

# FamilyCircle

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FEEL HAPPIER, SLEEP  
BETTER, STRESS LESS

WITH ESSENTIAL OILS

PAGE 89

ALL NEW  
MAIN-DISH  
SALADS

THE  
ONE  
FOOD

THAT'S  
RUINING  
YOUR  
HEALTH

BEAUTY BREAKTHROUGH  
FOR BETTER SKIN



HAPPY  
4TH!

RED, WHITE  
& BERRY  
SHORTCAKE



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TRAVEL  
APPS



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Cover photograph by **Romulo Yanes** Food styling by **Karen Tack**  
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**C**elebrate the Fourth—or any summer gathering—with our delicious, summer-perfect menu created by the Scottos (“All in the Family,” page 111). Food and family mean everything to this tight-knit clan, who own and operate Manhattan’s Fresco by Scotto restaurant and are frequent guests on NBC’s *Today* (Rosanna Scotto is also the longtime anchor of Fox 5’s *Good Day New York*). My favorite dishes from the story are their Grilled Pizza Margherita, Eggplant and Zucchini Pie and the Italian Grilled Burgers, which I promise will become your go-to burger recipe. Our staff loved the stunning Blueberry-Strawberry Shortcake so much, we decided to put it on the cover. Looking for more Independence Day ideas? Here’s what some of our editors are planning.

- “My family’s Fourth of July has always centered on our 110-year-old lake house in New Hampshire. It’s not unusual for more than 60 people to show up for swimming, boating, a highly competitive badminton tournament and nighttime fireworks over the lake. I wouldn’t miss it for the world.” —**Robb Riedel, Managing Editor**
- “We have an early evening picnic on the beach in North Fork, Long Island, with hot dogs and steamers that we roast over an open fire. At some point—after a lot of beer—we form a circle and take turns reading the Declaration of Independence.” —**Judy Prouty, Home Style Director**
- “My whole family gets together on Cape Cod, MA, and we always do a big s’moreathon with tons of extra toppings (even gluten-free graham crackers for my boyfriend, who has celiac disease!).” —**Dori Katz, Senior Beauty Editor**
- “I’ll be with my family at the beach in Emerald Isle, NC, for barbecue, swimming, mini-golf and board games. Old-school fun.” —**Karmen Lizzul, Creative Director**
- “July Fourth always involves entertaining friends and family with our traditional menu—grilled ribs and chicken, seven-layer salad, frank-and-bean casserole, potato salad and banana pudding. It never varies, so our guests expect it. Oh, and pitchers of the cocktail of the day!” —**Michael Tyrrell, Associate Food Editor**
- “The perfect Fourth? Lots of homemade ice cream. I usually make at least three different types and have plenty of toppings on hand. My favorite is vanilla drizzled with chocolate sauce and some shredded coconut, but this year I’m trying the blueberry-pistachio version on page 124.” —**Lisa Kelsey, Art Director**



*Linda*

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3 things I learned from this issue

There are so many apps to get the most out of your vacation—check our tech column on page 60. Before my next trip I’m downloading Hopper, which tells you when to book a flight for the lowest price.

If you’ve only experienced the power of essential oils during a massage, read “Perfect Scents” on page 89 to learn about all the beneficial botanicals. I especially want to try the mood-boosting clary sage.

“Share and Share Alike” (page 66) made me realize that social networks are not as private as I’d like—but they can be, with a few changes to my settings. Required reading for all of us concerned about personal info.

Contributors



**MELINDA WENNER MOYER**  
After researching the adverse impact that sugar has on our body, science and health writer Melinda Wenner Moyer penned a powerful feature (page 94) that will make you rethink your relationship with your sweet tooth. She has also written for *Popular Science*, *Bon Appétit* and *Discover*.



**GORDON RAMSAY**  
The host of *Master Chef* and *Hell’s Kitchen* and owner of 27 restaurants around the globe, Gordon Ramsay loves cooking for his four kids in his South London home. His Grilled Corn with Chipotle Chile Butter recipe (page 136) is a simple and subtly spicy side dish for your midsummer barbecues.



**KAYCE HUGHES**  
Following in her famous aunt Lilly Pulitzer’s footsteps, Kayce Hughes began focusing on her own women’s and children’s clothing collection after moving from her native New York to Nashville. Her home, featured on page 43, is a testament to her artistic eye and is full of her own original art, fun family heirlooms and personal touches.



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best of  
JULY

1

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4

BBQs, picnics, concerts and, of course, fireworks galore—happy **Independence Day!** Celebrate the red, white and true with our gorgeous **Blueberry Strawberry Shortcake** on page 119.



« 5

Everybody out of the water! **Shark Week** makes a splash on Discovery Channel—this year's fierce fest packs more hours of all-new programming than ever. For daily news, updates and more, go to [sharkweek.com](http://sharkweek.com).

10

At last, the pesky yellow creatures from **Despicable Me** take the spotlight in their own right. See **Minions** and listen up for Sandra Bullock, the voice of evil Scarlet Overkill, in theaters nationwide.



14

It's root, root, root for the American or National League in the **86th All-Star Game** at Cincinnati's Great American Ball Park. For more info, visit [mlb.com](http://mlb.com).



17

Disneyland celebrates **60 years!** Some 28,000 guests visited that first day. Since then, more than 650 million have experienced the Mickey magic.

25

**QVC Presents Super Saturday LIVE** begins at 2 p.m. ET. A whopping 80% of the purchase price from awesome stuff (sold at half off) boosts the Ovarian Cancer Research Fund. Find details at [qvc.com](http://qvc.com).



Two decades have passed since Alicia Silverstone graced the big screen as fashionista Cher Horowitz. A fun new paperback, **As If! The Oral History of Clueless as Told by Amy Heckerling and the Cast and Crew**, hits bookshelves today. Amazon.com, \$17

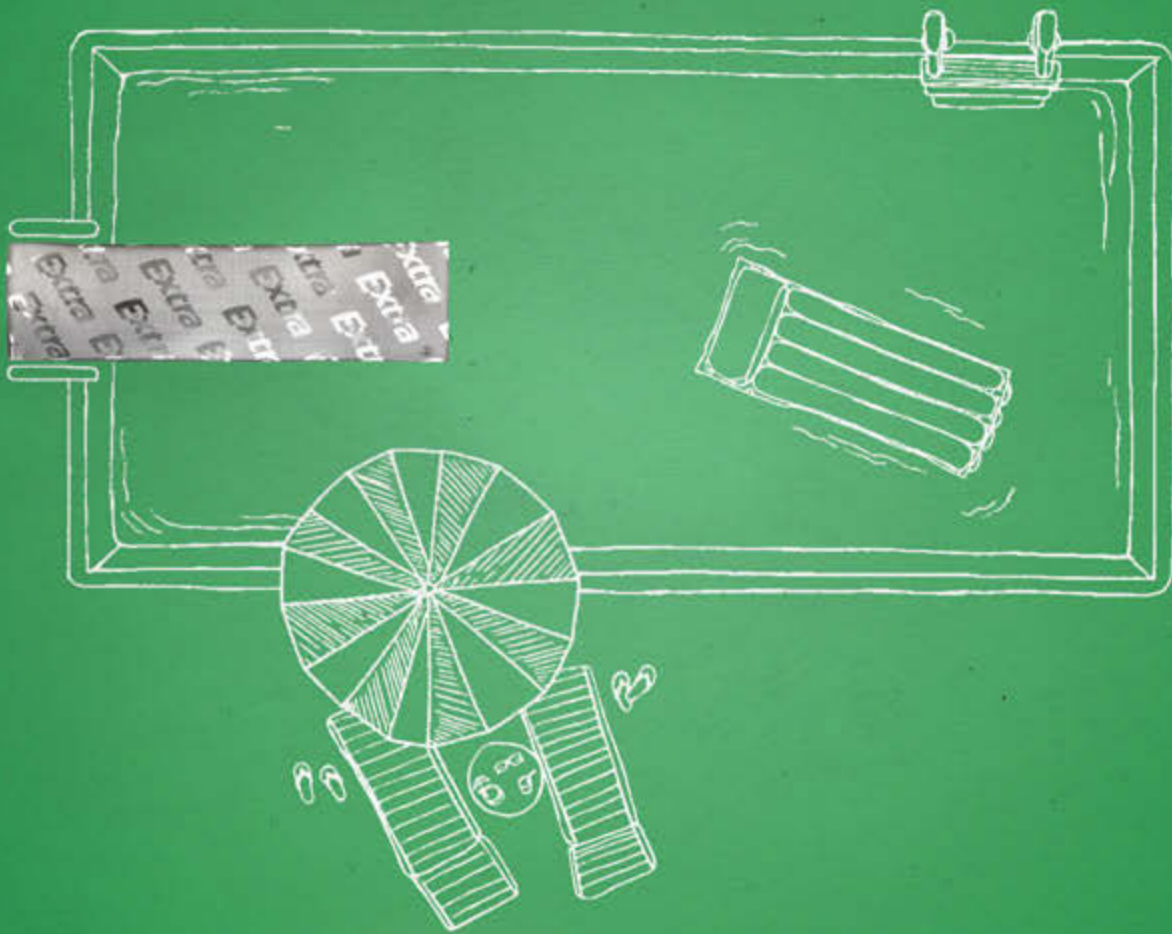


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# DISHING IT OUT POOLSIDE WITH YOUR BFF



Sometimes, the little things  
last the longest.

give



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# WHAT'S NEW

## Buzz Light

Is it 4 p.m. yet? Jane St Vodka Sodas, which are easy on the alcohol but big on taste, come in beautiful bottles and ready-to-serve flavors like Original with Lime, Pineapple Jalapeño and Grapefruit Meyer Lemon. They are refreshing and bubbly—just what we require of our drinks (and our friends) on a balmy summer afternoon.

Available in liquor stores in some states and at [hitimewine.net](http://hitimewine.net), \$16 to \$18



“

*A just society is one built not on fear or repression or vengeance or exclusion, but one built on love. Love for our families. Love for our neighbors. Love for the least among us. Love for those who look different or worship differently. Love for those we don't even know.” —JOHN LEGEND*



## Surfin' Up Style

*Interior decor mecca West Elm's jaunty line of accessories makes the beach that much more fun. Kick back in a sling chair under the shade of an umbrella in high style. Westelm.com, \$89 and \$179*



## PORTA-BEATS

The ThumbsUp! Touch Speaker Pro, compatible with most smartphones, has USB- and battery-powered options, which means you can play your favorite summer anthems in the garden or on the go—no wires, no syncing. Just place your phone on top of the colorful little box, and it will make sweet music. Aeropostale.com, \$25

## WANDERLUST Put on your traveling shoes without leaving home. Escape through the pages of these globetrotting reads.

- The whimsical illustrations in **Everyone Loves Paris** (teNeues) by Leslie Jonath will soon have you humming “La Vie en Rose.”
- Tom Miller’s **Seeking New York: The Stories Behind the Historic**

- Architecture of Manhattan—One Building at a Time** (Universe) serves up a visual taste of the Big Apple.
- **Eating Rome** (St. Martin’s Griffin), from food writer Elizabeth Minchilli, guides you to the best places for a proper

- Sunday lunch and the perfect gelato in the Eternal City.
- **Around the World in 50 Years: My Adventure to Every Country on Earth** (Thomas Dunne Books) by Albert Podell will inspire you to revisit your bucket list.



## Height of Seduction

What a difference 3.5 inches can make. In a recent study reported in the *Archives of Sexual Behavior*, men approached a woman at a bar in 7.5 minutes when she was sporting heels as opposed to 13.5 minutes when she wore flats. In addition, if she dropped a glove, 93% rushed to her aid versus 62% when she was in low-shoe mode. Apparently, the accentuated hip movements that heels can create may lead a man to overestimate a woman’s interest in him. But maybe we didn’t need a study for that.

Photos: (clockwise from left) courtesy of West Elm, courtesy of ThumbsUp!, Peter Ardito, iStockphoto.





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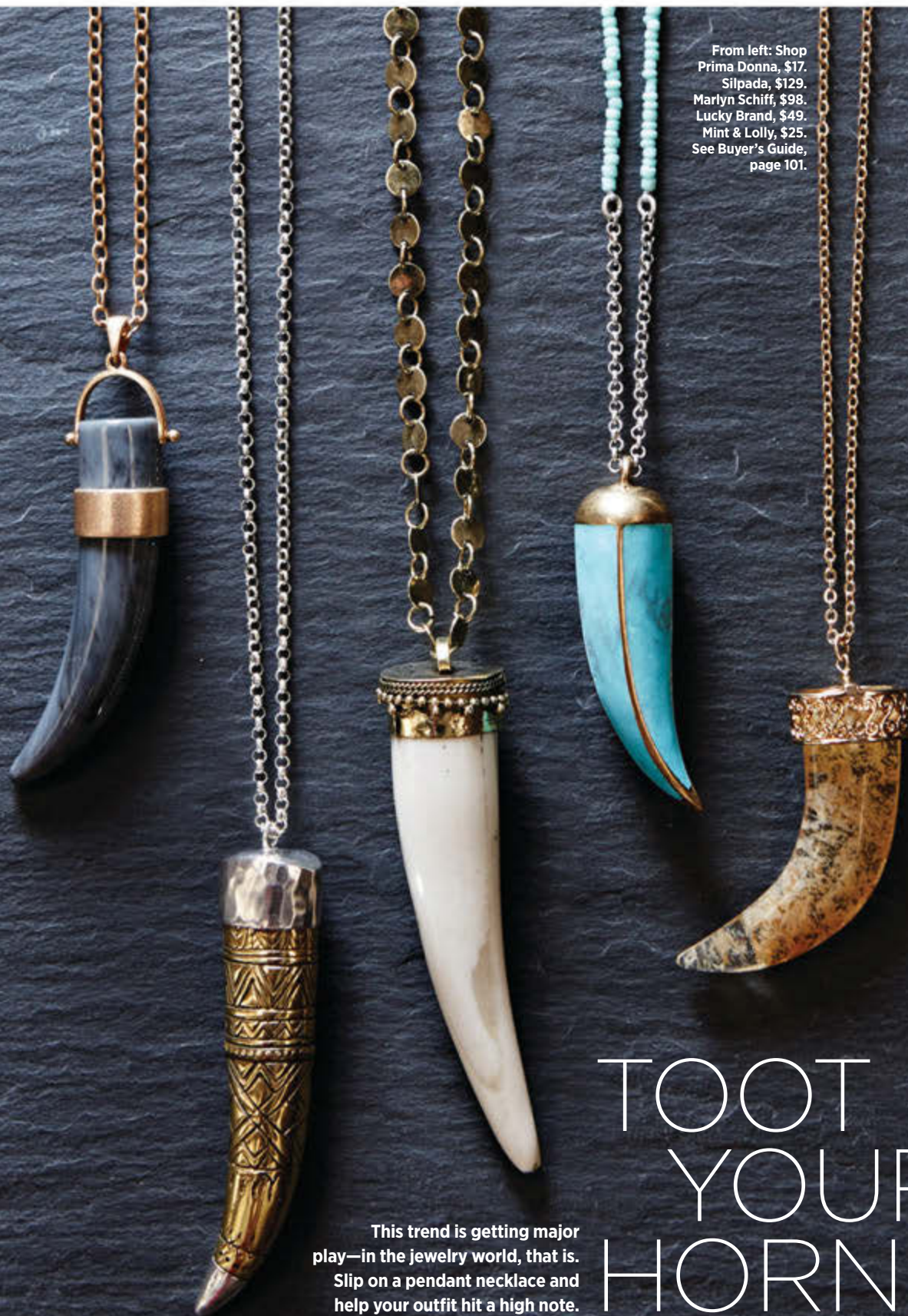
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Prima Donna, \$17.  
Silpada, \$129.  
Marlyn Schiff, \$98.  
Lucky Brand, \$49.  
Mint & Lolly, \$25.  
See Buyer's Guide,  
page 101.



This trend is getting major play—in the jewelry world, that is. Slip on a pendant necklace and help your outfit hit a high note.

# TOOT YOUR HORN

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Body changes can cause odor. So keep up with whatever the day throws your way with **Secret Clinical Strength's** Adapts&Responds Technology.™ **FEARLESSNESS. APPLY DAILY.**

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# GET CULTURED

There's no shortage of yogurts out there (Greek, Icelandic, Australian—the list goes on), but the majority fall into the sweet category, with an endless array of (mostly) fruit flavors. Welcome savory yogurt to the scene. New York-based Blue Hill Yogurt is rethinking the concept with tomato, parsnip, butternut squash and other nontraditional flavors. You can eat it as is, but a dollop is also delicious on soup or whisked into homemade salad dressing. Test this trend at home by buying any style of plain yogurt and mixing in a few of your favorite savory elements, such as herbs, nuts, finely chopped veggies and spices.

## → LOOKING FOR MORE IDEAS?

*Yogurt: Sweet and Savory Recipes for Breakfast, Lunch, and Dinner* (amazon.com, \$15.50) offers 100-plus pages of recipes with dairy's current superstar. Highlights include Lamb Souvlaki with Skillet Flatbread, Chilled Avocado & Yogurt Soup with Tomato Salsa, and Chopped Summer Vegetable Salad with Farro, Yogurt & Za'atar.





# DON'T DENY YOUR DRY EYES

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- ▶ **Dryness/itching**
- ▶ **Burning/stinging**
- ▶ **Feeling like something is in your eye**
- ▶ **Sensitivity to light**
- ▶ **Blurry vision**
- ▶ **Problems wearing contact lenses**
- ▶ **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

## TAKE ACTION NOW

- ➔ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- ➔ **GO TO [mydryeyes.com](http://mydryeyes.com), TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.





# Catch Of the Day

Fishy finds for the table are summer's reel thing.

- 1/ Threshold Fish Table Runner, target.com, \$18
- 2/ Riviera Fish Bowl and Mod Fish Round Baker, Cost Plus World Market stores and worldmarket.com, \$8 and \$15
- 3/ Threshold Fish Platter in assorted colors, Target stores, \$13 each
- 4/ School of Fish Melamine Salad Plate, crateandbarrel.com, \$5

1

2

3

4



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IAMS. GOOD FOR LIFE.™

# Amy Poehler

The actress-comedian, who stars in the new Disney Pixar flick *Inside Out*, tells us what's going on inside her head. Spoiler alert: It's crazy in there!

**My latest hobby** is collecting Sam Cooke records. I also have a menagerie of fake food: faux fruit, crocheted cupcakes and my pièce de résistance—no pun intended—a sleeping bag shaped like a slice of pizza.

**I like to talk to my boys** [Archie, 6, and Abel, 4] about what superpowers we want to have. I'd like to fly. You'd get a new perspective on life, and it would be good for the environment.

**The question I'm most likely to answer** with "Yes please" [that's the title of my memoir] is "Do you want to take a nap?"

**If I could eat only one thing** for the rest of my life, I'd choose sushi. But it should be humble pie.

**My biggest pet peeve** is the arbitrary nature of airport security. Is lipgloss a liquid?

**In my high school yearbook** I said my secret desire was to play drums. That's still on my bucket list. I'm penciling it in for 2018!

*Am I a glass-half-empty or half-full kind of gal? It depends what's in my glass.*



**familycircle.com**

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





SO SWEET YOU  
CAN'T HELP BUT CHEW.



**A Sweet Piece of Fun.**



# KEEP BEING HER FAVORITE PLAYMATE

Just because your bladder is changing doesn't mean you have to. TENA® *InstaDRY*™ pads have unique super-absorbent micro beads that lock in moisture and odor. **TENA LETS YOU BE YOU.**



For more information, visit [www.walmart.com/TENA](http://www.walmart.com/TENA)



Available at Walmart

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## JUST ADD WATER

H<sub>2</sub>O as a skin care ingredient may seem basic, but it's making a major splash in the beauty world.

BY DORI KATZ

PHOTOGRAPHY BY DIANA KING

SHOT ON LOCATION AT BEACHES  
TURKS & CAICOS RESORT VILLAGES & SPA

**Water** is the foundation of hydration for your skin and body, but it's also a key element in the latest beauty products, says cosmetic chemist Ni'Kita Wilson. New, innovative formulas optimize how our cells make the most of this essential liquid. Beyond moisturization, water enhances the penetration of other active ingredients and increases the skin's elasticity. These new products are ideal for people with oily skin, says Debra Jaliman, MD. They tend to be lighter, won't clog pores and help makeup glide on. Just check that water is listed as one of the first three ingredients on the back of the bottle. Welcome to the wave of the future.



Q:

*What is micellar (cleansing) water?*

Developed in Europe, this cleanser employs gentle surfactants—micelles—to break up oil, dirt and makeup. There are no harsh detergents, so skin feels soft and hydrated, not tight. Apply with a cotton pad all over face, then rinse with water, suggests Wilson. Three brands to try: Caudalie, Simple and Sephora.

Bathing suit top and bottom, Kenneth Cole New York, \$59 each

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

**Make Up For Ever  
Step 1 Skin Equalizer  
Hydrating Primer, \$36**

One coat of this lightweight gel will ensure makeup goes on smooth and really lasts all day.

**H2O+ Face Oasis  
Cleansing Water, \$20**

A botanical-based foaming wash uses apple amino acids to break down makeup and dirt without irritation.

**Neutrogena Hydro  
Boost Water Gel, \$19**

Hyaluronic acid, glycerin and olive extract strengthen the skin's barrier to lock in moisture.

**Laneige Water  
Sleeping Mask, \$23**

Wake up to soft, nourished skin thanks to the highly concentrated mineral water and ceramides in this Korean overnight treatment.

**Vichy Aqualia Thermal  
Dynamic Hydration  
Rich Cream, \$31**

Think luxury in a jar—the creamy texture melts right into skin to plump and balance dry complexions.

**e.l.f. Skincare Soothing  
Serum, \$12**

Create a healthy glow with this super-gentle serum containing jojoba, aloe and vitamin E.

# BEST



A ROUNDUP OF THE  
SUMMER'S MOST  
WEARABLE TRENDS:  
WELL-WORN DENIM,  
FLOWING FRINGE AND  
LOTS OF LEATHER

**BY NICOLE MCGOVERN**  
PHOTOGRAPHY BY DIANA KING

# WESTIE



# RNT



(OPPOSITE PAGE)

## HORSING AROUND

Playful patterns in a rich color scheme feel free-spirited yet polished.

On Milena: Top, White House Black Market, \$78. Pants, Old Navy, \$33. Shoes, White House Black Market, \$125. Fedora, American Eagle Outfitters, \$20. Necklace, Rosena Sammi, \$45.

On Julia: Top, NYDJ, \$78. Skirt, Desigual, \$154. Sandals, Latigo, \$80. Necklace, Vince Camuto, \$138.

(THIS PAGE)

## FRINGE BENEFITS

Toughen up a sweet sundress with equestrian extras—a little tassel goes a long way.

Dress, Kersh, \$75. Boots, Ariat, \$140. Belt, Vince Camuto, \$40. Purse, Shop Prima Donna, \$40. Cuff, Wimberly Inc., \$44.

SHOT ON LOCATION AT BEACHES TURKS & CAICOS RESORT VILLAGES & SPA



## UNBRIDLED BOHO

Partner a loose peasant top with structured shorts for a look that's rodeo but refined.

Top, Massimo Dutti, \$70.  
Shorts, The Limited, \$60.  
Sandals, Jessica Simpson  
Collection, \$98. Necklace,  
Shop Prima Donna, \$22.



## COWGIRL CHIC

These '80s throwbacks are wildly wearable. Layer luxe fabrics, cinch your waist and finish off with strappy heels to modernize the wide-leg style.

On Julia: Jumpsuit, Abercrombie & Fitch, \$68. Kimono, American Eagle Outfitters, \$50. Belt, Vince Camuto, \$40. Shoes, Vince Camuto, \$139. Bangle, 2 Bandits, \$78.

On Milena: Tank, See U Soon. Vest, Forever 21, \$30. Culottes, Joe Fresh, \$39. Shoes, Franco Sarto, \$99. Earrings, Gottex Jewelry, \$30.



## HAUTE HOMESTEAD

A floor-grazing maxi trots into fall with cool-weather extras like boots and a wide-brim hat.

Dress, Donna Morgan, \$158.  
Belt, Nine West, \$34. Hat,  
Tommy Bahama, \$68. Boots,  
Ariat, \$160. Earrings, Marlyn  
Schiff, \$32.



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



## INDIGO GIRLS

Whether a chambray top or skinny moto jeans, it's a denim draw. Go wild for the West with Navajo-inspired embellishments and embroidery.

On Julia: Shirt, BLANKNYC, \$78. Skirt, Zara, \$60. Vest, Marshalls, \$30. Booties, Shop Prima Donna, \$33. Earrings, Zeyla, \$59. Bracelets (left to right), Marilyn Schiff, \$36; Blaine Bowen, \$42 and \$53; Gold & Gray Jewelry, \$26.

On Milena: Jacket, Zara, \$80. Top, Bisou Bisou, \$26. Jeans, Joe Fresh, \$49. Shoes, Franco Sarto Artist's Collection, \$89. Necklace, Nissa Jewelry, \$58.

See Buyer's Guide, page 101.

"I have osteoporosis.  
I also play many roles in life,  
including active grandmother.  
I take Prolia® to help  
strengthen my bones."

Blythe Danner  
Award winning actress

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

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

### Important Safety Information

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

**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, including low

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

**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®.


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

**Severe jaw bone problems (osteonecrosis)** may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

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

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

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

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

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

**Prolia® is also proven to:**

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

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

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

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

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

 **prolia®**  
(denosumab) injection

**2 shots a year proven to help strengthen bones.**

**[www.prolia.com](http://www.prolia.com)**



## BRIEF SUMMARY OF MEDICATION GUIDE

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

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

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

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

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

##### • 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](http://www.Prolia.com) or call Amgen at 1-800-772-6436.

#### What are the ingredients in Prolia?

Active ingredient: denosumab

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

Protect your skin.  
Protect your beauty.  
Protect your life.  
**IT'S THAT WORTH IT.**

I was 21 when I was diagnosed with skin cancer. It didn't seem like a big deal. But it happened *again, and again, and again.* Finally I got the drift and started to wear sunscreen.

It's not so simple with Melanoma. Melanoma is the *deadliest form of skin cancer,* and one of the most common among women under 40. I know, because I have a friend who was diagnosed with it at the age of 23.

I also support the Melanoma Research Alliance — the leading funder of cutting-edge melanoma research. *With your help, a cure may be within reach.*

Learn about how you can join me in a nationwide movement to prevent melanoma and support life-saving research by visiting **itsthatworthit.org.**

*And remember to always wear your sunscreen! You won't be sorry!*

— DIANE KEATON

**Melanoma**  
**Research Alliance**

**itsthatworthit.org**  
**#itsthatworthit**






# lunch BLOX™



**BETTER  
LUNCH  
IN A  
SNAP**





Kayce with her youngest daughters (from left to right), Claire, 13, Olivia, 9, and Audrey, 11, on the family's screened-in porch.

Nashville fashion designer Kayce Hughes transforms a classic old home with paint, pattern and one-of-a-kind finds.

*By Danielle Blundell*  
PHOTOGRAPHY BY DAVID A. LAND

## Southern Comfort



Pastel walls and white woodwork provide a clean backdrop for the dining area. Kayce paired a round pine table with chinoiserie chairs she found at an estate sale and spray-painted white. A quirky Worlds Away drum pendant takes the place of a traditional chandelier. The Craigslist sideboard score stores dishes and linens.

WHEN KAYCE AND SCOTT HUGHES FIRST SPOTTED THEIR 1930s Nashville Colonial more than 20 years ago, it was a little rough around the edges—and that’s just what they wanted. “I’m a maker,” says Kayce, the niece of Lilly Pulitzer and a fashion designer with her own women’s and children’s lines. “My husband and I love fixing things up, so the retro avocado paneling and weathered wood floors didn’t faze us.” The couple began decorating with a lively mix of favorite fabrics, works by local artists and vintage

furnishings found on shopping date nights around town. As their family grew to seven children (now ages 9 through 22), they rejiggered the rooms and doubled the home’s square footage, including a new kitchen and dining space. About a year ago Kayce updated the main living areas with paint and accessories in shades of airy light blue. “The look is now fresh and pretty without being too precious,” says Kayce. “Our home is constantly evolving, but every piece still has a special story behind it.”

**SNYDER'S**  
OF HANOVER

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**APPETIZEABILITY**



**SHAREABILITY**



**MIXABILITY**



**DIPABILITY**



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#Pretzelbilities



Kayce fell in love with a Ralph Lauren floral fabric while working for the designer in New York City, so she used it for her couch and chair upholstery. Kid- and dog-friendly sisal carpeting neutralizes the patterned furniture and striped walls. The couple hung landscapes by their favorite Tennessee artists over the sofa.





A hallway gets the gallery treatment with a curated mix of thrift-store pictures, kids' drawings and antique artwork. "I'm sentimental," says Kayce. "I still have the framed intaglios [top right] I bought with my first babysitting earnings." Kayce, who studied fine arts in college, painted the red-and-white abstract oversize canvas.

*“We wanted the new kitchen to feel authentic, so we reused some fixtures from the original cooking space and selected warm woods,” says Kayce.*



Glass-front cabinets and a large beadboard island add instant character to the room. A trio of funky bronze pendants illuminates the space for meal prep, while cobalt stools add a pop of bright color.

**GLAD**

*A scent to fall in love with*



New

New Glad bags, now with  
the irresistible scent of

**Gain**  
original  
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AVAILABLE AT  TARGET

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Save time. Save money. Every day.™

**FAMILY DOLLAR**

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*“My home office is a fun place to be over-the-top girlie, with soft pink walls and racks of clothes,” says Kayce.*

To create a workstation, Kayce topped Ikea’s metal desk legs with a custom-cut, spray-painted wood surface. The bulletin board above her computer is an ever-changing display of inspiring swatches, sketches and mementos.



Twin bed frames, matching comforters and patterned window treatments, all in shades of aqua, give Audrey and Olivia’s room a playful vibe.





promotion



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The Taste That Brings You Home.™**



At Gold Peak, we believe home is as much about a feeling as a place. That's why we take care in making delicious Gold Peak Tea, using high quality ingredients, including pure filtered water and just the right touch of sweetness. The result? A delicious home-brewed taste that's perfectly crafted every time. Try Gold Peak Iced Tea and you'll see why it's the taste that brings you home.

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[GoldPeakBeverages.com/tea](http://GoldPeakBeverages.com/tea)

**10 Signs It's Time for Date Night**

Brought to you by



Think it's been a while since you spent some quality time together? Here are 10 signs it may be time for date night.

- 1 Every movie you own has a wizard or a princess in it.
- 2 You have the same "bedtime" as when you were six years old—but now you like it.
- 3 You floss in front of each other.
- 4 The neighbors drop their kids off at your house when they go out.
- 5 It takes a power outage for you to have dinner by candlelight.
- 6 "Dressing up" on the weekend means anything not-yoga pants.
- 7 When your husband says, "Let's go out!" he's talking to the dog.
- 8 You only keep red lipstick in the house for the kids' school-play costumes.
- 9 You can't remember the last dessert you ate without colored sprinkles.
- 10 You've been nodding since you started reading this list.



Breyers® Gelato Indulgences™ Strawberry Truffle is the perfect indulgence for any date night. The combination of creamy strawberry gelato, a rich fudge swirl and gourmet dark chocolatey truffles elevates the best moments of your day.



Download the **FREE BLIPPAR APP** on your smartphone or tablet and scan this listing to share our "Time for Date Night" list on social media. Plus you can see all the date night-worthy flavors of Breyers Gelato Indulgences and find out where to buy!

Standard Data rates apply.

[promo.breyers.com/gelatohub/](http://promo.breyers.com/gelatohub/)

**Rachael Ray Nutrish  
Wet Food for Dogs**



Rachael Ray™ Nutrish® Wet Food for Dogs is made with simple, natural ingredients.

There's no corn, wheat, or soy and no fillers or artificial preservatives or flavors. Available where you shop for your family's groceries.

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

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# SHELF HELP

*Turn simple wood boxes into useful, decorative display cubbies. What's the M.O.? Paint and patterned paper.*



## MATERIALS

- Wood boxes or crates, various sizes
- Latex paint; brush
- Decorative paper
- Rotary cutter or scissors
- Spray adhesive
- Hardware for hanging: nails, D-ring hooks, sawtooth picture hangers or eyes and picture wire.

## HOW TO

- 1/** For a finished look, paint plain boxes or crates inside and out. Set aside to dry. Repeat with a second coat, if needed.
- 2/** Decorate interior of cubbies, if desired, with patterned paper. Cut

pieces of paper to fit.

**3/** Working with one piece of paper at a time, apply adhesive to blank side and press onto inside of box, starting at the back and finishing with the four sides. Or you can paper the inside back of the box only.

**4/** Lightly mark the wall with pencil where you want cubbies mounted. Once nails are in place, be sure to clean the wall of marks and any scuffs.

**5/** Use hardware appropriate for the weight of the finished boxes and display items. Attach hangers to each box or crate following package instructions. *For more information, see Buyer's Guide, page 101.*

# HE FIGHTS DIRTY *no matter how dirty* DIRTY IS.

NO MATTER WHERE THEY ARE, TOUGH MESSSES DON'T STAND A CHANCE  
WHEN MR. CLEAN'S MAGIC ERASER IS PART OF YOUR CLEAN ROUTINE.



WHEN IT COMES  
TO CLEAN THERE'S  
ONLY ONE **Mr.**

Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.



## Natural, delicious recipes for your dog.

Rachael Ray™ Nutrish® is the first natural wet food for dogs inspired by recipes from Rachael's kitchen. Every recipe is made with simple, wholesome ingredients and never any meat by-products, artificial preservatives or flavors. Available where you shop for your family's groceries.

Try now at [SwitchtoNutrish.com](https://www.switchtonutrish.com)



REAL RECIPES. REAL INGREDIENTS. REAL GOOD.™



# FAMILY

YOUR CONNECTIONS, YOUR STORIES, YOUR CIRCLE



AUGUST, 3, **ROBBI BEHR**, 39, ILLUSTRATOR AND MATTHEW'S BOSS, **KATO**, 5, **ALDEN**, 7, **MATTHEW SWANSON**, 40, WRITER AND ART DIRECTOR, AND **IGGY** CHESTERTOWN, MARYLAND

## MODERN LIFE

by *Suzanne Rust*

PHOTOGRAPHY BY ARI MICHELSON

What do you get when you mix a writer, an illustrator, three kids, a dog and an old refurbished barn? The loving jumble that Matthew Swanson and Robbi Behr created when they decided to quit their office jobs, work from home and start a family. The duo's design studio produces books, stationery and other paper-based miscellany, all infused with their playful and creative spirit. To add to the fun, the Swanson-Behr's annual summer gig consists of running a commercial salmon fishing business with Robbi's siblings in Alaska, where apparently there are mosquitoes the size of hummingbirds. Meet the family.

“Fortunately, the kids seem to have gotten my wife Robbi's looks. Unfortunately, they seem to have gotten my love of Taylor Swift.”



In 2006 Matthew and Robbi kissed “respectable” jobs at a high-end design firm goodbye and moved into an unfinished hayloft across the Chesapeake Bay. The plan was to hang out in their “airy bohemian crash pad” for a year until they ran out of money, then grudgingly return to the real world. Nine years and three children later, they haven’t looked back. Together they’ve published more than 60 illustrated picture books for kids and adults. Their debut trade children’s picture book, *Babies Ruin Everything*, will be published next year.

Of Matthew and Robbi’s many accomplishments, their children rank at the top of the list. “I love the mad chemistry experiment of parenthood,” says Matthew, “the ways the kids are just like us and not at all like us and just like one another and not like one another at all. Alden is eager and fearless. She swings from the rafters of our barn and does flying half twists onto the furniture. She knows no guile and never met a person she couldn’t befriend. Kato is careful and watches from the wings before making his move. His laugh can convert a room of skeptics. August’s heart is clear and true and barely fits inside his chest. He trades in hugs and smiles and mispronounces everything.”

Working from home has its ups and downs. Matthew notes that he doesn’t love what is essentially sleeping in the



“ Our favorite thing to do together is make stuff—usually books, but sometimes posters, murals, salad or children. Honestly, we are the luckiest people we know. We try each day to make the best use of the good fortune we’ve been given.”

office, never being off the clock and always being within 20 paces of his boss, Robbi, but the couple appreciate “the 13-step bed-to-desk commute and the liberty to stage five-minute dance parties at 10:37 a.m.” They have found balance. “We realize that in joining forces, we have unlocked this amazing universe of possibility—our books, our home, our family—that we never

could have managed on our own,” Matthew says. “We make each other better at what we do. We conquer because we are able to divide, relying upon each other’s strengths, making up for each other’s deficiencies.”

**familycircle.com**

For more on the Swanson-Behr family, go to [familycircle.com/modernlife](http://familycircle.com/modernlife).

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# 10 MUST-HAVE TRAVEL APPS

IT USED TO BE THAT TRAVELING ALMOST ALWAYS MEANT CONSULTING THE CONCIERGE AT MY hotel—whether to deal with logistics or for inside info about how to make the most of limited time. Now he or she gets a smile, maybe a quick wave, but I breeze right by the desk. I know where I'm headed and what to do when I get there, because my smartphone is loaded with apps that can capably find clean, well-priced accommodations, coordinate transportation and help me live like a clever local. In other words, I'm sure that concierge is a hardworking individual. But I'm all good.



## TripIt

The gratis version syncs with your calendar and stores travel documents all in one place, both helpful. But a \$49 upgrade (billed annually) significantly ups the ante, with real-time flight alerts, fare refund notifications and an ad-free app experience, for starters. In a word: invaluable. Android, iOS and Windows Phone, free. [TripIt.com](#)

## Glympse

When parents and teenagers have different travel agendas, they can track each other via an onscreen map and then reconnect at will. Android, iOS and Windows Phone, free. [Glympse.com](#)

## Hopper

It's the Big Question that plagues anyone looking to book a flight: Bite the bullet

and buy now or wait a day, or a week, in hopes of scoring a better deal? Stop stressing. Just input your plans and this app will tell you exactly when to book to get the best price, based on more data than any one person could compute. iOS, free. [Hopper.com](#)

## HotelTonight

Hit the road now, worry about where to sleep later. You'll get the best price—at the last minute, exactly where you are—with this app. If a specific property you have an eye on seems too spendy, use the Track It feature to receive an instant alert when the price goes down. Android, iOS and Windows Phone, free. [Hoteltonight.com](#)

## KOA

Skip the tent—many of the 485 privately owned Campgrounds of America in the U.S. and Canada offer cabins or Airstream trailers that fit an entire family and even a pet. Search availability and book at your convenience. Android and iOS, free. [Koa.com](#)

## Roadtrippers

Plug in your trip details to get apprised of local hot spots and happenings, without ever having to pore through a freebie area newspaper. Android and iOS, free. [Roadtrippers.com](#)

## My Disney Experience

The future is now at Walt Disney World parks, where web-based tool My Magic+ allows for seamless vacation planning. Colorful MagicBands (worn at the wrist) with embedded radio-frequency technology sync with the app to let you enter the parks, redeem FastPasses, pay for meals and much more. Android and iOS, free. [Disneyworld.disney.com/plan/my-disney-experience/mobile-apps](#)

## Zipcar

For urban destinations, the conventional wisdom is to skip the rental car and take public transport. Sign up for Zipcar anyway and download the app. If you do need an auto, tap to locate one nearby, take care of the details, then unlock it with your phone. Membership starts at \$7 per month. Android and iOS, free. [Zipcar.com](#)

## Lyft

Instead of walking aimlessly to find a cab, locate nearby background-checked drivers using the app's map on your phone. Hail with a tap. Android and iOS, free. [Lyft.com](#)


## Ship Mate Cruise App

Among numerous cool features, cruisers can connect with fellow passengers—and their shared photos—through social media. Hooked in with lines including Disney, Royal Caribbean, Princess, Carnival and Norwegian. Android and iOS, free. [Shipmateapp.com](#)

### CHRISTINA TYNAN-WOOD

recently relocated—along with her husband and two teenagers—to California's Silicon Valley in order to be closer to the tech action. Check out her blog at [geekgirlfriends.com](#).





“ I’VE NEVER UNDERSTOOD WHY MY HUMAN WON’T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE’S AFRAID OF GETTING LOST. BUT IT’S OK, I KIND OF LIKE SHOWING HER AROUND. ”

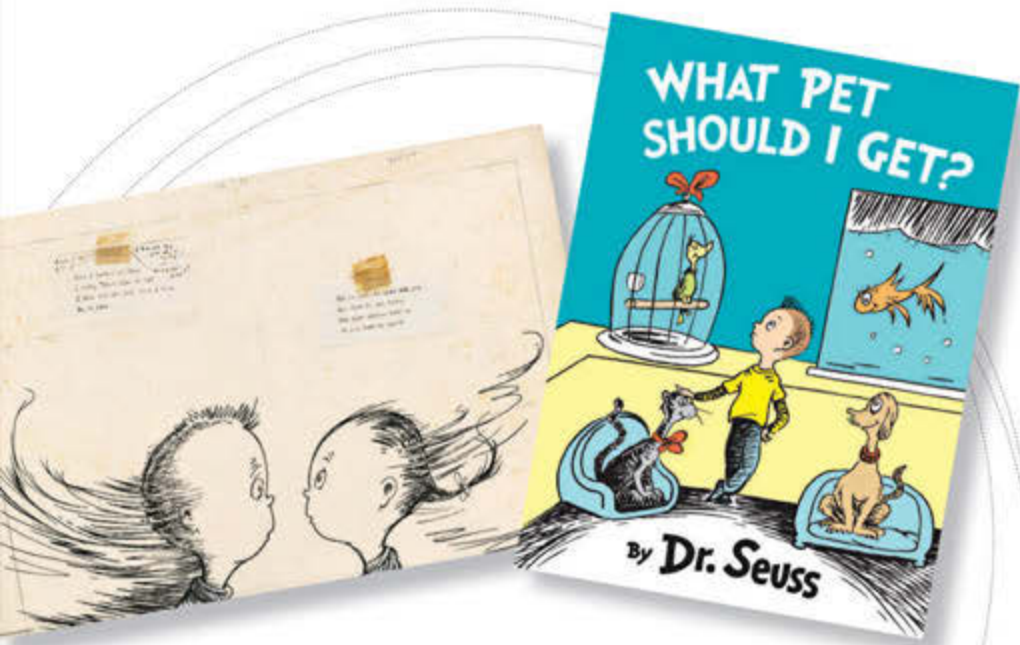
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THING TO HAPPEN  
TO A SHELTER PET

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[theshelterpetproject.org](http://theshelterpetproject.org)



BY CAREN OPPENHEIM



## The Doctor Is In

He's back! Beloved children's author Dr. Seuss rhymes once more in this never-before-published story. Look for familiar faces—including the sibling duo from *One Fish Two Fish Red Fish Blue Fish*—and original sketches. [Seussville.com](http://Seussville.com), \$18

## Music to Their Ears

Move over Beethoven and Bach—your compositions aren't quite the cat's meow. Researchers from the University of Wisconsin-Madison studied whether the animals purr-ferred classical or original "feline" sounds using species-appropriate frequencies. Surprisingly, they overwhelmingly chose the newly invented tunes, dispelling the myth that traditional melodies are calming. So let your kitty pick the jams next time—it's a harmonious way to keep him from becoming a real sourpuss.



## Aged to Pawfection

Cheers to California-based Chateau La Paws Wines and its partnership with North Shore Animal League America, the world's largest no-kill animal rescue and adoption organization. Each bottle of chardonnay, pinot noir or red-wine blend supports the NSALA and its Tour for Life program, which brings awareness of available dogs and cats to communities across the country and helps facilitate successful adoptions. We'll drink to that! [Thewinebar.com](http://Thewinebar.com), \$13  
To learn more about adoption options, see page 72.

Illustration: Donna Grethen; Photos: (book cover, sketch) TM & © Dr. Seuss Enterprises, L.P., 2015. All rights reserved. (wine) courtesy of Chateau La Paws.

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# SHARE & SHARE ALIKE



Thanks to the seismic boom in social networking, staying connected with family and friends is as simple as a few quick finger taps. Just don't forget that a steady stream of updates, Likes and photos could end up revealing far more than you intend. Time for a quick refresher course on privacy settings.

**BY YELENA MOROZ ALPERT ILLUSTRATION BY HARRY CAMPBELL**

FREE TRIAL!


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**Facebook. Instagram. Pinterest. Twitter. LinkedIn.** Social networking has become second nature. Among the best-known options, Facebook is by far the most popular, but the others are seeing significant upticks in usage year over year. According to a 2014 TRUSTe report, 90% of consumers have privacy concerns when using social networks, and 45% of U.S. Internet users do not trust businesses with their personal information. Yet in 2012 the Pew Research Center found that only 38% of online adults are aware of ways to limit how much personal information websites can collect about them when they surf the Internet. Generally speaking, there are multiple mechanisms for protecting privacy—but it's up to individual users to opt in to the highest levels of protection. Peace of mind requires taking action and continued vigilance, because things can change.

## FACEBOOK

According to a *Consumer Reports* survey, 28% of Facebook users share all, or almost all, of their timeline posts with an audience wider than just their own friends—potentially expanding their exposure to thousands or more. The lock icon (in the blue band at the top of your profile, to the right of your name) provides shortcuts to control who has access to your activity, under the drop-down “Who can see my stuff?” To go back over past activities, click on the Activity Log, which clearly breaks down posts, Likes and tags. Hover over the audience icon to tailor access to individual posts. While you're at it, go through the quickie (three-step) Privacy Checkup to double-check that you're sharing only with people you want.

Selectively uploading and tagging photos is smart too. Instead of sharing every vacation picture you take without a second thought, choose just a few of the best. Minimizing the number of your snapshots floating around the Internet can actually safeguard your Social Security number—researchers at Carnegie Mellon University showed that hackers can figure out an individual's SSN by combining face recognition technology with data-mining algorithms that pull personal information such as hometown and date of birth from public social network profiles. (Yes. Scary.)

## INSTAGRAM

Creepy but true: Sharing a picture of your cat can disclose the precise location of your house. Although “Add

to Photo Map” is initially set to Off, the Instagram app remembers your last command and automatically stays on after you list a location, unless you go out of your way to slide it back to Off. Your images are flagged on the geolocation map, street names and all, with incredible accuracy—even if you don't list a specific place. This means that if you're not too picky about who follows you, a stranger can easily identify your abode.

To play it safe, set your profile to private. Revisit old photos to erase the

**AMONG  
FACEBOOK  
USERS, THE  
MEDIAN NUMBER  
OF FACEBOOK  
FRIENDS IS 155.  
WHEN ASKED  
HOW MANY OF  
THOSE DID YOU  
CONSIDER  
“ACTUAL”  
FRIENDS, THE  
NUMBER WAS 50.**

## NexGard® (afoxolaner) Chewables

**CAUTION:** Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

### Description:

NexGard (afoxolaner) is available in four sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide a minimum afoxolaner dosage of 1.14 mg/lb (2.5 mg/kg). Afoxolaner has the chemical composition 1-Naphthaleneacetonamide, 4-[5-(3-chloro-5-trifluoromethyl-phenyl)-4,5-dihydro-5H-imidazo[4,5-b]pyridin-2-yl]-2,2,2-trifluoroethyl(aminium)nitrate.

### Indications:

NexGard kills adult fleas and is indicated for the treatment and prevention of flea infestations (*Ctenocephalides felis*), and the treatment and control of Black-legged tick (*Ixodes scapularis*), American Dog tick (*Dermacentor variabilis*), Lone Star tick (*Amblyomma americanum*) and Brown dog tick (*Rhipicephalus sanguineus*) infestations in dogs and puppies 8 weeks of age and older, weighing 4 pounds or body weight or greater, for one month.

### Dosage and Administration:

NexGard is given orally once a month, at the minimum dosage of 1.14 mg/lb (2.5 mg/kg).

### Dosing Schedule:

Body Weight	Afoxolaner Per Chewable (mg)	Chewables Administered
4.0 to 10.0 lbs.	11.3	One
10.1 to 24.0 lbs.	28.3	One
24.1 to 60.0 lbs.	68	One
60.1 to 121.0 lbs.	136	One
Over 121.0 lbs.	Administer the appropriate combination of chewables	

NexGard can be administered with or without food. Care should be taken that the dog consumes the complete dose, and treated animals should be observed for a few minutes to ensure that part of the dose is not lost or refused. If it is suspected that any of the dose has been lost or if vomiting occurs within two hours of administration, refeed with another full dose. If a dose is missed, administer NexGard and resume a monthly dosing schedule.

### Flea Treatment and Prevention:

Treatment with NexGard may begin at any time of the year. In areas where fleas are common year-round, monthly treatment with NexGard should continue the entire year without interruption.

To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an approved flea control product.

### Tick Treatment and Control:

Treatment with NexGard may begin at any time of the year (see Effectiveness).

### Contraindications:

There are no known contraindications for the use of NexGard.

### Warnings:

Not for use in humans. Keep this and all drugs out of the reach of children. In case of accidental ingestion, contact a physician immediately.

### Precautions:

The safe use of NexGard in breeding, pregnant or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures (see Adverse Reactions).

### Adverse Reactions:

In a well-controlled US field study, which included a total of 333 households and 615 treated dogs (415 administered afoxolaner, 200 administered active control), no serious adverse reactions were observed with NexGard.

Over the 90-day study period, all observations of potential adverse reactions were recorded. The most frequent reactions reported at an incidence of >1% within any of the three months of observations are presented in the following table. The most frequently reported adverse reaction was vomiting. The occurrence of vomiting was generally self-limiting and of short duration and tended to decrease with subsequent doses in both groups. Five treated dogs experienced anorexia during the study, and two of those dogs experienced anorexia with the first dose but not subsequent doses.

**Table 1. Dogs With Adverse Reactions.**

	Treatment Group			
	Afoxolaner		Oral active control	
	N <sup>1</sup>	% (n=415)	N <sup>2</sup>	% (n=200)
Vomiting (with and without blood)	17	4.1	25	12.5
Dry/Flaky Skin	13	3.1	2	1.0
Diarrhea (with and without blood)	13	3.1	7	3.5
Lethargy	7	1.7	4	2.0
Anorexia	5	1.2	9	4.5

<sup>1</sup>Number of dogs in the afoxolaner treatment group with the identified abnormality.

<sup>2</sup>Number of dogs in the control group with the identified abnormality.

In the US field study, one dog with a history of seizures experienced a seizure on the same day after receiving the first dose and on the same day after receiving the second dose of NexGard. This dog experienced a third seizure one week after receiving the third dose. The dog remained enrolled and completed the study. Another dog with a history of seizures had a seizure 19 days after the third dose of NexGard. The dog remained enrolled and completed the study. A third dog with a history of seizures received NexGard and experienced no seizures throughout the study.

To report suspected adverse events, for technical assistance or to obtain a copy of the MSDS, contact Merial at 1-888-637-4251 or www.merial.com/nexgard. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or online at <http://www.fda.gov/AnimalVeterinary/SafetyHealth>.

### Mechanism of Action:

Afoxolaner is a member of the isoxazolone family, shown to bind at a binding site to inhibit insect and acarine ligand-gated chloride channels, in particular those gated by the neurotransmitter gamma-aminobutyric acid (GABA), thereby blocking pre- and post-synaptic transfer of chloride ions across cell membranes. Prolonged afoxolaner-induced hyperexcitation results in uncontrolled activity of the central nervous system and death of insects and acarines. The selective toxicity of afoxolaner between insects and acarines and mammals may be inferred by the differential sensitivity of the insects and acarines' GABA receptors versus mammalian GABA receptors.

### Effectiveness:

In a well-controlled laboratory study, NexGard began to kill fleas four hours after initial administration and demonstrated >99% effectiveness at eight hours. In a separate well-controlled laboratory study, NexGard demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 35 days, and was >93% effective at 12 hours post-infestation through Day 21, and on Day 35. On Day 28, NexGard was 81% effective 12 hours post-infestation. Dogs in both the treated and control groups that were infested with fleas on Day -1 generated flea eggs at 12- and 24-hour post-treatment (0-11 eggs and 1-17 eggs in the NexGard treated dogs, and 4-90 eggs and 0-118 eggs in the control dogs, at 12- and 24-hours, respectively). At subsequent evaluations post-infestation, fleas from dogs in the treated group were essentially unable to produce any eggs (0-1 eggs) while fleas from dogs in the control group continued to produce eggs (1-141 eggs).

In a 90-day US field study conducted in households with existing flea infestations of varying severity, the effectiveness of NexGard against fleas on the Day 30, 60 and 90 visits compared with baseline was 98.0%, 99.7%, and 99.8%, respectively.

Collectively, the data from the three studies (two laboratory and one field) demonstrate that NexGard kills fleas before they can lay eggs, thus preventing subsequent flea infestations after the start of treatment of existing flea infestations.

In well-controlled laboratory studies, NexGard demonstrated >97% effectiveness against *Dermacentor variabilis*, >94% effectiveness against *Ixodes scapularis*, and >93% effectiveness against *Rhipicephalus sanguineus*, 48 hours post-infestation for 30 days. At 72 hours post-infestation, NexGard demonstrated >97% effectiveness against *Amblyomma americanum* for 30 days.

### Animal Safety:

In a margin of safety study, NexGard was administered orally to 8- to 9-week-old Beagle puppies at 1, 3, and 5 times the maximum exposure dose (6.3 mg/kg) for three treatments every 28 days, followed by three treatments every 14 days, for a total of six treatments. Dogs in the control group were sham-dosed. There were no clinically relevant effects related to treatment on physical examination, body weight, food consumption, clinical pathology (hematology, clinical chemistry, or coagulation tests), gross pathology, histopathology or organ weights. Vomiting occurred throughout the study, with a similar incidence in the treated and control groups, including one dog in the 5x group that vomited four hours after treatment.

In a well-controlled field study, NexGard was used concomitantly with other medications, such as vaccines, anthelmintics, antibiotics (including topicals), steroids, NSAIDs, anesthetics, and antihistamines. No adverse reactions were observed from the concomitant use of NexGard with other medications.

### Storage Information:

Store at or below 30°C (86°F) with excursions permitted up to 40°C (104°F).

### How Supplied:

NexGard is available in four sizes of beef-flavored soft chewables: 11.3, 28.3, 68 or 136 mg afoxolaner. Each chewable size is available in color-coded packages of 1, 3 or 6 beef-flavored chewables.

NADA 141-406, Approved by FDA

Marketed by: Frontline Vet Labs™, a Division of Merial, Inc.

Duluth, GA 30096-4640 USA

Made in Brazil.

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1050-4493-03

Rev. 1/2015

FRONTLINE VET LABS

# Chew on this fleas & ticks



**NexGard® from the makers of FRONTLINE® Plus.  
The only soft, beef-flavored chew for dogs that kills  
both fleas and ticks.**

And it keeps killing for a full 30 days. Fleas and ticks hate it.  
Vets recommend it.<sup>1</sup> And dogs, well, they're begging for it.<sup>2</sup>

**For more information, ask your vet or visit [NexGardForDogs.com](http://NexGardForDogs.com).**

## IMPORTANT SAFETY INFORMATION

NexGard is for use in dogs only. The most frequently reported adverse reactions include vomiting, dry/flaky skin, diarrhea, lethargy, and lack of appetite. The safe use of NexGard in pregnant, breeding or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures.

1. Data on file at Merial.

2. Data on file at Merial.

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\*Among 586 reviewers on Facebook.com/OKeeffes (2/24/15).

location by reviewing the Photo Map (click on the ID icon, then the pushpin icon) and deselect the photos you wish to remove. Here's how: Zoom on a specific place on the map (like your neighborhood), tap Edit on the top right, then on each photo to remove the geotag. This will permanently eliminate the photo's location data but not the image itself.

Also important to bear in mind is that your privacy settings are unique to the individual social networks. In other words, a photo posted to your private Instagram will be visible to everyone if it's posted to another of your social media accounts that is set to public.

## PINTEREST

The promise of Pinterest is the ability to easily curate images found around the

web. Yet some pictures, such as of a high-end purse, have been known to lead to a survey scam promising a gift card reward for repinning the infected image. In 2012 members fell prey to a scheme that signed them up for unwanted mobile services. Remember, Pinterest is not about giveaways. The good news is Pinterest has resolved this example and it's no longer an issue.

Nonetheless, you still need to be careful. For the utmost privacy, consider pinning to a Secret Board, which is visible only to you and people you invite. If you don't invite anyone else, Secret Boards are for your eyes only. When you add a pin to a Secret Board, it doesn't show up anywhere else on Pinterest. You can make the board public at any time, should you choose. (Think carefully before you do so, though—it can't be undone.)

## FOUR MORE HELPFUL HINTS TO FURTHER BEEF UP YOUR SECURITY

**1/ Go off the grid.** A *Consumer Reports* survey revealed that 4.8 million people have used Facebook to announce where they plan to go on a certain day. Never announce that your house is unattended.

**2/ Like judiciously.** Cybercriminals hijack legitimate Like buttons and websites to download malware. In 2013 a popular NFL Facebook fan page was infiltrated by a data-stealing Trojan that advertised desirable discounts. Those who clicked on the sale link inadvertently installed malware that sneaked into banking sites to capture routing information, then sent the information to an online gang tied to identity theft and child pornography. "Be suspicious of anything that sounds too good to be true," advises Dodi Glenn, vice president of cybersecurity at PC Pitstop.

**3/ Keep everything separate.** Stalkers, or anyone with malicious intent, will likely look to connect all your social network presences, according to Andrew Conway, research analyst at Cloudmark, a network security service. Keep accounts as unique and distinct as possible by using different nicknames, email addresses and pictures.

**4/ Protect your password.** Don't use the same password for all accounts, and change it periodically, says Glenn. The ultimate goal is to make the password as difficult as possible for someone to guess. It shouldn't be something easily found in a dictionary. To create a secure password, think in terms of encryption: Pick a phrase you'll be able to recall easily, then use the first letters, symbols and numbers. For example, "Email mom and dad today" is EM&D2D. The longer the phrase, the better.



## ■ TWITTER

Cyberattacks are frequently linked to sensational news, like a celebrity scandal or blockbuster movie promotion, says Daniel Castro, vice president of the Information Technology and Innovation Foundation. Beware of tweets that sound scandalous and bark “watch now” commands, say, something like *#KimKardashian makes her own #FiftyShadesofGrey film*. Video here: [ow.ly/url](http://ow.ly/url). These sites are usually corrupt streaming services that ask users to install Flash Player or YouTube updates (which are, in fact, data-mining Trojans, or fake programs that pose as legitimate software). Since Twitter links are often shortened ([ow.ly](http://ow.ly) or [bit.ly](http://bit.ly)), make sure you’re following reputable accounts—there’s no reason why CNN would have a dubious @ handle.

Twitter’s Vine, the six-second video-sharing service, is also subject to spam with unrelated sites promising you more followers in return for usernames and email addresses. Don’t let a popularity boost lead you into a trap. If you find yourself a constant spam target, use the built-in tools to report and delete it.

## ■ LINKEDIN

This is the one account members typically keep public—after all, its stated purpose is to create a digital professional network. But just because you’re among reputable colleagues, don’t let your guard down. Assuming that people on the network are all professionals can lead to a false sense of security, according to Aliah Wright, author of *A Necessary Evil: Managing Employee Activity on Facebook, Twitter, LinkedIn...and the Hundreds of Other Social Media Sites*. One scheme involved fake email notices that dropped malware onto users’ machines.

To avoid compromised links, be aware that legitimate email message alerts from LinkedIn contain a security footer with your name and professional headline, something a phishing email (illicit scam email) is unlikely to include. When in doubt, open a new browser window and go directly to [LinkedIn.com](http://LinkedIn.com) to check your Inbox and verify the connection request or message, as legitimate emails from LinkedIn go to both your Inbox and the primary email account you’ve provided, if you choose. If you do click on something questionable, run a virus scan and change your password.

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Save like your mom.



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**30%**  
of **dogs** and  
**40%**  
of **cats**  
in U.S. homes  
are adopted.

Source: American  
Pet Products Association

## Knowledge Is Power

	Shelters ▼	Rescues ▼
<b>Basics</b>	Typically run by municipal or governmental agencies or private nonprofits.	Nonprofit organizations supported by donations and staffed by volunteers.
<b>Animals</b>	They offer a wide variety of ages and different species, purebreds included, making shelters best for anyone still deciding what type of pet to bring home.	Some sites are dedicated to a specific breed, but others offer a mix of species and breeds.
<b>Process</b>	Can vary across agencies, but generally includes the opportunity to visit with animals, speak with adoption counselors and complete paperwork.	Similar to shelters, but may take longer.
<b>Cost</b>	Start at \$25.	Start at \$50.
<b>Visiting Hours</b>	Facilities generally have open hours to interact with pets.	Hours can be limited—it's best to set up an appointment.

Source: Natalie DiGiacomo, director of Shelter Services of the Humane Society of the United States

## The Road Home

As you evaluate which pet to adopt, be sure to ask the right questions to inform your decision.

- ✓ What's the animal's history?
- ✓ What's his personality?
- ✓ Is the dog house-trained?
- ✓ Does the cat like to be picked up?
- ✓ Are there any favorite toys, games or preferred foods?

“Ginger’s cat food didn’t even  
start with real meat.

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When pet parents learn about some of the ingredients in their cat food, they choose Blue Buffalo. When we create BLUE cat food, everything starts with real meat. **Each and every recipe contains only the highest quality natural ingredients** and no chicken (or poultry) by-product meals — because that’s not something we want to feed a family member.

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If you find out your son is a burgeoning Romeo, should you try to nip his behaviors in the bud? We tallied your **Facebook** responses. Here's what you told us.

**78%**

**of you said "Yes"**

"By intervening, you're helping your son avoid a destructive pattern of behavior." —Rachel D.

"That old adage 'boys will be boys' is a load. They need to be taught respect." —Mary S.

**14%**

**of you said "No"**

"As long as he is respectful, he can play the field. Teenagers miss a lot if they are tied to one person in their high school years. Time to have fun, not act like old married people!" —Peri R.

"It has nothing to do with respect for women. We need to empower both our sons and daughters to respect themselves." —Anabel H.

**8%**

**of you said "It depends"**

"Some boys have a phase they go through and learn what kind of woman they want to be with, but you can tell when trouble is starting. Only you know which is your kid." —Angie B.

**Q** I'm worried my son doesn't respect girls as much as he should. He has temporary girlfriends, and I've heard his friends say he's a ladies' man. What should I do?

**A** Many moms are guilty of telling boys to respect girls and women—without explaining what that looks like. So go into his room at the end of the day, sit on his bed and say, "I need to talk to you about something important to me, but don't worry, you're not in trouble and I'll keep this short." Now that he knows he's not grounded, get to your concerns. "I know you're dating and I want to make sure you know where I stand on that. First, I think respect is important and should go both ways. Second, I want to know what you think my expectations are for how you treat girls and vice-versa. How should you handle it if you got together with a girl who likes you but you don't like her anymore? What would I want you to do if you saw someone taking advantage of a girl?" The purpose of this talk is to show him you aren't afraid to have tough discussions with him and to be a strong woman in his life who demands that he treat girls with dignity.

**Q** My daughter's been friends with a girl named Sophia since third grade, but when they started middle school, Sophia began ignoring her. She isn't mean, just blows her off. Should I tell Sophia's mother?

**A** Often when we want to talk to another parent about a problem with our kids, we think we have to do it right away. We don't. That's just our frustration creating an illusion of urgency. Unless someone's physical safety is at risk or there's an upcoming event, wait until an opportunity presents itself. If and when it does, say, "Things have been hard for my daughter because she feels Sophia doesn't want to be friends anymore. We've talked about how friendships change and sometimes people need space. But I know it's possible Sophia has a very different viewpoint. What do you think?" In the meantime, focus on your daughter. Being rejected by a longtime friend is really painful. Show her she can get through this, and help her develop requirements for what she wants in close friendships in the future. Remind her that Sophia may come back, but if that happens it has to be in a way your daughter feels good about.

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



"The faces of hunger are not what you'd expect," says Joan.

# All Aboard

Joan M. Cheever's Chow Train provides first-class meals-on-wheels to the homeless. *By Louise Farr*

## Streetwise

Her children were far from spoiled, but they did whine about leftovers and refused to eat them. So one evening 11 years ago, Joan M. Cheever decided to teach Daley, 13, and Austin, 10, a lesson. She made a big batch of spaghetti and chili, loaded it into the back of her SUV, and drove the kids around their hometown of San Antonio, TX, searching out the homeless. "I wanted them to meet people who really had something to complain about—but didn't," she says.

## Food for the Soul

Joan began accompanying a minister as he visited homeless encampments throughout the city, distributing hot, healthy meals she had prepared at

home. "The faces of hunger are not what you'd expect," she says. "Some people had been laid off from a good job, and before they knew it had fallen so far down that they couldn't get back up."

## Crowdsourcing

A legal affairs journalist, Joan was soon devoting all her time to charity. She enrolled in the culinary arts program at St. Philip's College, attending 8 a.m. classes several times a week. "I am definitely not a morning person," she says. "It was harder than law school." Joan founded the nonprofit Chow Train in 2011, tapping her social network of soccer moms, high school buddies and fellow board members of the San Antonio Public Library Foundation to

raise \$50,000 for a kitchen trailer and pickup truck. "Some people write me a check just to shut me up," she says.

## Disaster Relief

No sooner had she bought the trailer than a tornado tore through Joplin, MO, killing 161 people. Joan sprang into action, asking friends and relatives for donations to buy food and making the 600-mile drive to the ravaged city, where she served breakfast, lunch and dinner to survivors and first responders. She's since traveled to LaPlace, LA, in the wake of Hurricane Isaac and to Brooklyn after Superstorm Sandy.

## Menu Plan

These days the Chow Train makes five stops in San Antonio every Tuesday. Local stores donate meat and bread, and area farms supply fresh fruits and veggies. The meals are three-course affairs—soup, entrées like honey-ginger BBQ chicken and maybe Key lime pie for dessert. When Joan pulls up at events like the San Antonio Book Festival, shoppers can dig in as well. "I ask them to pay what they feel the meal is worth, maybe a little more," she says. "I rely on their goodwill." The 57-year-old also relies on husband Dennis Quinn, her BFFs and their spouses, and even her hairdresser to help cook and serve.

But not everyone is happy about Joan's efforts. In April, local police cited her for delivering her food without a permit. Joan, who cooked the meals in a commercial kitchen that she says had the proper permit, plans to fight her potential \$2,000 fine in court.

## Clear-Sighted

Joan's kids, who rolled their eyes during that first drive in 2004, have come to share their mom's vision. Austin, now 21, was by her side after a tornado ravaged Moore, OK, in 2013. On a recent visit home from New York City, Daley, 23, accompanied Joan and three young cousins on a food run, answering their questions about the homeless. "People tell me, 'I don't know where you find them, because I never see them,'" Joan says. "My response? Get on the Chow Train, and I'll show you."

To make a donation, go to [thechowtrain.com](http://thechowtrain.com).

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# HELLO SUMMER!

CONSIDER THIS YOUR GUIDE TO THE LAID-BACK SEASON'S  
CAN'T-MISS CONCERTS, MUST-SEE MOVIES AND MUCH MORE.

BY CAREN OPPENHEIM • ILLUSTRATIONS BY SHIGEKO OKADA

## MUSIC

**on with the show(s)** Pop stars and country legends are playing venues all around the U.S. Some of the big-name acts currently touring:

- **TAYLOR SWIFT** / THE 1989 WORLD TOUR
- **ONE DIRECTION** / ON THE ROAD AGAIN TOUR
- **ARIANA GRANDE** / THE HONEYMOON TOUR
- **MEGHAN TRAINOR** / THE MTRAIN TOUR
- **MIRANDA LAMBERT** / CERTIFIED PLATINUM TOUR
- **LITTLE BIG TOWN** / THE PAINKILLER TOUR

### THAT'S THE TICKET

To score seats to sold-out shows, try [SeatGeek.com](#). It's a search engine that scours the web for available tickets and lets you easily compare listings. Plus, the interactive seat map shows exactly where you'll be sitting.

### pump up the volume

The music mavens at Spotify created the Ultimate Family Circle Summer Playlist—two and a half hours of upbeat, party-perfect picks. Listen up for a preview.

**BEST DAY OF MY LIFE** / AMERICAN AUTHORS  
**STORY OF MY LIFE** / ONE DIRECTION  
**EVERYTHING IS AWESOME!!!** / TEGAN AND SARA  
**WE ARE YOUNG** / FUN. FEATURING JANELLE MONÁE  
**CUPS** / ANNA KENDRICK  
**FIREWORK** / KATY PERRY  
**HEY BROTHER** / AVICII  
**JUST THE TWO OF US** / WILL SMITH  
**HAPPY** / PHARRELL WILLIAMS

Access the entire 43-song playlist at [familycircle.com/spotify](#).



# MOVIES

## showtime

Out with the old, in with the sequels. Two of Hollywood's most iconic franchises are back for another shot at box office glory.



### THEN NOW

**JURASSIC PARK, 1993**      **JURASSIC WORLD, JUNE 12**

**\$63 MILLION BUDGET (MADE OVER \$1 BILLION WORLDWIDE)**      **\$150 MILLION BUDGET**

**JEFF GOLDBLUM, LAURA DERN, RICHARD ATTENBOROUGH, SAMUEL L. JACKSON**      **CHRIS PRATT, BRYCE DALLAS HOWARD, BD WONG (MAKING A RETURN VISIT)**

**AVERAGE MOVIE TICKET: \$4.14**      **2014 AVERAGE MOVIE TICKET: \$8.17**

### THEN NOW

**TERMINATOR, 1984**      **TERMINATOR: GENISYS, JULY 1**

**\$6.4 MILLION BUDGET (MADE \$78.4 MILLION WORLDWIDE)**      **\$170 MILLION ESTIMATED BUDGET**

**ARNOLD SCHWARZENEGGER, LINDA HAMILTON, MICHAEL BIEHN**      **ARNOLD SCHWARZENEGGER, JASON CLARKE, EMILIA CLARKE, JK SIMMONS**

**AVERAGE MOVIE TICKET: \$3.36**      **2014 AVERAGE MOVIE TICKET: \$8.17**



Follow us on Instagram @FamilyCircleMag to see what kind of fun we're having this summer!

## screen time

Stream some old-school flicks and soon-to-be-new-favorite Netflix series with your kids.

### CLASSICS NEWBIES

<i>GREASE</i>	<i>DREAMWORKS ANIMATIONS DRAGONS</i>
<i>TOP GUN</i>	<i>INSPECTOR GADGET</i>
<i>FERRIS BUELLER'S DAY OFF</i>	<i>SOME ASSEMBLY REQUIRED</i>
<i>FOOTLOOSE</i>	<i>RICHELIE RICH</i>
<i>GIRLS JUST WANT TO HAVE FUN</i>	



Show off your smarts about everything from *Footloose* and *Glee* to *The Godfather* and *Modern Family*. The Best of TV & Movies Board Game, [target.com](http://target.com), \$25



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# SPORTS



**field day** Baseball, basketball, soccer—talk about nonstop action! Check these websites for word of ticket discounts and family-friendly promotions.

**MAJOR LEAGUE SOCCER** [mlsoccer.com](http://mlsoccer.com)  
Teams: 20

**Extra points:** Tune in to the All-Star Game—pitting top players against one of London's premier teams—July 29 on Fox Sports 1.

**MAJOR LEAGUE BASEBALL** [mlb.com](http://mlb.com)  
Teams: 30

**Extra points:** More than 120 different bobbleheads will be given away throughout the season.

**WOMEN'S NATIONAL BASKETBALL ASSOCIATION** [wnba.com](http://wnba.com)  
Teams: 12

**Extra points:** Children can join a favorite team's Kids Club for special perks.

## fun & games

Playtime at its best.

X marks the spot.  
Chalkboard Bingo,  
[papersource.com](http://papersource.com), \$25



Anybody can be a secret agent. Nerf Rebelle Secrets and Spies Secret Shot Blaster, [hasbrotoyshop.com](http://hasbrotoyshop.com), \$20



A retro throwback.  
Champion Sports Ring Toss Set, [amazon.com](http://amazon.com), \$23



Way to indulge an inner Katniss. Firetek Bow, [target.com](http://target.com), \$30

## picture perfect

Capture the action with photo-ready tools.

Print directly from your cell without keeping track of any wires. Polaroid Zip Instant Photoprinter, [polaroid.com](http://polaroid.com), \$130



Transform your phone into a 1950s-era photo booth. Pocketbooth App, Android, \$1.99; iOS, 99 cents

Up the ante on selfies. These adorable cameras wirelessly sync with your phone, which acts as the remote. Snap Pets, [wowwee.com](http://wowwee.com), \$35





Your best recipes. For your best friend.

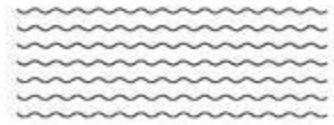
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**cesar®** love them back.®





# CRAFTS



## class acts

Sessions for kids at local stores.

### MICHAELS PASSPORT TO IMAGINATION

Classes are themed to summer pastimes like county fairs, music festivals and the boardwalk. Mondays, Wednesdays and Fridays. Michaels.com, \$5 per session

### LOWE'S BUILD AND GROW

Build basic wooden projects—this summer features an Avengers-inspired fun kit. Select Saturdays. Lowes.com, free

### JO-ANN FABRIC AND CRAFT STORES

Teen Sewing Basics offers beginner lessons to make lounge pants. Classes for all ages are offered frequently and start at \$10. Promotions can cut costs and supplies are often free. Joann.com

## kit & caboodle

Hands-on fun at home.

Oh, boy. D.I.Y. Bro Bands, alextoys.com, \$20



Pick the perfect spot to hang this cool creation. Headcase 3D Wall Art Kit, Michaels.com, \$10



# BOOKS



## shelf-fulfilling

Terrific summer reads, courtesy of our Facebook and Instagram followers—plus bonus picks from our resident book recommender, Executive Editor Darcy Jacobs.



**"The White Princess** by Philippa Gregory. It's historical fiction, but I love the period." —@mommyrandr

**ALREADY READ IT?** Coming in August from Gregory, *The Taming of the Queen*.

**"The Husband's Secret** by Liane Moriarty!"

—Danielle Hester

**ALREADY READ IT?** Try *The Woman Who Stole My Life* by Marian Keyes.

**"Just finished *The Nightingale*** by Kristin Hannah—very good!" —Janet Kenney

**ALREADY READ IT?** Get *All the Light We Cannot See* by Anthony Doerr.

**"Room** by Emma Donoghue. I can't suggest it enough." —Raven Foster

**ALREADY READ IT?** Consider *The Daylight Marriage* by Heidi Pitlor.

**"Working on the third book of the *Game of Thrones*** series." —Kathleen Jacobs Sienkiewicz

**ALREADY READ IT?** Check out the YA crossover *An Ember in the Ashes* by Sabaa Tahir.

**"Still *Alice*** by Lisa Genova was a great read."

—Vivian Raymond

**ALREADY READ IT?** Pick up *The Day We Met* by Rowan Coleman.



## DAMAGE CONTROL

Poring over your credit reports is no one's idea of a good time. But the fact is they're a must-read. One in four consumers say they've found inaccuracies in their personal data, some significant enough to downgrade their standing with lenders, resulting in higher interest rates for everything from car loans to insurance. "The longer errors go unaddressed, the more damage they inflict," says Bruce McClary of the National Foundation for Credit Counseling. Learn how to spot common mistakes and clear your records.

### MINOR INFRACTIONS

You see a transposed number in your address or the wrong middle initial in your name. Although it may be just a typo, it has to be fixed pronto. "Even small errors can lead to an identity mix-up with someone who has terrible credit," says Beverly Harzog, author of *The Debt Escape Plan*.

**RESCUE PLAN** File a dispute with the credit bureau—Equifax ([equifax.com](http://equifax.com)) Experian ([experian.com/disputes](http://experian.com/disputes)) or TransUnion ([transunion.com/dispute](http://transunion.com/dispute))—that has the inaccurate info and include copies of

documents to support your claim. Also contact the lender who provided the false information. You can do this online, but it's better to file via certified mail so you have a paper trail. A bureau usually has 30 days to investigate and report back; the lender is required by federal law to notify all three credit bureaus when corrections are made.

### SCORE SCORCHERS

When a financial institution mistakenly reports negative info—like a creditor saying you were late paying a bill—the consequences can be huge.

"Even one missed payment can bring your credit score down by 100 points or more," says McClary. And shaving just 50 points off a 760 FICO rating can bump you from the "excellent" to "good" credit risk category. A lowered score could make you ineligible for the best terms on some forms of health insurance, home refinancing and more. It can also prompt lenders to raise your interest rate.

**RESCUE PLAN** Contact the creditor as well as one of the credit bureaus. "You should initiate a complaint by going to the source, but working

# 33%

OF AMERICANS HAVE NEVER CHECKED THEIR CREDIT REPORT OR SCORE.

—TransUnion survey, 2013

both sides ensures nothing slips through the cracks," says Rod Griffin, public education director at Experian. Use the dispute option on the creditor's website, or call the toll-free number on the back of your card. Be prepared to upload or mail documents such as payment confirmation emails to support your claim.

### RED ALERT

A charge card account was opened at a store where you've never shopped or you spot credit inquiries by unfamiliar lenders—either could be a sign that you're a victim of identity theft and that someone may have stolen your Social Security number.

**RESCUE PLAN** Notify the creditor's or bank's fraud department ASAP. Report your concerns to the credit bureaus, which can issue a fraud alert or, in extreme cases, impose a security freeze that prohibits you—or anyone else—from opening new lines of credit unless you first lift the freeze. File an Identity Theft Affidavit with the Federal Trade Commission ([ftccomplaintassistant.gov](http://ftccomplaintassistant.gov) or 877-ID-THEFT) as well as a police report, which, along with your affidavit, can expedite the removal of fraudulent accounts from your files so your record can be scrubbed clean.

**Smart Move** Obtain a free copy of each of your credit reports every 12 months via **AnnualCreditReport.com**. Harzog recommends staggering requests: "Get one in January, May and September to boost your chances of catching inaccuracies and identity theft early."

Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

# POWER TO KEEP YOU ROLLING RIGHT ALONG

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**CRUNCH ON**

## Perfect Scents

Discover oils that are essential for a reason—they boost your mood, help you sleep, ease stress and more.

By Mallory Creveling

**GET A WHIFF OF THIS:** Although essential oils have been around for centuries, sales have reached \$1.2 billion over the past few years and that number continues to grow. The slick uptick is likely thanks to mounting research on the pain-relieving, mood-improving and sleep-inducing abilities of these plant extracts. “A lot of my patients who have anxiety or just everyday stress respond amazingly well to aromatherapy,” says Brent Bauer, MD, director of the Mayo Clinic Complementary and Integrative Medicine Program. Follow our simple tips to soothe yourself—and even your kids—with a little R&R in a bottle. ➡➡

SHOT ON LOCATION AT BEACHES TURKS & CAICOS RESORT VILLAGES & SPA

# Top Drops

Five liquids that improve your health, plus how to use them at home

**Lavender** When it's time to wind down from your jam-packed day, find calm quicker with this floral fragrance. Studies have shown it even reduces anxiety levels in both dental and heart attack patients.

**TRY IT** Create a serene setting by putting 10 to 12 drops of lavender into a spray bottle filled with 6 ounces of distilled water and 2 ounces of distilled witch hazel, which helps the liquids to blend evenly. Shake it all up, then spritz around the room.

**Peppermint** If your schedule is about to be sidetracked by a tension headache, the minty aroma will provide fast, research-backed relief.

**TRY IT** Add one drop of peppermint to a base oil, such as jojoba or coconut, and massage the solution onto your temples near the hairline. Keep it away from your eyes to prevent irritation.

**Eucalyptus** Feeling stuffy? This green plant's oil relieves congestion and respiratory problems, courtesy of its antibacterial, antiviral and antioxidant properties.

**TRY IT** Breathe easier by dispensing a few drops into a diffuser so that the scent permeates the room. Caveat: Avoid using around infants, small children and pregnant women, and keep concentrations light for those with asthma or chronic obstructive pulmonary disease—an aroma that's too strong can cause discomfort.

**Tea Tree** Get a healthy, blemish-free complexion by applying tea tree oil to your skin. Its antimicrobial and anti-inflammatory benefits help treat fungal infections and fight acne, but always dilute before using.

**TRY IT** Combat toenail fungus or pimples by dabbing a solution of three to six drops of tea tree oil and an ounce of jojoba oil on the affected area. If you experience any irritation, wash off with warm water and soap.

**Clary Sage** Inhale the essence of this purple flower to heighten happiness, as it has been found to have potential antidepressant-like effects. Rubbing a blend of clary sage, lavender, sweet marjoram and a base oil on your lower belly may also ease menstrual cramps.

**TRY IT** Soak in a bath with three to five drops of clary sage mixed with a teaspoon of Epsom salts or powdered milk (which fuses the combo) to enhance your mood and alleviate muscle aches. Avoid this oil if you've had breast or ovarian cancer as it contains estrogen-like compounds.

## ESSENTIAL DOS & DON'TS

**DO** test on a small patch of skin before applying all over to check for a bad reaction. If you experience itching, burning, swelling or redness of the skin, become nauseous or stuffy, or suffer a severe headache, stop use.

**DON'T** ingest oils. They should be taken orally only under a doctor's supervision.

**DO** exercise caution if using aromatherapy in homes with pets, young children or those with allergies or asthma.

**DON'T** use on infants or if you're pregnant, unless a doc gives the okay. Studies are inconclusive as to whether oils used by expectant moms can harm the fetus, particularly if taken orally or used topically.

**DO** toss any oils that appear to have oxidized. Citrus, tea tree and clary sage bottles should be used within one year.

**DON'T** expose yourself to direct sunlight after applying oils to skin. Some can increase the risk of sunburn or a rash called phototoxicity.

**DO** keep essential oils away from candles, cigarettes and fire, since these liquids are very flammable.

**DON'T** use the same oils for a prolonged period of time, especially if applying topically. It can lead to sensitivity and inflammation.





## MIX MASTERS

Four ways to spread soothing scents

METHOD	HOW TO	KEY TO CARE	CHOICE PLANTS
<b>DIFFUSER</b> (inhalation)	Purchase an atomizer diffuser, which uses water to automatically disperse scents into the air.	Avoid cinnamon bark, basil, bay, lemongrass, peppermint, clove and thyme. These oils can dry out your eyes, nose and mouth.	For a relaxed setting, choose floral fragrances like lavender or citrus ones like sweet orange.
<b>SPRITZER</b> (inhalation)	Dispense 10 to 15 drops of oil per ounce of water into a small glass spray bottle and shake well before misting. The bottle should be amber, dark blue or green to prevent oxidation.	Aim the spritzer toward the desired area and use a small fan for circulation. Keep away from faces.	To boost energy, opt for clary sage or spearmint. Both also freshen up a room.
<b>BATH</b> (topical)	Add 2 to 12 drops of essential oil (the bottle's label should clarify the number) to a teaspoon of honey, whole milk or Epsom salts. Fill the tub with water, then add the oil mixture so that it disperses properly.	Since oil and water don't mix, it's crucial to use a carrier base (like those mentioned at left). Otherwise, the oil will float on top of the bathwater, which can cause irritation.	Lavender and sweet marjoram will calm your mind and help ease body aches.
<b>MASSAGE</b> (topical)	For kids, use 2 to 4 drops of essential oil per ounce of carrier oil, such as olive or coconut. For adults, use anywhere from 6 to 10 drops.	Never apply pure, undiluted oil directly to skin since this can lead to irritation, rashes or burns. If you have sensitive skin or allergies, proceed with extra caution.	Try geranium or rose mixed with olive oil for a skin-smoothing solution.

## LABEL LOWDOWN

Whether you want to purchase essential oils for relaxation or to address a specific concern, visit a local shop where aromatherapists are available to help you choose liquids and customize blends. (Find one near you at [naha.org](http://naha.org).) Once you know exactly what you need, you can search sites like [planttherapy.com](http://planttherapy.com), [auracacia.com](http://auracacia.com) or [youngliving.com](http://youngliving.com) to get bottles shipped to your door. No matter how you purchase, always check smaller companies' sustainability practices first and opt for those that source from local farmers, test products and make results public. Then use this checkoff list for label items that confirm a top-shelf bottle.

- Instructions for use and caution notes for your protection.
- Both the common name and Latin botanical name. If it's a blend, that stands true for all oils in the mix.
- The words "pure essential oil," meaning there's nothing synthetic included, like fragrance oils.
- Company name and contact info so you can research them or ask questions.



SOURCES: Kelly Holland Azzaro, registered aromatherapist and past president of the National Association for Holistic Aromatherapy (NAHA); Brent Bauer, MD, director of the Mayo Clinic Complementary and Integrative Medicine Program and Rejuvenate at the Mayo Clinic Healthy Living Program; Francesca Fusco, MD, a dermatologist at NYC's Wexler Dermatology; NAHA.org

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# Sugar

## CRUSH

SCIENCE WRITER **MELINDA WENNER MOYER** OPENS YOUR EYES TO A SWEET DECEIT. ONCE YOU HEAR THESE GRAINS OF TRUTH, YOU'LL RETHINK YOUR GROCERY LIST.

PHOTOGRAPHY BY LEVI BROWN

Imagine measuring out nearly 20 teaspoons of pure granulated sugar and eating it, every 24 hours. Over the course of a month, you'd plow through an entire 5-pound bag—and then some. The scary thing is you don't really have to imagine this scenario, because you're probably already living it. The average American adult devours almost 20 teaspoons of added sugar, defined as sweeteners added during food processing or preparation, every single day. And the average teenager downs even more. Worse, these 20 teaspoons don't even include the naturally occurring sugar in fruit and dairy products.

"Some sugar intake is fine," says Richard Johnson, MD, an internist and kidney specialist at the University of Colorado and author of *The Sugar Fix*. "The problem is that everyone is getting too much of it." Sugar is everywhere—it's in bread, ketchup, flavored yogurt and seasoned nuts. Ultimately, we take in about two to three times more added sugar than the American Heart Association recommends, and many experts believe our love affair with the sweet stuff is fueling the country's rising incidence of type 2 diabetes, obesity and heart disease—epidemics that are harming not just adults but children too. A 2014 study conducted by Harvard researchers and involving more than 11,000 U.S. adults reported that those who consumed the most added sugar are nearly three times as likely to die of heart disease as those who consumed the least. Another 2014 study found that the more added sugars children eat, the higher their blood pressure and blood

triglyceride levels, which are both risk factors for heart problems. This doesn't mean we need to dump all sweets in the trash, but we should be more careful about which ones we let into our homes—and our bodies.

### SWEET SURRENDER

While some of us crave a sugary cinnamon roll at breakfast or just have to order that molten chocolate lava cake for dessert, added sugar actually has almost no nutritional value and your body doesn't need it. (Our cells do require small amounts of sugar to function, but the liver can convert protein into sugar, so we don't have to eat the sweet stuff.) In fact, the U.S. government has no suggested minimum intake for this simple carb. That probably comes as no surprise—everybody has heard of "empty calories"—but even though we know we shouldn't be having so much, most of us can't help it.

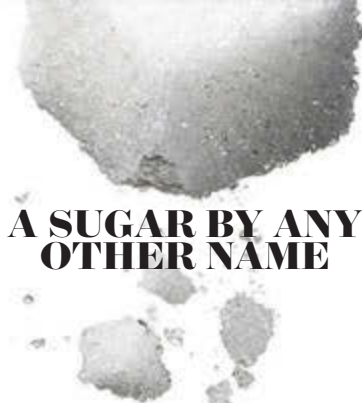
Part of the problem is that it makes us feel so good. "When you ingest sugar, it gives your body a sense of euphoria—it takes you to a happy place," explains Brooke Alpert, MS, RD, a nutritionist and co-author of *The Sugar Detox*. Scientists have actually verified this in the lab: When animals are fed sugar, the reward centers in their brains become active, much as they do after using cocaine and other drugs. Regular consumption of sugar may also dampen the impact of stress, according to a small study in women that is supported by research in rodents as well. "Sugar makes us want to have

more sugar, and that sets up a cascade of events that can lead to excess intake and weight gain over time,” explains Icahn School of Medicine at Mount Sinai neuroscientist and addiction researcher Nicole Avena, PhD, co-author of *Why Diets Fail*.

## SOUR NOTES

Drinking sugar is especially problematic. Whereas eating 300 calories’ worth of apple slices will leave you or your child feeling at least somewhat sated—partly because the fiber the fruit contains helps to regulate appetite—drinking 300 calories of apple juice doesn’t have the same effect. Not to mention that some apple juices have added sugars. What’s more, research suggests the juice might even make you hungrier. “Liquid calories do not register very well in our brains,” says Frank Hu, MD, PhD, a professor of nutrition and epidemiology at the Harvard T.H. Chan School of Public Health. “Your stomach and gut don’t produce hormones that make you feel full, which can give you a false signal that you’re still hungry and need more food.”

There may be another reason why sugar makes us gain weight—it has to do with how we process it biochemically. Carbohydrates (everything from candy to pasta) contain molecules of a sugar called glucose. After we consume carbs, this glucose enters our bloodstream



## A SUGAR BY ANY OTHER NAME

Check out these common—but often unrecognized—names for added sugar so that you can spot them on ingredient labels.

- CANE JUICE
- BARLEY MALT
- MALTODEXTRIN
- CORN SYRUP SOLIDS
- MALTOSE
- MALT SYRUP
- DEXTROSE
- SORBITOL
- FRUIT JUICE CONCENTRATE

and our pancreas releases the hormone insulin to remove it to different cells throughout our body that need energy. Some research, however, suggests insulin may turn too much of that glucose into fat and store it for future

use—rather than letting our body use it more immediately for energy. To compensate for this dearth of available fuel, our cells then send signals to our brain to tell us to eat more. In this sense, we may not just get fat because we overeat; we may also overeat because we get fat. And sugar may be the source of both these problems. Keep in mind, once again, that sugar isn’t always sweet—starchy carbohydrates such as bread, rice and potatoes are mainly composed of sugars (glucose) and have these same effects on the body.

Sugar may not just be bad for us because it causes weight gain. In his 2013 book *Grain Brain*, Florida-based neuroscientist David Perlmutter, MD, argues that too much sugar may also increase the risk for neurological conditions. “More than any other organ in the body, the brain is super responsive to nutritional changes—even more than the heart,” he says. “And there is hell to pay when blood sugar rises.” Perlmutter notes that frequent blood sugar spikes turn on the process of inflammation, which has now been linked to Alzheimer’s, Parkinson’s and even multiple sclerosis. Doctors have long known that people with type 2 diabetes have twice the risk of Alzheimer’s and are more likely than the general population to suffer from other memory-related problems. Perpetually high blood sugar also increases the risk for brain shrinkage.

## HOW DIFFERENT SUGARS AFFECT YOUR BODY

Time to get familiar with fructose and glucose—the two types of sugar compounds most often tied to health issues. While both fructose and glucose are in many foods (for example, they each make up 50% of table sugar, and the high-fructose corn syrup used in carbonated soft drinks is 55% fructose and 45% glucose), this chart lists foods in which each is the main sugar.

SUGAR TYPE	FOODS IT’S IN	WHAT IT DOES
Glucose	Bread, rice and potatoes	There’s more to be concerned about than the excess pounds that can result from too much glucose being stored as fat in your body. “Over time, spikes in your blood sugar and insulin can lead to insulin resistance, beta cell dysfunction and ultimately type 2 diabetes,” says Harvard researcher Frank Hu, MD, PhD.
Fructose	Soda, candy, cookies, cake, honey and molasses	Fructose—which is sweeter than glucose—is shuttled directly to the liver, which turns much of it into fat. Some of this fat is released into the bloodstream, which may increase the risk for type 2 diabetes, heart attacks and strokes in the long run. Almost all remaining fat accumulates in the liver and abdominal area as “visceral fat,” which has been associated with insulin resistance and diabetes. Fructose consumed in raw fruit, however, is balanced by fiber, which slows its delivery to the liver, and doesn’t cause the same problems.



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*(so go ahead, dance like you mean it)*



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Always Discreet. *So bladder leaks can feel like no big deal.*

\*vs. Poise. \*\*Based on average U.S. consumer usage.

Chronic inflammation—overactivity of the body’s disease-fighting immune system—may be at the root of these problems. As Perlmutter explains, sugars in the bloodstream can attach themselves to proteins and fats, causing them to change shape in potentially harmful ways while also increasing the body’s production of pro-inflammatory molecules known as free radicals. Sugars also cause the immune system to release other inflammatory immune molecules known as cytokines. A 2014 study reported that women who had more than one soda a day were 63% more likely to develop rheumatoid arthritis, a condition characterized by inflammation in the joints and organs, compared to women who consumed less than one serving a month. Other research points to links between sugar consumption and the risk for endometrial and colorectal cancers.

## CONFECTION REJECTION?

At this point you might be wondering whether that blueberry muffin you inhaled a few hours ago should be your last. Relax: Most experts agree that you and your family don’t have to completely eliminate sugar to stay healthy. For one thing, the research linking sugar to various ailments doesn’t prove that sugar is the driving factor. People who consume a lot of sugar may do other things that are bad for them too, such as not exercise, drink too much or smoke.

What most health professionals agree on is that we’re eating far too much of the sweet stuff. According to the American Heart Association, women should only be consuming about 6 teaspoons of added sugar a day, the equivalent of your average candy bar or 8 ounces of soda. Men should limit their intake to 9 teaspoons, and children should have no more than 3 to 4 teaspoons—the amount of sugar that can be found in just one granola bar.

Alpert says one of the best ways to reduce sugar intake is to quit all carbs for a few days—no bread, chips, potatoes, sweets or fruit. This can be a challenge, but it works, because “when you start adding sugar back into your diet, you crave less,” she explains. “All of a sudden, an apple tastes really sweet.”

Also, skip the sugar-sweetened beverages, which include sodas, flavored coffees and teas, and sports, energy and

## Four Questions About Sugar—Answered

**Q: Are natural sweeteners such as honey or agave nectar healthier than high-fructose corn syrup (HFCS) or table sugar?**

A: Not necessarily. “Agave has a high fructose content, so it may be more damaging because it is digested through your liver,” says Brooke Alpert, MS, RD, co-author of *The Sugar Detox*. But honey may indeed have an edge. “While it’s still absorbed as any other sugar would be, at least it has some additional health benefits like trace vitamins and minerals,” she says.

**Q: Is HFCS worse for you than table sugar?**

A: Despite its name, the HFCS used in carbonated soft drinks is made up of 55%

fructose and 45% glucose. Table sugar is essentially the same, containing 50% of each sugar. “The fructose that comes from either one can cause metabolic problems,” explains George Bray, MD, professor and former chief of clinical obesity and metabolism at Pennington Biomedical Research Center in Louisiana. “The public needs to reduce its consumption of all types of added sugar.”

**Q: Which does more damage: fat or sugar?**

A: Although it’s a controversial notion, research suggests that fat—including saturated fat—may not be as bad for your heart as once thought. A 2010 meta-analysis of nearly 350,000 people found no

significant link between the amount of saturated fat they consumed over a period of 5 to 23 years and their risk of later developing heart disease. On the other hand, adults who ate the most added sugar in a 2014 meta-analysis were nearly three times as likely to die of heart disease as those who ate the least—regardless of physical activity level, BMI or even other healthy diet habits.

**Q: Do I need to worry about sweets causing cavities in my kids?**

A: Actually, it’s the acid produced by bacteria in the mouth that erodes teeth and causes cavities. The bacteria make this acid after you eat any carbohydrate—such as fruit, bread, potatoes and rice.

vitamin drinks. Research suggests that drinking just one additional soda or sugar-sweetened carbonated beverage a day can cause you to gain up to 15 pounds a year. And since sugary drinks don’t actually fill you up, cutting them out shouldn’t leave you any hungrier. Don’t fall for the “made with real sugar” trick, either. There is no evidence that drinks sweetened with sugar are any healthier than those sweetened with high-fructose corn syrup.

“Processed food is another major culprit to avoid,” says Robert Lustig, MD, a pediatric endocrinologist at the University of California, San Francisco and the author of *Fat Chance*. “Processed means high sugar, low fiber. Real food is low sugar, high fiber.” Cereals, for instance, are often extremely sugar-laden. Even seemingly healthy options, such as granola, can have more sugar per serving than a doughnut. While it can be

difficult to give up processed foods entirely, you can make smart choices: A 2013 study found that carbohydrate-based foods with a ratio of at least one to 10 of fiber to total carbohydrate typically contain less sugar and more fiber than other options.

Don’t be fooled, though—cutting back on sugar isn’t going to be easy. “It really helps to have friends and family be aware of your dietary changes so they can encourage you, and so they’re aware that you might be ‘hangry’ during the first week or so,” Avena says. And keep healthy snacks in your handbag for when hunger strikes, because it will. “One ounce, about a handful, of almonds is a good choice,” Avena suggests. It won’t ever be a breeze, but you may find that limiting sugar gets easier the longer you stick with it. As your body overcomes cravings, you’ll discover how sweet it is to break sugar’s hold on you.

## WHAT'S NEW

### TOOT YOUR HORN

**PAGE 16: Marlyn Schiff**, marlynschiff.com, \$98. **Lucky Brand**, Lucky retail stores, \$49. **Mint and Lolly**, mintandlolly.com, \$20. **Shop Prima Donna**, shopprimadonna.com, \$17. **Silpada**, silpada.com, \$129.

## STYLE

Products not listed are available at mass retailers.

### JUST ADD WATER

**PAGES 29–31: Make Up For Ever** Step 1 Skin Equalizer Hydrating Primer, Sephora, \$36. **H2O+** Face Oasis Cleansing Water, h2oplus.com, \$20. Bathing Suit Top & Bottom, **Kenneth Cole New York**, houseofswim.com, \$59 each.

### BEST WESTERN

**PAGE 32: On Milena:** Shirt, **White House Black Market**, WHBM.com, \$78. Pants, **Old Navy**, oldnavy.com, \$33. Fedora, **American Eagle Outfitters**, ae.com, \$20. Necklace, **Rosena Sammi**, rosenasammi.com, \$45. Shoes, **White House Black Market**, whbm.com, \$125. **On Julia:** Shirt, **NYDJ**, \$78, nydj.com. Skirt, **Desigual**, Desigual.com, \$154. Sandals, **Latigo**, nordstrom.com, \$80. Necklace, **Vince Camuto**, vincecamuto.com, \$138. **PAGE 33:** Dress, **Kersh**, kersh.ca, \$75. Belt, **Vince Camuto**, vincecamuto.com, \$40. Crossbody, **Shop Prima Donna**, shopprimadonna.com, \$40. Boots, **Ariat**, ariat.com, \$140. Cuff, **Wimberly Inc.**, wimberlyinc.com, \$44. **PAGE 34:** Top, **Massimo Dutti**, massimodutti.com, \$70. Shorts, **The Limited**, thelimited.com, \$60. Necklace, **Shop Prima Donna**, shopprimadonna.com, \$22. Shoes, **Jessica Simpson Collection**, macys.com, \$98. **PAGE 35:** **On Julia:** Cuff, **The2Bandits**, the2bandits.com, \$78. Belt (\$40) and shoes (\$139), **Vince Camuto**, vincecamuto.com. Jumpsuit, **Abercrombie & Fitch**, abercrombie.com, \$68. Kimono, **American Eagle Outfitters**, ae.com, \$50. **On Milena:** Vest, **Forever 21**, forever21.com, \$30. Tank, similar styles, **See U Soon**, see-u-soon.fr. Shoes, **Franco Sarto**, Lord & Taylor, \$99. Earrings, **Gottex Jewelry**, gottexjewelry.com, \$30. Cuff, **Zeyla**, zeyla-style.com, \$92. Pants, **Joe Fresh**, joefresh.com, \$39. **PAGE 36:** Dress, **Donna Morgan**, donna-morgan.com, \$158. Belt,



## 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 [visitbeaches.com](http://visitbeaches.com) or call 1-888-BEACHES.

**Nine West**, Burlington Coat Factory, \$34. Boots, **Ariat**, ariat.com, \$160. Hat, **Tommy Bahama**, tommybahama.com, \$68. Earrings, **Marlyn Schiff**, marlynschiff.com, \$32. **PAGE 37: On Julia:** Shirt, **BlankNYC**, nordstrom.com, \$78. Vest, **Marshalls**, \$30, marshalls.com. Skirt, **Zara**, zara.com, \$60. Booties, **Shop Prima Donna**, shopprimadonna.com, \$33. Earrings, **Zeyla**, zeyla-style.com, \$59. Bracelet, **Gold & Gray Jewelry**, goldandgray.com, \$26. Bracelets, **Blaine Bowen**, blainebowen.com, \$53 and \$42. Bracelets, **Marlyn Schiff**, marlynschiff.com, \$36 and \$34. **On Milena:** Kimono, **Zara**, zara.com, \$80. Top, **Bisou Bisou**, jcpenny.com, \$26. Sandals, **Franco Sarto the Artist's Collection**, nordstrom.com, \$89. Jeans, **Joe Fresh**, joefresh.com, \$49. Necklace, **Nissa Jewelry**, nissajewelry, \$58.

## HOME

Most items not listed are from private collections. **SOUTHERN COMFORT** **Page 43: On Claire:** Sleeveless Tunic Shift

Dress in Pink Sagamore Print; **on Kayce:** ¾ Sleeve Tunic Dress in Coral Gingham; **on Olivia:** Sleeveless Katherine Dress in Turquoise; **on Audrey:** Sleeveless Kat Dress in Turtle Print, all **Kayce Hughes**, kaycehughes.com, \$78 to \$154. **Page 44: Worlds Away** Leona Pendant, worlds-away.com for information. **Page 48: Kayce Hughes** 20" by 20" Dinner Napkins, kaycehughes.com, \$40/Set of 4. **Page 50: Xhilaration** Star Reversible Comforter Set, Target stores and target.com, \$35 to \$45.

### SHELF HELP

Supplies not listed are available from craft or hardware stores. **Page 54: Hobby Lobby** Wooden Crates, hobbylobby.com for stores. **Benjamin Moore** Guilford Green (HC-116) paint for box exteriors, benjaminmoore.com for stores. **Cost Plus World Market** blue bird floral paper, available at Cost Plus World Market stores. **Paper Source** green geometric paper, papersource.com.

# 29%

The percentage of children who say the biggest barrier to physical activity is self-consciousness. Kids that exercise with a friend, however, rate this issue as less important and tend to move the most. Invite your child's pals along on a hike or over to play games outside so that she feels more comfortable (and has fun!) getting fit. Source: Cincinnati Children's Hospital Medical Center



## MOVIE SPOILER

Don't reach for a bowl of buttery popcorn when you're in the mood to watch a tear-jerker. People who view sad films can eat up to 55% more than those who see an upbeat one, according to research. "When something puts you in a good mood, you're less likely to engage in stress eating," says Aner Tal, PhD, study co-author and research associate at Cornell University's Food and Brand Lab. On the other hand, those gloomy feelings you get from *The Fault in Our Stars* could lead to unhealthy choices and mindless munching. Before you head to the theater, pack some carrot sticks or celery so that you chew on fewer empty calories. At home, keep food out of arm's reach or portion snacks in a small bowl.



**Libido Lifter** To bring back some of that can't-keep-your-hands-off-your-hubby feeling, consider spending more time in the bedroom...snoozing. A recent study found that the longer women doze tonight, the higher their sexual desire tomorrow. "Previous researchers have hypothesized that sleep-related hormonal changes underlie this relationship between slumber and sex," says David Kalmbach, PhD, lead author and researcher at the Sleep and Circadian Research Laboratory at the University of Michigan Medical School. So hit the sheets an hour earlier each evening and perhaps you'll want to twist them in the morning.



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# MasterChef

WEDNESDAYS **FOX**



## Q&A

### Should I be worried about inhaling sunscreen if I use a spray formula?

“Yes, it may cause problems,” says Debra Jaliman, MD, author of *Skin Rules: Trade Secrets from a Top New York Dermatologist*. “The substance could get into your lungs, leading to a cough and possibly other damage.” The FDA is currently investigating whether inhalation is harmful, so take precautions. Always use sprays in a well-ventilated area and cover your kid’s eyes, nose and mouth as you spritz. When applying sunscreen to the face, spray into hands first and then rub onto skin. Jaliman’s favorite family-friendly sunscreens include EltaMD UV Spray Broad-Spectrum SPF 46 (\$30) and Avène Ultra-Light Hydrating Sunscreen Lotion Spray SPF 50+ (\$30).



## Summer Bummers—Solved!

Get the tools you need to outsmart three surprising sun hazards.

### ☀️ #1: UV-BLOCKING LIP BALM

People prone to cold sores may get flare-ups more often during warm months due to sun exposure lowering the immune system, explains Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at Mount Sinai Medical Center in New York. Applying SPF 15 to your lips helps protect them from UV damage. Sitavig, a prescription tablet, may also prevent blisters when used at the first sign of stinging.

### ☀️ #2: SUN-SAFE LENSES

Bright rays—particularly those bouncing off the water—can burn your cornea and cause temporary vision loss, reveals Justin Bazan, OD, a Brooklyn-based optometrist and medical advisor for The Vision Council. Repeat damage also increases odds of cataracts and age-related macular degeneration. Always check store-bought sunglasses (even those with dark lenses) for a label that says they provide UVA and UVB protection.

### ☀️ #3: OIL-FREE SPF

UV light and bacteria from sweat exacerbate acne, while strong zit-fighting pills and lotions up the risk of sunburn, says Jeffrey Benabio, MD, a San Diego dermatologist and spokesperson for the American Academy of Dermatology. Target bumps with OTC benzoyl peroxide cream or salicylic acid spot treatment, followed by an oil-free sunscreen like Coppertone ClearlySheer for Sunny Days Face Lotion (\$9).

## PATCH WORKS *An antidote for peanut allergies is on the way!*

About half of the study participants treated with Viaskin Peanut patch for one year could eat nearly four nuts by trial’s end without serious reactions. Constant low skin exposure allowed their bodies to recognize the food as safe, explains Scott Sicherer, MD, professor of pediatrics and researcher at Mount Sinai’s Jaffe Food Allergy Institute in New York City. It’ll take time to become available, but will mean less stress for people who accidentally eat a peanut.



It's not just a backyard.  
It's a memory maker.

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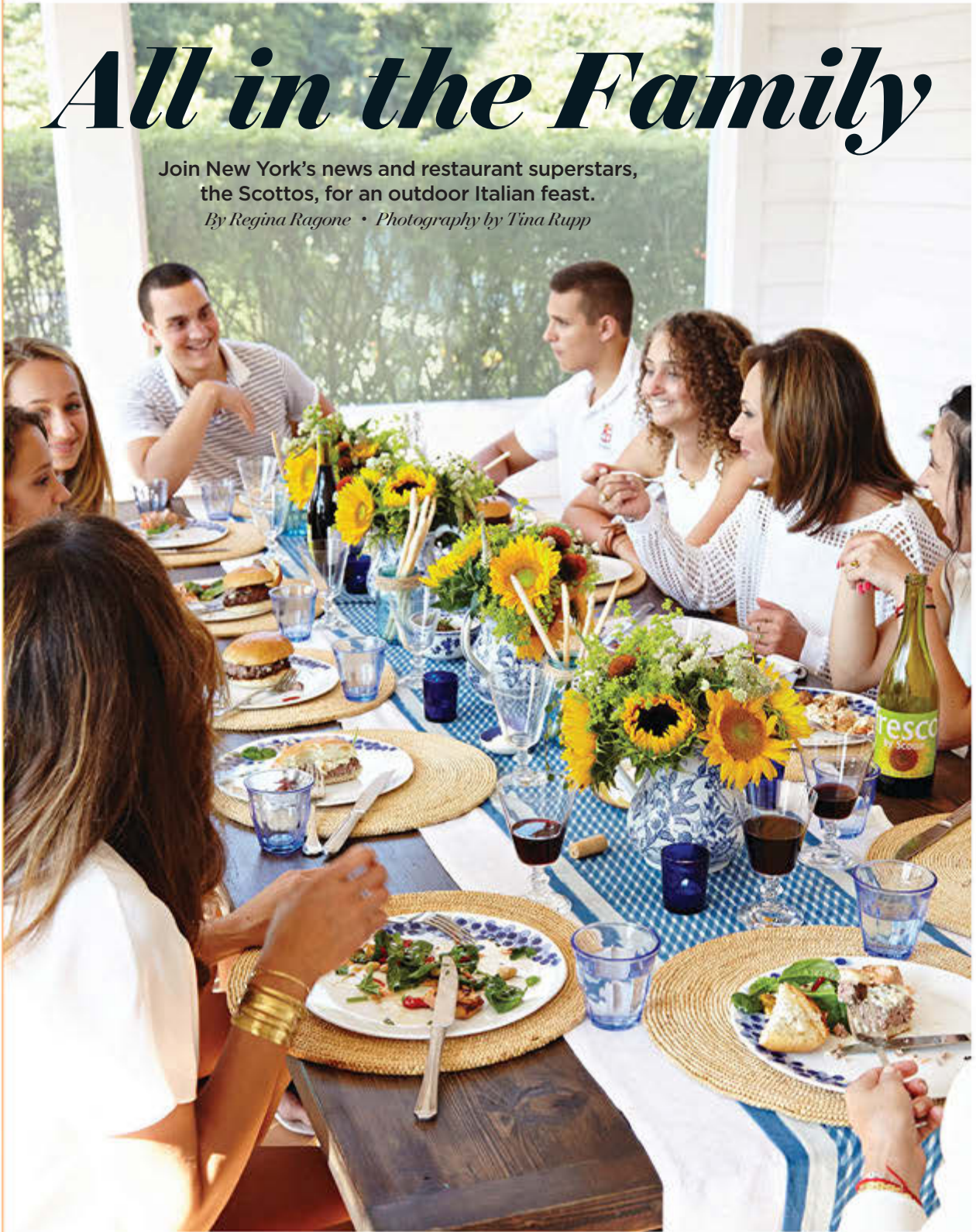


The taste that brings you home.™

## *All in the Family*

Join New York's news and restaurant superstars,  
the Scottos, for an outdoor Italian feast.

*By Regina Ragone • Photography by Tina Rupp*



*“This dish reminds us of the perfectly grilled fish we used to eat at tiny seaside restaurants in Italy.”*

**Grilled Salmon  
with White Bean,  
Sun-Dried Tomato and  
Spinach Salad**

page 116



**Panzanella Skewers with Mozzarella, Tomato and Focaccia Bread**

*page 116*



Television news anchor Rosanna Scotto, pouring her mom, Marion, a glass of their family wine, says that no matter how busy their lives become, everyone always shows up for Sunday dinner.



Third-generation Scottos Gabriella, Andrew, Julia and Bianca share a toast.

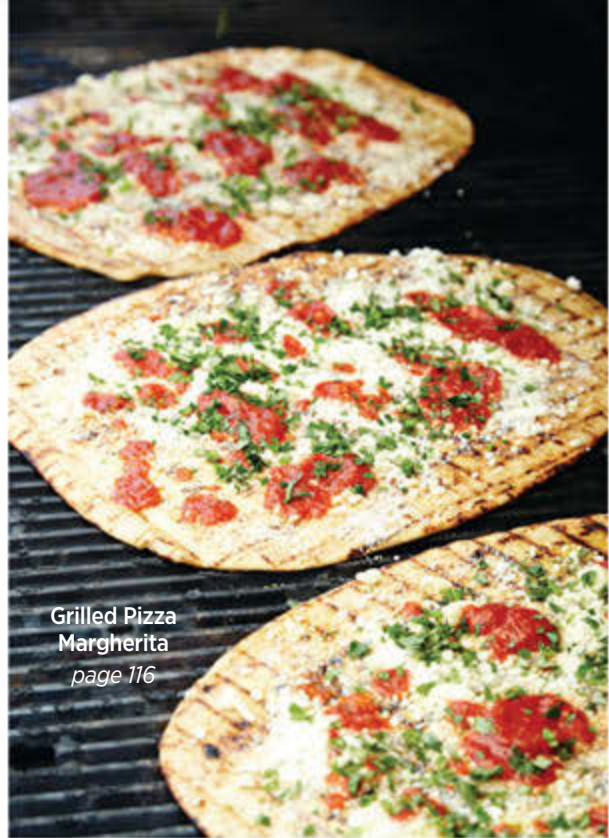


**Italian Grilled Burgers**

*page 119*



Marion serves up her famous **Eggplant and Zucchini Pie** (page 116) to granddaughter Jenna. The family, owners of NYC restaurants Fresco by Scotto and Fresco on the Go, built their house in Southampton, Long Island, to have a summer home base with enough room for everyone to visit.



**ON THE COVER**  
**Blueberry-Strawberry Shortcake**  
page 119





Turn your  
backyard  
into a  
Liquid Gold  
mine.



## 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 microwavable 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](http://VELVEETA.com)



## Grilled Pizza Margherita

**MAKES** 12 pizzas

**PREP** 30 minutes

**LET STAND** 45 minutes

**GRILL** 6 minutes

- 4 cups lukewarm water
- 1 tsp fresh yeast
- 1 tbsp molasses
- 3 tbsp kosher salt
- 2 cups extra-virgin olive oil
- 4½ cups all-purpose flour
- 4½ cups high-gluten flour (such as bread flour)
- 1 cup whole wheat flour
- 1½ cups grated Pecorino Romano cheese
- 1½ cups grated Bel Paese cheese
- 1 cup canned tomato sauce
- 6 tbsp chopped fresh parsley
- ½ cup chopped fresh basil

■ In a large mixing bowl, combine water, yeast and molasses. Mix gently until all yeast dissolves. Set mixture aside 5 to 10 minutes, until yeast bubbles and floats to the surface. Stir in salt and 1 cup of the olive oil.

■ With mixer on low speed, add all-purpose, high-gluten and whole wheat flour. Mix until flour is absorbed and dough pulls away from side of bowl. Roll dough into a large ball and let stand 5 minutes.

■ Cut dough into 12 pieces. Roll pieces into balls and place on an oiled baking sheet. Brush balls lightly with olive oil and cover with plastic wrap.

■ If you are using dough right away, let it sit 30 minutes before grilling. If not, it can be stored for up to one day in the refrigerator but it must sit at room temperature for an hour before stretching.

■ When dough is ready, prepare a grill to medium-hot (preferably charcoal, but gas works nicely too). Make sure rack is set at least 4 inches from fire.

■ On an oiled piece of parchment paper, stretch out a piece of dough using the (lightly oiled) palms of your hands. If dough is sticking to

the surface, lift it and drizzle a little more oil on surface. The dough should be a 12-inch circle and paper-thin. The shape of the dough is not as important as its thickness.

■ Lift dough with parchment, invert it onto hot spot of grill and peel off paper. Dough will start to rise immediately. After about 2 minutes, carefully lift edge of dough to check color of the underside, which should be an even golden brown.

■ Flip dough over and place it on edge of grate or on a cooler spot of grill. Brush cooked side of dough with olive oil. Combine cheeses in a medium bowl. Evenly spread a scant ¼ cup of the combined cheese to very edge of dough. Next, with a tablespoon, dollop tomato sauce on pizza (8 to 10 small spoonfuls)—don't spread sauce over entire surface. Drizzle pizza with 1 tbsp of the olive oil and sprinkle with ½ tbsp of the parsley.

■ Carefully slide pizza back to edge of hot section of grill, and rotate until bottom is evenly golden brown. It should take 3 to 4 minutes. Do not put pizza directly over fire, or the bottom may burn before the cheese melts.

■ Garnish with chopped basil and serve.

## Grilled Salmon with White Bean, Sun-Dried Tomato and Spinach Salad

**MAKES** 6 servings

**PREP** 20 minutes

**MARINATE** 2 hours

**GRILL** 8 minutes

### MARINADE AND SALMON

- ½ cup extra-virgin olive oil
- Salt and freshly ground black pepper
- Juice of 1 lemon
- Juice of 1 orange
- 2 tbsp chopped fresh basil
- 6 1-inch-thick boneless, skinless salmon fillets (about 8 oz each)

### BALSAMIC VINAIGRETTE

- ½ cup balsamic vinegar
- 1 tsp Dijon mustard

2 cups extra-virgin olive oil

Salt and freshly ground black pepper

2 minced shallots

3 tbsp chopped fresh parsley

3 tbsp chopped fresh basil

### SALAD

2 lbs baby spinach, cleaned

2 cups cooked cannellini beans

1 roasted red bell pepper, cut into thin strips

½ cup thinly sliced sun-dried tomatoes

■ **Marinade and Salmon.** In a small bowl, combine olive oil, salt and pepper to taste, lemon juice, orange juice and basil.

■ Season salmon with salt and pepper to taste. Brush salmon with marinade 1 to 2 hours before grilling, cover in plastic and refrigerate. Pat salmon dry before grilling to avoid flare-ups.

■ Lightly oil the hot grill and grill salmon over very high heat 3 to 4 minutes per side, until browned but inside is medium-rare.

■ **Balsamic Vinaigrette.** In a medium bowl, combine balsamic vinegar and mustard. Gradually whisk in olive oil, then stir in salt and pepper to taste, shallots and fresh herbs.

■ **Salad.** In a large bowl, toss spinach with beans, roasted pepper and sun-dried tomatoes. Dress salad with desired amount of balsamic vinaigrette. (You can also serve vinaigrette as a sauce to accompany grilled salmon.)

■ Place salmon, hot off the grill, on top of salad and serve.

## Panzanella Skewers with Mozzarella, Tomato and Focaccia Bread

**MAKES** 6 to 8 servings

**PREP** 15 minutes **GRILL** 4 minutes

1 loaf focaccia bread

4 vine-ripened tomatoes, or 1 pint vine-ripened cherry tomatoes

1 lb fresh mozzarella, cut into twelve ½-inch-thick slices

1 cup whole basil leaves

6-inch metal skewers

Extra-virgin olive oil

■ Using a sharp knife, cut focaccia into 2 x 2¾ x ¾-inch rectangles. Cut tomatoes into slices about ¼ inch thick, then cut them in half again. If using cherry tomatoes, leave them whole.

■ To assemble skewers, stack a slice of bread, a slice of mozzarella, a basil leaf and a slice of tomato. Secure stack with 2 of the skewers. Repeat with remaining ingredients.

■ Preheat a grill to high heat. Brush and clean grill grid with a cloth, and lightly oil grill so that skewers will get a good sear but still release from grate. Grill for 1½ to 2 minutes per side, or until bread is light brown and cheese is melted.

■ Remove Panzanella Skewers from grill, place on a platter and remove skewers. Drizzle with olive oil and serve.

## Eggplant and Zucchini Pie

**MAKES** 6 to 12 servings

**PREP** 1 hour **SOAK** 2 hours

**COOK** 12 minutes per batch

**BAKE** at 450° for 35 minutes

### CHEESE MIXTURE

1 lb fresh ricotta

1 lb fresh mozzarella, diced

½ cup grated Parmesan

2 tbsp chopped fresh parsley

2 eggs

Salt and freshly ground black pepper

### EGGPLANT AND ZUCCHINI PIE

1 medium eggplant, peeled

2 medium zucchini

Salt

2 cups all-purpose flour

5 eggs

2 cups packaged bread crumbs

1 cup grated Parmesan

2 tbsp chopped fresh flat-leaf parsley

Freshly ground black pepper

1 quart olive oil or vegetable cooking oil

2½ cups tomato sauce

■ **Cheese Mixture.** In a large



### Strawberry Flaxtini

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

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### 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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bowl, combine ricotta, mozzarella, Parmesan, parsley and eggs. Mix well and season with salt and pepper to taste. Refrigerate briefly so mixture becomes slightly firm.

■ **Eggplant and Zucchini Pie.** Cut eggplant and zucchini into ¼-inch-thick round slices. Set zucchini aside. Fill a bowl with lightly salted water, add eggplant and soak for 1½ to 2 hours to remove bitterness. Drain.

■ Place flour in a shallow bowl. In a second bowl, beat eggs with a fork until blended. In a third bowl, mix bread crumbs, ¾ cup of the Parmesan, the parsley, and salt and pepper to taste. Line up bowls on a work surface.

■ One at a time, carefully dip eggplant and zucchini slices into flour—making sure both sides are covered—then into egg mixture and finally into bread crumb mixture. Coat both sides very well and gently tap off any excess coating. Transfer eggplant and zucchini slices to a large plate and season with salt and pepper to taste.

■ In a large, heavy skillet, heat olive oil over medium heat. Add eggplant slices in a single layer (try not to crowd the pan) and sauté on both sides until golden brown, about 3 minutes per side, making sure slices are soft and cooked all the way through. Remove eggplant to a paper-towel-lined plate to soak up excess oil. Add zucchini to skillet and sauté on both sides until golden brown, about 3 minutes per side. Remove to a paper-towel-lined plate.

■ Heat oven to 450°. In a 13 x 9-inch baking pan, spread 1 cup of the tomato sauce, then a layer of half the eggplant and zucchini, and top with a layer of half the cheese mixture. Repeat. Top with remaining ½ cup tomato sauce and sprinkle with remaining ¼ cup Parmesan.

■ Bake at 450° for 35 minutes or until golden brown.

## Italian Grilled Burgers

**MAKES** 6 to 8 servings  
**PREP** 15 minutes **GRILL** 8 minutes

**2¾ lbs ground round, chuck or sirloin**

**1 tbsp chopped fresh flat-leaf parsley**

**1 small garlic clove, crushed and finely chopped**

**Dash Worcestershire sauce**

**Dash Tabasco sauce**

**Pinch dried Greek oregano**

**Salt and freshly ground black pepper**

**Olive oil**

**2 cups mild Gorgonzola cheese, cut into ½-inch-thick slices or crumbled, or mild blue cheese**

**6 to 8 ciabatta or other bread rolls**

**12 slices cooked pancetta or bacon**

■ In a bowl, combine meat, parsley, garlic, Worcestershire, Tabasco and oregano. Season with salt and pepper to taste. Form patties 4 to 5 inches across and 1 inch thick.

■ Heat a grill to its highest setting. Brush, clean and rub grill grate with an oiled towel before starting; this will prevent meat from sticking.

■ Brush burgers with a tiny bit of olive oil and place on hottest part of grill. Grill until burgers are nicely browned, about 4 minutes per side for medium. When burgers are almost done on second side, top with Gorgonzola. Split rolls and place on grill to be toasted. Close lid and cook burgers until cheese is melted (check often so buns do not burn; they should only take about 30 seconds).

■ Remove buns, place on a platter, add a burger to each and top with crispy pancetta.

## ON THE COVER Blueberry-Strawberry Shortcake

**MAKES** 10 servings  
**PREP** 20 minutes  
**REFRIGERATE** 3 hours  
**BAKE** at 325° for 30 minutes

**4 cups all-purpose flour**

**¼ cup sugar, plus extra for sprinkling and to sweeten cream**

**¾ tsp salt**

**1 cup (2 sticks) unsalted butter, very cold**

**1 cup solid vegetable shortening, very cold**

**½ cup buttermilk**

**1 quart strawberries, hulled and sliced**

**1 quart blueberries**

**3 cups heavy cream, whipped**

■ In a large mixing bowl, combine flour, ¼ cup sugar and salt. Cut in butter and shortening until mixture resembles coarse sand. Add buttermilk and mix just until dough comes together in a ball. Divide dough evenly into thirds; wrap in plastic and refrigerate 2 to 3 hours.

■ Heat oven to 325°. Roll each piece of dough on lightly floured parchment to a 10-inch circle. Prick with a fork and sprinkle liberally with sugar. Bake at 325° for 30 minutes.

■ To assemble: Set aside a few strawberries and blueberries to top finished dessert. Place one pastry disk on a serving plate and cover with a third of the remaining berries, followed by a third of the whipped cream. Repeat layering two more times and finish with reserved berries.

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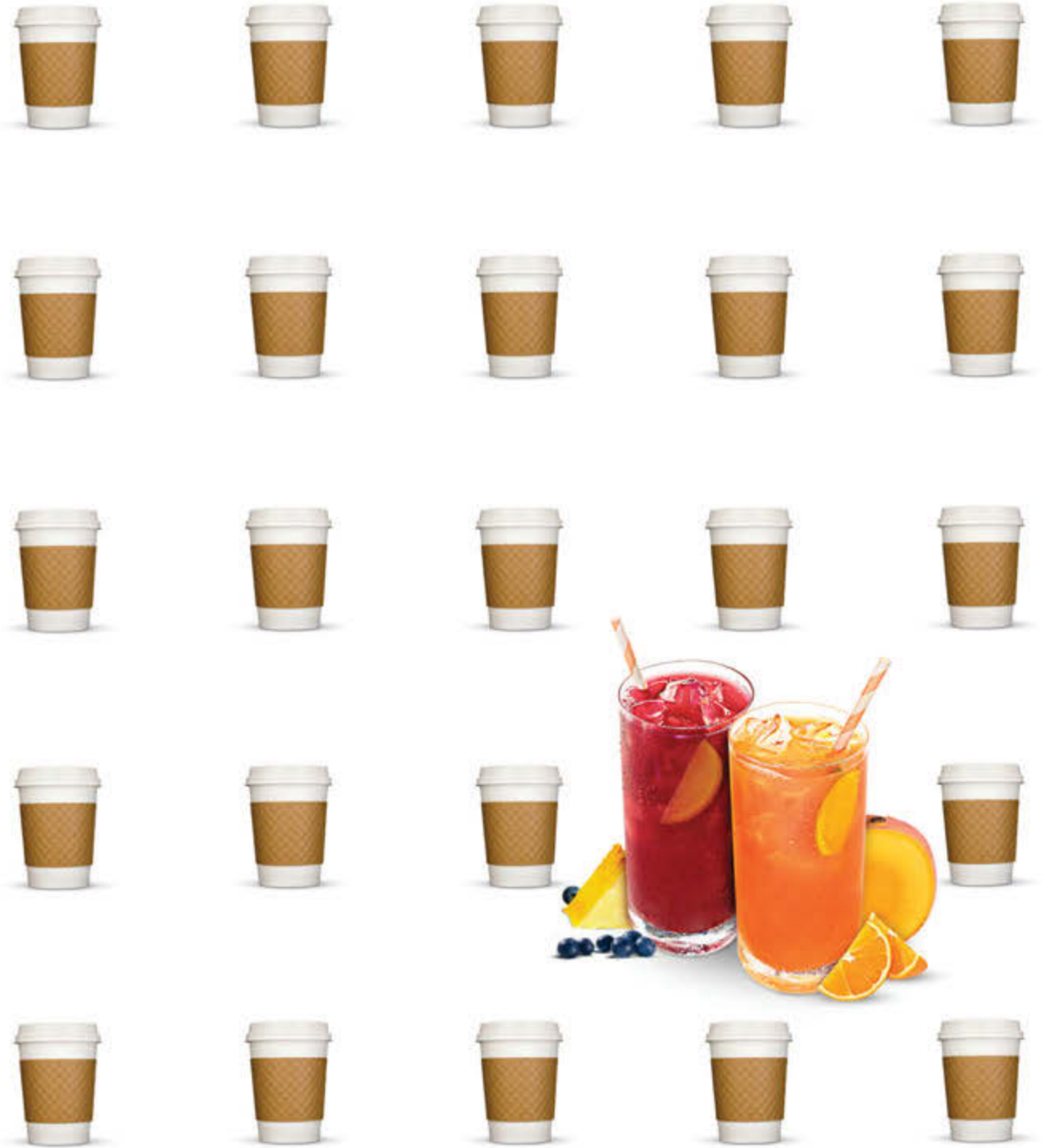
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RASPBERRY-ALMOND TART

RECIPE PAGE 125



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# STRAWBERRY- KEY LIME PIE



**MAKES** 12 servings  
**PREP** 25 minutes **COOK** 10 minutes  
**BAKE** at 375° for 15 minutes,  
then at 350° for 17 minutes  
**REFRIGERATE** 3 hours or overnight

**½ lb strawberries, hulled and finely diced, plus 6 strawberries, hulled and sliced**

**½ cup plus 2 tbsp sugar**  
**3 tbsp unsalted butter, cold**  
**2 whole eggs, beaten**

**18 graham cracker boards**

**1 stick (½ cup) unsalted butter, melted**

**5 egg yolks**

**½ cup Key lime juice (such as Nellie & Joe's)**

**1 can (14 oz) sweetened condensed milk**

**¾ cup heavy cream**

■ Combine ½ lb diced strawberries, ½ cup of the sugar, the cold butter and whole eggs in a pot over medium heat. Stir constantly until thickened, being careful not to scramble, 8 to 10 minutes. Pour through a fine-mesh strainer and cool. Refrigerate strawberry curd at least 1 hour.

■ Heat oven to 375°. Add graham crackers and 1 tbsp of the sugar to a food processor and process until finely ground. Pour in melted butter and process until well combined. Transfer to a 9-inch pie plate and press into bottom and sides of dish with the bottom of a measuring cup. Bake at 375° for 15 minutes. Cool slightly.

■ Reduce heat to 350°. In a bowl, beat egg yolks, lime juice, condensed milk and strawberry curd until smooth. Pour into pie shell and bake at 350° for 15 to 17 minutes, until set. Cool, then refrigerate at least 2 hours or overnight.

■ Whip heavy cream and remaining 1 tbsp sugar until stiff peaks form. Transfer to a piping bag fitted with a star tip. Pipe a circle around the pie and a few circles in the center. Garnish with sliced strawberries.

**PER SERVING** 390 CAL; 23 g FAT (13 g SAT); 7 g PRO; 43 g CARB; 1 g FIBER; 105 mg SODIUM; 170 mg CHOL





## MINI BERRY GOAT CHEESE CAKES

**MAKES** 12 servings **PREP** 20 minutes  
**BAKE** at 350° for 15 minutes

- 8 oz gingersnaps**
- 4 tbsp unsalted butter, melted**
- 8 oz goat cheese, at room temperature**
- 8 oz cream cheese, at room temperature**
- ¾ cup plus 1 tbsp sugar**
- ¼ tsp salt**
- 2 eggs**
- 1 tsp vanilla extract**
- 1 cup blackberries**

- 1 cup raspberries**
- 1 cup blueberries**
- Mint leaves, for garnish (optional)**

■ Heat oven to 350°. Add gingersnaps to a food processor; process until finely ground (yields about 1 cup). Pour in melted butter; process until well combined. Insert 12 liners in a standard-size square or round muffin pan. Press 2 tbsp of the ground gingersnaps firmly into each liner.

■ Beat goat cheese and cream cheese with a hand mixer on low until smooth. Add ¾ cup of the sugar and the salt; beat until combined. Incorporate eggs one at a time, then add vanilla. Beat on high until smooth, about 2 minutes.

■ Pour evenly into muffin liners. Bake at 350° for 15 minutes, until set. Cool to room temperature, then refrigerate until cold.

■ Meanwhile, combine

blackberries, raspberries, blueberries, remaining 1 tbsp sugar and **1 tbsp water** in a pot. Cook over medium heat until berries burst, about 5 minutes. Cool. Refrigerate until using.

■ Remove cakes from pan and peel off liners. Spoon berries on top of each cake and garnish with mint leaves, if using.

**PER SERVING** 310 **CAL**; 20 g **FAT** (11 g **SAT**); 8 g **PRO**; 28 g **CARB**; 2 g **FIBER**; 290 mg **SODIUM**; 75 mg **CHOL**



### Blueberry-Pistachio Ice Cream

**MAKES** 12 servings **PREP** 10 minutes  
**COOK** 15 minutes **PROCESS** according to manufacturer's instructions  
**FREEZE** at least 2 hours

- 2 cups blueberries**
- 1 tbsp lemon juice**
- ½ cup plus 1 tbsp sugar**

- 4 egg yolks**
- 2 cups whole milk**
- 1 cup heavy cream**
- ¼ tsp salt**
- ½ tsp vanilla extract**
- 1 cup unsalted chopped pistachios**

■ Combine blueberries, lemon

juice and 1 tbsp of the sugar in a saucepan over medium heat. Cook 5 to 7 minutes or until berries burst and become a bit syrupy. Cool.

■ In a bowl, whisk egg yolks and ¼ cup of the sugar. Heat milk, cream, salt and remaining ¼ cup sugar in a pot until barely simmering. Remove from heat and slowly whisk into yolk-sugar mixture to temper. Pour back into pot and cook over medium heat. Stir constantly until mixture coats the back of a wooden spoon (170° to 180°), 4 to 8 minutes. Pour through strainer into a new bowl; cool over an ice bath or in refrigerator.

■ Whisk vanilla and blueberries into cooled liquid. Process in an ice cream maker according to manufacturer's directions. Add pistachios during last 5 minutes. Transfer to a lidded container and freeze at least 2 hours.

**PER SERVING** 210 CAL; 15 g FAT (6 g SAT); 5 g PRO; 16 g CARB; 2 g FIBER; 45 mg SODIUM; 95 mg CHOL

### Blackberry Corn Cake with Honey Whipped Cream

**MAKES** 9 servings  
**PREP** 15 minutes **BAKE** at 350° for 45 minutes **COOL** 20 minutes

- 1 cup plus 1 tbsp all-purpose flour**
- ¾ cup fine yellow cornmeal**
- 2 tsp baking powder**
- ½ tsp salt**
- ¾ cup granulated sugar**
- ¾ cup milk**
- 6 tbsp unsalted butter, melted**
- 2 eggs**
- 12 oz blackberries**
- 1 tbsp turbinado or demerara sugar (optional)**
- 1 cup heavy cream**
- 2 tbsp honey**

■ Heat oven to 350°. Butter and flour a 9 x 9-inch baking pan. In a bowl, mix 1 cup of the flour, the cornmeal, baking powder and salt. In a separate bowl, whisk sugar, milk, butter and eggs. Fold dry mixture into wet

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Welcome-Back Waffles





mixture until just combined.

- Toss blackberries with remaining 1 tbsp flour. Gently fold into batter. Transfer to baking pan, using a spatula to smooth the top. Sprinkle with turbinado sugar, if using.
- Bake at 350° for 40 to 45 minutes, until a toothpick inserted in center of cake comes out clean. Place on a

wire rack and immediately run a paring knife around edge of cake. Cool 20 minutes.

- Whisk heavy cream and honey in a bowl until stiff peaks form. Serve cake warm or at room temperature with whipped cream.

**PER SERVING** 350 **CAL**; 20 g **FAT** (12 g **SAT**); 5 g **PRO**; 4 g **CARB**; 3 g **FIBER**; 260 mg **SODIUM**; 100 mg **CHOL**

## Raspberry-Almond Tart

**MAKES** 12 servings  
**PREP** 25 minutes **REFRIGERATE** 1 hour  
**BAKE** at 375° for 45 minutes

### CRUST

- 1¼ **cups all-purpose flour**
- 1 **stick (½ cup) unsalted butter, cold, cut into cubes**
- 1 **tbsp sugar**
- ¼ **tsp salt**

### FILLING

- 5 **tbsp unsalted butter, softened**
- ½ **cup plus 1 tbsp sugar**
- ½ **tsp salt**
- ¾ **cup almond flour (such as Bob's Red Mill)**
- 1 **whole egg plus 1 egg white**
- 1 **tbsp all-purpose flour**
- ½ **tsp almond extract**
- 12 **oz raspberries**
- 1 **tsp lemon zest**

- **Crust.** Combine flour, butter, sugar and salt in a food processor; pulse until mixture resembles coarse crumbs (butter will be the size of peas). Add **3 tbsp ice water** and

process until just combined. Pour onto a clean counter and form into a disk. Wrap in plastic and refrigerate 1 hour.

- Heat oven to 375°. Roll dough into a 10½-inch circle on a floured surface. Fit into a 9-inch tart pan with a removable bottom, trimming edge. Refrigerate while making filling.

■ **Filling.** In a food processor, combine butter, ½ cup of the sugar and salt. Process until smooth. Add almond flour, eggs, all-purpose flour and almond extract. Process until smooth.

- Toss raspberries with remaining 1 tbsp sugar and the lemon zest. Scatter half the berries in bottom of tart shell. Spread almond mixture (frangipane) evenly over top. Scatter remaining berries over frangipane. Bake at 375° for 45 minutes, until lightly browned. Cool on a wire rack.

**PER SERVING** 250 **CAL**; 17 g **FAT** (8 g **SAT**); 4 g **PRO**; 23 g **CARB**; 3 g **FIBER**; 90 mg **SODIUM**; 50 mg **CHOL**



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## 1. Coconut Chicken Soba Noodles

**MAKES** 6 servings

**PREP** 15 minutes **GRILL** 22 minutes **COOK** 11 minutes

**2 tbsp packed light brown sugar**

**½ tsp salt**

**¼ tsp cayenne**

**1½ lbs boneless, skinless chicken breasts**

**1 lb mini sweet peppers**

**4 scallions**

**2 tsp vegetable oil**

**1 box (12 oz) soba noodles**  
(such as Annie Chun's)

**¼ cup unsweetened flaked coconut**

**3 cloves garlic, minced**

**1 tbsp grated ginger**

**1 can (13.5 oz) light coconut milk**

**2 tbsp lime juice**

**1 tbsp fish sauce**

**1 tsp cornstarch**

**Cilantro, for garnish**

■ Heat a grill or grill pan to medium-high and brush grate with oil. In a small bowl, combine 1 tbsp of the brown sugar, ¼ tsp of the salt and ½ tsp of the cayenne. Rub onto chicken breasts. Grill chicken over medium-high heat 5 to 6 minutes per side, until cooked through.

■ Toss peppers and scallions in 1 tsp of the vegetable oil. Skewer peppers and grill 4 minutes; flip and grill another 4 minutes. Grill scallions 2 minutes per side. Thinly slice chicken on the bias. Cut peppers into rings, discarding stems, and chop scallions.

■ Bring a pot of lightly salted water to a boil. Add soba and cook 4 to 5 minutes, until tender. Drain and rinse immediately under cold water.

■ Heat a skillet over medium heat. Toast coconut 2 to 3 minutes, stirring frequently. Remove to a plate. Add remaining 1 tsp oil to skillet. Add garlic and ginger to skillet; sauté 1 minute. Pour in coconut milk, lime juice, fish sauce, remaining 1 tbsp brown sugar, remaining ¼ tsp salt and remaining ½ tsp cayenne. Bring to a simmer. Mix cornstarch with **1 tsp cold water**. Add to mixture and simmer 2 minutes, until thickened.

■ In a large bowl, toss sauce with chicken, peppers, scallions and soba. Divide among 6 bowls and garnish with coconut and cilantro.

**PER SERVING** 440 **CAL**; 10 g **FAT** (4.5 g **SAT**); 35 g **PRO**; 52 g **CARB**; 5 g **FIBER**; 880 mg **SODIUM**; 85 mg **CHOL**

## 2. Grilled Quinoa Bowl

**MAKES** 4 servings

**PREP** 15 minutes **COOK** 15 minutes

**LET STAND** 5 minutes **GRILL** 18 minutes

**1½ cups red quinoa**

**6 slices bacon (6 oz), diced**

**2 peaches, halved and pitted**

**8 oz red chard**

**2 tbsp white balsamic vinegar**

**1 tbsp extra-virgin olive oil**

**1 tbsp honey**

**1 tsp Dijon mustard**

**¾ tsp salt**

**¼ tsp freshly cracked black pepper**

■ In a medium pot, combine quinoa and **3 cups water**. Cover and bring to a boil. Reduce to a low simmer and cook 15 minutes. Let stand 5 minutes.

■ Meanwhile, heat a skillet to medium heat. Add bacon and sauté 6 minutes, until crisp. Remove to a paper-towel-lined plate with a slotted spoon. Pour 1 tbsp of the bacon fat into a large bowl; discard any remaining fat.

■ Heat a grill or grill pan to medium-high. Toss peaches and chard in bowl with bacon fat. Grill peaches 3 minutes per side and chard 2 minutes per side (in three batches). Slice peach halves; chop chard. Return to bowl and toss gently with quinoa and bacon.

■ Whisk vinegar, oil, honey, mustard, salt and pepper. Gently stir into quinoa mixture.

**PER SERVING** 400 **CAL**; 14 g **FAT** (3 g **SAT**); 13 g **PRO**; 60 g **CARB**; 8 g **FIBER**; 700 mg **SODIUM**; 10 mg **CHOL**

## 3. Farro Steak Salad

**MAKES** 4 servings **PREP** 10 minutes

**COOK** 15 minutes **GRILL** 10 minutes **REST** 5 minutes

**1 cup quick-cook farro**

**1 lb flatiron steak**

**¾ tsp salt**

**¾ tsp freshly cracked black pepper**

**3 tbsp balsamic vinegar**

**1 tbsp extra-virgin olive oil**

**1 tsp Dijon mustard**

**1 pkg (5 oz) baby spinach**

**4 medium heirloom tomatoes**  
(combination of red, yellow, orange and green), cut into wedges

**½ cup thinly sliced shallots**

**2 oz blue cheese, crumbled**

■ Heat grill or grill pan to medium-high. In a medium pot, combine farro and **3 cups water**. Cover and bring to a boil. Reduce to a simmer and cook 15 minutes. Drain.



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■ Season steak on both sides with  $\frac{1}{4}$  tsp of the salt and  $\frac{1}{8}$  tsp of the pepper. Grill over medium-high heat 5 minutes per side. Let rest 5 minutes. Meanwhile, in a large bowl, whisk vinegar, oil, mustard,  $\frac{1}{4}$  tsp of the salt and  $\frac{1}{8}$  tsp of the pepper.

■ Thinly slice steak against the grain. Toss in bowl with cooked farro, spinach, tomatoes, shallots, blue cheese and remaining  $\frac{1}{4}$  tsp salt and  $\frac{1}{8}$  tsp pepper.

**PER SERVING** 480 **CAL**; 16 g **FAT** (6 g **SAT**); 36 g **PRO**; 51 g **CARB**; 10 g **FIBER**; 760 mg **SODIUM**; 90 mg **CHOL**

#### 4. Couscous with Summer Pesto

**MAKES** 6 servings **PREP** 20 minutes **COOK** 10 minutes

**1½ cups pearl couscous**

**2 cups packed basil leaves**

**2 tbs pine nuts, toasted**

**1 clove garlic, halved**

**1 tbs lemon juice**

**½ cup extra-virgin olive oil**

**2 tbs grated Parmesan**

**¾ tsp salt**

**4 cups shredded chicken breast**

**1 pkg (10.5 oz) cherry tomatoes, halved**

**4 oz smoked mozzarella, cubed**

■ In a medium pot, bring **2½ cups water** to a boil. Add couscous, cover and cook 10 minutes. Drain and rinse under cold water.

■ Meanwhile, make pesto. In a blender or food processor, combine basil, pine nuts, garlic and lemon juice. Process, slowly streaming in oil until smooth. Remove to a large bowl and stir in Parmesan and  $\frac{1}{4}$  tsp of the salt.

■ Mix couscous, chicken, tomatoes, mozzarella and remaining  $\frac{1}{2}$  tsp salt into pesto. Stir well to combine.

**PER SERVING** 500 **CAL**; 22 g **FAT** (5 g **SAT**); 39 g **PRO**; 36 g **CARB**; 3 g **FIBER**; 520 mg **SODIUM**; 95 mg **CHOL**





## 5. Veggie Bibimbap

**MAKES** 4 servings **PREP** 15 minutes **COOK** 45 minutes **LET STAND** 10 minutes

- 1½ cups brown rice
- 1 bag (8 oz) shredded carrots
- 1 tsp sesame oil
- 1 tbsp vegetable oil
- ½ tsp salt
- 1 pkg (11 oz) fresh spinach
- 4 eggs
- 1 can (14 oz) drained bean sprouts (such as La Choy)
- Kimchi (optional)
- 4 tsp sesame seeds
- 8 tsp gochujang (Korean hot chile paste) or sriracha

■ In a medium pot, combine rice and **3 cups water**. Cover pot and bring to a boil. Reduce heat and cook 45 minutes. Remove from heat and let stand 10 minutes.

■ Meanwhile, bring a separate pot of lightly salted water to a boil. Add carrots and cook 2 minutes, until just tender. Drain and toss in ½ tsp of the sesame oil.

■ Add 1 tsp of the vegetable oil and remaining ½ tsp sesame oil to a large skillet over medium-high heat. Stir in spinach and cook until just wilted, 1 to 2 minutes. Season with salt. Remove to a bowl.

■ Add remaining 2 tsp vegetable oil to skillet. Crack in eggs and fry 2 to 3 minutes each, until whites are set.

■ Divide rice among 4 bowls. Top each with one-fourth of the spinach, carrots and sprouts. Add kimchi, if using. Place 1 egg on top, sprinkle with 1 tsp sesame seeds and dollop with 2 tsp gochujang.

**PER SERVING** 460 CAL; 13 g FAT (2.5 g SAT); 17 g PRO; 71 g CARB; 9 g FIBER; 550 mg SODIUM; 185 mg CHOL

## 6. Black Rice, Shrimp and Charred Corn

**MAKES** 6 servings **PREP** 20 minutes **COOK** 40 minutes **GRILL** 20 minutes

- 1½ cups uncooked black rice (such as Lundberg)
- 1½ lbs shrimp, peeled, deveined and tails removed
- 2 tbsp extra-virgin olive oil
- 1 tsp salt
- ¼ tsp cayenne pepper
- 2 ears corn, husked
- ½ small red onion
- 1 avocado, peeled, seeded and halved
- 3 tbsp lime juice
- 6 tbsp Cotija cheese or queso fresco

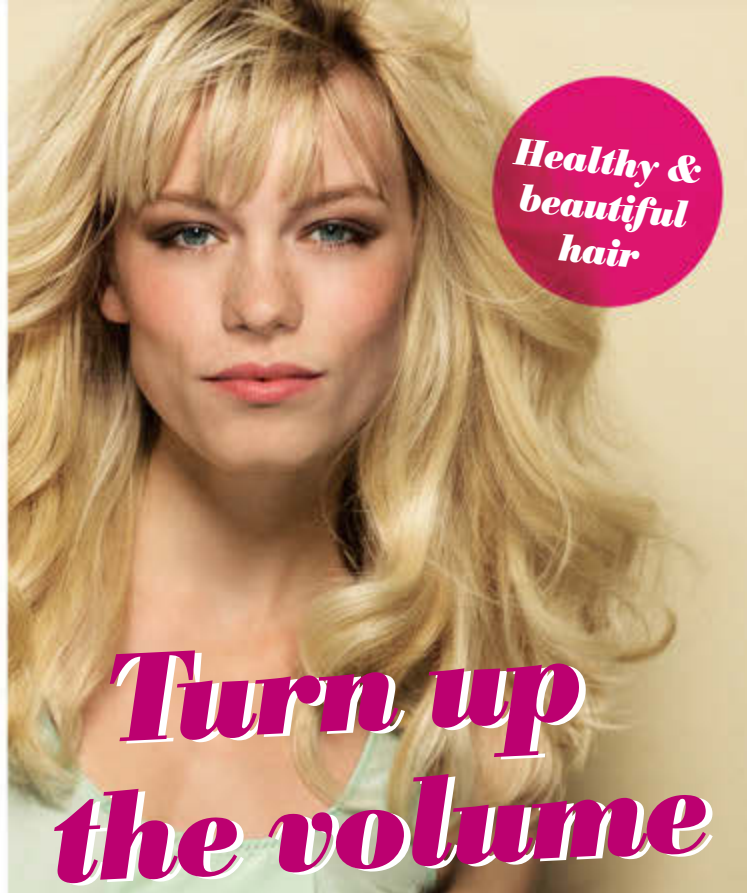
■ Combine rice with **3 cups water**, cover and bring to a boil. Reduce to a low simmer and cook 40 minutes. Remove from heat and let stand 10 minutes. Fluff with a fork and transfer to a large bowl.

■ Meanwhile, heat grill or grill pan to medium-high. Toss shrimp with 1 tbsp of the oil, ¼ tsp of the salt and ½ tsp of the cayenne.

■ Thread shrimp onto skewers. Grill corn 3 to 5 minutes per side, turning 3 times (12 to 20 minutes total). Grill red onion 3 minutes per side, and avocado and shrimp 2 minutes per side.

■ Cut kernels from corn cobs, dice onion and avocado, and remove shrimp from skewers. Toss in bowl with cooked rice. Gently toss with lime juice and remaining 1 tbsp oil, ¾ tsp salt and ½ tsp cayenne. Garnish each serving with 1 tbsp cheese.

**PER SERVING** 420 CAL; 14 g FAT (3 g SAT); 31 g PRO; 47 g CARB; 6 g FIBER; 630 mg SODIUM; 190 mg CHOL



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# Splendor in the Grass

It's picnic season! Here are all the ingredients to throw a perfect party alfresco.



**1 Green Plate Special** / Environmentally friendly place settings. Bio & Chic 10.2-inch Palm Leaf Oval Shaped Plates, bioandchic.com, \$14/set of 10. Repurpose Plant-Based Utensils, amazon.com, \$6/set of 24 forks, knives and spoons. **2 Be Prepared** / Apps, sides, mains and desserts for outdoor dining. *The Picnic: Recipes and Inspiration from Basket to Blanket*, amazon.com, \$15.50. **3 Just Chillin'** / The coolest cooler bag, ever. Ban.do Super Chill Watermelon Cooler Bag, shopbando.com, \$32. **4 Clear as Day** / A wine cooler that's easy on the eyes. Bodum Kira Wine Cooler, bodum.com, \$12. **5 Fill 'Er Up** / Breakage-free beverage sipping. SiliconeZone Silicone Glasses, siliconezone.com, \$20/set of 2. **6 Blanket Statement** / Laying the groundwork for the feast. Kate Spade Grass Is Greener Picnic Blanket, katespade.com, \$45. —**MELISSA KNIFIC**, Associate Food Editor



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La Marca Prosecco, 375 ml, \$5



## « Pretty as a Pitcher

I appreciate a tall (clean) drink of water, and the sleek design of the Soma Water Pitcher fits the bill. It's BPA-free, uses biodegradable plant-based filters that last for two months (you can even order via home delivery subscription), and boasts museum-worthy looks—the pitcher is actually sold at the MOMA store in San Francisco. An even bigger splash: The company supports a great cause. For every filter you buy, a donation is made to Charity:Water, a nonprofit that helps supply safe drinking water to people in need around the world.

10-Cup Water Filter Pitcher, drinksoma.com and Target stores, \$40, filters \$10

—SUZANNE RUST, Lifestyle Editor



## Above Board

Once a month, scrub your cutting boards with a sprinkling of coarse salt and half a lemon. The natural cleansing properties in acidic lemon juice and abrasive salt will keep boards clean and fresh.

—JULIE MILTENBERGER, Executive Food Editor

## Flower Power

People often ask me if there's a way to get all the disease-fighting antioxidant compounds that are found in red wine (flavonoids, polyphenols and anthocyanins) without the hangover. My answer: hibiscus tea. Made from the flower of the same name, it has an intense berry flavor and a beautiful red color. Brew your own with Wild Hibiscus Heart-Tee—each tea bag contains three individual flowers. Just steep as you would other teas and pour over ice for the perfect summer refresher. Wildhibiscus.com, \$6/box of 20. On the go? Try TK Hibiscus, sold in fine grocery stores, \$2 per bottle. —REGINA RAGONE, Food Director



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# Gordon Ramsay

An award-winning chef with 27 restaurants worldwide, Gordon Ramsay also hosts the hit TV show *MasterChef*, where 40 contestants try to slice, dice and cook their way to a \$250,000 prize payout. Now he's fired up about sharing his recipe for grilled corn. "It's colorful and pairs well with meats or fish, perfect for summer," says Gordon. "And my kids love it because it's messy."

## Grilled Corn with Chipotle Chile Butter

### Olive oil

4 ears corn, husks removed

5 tbsp butter, softened

1 to 2 dried chipotle chiles, rehydrated and finely chopped

2 tbsp chopped cilantro

4 tbsp crumbled Lancashire or Cotija cheese

Sea salt and freshly ground black pepper

Lime wedges, for serving

- Toss corn in olive oil. Season with salt and pepper and grill over medium heat, rotating every 5 minutes, to obtain a nice char on all sides.
- Meanwhile, mix together butter, chiles, cilantro and a little salt and pepper.
- Once corn is cooked, remove and cover with knobs of chipotle butter, allowing it to melt over corn. Sprinkle with cheese and serve with wedges of lime.

**Serves 4.**

Watch new episodes of *MasterChef* all summer long, Wednesday nights at 8 p.m. ET/PT on FOX.



Photo: courtesy of FOX.

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