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**THE NEW
HEALTHY
DRINKS**



Heirloom
Tomatoes with
Lemon-Chive
Dressing
PAGE 115

**14
GLUTEN-
FREE
RECIPES**

**7
SUMMER
BOOKS
EVERYONE
IS TALKING
ABOUT**

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theorizing
where babies
come
from,

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mattress so you
can sleep like one

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Cover photograph by **Miki Duisterhof** Food styling by **Karen Tack**
 Prop styling by **Elizabeth MacClennan**

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You may be surprised to find a full-on exercise piece in this month's issue. August is, after all, best enjoyed from a deck chair or at the beach, right? Well, we can't argue with that, but if you're a mom you know that August is also back-to-school time—and back to your crazy-busy life. To start the year off on the right foot, you'll need to be organized and energetic. So begin by having a yard sale. It's a win-win: You get the satisfaction of ditching clutter, plus you make a few bucks that can be put toward your student's supply list. Check out "Cash for Castoffs," on page 52, for smart strategies—and don't miss our September issue for great tips on keeping kids' rooms and common spaces in order.

As for energy, we're big believers in the simple but shockingly effective workout detailed in "Eight Is Enough," on page 97. We asked an expert to share the optimal fitness routine for time-challenged women (I believe that means all of us) and were thrilled to discover that all you really need is about 20 minutes, a couple of lightweight dumbbells and these eight essential moves for the upper body, core and more. Do them at least twice a week (let's collectively pledge to find a way to make that happen!) so you can check strength training off your to-do list—and go back to taking full advantage of the last lazy days of summer.

Contributors



BONNIE ROTHMAN MORRIS

A former journalist, now owner of New York-based PR firm Company B and mom of two daughters, Bonnie Rothman Morris reveals the mystery illness that struck her two years ago in our new "What's Wrong with Me?" column (page 109).



BEN FORD

According to the old saying, everything is bigger in Texas—and that includes chef Ben Ford's barbecues. The charismatic cookbook author (*Taming the Feast*) and restaurateur shares his passion for entertaining (page 41) and his recipes for southern home cooking (page 128).



ANASTASIA SOARE

Big-name celebs, including Madonna, Jennifer Lopez and Naomi Campbell, flock to the super-glam Anastasia Beverly Hills salon so founder Anastasia Soare—the undisputed baroness of brows—can work her magic. For her best brow-defining secrets, turn to page 14.



Linda

Linda Fears, Editor in Chief
linda@familycircle.com

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They really do know a thing or two about barbecue in Texas. I plan to replicate the amazing party menu on page 128.

You may not have thought about culottes since you were a kid, but they're back—and they're the perfect summer-to-fall pants (page 16).

Just when you thought you'd seen every health trend, here come plant-based waters (page 12). The maple is really good.

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best of AUGUST

2



Whether you pulled her hair or braided it (or both!), your sister was probably your first friend. Show her some love in honor of **National Sister's Day!**



4

National Chocolate Chip Day? Go on, you know you want to bake up a batch of cookies! Get a recipe at familycircle.com/chocolate-chip-cookie.

6

The **World's Longest Yard Sale** kicks off. The annual four-day event stretches 690 miles, from Gadsden, AL, to Addison, MI. For details, visit 127yardsale.com.

7

In theaters nationwide, **Fantastic Four** reboots a classic Marvel comic book story for a new generation of fans. (Hint: Earth needs saving, fast!)



9

Celebrate **National Book Lovers Day** with any of our editor's must-read picks, on page 18.



16

Elvis Week, in Memphis, TN, concludes after days of tribute performances and festivities at the Graceland estate.

14

Teen sensation Ariana Grande and *Glee*'s Matthew Morrison voice the lead characters in the tween-friendly animated flick **Underdogs**.



31

Tennis, anyone? The **U.S. Open**—the last Grand Slam tournament of the year—starts at Flushing Meadows Corona Park in NYC.



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Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat & cholesterol may reduce the risk of heart disease.

WHAT'S NEW

HOT WHEELS

Instead of sitting on a stationary bike at the gym (pedaling like a fiend but going nowhere), take a *real* spin. New vintage-inspired wheels by Pure City Cycles are what the season is all about—feeling a cool breeze in your hair and the sun on your face. This turquoise one-speed Crosby model is the perfect summer accessory.

purecitycycles.com, \$399



“

It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all—in which case, you fail by default. J. K. ROWLING



MAKING A SPLASH

There's a new wave in hydration. Plant-based water is the buzzword—and maple, ginger and cactus are some of the flavors flowing into the coconut-dominated category. So go ahead, test the waters.

Botanic Organic Ginger Water, \$3.50; Arty Artichoke Water, \$3; Caliwater Cactus Water, \$3; Happy Tree Maple Water, \$4; Alo Exposed Aloe Vera Drink, \$2



So Sketchy

Do something special with that family vacation photo. Hand it over to Diary Sketches for a Custom Family Portrait and they will cast your brood in a chic light. Founder and artist Laura Kay hand draws and paints a fashion illustration-type likeness in approximately three weeks. Diarysketches.com, \$380 to \$420 for up to four people (pets included, of course)



DOG DAYS

If you're fading from the August heat, try whipping up some java (on ice, perhaps?) with fair-trade organic beans from Grounds & Hounds Coffee Co. Twenty percent of all proceeds from purchases go toward rescue partners that provide safe havens for dogs and support no-kill rescue organizations. Blends like Morning Walk, Alpha and Paper & Slippers will put some pep in your step and give a leg up to man's best friend. Groundsandhoundscoffee.com, from \$9

Popcorn-Ready

Is it too early to think about fall and late-year film releases? Nah. Here are some coming attractions.

Steve Jobs A biopic starring **Michael Fassbender** and directed by Oscar winner Danny Boyle (*Slumdog Millionaire*).

The Revenant Set in the 19th century, a gritty thriller about a fur trapper, from Alejandro G. Iñárritu (*Birdman*), starring **Leonardo DiCaprio** and Tom Hardy.

The Hateful Eight Quentin Tarantino's Wild West adventure featuring **Samuel L. Jackson** and Channing Tatum.



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Golden Arches

What's the easiest, cheapest anti-ager? Bold brows. "Full, strong arches can create a more youthful look," says celebrity brow guru Anastasia Soare. Start by using stencils, like Eylure Brow Stencils (\$6), that are similar to your own arches' shape. Begin by filling in with a brow pencil—we love the Anastasia Brow Wiz (\$21)—then tweeze any stray hairs. Finish with a coat of clear brow gel, such as NYX Control Freak Eyebrow Gel (\$6), to keep it all in place.



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Cream of the Cropped

Get a leg up in this summer's hot pants. Culottes have made a comeback—and they're the ideal blend of comfy and chic. Complement the wide leg with a fitted or tucked-in top and heels.



Tank, Elle, \$36. Culottes, Splendid, \$108. Sandals, Naturalizer, \$90. Bag, Rosetti, \$59. Earrings, Moon and Lola, \$38. Bangle, Dogeared, \$42. Necklaces, Miranda Frye, \$77 and \$87. Sunglasses, Target, \$17.

HIGH & MIGHTY

A little height is a must with this pant length. Since almost any style works, take your pick from a sleek pump to a classic wedge.

Guess, \$110



Marc Fisher, \$85

Jack Rogers, \$178



Marshalls, \$130





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SUMMER'S BEST BEACH READS



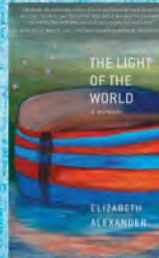
Circling the Sun
by Paula McLain
(Ballantine Books)
Set in 1920s Kenya, this fictionalized history of the beautiful, high-flying aviator Beryl Markham is as luminous as its headstrong heroine. An exhilarating ride.

Go Set a Watchman
by Harper Lee
(Harper)
The most anticipated book of the summer, the year and—for some—the century. Both the predecessor and the sequel to *To Kill a Mockingbird*, *Watchman* was written first, yet takes place about 20 years later. Atticus and Scout, always thrilled to see you!



Royal Wedding
by Meg Cabot
(William Morrow)
For all you princesses-in-waiting, the saga of Mia and Michael finally comes to its long-awaited fairy-tale ending. (Or perhaps it's a new beginning.) Mia is all grown up in this adult sequel to the beloved Princess Diaries series. Fun and frothy!

Housebreaking
by Dan Pope
(Simon & Schuster)
Desire, discontentment and unrealized dreams propel the likable lost souls in this empathetic cut-to-the-bone look at multigenerational suburban malaise.



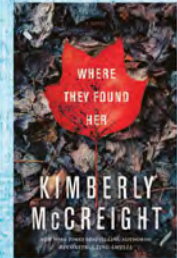
The Light of the World
by Elizabeth Alexander
(Grand Central Publishing)
A love story in reverse. Alexander's outpouring of grief and loss transforms into a heart-stirring requiem for her recently departed young husband and their relationship. A powerfully poetic testament to living on through those we loved.

We Never Asked for Wings
by Vanessa Diffenbaugh
(Ballantine Books)
Her stirring and socially conscious novel *The Language of Flowers* catapulted Diffenbaugh to the best-seller list. Now she returns with another



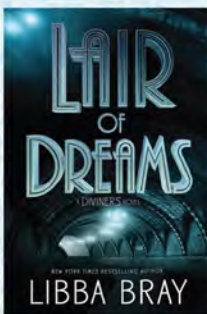
gripping, heartfelt exploration of a mother's love, resilience and redemption.

Where They Found Her
by Kimberly McCreight
(Harper)
What starts out as a mystery unfolds into a probing investigation of obsession and desire. McCreight again deftly captures the shadowy world of teens—and adults.



COMING IN SEPTEMBER
It started with *The Invention of Hugo Cabret*. Now master storyteller Brian Selznick completes the illustrated trio with *The Marvels*. Can't wait!

KIDS' CORNER



THE WORST CLASS TRIP EVER
BY DAVE BARRY
Based on the humorist's experience chaperoning his daughter's school trip. No need to go on a journey—bond with your kid by reading together. AGES 9–12

LAIR OF DREAMS
BY LIBBA BRAY
The continuation to the darkly dreamy *The Diviners* is no lightweight—it's

600-plus pages and destined to be the next YA crossover. AGE 15+

PAPER TOWNS
BY JOHN GREEN
The author of *The Fault in Our Stars* is ready to dominate the best-seller list (again) and the box office (the movie is out this summer) with a reissue of this earlier work about the mystery of young love. AGE 14+

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Laila Ali

The former boxer and U.S. Tennis Association spokesperson admits that even she can't knock out everything on her to-do list.

Being an athlete has been good training for motherhood—I know all about waking up early and keeping my stamina up.

You'll never catch me without my nails done. I have a standing appointment every two weeks.

If I could invite any three people to dinner, I'd ask Martin Luther King Jr., my father, Muhammad Ali—before Parkinson's affected his speech—and Madonna. That would be one fun party!

I get eye rolls when I tell my kids—Curtis Jr., 6, and Sydney, 4—to eat their broccoli. Don't say anything to them, but I put pureed cauliflower in their mac and cheese and other veggies in their spaghetti sauce.

I partnered with the United States Tennis Association to spread the message about getting kids active and setting a good example as a family. My husband and I ride our bikes, and the kids will hop on their scooters. They can get exercise in a fun way without even knowing it!

familycircle.com

For more celeb talk, go to familycircle.com/starturn.



I wish I had a better poker face, but people know exactly what I'm thinking when they look at me.

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Bring it on, humidity, because we have the secret to sleek. Just like your nails, your hair needs a “topcoat” to keep it smooth and shiny, says Nunzio Saviano, owner of Nunzio Saviano salon in NYC. This prevents water from penetrating strands, which ultimately causes frizz. It can be your daily conditioner (in which case, don’t completely rinse out in the shower), a styling product with silicone (like John Frieda Frizz Ease Original Six Effects Serum, \$10), or coconut oil, which Saviano recommends for thick or coarse strands. Before blow-drying, blot damp hair gently with a towel and then dry fully in sections.

Prevent a halo effect with anti-frizz sheets. Two to try: Nunzio Saviano’s (\$18) and Redken FPF 10 Fly-Away Fix Finishing Sheets (\$25 for 50). Or spray on Living Proof’s new No Frizz Humidity Shield (\$22).

SMOOTH TALK

BANISH BREAKOUTS, FRIZZ, DRYNESS AND MORE WITH OUR HEAD-TO-TOE GUIDE TO GORGEOUS.

**BY DORI KATZ
PHOTOGRAPHY BY DIANA KING**

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

ALL ABOUT THAT FACE

Your skin is put through the wringer in the summer, thanks to chlorine, sunscreen, salt water and (extra) sweat. So some women might benefit from a gentler routine. Dr. Ellen Marmur, associate clinical professor at the Icahn School of Medicine at Mount Sinai, recommends avoiding harsh stripping agents (such as sulfates) and trying a light, creamy cleanser, like VMV Hypoallergenics Moisture Rich Creammy Cleansing Milk (\$20), to remove water-resistant sunscreen and makeup. She also suggests blending three drops of a face oil into your daily moisturizer and gently patting it into your skin, from your forehead to your décolletage.

If you don't have sensitivities, glycolic acid should be your new best friend, says Dr. Jody Levine, dermatologist for Gillette Venus. Start with a 2% formula of toner, lotion or cream and apply in the evenings on dry skin—water deactivates glycolic acid. During the day, slather on a broad-spectrum sunscreen with SPF 30 or higher.

BARE ESSENTIALS

Before slipping into your swimsuit, follow these pain-free hair removal tips. Gently exfoliate the area the night before with an acid—salicylic, glycolic or lactic—to prevent ingrown hairs, says Levine. To soften hairs, first let the shower steam up, then apply a moisturizing shave gel or soap for fewer nicks and cuts. Choose a razor that pivots, like the Gillette Venus Swirl Razor (\$13), which adjusts to the contours of your body. Afterward, swipe an alcohol-free toner, like Dermalogica Multi-Active Toner (\$36), onto skin. Soothe any irritation with a product containing aloe or by applying a thin layer of 1% hydrocortisone cream.

STEP BY STEP

Put your best foot forward with urea—a miracle multitasker for feet, says Marmur. It exfoliates, softens cuticles and can even kill fungus and bacteria. Use a lotion, cream or ointment and apply in the evenings before bed. Eucerin Intensive Repair Extra-Enriched Foot Creme (\$5.50) and Topix Urix 40 Urea Cream (\$36) are good options.

IN THE CLEAR

To banish body breakouts, cleanse with a body wash that has acne-fighting charcoal or salicylic acid (2% to 5%), suggests Marmur. We like Origins Clear Improvement Purifying Body Wash (\$22) and Neutrogena Body Clear Body Wash Pink Grapefruit (\$8). Next, spray antiperspirant over any areas that are prone to pimples. Because sweat is usually a major culprit in body blemishes, Levine says to look for clothing with moisture-wicking fabrics. And avoid sitting for prolonged periods in wet clothing. Whenever possible, rinse off or at least change after exercising.



Elements *of* Style

Trends come and go, but these **five** pieces are the foundation for an always-chic wardrobe—whatever the season.

BY NICOLE MCGOVERN • PHOTOGRAPHY BY CLAIRE BENOIST



1

Midi Skirt



Now

The fuller silhouette is slimming, thanks to vertical panels. A fitted tank and nude sandals complement this retro look.



Later

Follow this fashion formula: moto jacket + floral blouse + ladylike skirt. The result? Just the right ratio of sweet and edgy.

2 Colored Blazer



Now

Trade in your black blazer for something a little lighter. Paired with floral shorts and a relaxed tank, this structured pink jacket becomes (even more) playful.

Later

Wearing pastels post-Labor Day is no faux pas. Just add moodier separates—we love dark slouchy pants—and simple accessories for a stylish office-ready look.

Chambray **Shirtdress**



Now

Consider this your ready-to-face-the-day dress. It's as versatile as your favorite pair of jeans, but a touch girlier with a few fun accessories.

Later

One word: layer. A chunky cardigan, a felt hat and suede booties feel autumnal and cozy when temperatures drop.

(Left page) Now: Blazer, Garnet Hill, \$168. Top, AMI Clubwear, \$25. Shorts, White House Black Market, \$128. Sandals, Latigo, \$88. Bag, Apt 9, \$69. Necklace, Ann Taylor, \$70. Later: Blouse, Attention, \$11. Pants, Guess, \$89. Pumps, Marshalls, \$130. Bag, Metrostyle, \$50. (This page) Now: Dress, Lee, \$69. Sandals, Emu Australia, \$179. Bag, Lauren Ralph Lauren, \$158. Later: Sweater, CAbi, \$158. Belt, Lauren Ralph Lauren, \$48. Boots, Minnetonka, \$70. Hat, Cost Plus World Market, \$30. Bag, Ann Taylor, \$98.

Leopard Pumps



Now

Treat this wild pattern as a neutral (trust us!) and wear it with any color. Leopard easily elevates crisp white jeans and pairs perfectly with coral.



Later

Take your LBD to new heights—literally—when you slip on these fierce heels. A statement necklace and metallic clutch are the finishing touches.

Long Vest



Now

The perfect light topper for summer, this easy piece won't weigh you down. Go with sporty extras and cinch with a belt to create a flattering shape.



Later

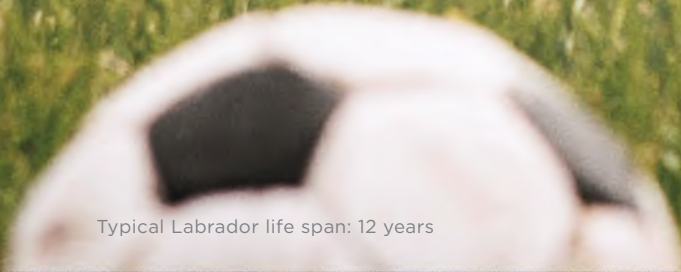
Topped with this cool addition, a classic turtleneck and pencil skirt feel of-the-moment. Leave open for a dramatic effect and complete with bold accents.



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SUMMER SIZZLE

CHEF AND RESTAURATEUR BEN FORD (HARRISON'S SON!)
TURNS UP THE HEAT FOR AN AUTHENTIC TEXAS-STYLE BARBECUE.

PHOTOGRAPHY BY CON POULOS



Guests help themselves at the one-stop drink station stocked with plenty of beer, sun tea and lemonade.

“Entertaining is all about the magic that happens around the table with friends and family,” says Ben.



Cooking for a crowd comes naturally to Ben Ford, who helms two Los Angeles locations of his gastropub-inspired restaurant, Ford's Filling Station, where he wows guests with everything from a whole hog dinner to Baja fish tacos. But Ben is still happiest when he's working the grill at a party. "I married a woman from Texas, so barbecue's a major part of my repertoire," Ben says. At the height of summer, he'll often round up the family—wife Emily, sons Ethan, 14, and Waylon, 5—and head for the wide-open spaces of the Gallagher Ranch near San Antonio, owned by Emily's godfather, Chris Hill. Since the 1830s the sprawling Mexican hacienda has been, variously, a military supply depot, a cattle farm and a celebrity dude ranch. "It's still the Wild West here," Ben says. To celebrate the surroundings, the couple likes to invite neighbors over for a locally inspired meal. "In cowboy country that means only one thing—beef brisket smoked over native wood, like white oak or mesquite," explains Ben. Classic chuck wagon sides like mac and cheese and Dutch oven baked beans play a supporting role. The decor couldn't be more impromptu or relaxed—trademarks of a chef whose menus are built around what's fresh at the greenmarket and on the farm. "I just want everyone to enjoy the feast and go home well-fed," Ben says. "And with leftovers."



BEN ENJOYS HIS DOWNTIME ON THE PATIO. "Southerners always have good stories to tell," he says. Homespun linens plus rugged metal and wood accessories complement the rustic outdoor setting.



"IT'S NOT A CELEBRATION WITHOUT KIDS," SAYS BEN,

who likes a table that's as casual as the meal. "The drinks, the music, the right atmosphere—these are all important parts of the party," he explains. "If things are laid-back, it's likely your guests will have more fun."



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TEXAS SUMMER SHANDY, a refreshing cocktail made with beer and vodka garnished with mint, offers just the right kick on a hot day. Emily, above, shares her lemonade with Waylon, while Chris Hill, right, savors the meal. Ben prepares the brisket with a special chili-spiked dry rub before smoking it for eight hours. The peach cobbler is his nod to Hill Country—between Austin and San Antonio—where the sweet fruit grows. “I call it the unofficial state fruit,” he says.



See page 128 for recipes adapted from *Taming the Feast: Ben Ford's Field Guide to Adventurous Cooking*.



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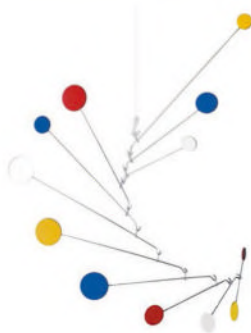
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Bold Strokes

Designer and blogger **JUSTINA BLAKENEY'S** first interiors book, *The New Bohemians*, is an endless source of summery decorating inspiration—beautiful, breezy photos, Pinterest-worthy DIY projects and a handy plant guide for growing with (or without) a big backyard. Here, she shares her favorite tips for a cool and collected family home.

JUSTINA BLAKENEY'S FAVES



1/ Mobiles aren't just for kids—they add a touch of whimsy to any room. Modern Mobile DIY Kit in Multicolor, modernartisans.com, \$40



2/ I love to paint a colorful shape on the wall and hang a matching shelf inside it to display collectibles.



3/ A suzani print pillow transforms a blah sofa or bed into something fun and cheery. Embroidered Suzani Pillow, pier1.com, \$35



4/ Quirky face vases give simple greens or flower arrangements personality. Henry Vase, luluandgeorgia.com, \$30



5/ Colorful quilts, hand towels and scarves can double as dinner party tablecloths or runners.



6/ My George Nelson Bubble wall sconce was a splurge, but it saves space on the nightstand and creates a soft, pretty glow. Nelson Lamp Collection, roomandboard.com, from \$195

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CASH for CASTOFFS

Throwing a garage sale is a win-win:
You'll streamline your life and make
a few bucks too.

By Lesley Porcelli



Illustrations by
Julia Rothman

One Month Out

Consolidate your castoffs.

It's never too soon to start weeding through your stuff. "I'm constantly tossing things into designated 'sale' boxes in my attic or basement," says Bruce Littlefield, author of *Garage Sale America*. "You can sell just about anything, but

skip valuable items unless you're willing to part with them for cheap."

Nail down a date. Guesstimate the best sale days in your area by following ads in neighborhood papers or on sites like Craigslist. "Fridays are big for retirees and

collectors, while families tend to shop on Saturdays," says Christina Heiska, creator of *Yardsalequeen.com*. Pick a day that works for you as well as your desired clientele.

Do a little sleuthing. Visit local garage sales to check out layouts, displays and pricing.

Rearrange the garage.

What's hanging on the wall can stay, but anything on the floor should be shoved into a corner or, even better, temporarily relocated to the basement. You can always use the driveway as a backup selling floor, if needed.

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The Week Before

Gather supplies. Heiska's kit includes a tape measure, markers, wipes, hand sanitizer, scissors, transparent tape, blue painter's tape for labels, grocery bags for packing up purchases, and newspaper to wrap breakable stuff. Borrow card tables and shelves to organize merchandise. A hanging rack is a must if you plan to sell a lot of clothes.

Fund your bank. Have plenty of small bills and change on

hand. Keep your cash in a safe place, like a cross-body bag or a lockbox.

Spread the word. Heiska recommends placing an ad in local papers, if they're low-cost. She also suggests a few other places to advertise for free: Craigslist (in the garage sales section), yardsalesearch.com, garagesalefinder.com, Facebook and Twitter. "Be sure to list a few enticing items," says Littlefield. Current hot

sellers include midcentury modern furniture, collectibles, kids' toys and clothes.

Post directions. Heiska favors store-bought road signs for neatness and visibility, but Littlefield likes going the do-it-yourself route with poster board and attention-grabbing words like "Dirt Cheap" and "Spectacular."

Call in reinforcements. An extra body or two always helps in case you have to run

into the house or make a phone call. Plus the day will be much more fun if friends and family pitch in.

Label every object. "People that go to garage sales are looking for bargains," says Heiska. "Price all items competitively so they sell quickly." Allow some wiggle room for haggling, and leave extra space on your tags for markdowns as the day progresses.

24-Hour Countdown

Set up shop. An appealing layout encourages browsing and buying. Clean anything that's grimy and dusty, and group like items. Little touches

count. Stuff handbags with newspaper or tissue and arrange books or DVDs in accessible stacks. "Put your best pieces by the entrance to

attract passersby," says Heiska. Set out complimentary lemonade, iced tea or water.

Devise a clean-up plan. "You don't want to drag unsold

items back into your house," says Littlefield. Leave anything that didn't sell in a corner of the garage and schedule a charity pickup.



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SALE DAY STRATEGIES

The goal is to get rid of stuff first, make money second.

If an easy chair is listed for \$50 and someone offers \$20 toward the end of the day, let them have it. A couple of hours before closing time, slash prices at least 50% and announce reductions on all signage.

Set up a dollar table and offer two-for-one deals and bulk discounts.

Put together a freebie box to move small odds and ends. Replenish your stock of giveaways throughout the day.

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JODIE PATTERSON, 45, BEAUTY ENTREPRENEUR, **PENEL GHARTEY**, 7, **GEORGIA BECKER**, 16, **CASSIUS GHARTEY**, 9, **JOSEPH GHARTEY**, 42, EDUCATION-TECH ENTREPRENEUR, **OTHELLO GHARTEY**, 6, NOT PICTURED, SON **NAIN GILL**, 22.
BROOKLYN, NEW YORK

MODERN LIFE

by *Suzanne Rust*

PHOTOGRAPHY BY BEN HOFFMANN

If your 2-year-old daughter keeps insisting she's a boy, your first reaction might be that she's just trying to bond with her older brothers. But if years go by and that child is still claiming a gender she wasn't born into, what does that mean and what do you do? Jodie Patterson and her partner, Joseph Gharthey, faced this situation. While they sought guidance to better understand what Penelope, now Penel, was experiencing, it became clearer to them that their child was

“Once we began to understand what transgender was, we immediately began to reach out to experienced people, like our family therapist, community leaders and authors. I've immersed myself in literature—it's an ongoing journey.”



transgender, which GLAAD defines as “an umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth.”

When Penel first announced that he was a boy, his parents thought their child was just being assertive. “Like ‘I’m tough, and I want you to respect me,’ and we were fine with that,” says Jodie. “But when we realized it was a much deeper expression, we had to sit back and just watch Penel for a bit. We had to take the time to learn. It’s been an eye-opening experience that’s given all of us a better understanding of the world. I’m just starting to comprehend ‘identity’ in its true meaning.” One of the biggest misconceptions, Jodie finds, is that when people talk about transgender, they assume it’s about sexuality. “They’ll ask me, ‘Isn’t it too early to know who Penel is going to want to be intimate with?’ What I understand now is that transgender is about identity—how an individual sees him- or herself. The process begins with each human very early.”

Jodie and Joseph are happy that Penel attends a very small private school where everyone knows him as a person, not as “the transgender kid.” They have asked for acceptance and received it from classmates, teachers, parents and the administration.



“Trans kids are some of the most complex and thoughtful people. Because who they are and what they look like are not in sync, they tend to have a heightened level of acceptance of differences. I know Penel will leave his mark on the world!”

As parents, one of our goals is to support our children and help them shine as their true authentic selves. Through their open-mindedness, commitment and love for their child, the Patterson-Ghartey family is creating a safe, loving environment where Penel can thrive.

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For more on the Patterson-Ghartey family, go to familycircle.com/modernlife.



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Well Visits

When it comes to helping sick kids and their families cope with day-to-day life during treatment, Lori Lee knows that sharing truly is caring. *By Sondra Forsyth*



Team Effort

In typical small-town fashion, Lori Lee's neighbors in Princeton, NC, had become like family over the years—so when she asked them for help in starting the Me Fine Foundation, to provide financial and emotional assistance to parents of critically ill children, they rallied right away with unwavering love. Lori, 48, credits her charity's success to the support of her community. "It's amazing what good people can do," she says. "They bring in their friends, and it keeps getting bigger and better."

A Difficult Loss

Lori was inspired to start Me Fine after her toddler son, Folden IV, was treated for acute myeloid leukemia at North Carolina Children's Hospital and later

at Duke Children's Hospital and Health Center from 2003 to 2004. During that time, she relied on loved ones to keep things afloat. "I stayed around the clock and my husband, Folden III, took many days off from his dental practice to be with us," Lori says. "My mom and my husband's family took care of our daughters, then 5 and 6 years old." Sadly, the little boy that Lori calls her "great light" died in September 2004, before he turned 3.

New Beginnings

Looking back, Lori says, "I knew even before I left the hospital that I would start a foundation." In her year of fighting Folden's cancer, she learned how devastating medical expenses are for many families. "People had given up

jobs in order to travel from around the country and the world to stay at Duke. A lot of them lost their homes because they couldn't keep up the payments." She named the new organization Me Fine because that was Folden's response every time he was asked how he felt. Within weeks, Me Fine received over \$20,000 in donations from hundreds of people who had followed Folden's journey on the site CaringBridge, including members of a local church.

Sharing the Wealth

Along with engaging in fundraising, Me Fine operates the Second Hope Shop and Lending Closet, located just outside of Lori's hometown. The Lending Closet is stocked with items like dinnerware and bedding that can be borrowed for free during stays in outpatient housing near the hospitals. "Without supplies from our Lending Closet, families would have to buy or rent all the necessities," Lori says. "If people can't make the trip to our facility, we deliver." The attached Second Hope Shop gives 100% of its revenue to Me Fine, and volunteers help out. "Even board members roll up their sleeves and pitch in," Lori says.

Lasting Legacy

To this day, Me Fine has provided critically important services like mortgage and rent assistance, gas cards, hospital and doctor copays, and prescription medication to more than 1,000 families at the hospitals where Folden was treated. While Lori never stops thinking about her boy, Me Fine lets her honor him every day. "Helping others through their journeys has allowed me to make peace with what happened to us," she says. "Me Fine is for all the kids like Folden who have touched other people's hearts."

To make a donation or get involved, visit mefinefoundation.org.



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THE BEST TOWNS FOR FAMILIES

THESE 10 LOCALES HAVE IT ALL—GREAT SCHOOLS, AFFORDABLE HOUSING AND OUTSTANDING COMMUNITY SPIRIT.

BY SEEMA NAYYAR • ILLUSTRATIONS BY LAURA TARRISH

EAST GRAND RAPIDS, MICHIGAN

POPULATION 10,786
MEDIAN INCOME \$102,507
MEDIAN HOME PRICE \$246,500
HOUSEHOLDS WITH CHILDREN 46%
GREATSCHOOLS RATING 9

For Cathy Oosse, 47, a stay-at-home mom who works three hours a week at an elementary school lunchroom, and husband Mike, 50, a medical sales representative, their best days are the ones spent walking or riding around town with kids Brendan, 17, Brady, 16, Brielle, 15, and Brooklyn, 12.

Pedestrian power is the primary mode of transportation in East Grand Rapids, which is just 5 miles east of Michigan's second-largest city. The simple small-town ethos is what brought Cathy back home. She says, "Most people come here for the school system. But you quickly get hooked on the lifestyle and the community, family feel, and you just don't leave."



East Grand Rapids, located 30 miles east of Lake Michigan, packs a lot of punch in its 3.4 square miles, and according to Cathy, nothing is more than a five-minute drive away. This proximity to the recreation center, school, downtown, parks and athletic fields has allowed the Oosse kids

to participate in multiple activities. There are the movies and concerts at John Collins Park, pickup games at the athletic fields, strolls around 4.2-mile Reeds Lake Trail—all part of the 176 acres of public-use land. East Grand Rapids' three elementary schools plus one middle and one high school rank in the top 5% of schools in the state. The district earned a spot on the AP District Honor Roll in 2013, and last year 94% of students scored 3 or higher. In addition, the high school will soon introduce an International Baccalaureate program. Cathy and Mike also like how the schools work to foster cross-cultural competencies. One elementary school, for example, partners with a school in Haiti via Skype for classes in which students learn about each other's culture.

GOOD DEEDS As part of East Grand Rapids Middle School's annual Day of Caring this May, more than 700 students volunteered for an afternoon of service. They helped with yard work at a local hospital and pitched in at soup kitchens.

HOW WE CHOSE With the help of Onboard Informatics, a New York City research firm that provides real estate, demographic and other data, *Family Circle* assembled a list of 4,500 cities and towns with populations between 10,000 and 100,000. From that, nearly 1,400 localities having a high concentration of households with median incomes between \$60,000 and \$110,000 were selected. We assessed which places met our family-friendly criteria—including affordable homes, quality schools, access to health care, low crime rate and financial stability—and ranked them from top to bottom. *Family Circle* selected the 10 winners from among the highest-rated towns.

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POPULATION 14,829
MEDIAN INCOME \$67,909
MEDIAN HOME PRICE \$186,875
HOUSEHOLDS WITH CHILDREN 42%
GREAT SCHOOLS RATING 10

For Pam and Paul Whitfield and kids Austin, 21, and Annie, 18, Hernando is a community that knows how to evolve while staying true to its core. Pam, 51, a lighting showroom manager, and Paul, 52, an electrical contractor, have lived in this town, 12 miles south of Memphis, for 45 years. When Pam started public school in 1969, she was part of Hernando's first integrated class. "Over the years, we've become more culturally diverse," Pam says. "And at the heart we're your typical small town where people look out for one another."

These days, this northwestern Mississippi burg is staking its claim as "the healthiest hometown" in the state. Hernando has added sidewalks and bike lanes, and it hosts one of the largest farmers' markets in Mississippi.

The Whitfields' favorite gathering spots are Hernando's several green spaces, including the community center, where Austin played baseball and bike lanes, and the Hernando Saddle Club, where Annie rides horses. A \$130,000 skate park will be built this summer thanks to a state grant and community donations, and the town was awarded a \$610,000 federal grant to build a linear park for pedestrians and bicyclists that will connect two of its parks and schools.

Hernando's schools are run by the DeSoto County school district, which has earned the state's highest rating.

GOOD DEEDS For the past four years, Hernando High School's Interact Club has sponsored a community-wide event to raise autism awareness. The club has held a 5K run each of the last three years that has raised about \$4,500 annually for local families with special-needs children.

ISSAQUAH, WASHINGTON

POPULATION 31,423
MEDIAN INCOME \$90,073
MEDIAN HOME PRICE \$385,250
HOUSEHOLDS WITH CHILDREN 35%
GREAT SCHOOLS RATING 9

Stephanie Huling, 46, and husband Brent, 46, who own a technical recruiting firm, love summer in their hometown, especially hiking the Cascades or going inner tubing or wakeboarding on Lake Sammamish with kids Tyler, 19, Maddi, 17, and Chloe, 14. Surrounded by three large mountains near the tip of Lake Sammamish, this town 17 miles southeast of Seattle is a destination for family-friendly excursions.

Stephanie and Brent chose Issaquah 18 years ago for its schools and small-town family environment. The active lifestyle is an added bonus. The Hulings routinely hit the trails for forest walks and mountain biking. A family favorite: Poo Poo Point on Tiger Mountain, which is a popular launching spot for paragliding and hang gliding. Says Stephanie, "Our best days are spent with our kids outside."

Issaquah's schools are active and healthy as well. For the past decade, the Issaquah school district has consistently ranked among the top five in Washington on state assessments. Seven of the district's two-dozen schools received the Washington Achievement Award for 2014-2015, honoring the state's top-performing schools.

Although this former coal mining town has grown exponentially over the past decade, for the Hulings Issaquah's size is just right. "It's a big town but also a small town," says Stephanie. "You feel like people have your back."

GOOD DEEDS The Issaquah Schools Foundation invests nearly \$1 million a year in student-related programs such as mental health initiatives and after-school homework help.



MASON, OHIO

POPULATION 31,761
MEDIAN INCOME \$83,431
MEDIAN HOME PRICE \$188,250
HOUSEHOLDS WITH CHILDREN 46%
GREAT SCHOOLS RATING 10

Spotting tennis stars during the annual Western & Southern Open is one of the fun aspects of living in Mason for Bhanu Mathur, 49, husband Sunil, 49, and kids Arjun, 19, and Meera, 17. And while Bhanu and Sunil, both database administrators, still marvel at the accessibility of entertainment options such as Great Wolf Lodge and Kings Island amusement park, their favorite recreation site is the Lindner Family Tennis Center, where Arjun and Meera have taken lessons and volunteered as ball kids for the Open.

Originally from India, Bhanu and Sunil settled in Mason in 1993. Since then, they've witnessed Mason's transformation from a sleepy rural suburb into a thriving small city thanks to an influx of multinational companies. "Now it's the place to be," says Bhanu. City parks offer acres of fishing lakes, walking trails, ball fields and playgrounds. Plus, a growing network of bike paths connects neighborhoods to schools, parks and downtown. Mason's school district consistently ranks among the top 5% in Ohio. The high school is the largest in the state, with 3,500 kids. "But it's impressive how teachers and administrators make sure that kids don't get lost," says Bhanu. **GOOD DEEDS** In April, the Kiwanis Club of Mason recruited more than 600 residents to volunteer for Community Service Day.



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These are not all the possible side effects of TECFIDERA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. **For more information go to daily.med.nlm.nih.gov.**

Tell your doctor if you are pregnant or plan to become pregnant, or breastfeeding or plan to breastfeed. It is not known if TECFIDERA will harm your unborn baby or if it passes into your breast milk. Also tell your doctor if you are taking prescription or over-the-counter medicines, vitamins, or herbal supplements.

For additional important safety information, please see Patient Information on the following page. This is not intended to replace discussions with your doctor.

*Biogen data on file.

†Based on number of prescriptions from IMS NPA™ Weekly Data (September 27, 2013 - March 31, 2015).

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- breastfeeding or plan to breastfeed. It is not known if TECFIDERA passes into your breast milk. You and your doctor should decide if you will take TECFIDERA or breastfeed.
- taking prescription or over-the-counter medicines, vitamins, or herbal supplements

How should I take TECFIDERA?

- Take TECFIDERA exactly as your doctor tells you to take it
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- Flushing and stomach problems are the most common reactions, especially at the start of therapy, and may decrease over time. Taking TECFIDERA with food may help reduce flushing. Call your doctor if you have any of these symptoms and they bother you or do not go away. Ask your doctor if taking aspirin before taking TECFIDERA may reduce flushing.

These are not all the possible side effects of TECFIDERA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. **For more information, go to daily.med.nlm.nih.gov.**

General information about the safe and effective use of TECFIDERA

- Medicines are sometimes prescribed for purposes other than those listed in this Patient Information. Do not use TECFIDERA for a condition for which it was not prescribed. Do not give TECFIDERA to other people, even if they have the same symptoms that you have. It may harm them.
- If you would like more information, talk to your doctor or pharmacist. You can ask your doctor or pharmacist for information about TECFIDERA that is written for healthcare professionals.

What are the ingredients in TECFIDERA?

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Manufactured by: Biogen Inc., Cambridge, MA 02142, www.TECFIDERA.com or call 1-800-456-2255

This Patient Information has been approved by the U.S. Food and Drug Administration Issued: 4/2015

MATTHEWS, NORTH CAROLINA

POPULATION 28,558
MEDIAN INCOME \$69,766
MEDIAN HOME PRICE \$199,500
HOUSEHOLDS WITH CHILDREN 34%
GREATSCHOOLS RATING 9

Pam Lang, 44, a certified public accountant, and husband Doug, 47, a database marketer for a national bank, moved to Matthews 22 years ago and relish the memories they are building there with daughter Sophia, 16, and son Bailey, 14.

Over the past 15 years, Matthews, just 12 miles southeast of Charlotte, has grown and adapted. It has built a new town hall, refurbished historic buildings, expanded its fire department, renovated its police and public works facilities, and added community and arts centers. But although Matthews embraces all the conveniences of modern living, it has remained the quintessential small-town experience for its residents.

The community mounts multiple events throughout the year, including the annual Father-Daughter Valentine Dance, BeachFest Matthews in the spring, with boardwalk-style food, and a family favorite, the Matthews Alive Festival, a Labor Day celebration that first drew the Langs to this corner of North Carolina.

Matthews is part of Charlotte-Mecklenburg Schools, one of the nation's largest districts, with some 145,000 K-12 students and 164 schools. CMS offers an extensive range of magnet programs in 43 of its schools that nurture the talents of students who have interest and ability in specific areas.

GOOD DEEDS For the past 22 years, volunteers from local groups have assisted in managing the Matthews Alive Festival, the annual Labor Day weekend event that helps support local nonprofits. In 2014 \$116,615, the most ever raised, was divided among area organizations.



PITTSFORD, NEW YORK

POPULATION 29,640
MEDIAN INCOME \$103,983
MEDIAN HOME PRICE \$250,000
HOUSEHOLDS WITH CHILDREN 35%
GREATSCHOOLS RATING 10

Every time Micky Sanon crosses a one-lane bridge in Pittsford, she's reminded of why she loves living in this Rochester suburb. "There's no light, no sign with directions saying which side goes first," says Micky, 47, a certified public accountant. "But it works. Life here feels civilized and decent."

Traffic etiquette is just one of the many perks of living in Pittsford for Micky and her four kids, twins Deven and Ronick, 19, Serena, 15, and Neal, 9. The self-professed city girl, originally from Queens, New York, was surprised at how easily she fit into her new hometown. Rochester's Seneca Park Zoo, The Strong National Museum of Play, Susan B. Anthony Museum & House and George Eastman House feature a rich mix of family fun and cool American history. The Sanons also relish Pittsford's whimsical moments, such as the annual Duck Drop Derby fundraiser. Residents purchase rubber ducks and watch nearly 2,000 of them float down the Erie Canal. The first duck to cross the finish line earns its owner a \$500 prize. The event raises money for its organizer, Pittsford Youth Services, a nonprofit.

But the true jewel in Pittsford's crown is its school district, which boasts a 96% graduation rate and 97% matriculation rate. **GOOD DEEDS** Every December, Pittsford's two high schools exploit their athletic rivalry to jointly raise money for Golisano Children's Hospital and the University of Rochester Medical Center. At the fundraising event, known as the Rainbow Classic, the high schools' girls' and boys' varsity basketball teams play against each other. Over the past 14 years the Rainbow Classic has raised nearly \$400,000 for hospitalized children and their families.

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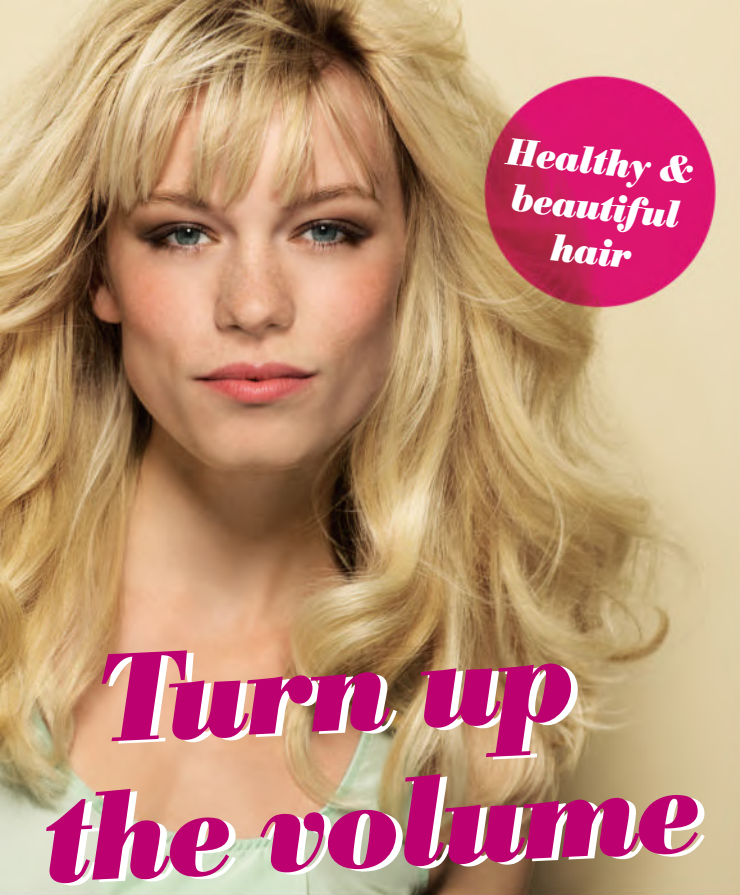
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WAUKEE, IOWA

POPULATION 14,945
MEDIAN INCOME \$76,039
MEDIAN HOME PRICE \$185,000
HOUSEHOLDS WITH CHILDREN 40%
GREATSCHOOLS RATING 9

Robin Spear knows a good thing when she sees it. Even when she moved away for college, Robin, 44, an insurance agent, realized she'd eventually return to her hometown. Today she and husband Jeff, 46, who does installation for a home goods store, are raising their kids Tyler, 16, and Joshua, 12, in Waukee. Located on the western edge of Des Moines's metropolitan area, the town has expanded exponentially over the past decade, making it one of the fastest-growing places in the state. "I've seen my small town morph into a large suburb, but it still feels the same as when I was growing up here," says Robin.

Indeed, Waukee is working hard to maintain its tight-knit roots. These days Robin volunteers on the parks and recreation board, and helps plan the same kind of events she attended as a child, such as the annual Fourth of July celebration, Easter egg hunt and WinterFest. The Spear family also volunteer at newer events, such as BACoon Ride, a weekend bike festival in which participants pedal 72 miles along the Raccoon River Valley Trail, with bacon-themed food stops all along the way.

Waukee's historic downtown triangle is dotted with old homes and new shops. The Spear kids get together with friends in Centennial Park at the sand volleyball courts, on the baseball diamonds and at the disc golf course. "It's really a great feeling knowing that anywhere we go in town, we're likely to find someone we know," says Robin.

That sense of familiarity extends to the schools as well. Those that Tyler and Joshua attend are a mix of old and new, since the district is in the process of upgrading. In addition to expanding the high school, it built a new elementary school and has begun construction on a new 8th- and 9th-grade facility. The high school graduation rate stands at 98%, and 90% of students go on to college.

GOOD DEEDS The Waukee police department's Shop with a Cop program helps needy children make purchases for their families during the holidays. After a pancake breakfast, police officers take about a dozen kids on a buying spree, giving them \$110 to spend; they even help the children wrap their gifts.



WAUNAKEE, WISCONSIN

POPULATION 12,467

MEDIAN INCOME \$76,589

MEDIAN HOME PRICE \$289,950

HOUSEHOLDS WITH CHILDREN 42%

GREATSCHOOLS RATING 10

It took one night for Laurie and David Dies to become smitten with Waunakee. Laurie, 55, a special events consultant, and David, 51, executive director of a state agency that regulates for-profit higher education institutions, moved to Waunakee 25 years ago. "It was so close to Madison but felt removed from it. There were walking bridges and quaint parks, and we were surprised about the

affordability here," says David. They were also impressed with the strength of Waunakee's schools and community for their children, Elizabeth, now 22, and twins Sarah and Tim, 19. The district "Exceeds Expectations" by the state and was on the AP District Honor Roll in 2013. It also ranks sixth in the state for ACT scores, which are above the state and national average.

Waunakee's secret is its collective spirit, which is especially evident in assistance for students that stretches beyond K-12. Voters don't just pass referendums, such as the \$45 million one in November to build a new intermediate school and to remodel its elementary schools. Residents also support Waunakee's younger citizens by helping pay for college through a community scholarship drive. Over 49 years, graduating seniors have received nearly \$1 million in donations from townspeople to assist with tuition. Last year 170 seniors collected a total of \$50,000 from residents and businesses. Each high school graduate received a \$300 check payable to his or her college. Says Laurie, "It's not a scholarship for the best athlete or the smartest student. It's for everyone."

Community spirit is key to Waunakee living: The town still maintains a volunteer fire department and EMS thanks largely to the number of residents willing to donate their own time. Says David, "There hasn't been a need to hire or create a full-time fire department because of the amount of people willing to personally support it."

Waunakee also beckons with family activities such as a candlelight snowshoe hike, a spring break family treasure hunt, and a summer Chalk Walk where artists of all ages help create a mural of sidewalk chalk art along the village park. The town's park system includes 267 acres of parks and conservancy land, 13 baseball diamonds, 32 soccer fields and 23 tennis courts. David and the kids have even kayaked on Six Mile Creek, which runs through Waunakee and feeds into Lake Mendota. "The options available to children here are just endless," says David. **GOOD DEEDS** The Waunakee Neighborhood Connection operates a free store that offers clothing and household goods for residents in need. The nonprofit even maintains a "needs list" for items it doesn't keep in its store, such as furniture or appliances, and hosts various donation events, such as the Diaper and Laundry Soap Drive and the "Fill the Bus" school supplies drive campaigns.

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WEST LINN, OREGON

POPULATION 25,600
MEDIAN INCOME \$89,300
MEDIAN HOME PRICE \$374,500
HOUSEHOLDS WITH CHILDREN 38%
GREATSCHOOLS RATING 9

For Amy and Scott Howard, living in West Linn often feels like an abundance of riches. This town 10 miles south of Portland boasts stunning backdrops and plenty of family-friendly activities.

Scott, 50, a remodeling contractor, and Amy, 48, a stay-at-home mom, along with daughters Ellie, 16, and Regan, 13, have unrivaled views of Mount Hood and access to unlimited water recreation along the Willamette River plus some 600 acres of parks and open space and 26 miles of trails. Among the family's favorite spots is the 26-acre Camassia Natural Area and Willamette Falls.

While the great outdoors beckons, so does the town itself, with special events such as Take Care of West Linn Day in May, a community service day and barbecue, and July's Street Dance in Historic Willamette. But what really defines West Linn for the Howard family is its people. When Scott talks to neighbors and friends about an event he's organizing for Neighbors Helping Neighbors, people make sure to get details about when and where, and then actually show up to help. That commitment to community extends to education. The high school has received Oregon's highest rating since 2007, and SAT scores are among the best in the state.

GOOD DEEDS For three decades, the Friends of the West Linn Library have helped support programs such as the Music In The Stacks concert series and summer reading clubs by setting up a used-book shop called the Book Cellar five days a week. The store and a few book sales generate over \$20,000 a year in additional revenue for the library. All items are donated by local patrons.

WESTON, FLORIDA

POPULATION 66,053
MEDIAN INCOME \$97,162
MEDIAN HOME PRICE \$315,000
HOUSEHOLDS WITH CHILDREN 55%
GREATSCHOOLS RATING 9

For Monica Socas, the best thing about living in Weston is that it allows her to blend cultures and traditions. Monica, 52, who owns an investment company with husband Luis Ortiz, 63, immigrated to this town 18 miles west of Fort Lauderdale seven years ago from Venezuela with youngest daughter Crisol, 18. In her new country, she celebrates not only the Fourth of July and Thanksgiving but a traditional Venezuelan Christmas. Nearly 40% of Weston's population is foreign born, and 45% of residents are Hispanic or Latino, according to the U.S. Census Bureau.

This cultural diversity extends to the schools as well. The family moved to the U.S. when Crisol was entering sixth grade. Initially, Crisol worried about being teased in her new school for not fully understanding English. Instead, she found supportive peers and teachers. She was also exposed to exciting programs, like having NASA astronauts and book authors come to speak to students.

The Ortiz family is never at a loss for things to do: Their hometown boasts 14 parks, including the 102-acre Weston Regional Park with baseball, soccer, basketball and sand volleyball courts. "If you could imagine a place to have a family, it would be Weston," says Monica. **GOOD DEEDS** The Rotary Club of Weston has two major annual fundraisers. In December there's a 5K run, a half marathon and a walk for elementary school students, with net profits going to community charities and the Rotary Foundation. In April the Rotary Club's golf tournament helps award college scholarships to more than 50 seniors from three local high schools.



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BUDGETS THAT BEND

When it comes to creating a workable spending plan, rigid parameters are out. In finances, as in life, flexibility is key.

FINANCE EXPERTS AGREE that having a family budget—deciding in advance how every dollar will get spent or saved each month—is key for fiscal well-being. But then the brakes on the car go. Your son needs braces. There’s an emergency trip to the vet. And by the end of the month, your bottom line is blown. Again.

“Expenses change all the time, especially when you have kids,” says Chrissy Pate, founder of becentsable.net. Plus, if your income is unpredictable—say, due to fluctuating work hours each week or self-employment—sticking to a budget can seem like a pipe dream. But it’s not impossible, provided you reframe your thinking.

STATUS QUO

When life is relatively stable, stick to a middle-of-the-road budget. “A lot of people hate the B word, so I like to say it stands for ‘Baby, U Deserve Getting EveryThing,’” says

Chellie Campbell, author of *From Worry to Wealthy: A Woman’s Guide to Financial Success Without the Stress*. Or you can spin it more positively by calling it a spending plan.

Create one by mapping out a year of your family’s typical monthly expenses—you can run the numbers however you wish, with pen and paper, a basic computer spreadsheet or an app like Mint or YouNeedABudget (YNAB). Include occasional bills for things like property taxes, cheerleading camp, school supplies and holiday gifts. Then add in a little more for inevitable—though not precisely predictable—costs. Divide by 12. “This is your normal operating budget,” Campbell explains. The amount in each category should guide your spending in an average month. Deposit any extra dough in a short-term savings account to cover unexpected items.

JACKPOT!

Perhaps you make at least a few hundred dollars on a yard sale or score a bonus at work. (Hey, a person can dream.) Feel free to take a brief break from watching every dime. Buy a pair of shoes, sign up for a fun art class or treat the family to a night out.

Whatever you do, just don’t spend all the extra money. “A good rule for windfalls is to put a third of it toward paying off debt, a third into savings and a third toward having a good time in the present,” says Campbell. Funds earmarked for savings could help build up your emergency fund (pros say you should have at least six months of basic living expenses to fall back on in case of job loss or major illness or injury) or be used to maximize your retirement contributions for the year. If you’re nearing the limit on your 401(k), check whether you might qualify for a Roth IRA at rothira.com/roth-ira-eligibility.

BELT-TIGHTENING

A plumbing disaster or fallen tree results in a big fat bill. Or maybe there are travel expenses for a family reunion. Budget-wise, you’ll need to downshift. “In some categories, like mortgage or rent, you have no choice,” says Pate. “But in others you can definitely scale back.” If things get tight, she cuts her grocery budget by 25% and makes time to plan low-cost meals. Entertainment is another no-brainer. Put off pricey theater outings and stream movies or shows you’ve been meaning to catch up on. Borrow books and DVDs from the library. In other words, fall back on the money-saving moves you let slide when cash isn’t quite so tight.



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BY ALYSSA BREWER



PET PROJECTS

Animal lovers, take note—opportunities abound for you to assist the vision impaired, military veterans and many others who could use some creature comfort.

It all started 20 years ago, when Nina and Jeff Kellogg's 7-year-old son, James, asked for a dog. That seemingly simple request led to two decades of the Katonah, NY, family volunteering for Guiding Eyes for the Blind, an international nonprofit that provides guide dogs to people with vision loss. Long story short, a friend suggested they think about brood fostering—providing a safe, loving home to a female being bred specifically to provide future generations of guide dogs. Happily, the whole gang got involved: Nina, Jeff, James and daughter Alice, then 9 years old, all participated in the application interview. "It was a family commitment, and the kids embraced that," says Nina. "It just seemed to be what was right for us." Soon after they started fostering Chauncey, an energetic black Lab.

Fast-forward: The Kelloggs have fostered five mothers full-time and helped raise 40 litters of puppies. (They don't know the exact total, but with an average litter numbering seven, the ballpark figure is almost 300!) The best part with every litter is knowing many of the puppies will graduate and become trained guide dogs. "It's unbelievably rewarding," Jeff says. "They're going to change people's lives."

For more information about Guiding Eyes for the Blind, go to guidingeyes.org.

More Ways to Help

If you have a soft spot for animals, search online for local volunteer opportunities like these.



PATH International

pathintl.org

Horse lovers can pitch in through the Professional Association of Therapeutic Horsemanship International, which has more than 850 member centers around the U.S.

DoSomething.org

dosomething.org

Possibilities through this youth volunteering website include becoming a "pet publicist" for adoptable animals or making dog toys for shelters. There are options for all ages, interests and desired time commitments.

Pets for Vets

pets-for-vets.com

Foster pets or assist with dog training through this organization, which provides companion animals to military veterans.

Pet Partners

petpartners.org

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COLLEGE CONFIDENTIAL

**YOUR MANY QUESTIONS
ANSWERED BY STUDENTS,
PARENTS AND ADVISORS
BY APRIL MCFADDEN
ILLUSTRATIONS BY GREG MABLY**

The campus tour and website cannot prepare college-bound teens (or their parents!) for everything, so we're giving you the inside scoop on the most pressing freshman-year concerns.

HOW TO SHARE A ROOM WITH A STRANGER

Your child's relationship with his college roommate may be one of the most important of his freshman year. It may also set the scene for how he feels about college during those first months. Whether the pairing was a random match or the roommates chose each other, remind him to embrace individuals from diverse backgrounds and encourage honest communication. Also stress the importance of setting boundaries and expressing when he's not okay with something.

“Try to be as open-minded as possible when living with



someone you haven't met before. Everyone can teach you something if you are willing to learn," says recent Syracuse University graduate Sarah Bigman. "My roommate was from China and she had to quickly get acclimated to not only U.S. culture but 'college culture' as well. She had so many questions, many of which I immediately brushed off, since my only priority as a freshman was to check out the frats and make new friends. One day she asked me, 'Why do you wear makeup every day?' My only response was 'Because...it makes me feel pretty.' She asked, 'Why does it make you feel like that?' I had no answer. From that moment forward I took her questions seriously. We were from two different parts of the world, so naturally we butted heads on certain topics (especially whether it was okay to have boys in our room). But at the end of the day I wouldn't have changed it for anything. She taught me so much simply by trying to learn. We ended up teaching each other a lot during that one year, and she is one of my closest friends today. Keep your mind open—that's what college is all about!"

On dealing with practical grievances, like a sloppy roommate, Syracuse University rising senior Lindsay Dubourdieu Ortmeier says, "Speak up. The other roommates and I were mad about cleaning up her mess, but the onus was partially on us for not making it clear to her that her style of living was unacceptable. After all, if someone doesn't know she's causing a problem, she can hardly be held responsible to fix it. My advice would be to calmly and definitively state the issue: 'I know we all have messy moments, but right now it seems like a lot of the stuff in here belongs to you. I know we'd all appreciate living in a clean and beautiful space, so let's all make an effort to keep our messes at bay and see if it gets any better.'" By talking about a team effort as opposed to attacking the one person, generally you get a better response.

HOW TO CHART THE RIGHT COURSE

In college your child has much more freedom in course selection, so this is the perfect time for him to start exploring interests and building a skill set for his career. "Today's students, especially those who are

"Take yourself out sometimes. Grab that nap you need. Make being good to yourself a priority."

Sierra Boone, Northwestern University sophomore

beginning at a university, are very worried about the practicality of a major. I tell them they need to start off doing things they are very interested in and that they have a track record of doing well at," says Claudia Scott-Pavloff, assistant dean at Miami University in Ohio. If your child is still concerned about the usefulness of the major she is interested in, suggest that she tap her resources and ask how she can use that area of study in her chosen field. The university's career services and professors are good sources for insight. Whatever course she does choose, gently remind her when she's registering for classes to be prepared and to keep her graduation requirements in mind.

With your child's newfound major, help her understand that equilibrium is key; it's not wise to enroll in too many important classes at once. Advise her to take a mix of courses that she needs and others that may be fun and interesting. "As an engineer, I found it crucial to find balance in my schedule. Every quarter I tried to take an elective that would provide a refreshing new perspective and a break from my challenging and problem-set-heavy classes," says Michelle Ferber, who graduated from Northwestern University in June.

Another perspective: "It's important to explore our interests, but I also think it's dangerous to be patently lackadaisical and laid-back about college courses. You have a limited time to be a student with access to so many resources and people," says Camille Lynn Wright, a graduate of Washington University in St. Louis.

HOW TO CONNECT SUCCESSFULLY WITH PROFESSORS AND ADVISORS

Professors are not there just to lecture; they can be among a student's greatest resources. They are good for offering insight into a particular field as well as recommendations, and are overall great connections for your child. College students should build these relationships early and maintain them long after the course ends, not just when they're struggling in class. If your child is shy, approaching a professor at the end of class or emailing are other smart ways to build relationships. "Professors want engaged students who contribute to the learning environment, not only by asking questions and providing answers, but also by looking attentive and laughing at our jokes," says Northwestern University assistant professor of instruction James Hornsten. Showing up ready and curious is a also a huge plus. "The students who leave the biggest impact on me are those who come prepared, have thoughtful questions, are not afraid to ask questions or afraid to think about things in a different kind of way," says Marietta Collins, PhD, an associate professor and a clinical psychologist at Emory University who is also the parent of a college student.

HOW TO TAKE A SEAT

What does seat choice say about a student? Professors weigh in:

"I try not to read too much into an individual's seating choice, because students may have compelling reasons to sit in particular places. For instance, a student may want one of a limited number of left-handed desks, need to arrive late or leave early due to an interview or exam, prefer to stretch out into an aisle or an adjacent desk, or choose to sit by a friend who has already chosen a location. That said, students who sit in the back of a large auditorium generally seem less engaged than those who sit near the front, perhaps because it's harder to see and hear, or because there are more potential distractions in their field of vision. If you are indifferent between various seats in the room, try to sit closer to the front."

— *Assistant Professor James Hornsten*

"A student sitting in the front row will be more attentive and more

engaged. This has been researched. Regardless of where you sit, be alert, attentive, engaged and intentional in your learning experience. Do not check Facebook and just sit back. Participate! Given a choice, sit where the professor will see you and where you will see and hear the professor well. Sit where you're going to pay attention and be able to participate." —*Catherine Daniélou, PhD, senior associate dean for Undergraduate Academic Affairs in the College of Arts and Sciences, University of Alabama at Birmingham*

HOW TO STAY CENTERED

College comes with its fair share of stressors. In addition to balancing one's classes, work and social life, having to adjust to a new environment and social situations can create extra emotional wear and tear. Here are some dos and don'ts to maintain equilibrium:

✓ **Do** listen to your son or daughter. Sometimes in our rush to help them solve their problems, we occasionally forget to really home in on what our children need from us.

✓ **Do** remember that your role has changed. Instead of being the manager in your student's life, you are now a consultant. In this new role, encourage your child to be mindful of his or her priorities to ensure that various commitments do not overlap. "When students come to college, they may be eager to overcommit their schedules. There are new activities, organizations, a social life, a new city to explore and generally a new way of learning and studying to figure out. It's important for students to learn early how to prioritize and manage time," says Katy Redd, assistant director for prevention and outreach at the Counseling and Mental Health Center, University of Texas at Austin.

✗ **Don't** let the student get overwhelmed. Talking to your college-bound teen about balance and time management will go a long way toward helping her manage a challenging schedule.

✗ **Don't** let your child hesitate to ask about the university's counseling options. According to the director of Georgetown University's Counseling and Psychiatric Service, Philip W. Meilman, PhD, "Realtors say the three most important things are location, location, location. I

would say that the three most important things with regard to mental health are that if a student is running into trouble, yell for help, yell for help, yell for help."

HOW TO MEET THE RAINBOW

College brings together people from all walks of life, often different from ours. Talking across differences means having open and honest dialogue in order to share and learn about diverse experiences. Kyle Clark, associate director of the University of Texas at Austin's New Student Services, advises students "to seek to understand and to be understood. The idea is that you want to be open to listening to other people tell their story—and then be willing to share your own story—and to do so in a respectful way." College is a time for young people to learn and engage with others. The experience can be uncomfortable, but encourage your child not to run from it. These conversations can be eye-opening, as University of Georgia senior Mason Gepp found. "I wouldn't say that my perspective had completely changed, but a conversation with a friend who lived in a poorer part of the Latin American community in Athens [Georgia] shed light on some important issues surrounding immigration reform in America. While I knew the issue was complicated, I had never before heard primary accounts from [people] who had faced certain situations with authorities because they were from Mexico."

HOW TO KNOW WHEN TO STEP IN AND STEP OUT

This generation of college parents is more connected and has greater access to information because of technology and social media. You have a better ability to solve problems and be involved, but remember that your child needs you in a different way now. Don't be a helicopter parent and another source of stress. Just assure your child that you are a mere phone call away.

One mother's take:

"Letting go is not easy. I remind myself that this opportunity is what's best for our child and that what we ultimately want is for them to be independent and happy," says Marcie Ferber, parent of a recent

college grad, a college junior and a high school senior.

One recent graduate's take:

"My family is very close, so for the first few weeks, not seeing them every day was strange and sad, but we managed to stay in touch. Now I call my parents every week to find out what's going on back home, to let them know what's happening in my life and sometimes just to talk," says Daniel Wilco, a recent graduate of the University of North Carolina at Chapel Hill.

HOW TO KEEP OUR CHILDREN SAFE

At college parties, there is a high probability that alcohol will be present, so talk to your child about drinking responsibly and being vigilant. Running the risk of a terrible hangover is not your or a student's only worry: They have to raise their awareness about issues like date rape, drunk driving, alcohol poisoning and potentially disrespecting their classmates and themselves.

Make sure you impress upon your college-bound teen the importance of staying true to himself and not succumbing to peer pressure. Georgia State University senior Daniel Gilstrap advises incoming freshmen, "Don't do anything that you aren't comfortable with." Remind students that partying isn't the only option on Saturday nights. There are plenty of activities, from local movies and plays to a game night in their residence hall. "I realized pretty early on that most frat parties were not remotely amusing for me, so I stopped going to them and found other ways to experience the nightlife and have fun," says graduate Daniel Wilco.

HOW TO REINVENT

When kids go off to college, no matter what kids were labeled in high school—the geek, the jock, the awkward kid—they can reinvent themselves. "There are no pre-existing cliques, so you're allowed to hang with whomever you want," says Mary Elise Grassmuck, 23, a recent graduate of Trinity University. "I went from being kind of quiet to having an extensive network of friends and acquaintances and being president of my sorority. You can literally be whoever you want to be."

PHOTO FINISH



A LOOK AT A LONGSTANDING FAMILY TRADITION—THROUGH A DIFFERENT LENS BY AMY BYRNES

children and the kids' dad moved out a decade later. Over the years, there's been griping about what my offspring refer to as my "obsession" with that first-day-of-school photo. The morning my son started his senior year of high school, after I finally succeeded at wresting him into the viewfinder, he flipped my camera the bird. I kid you not.

When he was getting ready to leave for college, I decided to copy that first-day-of-preschool photo and make it into a card for him, figuring I'd tuck it into a bundle of framed family photos his sisters and I were planning to leave on the desk in his dorm. Inside, I wrote about how proud I was of the person he had become.

Ultimately, all of us drove the eight hours south to get him settled. We helped hang posters and make up his bed, and piled back in the car to hit Walmart for extension cords and lightbulbs. We walked all over the sprawling campus and bought about a million dollars' worth of textbooks at the bookstore.

When there was nothing left to do, I laid the bundle of framed photos on his desk and had him walk his sisters and me out to the car.

For a mom, it's that moment you've kind of been dreading for the past however many years: time to push your little bird out of the proverbial nest. It's scary to imagine how hard he'd need to flap his wings to stay aloft. Or how empty our surroundings would seem without him.

My oldest daughter, who had so proudly stood next to her brother all those years before, turned and wrapped her arms around him to say goodbye.

Then my son stepped in front of me, and I felt as though I should remind him

to say no to drugs, study hard and floss daily. Yet all I could do was throw my arms around his neck and cry. Then I felt his back twitching as he sobbed. I was grateful that he, too, felt sad. Right then, my younger daughter snapped our picture.

We pulled apart, wiped our eyes and said so long. Somehow, I navigated the traffic-clogged roads around the dorms and got us back on the highway. The girls and I sniffled a little more, then settled in for the long drive home.

The next day I sent him a text to see how he made out his first night in the dorm and asked if he had found the pictures and card on his desk.

"Yeah I got them thank you," he messaged back. "Sad card." I knew exactly what he meant—that picture was a reminder of the good old days, of construction paper name tags and crustless sandwiches. A time that had come to an end.

Then a second text popped up on my phone. "Can you send the basketball I left in the garage when you get a sec?" Sure.

Meanwhile, the picture my daughter took became the newest addition to our first-day-of-school photo gallery. For me, it perfectly captures the feeling of a child leaving the nest. My son's back is to the camera and his head is leaning toward me as we embrace. My face is contorted in what can only be called an ugly cry, and my arms hug him tight while my hand cups the back of his neck, holding it like I did when he was an infant. But in my heart I know his wings work just fine.

Read more by Amy Byrnes on her *A My Name Is Amy* blog at amynameisamy.com.

There's a picture on my kitchen bulletin board—half hidden by silly greeting cards and bumper stickers—that has become my family's iconic back-to-school photo. My two oldest kids are front and center, standing on the steps of our old house. A basket of late-summer impatiens droops behind them. It's my eldest's first day of preschool.

Both are sporting construction paper name tags pinned to their shirts, sent by the teacher to wear on the first day. My son's has his name. My daughter's has my name. She's only 17 months younger, and somehow she assumed the second tag was for her. I was not about to burst her bubble. Given the way she puffed out her chest for the photo, you would have thought that it was her first day of school—if you didn't know better. Her big brother, standing beside her, smiles as if to say, "Can you believe this?"

We've continued that first-day photo op ever since, even as we had two more

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Snack Attack

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Yogurt-Berry Bone Parfait

Spoil your dog rotten with this drool-worthy dessert, created by blogger Rosalyn Acero of SugarTheGoldenRetriever.com. Acero's a master at whipping up treats gentle enough for her pup's sensitive tummy.

- As a mold, use a 3/4-inch bone cookie cutter. Place on a flat surface, such as a glass plate.
- Pour 1 tbsp Greek yogurt into mold. Freeze about 1 hour.
- Add 2 tsp fresh blackberry juice (from about three smashed blackberries). Freeze 20 to 30 minutes.
- Place little pieces of raspberry over blackberry juice, then pour 1 tbsp plain yogurt on top. Freeze 20 minutes.
- Place 1 tsp homemade Toasted Coconut Honey Oats (see recipe at right) on top. Freeze another 10 to 15 minutes.

Toasted Coconut Honey Oats

- Mix 1½ tbsp coconut oil and ¼ cup rolled or instant oats. In a skillet, toast over medium-high heat 5 to 7 minutes, until oats are golden brown. Remove from heat and mix in 1 tsp honey.

3-Ingredient Salmon Cat Treats

These feline goodies are purrfection thanks to TheCookieRookie.com's Becky Hardin. When freshly baked ones are in the drawer, Hardin's tabby cat, Dill, will sit nearby and meow for them all day.

- Heat oven to 350°. Pulse 10 oz canned salmon (undrained) in a food processor and chop as finely as possible.
- In a stand mixer, combine salmon, 1 egg (beaten) and 2 cups whole wheat flour until dough forms. If dough is too dry, add up to ½ cup water. If dough is too wet or sticky, add a bit more flour. Dough should be tacky but not sticky.
- Roll out dough on a floured surface until about ¼ inch thick. Use a ¾-inch cookie cutter in the shape of your choice to create your treats.
- Place treats on a parchment-lined baking sheet and bake at 350° for about 20 minutes. When they're slightly browned and crunchy, they're done.
- Allow to cool before serving.
- Store in an airtight container for up to 2 weeks.

Makes 80 to 100 mini treats.

Kiwi-Strawberry-Banana Pupsicles

Talk about lucky dogs! Tennille Tejada, author of DoggyDessertChef.com, makes these goodies for her two shelter adoptees. Your pooch will give them two paws up.

- To create the first layer, add 1 peeled, chopped kiwi and ½ cup water to a blender or food processor. Whirl until smooth. Pour about 1 inch of kiwi mixture into the bottom of each of 4 plastic cocktail cups. Place in freezer for an hour or until frozen.
- For the second layer, add ½ cup strawberries and ½ cup water to blender or food processor. Whirl until smooth. Pour about 1 inch of strawberry mixture over first layer. Place in freezer for an hour or until frozen.
- For the third and final layer, add 1 banana and ½ cup water to blender or food processor. Whirl until smooth. Pour about 1 inch of banana mixture over second layer. Freeze overnight to allow to fully set.
- When ready to serve, run warm water outside of the cup so the pupsicle slips out.

Makes 4 pupsicles.



Prop styling: Sara Neumeier.

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Healthy Competition

When sibling rivalry grows into adult envy, a sister or brother can become your worst enemy. Our experts suggest ways to keep the peace.

“The next time your sibling boasts, brags or tries to outdo you, control that urge to snap back or get angry like you did as a child. Instead, breathe deeply and take the high road. For example, if she’s going on about all the awards her kids have won, say: ‘That’s great! I’m so proud of them.’ Then change the topic. As mature adults, we’re equipped with better emotional tools. Use them.”

—**BREE MARESCA KRAMER**, mental health counselor and author of the relationship help book series *It’s That Simple!*

“All children compete for their parents’ affection, and friction between grown siblings is a remnant of that. In other words, a competitive brother or sister still feels inadequate or holds a grudge. Empathy can help you get past obnoxious or hurtful behavior and talk things through. You might say, ‘Things weren’t always fair when we were kids, but that was a long time ago. Can we let go and change our relationship for the better?’ This is a continuous conversation you have to work at, but an incredibly healing one.”

—**JEANNE SAFER, PHD**, author of *The Normal One: Life with a Difficult or Damaged Sibling*

“Do a little mindfulness meditation before your next get-together. Sit in a quiet spot and acknowledge the situation: ‘If I start talking about my child/job/spouse, my sibling will try to criticize or one-up me. I’m going to act like it’s not affecting me.’ It’s okay to feel annoyed or angry—just don’t show it. Your sibling may stop or get more aggressive, but by not responding emotionally, you’ll come out ahead.”

—**PETER GOLDENTHAL, PHD**, author of *Why Can’t We Get Along?*

SUCCESS STORY “My sister and I always felt the other was smarter, prettier and more successful. Then one day, she made a joke about our competitiveness, and it’s been all wisecracks ever since. At big events, like our weddings, we took silly photos to keep animosity from rearing its head. I smile whenever I look at them.” —*Carolyn Smuts, 41, Huntington Beach, CA*



*tips

Cut Back.

If there’s a lot of friction, limit your time together, whether that means fewer lunches or shortening a visit.

Gain Perspective.

Acknowledge the part your parents played in your dynamic. Even the best-intentioned moms and dads make mistakes. Discussing the relationship each of you had with them can help you see your sibling’s point of view.



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CONSIDER STRENGTH TRAINING YOUR ticket to a long life and a lean body. Muscle-building moves do everything from burning fat and strengthening bones to fighting heart disease and arthritis. Despite the benefits, only about 25% of women do resistance exercises the expert-recommended two times per week. If you feel lost in the weight room or avoid it altogether, you'll be glad we tapped Jessica Matthews, exercise physiologist and senior health and fitness expert for the American Council on Exercise (ACE), to recommend eight essential moves every woman should do regularly. "When you don't strength train, your body loses up to a half pound of muscle each year," says Matthews. "And the less muscle you have, the slower your metabolism." Tighten your entire body by doing each exercise shown for 8 to 12 repetitions. Repeat the series once for a total of two sets—and soon you'll look trimmer on the outside and feel younger on the inside!



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BICEPS

CONCENTRATION CURL

Grab a 5-pound dumbbell and sit on a bench with your feet a little wider than hips and upper body tilted forward. Place your upper arm against your inner thigh and curl the dumbbell toward your shoulder. Return to start and repeat. Then switch sides.

SCULPTING SECRET “With your arm against the thigh, the biceps is isolated and better targeted,” says Matthews. Strong biceps are key for picking up and carrying heavy items, like grocery bags.

BEGINNER MODIFICATION Use a 3-pound dumbbell and progress from there. Or perform a hammer curl: Stand with feet hip-width apart and arms down by your sides, holding a dumbbell in each hand. Your palms should face your body as you bend one arm at a time, bringing the weight to the front of your shoulders, then lowering it. Repeat with the other arm and continue alternating.



CHEST

DUMBBELL FLY

Lie on your back on a bench, feet flat on the floor. While holding 5-pound dumbbells, extend your arms toward the ceiling with palms facing each other and hands above your chest. Open your arms straight out to the sides and in

line with your chest. Keeping a slight bend in the elbows, bring dumbbells back to the start and repeat.

SCULPTING SECRET This move perks up your bustline. Plus, when pushing heavy doors or a loaded shopping cart, you’re using your chest muscles, so strengthening the area makes these everyday tasks a cinch.

BEGINNER MODIFICATION This exercise is much more manageable if you reduce the weights to 2 or 3 pounds. Or opt for moving only one arm at a time.

TRICEPS

TRIANGLE PUSH-UP

Get into a push-up position, but form a triangle by touching your index fingers and thumbs. Bend your elbows slightly out to the sides and lower your chest to the floor without arching or rounding your lower back. Return to the start and repeat.

SCULPTING SECRET This slight variation on a traditional exercise really fires up the triceps, making the back of your arms less jiggy. It also works the shoulders, chest and core, giving it even more shaping power than triceps kickbacks or dips.

BEGINNER MODIFICATION Place your hands on an elevated surface, like stairs or a bench, and keep your feet on the floor. This lessens some of the load on your upper body.



BACK

SINGLE-ARM DUMBBELL ROW

Stand with your right leg forward and slightly bent, left leg back, with a dumbbell in your left hand. Tilt forward at the hips, resting your right palm on a bench. Draw the left elbow back, keeping it close to your body as your hand reaches your midsection. Repeat until you complete one set. Switch sides.

SCULPTING SECRET Pulling is one of the body’s main motions, and a strong back makes it easier. It also counteracts the chest dumbbell fly move for a balanced upper body and better posture.

BEGINNER MODIFICATION Use a resistance band to do a seated row. Sit with your legs extended, knees slightly bent. Place the band around your feet, crisscrossing it at your hands. With arms extended and palms facing the floor, pull the band back so that your hands are in line with your chest. Re-extend your arms and repeat.

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Low blood calcium (hypocalcemia). Prolia® 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®.

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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.

Prolia® is a medicine that may affect the ability of your body to fight infections. 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.

Bone, joint, or muscle pain. Some people who take Prolia® develop severe bone, joint, or muscle pain.

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, 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



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:

• 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

• 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.

• 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. Ask your doctor or dentist about good mouth care if you have any questions.

• 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.

• 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 the ability of your body to fight infections. 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
- Fever, shortness of breath, cough that will not go away
- 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

• Bone, joint, or muscle pain.

Some people who take Prolia develop severe bone, joint, or muscle pain.

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 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



CORE PLANK

In push-up position, place your forearms on the floor, elbows in line with your shoulders and body straight from head to toe. Hold this position as long as possible—even if it's just 5 seconds at first. Don't tilt your hips toward the sky or floor or move your shoulders forward.

SCULPTING SECRET "The plank is one of the most effective exercises for challenging your entire midsection," says Matthews. That means it helps you beat the bulge. It's ideal for lower-back-pain sufferers too, because it strengthens the deep core muscles without putting pressure on the spine.

BEGINNER MODIFICATION Place your knees on the floor, keeping elbows in line with shoulders and maintaining your hips in a neutral position. Once you're able to hold this position for 30 seconds, it's time to move on to the next level.



BUTT DONKEY KICKS

Get on all fours, aligning wrists with your shoulders and knees with your hips. Engage your core and keep a neutral spine as you lift your left leg with knee bent. Press the foot up toward the ceiling, moving only at the hips, and back down. Complete one set, then switch legs.

SCULPTING SECRET Say hello to a firm tush that looks great in skinny jeans! This ranks number one for toning your gluteus maximus—the butt's biggest muscle. A particular must-do for frequent runners or walkers, it strengthens the muscles that surround the hips to help maintain an injury-reducing gait.

BEGINNER MODIFICATION Perform a glute bridge instead. Lie on your back with your knees bent, feet flat on the floor and hip-width apart. Engage your core and lift your hips toward the ceiling without arching your lower back. Slowly return your butt to the floor and repeat.



LEGS

SQUATS WITH DUMBBELLS

Stand with feet hip-width apart and hold 5-pound dumbbells just in front of your shoulders. Bend your knees and lower as if sitting down in a chair, keeping knees in line with ankles and chest up. Rise to the standing position and repeat.

SCULPTING SECRET An oldie but a results-guaranteed goodie, the squat works the front and back of your thighs plus multiple muscles across the hip and knee joints, making it a super-efficient exercise. It also copies movements from day-to-day life, like bending to pick up kids or taking a seat.

BEGINNER MODIFICATION Drop the weights and perform traditional squats using only your body weight.

WHOLE BODY

BURPEE

From a standing position, squat down and place both hands on the floor. Jump the legs back into a high plank position. Lower your chest to the floor and push back up. Jump your legs back up to the hands and leap into the air. Repeat.

SCULPTING SECRET You'll get more done in less time by toning your arms, legs and core all at once. This move also adds a cardio element that research shows requires more energy (in other words, burns more calories) than other resistance exercises.

BEGINNER MODIFICATION Rather than jumping, just step back and forward, one foot at a time. Place your knees on the floor for the push-up or eliminate the last jump.



READY FOR MORE INTENSITY? Go to familycircle.com/eightexercises for advanced variations of these top toners.

Step by Step

Sporting flip-flops and sandals can be tough on your feet, leaving them vulnerable to injuries. Take it all in stride with tips from three experts.

The podiatrist says lotion up. “Skin is your greatest barrier against infections,” notes Grace Torres-Hodges, DPM, a doctor in Pensacola, FL, and spokesperson for the American Podiatric Medical Association. Sand, saltwater and sunburn can cause intense dryness and cracks that make it easier for germs to enter the body. Keep feet hydrated by rubbing on moisturizers with vitamin E, aloe or shea butter every day, preferably after a shower. Don’t forget to apply—and reapply—SPF to soles (they’re often bare on the beach) and tops of feet to decrease your risk of skin cancer.

The physical therapist says shop smart. Wearing flat footwear forces your arches to collapse and puts

extra pressure on your toes or heels, which can eventually produce painful problems like plantar fasciitis, explains Brian Hoke, a sports PT expert for Vionic Shoes. Instead, purchase a sandal that has a heel cup, a raised midfoot and enough cushioning that pushing on it leaves a dent. Vionic, Reef and OluKai all have supportive, stylish options.

The biomechanist says stretch well. Toes grip flip-flops as a way to keep them on. Counteract that tension by standing with one leg behind you, tucking your toes and placing them on the floor so the front of your foot stretches, suggests Katy Bowman, author of *Whole Body Barefoot*. Clutching



your toes can also lead to tight calves. Loosen them up by sitting with your legs out straight and feet against a wall, then lowering your upper body toward your feet.

Have a question about your or your family’s well-being? Email health@familycircle.com and we may answer it in an upcoming issue.

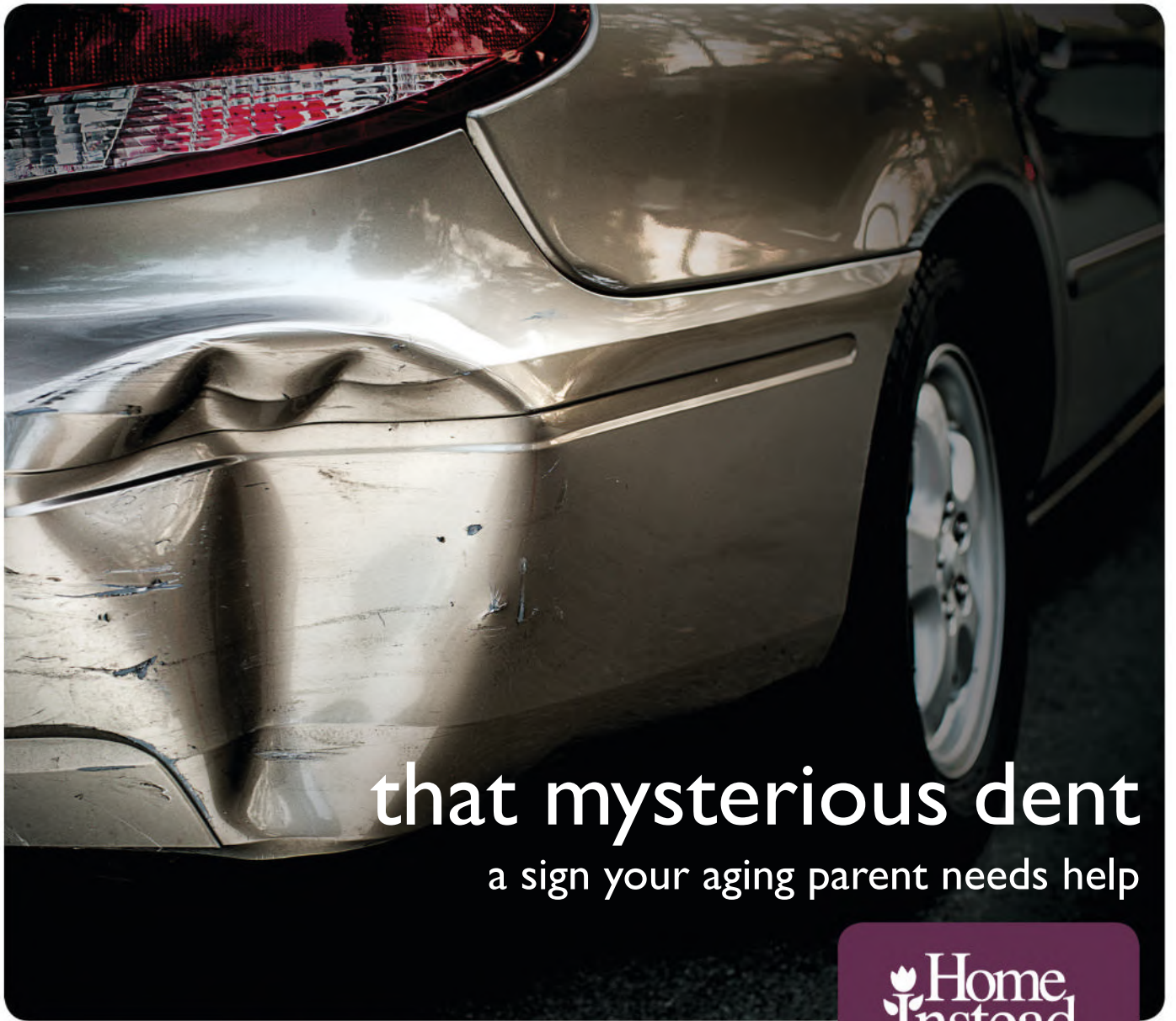
The Pot Talk



With teens more likely to try drugs during summer months and legal marijuana making headlines, now is the perfect time to chat with your kid about weed. “Do something with your child that allows for a relaxed environment and an uninterrupted conversation, like taking a walk,” says Heather Senior, social worker and parent support network manager for the Partnership for Drug-Free Kids. Then initiate the talk with one of these openers.

Main Motive	What to Say	End Goal
You want to start an open dialogue about illegal substances.	“You’re reaching an age where you might be introduced to drugs, and I was hoping we could talk about marijuana. Is that okay with you? I’m curious about your thoughts on pot use.”	Get your child to speak up and give you insight on how she feels about marijuana.
You’ve tried to talk about it, but he’s blown you off.	“It’s obvious that you don’t want to discuss this and it’s not easy for me either, but I’m hoping we can navigate this together. I’m bringing this up again because it’s important for you, our family and our relationship.”	Let your kid know that this is a crucial conversation, so you both come out of it well aware of where the other stands.
You’ve discovered drug paraphernalia in your teen’s room.	“I found marijuana in your room and I want to know what’s happening. Is there something going on in your life that you feel pot helps you deal with? At your age, you’re taking a huge risk using any substance because your brain is still developing—that’s why I want to talk.”	Show you’re concerned (<i>not</i> disappointed) and end the chat with clear consequences set for your kid’s actions.

To find more strategies for a calmer conversation, head to drugfree.org/MJTalkKit.



that mysterious dent
a sign your aging parent needs help



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Q&A

What bug repellent should my family and I be using?



Products that contain at least 20% DEET offer the best protection against mosquitoes and ticks, according to Missy Henriksen, vice president of public affairs for the National Pest Management Association. This is particularly important due to the increased threats of Powassan virus—a rare but potentially fatal tick-borne illness that can be transmitted after just 15 minutes of attachment. (Lyme disease can take up to 24 hours.) It causes a fever, headache, vomiting and general weakness. For DEET alternatives that keep mosquitoes at bay, opt for a product with picaridin, IR3535 or oil of lemon eucalyptus. Henriksen says the key to maximizing the safety and effectiveness of all bug repellents is to follow label instructions diligently. And if you're using them with sunscreen, apply SPF first, then bug spray.

25% That's about how much elementary school children's academic performance improves when their school participates in the USDA's School Breakfast Program. Make sure your kid's morning meal consists of 350 to 600 calories, foods low in saturated fat and sodium (like oatmeal), and one cup each of fruit and low-fat milk. SOURCE: DAVID FRISVOLD, PHD, ASSISTANT PROFESSOR OF ECONOMICS, UNIVERSITY OF IOWA

Shining Through

Windows may block the August heat, but they don't necessarily protect your skin from sunburn. Some glass in buildings, cars and homes lacks a UV guard. So even when you're riding in a vehicle or sitting inside at work, use SPF 15+ on your face, neck, ears and shoulders. You can also add a UV-blocking film to your car (from \$150) or home windows (from \$60 for a 3 x 5-foot box). Get more info at iwfa.com.



Fruity Kaleidoscope

Go ahead: Let your kids play with their food! Fresh blueberries spin around balls of cantaloupe to make beautiful, edible art.



Create in 3 easy steps!

Step 1:

Make **cantaloupe** balls with a melon baller

Step 2:

Pour a bowl of **Rice Krispies**

Step 3:

Imagine what your kids can create—arrange **blueberries and cantaloupe** in Kaleidoscope design and serve with **milk**



Find more possibilities at RiceKrispies.com

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What's Wrong With Me?

AFTER MONTHS OF STRUGGLING WITH PERPLEXING SYMPTOMS, **BONNIE ROTHMAN MORRIS** RECEIVED A LIFE-CHANGING DIAGNOSIS.



I WAS HALFWAY THROUGH MY 6 A.M. YOGA CLASS BUT nowhere near feeling Zen, thanks to the certainty that I was about to topple over. Following my instructor's directions, I attempted to stand on my right leg, floating my left behind me into warrior three. I had practiced yoga for two decades and knew I could stand steadily, but over the past year every time I tried a one-legged pose, I wobbled like a willow. *Get focused, I told myself. Stay upright.* I tipped forward onto the mat.

Balky balance at age 52 was just one symptom of what I thought was middle agedom. For about six months I had also felt as if a cotton ball were lodged in my left ear. I couldn't hear baristas at Starbucks or the singer at the Fitz and the Tantrums concert I dragged my husband to.



Two audiology tests only showed minor hearing loss, but I had another symptom: slight dizziness. I returned to the first ENT doctor I had seen and her receptionist recommended I consult with a neurotologist, an ear and skull base surgeon, who was out of network. Medical receptionists are on the front lines of patient care, so they're worth listening to. That neurotologist prescribed an MRI of my brain with contrasting dye.

When I didn't get the results after a few days, I thought that no news was good news but wanted to close the loop to be sure. So, hours before heading out on a college road trip with my teenage daughter, I called the specialist's office. As soon as the nurse asked me to hold for the doctor, my stomach lurched. "I'd like to see you today," she said, never apologizing for not calling me, even though she had received the results days earlier. "You have an acoustic neuroma."

As my husband drove me to the doctor's office we were hushed and scared. We had Googled my diagnosis. Relatively rare benign tumors, acoustic neuromas are made up of cells that go rogue and multiply around your eighth cranial nerve, inhibiting its ability to send sound and balance information from your inner ear to your brain. They may be caused by a genetic mutation. "As far as brain tumors go, this is one of the best kind to have, especially if it's small," says Isaac Yang, MD, neurosurgeon at Ronald Reagan UCLA Medical Center and head of the UCLA Acoustic Neuroma Program. They're slow-growing and generally not life-threatening. But because of my age and the size of my tumor, which was slightly larger than a Brazil nut, my doctor did not recommend a watching (with semiannual MRIs) and waiting (to see if it grew) approach. It couldn't be ignored.

I had two options: radiation or surgery. Radiation would halt tumor growth but could leave me with further hearing loss and balance problems. It also carried a remote risk of cancer. While that was not a very attractive option, neurosurgery, on the other hand, involved opening my skull to remove the tumor, a stay in intensive care and side effects similar to radiation's. What if I was radiated and got brain cancer years later? What if neurosurgery

left me with total hearing loss? I tried to partition off my fears during the day but had many sleepless nights. At the time, I was the sole breadwinner for my family because my husband was unemployed. With college tuition to pay, I needed to keep my business afloat and my family safe. That meant taking care of my brain tumor and not letting fear paralyze me.

Choosing the best treatment required extensive research and networking. With a rare disorder like mine (it's diagnosed in approximately 3,000 Americans a year), finding an expert is imperative. And, thanks to the Internet, it's easy. I pored over the Acoustic Neuroma Association website (anusa.org), focusing on medical information and ignoring forums filled with scary tales of recurring tumors and constant headaches. I reached out to physician friends and a college buddy in the pharmaceutical industry for advice and referrals. In a health crisis, working connections can help you get more informed second opinions quickly, so I dug deep into my address book. I sent my records to four neurosurgeons who met the "lots of experience" criterion; all said that stereotactic radiosurgery with a Gamma Knife machine was my best option. (None of them charged to look at my file, even though I would have been billed for an in-person consultation.)

Ultimately, I agreed with their recommendation and chose Douglas Kondziolka, MD, professor of neurosurgery at NYU Langone Medical Center, for the outpatient procedure. At my first appointment, he explained how the machine would be programmed to hit the tumor and avoid healthy tissue, and laid out his goal of keeping my facial muscles intact. I arrived at the eerily empty hospital just before dawn. After an MRI pinpointed the size and location of my tumor, a cage was screwed into my head to immobilize it. When my forehead was numbed for the screws, I joked that the needles hurt way more than my dermatologist's Botox-filled ones. Kondziolka laughed, which I appreciated. I was terrified as the assistants and medical physicist swarmed around me.

Then they slid me into the machine, radiation was beamed into my tumor for about 20 minutes, and it was done. The

How to Get Diagnosed—Fast

HEED SIGNS Solitary symptoms may be explained away, but multiple ones usually suggest a neurological problem. Pay attention to hearing reduction on one side, fullness in the ear, ringing in the ear (tinnitus), new onset of imbalance, headaches, facial numbness or facial weakness.

ACT FAST While acoustic neuromas are slow-growing, the larger the tumor, the more limited your treatment choices. As they expand, they can press into the brain.

TEST WELL "A contrast MRI with internal auditory canal series is the gold standard to diagnose acoustic neuroma," says Yang. Ask for one if your doctor doesn't prescribe it.

GO PRO "You will have many questions before and after your diagnosis," says Kondziolka. "You need answers that only doctors who treat the majority of these cases can supply." Seek out centers that specialize in addressing this type of tumor.

only bloodshed was four tiny dribbles at the points where the screws had been, so a nurse wound a bandage around my head. The doctor told me I could remove it during my car ride home and to schedule a follow-up in six months. Five hours after I had entered the hospital lobby, I was home. The next day I was back at my desk—though I tired easily.

Radiation can swell the tumor a little before it starts to shrink, so my symptoms worsened before getting better. Headaches were a menace. I experienced vertigo daily. Yoga classes remained tough. And I had to go to rehab, where I balanced on one foot with my eyes closed—impossible even without a tumor!—and performed eye exercises. I had ugly facial spasms for a few months but, slowly, they became much more subtle. And finally, at my most recent six-month checkup, yet another MRI showed the tumor was dying.

Life isn't suddenly perfect: I still can't hear the baristas, but I've learned to lean in and smile a lot. My warrior three isn't always steady, but when I wobble, I accept that it's normal. Unsteadiness in yoga is part of getting better. And, thankfully, getting better is just what I'm doing.

WHERE TO LEARN MORE **Acoustic Neuroma Association** anusa.org
House Clinic houseclinic.com **UCLA Neurosurgery** neurosurgery.ucla.edu

WHAT'S NEW

GOLDEN ARCHES

PAGE 14: **Eylure Brow Stencils**, Ulta, \$6. **Anastasia Brow Wiz**, sephora.com, \$21. **NYX Control Freak Eyebrow Gel**, nyxcosmetics.com, \$6.

CREAM OF THE CROPPED

PAGE 16: Tank, **Elle**, Kohl's, \$36. Culottes, **Splendid**, splendid.com, \$108. Sandals, **Naturalizer**, naturalizer.com, \$90. Bag, **Rosetti**, Sears, \$59. Earrings, **Moon and Lola**, moonandlola.com, \$38. Bangle, **Dogeared**, dogeared.com, \$42. Short necklace, **Miranda Frye**, mirandafrye.com, \$77. Long necklace, **Miranda Frye**, mirandafrye.com, \$87. Sunglasses, **Target**, Target, \$17. Maroon pumps, **Guess**, guess.com, \$110. Boots, **Marshalls**, Marshalls, \$130. Wedges, **Jack Rogers**, jackrogersusa.com, \$178. Navy strappy heels, **Marc Fisher**, macys.com, \$85.

STYLE

SMOOTH TALK

PAGE 27: Swimsuit, **La Blanca**, lablanca.com, \$109. **Nunzio Saviano** Anti-Frizz Sheets, nunziosaviano.com, \$18. **Redken** PFP 10 Fly-Away Fix finishing sheets, redken.com/salon_finder, \$25 for 50. **Living Proof's** No Frizz Humidity Shield, livingproof.com, \$22.

PAGES 28-29: Swimsuit, **Forever 21**, forever21.com, \$23. **VMV Hypoallergenic** Moisture Rich Creammy Cleansing Milk, vmvhypoallergenic.com, \$20.

Dermalogica Multi-Active Toner, dermalogica.com, \$36. **Origins** Clear Improvement Purifying Body Wash, origins.com, \$22. **Topix** Urix 40 Urea Cream, amazon.com, \$36.

ELEMENTS OF STYLE

PAGE 31: Midi Skirt Look 1: Skirt, **Jaclyn Smith**, kmart.com, \$30. Tank, **Simply Vera**, Kohl's, \$32. Sandals, **Indigo Rd.**, macys.com, \$59. Bag, **Lacoste**, lacoste.com, \$118. Necklace, **Vivi**, bevivi.com, \$44. Midi Skirt Look 2: Tank, **Simply Vera**, Kohl's, \$50. Leather Jacket, **The Limited**, similar styles available at thelimited.com. Sandals, **Clarks**, clarksusa.com, \$130. Clutch, **She + Lo**, sheandlo.com, \$98.

PAGE 32: Colored Blazer Look 1: Blazer, **Garnet Hill**, garnethill.com, \$168. Top, **AMI Clubwear**, amiclubwear.com, \$25. Shorts, **White House Black Market**, whbm.com, \$128. Sandals, **Latigo**, Anthropologie, \$88. Bag, **Apt 9**, Kohl's, \$69. Necklace, **Ann Taylor**, anntaylor.com, \$70. Colored Blazer



BEACHES TURKS & CAICOS RESORT VILLAGES & SPA

Located on a 12-mile stretch of white sand beach in Grace Bay, Providenciales, Beaches Turks & Caicos Resort Villages & Spa has earned its reputation as one of the leading family beach resorts in the world. Beaches Turks & Caicos offers a wide range of luxurious accommodations in four distinct villages—the new Key West Luxury Village, Italian Village, French Village and Caribbean Village. With its Gourmet Discovery Dining program, internationally trained chefs create diverse dishes that allow guests to savor the world at 20 different restaurants. Beaches Turks & Caicos features attractions for the whole family, including a 45,000-square-foot waterpark, clear turquoise waters, an XBOX Play Lounge, Scratch DJ Academy, a teen disco, Caribbean Adventure with Sesame Street program, Red Lane Spa and more. For more information, go to beaches.com or call 1-888-BEACHES.

Look 2: Blouse, **Attention**, kmart.com, \$11. Pants, **Guess**, macys.com, \$89. Pumps, **Marshalls**, \$130. Bag, **Metrostyle**, metrostyle.com, \$50.

PAGE 33: Chambray Shirt Dress Look 1: Dress, **Lee**, lee.com, \$69. Sandals, **Emu Australia**, emuaustralia.com, \$179. Bag, **Lauren Ralph Lauren**, Bloomingdale's, \$158. Chambray Shirt Dress Look 2: Sweater, **CABi**, cabionline.com, \$158. Belt, **Lauren Ralph Lauren**, Bloomingdale's, \$48. Boots, **Minnetonka**, minnetonkamoccasin.com, \$70. Hat, **Cost Plus World Market**, worldmarket.com, \$30. Bag, **Ann Taylor**, anntaylor.com, \$98.

PAGE 34: Leopard Pumps Look 1: Shoes, **Tamar Collection**, tamarcollection.com, \$89. Tank, **Mossimo for Target**, Target, \$20. Pants, **Silver Jeans Co.**, silverjeans.com, \$78. Bag, **White House Black Market**, whbm.com, \$128. Leopard Pumps Look 2: Dress, **Donna Morgan**, donna-morgan.com, \$196. Necklace, **Cocoa Jewelry**, cocoajewelry.com, \$85. Bag, **Vestique**, myinitials-inc.com, \$36.50.

PAGE 35: Long Vest Look 1: Vest, **Forever 21**, forever21.com, \$30. Dress, **Decree**,

jcpenney.com, \$42. Belt, **Bed Stu**, shoebuy.com, \$60. Sandals, **Easy Spirit**, easyspirit.com, \$69. Bag, **Olivia + Joy**, oliviaandjoy.com, \$78. Long Vest Look 2: Top, **Karen Kane**, karenkane.com, \$69. Skirt, **Lisette L**, lisettel.com, \$105. Shoes, **Rockport**, rockport.com, \$140. Bag, **Initials, Inc.**, myinitials-inc.com, \$90. Necklace, **Miranda Frye**, mirandafrye.com, \$87.

HOME

SUMMER SIZZLE

PAGES 41-46: Shot on location at **The Gallagher in San Antonio, TX**, gallagherheadquarters.com. For more information on chef Ben Ford's *Taming The Feast: Ben Ford's Guide to Adventurous Cooking* cookbook or his Ford's Filling Station restaurants, visit chefbenford.com.

HEALTH

EIGHT IS ENOUGH

PAGES 97-103: Tank, **Lululemon Athletica**, lululemon.com, \$62. Pants, **Skins**, skins.net, \$100. Sneakers, **Under Armour**, ua.com, \$130.

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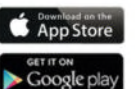


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COVER RECIPE

OFF THE VINE

Fresh-picked tomatoes drizzled with a homemade vinaigrette

| GLUTEN-FREE |

**Heirloom
Tomato Salad**

Whisk 3 tbsp **fresh lemon juice**, 2 tsp **snipped chives**, 1 tsp **grated lemon zest**, 1 tsp **Dijon mustard**, 1 tsp **honey**, $\frac{1}{4}$ tsp **sea salt** and $\frac{1}{4}$ tsp **cracked black pepper**. While whisking, add $\frac{1}{4}$ cup **olive oil** in a thin stream until blended.

Slice 5 or 6 **heirloom tomatoes** and fan slices onto a board or large platter. Season with additional chives, sea salt and cracked pepper. Serve with dressing.

Serves 6.

JUICY



THE TIME IS RIPE TO
MAKE THESE SWEET
AND SAVORY RECIPES.

BY MELISSA KNIFIC / PHOTOGRAPHY BY TINA RUPP

**WATERMELON
MARGARITAS**

PAGE 119

FRUIT



**GRILLED CHICKEN AND
PEACHES ON CIABATTA**

PAGE 119



GRAPE PIE

**GRILLED MAHI MAHI
WITH PLUM SALSA**



**WILD RICE,
CANTALOUPE
AND CUCUMBER
SALAD**



**COCONUT-MANGO
TAPIOCA PUDDING**



| GLUTEN-FREE |

Watermelon Margaritas

MAKES 8 servings PREP 10 minutes

- 5 cups cubed watermelon
- 3 cups ice
- 12 oz (1½ cups) silver (blanco) tequila
- ½ cup fresh lime juice
- 2 tbsp agave syrup
- ½ tsp kosher salt
- Salt and lime wedges, for garnish (optional)

■ In a blender, combine watermelon, ice, tequila, lime juice, agave and kosher salt. Blend until smooth. Serve over ice in, if desired, salt-rimmed glasses with lime wedges.

PER SERVING 140 CAL; 0 g FAT (0 g SAT); 1 g PRO; 12 g CARB; 0 g FIBER; 120 mg SODIUM; 0 mg CHOL

Grilled Chicken and Peaches on Ciabatta

MAKES 4 servings
PREP 15 minutes GRILL 10 minutes

- 4 boneless, skinless chicken breasts (about 5 oz each)
- 1 tbsp olive oil
- ¼ tsp salt
- ½ tsp black pepper
- 4 oz Brie, cut into 8 slices
- 2 peaches, halved and pitted
- 4 mini ciabattas (about 3 oz each), sliced horizontally
- 4 tsp Dijon mustard
- 1 cup arugula

■ Heat grill or grill pan to medium-high. Rub chicken on both sides with oil and season with salt and pepper. Grill on medium-high for 5 minutes. Flip chicken and place two Brie slices on each breast. Grill another 5 minutes, or until chicken is cooked.

■ Meanwhile, grill peaches 3 minutes per side. Slice. Grill rolls 1 to 2 minutes on cut sides.

■ Spread 1 tsp mustard on the bottom of each ciabatta. Follow with chicken breast, some peach slices, ¼ cup arugula and top half of ciabatta.

PER SERVING 500 CAL; 15 g FAT (7 g SAT); 46 g PRO; 46 g CARB; 3 g FIBER; 910 mg SODIUM; 125 mg CHOL

| GLUTEN-FREE |

Wild Rice, Cantaloupe and Cucumber Salad

MAKES 8 servings
PREP 20 minutes COOK 40 minutes
LET STAND 20 minutes

- 1½ cups wild rice blend (such as Lundberg)
- 1 container (5.3 oz) 0% plain Greek yogurt
- ½ cup light mayonnaise
- ¼ cup white balsamic vinegar
- ½ tsp salt
- ¼ tsp black pepper
- 3 cups diced cantaloupe
- 2 cups diced cucumber
- 1 cup finely diced celery
- 1 cup raisins
- ½ cup roasted sunflower seeds
- ¼ cup finely diced shallots

■ In a lidded pot, combine rice and 3 cups water. Bring to a boil. Reduce to a simmer, cover and cook 40 minutes or per package directions. Let stand 20 minutes.

■ Meanwhile, in a large bowl, whisk yogurt, mayonnaise, vinegar, salt and pepper. When rice is slightly cooled, stir into dressing with cantaloupe, cucumber, celery, raisins, sunflower seeds and shallots. Serve at room temperature or chilled.

PER SERVING 320 CAL; 10 g FAT (1 g SAT); 7 g PRO; 54 g CARB; 5 g FIBER; 300 mg SODIUM; 5 mg CHOL

| GLUTEN-FREE |

Grilled Mahi Mahi with Plum Salsa

MAKES 4 servings
PREP 15 minutes GRILL 9 minutes

- 4 red and yellow plums, pitted and finely diced
- 2 tsp sugar
- 1 tsp lemon juice
- ½ tsp plus ¼ tsp salt
- 1¼ lbs mahi mahi or sea bass (four 5 oz fillets)
- 1 tbsp olive oil
- ½ tsp black pepper
- ½ cup fresh basil, chopped

■ Heat grill or grill pan to medium-high. In a bowl,

combine plums, sugar, lemon juice and ¼ tsp of the salt.

■ Rub mahi mahi with olive oil and season with remaining ½ tsp salt and the black pepper. Grill on medium-high for 5 minutes. Flip and grill another 3 to 4 minutes, until fish is cooked through.

■ Stir basil into salsa; spoon salsa over fish before serving.

PER SERVING 280 CAL; 4.5 g FAT (1 g SAT); 27 g PRO; 34 g CARB; 6 g FIBER; 490 mg SODIUM; 105 mg CHOL

Grape Pie

MAKES 12 servings PREP 25 minutes
REFRIGERATE 2 hours, 15 minutes
BAKE at 375° for 1 hour

2½ cups all-purpose flour

1 cup (2 sticks) unsalted butter, cut into pieces and chilled

1 tsp salt

½ cup ice water

1¼ lbs red table grapes (about 5 cups)

½ cup granulated sugar

2 tbsp instant tapioca

1 tbsp lemon juice

1 egg, beaten

2 tbsp coarse or granulated sugar

■ Combine flour, butter and salt in a food processor. Pulse until butter is the size of peas. Slowly stream in ¼ to ½ cup ice water, until dough just comes together (squeeze between your hands). Form into 2 equal rounds, wrap in plastic wrap and refrigerate 2 hours.

■ Heat oven to 375°. On a lightly floured surface, roll one round of dough to fit inside a 9-inch pie dish. Refrigerate 15 minutes.

■ Combine grapes, granulated sugar, tapioca and lemon juice. Transfer to piecrust. Roll out second crust and cut out about 18 three-quarter-inch circles with a pastry cutter. Place crust on top of pie and pinch edges of both crusts together, then crimp. Brush top and edges with egg, then sprinkle on coarse sugar.

■ Bake pie at 375° for 30 minutes. Carefully wrap foil around edges of crust to prevent burning, then bake another 30 minutes, until golden brown. Allow pie to cool completely on a wire rack before slicing.

PER SERVING 320 CAL; 16 g FAT (10 g SAT); 4 g PRO; 41 g CARB; 1 g FIBER; 200 mg SODIUM; 55 mg CHOL

| GLUTEN-FREE |

Coconut-Mango Tapioca Pudding

MAKES 6 servings
PREP 15 minutes SOAK overnight
COOK 50 minutes COOL 10 minutes
REFRIGERATE at least 2 hours

½ cup large pearl tapioca

2 cups coconut water

1 can (13.5 oz) coconut milk

1 tsp vanilla extract

½ tsp salt

1 egg yolk

⅓ cup sugar

2 ripe mangoes, peeled, pitted and diced (2 cups)

1 cup unsweetened large flake coconut (such as Bob's Red Mill), toasted

■ Soak tapioca in coconut water overnight in a bowl covered with plastic wrap.

■ In a medium lidded pot, combine tapioca-coconut water mixture, coconut milk, vanilla and salt. Cover, bring to a boil, then reduce to a low simmer. Cook, covered, for 40 minutes.

■ In a bowl, whisk egg yolk and sugar. Slowly whisk in half the tapioca; pour contents from bowl into pot. Cook another 10 minutes over low heat, until thickened. Remove from heat and cool 10 minutes.

■ Meanwhile, puree 1 cup of the mango in a blender or food processor. Mix into remaining 1 cup mango.

■ In each of 6 cups, layer ¼ cup mango, followed by 1 heaping tbsp coconut, ½ cup tapioca, another ¼ cup mango and another 1 heaping tbsp coconut. Cover and refrigerate until cool, at least 2 hours.

PER SERVING 390 CAL; 23 g FAT (20 g SAT); 4 g PRO; 48 g CARB; 4 g FIBER; 80 mg SODIUM; 30 mg CHOL



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MONSANTO



DIG A *Little* DEEPER

Traditional Plant Breeding and Biotechnology

VOL. 4 FOOD/NUTRITION

Thanks to the combined efforts of many groups in agriculture, farmers today have access to a wide variety of solutions to help grow crops more sustainably. Two of these solutions are traditional plant breeding and genetic modification (also called biotechnology). Together these solutions are helping farmers have better harvests while using water and other important resources more efficiently.

1 *Traditional plant breeding* is a centuries-old practice that helps produce new and better varieties of plants. Basically, a breeder crosses the male (pollen) of one plant with the female organ of another. Ideally, the resulting offspring plant carries genes that reflect the best qualities of both parent plants – such as the ability to grow better in certain environments, improved taste, more nutrition, or a better texture and vibrant color. Most crops, including lettuce, peppers, broccoli, strawberries and other produce, are still bred this traditional way.



2 *Genetic modification* is the process of taking a favorable quality, or trait, that helps a living thing flourish in nature, like an ability to use water efficiently, and adapts that trait to a plant. In this way, the plant can better survive its environment – such as a disease-resistant genetically modified papaya introduced after a virus killed half the existing papayas in Hawaii. Many genetically modified plants are able to thrive successfully in places where moisture is scarce, or soil quality is challenged – providing a vital way to grow enough food in areas where farmers face growing challenges.

Both traditional plant breeding and genetic modification of crops have the goal of creating a new and better variety of plant. And both play a vital role in helping farmers have better harvests, so a balanced meal can be more accessible to all.

Food for thought:



About 97% of U.S. farms are operated by families.

Since the practice of agriculture began, **EIGHT TO TEN** thousand years ago, farmers have been altering the genetic makeup of the crops they grow.



Current commercial genetically modified crops in the U.S. include: corn, soybean, cotton, canola, sugarbeet, alfalfa, papaya and squash.



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EAT YOUR GREENS! SALADS
AREN'T JUST A LUNCH
THING—HERE ARE SIX
DINNER-WORTHY IDEAS.

BY MICHAEL TYRRELL



1



5



2



3



6



4

New Season.
New Ingredient.

MasterChef

WEDNESDAYS **FOX**



1. Scallop Frisée Salad

MAKES 4 servings
PREP 20 minutes **COOK** 7 minutes

DRESSING

- ½ cup buttermilk
- ¼ cup reduced-fat sour cream
- ¼ cup reduced-fat mayonnaise
- ¼ cup snipped chives
- 1 tsp lemon juice
- ¼ tsp salt
- ¼ tsp black pepper
- ½ cup finely chopped peeled seedless cucumber

SCALLOPS AND SALAD

- 3 tbsp canola oil
- 1¼ lbs large sea scallops, halved horizontally
- ½ cup all-purpose flour
- ¼ tsp salt
- ¼ tsp black pepper
- Kernels from 3 ears of corn
- 8 cups spring salad greens
- ½ large bunch frisée
- ½ fennel bulb, trimmed and thinly sliced
- Lemon wedges (optional)

■ **Dressing.** In a medium bowl, whisk buttermilk, sour cream, mayonnaise, chives, lemon juice, salt and pepper. Stir in cucumber. Refrigerate.

■ **Scallops and Salad.** Heat 2 tbsp of the oil in a large nonstick skillet over medium-high heat. Coat scallops in flour and add half to skillet; cook 2 minutes per side. Season with ⅛ tsp **each** of the salt and pepper. Remove to a plate. Add remaining 1 tbsp oil to skillet and cook remaining scallops. Season with remaining ⅛ tsp **each** salt and pepper. Remove to plate.

■ In the same skillet, add corn and cook until charred, about 3 minutes. Stir occasionally.

■ In a large bowl, toss greens, frisée and fennel with half the dressing. Add scallops and corn. Serve with remaining dressing.

PER SERVING 496 CAL; 22 g FAT (3 g SAT); 44 g PRO; 36 g CARB; 4 g FIBER; 800 mg SODIUM; 103 mg CHOL

2. Panko Honey-Fried Chicken and Napa Slaw

MAKES 4 servings
PREP 25 minutes
REFRIGERATE 1 hour **COOK** 8 minutes

NAPA SLAW

- 6 cups shredded napa cabbage
- 2 cups sliced snow peas
- 2 thinly sliced carrots
- 1 cup shredded red cabbage
- 1 container (7 oz) Greek 2% plain yogurt
- 2 tbsp milk
- 1 tbsp honey
- 1 tbsp lemon juice
- 1 tsp spicy brown mustard
- ½ tsp salt
- ⅛ tsp black pepper
- 2 tbsp chopped parsley

FRIED CHICKEN

- 1 lb uncooked chicken tenders (fillets)
- ¼ cup honey combined with 2 tbsp warm water
- 1½ cups panko bread crumbs
- 5 tbsp canola oil
- ½ tsp salt
- ⅛ tsp black pepper

■ **Slaw.** In a large bowl, combine napa cabbage, snow peas, carrots and red cabbage. Whisk yogurt, milk, honey, lemon juice, mustard, salt and pepper. Stir in parsley. Fold mixture into slaw. Cover and refrigerate 1 hour.

■ **Chicken.** Dip chicken in honey mixture. Coat with panko.

■ In a large skillet, heat 3 tbsp of the oil over medium-high heat. Season chicken with ¼ tsp of the salt and the pepper. Add half to pan; cook 1 to 2 minutes per side or until internal temperature reaches 160°. Add remaining 2 tbsp oil; cook second batch. Remove to a plate and season with remaining ¼ tsp salt. Serve chicken topped with slaw.

PER SERVING 523 CAL; 21 g FAT (2 g SAT); 29 g PRO; 57 g CARB; 6 g FIBER; 746 mg SODIUM; 66 mg CHOL

| GLUTEN-FREE |

3. Wild Salmon Caesar

MAKES 4 servings
PREP 25 minutes
ROAST at 450° for 14 minutes

- 1 wild-caught salmon fillet (1 lb), cut into 4 pieces
- 1 bunch thin asparagus, trimmed
- 2 tbsp olive oil

- ¼ tsp salt
- ½ tsp black pepper
- ½ cup reduced-fat sour cream
- 2 tbsp lemon juice
- 2 cloves garlic, finely chopped
- 1 tsp spicy brown mustard
- 1 tsp Worcestershire sauce
- 1 tsp anchovy paste (optional)
- 5 tbsp grated Parmesan
- 8 cups sliced romaine
- ½ small red onion, sliced
- 1 cup grape tomatoes

■ Heat oven to 450°. Place salmon and asparagus on separate baking pans. Drizzle 1 tbsp of the olive oil over asparagus; season salmon and asparagus with ½ tsp of the salt and ¼ tsp of the pepper. Roast at 450° for 12 to 14 minutes, until salmon flakes and asparagus is tender. Cut asparagus into 1-inch pieces.

■ Meanwhile, whisk sour cream, remaining 1 tbsp olive oil, the lemon juice, garlic, mustard, Worcestershire, anchovy paste (if using), remaining ¼ tsp **each** salt and pepper and 3 tbsp of the Parmesan. Set aside.

■ In a large bowl, toss romaine, onion, tomatoes and asparagus. Add half the dressing and remaining 2 tbsp Parmesan; toss to coat.

■ Serve salad with salmon and remaining dressing on the side.

PER SERVING 387 CAL; 21 g FAT (6 g SAT); 34 g PRO; 17 g CARB; 7 g FIBER; 661 mg SODIUM; 87 mg CHOL

| GLUTEN-FREE |

4. Seven-Layer Thai Salad

MAKES 8 servings
PREP 25 minutes **COOK** 7 minutes

- 1 tbsp canola oil
- 1½ lbs lean ground beef
- 2 tbsp chopped ginger
- 4 tbsp reduced-sodium or gluten-free soy sauce
- 6 cups shredded iceberg lettuce
- 2 sweet red peppers, seeded and thinly sliced
- 1 cup packed cilantro leaves, plus more for garnish
- 2 cups shelled edamame

- 1 large seedless cucumber, peeled and thinly sliced
- 1 large bunch scallions, trimmed and sliced
- ½ cup smooth peanut butter
- 1 tsp chopped garlic
- ⅔ cup light mayonnaise
- Chopped peanuts, for garnish

■ In a large nonstick skillet, heat oil over medium-high heat. Crumble in beef and add ginger; cook 7 minutes, stirring occasionally. Stir in 2 tbsp of the soy sauce and allow to cool.

■ In the bottom of a 14-cup trifle dish, place lettuce and pack down slightly. Top with a layer of red pepper followed by layers of cilantro (packing down each), cooled beef mixture, edamame, cucumber and scallions.

■ In a small bowl, whisk peanut butter with 2 tbsp warm water and remaining 2 tbsp soy sauce until smooth. Stir in garlic and mayonnaise.

■ Spread peanut butter dressing over top of salad. Garnish with chopped peanuts and, if using, cilantro. If desired, toss salad before serving.

PER SERVING 341 CAL; 22 g FAT (4 g SAT); 25 g PRO; 14 g CARB; 4 g FIBER; 619 mg SODIUM; 52 mg CHOL

| GLUTEN-FREE |

5. Escarole, Bean and Pork Salad

MAKES 4 servings
PREP 15 minutes **GRILL** 12 minutes

- 1 pork tenderloin (about 1¼ lbs)
- 1 tsp dried Italian seasoning
- ½ tsp plus ⅛ tsp salt
- ½ tsp black pepper
- 1 large bunch escarole, washed and cut into bite-size pieces (about 10 cups)
- 1 can (15 oz) cannellini beans, drained and rinsed
- 1 sweet yellow pepper, seeded and diced
- 2 ribs celery, thinly sliced
- ¼ cup pitted Kalamata olives, sliced
- 1 shallot, sliced
- 3 tbsp Champagne vinegar
- 2 tbsp olive oil



Strawberry Flaxtini

- 8 Tbsp Almased
- 1½ cup water
- ½ cup strawberries
- 1 Tbsp flaxseeds, ground

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

Green Energy

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- ¼ cup cold coffee
- 1 tsp stevia (optional)



Cinnamon Roll

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



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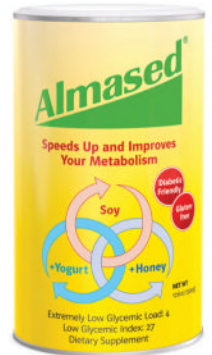
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Build a Better Salad

Green It Up Romaine, red leaf and Bibb lettuce are fine, but go bolder with distinctive-flavored greens like arugula, frisée, watercress, baby kale and spinach.

Veg Out Add dimension with raw fennel, carrots, cherry tomatoes or avocado, and grilled, roasted or blanched beets, asparagus and peppers.

Use Your Bean Pack a protein punch with a sprinkling of black or red beans, chickpeas or lentils.

Crunch Time For added texture, toss in a handful of chopped walnuts, almonds, hazelnuts or toasted pumpkin seeds (pepitas). Try some pomegranate seeds or cubed jicama as well.

Well Dressed Making your own vinaigrette is easy: Combine ¼ cup olive oil, 2 tbsp balsamic vinegar and 1 tsp mustard, plus salt and pepper to taste.

Make a Meal of It Chicken, steak, salmon or shrimp turn a side salad into a main dish. Ditto for crumbled goat cheese or feta, or a cup of cooked grains, such as quinoa, farro or barley.

■ Heat grill to medium-high. Season pork tenderloin with Italian seasoning and ¼ tsp **each** of the salt and pepper. Grill about 6 minutes per side, turning as needed to avoid burning, or until internal temperature reaches 140°. Place on a platter and loosely cover with foil.

■ In a large bowl, combine escarole, beans, yellow pepper, celery, olives and shallot. Combine vinegar, olive oil and ½ tsp **each** of the salt and pepper. Toss dressing with escarole and bean mixture.

■ Thinly slice pork tenderloin. Serve with salad. Season pork and salad with remaining ¼ tsp salt and ½ tsp pepper.

PER SERVING 327 CAL; 11 g **FAT** (2 g **SAT**); 31 g **PRO**; 25 g **CARB**; 10 g **FIBER**; 668 mg **SODIUM**; 70 mg **CHOL**

[GLUTEN-FREE]

6. Buffalo Turkey Chopped Salad

MAKES 4 servings
PREP 30 minutes
COOK 2 minutes

- 1 lb fresh turkey cutlets
- 3 tbsp Frank's Original Hot Sauce
- 2 tbsp red wine vinegar
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp Dijon mustard
- 3 tbsp olive oil
- 1 head red leafy lettuce, torn into bite-size pieces
- 2 large carrots, diced
- 1 large zucchini, diced
- 1 cup diced radishes
- ½ English cucumber, diced
- 2 ribs celery, diced
- 1 avocado, peeled, pitted and sliced into 16 thin wedges
- ¼ cup blue cheese crumbles

■ Place turkey cutlets in a lidded skillet and add water to cover by at least 1 inch. Cover and bring to a simmer. Gently simmer 2 minutes, or until cooked through. Remove to a cutting board and slice or dice into pieces. Place turkey pieces in a medium bowl and toss with hot sauce. Set aside.

■ In a large bowl, whisk vinegar, salt, pepper and mustard. Gradually whisk in olive oil. Add red leafy lettuce, carrots, zucchini, radishes, cucumber and celery. Toss to combine and coat all ingredients with dressing.

■ Divide salad among 4 plates. Top each with 4 avocado slices, turkey and blue cheese crumbles.

PER SERVING 383 CAL; 22 g **FAT** (4 g **SAT**); 33 g **PRO**; 16 g **CARB**; 7 g **FIBER**; 703 mg **SODIUM**; 71 mg **CHOL**

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DEEP IN THE OF TEXAS

CHEF AND RESTAURATEUR
BEN FORD SHARES HIS
CUSTOM-MADE DISHES.

BY JULIE MILTENBERGER

PHOTOGRAPHY BY CON POULOS







Grilled Little Gem Salad with Cherry Tomatoes, Smoked Bacon and Buttermilk-Blue Cheese Dressing

MAKES 8 to 10 servings
PREP 30 minutes **GRILL** 13 minutes

Little Gem is a variety of romaine; if you can't find it, use baby romaine hearts.

BUTTERMILK-BLUE CHEESE DRESSING

- ¾ cup mayonnaise
- ½ cup sour cream
- ¼ cup buttermilk, plus more as needed
- 4 oz Maytag or other blue cheese, crumbled (1 cup)
- 1 tsp hot pepper sauce
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper

SALAD

- 8 heads Little Gem lettuce (or 4 heads romaine, preferably baby), cleaned, trimmed and halved lengthwise
- 1 red onion, thinly sliced into rings
- ¾ cup good-quality bottled vinaigrette dressing
- Kosher salt and freshly ground black pepper
- 16 cherry tomatoes, on stems in bunches (about 7 oz)
- 1 tbsp olive oil
- 2 oz Maytag or other blue cheese, crumbled (½ cup)
- 6 thick slices apple- or hickory-smoked bacon, cooked crisp and roughly chopped
- 30 Torn Garlic Croutons (optional; recipe follows)

■ **Buttermilk-Blue Cheese Dressing.** In a medium bowl, whisk mayonnaise, sour cream and buttermilk to combine. Add blue cheese, hot pepper sauce, salt and pepper and stir



gently to combine without mashing up cheese. Cover and chill until using, or up to 4 days.

■ If you don't already have a fire or smoker going, fire up a charcoal or gas grill to medium heat with the lid closed.

■ **Salad.** Put lettuce in a large bowl. Separate onion rings and add to lettuce. Drizzle ¼ cup of the vinaigrette over lettuce and onion. Season with salt and pepper and toss to coat lettuce with seasonings. Set aside to marinate.

■ Place tomatoes in a baking dish, keeping stems as intact as possible. Drizzle with oil and season with salt and pepper. Lay tomatoes on coolest part of grill and cook until softened and wilted, 8 to 10 minutes. Transfer tomatoes to a plate, taking care to keep them on stems, and spoon 1 tsp of the vinaigrette over them.

■ Remove lettuce and onion from marinade and lay cut side down on grill. Grill 2 to 3 minutes, until lettuce is slightly wilted and both lettuce and onion are charred in places.

■ To serve, arrange lettuce halves on a platter and spoon blue cheese dressing over them, using 1 to 1½ tbsp per lettuce half. Lay tomatoes over lettuce and drizzle with remaining vinaigrette. Scatter blue cheese, bacon, onion and, if using, croutons over salad. Grind lots of black pepper over the top and serve.

Torn Garlic Croutons

MAKES about 2 cups
PREP 10 minutes
BAKE at 375° for 8 minutes

- 1 baguette (12 oz; about 24 inches long)



- ¼ cup olive oil
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper

■ Heat oven to 375°. Tear baguette into ¾-inch chunks.

■ In a bowl, combine oil, garlic, salt and pepper. Add bread chunks and toss to coat with seasonings. Spread chunks in a single layer on a large baking sheet. Bake at 375° for 6 to 8 minutes, until edges are golden brown and crunchy. Allow croutons to cool to room temperature and use immediately, or store in an airtight container at room temperature up to 2 days.

[GLUTEN-FREE]

Corn Tortilla Chips

MAKES 10 or more servings
PREP 5 minutes
FRY 5 minutes per batch

- 30 corn tortillas
- 2 quarts vegetable oil, or as needed
- Kosher salt

■ Stack tortillas a few at a time and cut into 6 wedges. Drop all wedges into a bowl and toss gently with your hands to separate them.

■ Pour enough oil into a 5-quart pot to fill it 2 inches deep, and fasten a deep-fry thermometer to the side. Heat oil over medium-high heat to 375°. Line a large bowl with paper towels and have a large brown paper bag handy.

■ Fry tortilla wedges in small batches, making sure not to overcrowd pot, stirring occasionally to prevent them from sticking together, and turning and submerging them

as they cook, until crisp and golden, about 5 minutes. Using a wire strainer, transfer chips to paper-towel-lined bowl.

■ Repeat with remaining tortillas, letting oil return to 375° between batches. While second batch is cooking, drop chips into paper bag and season liberally with salt. Give bag a little shake to distribute salt. Store chips in the same brown paper bag until serving. As chips are done, keep adding more chips and salt.

[GLUTEN-FREE]

Fresh Tomato Salsa

MAKES about 3 cups
PREP 15 minutes
REFRIGERATE up to 5 hours

- 1½ lbs ripe tomatoes, roughly chopped
- ½ cup fresh cilantro leaves
- 3 scallions (white parts only), roughly chopped
- 2 cloves garlic, roughly chopped
- 2 serrano chiles, stemmed, halved, seeded and ribs removed
- 1 jalapeño, stemmed, halved, seeded and ribs removed
- Juice of 1 lime, plus more to taste
- 1¼ tsp kosher salt, plus more to taste
- 1 tsp freshly ground black pepper, plus more to taste

■ Put tomatoes, cilantro, scallions, garlic, chiles, jalapeño, lime juice, salt and pepper in a food processor. Pulse until salsa is pureed but still a bit chunky. Turn out into a bowl and add more salt, pepper or lime juice to taste. Serve immediately or cover and refrigerate up to 5 hours. Bring to room temperature before serving.

BBQ Mop Sauce

MAKES about 3 cups
PREP 15 minutes **COOK** 5 minutes

- 12 oz beer (not dark beer)
- ½ cup apple cider vinegar
- ¼ cup vegetable oil
- 2 tbsp Worcestershire sauce
- 2 tbsp minced serrano chile (2 to 3 chiles)
- 1 tbsp black peppercorns
- 2 cloves garlic, crushed
- 4 fresh thyme sprigs
- 1 bay leaf

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¼ cup Texas BBQ Dry Rub (recipe follows)

■ Combine beer, vinegar, oil, Worcestershire, chiles, peppercorns, garlic, thyme, bay leaf and **½ cup water** in a saucepan over low heat. Add Texas BBQ Dry Rub and stir to combine. Cook over low heat about 5 minutes to bring flavors together.

Texas BBQ Dry Rub

MAKES 2 cups **PREP** 5 minutes

■ Combine ¼ cup **kosher salt**, 3 tbsp **unrefined evaporated cane sugar**, 3 tbsp packed **light or dark brown sugar**, ¼ cup **chili powder**, ¼ cup **Mexican chili powder**, 2 tbsp **chipotle chile powder**, 2 tbsp freshly ground **black pepper**, 2 tbsp **ground cumin**, 1 tbsp **smoked sweet paprika**, 1 tbsp **onion powder**, 1 tbsp **garlic powder**, 1 tbsp **celery salt**, 1 tbsp **dry mustard** and 1 tsp **cayenne pepper** in a bowl and stir. Store in an airtight container in a dry place for up to 2 months.

Spicy Texas BBQ Sauce

MAKES 1 quart
PREP 15 minutes **COOK** 2 hours
ROAST at 375° for 30 minutes

1 large yellow onion, thinly sliced
¾ lb Roma tomatoes, halved
5 large cloves garlic, crushed and peeled
¼ cup plus 2 tbsp olive oil
1 tbsp freshly ground black pepper, plus more to taste
1¼ tsp kosher salt, plus more to taste
1½ cups ketchup
½ cup apple cider vinegar
½ cup fresh orange juice
½ cup packed light brown sugar
3 tbsp white vinegar
2 tbsp Worcestershire sauce
1 tbsp unsulfured molasses
1 heaping tbsp chili powder
1 heaping tbsp smoked sweet paprika
½ tsp ground coriander
½ tsp ground cumin

■ Heat oven to 375°. Put onion, tomatoes and garlic on a baking sheet. Drizzle with 2 tbsp of the oil, season with pepper and salt, and toss to coat vegetables with seasoning. Spread vegetables in

a single layer and roast at 375° for 30 minutes or until soft and browned in places.

■ Remove vegetables from oven and scrape them into a large saucepan. Add ketchup, cider vinegar, orange juice, brown sugar, white vinegar, Worcestershire, molasses, chili powder, paprika, coriander and cumin and whisk to combine. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered, 2 hours or more, stirring occasionally, until liquid is thick enough to coat the back of a spoon. Let sauce cool to room temperature.

■ Pour sauce into a blender and puree, adding water if necessary to reach the consistency of barbecue sauce. Adjust seasoning to taste.

8-Hour Smoked Brisket

MAKES 12 or more servings
PREP 15 minutes
LET STAND 1 hour **SMOKE** 8½ hours

1 whole untrimmed (packer) beef brisket (12 to 14 lbs)

1 cup Texas BBQ Dry Rub (recipe at left)

5 15.7 lb bags mesquite natural lump charcoal (if using a charcoal grill)

2 3 lb bags wood chips (soaked in water for 30 minutes and drained)

1 recipe BBQ Mop Sauce (recipe on page 130)

1 recipe Spicy Texas BBQ Sauce, warmed (recipe at left)

■ Rinse meat and pat dry. Trim off all but a ½-inch fat cap, but don't remove fat layer between the flat and the point of brisket. Slice off any tough, thin membrane, called silverskin, from meaty side. Apply Texas BBQ Dry Rub all over brisket, coating meat evenly. Let it sit out for 1 hour to come to room temperature before cooking.

■ If you're using a charcoal grill, start with a chimney half full of charcoal and light chimney. When charcoal is ready, dump it into grill. Adjust vents on bottom of grill so half are open and half are closed and the lid vents are open. Set the grate in place and cover grill with lid. Continue to burn charcoal in a pile until embers are red-hot with a white

ash. Add about ½ cup of the wood chips to fire and wait about 5 minutes, until smoke escaping through vents is white. Put brisket on grill and close lid.

■ If you're using a gas grill, preheat it with lid closed until temperature reaches 225°, then turn off heat on one side. Wrap 2 cups of the wood chips in an aluminum foil packet, poke holes in foil, and put wood chips on hot side of grill. Make 4 to 5 more packets to add during cooking time. Cover grill with lid for 5 to 10 minutes, until you see white smoke escaping from vents. Open lid and put brisket on side of grill that is turned off. Close lid.

■ Smoke brisket for 2 hours. If you are using a charcoal grill, add a handful of charcoal and a handful of wood chips to fire every 30 to 40 minutes. When smoke is no longer escaping through vents, add more chips to fire. If using a gas grill, add a fresh packet of wood chips to fire when white smoke is no longer escaping from vents.

■ After 2 hours, open lid and use a barbecue mop or a large basting brush to apply BBQ Mop Sauce on all sides of brisket. Rotate brisket 180 degrees and close lid.

■ Smoke brisket for an additional 2½ hours, or until it registers 150° on an instant-read thermometer. (For best results, insert thermometer in a few places, aiming for thickest part of meat and avoiding fat.)

■ Remove brisket from grill and place on a large square of doubled heavy-duty aluminum foil. Baste generously with mop sauce and close foil tightly over brisket. (Keep wrapped for remainder of cooking time.) Return brisket to grill, close lid and smoke another 3 to 4 hours, continuing to add charcoal if necessary, until internal temperature registers 190°. Another way to check that brisket is ready is when the thermometer stem slides in and out of the meat without resistance; it should feel like a knife going through butter.

■ Alternately, after wrapping

in foil, transfer brisket to a 225° oven to finish cooking. It won't lose any of its smoky flavor—all you're doing is continuing to cook the meat.

■ Line a cooler with a towel. Leaving thermometer in place, put wrapped brisket in cooler on top of towel. Fold towel over brisket and close cooler. Let meat rest in cooler 1 to 3 hours, or until you are ready to eat.

■ To serve, unwrap brisket and place on a cutting board. Run a knife between the flat and the point to separate the two brisket muscles. Trim excess fat from each muscle and slice each against the grain—it should be about the thickness of a pinkie finger. The meat should hold together, not fall apart or crumble. If the first slice falls apart, cut thicker slices. Pile brisket on a platter and serve with Spicy Texas BBQ Sauce on the side.

Mac and Cheese with Smoked Ham Hocks and Fresno Chiles

MAKES 10 servings
PREP 30 minutes **BROIL** 8 minutes
COOK 2 hours, 17 minutes
BAKE at 350° for 30 minutes

1 smoked ham hock, or ¼ lb **bacon**, cooked and chopped

6 Fresno chiles (omit if too spicy)

½ cup fresh breadcrumbs

1 tsp kosher salt, plus more for pasta water

½ tsp freshly ground black pepper

1 lb elbow macaroni

¾ lb carrots, peeled and thinly sliced into rounds

1 quart whole milk

5½ tbsp (¾ stick) unsalted butter

¼ cup all-purpose flour

1 cup shredded sharp cheddar (about 4 oz)

■ Put ham hock in a saucepan, add enough water to cover by an inch, and bring to a boil over high heat. Boil for 2 hours, adding more water if needed to keep hock covered. Drain and set aside until cool enough to handle. Remove meat from bone; discard skin, bone and fat. Roughly chop meat.

■ Meanwhile, heat broiler. If

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VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

- 1.5 lbs. ground sirloin
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 1 can (10 oz.) RO*TEL® Diced Tomatoes & Green Chilies, undrained
- 6 hamburger buns
- 6 pieces leaf lettuce
- 1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat. Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit VELVEETA.com



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using chiles, broil on a baking sheet, turning occasionally, until charred all over. Remove from broiler and reduce oven temperature to 350°. Transfer chiles to a plastic bag and close bag to steam them for at least 5 minutes. Rub off and discard skins. Slit chiles, discard stems and seeds, and mince.

- Spread breadcrumbs on a baking sheet and toast at 350° for about 10 minutes, until golden. Season with ½ tsp of the salt and ¼ tsp of the pepper and set aside.

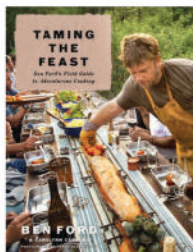
- Bring a large pot of water to a boil over high heat. Add 1 tbsp kosher salt per quart of water. Add pasta and cook 2 minutes longer than time indicated on box. (This is grown-up kid food, not an al dente dish.) Drain pasta; set aside.

- Put carrots in a saucepan, cover with water and boil until tender, 5 to 6 minutes. Reserve ¼ cup of the liquid and drain carrots. Allow carrots to cool slightly, then transfer to a blender. Add 1 tbsp of the reserved liquid. Puree until smooth, adding remaining liquid gradually as you puree. Season with remaining ½ tsp salt and ¼ tsp pepper.

- In a large saucepan, bring milk to a simmer over medium-high heat. Reduce heat and let simmer until you're ready to use it.

- Make a light roux: In a medium skillet, melt butter over medium heat. Add flour and cook 3 to 4 minutes, stirring constantly, until it turns a light nutty color. Scrape roux into simmering milk, whisking constantly until no lumps remain and sauce begins to thicken. Stir in carrot puree. Slowly add cheddar, whisking all the while. Add chopped hock meat, chiles (if using) and pasta and stir to combine. Transfer mac and cheese to a large baking dish or cast-iron skillet. You can prepare dish to this point several hours in advance; cover with foil and keep at room temperature until you are ready to bake it.

- If you've just made the mac and cheese and it's still warm, sprinkle breadcrumbs on top and bake at 350° for 15 to 20 minutes, until top is golden brown and crunchy. If you made the mac and cheese in advance, heat it in a 350° oven for 40 minutes. Sprinkle breadcrumbs over top and bake an additional 15 minutes, until top is golden and crunchy.



Recipes adapted from *Taming the Feast: Ben Ford's Field Guide to Adventurous Cooking* by Ben Ford and Carolyn Carreño. Amazon.com, \$26

| GLUTEN-FREE |

"Not Too Sweet" Dutch Oven Baked Beans

MAKES 2½ quarts (enough for 12 or more)

PREP 20 minutes

SOAK overnight COOK 15 minutes

SLOW COOK on LOW for 9 hours

¼ lb thick-cut bacon, roughly chopped

1 large yellow onion, diced

½ tsp kosher salt, plus more to taste

8 cloves garlic, finely chopped (about 2 tbsp)

1 lb (2 cups) dried pinto beans, soaked overnight

3 cups ketchup

½ cup packed light or dark brown sugar, plus more to taste

¼ cup Worcestershire sauce

½ cup Dijon mustard

1 tbsp dry mustard

1 tbsp chili powder

1 tbsp ground cumin

½ tsp freshly ground black pepper, plus more to taste

- In a large Dutch oven, cook bacon over medium-high heat until crisp, about 7 minutes, stirring frequently. Add onion and ¼ tsp of the salt; cook, stirring occasionally, 5 to 7 minutes, until onion is soft. Add garlic and cook 1 minute, stirring so it doesn't brown.

- Add beans, ketchup, brown sugar, Worcestershire, Dijon mustard, dry mustard, chili powder, cumin, pepper, remaining ¼ tsp salt and enough water to just cover beans. Stir to combine and bring to a simmer. Carefully transfer to a 6-quart slow cooker and cook on LOW for 8 to 9 hours, until beans are tender. Taste and adjust seasonings before serving.

Texas Summer Shandy

MAKES 10 servings PREP 20 minutes

1 cup sugar

Zest of 1 lemon

1 cup fresh lemon juice

2 fresh mint sprigs

Chilled beer glasses

Chilled beer, pale ale or pilsner

Sparkling water, such as Topo Chico

Tito's vodka (optional)

- Make a simple syrup: In a saucepan, bring sugar and 1 cup water to a boil, stirring until sugar is dissolved. Stir in lemon zest and cool to room temperature.

- Transfer syrup to a small pitcher and stir in 2 cups water, lemon juice and mint to make lemonade. Chill until cold.

- Pour 1 part lemonade into each chilled beer glass. Add 3 parts beer and top off with sparkling water. Add a little Tito's vodka if you desire something with more of a kick.

Hill Country Peach Crisp with Pecan Topping

MAKES 8 to 10 servings
PREP 15 minutes **COOK** 2 minutes
BAKE at 350° for 1 hour

TOPPING

- 1 cup all-purpose flour
- ¼ tsp kosher salt
- ¼ tsp ground cinnamon
- ¼ tsp ground cardamom
- ¾ cup (1½ sticks) unsalted butter, cut into small cubes
- 1 cup granulated sugar
- ½ cup rolled oats
- ½ cup lightly toasted pecans, coarsely chopped
- 1 tbsp finely chopped candied ginger
- Grated zest of 2 oranges

FILLING

- 2½ lbs ripe peaches (about 8 medium)
- ½ cup packed light or dark brown sugar
- 2 tbsp granulated sugar (omit if your peaches are very sweet)
- 1 tbsp cornstarch
- ½ tsp freshly grated nutmeg
- 2 quarts vanilla ice cream

■ **Topping.** Combine flour, salt, cinnamon and cardamom in a large bowl. Add butter and cut it into flour with a pastry blender or two knives until pieces are the size of peas. Add granulated sugar, oats, pecans, ginger and orange zest and use your fingertips to combine until topping is crumbly. Store in an airtight container in the refrigerator until you are ready to use it, or up to 2 days.

■ **Filling.** To peel peaches, bring a large pot of water to a boil. Create an ice bath: Place 4 to 6 cups ice in a large bowl. Add enough cold tap water to almost fill bowl.

■ Cut an X through skin at top of each peach. Plunge peaches into boiling water for about 1 to 2 minutes, until skin begins to curl up at cut. Drain peaches and plunge them into ice bath. Starting at cut where skin is already rolling back, peel peaches; discard skin. Cut peaches into ½-inch wedges so they fall into a large bowl.

■ Heat oven to 350°. Stir together brown sugar, granulated sugar (if using), cornstarch and nutmeg; sprinkle over peaches and toss gently to coat. Pour peaches and any juice in bowl into a baking dish. Scatter topping over fruit. Put baking dish on a baking sheet to catch any juice that may boil over. Bake at 350° for 50 to 60 minutes, until top is golden and fruit is bubbling.

■ Cool slightly before serving warm with scoops of vanilla ice cream.

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IT'S GREEK TO ME

Boost the protein in your favorite breakfasts by adding Greek yogurt.

1/ Morning Scramble

Crack 4 **eggs** into a bowl and whisk in $\frac{1}{4}$ cup **plain Greek yogurt**. Season with **salt** and **pepper** and cook over medium heat in 2 tsp **olive oil**. Top with a little shredded **cheese**, some diced **tomatoes** and chopped **chives**. Serve in **Old El Paso flour tortilla bowls**.

2/ Power Parfait | GLUTEN-FREE |

Layer **plain Greek yogurt** with sliced **strawberries** and a mixture of **sunflower** and **sesame seeds**. Repeat twice. Drizzle with **honey**.

3/ Superior Smoothie | GLUTEN-FREE |

Blend $\frac{1}{2}$ cup **flavored Greek yogurt**, $\frac{3}{4}$ cup **frozen blueberries**, 2 tbsp **almond butter**, 1 tbsp **ground flaxseeds**, 1 tbsp **chia seeds**, 2 tsp **sugar** and $\frac{1}{2}$ cup **skim milk**.



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Grill Talk

Deep-clean your grill at the beginning and end of every summer. These three steps work equally well for gas or charcoal models.

- 1/** While it's still hot, scrub grill grate with a metal brush. If possible, spritz with water while scrubbing.
- 2/** Lightly coat grate with vegetable oil after cleaning to prevent rust.
- 3/** Inspect grill grate thoroughly. If it's corroded and appears to be flaking, buy a replacement.



OUT OF AFRICA

Imagine a fruit containing six times as much vitamin C as oranges and twice as much calcium as milk, plus B vitamins, magnesium, iron, phosphorous, antioxidants and fiber. Meet the baobab. Not only is this superfruit (from the sub-Saharan African tree of the same name) nutrient-dense, but its harvest provides a source of income for local families. Although prized for centuries in Africa for its medicinal qualities, baobab has only recently become available in the U.S. Try it in Bonga Foods' snack-worthy fruit chews and smoothie-ready powder (bongafoods.com, \$10 and \$20, respectively) and Bumbleroot Superfoods' flavored beverage mixes (bumblerootfoods.com, \$2).

—Regina Ragone, Food Director



TOP IT OFF

Here's the scoop: Tastefully Simple has launched a line of ice cream salts, adding a savory twist to summer's sweetest treat. (We love the Brown Sugar & Honey flavor.) They're available only through September 7, so get 'em while they're, well, hot. Tastefullysimple.com, \$13 for trio

—Melissa Knific, Associate Food Editor



And when you're craving something savory, dig into the now crunchier, crispier **Special K** Cracker Chips.





Geoffrey Zakarian



Talk about wearing multiple hats—New York City food phenom Geoffrey Zakarian is the culinary director at The Plaza, chef-owner of The Lambs Club and cohost of *The Kitchen* on Food Network. No wonder he could use some caffeine now and then. Try his take on iced coffee laced with cardamom, the perfect summer pick-me-up.

Iced Coffee with Cardamom

Zest of 1 orange, removed with a vegetable peeler

2 tsp cardamom pods

$\frac{1}{8}$ tsp pure vanilla extract

$\frac{1}{2}$ cup instant espresso

$\frac{1}{2}$ to $\frac{3}{4}$ cup heavy cream

6 to 8 tbsp sugar (optional)

Ice cubes

- In a small saucepan, bring **4 cups water** to a boil. Add orange zest and cardamom and let steep, just below a simmer on low heat, to blend flavors, about 5 minutes. Add vanilla and espresso, stirring to dissolve crystals.
- Strain into a pitcher and stir in cream (to your liking) and sugar (also to your liking, if using). Let cool to room temperature. To serve, pour into tall glasses filled with ice.

Serves 4.

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