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Their Secrets*

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TODAY**

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Sneaky Bank Fees

**Coollest
Gifts
FOR
Dads &
Grads**

Buffalo Chicken,
Bacon Cheeseburgers,
Crab Cakes
and seven other

SLIDERS!

PAGE 128

**Foods That
Prevent
Skin Cancer**

PAGE 99



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RELAX, WILL YOU?



PRISTINE NATURE



GRAB A PADDLE



BEACH PARTY



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Our festive, no-fuss menu, beverages and dessert included page 137

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COVER PHOTOGRAPH BY RITA MAAS
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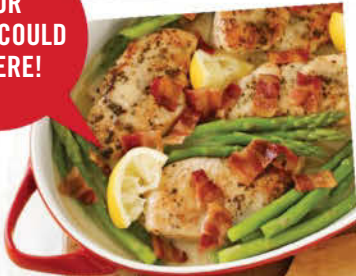
WHAT'S ONLINE THIS MONTH

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WATCH THIS

Visit familycircle.com/4minute for workout tips from Chris and Heidi Powell of ABC's *Extreme Weight Loss*.

YOUR PHOTO COULD BE HERE!



Creamy Lemon Chicken with Bacon

MADE-IT MONDAY



Every Monday we highlight a featured chef on our Momster blog. Get in on the fun: Make a *Family Circle* recipe, take a photo and share it on Instagram by tagging @FAMILYCIRCLEMAG and #FCMADEIT. Learn more at familycircle.com/madeit.

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IN MEMORIAM - E.T. Meredith III (1933-2003)



Photo: Rita Maas; Food styling: Megan Hedgpeth.

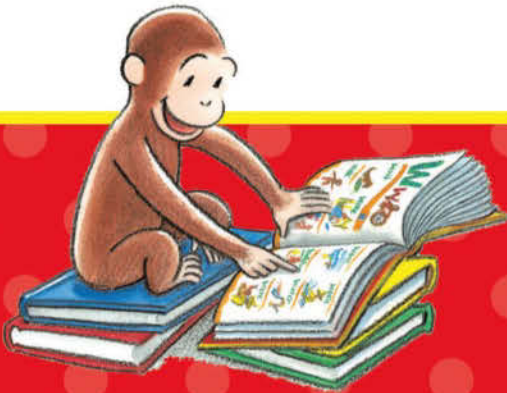
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I think I've been counting the days until summer since December (seriously, it can't come soon enough). In fact, we actually started planning for this issue last year, when we photographed our festive taco party at Shelley Wiseman's home in Bridgehampton, New York. She really knows how to throw a memorable family fiesta that's relaxed, lots of fun and delicious. But you don't need a south-of-the-border theme to entertain family and friends—our 10 terrific sliders (page 128) serve up something for everyone. In fact, this issue offers ideas and info that you'll be using all summer long, from our ultimate skin care guide (page 36) to awesome tech gifts for the grads and dads in your life (page 64) to surprising ways to prevent skin cancer (page 99). Here's what I learned: Regularly drinking two or more cups of tea can lower your risk of squamous-cell carcinoma by 35%. Also fascinating: A new study published by the American Cancer Society found that postmenopausal women who took aspirin regularly for at least five years had a 30% lower chance of developing melanoma, the deadliest form of skin cancer. One of my favorite articles is "5 Slim-Down Secrets" (page 93), because all the smart ways to lose weight came from readers who had dropped between 5 and 122 pounds! We love being able to incorporate your advice into the pages of *Family Circle*—your clever tips, tricks and wisdom really make the magazine come to life. So keep sharing your ideas through email, Facebook, Twitter, Instagram or good old-fashioned letters.


Linda

Linda Fears, Editor in Chief
linda@familycircle.com

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MONSTER.COM

A FEW OF MY FAVES



L'Oréal Paris Colour Riche Extraordinaire Liquid Lipcolour in Caramel Solo A three-in-one super product: It covers and lasts like a lipstick, is shiny as a gloss and feels as smooth and moisturizing as a balm. And the shade is a great summer neutral. **Drugstores, \$10**



Oat Clusters Toasted Granola in Apple Walnut Delight (by Love Grown Foods) The newest packaged granolas have a much healthier profile than they used to—a lot lower in calories, fat and sugar. This one is delicious—and contains oats, sunflower seeds, canola oil, walnuts, coconut, dried apples, flaxseed, vanilla, cinnamon and sea salt. **Supermarkets, \$5**



Crest 3D White Arctic Fresh Toothpaste I grew up using Crest. My husband's from a Colgate family. I'd been happy using either until I tried 3D White. It whitens better than any product I've used, but the best part is how long the minty taste lasts: up to two hours. I am not kidding. **Drugstores, from \$3**

Photo: (Fears) Tom Corbett; Hair: Rosa Miranda for Christo Fifth Avenue Salon; Makeup: Viktorija Bowers for Benefit Cosmetics at Kate Ryan Inc. Styling: Kelly Meala for Kreative Kouture & Co. Dress: Elie Tahari from Bloomingdale's; Necktie: OLLIE & BOO.

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IDEAS FOR LIVING

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TWIST AND SPOUT

Get the party started with a cool DIY drink station. Setting one up, says entertaining expert Mark Addison, is a breeze.

1/ Find a shaded area on level ground where there's plenty of room for guests to gather round. Don't have an outdoor table? Use an old dresser, a console from behind the couch, or any piece with a counter 36 to 40 inches high.

2/ Choose a beverage that guests can customize to taste, like iced tea or lemonade, and serve with mint sprigs, sliced fruit and cucumber on the side. Another option: light summer punches, which can be kicked up with sparkling water or wine.

3/ Serve in a pretty glass or acrylic dispenser and label it so people know what's inside. Complete your display with a bucket of ice, stackable glasses and a vase of fresh-cut flowers.

get inspired!

HOW ABOUT THEM PINEAPPLES?

Sweeten your style with the summer's juiciest trend. Pineapples are popping up on dresses, tees and totes, bracelets, even sandals. "It's fresh, fun and retro chic," says TV fashion expert Gretta Monahan. Enjoy in moderation. A one-piece serving (clothing or accessory) is all you need.

Tote, LeSportsac,
lesportsac.com, \$88



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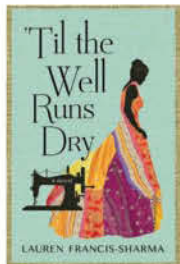


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////// **READING ROOM** ////



'TIL THE WELL RUNS DRY

by *Lauren Francis-Sharma*
(Henry Holt)

Infused with the sounds, scents and spells of Trinidad, this debut novel is an artfully spun love story, a multilayered coming-of-age tale, a treatise on devotion, ambition, survival and a mother's love. Marcia Garcia is a gifted seamstress who creates beauty with her needle, yet struggles to bring together the pieces of her life. Read it, weep—and rejoice.



WE HEAR YOU

“I’m loud, I come from an Italian family. I don’t stop talking.”

—*LEA MICHELE*
on why her debut solo album is called *Louder*

DOG DAY AFTERNOON

Celebrate the human-canine bond on June 20, which is Take Your Dog to Work Day. Of course, not all employers will wag their tails at the idea, so check with your boss first. Go to takeyourdog.com to get the scoop.



GARDEN VARIETY

Jersey Boys, Clint Eastwood’s movie of the smash Broadway musical, hits theaters this month. Ah, but what if the Four Seasons had been a girl group? Our take on the cast-worthiness of some famously female New Jerseyites.

SINGING CHOPS



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GOOD

DAY

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6

BEST OF *June*

The Fault in Our Stars—based on author John Green’s full-of-heart best-selling YA novel about two teenagers with cancer—opens in theaters.



7

Suggest your kids raise cash for pediatric cancer research by setting up an **Alex’s Lemonade Stand** this weekend, in honor of young cancer warrior Alexandra “Alex” Scott. All money raised goes to finding a cure. Info at alexslemonade.org.

8



For a taste of Broadway, tune in to the 68th **Annual Tony Awards** on CBS. The dashing, dynamic Hugh Jackman returns as host.

Happy birthday, **Donald Duck!** You look terrific at 80 years young.



9

12

The month-long 2014 FIFA Soccer **World Cup** kicks off in Brazil. U-S-A! U-S-A!



15

Happy Father’s Day! Surely the perfect present is among our tech expert’s favorite finds for Dads (grads too) on page 64.



21

Hello, **summer!** For beat-the-heat beauty advice and beautiful bathing suits, turn to page 35.



23

Tennis is downright smashing—watch the action unfold on the lush green grass courts at London’s **All England Club**. Look up scores and schedules at wimbledon.com.

30

Last day to sample **Baskin-Robbins’ Flavor of the Month**, Triple Chocolate. (Swirls of Classic Chocolate, Swiss Chocolate and Chocolate Fudge? Yes, yes and yes!)





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home life



Feather your nest with flamingo-adorned accessories. “This bird motif is fun, whimsical and perfect for summer,” says Aleksandar Curic, creative director at Shiraleah, a Chicago-based lifestyle company. Let these tropical fowl flock to your dinner table on napkins, plates, cups and coasters. Or make a splash with a pillow or frame decorated with their wading silhouettes. For more information, see Buyer’s Guide on Page 146.

FLIGHTS OF FANCY

Prop styling: Courtney DeWet.

Happy Place

Graphic designer turned blogger **Joy Cho** made her website Oh Joy! a daily must-read with its quirky-cute decor, fashion and food finds. Then came the super-fun collaborations—stationery, wallpaper and a collection of party goods at Target. Now she's added home furnishings to her offerings, with lamps, linens and curated artwork created exclusively for retailer The Land of Nod. Here, the busy mom tells us what puts a smile on her face.



Visit ohjoy.blogs.com for more of Joy's tips and tricks.



← Pretty pastels complement and offset trendy gold accents. Dotted Glow Table Shade & Half Karat Base, landofnod.com; shade, \$35; base, \$99



→ Stash everything from jewelry to candy in display-worthy little bowls. Assorted Dipped Sundae Bowls, onekingslane.com, \$32/set of 4



Why not transform a bookshelf into a bar? My trick is to keep bottles and flutes high behind glass doors and put bins below for other odds and ends.



Ice cream, my daughter Ruby's favorite treat, inspired this waffle-cone print duvet cover in my Oh Joy! for Nod collection. Sundae Best Striped Duvet Cover, landofnod.com, from \$119

I'm a sucker for stripes. They're timeless and gender-neutral. See Jane Work Paperboard Magazine File in Black Stripe, officedepot.com, \$12



White or light gray walls let colorful accessories and textiles shine. Benjamin Moore's Gray Lake (2138-70)



Cluster cheap-chic ranunculus in small vases and scatter throughout the house to brighten rooms.



See more of Joy's picks at pinterest.com/familycirclemag/design-file.

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PASSPORT TO Fun

FOR A BACKYARD FIESTA THAT REALLY
SIZZLES, BREAK OUT THE GRILL
AND CUE THE TACO ASSEMBLY LINE.



Shelley shows the kids how to transform a small ball of dough, or masa, into tortillas using a traditional cast-metal press.

Shelley Wiseman likes to kick things up when she throws a bash for family and friends.

“There’s nothing easier or more festive than a taco party,” she says. “Plus kids have so much fun making the tortillas from scratch.” At her home in Bridgehampton, New York, Shelley, author of *Just Tacos* (Taunton Press), sets the scene with two tables—one on the lawn, where guests help themselves buffet-style, and the other on the porch, for dining. “It’s the opposite of formal,” says Shelley. “Whip up an iced pitcher of jalapeño margaritas and you’re good to go.”

PRODUCED BY TINA ANDERSON

PHOTOGRAPHY BY TINA RUPP



Potted succulents and flickering candles on a vivid runner make a casual, eye-catching centerpiece. Shelley hangs Mexican banners, called *papel picado*, by a string from the ceiling. "The bright cut-paper flags also make great placemats," she says.



Lotería cards—from a popular Mexican bingo-like game—add a playful twist to finding a seat at the table. Guests pick a card and match the image to the place setting. Assorted bowls, vintage cutting boards and homespun linens complement the rustic south-of-the-border theme.

FOR RECIPES, SEE PAGE 137.





A build-your-own taco spread takes the stress out of entertaining, says Shelley. And it's easy to amp up the decor with a few bright touches.



A refreshing non-alcoholic drink of blended strawberries, ice and mint takes the heat off a summer day. Bottled coolers stay frosty stowed in a big metal tub full of ice. Shelley prepares marinated grilled shrimp and meats along with chile-spiked salsas for the tacos.

FOR RECIPES, SEE PAGE 137.





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Comfortable wicker chairs topped with throw pillows create a cozy hangout spot in a corner. What's a fiesta without margaritas? Shelley's version gets extra tang from lime, lemon and pureed jalapeño pepper. Her tres leches cake satisfies the sweet tooth and is a cinch to make—just bake and pop it in the fridge overnight.

FOR RECIPES, SEE PAGE 137.





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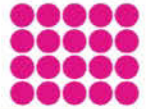
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looking good



Swimsuit, Acacia Swimwear, \$209. Hat, Echo Design, \$42. Bag, Aerie, \$25. Scarf, Caroline Hill, \$18. See Buyer's Guide, page 146.

READY, SET, SUMMER!

Our super swim and beauty guide gets you prepped for fun in the sun. >>>

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

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

Bare Necessities

SEVEN SHORTCUTS TO GORGEOUS, GLOWING SKIN FROM HEAD TO TOE **BY DORI KATZ**

PHOTOGRAPHY BY BRIAN DOBEN

HAPPY FEET

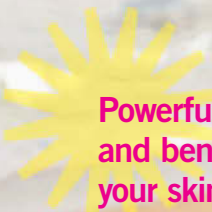
Soften soles by first removing the outer layer of dead skin with a pumice stone while showering, says Francesca Fusco, MD, a dermatologist in New York. Focus on outer edges and heels. Before bed, give this tried-and-true treatment a go: Rub Vaseline Jelly Original, \$2.50, all over, add CND SolarOil, \$11, to nails and cuticles and slip on cotton socks. You'll wake up with baby-soft, sandal-ready feet.

GAM SLAM

Show off smooth legs free of nicks, cuts and ingrown hairs. Prepare skin by cleansing with Dove Crème Mousse Gentle Exfoliating Body Wash, \$7. If you shave, start by following hair growth, then shave a second round in the opposite direction. Use a pivoting multi-blade razor, like Gillette Venus Embrace Sensitive, \$10. Prefer waxing? Minimize irritation with 1% hydrocortisone cream or aloe vera gel.

REAR VIEW

While you can't erase cellulite, you can lessen its dimpled appearance. In addition to maintaining a healthy diet and exercising regularly, massage a gel or cream containing caffeine into skin, suggests Fusco. The "awakening" ingredient stimulates circulation and temporarily shrinks fat cells—meaning firmer-looking thighs and less-visible bumps. Two to try: Ahava Firming Body Cream, \$39, and Soap & Glory Sit Tight Intense XS, \$38.



Powerful ingredients like retinol, AHAs and benzoyl peroxide may make your skin more sensitive to the sun. Slather on SPF 30 or higher every two hours when outside. Turn to page 99 for even more sun care tips.

FACE TIME

Before applying sunscreen, prep your skin to absorb protective products. First, exfoliate with a scrub that has tiny, gentle beads, like Garnier Clean+Invigorating Daily Scrub, \$8. Next, smooth on an antioxidant serum to make sunscreen (the final step) even more effective. We love Caudalie's Polyphenol c15 Anti-Wrinkle Defense Serum, \$62, which combines grapeseed polyphenols—the powerful antioxidants found in red wine—with vitamin C.

WAY BACK

Banish “bacne” by cleansing with a loofah mitt and Neutrogena Body Clear Body Wash Pink Grapefruit, \$8, a salicylic acid-based body wash. For extra pimple prevention, apply a thin layer of benzoyl peroxide cream (2.5%) on any affected areas.

A HELLO TO ARMS

If little red bumps have become noticeable, don't stress. A 0.5% retinol-based lotion—SkinCeuticals Retinol 0.5, \$57, is a good one—applied nightly loosens up the clogged follicles that cause the bumps, says Fusco. After your morning shower, rub on Amlactin Cerapeutic Restoring Body Lotion with lactic acid, \$18, to slough away the built-up dead skin cells.

UP FRONT

This often-neglected area tends to get spotty and splotchy as you age, thanks to sun damage, freckles and a build-up of dead cells. Create a luminous even skin tone by swiping B. Kamins Daily Peel Pads (\$59 for 35 pads) across your chest every other evening. The combination of alpha hydroxy acids (AHAs) and beta hydroxyl acids (BHAs, like salicylic acid) fades discoloration and brightens your décolletage.

SUIT YOURSELF

Finding the perfect swimwear can be a day at the beach when you know what to look for. Before you dive in, check out the top trends and most flattering fits.

BY NICOLE MCGOVERN

PHOTOGRAPHY BY BRIAN DOBEN



WAIST MANAGEMENT
Whittle your midsection with this innovative tummy-tucking fabric.
Miraclesuit, \$164



CLEAVAGE CONTROL
Get sexy support in a structured bra top. Leilani, top and bottom, \$50 each




Spot-On



BUST BOOSTER
The vertical ruching on this strapless suit creates a fuller bust.
Lucky Brand, top \$78, bottom \$58




HIP SLIMMER
A print on top draws the eye up and away from hips.
La Blanca, \$99

A woman is the central figure, wearing a black and tan leopard print one-piece swimsuit and a wide-brimmed straw hat with a black band. She is posing on a beach with a swimming pool and palm trees in the background. Her right hand is on her hip, and her left hand is touching the brim of her hat. The overall mood is sunny and fashionable.

*A fierce pattern—
leopard, cheetah and
the like—never falls
out of fashion. So go
ahead, take a walk
on the wild side.*

Shot on location at Omni Amelia
Island Resort, Palm Beach, Florida. Swimsuit, \$148. Hat,
Gottex by Physician Endorsed, \$99.

A woman with dark hair pulled back, wearing a white strapless, form-fitting swimsuit with a gold Nautica logo on the waist, is sitting on a dark tiled pool ledge. She is looking towards the camera with a slight smile. The background is a clear blue sky and a pool of water.

*Skip the bells and whistles.
A simple white suit is
effortlessly elegant.*

Nautica, \$65



CLEAVAGE CONTROL
Avoid "my cups runneth over."
These swimsuit tops start at size D.
Panache, top \$70, bottom \$38



WAIST MANAGEMENT
It's the LBD of swimwear: chic,
flattering and reliable.
Lauren Ralph Lauren, \$120



HIP SLIMMER
Reverse ombre offers the clever
optical illusion of a svelter figure.
L.L. Bean, \$100

The Minimalist



BUST BOOSTER
Extra padding adds oomph to your
upper half. Old Navy, top and
bottom, \$20 each





Make a splash in bold, vibrant and playful Aztec-inspired prints.

La Blanca, top \$59, bottom \$49



CLEAVAGE CONTROL

Need a lift? Wide straps do the trick nicely.
Trina Turk, \$134



WAIST MANAGEMENT

A hidden shapewear panel creates a slimmer silhouette.
Leilani, \$92



HIP SLIMMER

A full-coverage bottom with high leg openings visually slims and lengthens legs.
Kenneth Cole Reaction, top \$52, bottom \$56

Global Glamour



BUST BOOSTER


Enhance décolletage with a patterned bustier-style top.
Rose Bule, top \$65, bottom \$62



Hair: Jenie Syfu for TRCSammé. Makeup: Albee Franson. Photos (bathing suits): Peter Ardito. Styling: Kris Jensen at Mark Edward Inc.



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Laura Geller Beauty
Pout Perfection
Waterproof Lip Liner
in Orchid, \$17

EYE CANDY
Sephora Velvet
Waterproof
Eyeshadow in
Turquoise Waves
and Sweet
Champagne, \$15

ABOVE THE RIM
Physician's Formula
Shimmer Strips Eye
Enhancing Kajal
Eyeliner Trio in
Natural Nude, \$12
for 3 shades

LIP SERVICE
Make Up For Ever
Aqua Rouge in
Bright Orange
(#17) and Fuchsia
(#16), \$24 each

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BY DORI KATZ

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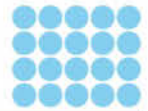
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family matters

PLAYING ALONG



Right about now, any grassy expanse practically begs to be put to good use. Start an old-school game of catch. Toss around a Frisbee. Or consider a classic lawn game like croquet, bocce or horseshoes. You can find affordable options at retailers like Amazon, Target and Dick's that will get your family engaging in a little healthy competition. Franklin Sports Classic Croquet Set, amazon.com, \$66.

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

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

Emily Giffin

This mom of three has a pet chicken named Fluffy, is a *Brady Bunch* fanatic and takes an insane number of photographs. In other words, not your standard-issue best-selling author.

The One & Only, your new novel, is about romance, friendship and Texas football. How did you come up with that premise?

I love the inherent drama in sports and wanted that to be the backdrop for a surprising love story—think *Friday Night Lights* meets *When Harry Met Sally*.

Your heroines are passionate, funny and flawed. How would you describe yourself?

Driven and determined. Sensitive and sentimental. A loyal friend who is excellent at keeping secrets. I can get obsessive, whether it's taking photographs (over 10,000 of them last year, mostly of my children) or watching *Brady Bunch* reruns (I'm a trivia queen!). And I'm a perfectionist, but not about parenting. Mom guilt is a supreme waste of energy.

You've pinned stars like George Clooney and Robert Downey Jr. on Pinterest. Are they muses for your male characters? I seldom think about celebrities when I write, but I did have George Clooney in mind for *The One & Only's* Coach Carr. He's just perfect—if only he'd commit!

You're hosting a dinner and can invite six famous people. Who would they be?

Hillary Clinton (for my mom), George W. Bush (for my father), Kate Middleton (for my sister), author Judy Blume (for me) and Bruce Springsteen (because he's the Boss). After dinner, I'd go dancing and drinking with Tina Fey!

How did you end up with a chicken named Fluffy?

Our first pet chicken, Polly, appeared in our backyard one day. After she was killed by a hawk, we got another one. Our family attempted a democratic process to name her, but my 6-year-old daughter, Harriet, insisted on Fluffy—a source of shame for my 10-year-old twins, Edward and George!



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A Sporting Chance



MARATHONER LIZ FERRO knows all about the feeling of empowerment that comes with crossing the finish line. That's why she started Girls with Sole, a nonprofit that puts troubled tweens and teens on track to a brighter future.

On a sunny afternoon in Cleveland last June, crowds had gathered along Lake Erie to cheer on the hundreds of women running a 5K race. Known as LULA (Lacing Up for a Lifetime of Achievement), the event was sponsored by Girls with Sole, which offers free fitness and wellness programs for at-risk tweens and teens. There was a festive, feel-good mood in the air—bystanders wore balloon hats and snacked on watermelon, clapping and shouting out support as participants jogged by. No one was rooting harder than Liz Ferro, 45, the group's founder, who congratulated each and every Sole mate as she completed the course. "Running races like this helps girls believe in themselves and their dreams," she says. "They come away with more self-esteem and the confidence to overcome obstacles—what I like to call that 'finish-line feeling.'"

Liz knows all about the transformative power of athletics. She spent her early years in foster care, shuttling between four different homes before being adopted by a loving family—only to be abused by a neighbor when she was 8. "I had so much anger and negative energy," she says. "What got me past it was sports. Swimming and running kept me from doing unhealthy things like alcohol or drugs and helped me make smarter choices." She excelled on the swim and rugby teams while attending college in New York, then added lacrosse to the mix after transferring to Miami University in Oxford, Ohio. Settling in Cleveland to be near her parents, she eventually became the director of Wigs for Kids, a nonprofit for children who have lost their hair due to illness, medical treatments or burns. And she never stopped running,



"This has evolved into so much more than a lemonade stand," says Melissa Plaskoff, with son Hudson.

"We work on developing strength—physical and emotional," says Liz Ferro of her free programs.



Liz gets the girls moving with a heart-pumping mix of Zumba and aerobics.

graduating from 5K and 10K races to marathons and Ironman triathlons.

All those years of going the distance gave her time to brainstorm. “The idea for Girls with Sole had been brewing in me for a long time,” Liz explains. “I wanted to give teens who came from circumstances similar to mine the chance to fulfill their potential.” She launched the program in 2009, setting up a website where people could register for the inaugural LULA race and make donations to the cause. Liz partnered with service organizations, using their facilities to offer free training for the event. That has since evolved into weekday classes—a 45-minute mashup of Zumba, yoga and aerobics—that Liz now conducts at five Cleveland-area locations, from a county residential treatment center in Canton to the Lorain County Urban League. “She gets you moving,” says Tajanece Jackson, 18. “I have to take a bus, a rapid-transit train and then another bus to get there, but it’s worth it.”

All the students, who range in age from 9 to 18, are at risk for health issues or have suffered abuse of some kind. “I give them life lessons, not just exercise instruction,” says Liz. “I’ll start off by asking them to tell me why they’re amazing, and they can’t think of one reason. I felt the same when I was young. We work on developing strength—physical and emotional—and before long they’re able to see how great they really

are.” The girls view Liz as both a kindred and a guiding spirit—someone who understands them, offers support and is never judgmental. Susan M. Brown, a former counselor at the Canton center, credits Liz with turning young lives around. “Many of these girls can be difficult to reach,” she says, “but Liz has helped give them a real sense of accomplishment and purpose.”

So far, more than 550 tweens and teens have taken the program and proudly crossed the LULA finish line. Thanks to corporate support, grants and donations, Girls with Sole sponsors every single participant and provides each with sneakers, a sports bra and a water bottle. Liz, who doesn’t have a staff or receive a salary, often relies on her family for help. She and husband Frank, an insurance broker, work as a team setting up the annual run. Her son, Jake, 15, designed the Girls with Sole logo, and daughter Morgan, 13, sells raffle tickets.

But as Liz sees it, there are many miles to go. She’s already at work creating chapters in other cities, with the aim of Girls with Sole becoming a national organization by 2020. “As an athlete, meeting your goals feels so great you don’t want to do anything that might mess that up,” she says. “I’d like for girls everywhere to experience that. They deserve no less.”

To learn more or make a donation, go to girlswithsole.org.



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Q / My middle-school daughter told me she lost her leather jacket, but I suspect someone stole it. How can I get to the bottom of this?

Talk to her privately when you bring up your concern. Your goal isn't to get her to admit you were right. Instead, you want this experience to show her the benefit of coming to you with a problem—even if she's worried that you may get angry. Say something like, "I've been thinking about that jacket. I know you wouldn't just forget about it and leave it somewhere. If anything else happened to it, you can tell me. I'm not going to freak out." Don't expect an immediate confession. Wait for about one more minute and if she doesn't say

anything or denies it, kiss her and walk away or change the subject. Whether you're right or wrong, your actions convey your love. If she admits it was stolen, reassure her by saying, "Thanks for letting me know. That's awful. Should we talk about it now or tomorrow, so we can think about the best way to handle the problem? Maybe you know who stole it and prefer not to confront this kid, but if you don't, the person will think she can keep doing this to you." Work with your daughter on creating a plan of action she can feel good about, which may mean you

get help from the school, the other kid's parent or another authority figure.

Q / Lately my 13-year-old nephew can't stay out of trouble. He had five detentions this year, picked on kids at school and is constantly lying about small things. His parents have tried every form of discipline and are out of ideas. What will turn their son around?

There's always a good reason why kids do what they do. If you can determine the reason, you can usually come up with a solution. Because he started acting out suddenly, I'd say his behavior was sparked by a specific incident. Something is going on in his life (like being bullied or struggling academically and having an unsupportive teacher) that's causing him to lash out. His mom and dad must tell him, "Look, we love you, we've been thinking about this, and there has to be a logical explanation for your behavior. That doesn't mean

you're allowed to harass other kids, it just means we want to know why you're doing it. I don't expect you to tell us about everything that's hurting you, but perhaps a starting place is sharing 10%. That way, we can begin to understand where you're coming from." The key here is to express empathy and give him the space to explain why he's so angry but still be clear that he is accountable for his actions.

Q / My 8-year-old daughter doesn't want to be as close as she's been with a friend anymore. I think it's beneficial for the girl and her mother to know this is due to her behavior. How should I bring it up? I'm hoping your daughter has told her friend in a direct—but kind—way what exactly she's doing that your daughter doesn't like. If she hasn't, she needs to. If she has and the behavior hasn't changed, you can tell the other parent: "This is really hard to talk about, but my daughter has told 'Alice' that she doesn't like (X) thing Alice is doing. My daughter doesn't feel that Alice is listening to her, so she's going to take a break from her for a while." If the other parent gets upset, be polite but hold firm. The bottom line: Your daughter has the right to choose her friends and back away from people who aren't treating her well. In fact, this experience offers a good chance to practice a skill she'll need throughout life.



familycircle.com

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

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

Photo: Darnie Tardiff/LWA/Corbis



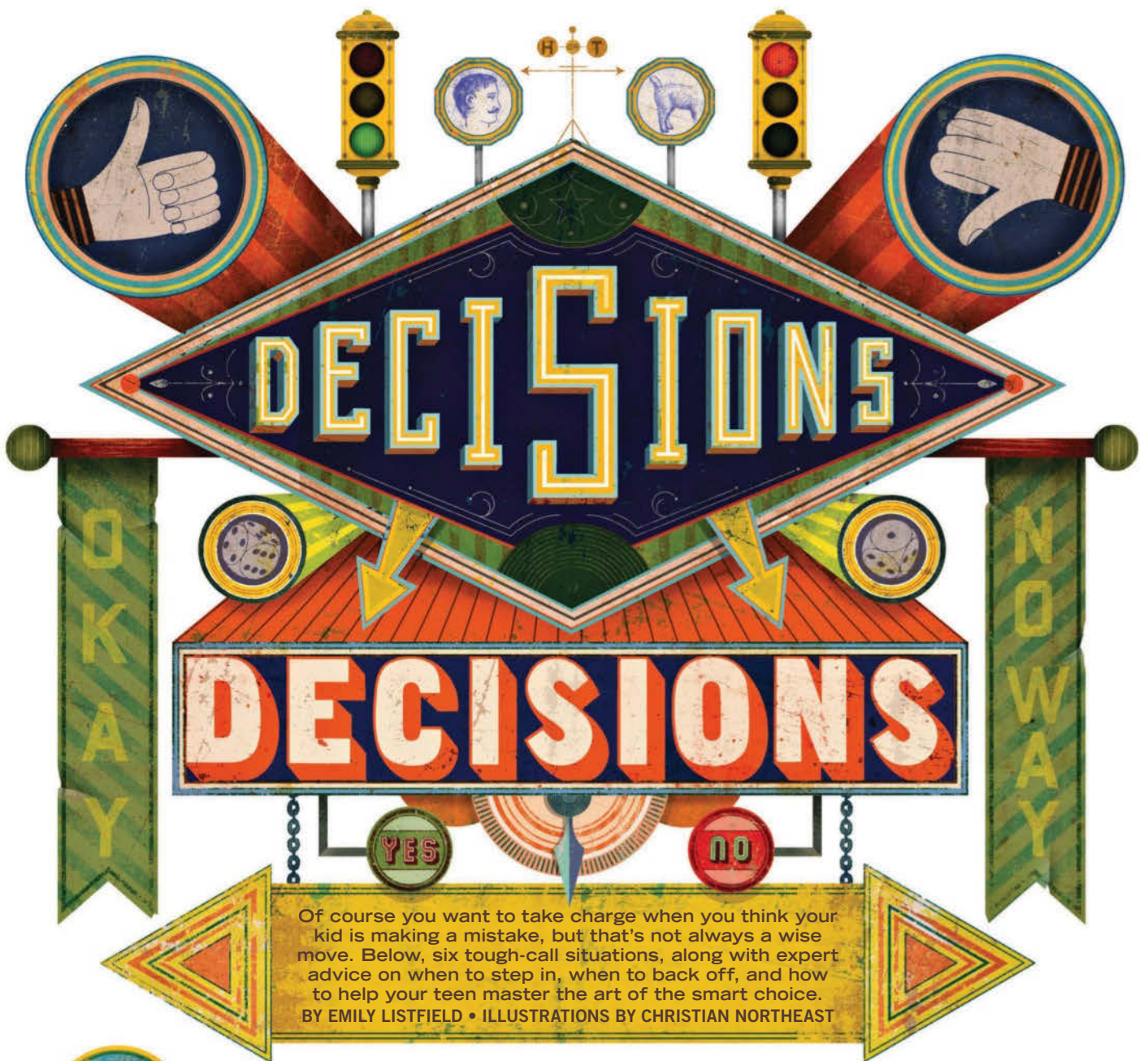
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Of course you want to take charge when you think your kid is making a mistake, but that's not always a wise move. Below, six tough-call situations, along with expert advice on when to step in, when to back off, and how to help your teen master the art of the smart choice.
 BY EMILY LISTFIELD • ILLUSTRATIONS BY CHRISTIAN NORTHEAST

1

My daughter Rachel, who graduates from high school this month, informed me she's going away for a weekend with her boyfriend. I've told her it's out of the question, but she says I can't stop them because they're 18. Help!

It's totally life altering when your kids come of age—and it's rarely a smooth passage. Suddenly they're old enough to vote or enlist, and many take advantage of this moment to flaunt their newfound independence. This situation is even more fraught because Rachel's throwing sex into the mix. As long as you're not worried about her safety, don't drive a wedge into your relationship over this trip. "Use this as an opening for a deeper discussion about the important decisions that come with adulthood, and how to make them wisely," says Roni Cohen-Sandler, PhD, author of *Easing Their Stress: Helping Our Girls Thrive in the Age of Pressure*. "Look at it this way—your daughter is giving you a chance to do that while she's still under your roof."



Photo: Paul Gregg/Getty Images.

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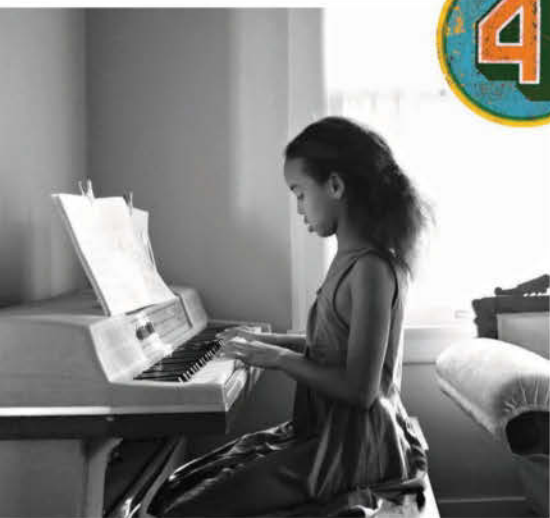
freshstep.com

2

My daughter is a shy 11-year-old who refuses to enroll in a single after-school activity. So much alone time isn't good for Chloe, and joining a class might help her make new friends. Is it wrong to force her to sign up next year?

Taking charge is the right course, but don't make a unilateral decision behind her back. Explain that extracurriculars are an important way to socialize and explore various interests. Tell Chloe she has to enroll, but let her choose the program. Your ruling will go down easier if you can discover what's behind her reluctance. It's possible she has a hobby that isn't included in after-school programs; in that case, suggest a similar class where she might meet other like-minded kids. However, if you suspect she's very uncomfortable being around her peers, "social anxiety may be fueling it—and therapy can help," says Neil Bernstein, PhD, author of *How to Keep Your Teenager Out of Trouble and What to Do If You Can't*. "The best way to find out is to speak with her school counselor."

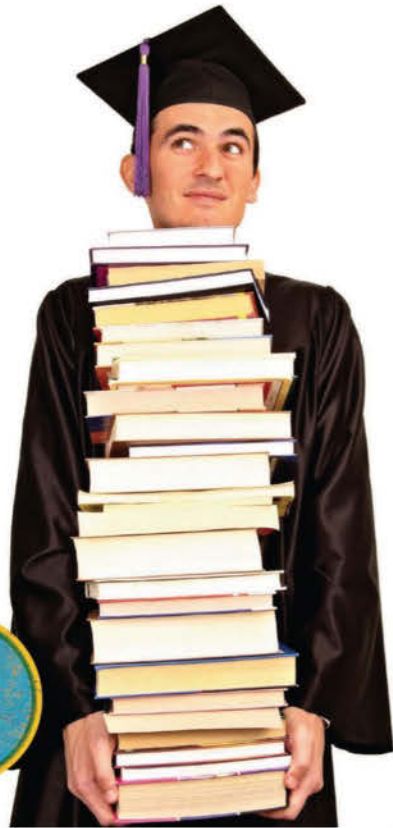
4



I hate being a nag, but my 12-year-old, who's been taking piano lessons since she was 4, never practices unless I make her. Even then, she puts in the time and nothing more. When I told her it was okay to stop, my daughter said she wanted to continue, but she still doesn't practice! I don't know what to do.

It's time for a heart-to-heart. "Since she doesn't want to opt out, she must be getting something positive from her lessons, and you don't want to walk away from that," says Cohen-Sandler. "But it could be she's afraid you'll be disappointed." Reassure your daughter that there's no shame in quitting if she's lost interest. At the same time, make it clear that you won't continue to pay for lessons unless she practices and strives to excel. It's a good idea to ask the teacher to weigh in, but you and your daughter should decide together. Even if she stops playing, remind yourself it's not a final decision; she can always resume lessons and pick up where she left off.

3



Talk about overcommitted—my 17-year-old always enrolls in too many Advanced Placement classes. He says he loves them all, but I worry that he's spreading himself thin. Should I tell him to ease up this fall?

With so many kids burning the midnight oil, it's just a matter of time before AP syndrome becomes a recognized diagnosis. Before you put on the brakes, take an honest look at how your son is handling it—after all, this is about him, not you. Many teens thrive on overdrive. "Assuming your son isn't feeling continuously stressed, his multiple commitments are fine," says Carl Pickhardt, PhD, author of *Surviving Your Child's Adolescence*. Keep a close watch for burnout: Is he getting sick frequently or feeling anxious? If he's buckling under the pressure, consult with a school counselor and work together to help your son lighten his load.

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Precautions:

Treatment with fewer than 3 monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention (see EFFECTIVENESS).

Prior to administration of TRIFEXIS, dogs should be tested for existing heartworm infection. At the discretion of the veterinarian, infected dogs should be treated with an adulticide to remove adult heartworms. TRIFEXIS is not effective against adult *Dirofilaria immitis*. While the number of circulating microfilariae may decrease following treatment, TRIFEXIS is not indicated for microfilariae clearance. Mild, transient hypersensitivity reactions manifested as labored respiration, vomiting, salivation and lethargy, have been noted in some dogs treated with milbemycin oxime carrying a high number of circulating microfilariae. These reactions are presumably caused by release of protein from dead or dying microfilariae.

Use with caution in breeding females. The safe use of TRIFEXIS in breeding males has not been evaluated. Use with caution in dogs with pre-existing epilepsy. Puppies less than 14 weeks of age may experience a higher rate of vomiting.

Adverse Reactions:

In a well-controlled US field study, which included a total of 352 dogs (176 treated with TRIFEXIS chewable tablets and 176 treated with an active control), no serious adverse reactions were attributed to administration of TRIFEXIS chewable tablets. All reactions were regarded as mild.

In some cases, dogs vomited after receiving TRIFEXIS. To ensure heartworm prevention, observe your dog for one hour after administration. If vomiting occurs within an hour of administration, redose with another full dose. Reactions that occurred at an incidence >2% (average monthly rate) within any of the 6 months of observation are presented in the following table:

Average Monthly Rate (%) of Dogs With Adverse Reactions

Adverse Reaction	TRIFEXIS Chewable Tablets*	Active Control Tablets*
Vomiting	6.13	3.08
Pruritus	4.00	4.91
Lethargy	2.63	1.54
Diarrhea	2.25	1.54

*n=176 dogs

In the US field study, one dog administered TRIFEXIS experienced a single mild seizure 2½ hours after receiving the second monthly dose. The dog remained enrolled and received four additional monthly doses after the event and completed the study without further incident.

Following concomitant extra-label use of ivermectin with spinosad alone, a component of TRIFEXIS, some dogs have experienced the following clinical signs: trembling/shaking, salivation/drooling, seizures, ataxia, mydriasis, blindness and disorientation. Spinosad alone has been shown to be safe when administered concurrently with heartworm preventatives at label directions.

In US and European field studies, no dogs experienced seizures when dosed with spinosad alone at the therapeutic dose range of 13.5-27.3 mg/lb (30-60 mg/kg), including 4 dogs with pre-existing epilepsy. Four epileptic dogs that received higher than the maximum recommended dose of 27.3 mg/lb (60 mg/kg) experienced at least one seizure within the week following the second dose of spinosad, but no seizures following the first and third doses. The cause of the seizures observed in the field studies could not be determined. For technical assistance or to report an adverse drug reaction, call 1-888-545-5973. Additional information can be found at www.TRIFEXIS.com.

Post-Approval Experience (March 2012):

The following adverse reactions are based on post-approval adverse drug event reporting. The adverse reactions are listed in decreasing order of frequency: vomiting, depression/lethargy, pruritus, anorexia, diarrhea, trembling/shaking, ataxia, seizures, hypersalivation, and skin reddening.

Effectiveness:

Heartworm Prevention:

In a well-controlled laboratory study, TRIFEXIS was 100% effective against induced heartworm infections when administered for 3 consecutive monthly doses. Two consecutive monthly doses did not provide 100% effectiveness against heartworm infection. In another well-controlled laboratory study, a single dose of TRIFEXIS was 100% effective against induced heartworm infections. In a well-controlled six-month US field study conducted with TRIFEXIS, no dogs were positive for heartworm infection as determined by heartworm antigen testing performed at the end of the study and again three months later.

Flea Treatment and Prevention:

In a well-controlled laboratory study, TRIFEXIS demonstrated 100% effectiveness on the first day following treatment and 100% effectiveness on Day 30. In a well-controlled laboratory study, spinosad, a component of TRIFEXIS, began to kill fleas 30 minutes after administration and demonstrated 100% effectiveness within 4 hours. In field studies conducted in households with existing flea infestations of varying severity, flea reductions of 98.0% to 99.8% were observed over the course of 3 monthly treatments with spinosad alone. Dogs with signs of flea allergy dermatitis showed improvement in erythema, papules, scaling, alopecia, dermatitis/pyodermitis and pruritus as a direct result of eliminating the fleas.

Treatment and Control of Intestinal Nematode Infections:

In well-controlled laboratory studies, TRIFEXIS was ≥ 90% effective in removing naturally and experimentally induced adult roundworm, whipworm and hookworm infections.

NADA #141-321, Approved by the FDA

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My 15-year-old, Stacie, has a new BFF who's always in trouble, smokes and hangs out with older kids at parties I would never let Stacie go to. I'm really tempted to ban the friendship, but will that backfire?

One of the toughest things about parenting teens is the realization that—big sigh here—you can't choose their friends. And difficult as it may be, you can't even criticize this bad girl because that will only make Stacie dig in her heels. "Take comfort in the fact that adolescents often gravitate toward 'more adventurous' peers so they can learn about risky behavior without engaging in it themselves," says Pickhardt. "You and your husband might tell her, 'We're okay with you hanging out as long as you don't act the same way, but you have to be honest with us.' You'll establish trust and keep the lines of communication open."



David, my 14-year-old, made the school baseball team even though he's not a particularly strong player. He's okay with spending most of his time on the bench, but I'm not. I want him to join track next year, where he'll actually have a chance to exercise—and compete. Can I overrule him?

Your son may not be an all-star, but that doesn't mean he doesn't love the sport and the camaraderie. And David is getting a workout during practice. While you should respect his feelings, there's nothing wrong with having him write down the pros and cons to be sure he's thinking things through. "Ask him neutral questions, such as 'What do you like about baseball?'" says Cohen-Sandler. "Maybe he enjoys hanging out with the coach and his teammates, which is a good reason to stick with it." Should David decide to switch, show him support. "Kids can be embarrassed to admit they've had a change of heart," says Kay Abrams, PhD, a Maryland-based psychologist who specializes in adolescent parenting issues. "Responding with sympathy or humor is always better than saying 'I told you so.'"



THE ART OF THE SMART CHOICE

It's a fact: Adolescents are more likely than grown-ups to make impulsive, emotional decisions. That's because the teen brain—specifically, the not-yet-mature prefrontal cortex—isn't fully wired for thinking ahead or sizing up risks and rewards. Here's a five-step plan for parents to help kids develop a better skill set.

Let go. After years of calling the shots, make sure you're truly ready to back off and let your child take charge. The transition from "Because I said so!" to "What do you think is best?" is one huge, scary leap.

Take opposing sides. Ask your teen to spell out—orally or on paper—the upside and downside of the issue at hand. It's fine to point out a few pluses and minuses he can't come up with on his own.

Be a sounding board. Your kid might get mired in details and lose sight of the big picture. Listen to her thought process and help her refocus as needed.

Hold your tongue. It will take all your willpower not to jump in and say, "I think you should..." Remind yourself that the goal is for your teen to make an informed decision, even if you disagree.

Reflect and regroup. Have a sit-down and ask your kid to evaluate her decision after the fact—what worked, what didn't, what she might do differently next time. No judgments or criticism allowed.



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BY CHRISTINA TYNAN-WOOD



Delphi Connect with 4G LTE Mobile Hotspot

Plugging the Delphi Connect into a car's OBD-II port can reveal a wealth of valuable info—use the smartphone app or website to troubleshoot mechanical issues, quickly find your car in a parking lot and more. It even functions as a rolling Wi-Fi hotspot. Verizonwireless.com, \$200 plus \$5 per month subscription



Martian Notifier Don't be fooled by the old-school analog face—the Martian Notifier has multiple secret powers. Among them: It will buzz as desired, thanks to custom notification settings, when the owner receives a text, call, email or social media notification. Way cooler than staring into a smartphone! Martiannotifier.com, iOS and Android, \$129

JAM Transit Wireless Ear Buds

Everyone can use an extra set for their phone. Comfy, sweatproof JAM Transit Wireless Ear Buds offer great sound for the price and come in three colors: black, white and red. Walmart.com, \$50



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GALAXY Camera 2

Retro, leather-wrapped body meets ultra-modern Android operating system in a camera that captures photos beyond any smartphone's wildest dreams. Samsung.com, \$450

Jot Script for Evernote Edition

Stylus Touchscreen-tapping and finger-swiping may be second nature, but there's still something to be said for the heft and feel of a nice pen. A Jot Script writes on any iPhone or iPad running iOS 6 or later and saves instantly to Evernote. Evernote.com, \$75



SMARTPHONE CENTRAL

Anyone with their fingers crossed for a phone upgrade would be psyched to receive one of these beauties. (iOS? Android? Windows? Check, check, check.)



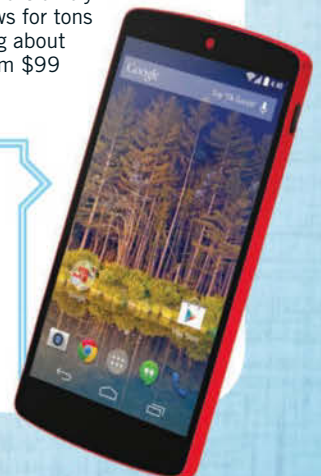
Nokia Lumia

1520 A touch bigger than a typical phone, a tad smaller than a tablet, the Nokia Lumia 1520 boasts an eye-catching 6-inch screen. This Windows 8 phone comes with Office and is easy to read in sunlight. It probably won't fit in a pocket, but will replace all gadgets for work and play. Microsoft.com, \$99 with contract



iPhone 5c If it's just gotta be an iPhone, choosing the color can be a tough call—the 5c is offered in green, blue, yellow, pink and white. The new FaceTime HD camera makes for spectacular selfies, while the extremely energy-efficient A6 chip allows for tons of app usage without worrying about battery drain. Apple.com, from \$99

Nexus 5 Fast, light and loaded with the latest version of Android, the Nexus 5 will soon be one with its owner. A new photo lens captures more light for brighter night and sharper action shots, and optical image stabilization eliminates blurry pictures. In shiny red (snazzy!), black and white. Google.com/nexus/5, from \$349



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Anki Drive ☞ Look no further for the next big thing in gaming. Typical consoles take a backseat to Anki Drive, which features slick little smart cars zipping around on a vinyl mat. Major amounts of artificial intelligence and robotics expertise went into making this cross between a video game and remote-control cars. For iPhone 4S, iPod touch (5th gen), iPad3 or iPad mini. Anki.com, \$200



Goji Play ☞ Time on the treadmill flies by with Goji Play, two wireless controllers and an activity sensor that transform cardio equipment into an awesome interactive video game. To keep playing, keep going! Compatible with iPad 3+, iPad mini, iPhone 4S+ and iPod touch (5th gen). Amazon.com, \$100



RedBubble Cases ☞ For anyone who likes to make a statement, consider conversation-piece cases for iPhones and select Android phones. Nothing mass-market here—the designs are by artists, cartoonists and photographers. Redbubble.com, from \$34



Simplicam ☞ Gone are the days of remote camera setups costing big bucks and requiring hours to install. The Simplicam, powered by Closeli, is up and running in minutes, streaming sharp HD footage. The night-vision feature helps with low-light situations. For iPhone, Android and computer. Simplicam.com, \$150



Monster NCredible NTune On-Ear Headphones ☞ These exceptionally lightweight headphones with high-quality sound won't bust your budget. Walmart.com, \$100



ERA by Jawbone ☞ With the "obvious earpiece" look out of style, ERA is where it's at. It's the smallest (and lightest) headset from category innovator Jawbone, and offers 4 hours of talk time. A built-in locator works with the Jawbone app to ensure it won't go missing. Consider spending \$30 more for a nifty charger case. Jawbone.com, \$100



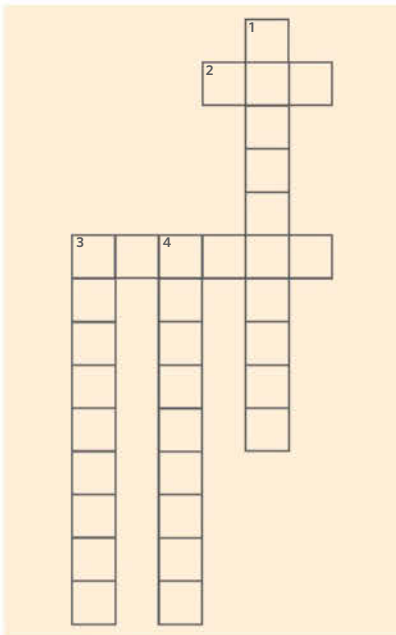
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ACROSS

- The foot of a cat
- A cat or member of the cat family

DOWN

- Technology in Fresh Step that eliminates extreme odors and deodorizes with a fresh scent
- Your solution in odor elimination
- Disposal box for cats



Freshstep.com

Answers: (Across) 2. Paw; 3. Feline (Down) 1. CarbonPLUS; 3. Fresh Step; 4. Litter box

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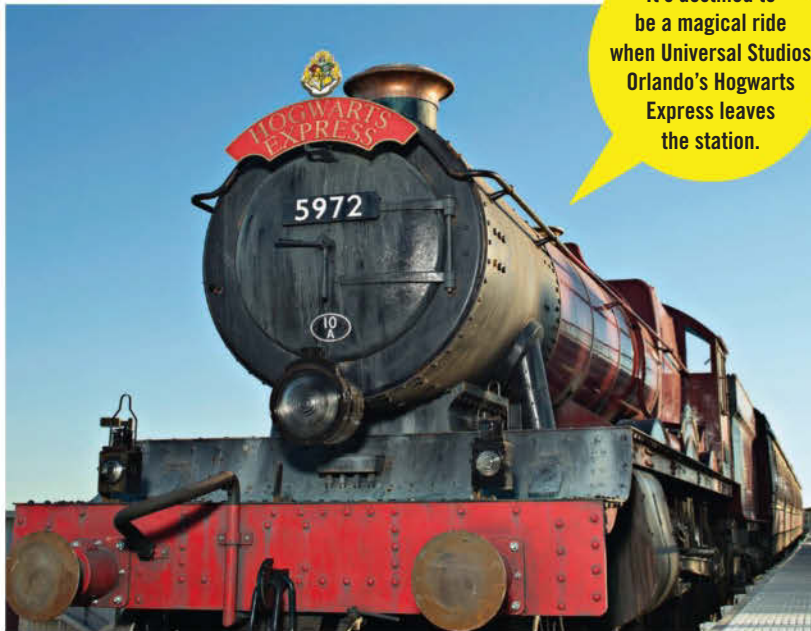


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GOOD FOR MOMS. AWESOME FOR KIDS.



It's destined to be a magical ride when Universal Studios Orlando's Hogwarts Express leaves the station.

SHAKE, RATTLE & ROLL

Amusement and theme parks across the country are upping (and downing) the thrills in unprecedented ways. Check out these gravity-defying additions (plus one man-made natural wonder), then find out what's happening near you at themeparkinsider.com. BY DARCY JACOBS

ORLANDO AND TAMPA, FL ➔

The **Wizarding World of Harry Potter** takes flight in Universal Studios with the highly animated (and anticipated) Hogwarts Express, which connects riders to an authentically re-created Diagon Alley with the thrill ride Harry Potter and the Escape from Gringotts. **Disney's Magic Kingdom** continues its expansion of New Fantasyland with the indoor/outdoor (and family-friendly) Seven Dwarfs Mine Train. **Busch Gardens** in Tampa introduces Falcon's Fury, a diving (facedown!), pivoting ride of prey. universalorlando.com; disneyworld.com; buschgardens.com

BROOKLYN, NY ➔

Joining the iconic Cyclone in **Coney Island's Luna Park**, the 115-foot-tall Thunderbolt climbs, corkscrews and careens. lunaparknyc.com

CARLSBAD, CA ➔

LEGOLAND California Resort builds on its cinematic blockbuster with The LEGO Movie Experience. california.legoland.com

CORPUS CHRISTI, TX, AND KANSAS CITY, KS ➔

Schlitterbahn opens its fifth water park (in Corpus Christi), while the Kansas City outpost's new raft water slide, the taller-than-Niagara-

Falls Verrückt, makes a beyond-gigantic splash. schlitterbahn.com/cc; schlitterbahn.com/kc

GURNEE, IL, AND JACKSON, NJ ➔

Goliath, the fastest wooden coaster in the world, with a 180-foot plunge, debuts at **Six Flags Great America**. Halfway across the country, **Six Flags Great Adventure's** Zumanjaro: Drop of Doom promises to be the tallest drop tower in the world, blasting down 415 feet in 10 seconds. sixflags.com/greatamerica; sixflags.com/greatadventure

MASON, OH ➔

Kings Island's Banshee is a zero-gravity looping ride—over 4,000 feet of track and seven inversions. visitkingsisland.com

PIGEON FORGE, TN ➔

The dual-launch family coaster FireChaser Express at **Dollywood** blazes riders backward and forward to an explosive finish. dollywood.com

COLUMBUS, GEORGIA ➔

A few hours outside of Atlanta, the city of Columbus has transformed the downtown area's Chattahoochee River into the **Longest Urban Whitewater Course in the World**—a rapids-filled watery adventure, ranging from mild to wild. columbusgawhitewater.com

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²Consume a variety of beverages every day.

³Each pouch provides 1/2 cup fruit and vegetable juice, which is one combined serving of fruits and vegetables according to the U.S. Dietary Guidelines (3/4 from fruit juice and 1/4 from vegetable juice). Be sure to make most of your fruits and vegetables whole fruits and vegetables.



SAFE DEPOSIT

Hold on to your money by avoiding hidden banking fees.

BY DAWN PAPANDREA

If you feel it's time to find a new home for your funds, you're not alone. Seventy-one percent of Americans are considering breaking up with their bank, with almost half citing high or hidden fees as a reason. Before you do some money maneuvering, consider our expert advice you can literally take to the bank.

CHECKING ACCOUNTS

Primary interest: The typical checking account has 30 fees. One of the most common is the overdraft fee, which averages \$32. Once your balance dips below zero, you could be charged for every transaction. Opt out of overdraft coverage so that the purchase is simply rejected, advises John Gower, senior analyst for NerdWallet.com. Bounced check, aka NSF (non-sufficient funds) fees, are charged when a check exceeds the available balance. They can set you back \$27 to \$35 per

transaction, and the business you wrote the check to can charge as much as an additional \$35. Sign up for email and text alerts to notify you when your balance is low. Another wallet zapper: The cost of using out-of-network ATMs is on the rise. It's \$2.55 on average, plus your bank may charge a penalty. But it is actually still possible to get free checking: Just under one-third of accounts don't have monthly maintenance fees (usually around \$12.50), says Richard Barrington, senior financial analyst at MoneyRates.com. The trick is knowing where to find them—credit unions are often the best bet. And several banks waive fees if you set up direct deposit or maintain a minimum balance.

Online options: While online banks are more than twice as likely to offer no-charge checking, inquire about their ATM policies since most don't have physical branches. Ally Bank allows

you to use any ATM nationwide and credits fees back to your account. Similar programs are offered by USAA and Bank of Internet USA.

SAVINGS ACCOUNTS

Primary interest: Even basics like receiving paper statements often have additional charges, around \$2 to \$3 a month. Banks are required by law to notify you via mail before changing or adding various fees, so read everything. If you don't understand the legalese, call your local branch and ask for clarification. Watch out for charges associated with falling below a minimum balance. "When you're shopping around for a savings account, always know how much you're required to sock away," says Barrington, "since rates and fee schedules may have several tiers to them."

Online options: Banks on the web tend to offer the best interest rates, says Barrington.

CDS

Primary interest: A CD (certificate of deposit) is great for keeping savings out of reach, but if you have to withdraw your funds early, that will often set you back three to six months of interest, plus sometimes 3% of principal. Before you commit, be sure you won't need access to your cash, and read up on any potential fees in advance. Even though banks are required to notify you of the date your CD matures, mark it on your calendar. Otherwise, the CD may renew automatically if you don't take action. One month before, start shopping around for better terms. "A common mistake is allowing CDs to roll over when you really should make an informed decision each time," says Barrington.

Online options: EverBank's MarketSafe CD is tied to the performance of the market. "This gives the depositor some potential upside beyond normal interest rates," says Barrington, "but the risk is that if the market is down, you might not earn anything over the term of the CD, though your principal may be protected."

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27. VISITSOUTH'S FAMILY VACATIONS. Register to Win a Free Getaway to Sandbridge Beach, VA. Request Free Travel Info from VisitSouth.

AUG 2011

26



27



What did the day before Hurricane Irene look like?

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EMERGENCY CALL

Bee stings and broken teeth were just some of the scary pet problems *Family Circle* readers shared with us on Facebook. We helped solve them with at-home first-aid advice from Kimberly May, DVM, assistant director of communications for the American Veterinary Medical Association.

What should I do if my pet...

...gets stung by a bee?

If your animal has a history of reacting to stings, carry an EpiPen or give your pet antihistamines before you take him somewhere he may be exposed. Otherwise, an ice pack can relieve pain or puffiness. Stings aren't worrisome unless the eyes, nose or mouth swell or if he seems ill. If that happens, go to a vet or an emergency care facility immediately.

...has her nails cut too short?

Apply Styptic powder to stop the bleeding. You can also use tape or an adhesive bandage to put pressure on the nail. Whatever you do, stay calm so that your pet will too—if she gets excited, the blood flow will increase. If bleeding continues for more than 30 minutes despite first aid, contact your vet.

...swallows a foreign object?

As soon as your pet consumes something dangerous, contact your vet for next steps. She may recommend you try to make your dog or cat vomit the item back up with hydrogen peroxide, but check with your vet on the amount to give since too much can be harmful. In general, keep floors and couches clear of spare change, decorations and anything that smells or looks like food—especially if it can easily be eaten.



...eats a box of chocolates?

Chocolate can be deadly for our pets. (The dark kind is the riskiest.) Call your vet for a treatment recommendation, which will depend on your pet's weight, the type of chocolate he ate and the amount consumed.

...breaks a tooth?

Make an appointment with your vet. Meanwhile, decrease pain by eliminating rawhide or other treats that are tough to chew from her diet and offer soft snacks or soak dry food.

Keep the numbers for your vet and the Animal Poison Control Center (888-426-4435) in a prominent spot.

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- ✓ NEVER has artificial colors, flavors or preservatives
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Found Beauty

WE WERE WATCHING *Sleeping Beauty* recently when my kindergartner pointed at the unconscious princess on the screen and said, “Mama, what’s wrong with her?” (Like death and taxes, princess movies can’t be avoided, especially by mothers of little girls.) My older daughter, Tish, 9, replied, “She’s sleeping and waiting. She can’t wake up till she finds true love.” Amma looked right at Tish and demanded, “Well, how’s she going to find anything if she stays asleep?” I laughed and thought: Excellent point. Then Amma asked me, “Mama, what is true love?”

I stopped laughing and stared at her. It seemed clear that my usual response—Let’s Google it!—wasn’t going to cut it.

Amma’s thoughtful question required a thoughtful answer. I promised to get back to her and then pondered her question all day: Mama, What is True Love?

Sleeping Beauty got it halfway right. True Love is what wakes us and allows us to start living instead of just surviving. But I’m not convinced that life is a quest to find that singular soul mate who “completes us” (as Disney, with help from *Jerry Maguire*, may have us believing). I’m afraid this is a setup for bitter failure, because no one will ever complete us and nobody makes us happy. Our state of mind is more of an act of will than an uncontrollable result of circumstances and other people’s behavior. Happy people are not those who have found one

perfect person to love: They are those who have found a way to truly love life—in the midst of all its imperfections.

At dinner that night I told my girls that as human beings we need to fall in love—with life first, which is the greatest relationship they will ever have. I explained that True Love is a decision some people make to trust, to always look for the good, and to consider every failure or distressing experience a necessary part of the journey. They don't expect a prince to whisk them away because they don't want to be whisked anywhere. And they don't lie down and go to sleep. They stay awake and engage because they believe that life is ultimately on their side, even when it causes pain.

be a surprise. Nor should they view it as something personal. No matter who we are or how many rules we follow perfectly, there will be great pain and loss and joy and triumph. Life happens to all of us, whether we want it to or not.

My Amma must have been pondering the same thing because she wisely said, "I think we have to keep trying to love life even when it hurts our feelings."

So we thought together about what we can do to keep loving life even when it hurts our feelings. The fix isn't to seek out a new drug or drink or car or dress or diet or prince. Nor is it to curl up and go to sleep. No, we keep our feet on solid ground and we find the people, things, activities that make our souls sing, filling us up with beauty so we can

No matter who we are or how many rules we follow, there will be great pain and loss and joy and triumph. Life happens to all of us, whether we want it to or not.

"Why does it have to hurt? Why does it have to be hard?" Tish asked me.

"You know how math is your hardest class right now, but it's also where you're learning the most?" I explained. "It's like that. Life is about learning, and we learn best when things get hard."

This led to a discussion of the difficult things we often face. We talked about life's ups and downs and excitement and dullness. We talked about how folks come and go without warning and often surprise the bloody hell out of us with their selfishness and their selflessness.

I asked my girls how they imagine they might respond to the beauty and brutality that life will ultimately put before them every single day. I firmly believe it is best to talk about these inevitable happenings before they happen—because I don't want it to ever

make it through, even during our darkest moments.

And that beauty should be spread far and wide—in friendships and mountains and poetry and bike rides and work and art and always, always in service to others. You may find it in your children. Your dog. That majestic tree in the front yard. Deep breaths. Bluegrass music. Your partner. The ocean. Books. Yoga. The quilt your mama made with her own two hands. For me, these things are all my soul mates. It takes the whole world to fill me up, to "make me" happy. I'd never pin that job on just one person.

My girls and I agreed together that our best partner is the one who will most lovingly and supportively witness our journey—and the one whose journey we find most worthy of witnessing. And that, in the end, is the beginning of a truly beautiful relationship.

➔ GLENNON DOYLE MELTON is the author of the New York Times best-selling memoir *Carry On, Warrior*, and founder of the online community *Momastery.com*.

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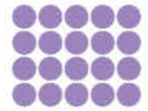


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FOOD FOR THOUGHT

Warm weather means picnics and barbecues—and endless temptations to overindulge. But eating smarter is as simple as knowing this: What you notice first is what you want. A Cornell University study found that when people served themselves, they filled up with the initial dishes they saw. So the next time you zero in on those saucy ribs or that mac and cheese, scan the rest of the offerings, like fruits and veggies, too. You'll still end up with a full plate, but it will be a healthier one.

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



STREAM(LINE) YOUR WORKOUT



WHAT SHOULD I DO IF I SUSPECT SOMEONE'S EXPERIENCING HEATSTROKE?

First, check for warning signs: confusion, irrational behavior, nausea or fainting. Then call an ambulance and while waiting, place the person in cold water from a nearby source, like a cooler, park lake or bathtub. (Using a hose or ice packs can help, but might not be effective enough.) “You want to lower a person’s body temperature as fast as possible—victims may only have a 30-minute window before they experience complications like seizures,” says Douglas Casa, PhD, an athletic trainer and chief operating officer at the Korey Stringer Institute, a nonprofit organization dedicated to sports safety at the University of Connecticut. Cool her off for about 20 minutes or until EMTs arrive.

You don't have to trek to the gym to attend a boot camp or yoga lesson—all you need is an Internet connection. The newest way to exercise is by viewing a session via your TV, laptop, tablet or smartphone. With these three fun (and affordable) sites, there's never a reason to cut class.

DailyBurn.com
(\$10 per month)

FitnessGlo.com
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Barre3.com
(\$15 per month)



WHY WE LOVE IT

With 12 instructors and 14 wide-ranging strength and weight-loss programs, DailyBurn.com feels like having a membership to the coolest gym in town. The 100+ classes range from beginner to advanced and include dance workouts, body-weight classes and more.

The sessions range from 5 to 60 minutes and many feature a roomful of fellow exercisers, lending a friendly group class feel. There are more than 500 exercise videos on the site—everything from high-intensity interval training (HIIT) to stretching—and new ones are added weekly.

If you love yoga and Pilates, you'll be hooked on barre too. Classes are 10 to 60 minutes long and consist of ballet-inspired moves emphasizing strength and balance. Gear, like a core ball, is a plus, but not necessary, and many moves can be performed at a counter or with a chair.



STREAM IT

Amazon Fire TV, Android, computer, Google TV, iPhone/iPad, PS3, Roku, Samsung Smart TV, Xbox 360

Computer, iPhone/iPad, Kindle Fire, Roku, Samsung Smart TV

Android, computer, iPhone/iPad



“Stayin’ Alive”

That's the song you should play in your head if you ever have to administer CPR to a teen or adult. According to the American Heart Association, bystanders are more comfortable performing Hands-Only CPR instead of mouth-to-mouth. Just remember these two steps: Dial 9-1-1 and push hard and fast in the center of the chest to the beat of this disco tune. The classic Bee Gees hit has 100 beats per minute—exactly the rate to give chest compressions.

Sources: American Heart Association and WellPoint Foundation

How to unwind after a long day.



1

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

3

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

4

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

2

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



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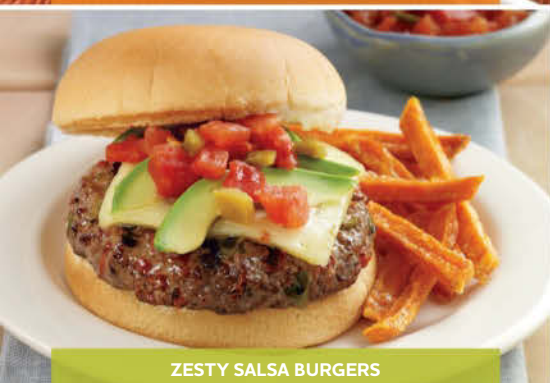
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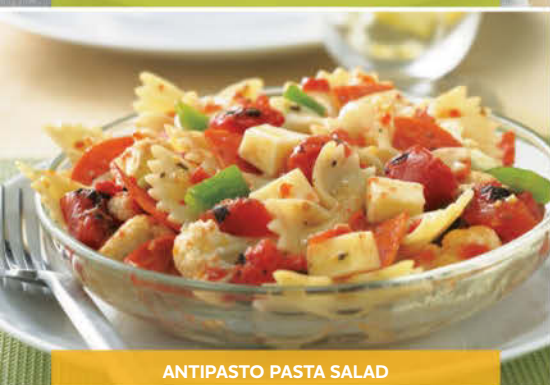
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5 SLIM-DOWN SECRETS

Whether your shorts are feeling a little snug or you want to look better in a bathing suit, readers reveal the weight-loss tricks that worked for them—and will work for you too! BY MARCY LOVITCH



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1. / GET A FREE COACH

Exercise partners don't just make you show up for an a.m. hike and watch your form in plank position. They mentally motivate you too: "Women have a stronger drive to seek social connections, and that support is especially effective for helping us stick to exercise programs," says Barbara Brehm-Curtis, EdD, an exercise science professor at Smith College. Up your game with: **A Friend or Coworker** To keep off the 10 pounds she lost, Malaika, 42, a mom of two in Chicago, has Wednesday lunchtime gym meet-ups with her friend Teshera. They run or swim laps, then do 20 minutes of strength training. "One of the best parts is spending quality, child-free time together," she says. If you can't hit the gym, climb office stairs or power walk at lunch.

Your Husband "Our workouts double as dates," says Charisma, 39, a mother of two in Los Angeles. "We hire a sitter and go for a run." Since men and women have different levels of strength, Ryan Beauchesne, a certified personal trainer at Sports Club/LA in Boston, suggests leveling the playing field. Sweat side-by-side on cardio machines or sign up for a salsa, boot camp or Spin class.

Your Kids "I started running with my 10-year-old daughter, Campbell," says Rosalyn, 41, a mom of two in Coppell, TX. "During those 2 miles, I learn about what she fears, what makes her happy and more." The jogs even inspired her younger daughter, Caroline, 7, to join them on runs and in 5K races.

2. / SNEAK IN MORE STEPS

When their activity tracker says they might not make 10,000 strides for the day, these women reach the mark with a few tricks.

"I'll walk the three long hallways or around the parking lot at the nursing home where I work. I've even marched in place while doing dishes."
—Janet, 42, Ludlow, VT, mom of five, lost 122 pounds

"Doing laps around my living room instead of sitting to watch an episode of my favorite TV show can do it. Sometimes, I'll put on music and dance with the kids for a good chunk of time—it's kind of silly but I get in a lot of steps that way!"
—Amanda, 35, San Antonio, TX, mom of three, lost 100 pounds

"I take the laundry up the stairs a little at a time so I have to make several trips a day, sweep the floors or take the dog for a much longer walk around the neighborhood."
—Deborah, 47, Orange, CT, mom of three, lost 5 pounds

3. / FIND YOUR MOTIVATION

Check out where readers get the inspiration to keep moving. You might come across a little incentive of your own.

20% Family

"My mother passed away from pancreatic cancer at 49, so I know how important it is to be around for my loved ones. I've started running 5K races, I'm healthy and I feel great!"

—Dora, 44, Jacksonville, FL, mom of four, lost 35 pounds

17% Weight Loss

16% Getting Healthy

11% Overcome an Injury or Illness



14% Mental or Emotional Benefits

"Walking my 5 miles is pretty much the only time I have for myself. I listen to my favorite music, make plans and think about things without any interruptions."

—Susie, 46, Bradenton, FL, mom of two, lost 30 pounds



6% Improved Appearance

"I want to be able to show off my shape. I'd love to run in spandex and a fitted top instead of sweatpants and a big tee."

—Michelle, 39, Bronx, NY, mother of three, lost 20 pounds

6% Group Exercise or Sport

4% Pets



9% Friends or Companionship

"I take six Zumba classes a week. It's a time for me to socialize with classmates. We support one another and stay fit at the same time!"

—Yvette, 47, Las Vegas, NV, mom of one, lost 10 pounds



familycircle.com

Go to familycircle.com/howlostit to read amazing weight-loss success stories.

Source: Familycircle.com Momster survey

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4. / GET A GO-TO BREAKFAST

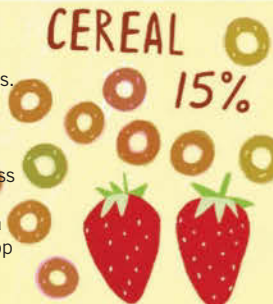
People who eat the most important meal of the day may be more likely to keep weight off than those who don't. Readers' top picks include:



OATMEAL 24%


"The fiber boost can help you feel full longer," says Cincinnati-based nutritionist Becky Hand, RD, a spokesperson for SparkPeople.com. Steer clear of the flavored instant kind, which is often high in sugar. Add your own fresh fruit instead.

Source: Familycircle.com Momster survey




CEREAL 15%

Stick with shredded wheat, whole wheat flakes or toasted oats. You want a whole-grain, fiber-rich version that has 5 grams of sugar or less per serving. Milk offers protein, and a serving of fruit on top helps keep you satiated till lunch.



YOGURT 10%

Stir in some flaxseeds, oats or almonds (not too much!) for added fiber, taste and crunch.



EGGS 16%

Scrambled, sunny-side up or hard-boiled, they can cut your daily food intake by approximately 400 calories, research says. The high-quality proteins fill you up, curbing your desire for carbs later.



SMOOTHIE 11%

Kick-start your day with a dose of fruit—just be sure to add in protein with yogurt, milk or even powder.

OTHER 24%



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5. / FIND A MEAL GAME CHANGER

These simple switches helped readers shed unwanted pounds.

Don't Break for Fast Food

It's still easy to veer off the nutritional track at the drive-thru, even though many are offering more healthy choices than ever. A ready-made salad can clock in at around 500 calories—without dressing. “I gave up eating fast food two to three days a week and now have it maybe every six months,” says Melissa, 40, a mom of two in Melbourne, FL, who lost 30 pounds.

Snack Smarter

“Instead of having chips and sweets always at the ready, I put grapes, bananas and baby carrots in bright-colored bowls in the kitchen,” says

Melody, 52, a La Plata, MD, mom of three who lost 25 pounds. Eliminating the temptation of junk food and placing fruits and veggies front and center is a calorie-saver. “From what to eat and how much of it to have, a person makes upwards of 200 food decisions a day,” explains Wendy Bazilian, DrPH, co-author of *The SuperFoodsRx Diet*. “Having what's easy to grab also be healthy counts.”

Get Bowled Over

Research shows eating soup can help you consume fewer calories over the course of the day—no surprise to Juliet, 46, a mom of two in

Dallas, who lost 30 pounds. She swears that cooking up healthy soups full of veggies and legumes is key to maintaining her weight.

Skip the Sweets

“I stopped having dessert after dinner or a late-night snack of chocolate chip cookies,” says Laura, 44, a mom of two in Chicago who lost 10 pounds. If you're a sugar junkie, start by taking two nights off. “It will change how you automatically think of dessert as a post-meal activity,” says Bazilian. Quell cravings with berries, a baked apple sprinkled with sugar or a cup of mint or ginger tea with a teaspoon of honey.



Photo: iStockphoto.

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#1 DERMATOLOGIST RECOMMENDED SUNCARE

..... Surprising Ways to

SAVE YOUR SKIN

The latest advances in sun protection shield you from the inside and out.
By Stacey Colino

after nudging your kids to cover themselves with sunscreen—perhaps even resorting to that mortifying mom move of smearing it on them yourself—don't forget to safeguard the skin you're in. Only 23% of your lifetime sun exposure occurs by age 18, so it's crucial to shield yourself from harmful rays at any age. But protective efforts don't need to end with your go-to SPF. "No sunscreen offers 100% protection, so you want to do everything you can to defend yourself," says Leslie Baumann, MD, a dermatologist and clinical investigator in Miami and author of *The Skin Type Solution*. "You can do it topically and internally"—a one-two punch that's even more powerful than either approach alone.

SKIN-DEEP
Every part of this orange—including the rind—could help protect you from skin cancer.

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BEFORE

you step into the sun, develop a better defense with these promising practices.

1 Morning Makeover

We know you're busy, but adding one step to your beauty regimen could change everything. Research finds using a topical combination of vitamin C, vitamin E and ferulic acid (an antioxidant) can protect against the harmful cellular changes that occur in skin exposed to UV rays. Your best bet is to apply a serum followed by sunscreen in the morning, advises Lisa Donofrio, MD, an associate clinical professor of dermatology at Yale University. Try SkinCeuticals C E Ferulic (\$109) or Cosmetic Skin Solutions Vitamin C+E Serum (\$40).

2 Tea Time.

Green tea may not only offer protection against UV damage to skin but also induce anti-tumor activity by the immune system. And you don't have to go green. People who regularly drank two or more cups per day of any kind of tea had a 35% lower risk of squamous-cell skin cancer than non-tea-drinkers, according to researchers at Geisel School of Medicine at Dartmouth. Tea "is beneficial because it acts as an antioxidant by



protecting against the formation of free radicals," explains Donofrio.

3 Color Guard.

Researchers from the National Cancer Institute found that people who consumed a diet loaded with foods rich in vitamin D and carotenoids (compounds that give orange, yellow and red fruits and vegetables their vibrant color) had a reduced risk of developing melanoma, the deadliest form of skin cancer. "Nature has provided a way to deal with environmental UV radiation—and it's by eating whole, antioxidant-rich foods," says David J. Leffell, MD, a professor of dermatology and surgery at the Yale School of Medicine and author of *Total Skin*. So next time you're grocery shopping, stock up on apricots, mangoes, tomatoes, carrots, sweet potatoes, broccoli, eggs and salmon. In addition, consider tossing grated orange rind or a few curls of lemon peel into a salad or cooked dish. University of Arizona in Tucson researchers discovered that people who

consume citrus peel had a 34% lower chance of developing squamous-cell cancer. A hidden perk: the dash of extra flavor.

4 Night Moves.

Ask your dermatologist if you'd benefit from a retinoid or vitamin B in the evening. "Using a cream with niacinamide [a form of vitamin B3] at night can help your skin cells repair themselves from DNA damage," says Baumann. Alternatively, a topical retinoid (such as retinol, tretinoin or tazarotene), which is derived from vitamin A, can get rid of precancerous lesions called actinic keratosis and may help reverse sun-inflicted harm to the skin, notes Mary Lupo, MD, a dermatologist in New Orleans. "This is likely due to both an anti-inflammatory mechanism and the normalization of cellular processes," she says.

5 Drop Pounds.

Believe it or not, carrying around extra weight could increase your odds of skin cancer. A University of Iowa study of nearly 45,000 people found that those with the highest body mass index had 2½ times greater odds of developing melanoma. Part of the danger may have to do with the increased skin surface area that occurs with

obesity, but excess body fat also could produce hormonal changes and chronic inflammation, says Albert Lefkovits, MD, an associate clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York City. Getting rid of those extra pounds may not only reverse the trend but also make you feel better than ever in a bathing suit this season.

6 Kick Butt(s).

After analyzing 25 studies, researchers concluded that smoking raises your risk of squamous-cell carcinoma, the second most common form of skin cancer, by 52%. Tobacco smoke is a carcinogen, just like the sun's ultraviolet rays, so you're increasing your risk when you expose yourself to both, Lefkovits says. Plus, tobacco and UV radiation suppress immune function. Talk to your MD about which smoking-cessation strategies are likely to help you quit for good.



NAIL ALERT! You may want to think twice about getting a gel manicure. The reason: The drying lamps produce low levels of ultraviolet radiation, and repeated exposure could be problematic in the long term, warns Patricia Farris, MD, clinical associate professor of dermatology at Tulane University in New Orleans. "While the risks can be minimized by using sunscreen on hands before getting them done," says Farris, "the best solution is to get a regular mani and let nails air-dry."

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SUN PROTECTION 101

"Applying sunscreen in your 40s or 50s can make a big difference in decreasing the threat of skin cancer," says Leffell. "Even if you have some damage to the skin, sunscreen will enable you to stop repeated injuries to those areas. And if you block UV radiation, some of the precancerous cells may regress or disappear." Here's how to do it right.

CHOOSE THE BEST SUNSCREEN. Experts recommend using a broad-spectrum product with an SPF of at least 30 (such as the new Coppertone ClearlySheer formula or Neutrogena's Beach Defense line) to protect against UVA and UVB rays. You might also consider one that contains novel ingredients like green tea, vitamin C or pomegranate extract, all rich sources of antioxidants.

APPLY LIBERALLY. Thirty minutes before going outside, cover any exposed skin with sunscreen and thoroughly rub it in. Re-apply every two hours and after toweling off at the beach or pool.

SEEK SHADE. "Early morning or late afternoon are the best times to be active outdoors," Leffell says. Stay in the shade between 10 and 4, when the sun's rays are at their most intense.

COVER UP. Wear sun-protective clothing and a pretty wide-brimmed hat (you'll ratchet up your style quotient too). Even if you sit under a beach umbrella, apply sunscreen, advises Lefkovits. UV rays can reflect off the sand onto your face and body.

WHAT CAUSES SKIN CANCER?

Sun exposure is responsible for about 90% of all non-melanoma skin cancers.

(Everything from genetics to overexposure to X-rays is to blame for the rest.) Being exposed to UV light triggers a domino effect, suppressing the immune system in the skin, leading to DNA damage of skin cells and inhibiting enzymes that repair injured cells, explains Lisa Donofrio, MD, an associate clinical professor of dermatology at Yale University. Sunburn also sparks immune system changes that can lead to skin cancer.

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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:
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.

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.

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.

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

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

Severe jaw bone problems (osteonecrosis) may

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

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

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

Prolia® is also proven to:

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

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

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

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

Before taking Prolia®, tell your doctor if you:

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

What are the possible side effects of Prolia®?

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

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

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

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

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

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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

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

 **prolia®**
(denosumab) injection

2 shots a year proven to help strengthen bones.
www.prolia.com



BRIEF SUMMARY OF MEDICATION GUIDE

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

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

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

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

Prolia can cause serious side effects including:

• Low calcium levels in your blood (hypocalcemia).

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

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

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

• Serious allergic reactions.

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

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

• Serious infections.

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

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

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

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

• Skin problems.

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

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

• Severe jaw bone problems (osteonecrosis).

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

• Unusual thigh bone fractures.

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

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

What is Prolia?

Prolia is a prescription medicine used to:

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

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

Who should not take Prolia?

Do not take Prolia if you:

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

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

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

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

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

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

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

How will I receive Prolia?

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

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

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

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

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

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

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

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

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

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

Keep Prolia and all medicines out of reach of children.

General information about Prolia

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

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

For more information, go to www.Prolia.com or call Amgen at 1-800-772-6436.

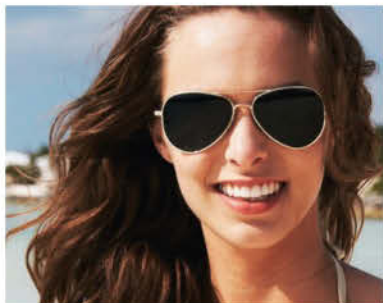
What are the ingredients in Prolia?

Active ingredient: denosumab

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

HOW SKIN SAVVY ARE YOU?

Test yourself on the subtle and surprising ways you could be vulnerable.



TRUE OR FALSE: Skin cancer always occurs on sun-exposed areas.

FALSE. It can develop even where the sun doesn't shine. While basal- and squamous-cell carcinomas typically appear on sun-exposed parts of the body, melanoma can occur on the buttocks, genitals, scalp and even between the toes and on the soles of your feet. "Melanoma can happen wherever there are pigment cells," Lefkowitz explains. That's why it's important to see your dermatologist annually for a full-body examination and to inspect your skin regularly from head to toe for changes.

TRUE OR FALSE: The windows in your car, home and office protect your skin from UV rays.

FALSE. It's true that glass blocks most UVB rays, which are the primary cause of sunburn, but UVA rays, which penetrate the skin more deeply, can still get through. This means that even if you're inside your car or house, you're at risk for UV damage to your skin. You can have special window film installed that will block up to 99.9% of UV rays and/or you can protect your skin by wearing sunscreen even when you're driving or sitting by a sunny window in the comfort of your home.

TRUE OR FALSE: To spot a melanoma, the most dangerous form of skin cancer, you should be on the lookout for the ABCDEs: Asymmetry, irregular Borders, a

variety of Colors, a Diameter larger than ¼ inch on a lesion, and Evolution (or changes) over time.

TRUE. "But there are exceptions to almost every rule," Lefkowitz says. If you notice a new pigmented lesion after age 40 or spot a fast-growing one on your skin, get it checked out by a dermatologist. Should any mole or other lesion bleed, itch or become crusty, these may be danger signs too, in which case you should get to a dermatologist—pronto.

TRUE OR FALSE: When you can't see your shadow, you can't get sunburned.

FALSE. You can get a sunburn and experience sun damage even on a cloudy day. Up to 80% of the sun's ultraviolet rays can penetrate through thin clouds and fog, according to the Skin Cancer Foundation. To gauge how much protection you'll need, check the UV Index in your area. And visit epa.gov/enviro/mobile to download the EPA's free SunWise UV Index app to your smartphone.

TRUE OR FALSE: Skin cancer is exclusive to the skin.

FALSE. It can affect your eyes as well as your lips—which are a different kind of skin. Squamous-cell cancer, and other cancerous growths, can develop on the lips. That's why it's essential to wear lip balm or lipstick with an SPF of at least 15 and reapply it regularly, or wear a physical UV blocker such as zinc oxide or titanium dioxide on your lips, Lefkowitz says. By contrast, melanoma can occur inside the eye. If you have a family history of melanoma, schedule appointments with an ophthalmologist every year. To protect your eyes, wear sunglasses that block 99% of UVA and UVB rays and cover the entire eye area. This will help prevent cataracts too.

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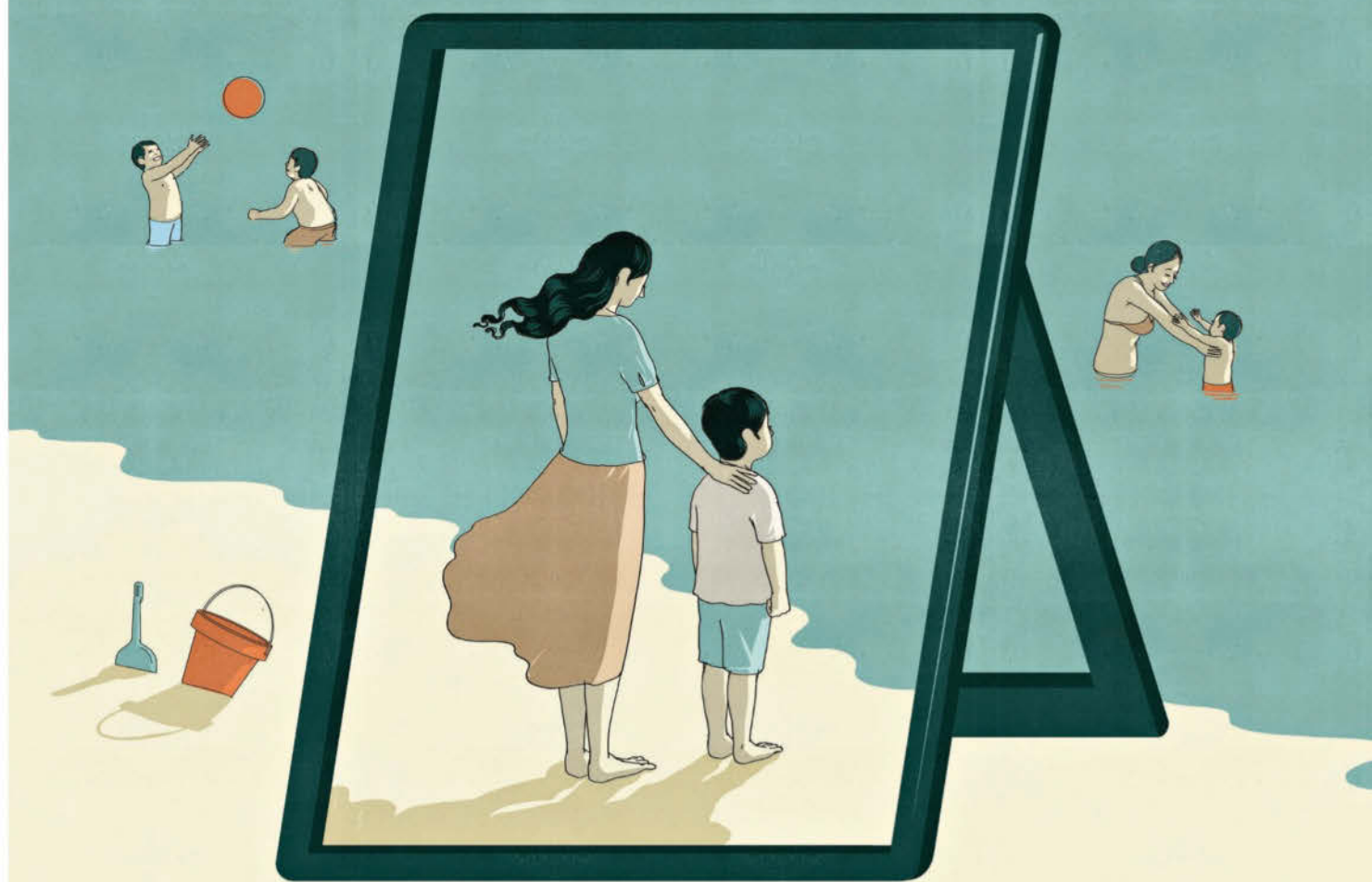
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IT WASN'T JUST A PHASE



After coming to terms with her son's disability, one woman reveals what many moms of kids with special needs won't tell you. **By Anonymous** ILLUSTRATIONS BY SHOUT

At first they sounded like a cross between a robin's chirp and a hiccup. Short bursts of noisy air that made other kids wonder if my son—whom I'll call Aidan—had asthma. "Can he breathe okay?" they'd ask, their foreheads creased with concern.

Aidan was 6 years old and at the end of first grade when the symptoms started. If someone had told me I would spend years monitoring those noises—silently counting how many times they happened

per minute (often more than 10), I would have said they were crazy. Nor would I have believed I'd get emails from teachers informing me Aidan's squeaks and compulsive throat clearing made it hard for other students to concentrate. Or that at their peak, those sounds would morph into chin, neck and arm jerks so dramatic that people on the street—and in stores and on playgrounds—would glance his way and whisper.

Shortly after the outbursts began, his pediatrician explained that the sounds are called tics, and they tend to go away over time. She also said if the tics are both vocal and motor, occur many times a day and last over a year, they can be classified as Tourette syndrome. TS is a lifelong condition whose signs are usually noticed in early childhood, and may improve in the late teens and the 20s. She guessed Aidan's were a phase. I wasn't so sure.

For the next three years, Aidan's tics came and went, so we never got a diagnosis. Then they escalated to include stepping back and forth over sidewalk cracks and brushing his fingertips against textured surfaces like a wicker chair. (As I'd later learn, kids with TS often have other neurological challenges, including varying degrees of ADHD and obsessive-compulsive disorder.)

In the fall that he entered fifth grade, concerned emails from his teacher started almost immediately and his episodes began lasting longer. A specialist officially diagnosed him and I felt like my cherished expectations for him were

friends were sympathetic, to be sure. But because my family's issues were so different from normal family ups and downs, I felt alone in my troubles.

In my isolation I became jealous of families with "typical" children, silently getting angry when another mom complained about an incompetent hockey referee or a teacher who failed to place her child in the highest reading group. I'd always enjoyed hearing stories about my friends' kids. Now they just felt like reminders that my own family was in crisis. *Get a real problem*, I thought.

I began trolling the Internet seeking help and meeting with any mom I knew

COPING STRATEGIES

About one in seven U.S. children have a special health care need, from hearing difficulties to cerebral palsy. Here's what I wish I'd done once I realized my kid was one of them.

Don't blame yourself. "Americans believe we can do anything, so we feel responsible when something doesn't go right," says Katherine Yost, PhD, a Bellevue, Washington-based therapist who works with children with obsessive-compulsive disorder. "The truth is none of us come from a perfect gene pool."

Share the load. More often than not, it's the mother who takes the lead in becoming the advocate and special protector of the child, says Yost. This "hyperfunctioning" can put a strain on a relationship. Try to have both parents at appointments or divvy them up. Ditto on communicating with your child's school.

Seek support. When you have someone to worry with, it strengthens your resolve. "If you are in a room in the dark alone, you feel paranoid," says Edward Hallowell, MD, founder of the Hallowell Centers for cognitive and emotional health in New York City, Boston and San Francisco. "If you're in that room with someone else, you laugh."

Accept that you can't change everything. It's important to lead—not carry—your kid. "We clear away the debris to make the path they must travel easier," explains Kate McLaughlin, author of the memoir *Mommy I'm Still in Here: One Family's Journey with Bipolar Disease*. "But we can't remove mountains on the way. They have to tumble down the side to develop character by learning how to deal with obstacles."

Feel entitled to privacy. It's natural for people to be curious about a child with obvious special needs. But you don't have to open up to everyone. "Tell people who have a need to know or who you genuinely want to share with," advises a mom whose 10-year-old son was hospitalized with a mental health condition. Politely deflect questions by saying something like, "That's my daughter's information to share."



Looking back on those days, I can see that I was searching for something—anything—to ease not Aidan's anxiety, but mine.

instantly and cruelly revoked. He's bright enough that I had assumed school would be his place to excel. Instead, he sometimes couldn't even write his name because his shoulder was shaking so badly. I worried: Would he be bullied? Would he ever be able to play sports?

Aidan's neurologist counseled a wait-and-see approach. Tics aren't life threatening, after all, and Aidan doesn't have coprolalia, the much-hyped but less common subset of TS where people blurt out swear words or other socially inappropriate comments. In some cases, medication can be the most effective treatment for TS, yet the neurologist wanted to be conservative and watch what happened to the tics over time.

My fears about Aidan's daily life, however, made it impossible for me to take the long view. I coped by waking up in the middle of the night and weeping to my husband, James, that Aidan's life was ruined. When he tried to reassure me by pointing out that our son had friends and was, except for the problems at school, happy, I just thought he was in denial. Once in a while, I'd confide my concerns about Aidan to friends, although I quickly noticed problems like mine weren't typical book club banter. My

whose child had any kind of neurological disorder. In addition to biofeedback and cognitive behavioral therapy, I signed Aidan up for acupuncture and had him work with a Chinese healer to learn Qigong, a mind-body practice geared toward improving energy flow through the body. Looking back on those days, I can see that I was searching for something—anything—to ease not Aidan's anxiety, but mine.

At Aidan's 11-year checkup—were we ever *not* at a doctor's office?—the pediatrician was talking to him about his tics when I interrupted to show her how on top of it I was. She was checking his spine when I rattled off the treatments we were pursuing.

"Hmm," she said, pulling out her stethoscope. "Maybe that's too much."

And it was. That's when I realized that for months—maybe years—I'd been seeing Aidan only as a boy with Tourette syndrome, not as the kid who loved his cat, played tennis and wrote his own hip-hop lyrics. For the first time, I understood the message I was sending him with all those treatments: You are not okay with me.

When we were in the car, I asked Aidan which therapies he wanted to



SHOW OF SUPPORT

How to be a good friend to someone who has a child with special needs.

Stick with “I’m so sorry.” Unless you have a child with the same issue, don’t empathize by citing an example from your own life. “You really can’t understand unless you’ve been there,” says one mom. Instead, say, “I feel awful you’re going through this.”

Know your audience. “Don’t tell the parent of a kid in a wheelchair how fast your child can run,” says Gina Gallagher, co-author of *Shut Up About Your Perfect Kid*. When you do want to share great news about your child, timing is everything. If a mom is having a tough time with her child, you may want to hold your tongue.

Don’t look on the bright side. When it comes to many special needs, there’s no way to know if the condition will ever improve. Instead of telling your friend things will get better, stick to a heartfelt “This is so hard.”

Take charge. Don’t ask what you can do to help. “Oftentimes I didn’t even know what I needed,” admits one mom. Instead, go ahead and drop off a meal or call to say you’re taking the carpool for the day.

I can’t imagine I’ll ever like what this disorder means for Aidan, although I can tell that he’s a more empathetic person from having challenges. I’m also grateful for what my kid with special needs has taught me about myself. Looking back on my life before TS, I can see that I was pretty smug about my bright and sweet son, basking in the satisfaction of what I felt I’d created. These days I’m a humbler mom who doesn’t care as much as I used to about what my kids achieve. Instead, I simply want them to be happy.

Author’s Note: *This is a story about my journey as a mom, but I can’t tell it without relaying the private details of my son’s condition. That’s why in addition to writing this piece anonymously, I’ve also changed his name as well as the names of other family members in the article.*

continue, suggesting that we keep cognitive behavioral therapy because I could tell it was helping him feel less anxious. He agreed and said he also wanted to continue with acupuncture. That decision not only eased our budget, it also freed up my time, which was another stressor on our family life. I realized that I’d wrung myself dry trying to fix Aidan. I had a job, a husband and two other children who also needed my attention. Aidan wasn’t perfect. And neither was his mother.

Realizing I didn’t need to be 100% responsible for Aidan’s life was a shocking relief, changing my relationship not only with my son but also with my friends. I started spending more time with moms of children who had challenges, and felt safe enough with them that I could laugh about my manic pursuits of therapies and 3 a.m. Internet forages for clues to Aidan’s future. Being honest with people I trust about my son and my fumbling attempts to help him let me cast aside the facade of the perfect mom. It allowed me to be cared about simply as a person.

For three years, Aidan’s tics were controlled by medications that I would

have been too scared to try if I’d listened to the Internet chatter instead of Aidan’s neurologist. Prescriptions are a big step for any family, so I’m glad we explored other options first. I am also amazed at how many moms toss around startlingly judgmental declarations about the evils of prescription drugs. In Aidan’s case, meds literally made it possible for him to start a new middle school as just another kid. Yes, he gained 15 pounds, complained of a dry mouth and had perpetually chapped lips, but experiencing less severe tics gave Aidan the confidence he needed to make new friends.

Today Aidan is in ninth grade and no longer takes medication to control his tics, though they sometimes bother him when he reads. (He’s learned to make adjustments.) Aidan’s on the debate team, plays hockey, gets good grades and, most important, has close friends, some of whom knew him during the worst of the tics. He has the high school life I’d always envisioned. The neurologist even dialed back Aidan’s diagnosis from Tourette syndrome to chronic tic disorder, although I’m convinced we were—and are—dealing with TS.

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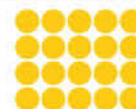


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what's cooking

PRETTY CHILL

Beautify your summer beverages by adding herbs, fruits and more to your cubes. Fill one-third of each indent of an ice tray with water and freeze until solid. Next, add a garnish—mint (perfect for iced tea), strawberry (lemonade), lime (cola) or even an olive (Bloody Mary)—then fill the rest of the way with more water and freeze again until ready to serve.



Food styling: Megan Schlow.



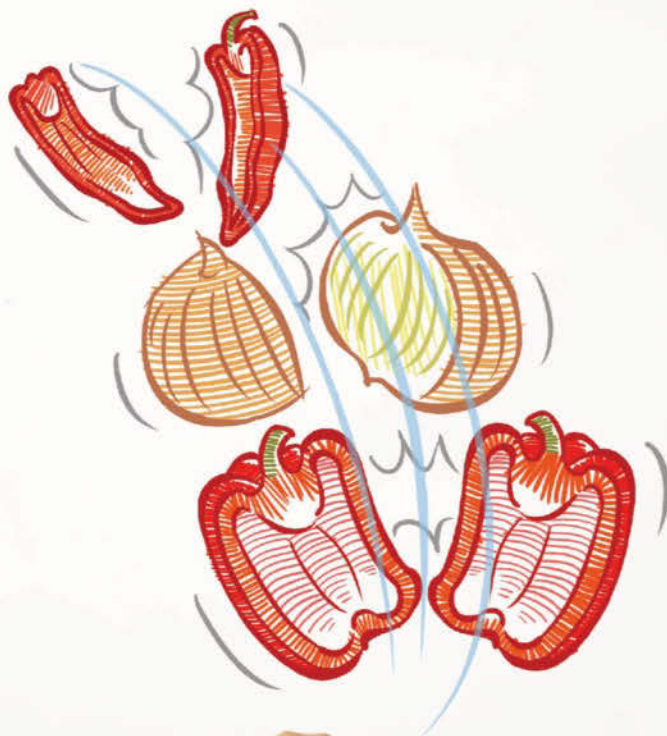
BY MICHAEL TYRRELL
PHOTOGRAPHY BY
KANA OKADA

**Moo Shu Chicken
Salad** page 122

healthy family dinners

FROM NO-COOK TO ONE-POT,
THESE 6 RECIPES HELP YOU GET
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MY Lunch MY WAY My Creations™



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Linguine with Scallops, Red Pepper and Broccolini

MAKES 4 servings PREP 10 minutes COOK 10 minutes

- 8 oz linguine**
- 1 bunch broccolini, cut into 1-inch pieces**
- 1 sweet red pepper, seeded and thinly sliced**
- 2 tbsp olive oil**
- 2 tbsp unsalted butter**
- 1 lb scallops, tough muscle removed, rinsed**
- 3 tbsp Wondra flour**
- ¾ tsp salt**
- ½ tsp black pepper**
- 6 cloves garlic, finely chopped**
- 2 tsp cornstarch**
- ½ cup vegetable broth**
- 3 tbsp chopped parsley**
- 2 tbsp lemon juice**
- 2 tbsp grated Parmesan**

▪ Cook pasta according to package directions, about 9 minutes; add broccolini and red pepper during last

2 minutes of cooking. Reserve ½ cup cooking water. Drain.

▪ Meanwhile, heat 1 tbsp **each** of the oil and butter in large stainless skillet over medium-high heat. Coat scallops with flour and season with ¼ tsp **each** of the salt and pepper. Sauté 2 minutes per side; reserve. Add remaining tbsp oil and butter to skillet and cook garlic 30 seconds. Combine cornstarch and broth; add to skillet and simmer 1 minute.

▪ Add pasta, parsley, lemon juice, remaining ½ tsp salt, remaining ¼ tsp pepper and scallops. Toss gently to combine and simmer 1 minute. Add some of the reserved cooking water if needed.

▪ Spoon into a large serving bowl. Sprinkle with Parmesan.

PER SERVING 500 CAL; 15 g FAT (5 g SAT); 30 g PRO; 59 g CARB; 4 g FIBER; 702 mg SODIUM; 55 mg CHOL



→ GOOD TO KNOW
 Even picky eaters will like the delicate flavor of scallops. A 3-ounce serving has just 95 calories and provides 20 grams of protein.





→ GOOD TO KNOW

Mini sweet peppers are more delicate than larger varieties and make a fast side dish or a great addition to salads.

Portobello Pizza Cheeseburgers

MAKES 6 servings

PREP 5 minutes

BROIL 15 minutes

- 1 lb small sweet peppers (such as Pero Family Farms)
- 2 tbsp olive oil
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 6 medium portobello mushrooms
- 1 can (14½ oz) Italian-seasoned diced tomatoes
- 1 cup reduced-fat shredded Italian 4-cheese blend
- 1 loaf (about 12 oz) crusty Italian bread, sliced in half horizontally and cut into 6 equal pieces

- Heat broiler to high. Set one rack 6 inches from heat source. Place second rack as far from heat source as possible.

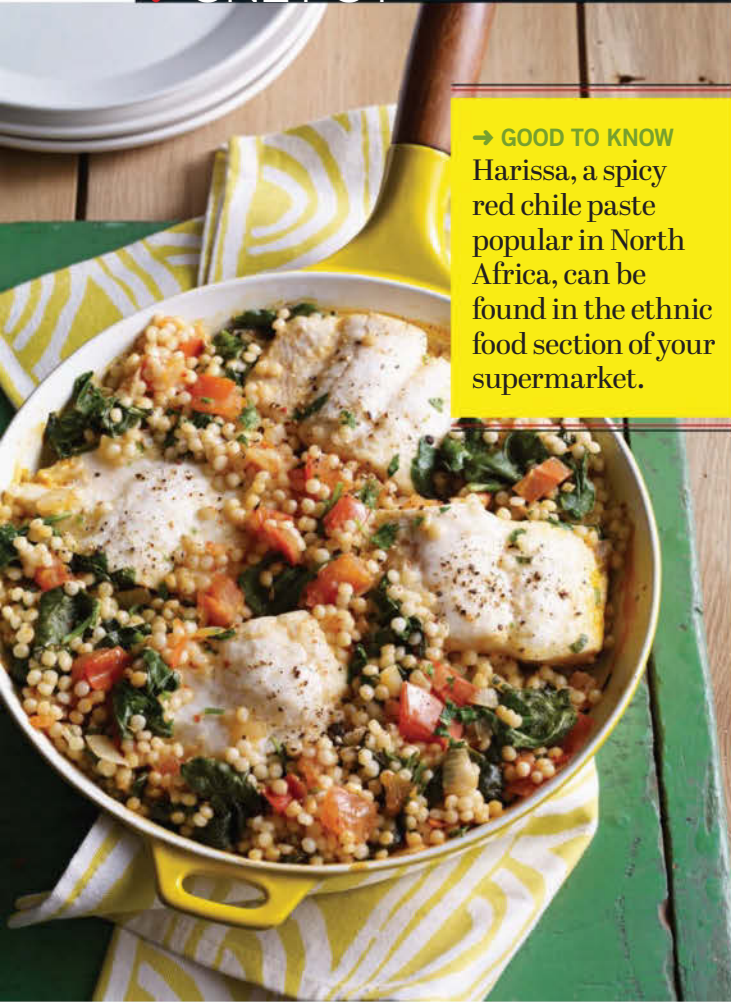
- Place peppers on a rimmed baking sheet. Toss with 1 tbsp of the olive oil and $\frac{1}{8}$ tsp each of the salt and pepper. Place on lower rack of oven and cook 15 minutes, turning once halfway through, until peppers are tender and slightly browned.

- Meanwhile, clean mushrooms and remove gills. Brush with remaining 1 tbsp olive oil and place on a separate baking sheet, cap side up. Place on top rack and broil 4 minutes. Turn and season with remaining $\frac{1}{8}$ tsp each salt and pepper. Broil an additional 3 minutes. Fill with tomatoes and top each mushroom with 3 tbsp cheese. Broil 3 to 4 minutes.

- Sandwich mushrooms between bread slices and serve peppers on the side.

PER SERVING 307 CAL; 11 g FAT (3 g SAT); 13 g PRO; 40 g CARB; 5 g FIBER; 689 mg SODIUM; 10 mg CHOL

✓ ONE-POT



→ **GOOD TO KNOW**
Harissa, a spicy red chile paste popular in North Africa, can be found in the ethnic food section of your supermarket.

Halibut, Pearl Couscous and Harissa

MAKES 4 servings
PREP 5 minutes COOK 17 minutes

- 1 **tbsp canola oil**
- 4 **halibut or swordfish steaks (about 5 oz each)**
- ¾ **tsp salt**
- ½ **tsp black pepper**
- 1 **cup pre-sliced onion**
- 2 **tbsp pre-chopped garlic**
- 2½ **cups vegetable broth**
- 1¼ **cups pearl couscous**
- 1 **pkg (5 oz) baby spinach**
- 4 **plum tomatoes, roughly chopped**
- 3 **tbsp harissa**
- 2 **tbsp chopped parsley (such as Gourmet Garden)**
- 1 **lemon, cut into wedges**

- Heat oil in a large skillet over medium-high heat. Season fish with ¼ tsp each of the salt and pepper. Add to skillet; cook 3 minutes per side. Remove to a plate.

- Add onion and garlic; cook 2 minutes, stirring so that garlic doesn't burn. Add broth and couscous; simmer, covered, 4 minutes. Stir in spinach, tomatoes, harissa and remaining ½ tsp salt and ¼ tsp pepper; cook 2 minutes. Return fish to skillet. Cover and simmer 3 minutes or until couscous is tender.

- To serve, garnish with parsley and lemon wedges.

PER SERVING 414 CAL; 7 g FAT (1 g SAT); 37 g PRO; 49 g CARB; 6 g FIBER; 724 mg SODIUM; 45 mg CHOL

✓ NO-COOK



Tapas Plate

MAKES 4 servings PREP 15 minutes

- 1 **can (15 oz) chickpeas, drained and rinsed**
- ½ **cup sweetened dried cranberries**
- ¾ **cup roasted red peppers, coarsely chopped**
- ¼ **cup chopped red onion**
- 2 **tbsp olive oil**
- 2 **tbsp fruit-infused balsamic vinegar (such as pomegranate or cherry)**
- 1 **tbsp chopped parsley**
- 4 **cups frisée**
- 2 **ripe tomatoes, sliced**
- 12 **thin slices reduced-fat, reduced-sodium ham (about 4 oz)**
- 12 **thin slices reduced-fat, reduced-sodium Swiss cheese (about 4 oz)**
- ¾ **cup Kalamata olives**
- 1 **cup grapes**
- 12 **slices crusty French bread (½ inch thick; about 4 oz total)**

→ **GOOD TO KNOW**
A few tablespoons of fruit-infused vinegar add a big burst of flavor without extra calories.

- In a medium bowl, combine chickpeas, cranberries, red peppers, onion, olive oil, vinegar and parsley.

- On 4 dinner plates, arrange equal amounts of frisée, tomatoes, ham, cheese, olives and grapes. Spoon an equal amount of chickpea mixture over frisée. Serve with bread.

PER SERVING 444 CAL; 19 g FAT (6 g SAT); 22 g PRO; 47 g CARB; 6 g FIBER; 800 mg SODIUM; 35 mg CHOL



BE THE APPLE CINNAMON COOKIE OF SOMEONE'S EYE



REAL FRUIT • WHOLE GRAIN • ONE UNIQUE COOKIE

✓ 20-MINUTE SOUP

→ GOOD TO KNOW

Turn canned beans into a healthier staple by rinsing in a colander. This reduces sodium by 40%.



Sausage and Bean Tortilla Soup

MAKES 6 servings

PREP 5 minutes COOK 15 minutes

- 2 **tbsp canola oil**
- 2 **cups frozen chopped onions and peppers, thawed**
- 2 **fully cooked jalapeño chicken sausages (such as Aidells spicy mango with jalapeño), sliced**
- 1 **can (14½ oz) reduced-sodium stewed tomatoes**
- 1 **can (14½ oz) reduced-sodium chicken broth**

- 1 **can (15 oz) pinto beans, drained and rinsed**
- 1 **can (15 oz) black beans, drained and rinsed**
- 1 **cup frozen corn, thawed**
- 1 **tsp ancho chile powder**
- 1 **tsp dried oregano**
- ¼ **tsp salt**
- 2 **oz baked tortilla chips**
- ¼ **cup sliced scallion**
- 1 **avocado, diced**

▪ Heat oil in a large pot over medium-high heat. Add onions and peppers; cook 2 minutes, stirring occasionally.

Add sausages; cook 3 minutes.

▪ Stir in tomatoes, breaking up with a spoon. Add chicken broth, pinto beans, black beans, corn, chile powder, oregano and salt. Bring to a boil; lower heat and simmer, covered, 10 minutes.

▪ To serve, spoon into soup bowls; crush tortilla chips over each serving and top with scallion and avocado.

PER SERVING 382 CAL; 13 g FAT (2 g SAT); 17 g PRO; 54 g CARB; 14 g FIBER; 780 mg SODIUM; 17 mg CHOL

✓ EASY PREP



Moo Shu Chicken Salad

MAKES 4 servings

PREP 5 minutes COOK 5 minutes

- 2 **tsp canola oil**
- 1 **bag (10 oz) coleslaw mix**
- ¾ **cup shredded carrot**
- ¾ **cup moo shu stir-fry sauce (such as Iron Chef or China Bowl)**
- 4 **cups shredded rotisserie chicken**
- 8 **cups Asian salad blend, (such as Earthbound Farms Zen Blend)**
- 3 **scallions, sliced**
- ½ **cup unsalted peanuts, chopped (see Note)**

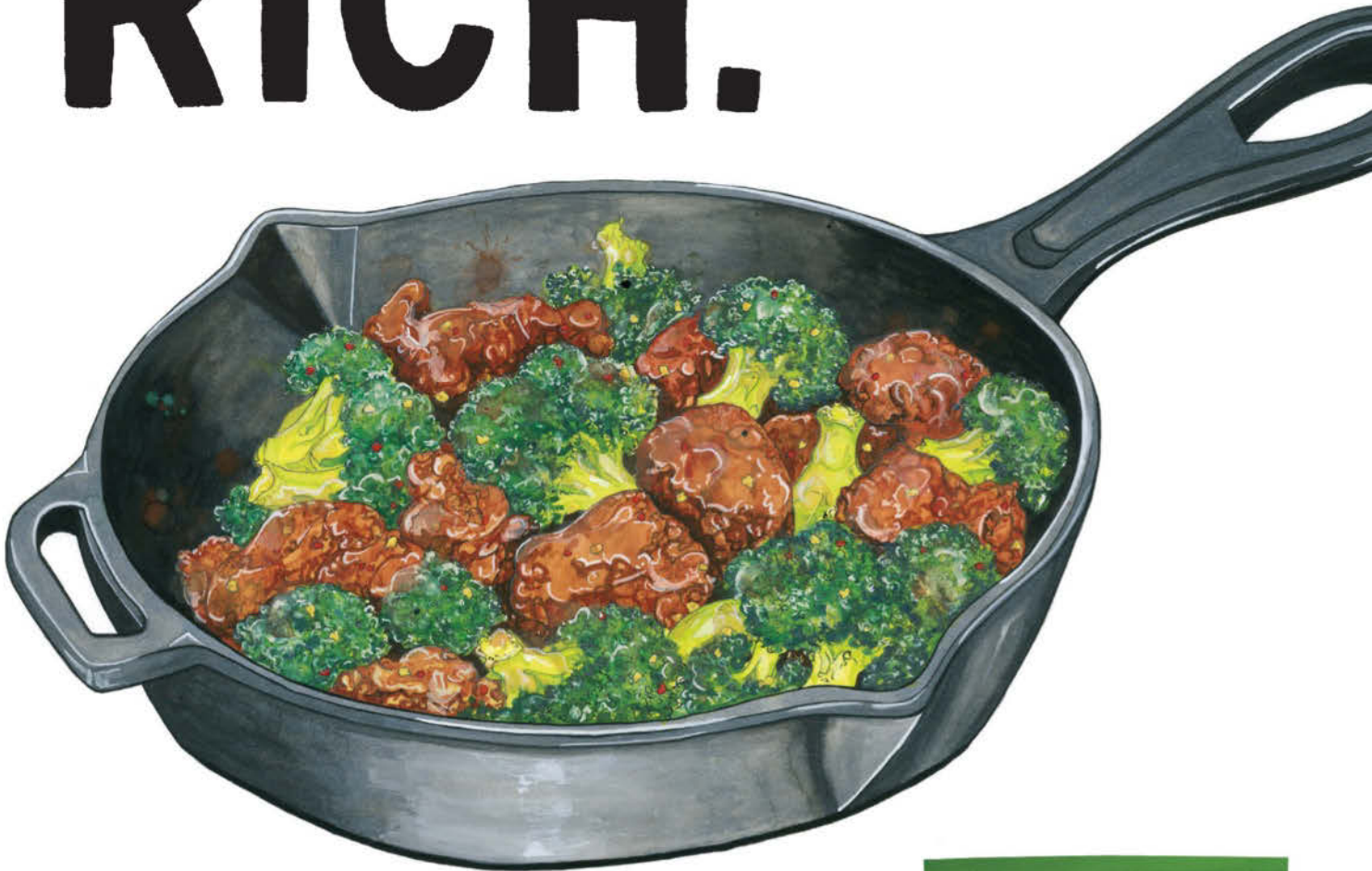
▪ Heat oil in a large nonstick skillet over medium-high heat. Add coleslaw mix and carrot; cook for 5 minutes, stirring occasionally, until partially wilted. Stir in ½ cup of the sauce and bring to a simmer. Stir in chicken.

▪ To serve, place greens on a large serving platter. Spoon chicken mixture over greens and sprinkle with scallions and peanuts. Serve remaining ¼ cup stir-fry sauce on the side for drizzling over salad.

PER SERVING 448 CAL; 18 g FAT (2 g SAT); 49 g PRO; 22 g CARB; 5 g FIBER; 555 mg SODIUM; 119 mg CHOL

NOTE: If peanut allergies are an issue, soy nuts are an excellent substitute.

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IN FLAVOR. NOT CASH.

Premium beef and broccoli in a savory garlic soy sauce.

Ready for two in ten minutes — and all profits go to charity.

How's that for a satisfying meal?

In the frozen aisle.



SMALL WONDERS

DON'T BE FOOLED BY THEIR SIZE:
THESE SLIDERS PACK **BIG** FLAVOR!



**MINI BACON
CHEESEBURGERS**

BY MICHAEL TYRRELL
PHOTOGRAPHY BY DAVID PRINCE

REUBEN SLIDERS



GRILLED SHIITAKE SLIDERS

BUFFALO CHICKEN SLIDERS



CRAB CAKE SLIDERS



MINI LAMB SLIDERS



MEATBALL SLIDERS

BBQ PULLED-CHICKEN SLIDERS



CAPRESE SLIDERS

SOUTHWEST TURKEY SLIDERS



ON THE COVER

Mini Bacon Cheeseburgers

MAKES 8 sliders

PREP 15 minutes

COOK 4 minutes

- 1 lb ground beef chuck
- 1 tbsp Worcestershire sauce
- 1 tsp garlic flakes
- 1 tsp onion flakes
- 1 tbsp vegetable oil
- 8 slices (¼-inch thick) Cracker Barrel sharp cheddar
- 8 slider buns (sesame seeded, if available)
- 4 slices bacon, each cut into 4 pieces crossways, cooked

■ In a medium bowl, combine beef, Worcestershire sauce, garlic flakes and onion flakes. Form into 8 patties, about 2½ inches in diameter.

■ Heat oil in a large nonstick skillet over medium-high heat. Add patties and cook 2 minutes. Turn and add one cheddar slice to each; cook 2 additional minutes, until cheddar melts.

■ Place slider on roll and top each with 2 pieces of bacon.

PER SLIDER 311 CAL; 16 g FAT (8 g SAT); 22 g PRO; 22 g CARB; 1 g FIBER; 483 mg SODIUM; 56 mg CHOL

Reuben Sliders

MAKES 8 sliders

PREP 10 minutes

BAKE at 400° for 5 minutes

- 8 everything mini bagels
- 16 tsp Thousand Island dressing
- 8 oz thinly sliced deli corned beef
- ¾ cup sauerkraut, heated
- 4 oz thinly sliced Swiss cheese

■ Heat oven to 400°.

■ Place bottom halves of bagels on a baking sheet and spread each with 2 tsp dressing. Layer each with 1 oz corned beef, 1½ tsp sauerkraut and ½ oz Swiss

cheese. Bake 5 minutes or until cheese melts. Top each with other half of bagel and serve.

PER SLIDER 224 CAL; 12 g FAT (4 g SAT); 11 g PRO; 17 g CARB; 1 g FIBER; 754 mg SODIUM; 31 mg CHOL

Grilled Shiitake Sliders

MAKES 8 sliders

PREP 15 minutes

GRILL 4 minutes

- 32 shiitake mushrooms, cleaned and stems removed
- 2 tbsp olive oil
- ½ tsp salt
- ½ tsp black pepper
- 8 seeded slider rolls (such as Pepperidge Farm)
- 8 tbsp sun-dried-tomato pesto
- 8 slices smoked Gouda (about 1 oz each), at room temperature
- 1 cup roasted red pepper strips
- 1 cup watercress

■ Heat a gas grill or stovetop grill to medium-high. Lightly grease grill racks or grill pan.

■ Brush mushrooms with olive oil and season with salt and pepper. Grill 2 minutes per side.

■ To serve, spread bottom half of each roll with 1 tbsp pesto. Layer with mushrooms, Gouda, red pepper strips and watercress. Top with remaining bun halves.

PER SLIDER 270 CAL; 14 g FAT (6g SAT); 12 g PRO; 26 g CARB; 2 g FIBER; 552 mg SODIUM; 33 mg CHOL

ON THE COVER Buffalo Chicken Sliders

MAKES 8 sliders

PREP 15 minutes COOK 4 minutes

- 4 thinly sliced chicken cutlets (about 3 oz each) cut in half or thirds crossways
- 2 eggs, lightly beaten
- ½ cup unseasoned bread crumbs
- 2 tbsp vegetable oil

2 large ribs celery, cut into 1-inch matchsticks

1 carrot, cut into 1-inch matchsticks

2 tbsp chunky blue cheese dressing

8 small brioche buns, split

16 tsp Frank's Wing Sauce

■ Dip chicken pieces in egg and dredge in bread crumbs.

■ Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook 2 minutes per side, until lightly browned. Remove to a plate.

■ In a small bowl, combine celery, carrot and dressing.

■ Place a piece of chicken on bottom half of each roll; add 2 tsp hot sauce and ⅛ of the celery mixture to each and top with remaining roll halves.

PER SLIDER 243 CAL; 11 g FAT (3 g SAT); 15 g PRO; 23 g CARB; 1 g FIBER; 402 mg SODIUM; 78 mg CHOL

ON THE COVER Crab Cake Sliders

MAKES 8 sliders

PREP 15 minutes REFRIGERATE 1 hour

COOK 10 minutes

8 oz crab claw meat (such as Phillips)

⅓ cup panko bread crumbs

3 tbsp mayonnaise

3 tbsp finely chopped sweet red pepper

1 scallion, chopped

1 tbsp teriyaki sauce

⅓ tsp ground ginger

2 tbsp canola oil

8 small potato rolls, split

8 small pieces frisée

8 tsp wasabi mayonnaise

8 lime wedges for squeezing (optional)

■ In a medium bowl, gently combine crab meat, panko, mayonnaise, red pepper, scallion, teriyaki sauce and ginger. Form into 8 small patties and place on a dish; refrigerate 1 hour.

(continued on page 132)

WINE

If a cold one is all you ever drink with a burger, you're missing out. Here are some toast-worthy pairings.



STACK WINES CALIFORNIA VARIETY STACK

You *can* take it with you! Tear-apart stacked stemless wineglasses—filled with single servings of a variety of wines—complement both meat and fish. \$12



WILLIAM HILL ESTATE 2012 NORTH COAST CHARDONNAY

This wine hails from the Silverado Trail, just the other side of Napa Valley. Its notes of citrus and hint of tropical fruit match perfectly with grilled seafood. Serve well chilled. \$13



BLACK BOX RED ELEGANCE

Think of it as an upgraded juice box. This new velvety blend from an award-winning winemaker is a mix of varietals, including Merlot, Syrah, Zinfandel and Petite Sirah, displaying hints of red fruit and blueberries. It's ideal with a burger or veggies, and the vacuum seal keeps opened wine fresh for a month.

\$25 for a 3-liter box



**The slower we make it,
the faster you eat it.**

We start with the very best cuts and cure them for 12 hours, then it's on to our natural hardwood smokehouse for another 12 hours. Because bacon this good can't be rushed.



It's Unanimous Food. It's *Oscar Mayer*.

- Heat oil in a large nonstick skillet over medium-high heat. Add 4 crab cakes and cook 4 to 5 minutes, without moving, until well browned. Gently turn and cook an additional 4 to 5 minutes. Remove to a plate and keep warm. Repeat with remaining crab cakes.

- Place a piece of frisée on bottom of each roll and top with a crab cake. Spread cut side of each top half with 1 tsp wasabi mayonnaise and place on top of crab cake. Serve immediately with lime wedges, if desired.

PER SLIDER 290 CAL; 11 g FAT (2 g SAT); 13 g PRO; 36 g CARB; 1 g FIBER; 409 mg SODIUM; 26 mg CHOL

Mini Lamb Sliders

MAKES 8 sliders PREP 15 minutes
COOK 6 minutes

- 1 lb ground lamb
- 1 tsp dried Greek seasoning (such as McCormick)
- ¼ tsp salt
- ¼ tsp black pepper
- 2 cups baby spinach
- ½ cup crumbled feta cheese
- ¼ small red onion, thinly sliced
- 1 tbsp olive oil
- 2 tsp red wine vinegar
- 16 mini pitas, heated

- In a medium bowl, gently combine lamb, Greek seasoning, salt and pepper. Form into 8 patties.

- Heat a large nonstick skillet over medium-high heat. Add patties and cook 3 minutes per side. Remove to a plate.

- In a medium bowl, combine spinach, feta, onion, oil and vinegar; gently toss.

- Place each patty on a pita with some of the spinach salad. Top with another pita and serve immediately.

PER SLIDER 255 CAL; 14 g FAT (6 g SAT); 17 g PRO; 13 g CARB; 1 g FIBER; 303 mg SODIUM; 61 mg CHOL

Meatball Sliders

MAKES 12 sliders
PREP 20 minutes
BAKE at 350° for 30 minutes

- 1 lb ground meatloaf mix (beef, pork and veal)
- ½ cup unseasoned bread crumbs
- 1 egg, lightly beaten
- 1 tsp Italian seasoning
- ¼ tsp salt
- ¼ tsp black pepper
- 1½ cups jarred marinara sauce, heated
- 6 oz thinly sliced Fontina cheese
- 12 King's Hawaiian sweet dinner rolls
- 12 radicchio leaves
- 12 basil leaves

- Heat oven to 350°. Line a rimmed baking sheet with foil and lightly coat with nonstick cooking spray.

- In a large bowl, combine meatloaf mix, bread crumbs, egg, Italian seasoning, salt and pepper. Form into 12 meatballs and place on prepared baking sheet. Bake at 350° for 30 minutes. Spoon 2 tbsp sauce over each meatball. Divide Fontina into 12 portions and fold over and place on top of meatballs. Return to oven for 1 minute, until Fontina starts to melt slightly.

- Place a radicchio leaf, a basil leaf and a meatball on bottom half of each roll. Top with remaining roll halves.

PER SLIDER 388 CAL; 16 g FAT (9 g SAT); 19 g PRO; 41 g CARB; 3 g FIBER; 523 mg SODIUM; 90 mg CHOL

BBQ Pulled-Chicken Sliders

MAKES 20 sliders
PREP 15 minutes
SLOW COOK on HIGH for 4 hours

- ½ cup ketchup
- ⅓ cup light brown sugar
- 2 tsp reduced-sodium soy sauce
- 1 tsp reduced-sodium Worcestershire sauce

- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 bottle (12 oz) Samuel Adams Boston lager
- 2 lbs boneless, skinless chicken breasts (about 4 large breasts)
- 2 pkg (12 oz each) refrigerated buttermilk biscuits (such as Pillsbury Grands! Jr), baked according to pkg directions
- 60 bread-and-butter pickle slices

- Coat slow cooker bowl with nonstick cooking spray. Add ketchup, brown sugar, soy sauce, Worcestershire, chili powder, garlic powder and paprika. Whisk until smooth; whisk in beer.

- Add chicken, cover and cook on HIGH for 4 hours. Remove chicken to a plate and shred with 2 forks. Return to slow cooker and stir to coat chicken with sauce.

- To serve, spoon about ¼ cup chicken on each biscuit and top with 3 pickle slices.

PER SLIDER 195 CAL; 5 g FAT (1 g SAT); 11 g PRO; 25 g CARB; 0 g FIBER; 589 mg SODIUM; 25 mg CHOL

Caprese Sliders

MAKES 8 sliders PREP 15 minutes
BAKE at 400° for 12 minutes
GRILL 3 minutes

- 1 pkg (12 oz) frozen Alexia artisan French rolls
- 2 medium tomatoes, cut into ½-inch slices
- 1 tbsp olive oil
- 8 tsp prepared basil pesto
- 16 small fresh basil leaves
- ½ lb fresh mozzarella, cut into ¼-inch slices
- 16 thin slices ripe avocado

- Heat oven to 400°. Place rolls on a baking sheet and bake 10 to 12 minutes, following package directions. Allow to cool.

(continued on page 134)

BEER AND HARD CIDER

Try one of these refreshing brews. The crisp, tangy flavor of hard cider makes it a worthy companion for your sliders.



GOOSE ISLAND 312 URBAN PALE ALE

The latest addition to the Chicago-based craft brewery's lineup has a bright hops aroma with a slight crisp bitterness and a touch of sweetness. \$8 for a six-pack



ROGUE FARMS HONEY KOLSCH

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STRONGBOW GOLD APPLE HARD CIDER

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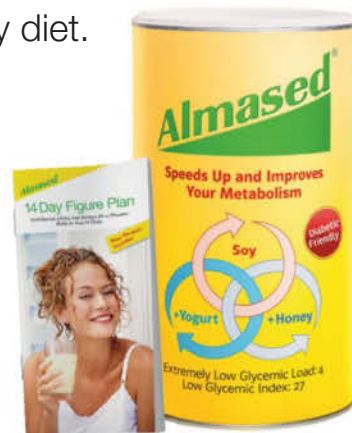
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Unwrap the zesty side of Potatoes.



Grilled Potato Bake

Servings: 4

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients

- 1 pound assorted potatoes, such as red, Yukon Gold or white, russet, purple, fingerlings
- 1 red bell pepper
- 1 yellow bell pepper
- 1 medium yellow onion
- 1 medium zucchini
- 1 tablespoon olive oil
- 1/4 teaspoon pepper
- 1/2 teaspoon sea salt

Directions

- Preheat grill. Cut potatoes into 1/2-inch cubes and place into a microwave-safe bowl. Cover bowl and microwave on high for 5 minutes.
- Cut all remaining vegetables into 1-inch pieces and place all ingredients into the potato bowl. Toss with olive oil, salt and pepper.
- Using 12-inch long pieces of aluminum foil, place 1 1/2 cups of mixture into the center of the foil. Tent the foil and fold corners together rolling ends together to seal.
- Cook on grill for 15 minutes or until vegetables are tender when pierced with a sharp knife. Be very careful when opening the packets using tongs, as the steam will be very hot.

potatogoodness.com



- Heat stovetop grill to medium-high. Brush tomato slices with olive oil and grill 2 minutes. Turn and grill 1 additional minute.

- Split rolls horizontally and spread bottom half of each with 1 tsp pesto. Layer each with 1 tomato slice, 2 basil leaves, 1 mozzarella slice and 2 avocado slices. Top with remaining roll halves.

PER SLIDER 256 CAL; 13 g FAT (1 g SAT); 9 g PRO; 23 g CARB; 3 g FIBER; 358 mg SODIUM; 27 mg CHOL

Southwest Turkey Sliders

MAKES 12 sliders **PREP** 15 minutes

REFRIGERATE 30 minutes **COOK** 6 minutes

- 1/4 cup unseasoned bread crumbs
- 3 tbsp milk
- 1 1/4 lbs ground turkey
- 1 egg, lightly beaten
- 3 tbsp chopped cilantro
- 2 tbsp chopped pickled jalapeños
- 1 tbsp McCormick Perfect Pinch salt-free Southwest seasoning
- 1/2 tsp salt
- 12 small slices (1/2 oz each) pepper Jack cheese
- 12 dinner-size potato rolls
- 6 tsp reduced-fat mayonnaise
- 4 plum tomatoes, thinly sliced
- Cilantro sprigs, for garnish
- Lime wedges, for squeezing

- In a large bowl, combine bread crumbs and milk. Add turkey, egg, cilantro, jalapeños, Southwest seasoning and salt. Gently mix until combined. Form into 12 patties, using a scant 1/4 cup for each (about 3 inches in diameter). Place on a wax-paper-lined baking sheet and refrigerate 30 minutes.

- Heat a gas grill or stovetop grill to medium-high. Lightly grease grill rack or stovetop grill. Grill sliders for 3 minutes. Turn and place pepper Jack on top; grill 3 additional minutes. Remove to a plate.

- To serve, spread 1/2 tsp mayonnaise on bottom half of each roll. Layer with a turkey patty, a few tomato slices, cilantro sprigs and a squeeze of lime.

PER SLIDER 214 CAL; 9 g FAT (3 g SAT); 14 g PRO; 17 g CARB; 1 g FIBER; 574 mg SODIUM; 68 mg CHOL

SNACKS

Let the chips fall where they may, but you'll definitely want these on your plate.



THE BETTER CHIP

This brand's health-conscious snacks mix it up with simple ingredients in unusual varieties, including Jalapeños, Spinach & Kale, Beets and Chipotles.



CAPE COD POTATO CHIPS

Known for its addictive chips, Cape Cod has introduced a welcome addition with its Buffalo Cheddar Waffle Cut.



PASTA CHIPS

Chips, Italian-style. These are made with semolina flour and herbs, in an array of flavors, such as Garlic Olive Oil, Spicy Tomato Herb and Alfredo.

Grilled Potato Bake
148 calories per serving,
fresh, gluten free,
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Marco!



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CELEBRATE THE START
OF SUMMER WITH AN
ALFRESCO FEAST.

BY SHELLEY WISEMAN AND
JULIE MILTENBERGER

PHOTOGRAPHY BY
TINA RUPP

Grilled Pork
Tacos and Grilled
Garlic-Marinated
Skirt Steak Tacos
pages 141 and 138

Handmade Corn Tortillas

MAKES 1½ lbs dough, enough for fourteen 5½- to 6-inch tortillas or thirty-five 4-inch tortillas

PREP 5 minutes **LET STAND** 5 minutes

COOK about 1 minute, 45 seconds per tortilla

- 2 cups masa harina (corn tortilla flour), such as Maseca**
- ½ tsp salt**
- 1½ to 1¾ cups warm water**
- 1 tortilla press (found at cooking-supply stores or imusausa.com)**
- 2 6-inch rounds of plastic (cut from a ziplock bag)**

Combine masa harina, salt and 1½ cups of the water in a large bowl and knead with your hands until a uniform dough forms, 1 to 2 minutes. The dough should be slightly moister than fresh Play-Doh but just stiff enough to form into a ball. If necessary, knead a little more water into the dough. Let stand, covered with plastic wrap, for 5 minutes. The dough will dry out as it sits, so keep it covered with plastic while you work.

For 5½- to 6-inch tortillas: Pinch off 3 tbsp dough and form into a 1½-inch ball (about the size of a golf ball). Form more balls as you press and cook them. For 4-inch tortillas: Pinch off 1 tbsp dough and form a ¾-inch ball. Form more balls as you press and cook them.

Heat a comal or flat griddle over medium heat until hot, about 2 minutes. Press a ball of dough between plastic rounds in tortilla press to form a tortilla. If uneven, rotate tortilla 180° and press again to desired size. Peel off 1 plastic round, then, holding tortilla over the edge of your palm, carefully peel off the other round so that tortilla is dangling from your palm. Transfer tortilla to griddle by letting the dangling edge touch it and slowly pulling your hand back as you lay the tortilla down on the griddle. This will

The trick to making tortillas is to get a rhythm going so that you can make more than one at a time, though at the beginning you may want to go slowly so you can time what you are doing. It's a good idea to get a comal, a griddle that is about 12 inches around, or buy a long double griddle that will fit over two burners. The tortillas should puff when they have been turned over twice, a sign that they are about to be done and ready to be kept warm in a cloth-lined tortilla basket.

take a little practice, but it's better than flipping tortillas onto the griddle because they rarely end up lying flat.

Cook until edges lift just slightly from griddle, about 15 seconds. Turn over (you can lift the edge of the tortilla with a butter knife or spatula to help you, but then grab it with your fingers and flip it over). Cook until a few faint brown spots appear on the underside, about 45 seconds. Turn over again and cook until tortilla inflates slightly (this may not always happen) and small brown spots appear on the second side, another 45 seconds. Transfer tortilla to a cloth-lined tortilla basket to keep warm as you make more tortillas.

Grilled Garlic-Marinated Skirt Steak Tacos

MAKES 18 to 24 tacos **PREP** 5 minutes

MARINATE 30 minutes to 24 hours

GRILL 6 minutes

- 3 lbs skirt steak (about 3 long steaks)**
- 3 tbsp finely chopped garlic**
- 3 tbsp olive oil**
- Coarse salt, to taste**
- 3 tbsp fresh lime juice, or to taste**
- Warm corn or flour tortillas**
- Charred Spring Onions (recipe follows)**
- Sliced avocado, radishes, cilantro**

If necessary, trim membrane from steaks by pulling it away in one piece. Place steaks in a

baking dish, rub with garlic and oil and marinate, chilled, for at least 30 minutes and up to 24 hours.

Prepare a grill or heat the broiler. Season steaks generously with coarse salt and grill over glowing coals or direct heat on a gas grill for about 3 minutes on each side, turning once, for medium-rare. (Alternatively, broil steaks 3 inches from heat for about 4 minutes on each side.) Transfer steaks to a platter and drizzle with lime juice. Let stand, loosely covered with foil, for 5 minutes. Cut diagonally across the grain into thin slices. Make tacos with tortillas, Charred Spring Onions, avocado, radishes and cilantro, if desired.

Charred Spring Onions

MAKES 20 **PREP** 5 minutes

GRILL 7 minutes

Prepare a grill or heat the broiler. Trim roots and ends from **20 spring onions**, leaving about 8 inches of green stalk. In a large bowl, toss onions with **1 tbsp vegetable oil or mild olive oil** and **½ tsp salt**.

Grill onions on heated grill, turning them with tongs 3 or 4 times, for 5 to 7 minutes or until softened and lightly charred. If you don't have a grill, broil onions on a broiler pan about 3 inches from heat, turning 2 or 3 times, for 10 to 12 minutes. Transfer onions to a platter and squeeze **2 lime halves** over them.

White onions are common in Mexican markets. With less sugar than yellow onions, they keep better when cut and have a refreshing crunch when raw. Green onions have a bulb base and are longer than scallions. Find them in farmers' markets in spring and early summer, and in Latino markets year-round.



Cucumber and Greens

MAKES 6 servings **PREP** 20 minutes

- 6 cups packed baby romaine**
- 6 cups packed baby arugula**
- 1 cup thinly sliced red pepper strips**
- 1 medium cucumber**
- ¼ cup Greek yogurt**
- ¼ cup light mayonnaise**
- ¼ cup milk**
- 3 tbsp fresh lime juice**
- 2 tbsp olive oil**
- ½ tsp sugar**
- ¼ tsp salt**
- ¼ tsp black pepper**
- Crumbled goat, farmer or Cotija cheese (optional)**

Combine romaine, arugula and red pepper strips in a large bowl. Trim cucumber, then shave with a vegetable peeler onto paper towels (discard seeds). Blot dry and add to bowl with lettuces.

In a medium bowl, whisk yogurt, mayonnaise, milk, lime juice, olive oil, sugar, salt and pepper. Drizzle about half of the dressing over salad and toss to combine. Sprinkle with crumbled cheese, if desired.

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Tacos with Grilled Shrimp in Adobo

MAKES 8 to 10 tacos **PREP** 5 minutes
MARINATE 20 minutes to 2 hours
GRILL 4 minutes per batch

- 1 lb medium shrimp (30 to 35 count), peeled and deveined**
- ½ tsp salt**
- ⅓ cup Adobo Marinade (recipe follows), plus more for drizzling**
- Metal or soaked bamboo skewers**
- Warm tortillas, sliced avocado, chopped onion and cilantro**

- Toss shrimp in a large bowl with salt. Add Adobo Marinade and toss to coat.
- Thread shrimp onto skewers and refrigerate on a tray, covered with plastic wrap, for at least 20 minutes and up to 2 hours. (You can chill them before threading onto skewers if you prefer.)
- Prepare a grill or heat a grill pan. Grill shrimp until just cooked through, about 2 minutes per side.
- Remove shrimp from skewers and make tacos with the accompaniments, using 3 to 4 shrimp per taco. Drizzle with additional marinade before serving.

The dried-chile sauce called adobo is a Mexican version of barbecue sauce and works just as well for marinating meat. The marinade can be frozen for about a month, so keep some on hand for quick meals like this.

Adobo Marinade

MAKES 1½ cups
PREP 5 minutes **COOK** 10 minutes
SOAK 20 minutes

- Heat a flat griddle or a large, heavy skillet. Toast **5 large garlic cloves**, unpeeled, turning once or twice until they are somewhat softened (they'll give slightly when squeezed) and browned in patches, about 8 minutes. Peel.
- In same griddle or skillet, toast **4 large ancho chiles** (2 oz total), cut open and seeded, in batches, turning and pressing with tongs until they are fragrant, pliable and have turned a brighter red, about 1 minute. Transfer chiles to a bowl of cold water and soak to soften, about 20 minutes. Drain.
- Toast **½ tsp cumin seeds**, **5 whole peppercorns** and **1 whole clove** in a small skillet over medium heat, stirring, until fragrant, about 1 minute.

- Combine spices, drained chiles, toasted garlic, **1 clove raw garlic**, **½ cup water**, **1 tsp cider vinegar**, **¼ tsp dried Mexican oregano**, **½ tsp salt** and **½ tsp sugar** in a blender. Blend until smooth, about 2 minutes, adding more water, 1 tbsp at a time, only if necessary to help mixture blend properly.

Grilled Pork Tacos

MAKES 9 to 12 tacos **PREP** 15 minutes
MARINATE 1 hour to 24 hours
GRILL 4 minutes per batch

- 1 orange**
- 1 lime**
- 3 medium cloves garlic, peeled**
- 1 tsp salt**
- ½ tsp whole peppercorns**
- 4 ½-inch-thick bone-in pork chops (about 1½ lbs) or boneless pork chops, pounded to flatten**

Vegetable oil

Warm corn tortillas, Cherry Tomato Salsa (recipe follows), avocado, chopped white onion and cilantro

- Squeeze juice from orange and lime into a blender. Add garlic, salt and peppercorns. Blend until pepper is ground. Pour marinade into a wide container and put pork chops in marinade, turning to season evenly. Cover and chill chops for at least 1 hour and up to 24 hours, turning occasionally.
- Prepare a grill or heat a grill pan. Brush grill rack or pan lightly with oil and cook pork chops (in batches, if necessary) until just cooked through, about 2 minutes per side. Transfer chops to a plate to rest for a few minutes, then thinly slice meat and mix with

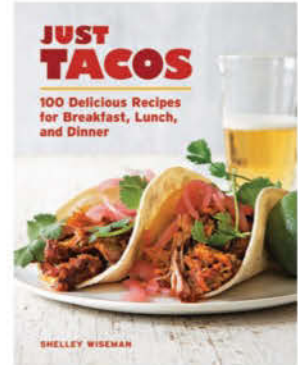
any juices on plate. Make tacos with tortillas, salsa, avocado, onion and cilantro.

Cherry Tomato Salsa

MAKES 3 cups **PREP** 15 minutes

- 1½ pints assorted cherry tomatoes, quartered**
- ½ cup finely chopped red onion**
- 1 jalapeño, seeds removed, finely chopped**
- 2 cloves garlic, minced**
- 1 tbsp chopped cilantro**
- 1 tbsp lime juice**
- ¼ tsp salt**
- ⅛ tsp pepper**

- In a medium bowl, combine tomatoes, red onion, jalapeño, garlic, cilantro and lime juice. Season with salt and pepper and stir to combine.



Recipes excerpted from *Just Tacos* by Shelley Wiseman (Taunton Press).

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Strawberry Agua Fresca

MAKES 5 cups PREP 10 minutes

- 2 to 3 cups cut-up strawberries
- 2 cups water; more as desired
- 1 to 2 cups ice
- 1 to 2 tbsp fresh mint leaves
- Sugar (optional)
- Juice of 1 lime (optional)

Put strawberries, water, ice and mint in a blender and blend until smooth (you don't want chips of ice). Taste and add sugar or lime juice as desired and blend again. If seeds will bother you, strain through a sieve. Serve in a pitcher with additional ice. Thin with more water for a very light drink, if desired.

Jalapeño Margaritas

MAKES 6 servings PREP 15 minutes COOK 2 minutes

- $\frac{1}{3}$ cup sugar
- $\frac{3}{4}$ cup fresh lime juice (from 4 limes)
- 3 tbsp fresh lemon juice (from 1 lemon)
- 1 large jalapeño, seeds and white ribs removed, sliced
- $1\frac{1}{2}$ cups silver tequila (100% agave)
- $\frac{1}{3}$ cup triple sec (orange liqueur)
- Lime wedges
- White or green decorating sugar, for garnish
- Ice

Combine sugar and $\frac{1}{3}$ cup water in a small saucepan. Cook over high heat until simmering; stir until sugar is completely dissolved, about 2 minutes. Cool.

Combine cooled sugar syrup (should be $\frac{1}{3}$ cup), lime juice, lemon juice and jalapeño in a blender. Blend on highest speed until pureed, about 1 minute. Pour into a pitcher.

Add tequila and triple sec to pitcher. Refrigerate until serving. To serve, run a lime wedge around rims of 6 glasses. Dip glass rims in white or green decorating sugar and fill glasses with ice. Pour margaritas over ice and serve.

Tres Leches Cake

MAKES 16 servings PREP 15 minutes BAKE at 350° for 27 minutes REFRIGERATE overnight

CAKE

- $1\frac{1}{2}$ cups all-purpose flour
- 2 tsp baking powder
- 5 eggs, separated
- $\frac{3}{4}$ cup plus 2 tbsp sugar
- 1 tsp vanilla extract

SOAKING LIQUID

- 1 can (13.5 oz) coconut milk
- 1 can (14 oz) sweetened condensed milk
- $\frac{1}{2}$ cup fresh milk

FROSTING

- 1 cup heavy cream
- 2 tbsp sugar

Heat oven to 350°. Coat a 13 x 9 x 2-inch baking pan with nonstick cooking spray. Line bottom of pan with wax paper; coat paper.

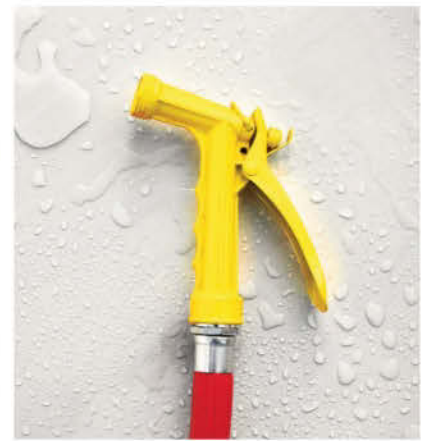
Cake. In a medium bowl, whisk together flour and baking powder. In a large bowl, beat egg whites until soft peaks form. Slowly add $\frac{1}{4}$ cup of the sugar; beat until stiff peaks form.

In a separate large bowl, beat egg yolks with remaining $\frac{1}{2}$ cup plus 2 tbsp sugar and vanilla until thick, about 3 minutes. Fold in whites, then flour mixture. Pour batter into pan and spread to edges. Bake at 350° for 27 minutes or until top springs back when pressed. Invert onto a wire rack and cool completely.

Soaking Liquid. In a medium bowl, whisk together coconut milk, condensed milk and fresh milk. Remove wax paper from cake and, with a wooden skewer, poke holes all over cake, 1 inch apart. Return cake to pan (upside down).

Slowly pour half of the soaking liquid over top, letting it seep into holes. Repeat (there will be some liquid sitting on top of the cake). Cover with plastic wrap and refrigerate overnight.

Frosting. Whip heavy cream and sugar on medium-high speed until medium-stiff peaks form. Spread over cake.



REAL ICE CREAM



REAL MOMENTS



A MONTH OF HEALTHY WEEKNIGHT DINNERS

WEEK

MONDAY

TUESDAY

WEDNESDAY

1



● **SCALLOPS, RED PEPPER, BROCCOLINI AND LINGUINE**

Page 118

Serve with: Italian Salad. Whisk 2 T red wine vinegar, 1 T water, 2 tsp olive oil, 1/2 tsp garlic salt and 1 tsp chopped fresh oregano. Toss with 2 cups **each** fresh spinach and leaf lettuce and 1 **each** sliced onion and red pepper. Sprinkle with Parmesan.



● **CHICKEN FINGERS**

Cut 12 oz chicken breast into 3/4-inch strips. Dip chicken into a mixture of 1 beaten egg, 1 T honey and 1 tsp

yellow mustard, then coat with a mixture of 2 cups crushed cornflakes, 1/4 tsp salt and 1/8 tsp pepper. Arrange chicken on a baking sheet. Coat with nonstick cooking spray. Bake at 450° for 15 minutes.



● **TACOS WITH GRILLED SHRIMP IN ADOBO**

Page 140

Serve with: Edamame-Avocado Dip. Blend one 12 oz package thawed frozen shelled edamame, 1 chopped avocado, 1/4 cup chopped onion, 3 T lemon juice, 2 T basil pesto and 3/4 tsp salt. Serve with fresh vegetables for dipping.

2



● **TAPAS PLATE**

Page 120

Serve with: Raspberry-Lemonade Spritzers. Puree 1 1/2 cups fresh raspberries in a food processor. Press through a fine-mesh sieve to strain out seeds. Stir in 5 cups sparkling water and 6 oz thawed frozen lemonade concentrate. Serve over ice.



● **CRAB CAKE SLIDERS**

Page 130

Serve two sliders with: Asian Coleslaw. Combine 4 cups shredded cabbage, 1 cup sliced yellow pepper, 1/4 cup sliced scallions and 1/4 cup chopped fresh cilantro. Toss with 1/2 cup bottled low-fat sesame-ginger salad dressing. Serve immediately or chill up to 24 hours.



● **CHICKEN WITH CHIMICHURRI SAUCE**

Blend 3/4 cup packed Italian parsley, 1 T cider vinegar, 2 cloves garlic and 1/4 tsp crushed red pepper in a food processor. Serve over grilled chicken breasts. Sprinkle with shredded lemon zest and serve with lemon wedges.

3



● **SOUTHWEST TURKEY SLIDERS**

Page 134

Serve two sliders with: Peppered Tortilla Chips. Brush 4 flour tortillas with 2 T olive oil. Sprinkle with a mixture of 1/2 tsp paprika and 1/4 tsp **each** salt and pepper. Cut each tortilla into 8 wedges. Bake at 350° for 8 to 10 minutes.



● **TUNA WITH CITRUS RELISH**

Combine 1 T olive oil, 2 tsp **each** sherry vinegar and soy sauce and 1/2 tsp grated fresh ginger. Stir in 1 cup **each**

chopped grapefruit and chopped orange and 2 T **each** chopped red onion and chopped fresh cilantro. Cook 4 tuna steaks over medium heat for 6 to 8 minutes, until fish flakes. Serve with citrus relish.



● **GRILLED PORK TACOS**

Page 141

Serve with: Easy Spanish Rice. Cook 1 cup long-grain rice in 2 T vegetable oil for 5 minutes. Stir in 2 cups reduced-sodium chicken broth, 1/4 cup tomato sauce and 1/4 cup water. Bring to a boil; reduce heat. Simmer for 20 minutes. Season to taste with salt and pepper and serve with hot pepper sauce.

4



● **GRILLED GARLIC-MARINATED SKIRT STEAK TACOS**

Page 138

Serve with: Spicy Black Beans. Cook 1/2 cup chopped onion and 4 cloves minced garlic in 2 T olive oil until tender. Stir in one 15 oz can black beans, 1 1/2 cups salsa and 1/8 tsp cayenne pepper.



● **ORZO AND VEGETABLES**

Cook 1/2 cup orzo. Stir in 2 cups cooked frozen mixed vegetables, one 15 oz can garbanzo beans,

one 14 1/2 oz can undrained no-salt-added diced tomatoes and 1 T chopped fresh thyme. Bring to a boil and simmer for 5 minutes. Stir in 1/4 cup **each** chopped toasted cashews and shredded mozzarella.



● **PORTOBELLO PIZZA CHEESEBURGERS**

Page 119

Serve with: Kale Sauté. Cook 1 chopped shallot and 1 clove minced garlic in 1 tsp olive oil for 4 minutes. Add 12 oz torn fresh kale and 1 tsp shredded lemon zest. Cover and cook for 2 minutes. Uncover and cook for 8 minutes. Sprinkle with salt and pepper to taste.

● Grill

● Slow Cooker

● Vegetarian

● 30-Minute Meals



THURSDAY



●●CAPRESE SLIDERS

Page 132

Serve two sliders with: White Bean and Olive Salad.

Combine 3 cups chopped fresh baby spinach, 1 cup rinsed and drained cannellini beans, 1 cup halved cherry tomatoes, 1/4 cup chopped pitted Kalamata olives and 1 tsp shredded lemon zest. Drizzle with olive oil.

FRIDAY



● SPICY GRILLED PORK CHOPS

Marinate 4 pork rib chops in a mixture of 1/4 cup lime juice, 2 cloves minced garlic, 1 T

each chili powder and olive oil, 2 tsp cumin, 1 tsp ground cinnamon, 1/2 tsp hot pepper sauce and 1/4 tsp salt for 4 hours. Grill over medium heat for 11 to 14 minutes, turning once.



●●GLAZED SALMON

Boil 1/2 cup balsamic vinegar for 5 minutes. Stir in 1 T brown sugar, 1 tsp soy sauce and 1/4 tsp chopped fresh

ginger. Brush half the vinegar mixture on 4 skinless boneless salmon fillets. Grill over medium heat for 8 to 10 minutes, until fish flakes, turning once and brushing with remaining vinegar mixture.



● PIZZA MARGHERITA

Combine one 15 oz can undrained crushed tomatoes, 1 T chopped fresh basil, 3 cloves minced garlic and

2 T tomato paste. Spread over a thin-crust pizza dough. Bake at 375° for 15 minutes. Top with 16 oz thinly sliced fresh mozzarella cheese. Bake for 10 minutes. Sprinkle with additional basil.



● SAUSAGE AND BEAN TORTILLA SOUP

Page 122

Serve with:
Mango Freeze.

Blend 2 peeled, seeded and chopped mangoes, one 12 oz can peach nectar, 1 cup crushed ice and 1 T honey in a blender until smooth.



● MOO SHU CHICKEN SALAD

Page 122

Serve with:
Breadsticks and
Ginger-Garlic

Butter. Combine 1/4 cup softened butter, 2 T chopped fresh parsley, 2 tsp grated fresh ginger and 1 clove minced garlic. Refrigerate up to 2 weeks.



● GINGERED CHUTNEY CHICKEN

Combine 1/2 cup mango chutney, 1/4 cup prepared chili sauce, 2 T quick-cooking

tapioca and 1/2 tsp ground ginger in a slow cooker. Add 12 skinless chicken thighs, stirring to coat. Cook on LOW for 6 hours. Serve with rice.



HALIBUT, PEARL COUSCOUS AND HARISSA

Page 120

Dessert: Peach
Crisp. Combine
3/4 cup **each** brown

sugar and quick-cooking rolled oats, 1/4 cup flour, 1/2 tsp cinnamon and 1/8 tsp nutmeg. Cut in 1/4 cup butter. Sprinkle over 5 cups sliced peaches in a baking pan. Bake at 375° for 30 minutes. Serve with vanilla frozen yogurt.

Food Finds

A few of our test kitchen editors' favorite products this month



Edy's Outshine frozen fruit and veggie bars are so delicious you won't have to hide that they're made with vegetables. Flavors like Apples and Greens and Tangerine Carrot make a refreshing treat at only 35 to 60 calories each.

Supermarkets, \$4.50



Tired of waiting for your filtration pitcher to fill? You'll love CamelBak's Relay. Not only is it faster than other brands, but the filter lasts twice as long. The locking lid helps control pouring and filters again as you serve.

Target, \$37



AngelBowls vegetarian microwavable meals come in five decadent-tasting varieties, all under 300 calories. We loved the Vegetable Bruschetta & Mozzarella—it tastes like eggplant Parmesan. **Supermarkets, \$4.50**

Buyer's Guide

HOME LIFE

Most items pictured but not listed are from private collections.

✦ Flights of Fancy

PAGE 19: Clockwise from right: **Shiraleah** Flamingo Coasters, shiraleah.com, \$40/set of 4. **PB Teen** Sea Breeze Pillow Cover, 18" x 18", in Flamingo, pbteen.com, \$36. **West Elm** Animal Geo Melamine Salad Plate in Flamingo, westelm.com, \$5. **Tervis** Flamingo 16 oz tumbler, tervis.com, from \$11. **Shiraleah** Flamingo 4" x 6" Picture Frame, shiraleah.com, \$23. **Zazzle** Pretty Pink Flamingo Printed Cloth Napkin in Dinner 20" x 20" size, zazzle.com, \$48/set of 4.

✦ Passport to Fun

PAGES 22–28: **Papel Picado Paper Banner** [O807 FA], panamphoenix.com, \$9 to \$15. **Guatemalan Cocktail Napkins** [CD334] (similar to shown), panam

phoenix.com, \$5 each. **Auténtica Lotería** Mexican Bingo Set, amazon.com, \$5.

LOOKING GOOD

✦ Omni Amelia Island Plantation

PAGES 35–42: Omni Amelia Island Plantation in North Florida is a beautiful oceanfront resort full of stunning settings, creative cuisine and adventurous amenities. Recognized for offering a luxury resort experience in perfect harmony with nature, the oceanfront retreat is nestled between the Atlantic Ocean, lush marshlands and the Intracoastal Waterway. The property includes 404 luxury oceanfront guest rooms and suites, all with private balconies; the largest pool deck in Northeast Florida with multitiered lounge seating; an adults-only infinity pool; a family-friendly pool; and a kids' splash park—all boasting spectacular views of the Atlantic Ocean. Rich in recreational

amenities, the resort also offers three and a half miles of wide, uncrowded beach; 54 holes of championship golf; 23 Har-Tru tennis courts; award-winning recreation programs; a shopping village with restaurants, boutiques and a nature-inspired signature spa; a state-of-the-art fitness center; 10 culinary options ranging from casual to gourmet; kids camps; and numerous activities for adventurers, including paddle boarding, kayaking, Segway tours and seven miles of paved trails. **For more information on the Omni Amelia Island Plantation, call 1-800-The-Omni or visit omniameliaislandplantation.com.**

✦ Ready, Set, Summer!

PAGE 35: Hat, **Echo Design**, echodesign.com, \$42. Swimsuit, **Acacia Swimwear**, thegirlandthewater.com, \$209. Bag, **Aerie**, aerie.com, \$25. Scarf, **Caroline Hill**, carolinehillcollection.com, \$18.

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🔗 **Suit Yourself**

PAGE 38: **Leilani**, swimsuitsdirect.com, \$50 each. **La Blanca**, lablancaswim.com, \$99. **Lucky Brand**, macys.com, top \$78, bottom \$58. **Miraclesuit**, nordstrom.com, \$164.

PAGE 39: **Miraclesuit**, bloomingdales.com, \$148. Hat, **Gottex by Physician Endorsed**, SolEscapes.com, \$99.

PAGE 40: **Nautica**, nautica.com, \$65.

PAGE 41: **Panache**, bare necessities.com, top \$70, bottom \$38. **L.L. Bean**, llbean.com, \$100. **Old Navy**, oldnavy.com, top and bottom, \$20 each. **Lauren Ralph Lauren**, macys.com, \$120.

PAGE 42: **La Blanca**, lablancaswim.com, top \$59, bottom \$49. **Trina Turk**, nordstrom.com, \$134. **Kenneth Cole Reaction**, southmoonunder.com, top \$52, bottom \$56. **Rose Bule**, purpuacollective.com, top \$65, bottom \$62. **Leilani**, swimsuitsdirect.com, \$92.

FAMILY MATTERS

🔗 **Playing Along**

PAGE 49: *On mom:* Top, **L.L.Bean**, llbean.com, \$50. Shorts, **White House Black Market**, whbm.com, \$68. Shoes, **Keds x kate spade new york**, keds.com, \$75. Belt, **Charming Charlie**, Charming Charlie stores, \$5. Earrings, **Town & Reese**, townandreesecom, \$15. *On girls, left to right:* Top, **American Eagle Outfitters**, ae.com, \$25. Shorts, **dENIZEN from the**

Levi's brand, target.com, \$20. Watch, **May 28th**, may28th.me, \$39. Shorts, **American Eagle Outfitters**, \$40. Bracelets (*from top*): **Required Flare**, requiredflare.com, \$18 and \$24. **Shop Design Spark**, shopdesignspark.com, \$25.

HEALTHY LIVING

🔗 **Food for Thought**

PAGE 87: Top, **American Eagle Outfitters**, ae.com, \$30. Earrings, **Kevia**, kevia.biz, \$40. Ring, **Wimberly Inc**, wimberlyinc.com, \$99

🔗 **5 Slim-Down Secrets**

PAGE 93: *Left:* Tank, **Marika**, marika.com, \$45. Shoes, **New Balance Fresh Foam 980**, newbalance.com, \$110. Leggings, **MSP by Miraclesuit**, zappos.com, \$62. *Right:* Jacket, **MSP by Miraclesuit**, zappos.com, \$90. Tank, **New Balance**, newbalance.com, \$48. Gray shorts, **Nike**, nike.com, \$50. White shorts, **MSP by Miraclesuit**, zappos.com, \$48. Sneakers, **Reebok ZQuick Run**, reebok.com, \$85.

🔗 **Surprising Ways to Save Your Skin**

PAGE 99: Top, **Ella Moss**, ellamoss.com, \$138. **PAGE 103:** Cover-up, **Coolibar**, coolibar.com, \$35. Swimsuit, **Echo Design**, echodesign.com, top and bottom \$68 each. Hat, **Coolibar**, coolibar.com, \$40.

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Omni Amelia Island Plantation



Michael Chiarello



Growing up in California surrounded by his mother's food-loving Italian family of ranchers, butchers and cheesemakers, Michael Chiarello fantasized about becoming a chef one day. Turns out that dream was just a taste of the future—after graduating from the Culinary Institute of America, he went on to open two extremely successful restaurants, wrote eight cookbooks and win an Emmy award (he has hosted television shows on PBS, Food Network and Cooking Channel). Living in the Napa Valley—home of Chiarello Family Vineyards—gives Michael, his wife and kids plenty of opportunities to cook and eat outdoors. This refreshing, flavorful side salad often accompanies hot-off-the-grill burgers.



DO-AHEAD TIP

Mix the dressing beforehand, but don't pour it on until you are just about to serve. This way, the cabbage stays nice and crisp.



Simple Lime-Cilantro Slaw

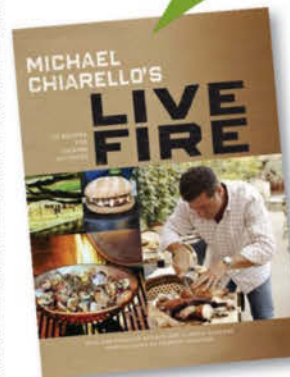
- 6 cups thinly sliced green cabbage (about ½ large head)
- ¾ cup coarsely chopped fresh cilantro (see Note)
- 1 tsp coarse sea salt, preferably gray salt
- ¼ tsp freshly ground black pepper
- ¼ cup freshly squeezed lime juice
- 2 tbsp freshly squeezed orange juice
- 3 tbsp extra-virgin olive oil, plus more if needed

- In a large bowl, toss cabbage and cilantro with salt and pepper.
- In another bowl whisk together lime juice, orange juice and olive oil.
- Toss slaw with dressing just before serving. Taste, and add more oil or citrus juice if desired.

NOTE: You don't need to pick the leaves off cilantro for this dish. Just slice off the top of a bunch of cilantro and chop it, stems and all.

Makes 6 servings.

Michael Chiarello describes himself as “a happy man” any time he gets a great fire going outside. His latest cookbook offers 125 recipes, including an easy-as-pie pizza party. Amazon.com, \$35



familycircle.com

Heat things up at your next party with Michael's subtly smoky Grilled Zinfandel Sangria. For the recipe, go to familycircle.com/chiarello.

Food styling: Megan Schlow. *Family Circle* (ISSN 0014-7206), June 2014, Volume 127, No. 6, is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA, and at additional mailing offices. Subscription prices: \$19.98 per year in the U.S., \$41.98 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CPS. (See DMM 707-1.12.5.) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Family Circle, P.O. Box 37508, Boone, IA 50037-0508. In Canada: Mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to Family Circle, 2835 New D, Windsor, ON, N8T 3B7. © Meredith Corporation 2014. All rights reserved. Printed in the U.S.A.

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AKURUM kitchen with ORSA birch doors and drawer fronts. Clear lacquered birch and birch veneer. Requires assembly. *The total price includes cabinets, fronts, interior shelving, drawer and door dampers, hinges, toe-kicks, legs, visible moldings and panels. Your choice of countertop, sink, faucet, handles, appliances and lighting are sold separately. See IKEA store for limited warranty, country of origin, and 10'x10' layout details. Valid in US IKEA stores only.



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