gina refers to Memphis Caviar as "the best party dish I have ever made." Get the recipe for this do-ahead crowd-pleaser at [familycircle.com/neelys](http://familycircle.com/neelys).

Food styling: Megan Schlow. Prop styling: Karin Olsen. *Family Circle* (ISSN 0014-7206), July 2014, Volume 127, No. 7, is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: \$19.98 per year in the U.S., \$41.98 (U.S. dollars) overseas. POSTMASTER: Send all U.S. to CPS. (See DNIM 707 A.1.2.5.) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Family Circle, P.O. Box 37508, Boone, IA 50037-0508. In Canada: Mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to Family Circle, 2835 New D. Windsor, ON, N8T 3B7. © Meredith Corporation 2014. All rights reserved. Printed in the U.S.A.



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