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10 SECRETS TO
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YOUR
FINANCES

OUT-OF-CONTROL
EATING
WHAT IT MEANS,
HOW TO HELP

AMERICA'S
TOP
DOGS



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MUST-READ REPORT
IS IT A PIMPLE
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WIN A TRIP TO THE
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SEE PAGE 13

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Cover photograph by **Con Poulos** Food styling by **Anne Disrude**
 Prop styling by **Megan Hedgpeth**

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best of
JUNE



Summer is still a few weeks away, but it's high time to make sure you have the **perfect bathing suit**. Get in the swim with our faves on page 26.



4 Starting **tomorrow**, **Disney and Vans** offer a line of apparel and shoes for the family that will knock your socks off. Shop at **vans.com**.

5

Three words: **National Donut Day**. For the sweet backstory on the Salvation Army's role in this annual event, go to **donutdayusa.com**. And don't forget to treat yourself.

11 Cue the final countdown to season 3 of **Orange Is the New Black** on Netflix. The jailbirds are back on the air **tomorrow**.



12

Twenty-two long years after the original *Jurassic Park*, the next installment—*Jurassic World*—roars into theaters nationwide.



21 Happy **Father's Day**! Celebrate with Grilled Spare Ribs or something else AI from "Rack 'Em Up," on page 101.



» **15**

Fore! Golf's elite tee off at the **U.S. Open** at Chambers Bay, University Place, Washington. See details at **usopen.com**.



26

Leash? Check. Water bowl? Got it. Treats? Of course. Then all you need is **Fido** and you're set for **Take Your Dog to Work Day**. (A scientific study has found that having a dog in the office reduces stress.)

30

It's the last day of **Adopt-A-Cat Month**. If you're considering a feline friend, visit **americanhumane.org**.



29

Watch all the back-and-forth action as top tennis players begin their two-week quest at **Wimbledon**. For more info, visit **wimbledon.com**.



Photos: (swimsuit) Peter Ardito, (shoe) courtesy of Vans, (dinosaur) Dorling Kindersley/Getty Images, (donut) Eric Anthony Johnson/Getty Images, (ribs) Jonny Vallant, (golf) Mark Wrang/Getty Images, (tennis) Bob Thomas/Getty Images, (boy) KERRYWHO/Getty Images.

My husband, Chuck, and I should have known better. We're both fair. We both suffered through blistering sunburns when we were kids. We both have parents and siblings who've been diagnosed with skin cancer. Chuck, in fact, had a pre-malignant melanoma removed from his hairline about 20 years ago that required 10 stitches. And yet we've been terrible about getting annual skin checks. I couldn't remember the last time we'd been properly scanned by a dermatologist—but I can say with near certainty that it wasn't within the past 10 years. So when I read an early draft of "In the Spotlight" (page 77) and learned that the four top derms we interviewed had fallen victim to skin cancer themselves, I got nervous and made an appointment immediately. We went together in April and, thankfully, received clean bills of (skin) health. Chuck admitted to me afterward that he was so worried the doctor would discover a suspicious mole, he had cleared his afternoon in case he had to have something removed. Yes, we got lucky—but I don't ever want to leave it to luck again. We are now committed to annual checkups, and I plan to get our kids checked too. I hope you will make the same commitment. You can even find free screenings through the American Academy of Dermatology's website. Just go to aad.org and click on SPOT Skin Cancer. Do it for yourself. Do it for your family.



Linda

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Follow us on Facebook, Twitter, Pinterest and Instagram @FAMILYCIRCLEMAG, and join the conversation on our blog, Momster.com.



Contributors



CHARLOTTE TILBURY

A British-based makeup artist with a sharp (cat) eye for fearless looks, Charlotte Tilbury has more than 20 years of experience working with high-profile clients in the beauty and fashion industry. She's now launched her own makeup line too. Tilbury shows you how to rock bold summer hues on page 20.



MARC MURPHY

With regular appearances as a judge on Food Network's *Chopped*, four New York City restaurants and a catering business, two kids and one new cookbook, chef Marc Murphy has his hands full. We know you're busy too. That's why Murphy's quick tomato salad recipe on page 120 is a perfect addition to any summertime gathering.



MICHELE BENDER

Award-winning health writer Michele Bender had been a tan-aholic until her friend's close friend died from skin cancer. For "In the Spotlight" (page 77), Bender interviewed four dermatologists who were diagnosed with the disease after the examination tables were turned on them. She has also written for *Self*, *Allure*, *Marie Claire* and *Glamour*.

Go behind the scenes at *MasterChef!*

Family Circle has teamed up with Fox's *MasterChef* to offer one lucky reader the chance to hop off the couch and onto the set of America's favorite cooking competition.

The winner will be provided travel and accommodations for two nights in Los Angeles, where a personalized tour of the set and a *MasterChef* judge meet-and-greet await.

To top it off, our winner will also receive \$500 worth of *MasterChef* cooking tools, utensils and appliances to inspire *MasterChef*-style creations.

Visit familycircle.com/masterchef to enter for your chance to win! See page 13 for more information.

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WHAT'S NEW

Doggie du Jour

That fabulous face! The French bulldog is barking up the right tree when it comes to trending pups. The American Kennel Club cites the breed's affectionate nature, gentle disposition and minimal grooming and exercise requirements as some of the reasons behind its awesome canine cool. Just ask Frenchie owners like Hugh Jackman and Reese Witherspoon, who have fallen for the pooch's charms. And let's not forget Beatrice, the three-and-a-half-year-old French bulldog who stars as Stella on ABC's *Modern Family*. For more popular pups, see page 52.



I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by little scraps of wisdom. —UMBERTO ECO



WHALE TOTE
seabags.com, \$150



DAHLIA NECKLACE
31bits.com, \$72



LOVE HAITI SANDALS
kennethcole.com, \$69

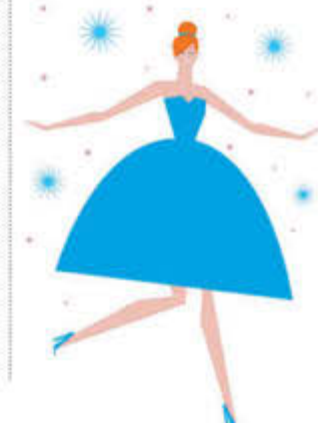


NEW BLOOM

Are you there, God? It's us, and we are so happy that our favorite childhood author is putting out her first adult book in more than 15 years. Judy Blume's latest, *In the Unlikely Event* (Knopf), is a tale of three generations of family and friends set in the 1950s. Amazon.com, \$28

YOUR ONLINE FAIRY GODMOTHER

The Cinderella in your house is ready to hit the prom, but the right dress has yet to materialize. Enter Charlotte's Closet, a new website where teens and tweens can borrow designer froufrou for up to 75% off store prices with just a wave of a magic wand (aka, click of a mouse). Select the date of the event, browse the collection, then choose two size options to ensure a good fit. Two or three days before the party, the dresses will arrive. Once the big night is over, simply pack them up and return them using the prepaid UPS label. Pure magic. Charlottes-closet.com, rentals from \$26 to about \$250



Sustainable Style

Reborn as accessories, old tires, used sails and paper get a new lease on (a fashionable) life. Kenneth Cole's collaboration with Rebuild Globally, which features sandals made from tires, helps keep Haitian artisans employed; Seabags, located in Portland, ME, uses recycled sails for its tote bags and wristlets; and jewelry company 31 Bits reworks beads fashioned from recycled paper, all handcrafted in Uganda, that support local markets in East Africa.

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ON THE DOT

Show your spots. This season's boldest trend is all about mixing and matching.

Top, Simply Vera, \$48. Pants, Boden, \$88. Sandals, Vince Camuto, \$98. Necklace, Shop Prima Donna, \$12. Ring, Blaine Bowen, \$36. Clutch, Lulu's, \$36. Studs, Stella + Dot, \$39. See Buyer's Guide, page 118.

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GO WITH YOUR GUT

Fermented foods—which have been around since 6,000 BC—are back on the health food scene. And for good reason: Full of probiotics, they're great for gastrointestinal health and the immune system, plus they reduce inflammation. You're familiar with everyday fermented foods like pickles and yogurt, but here are some more exotic items to try. We promise they won't leave you feeling sour.

Lifeway Foods Kefir, lifewaykefir.com, \$3.50

Farmhouse Culture Kraut
Horseradish Leek Sauerkraut, farmhouseculture.com, \$7

The Bu Lavender
Kombucha, thebukombucha.com, \$3

Organicville Red Miso, organicvillefoods.com, \$6

Mother in Law's
Napa Cabbage
Kimchi, milkimchi.com, \$7



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Beach BEAUTY

In between building a diverse design business (interiors, fine jewelry, cosmetics, fragrances) and raising five kids in the Bahamas, British expat **INDIA HICKS** teamed up with HSN to make her tropical style available to the mainland masses. The entire Island Living collection, ranging from bedding and framed prints to mirrors and window treatments, perfectly captures that summery by-the-shore vibe. Here, Hicks' picks for decorative bliss.

INDIA HICKS' FAVES



1/ I've used this palm frond wallpaper in small spaces to get my nature fix indoors. Cole & Son Palm Jungle Wallpaper in Forest Green/White, decoratorsbest.com, \$176 per roll



2/ Pale gray paint creates a sense of serenity when paired with white or navy accents. Benjamin Moore Eternity (AF-695)



3/ A baby pineapple plant's my go-to hostess gift. It's fab as a table centerpiece and can even be replanted.



4/ I love linen drapes and throw pillows—embrace the wrinkles! Home Decor Solid Fabric Signature Series Linen in Linnen, joann.com, \$20 per yard



5/ For me, order is key to arranging art and photos. Try a grid formation with neat, straight rows. India Hicks Bradbury Seaweed Framed Wall Art, hsn.com, \$70



6/ My paisley quilts and sheets add instant color and pattern to a blah bedroom. India Hicks Island Living Double Hemstitch Pretty Paisley Sheet Set in Navy and Wild Spider Lily 3-Piece Reversible Quilt Set in Navy, hsn.com, \$70 and \$140



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by Dori Katz

**EMBRACING HOT HUES—FROM YOUR LIPS TO
YOUR TIPS—HAS NEVER BEEN MORE FUN,
FLATTERING OR (TRUST US) FOOLPROOF.**

PHOTOGRAPHY BY MICHAEL DAVID ADAMS



**THE
ORANGE-
RED
LIP**

Make a statement with matte orange-red lips. The velvety finish feels modern, says Katie Jane Hughes, Global Colour Ambassador for Butter London.



**THE
CHROME
COLOR-
BLOCK
NAIL**

Nail your summer mani with a chrome color-block design. A soft pastel mixed with a complementary metallic shade is sophisticated yet simple, says Elle, celebrity manicurist and Dermelect Color Curator.



**THE
SMOKY
GREEN
EYE**

Shimmery green shadow makes eyes mesmerizing with a molten metal look, says celebrity makeup artist Charlotte Tilbury.



**THE
CORAL
CHEEK**

Peachy-pink blush
creates a fresh,
youthful glow, says
Tilbury.

GET THE LOOK

THE ORANGE-RED LIP



WELL RED

Swipe a lip brush across the edge of a long-wearing lipstick and carefully outline lips. Apply lipstick, starting at center. Remove smudges with a cotton swab.



Urban Decay Sheer Revolution Lipstick in Sheer Slowburn, \$22



Wet n Wild Mega Last Lip Color in 24 Carrot Gold, \$2



Smashbox Be Legendary Lipstick in Fireball Matte, \$20

THE CHROME COLOR-BLOCK NAIL



SUNNY DISPOSITION

Start with two coats of buttery-yellow polish. Using a tiny, precise striper brush, draw a diagonal line across nail with gold enamel. Fill in the section with gold, and repeat for each nail. Seal with topcoat.

Nicole by OPI Nail Lacquer in Bee in the Moment, \$7



Butter London Nail Lacquer in The Full Monty, \$15

THE SMOKY GREEN EYE



SAGE ADVICE

Prep lids with an eye primer. Press powder shadow from the lash line to the crease, using a firm, flat brush. Diffuse shadow in a circular motion with a blending brush. Dab a pearlescent highlighter in the inner corners and swipe on two coats of mascara.



YSL Couture Mono Eyeshadow No. 9 Orient, \$30



CoverGirl Eye Enhancers 1-Kit Shadow in Kaboom Kelly, \$3.50



Maybelline New York Expert Wear Eye Shadow in Forest Green, \$4

THE CORAL CHEEK



AT FIRST BLUSH

Use a cream formula—it blends seamlessly—and dab onto apple of the cheeks with your finger, moving upward toward temples. For extra oomph, brush on a translucent powder, followed by powder blush in a peachy shade.



Milani Rose Powder Blush in Coral Cove, \$8



Charlotte Tilbury Beach Stick in Moon Beach, \$45

Photos: (clockwise from top left) Lisa Shin; Hair: Sedah Saitzman; Makeup: Viktorija Bowers; Manicure: Yuko for Mark Edward Inc.

DIVE IN

*From swimsuits to beach bags,
the ultimate summer wardrobe is a shore thing.
Test the waters in this season's splashy picks.*

BY SYDEN ABRENICA • PHOTOGRAPHY BY DIANA KING



GOOD SPORT

Athletic-inspired but still sexy—we call that a win-win.
Nautica, \$107



STYLE AND SUBSTANCE

This classic bikini offers extra support up top—no peekaboo surprises.
Prana, top, \$55, bottom, \$45



COLD SHOULDER

Earn your stripes in a single-strap, all-over-smoothing number.
Miraclesuit, \$146



ECCENTRIC AZTEC

Stand out in this colorful one-piece.
Old Navy, \$40



THAT '70S SHOW

Tie-dye gets a modern update thanks to strategically placed sheer panels.
Athena, top, \$64, bottom, \$48



LITTLE BLACK SUIT

Delicate lace details let you show a little skin without baring it all.
Leilani, \$78



INSTANT SLIMMER


A retro high-waisted bottom conceals midsection woes.
Spanx, top, \$62, bottom, \$58



BLOCK PARTY

Bright hues and diagonal lines provide serious waist management.
Anne Cole, \$88

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

A woman with dark hair is lying on her side on a sandy beach. She is wearing a wide-brimmed white hat and a strapless swimsuit with a vibrant color palette of blue, purple, and teal. She is smiling and looking up towards the sky. The background shows a clear blue sky and turquoise ocean waves. The overall mood is bright and summery.

A wide-brimmed hat is made to shade. Solid white is the perfect complement to this vibrant one-piece.

Swimsuit, Tommy Bahama,
\$138. Hat, Chico's, \$39.

SHOT ON LOCATION AT BEACHES TURKS
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*Trendy tribal hits the waves
in a rash guard for major
sun protection and style.*

Rash guard, Trina Turk, \$80.
Bikini bottom, Old Navy, \$20.
Sunglasses, Knockaround, \$25.

Beachy Essentials



MIX AND MATCH

Combining patterns can be tricky, but this bag has it handled. Prana, \$59



PINK LADY

A shot of neon is all the brightness you need on a sunny day. Talbots, \$80



CARRY ON

Try a funky print to give your outfit some punch. Sakroots, \$49



HAT TRICK

Shield yourself from sizzling rays with a floppy brim. Shiraleah, \$60



FIT TO PRINT

The fedora has gone from dull to dazzling. Ale by Alessandra, \$55



COMMON THREAD

Hats off to the detailed edges of this straw topper. Jessica Simpson Collection, \$42



PETAL PUSHER

A lightweight floral tunic adds a feminine touch. H&M, \$25



BACK TO BLACK

Keep it simple in a sheer solid—hint of color included. Jessica Simpson Collection, \$62



CORAL FIXATION

Slip on knockout red-orange for extra flair. Lauren by Ralph Lauren, \$59



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Christiane Lemieux and Joshua Young outside on the deck with their children, Isabelle, 9, and William, 7.



Endless Summer

With an easy, breezy style, designer Christiane Lemieux creates a home for entertaining and kicking back. BY JUDY PROUTY • PHOTOGRAPHY BY DAVID A. LAND

DESIGNER CHRISTIANE LEMIEUX THREW OUT THE RULEBOOK when she decorated her family's home on Long Island, New York. "I like casual chic, a place that stands up to kids with sticky fingers and sandy feet," she says. Built in the late 1950s, the former fisherman's cottage was a dark shack when they bought it, says Christiane, founder and creative director of DwellStudio and executive creative director of Wayfair. The couple opened the ceilings to the rafters and installed sliding

glass doors to create a loft-like living space with panoramic ocean views. Bare white walls and bamboo floors provide a bright backdrop for a mashup of midcentury modern classics, random pieces collected over the years and Christiane's own designs. She takes an equally laid-back approach to entertaining friends when they drop by. "The house isn't big, so we just move the party outside," she says. "It's no-frills: a simple table, fresh seafood and good friends."



The sprawl-inviting sectional in a bold retro print—a DwellStudio signature fabric—pairs well with a zigzag flat-weave cotton rug. "I like to mix different styles and play with scale of prints," Christiane says. She found the quirky ceramic mushroom table at a charity tag sale, and the leather Hans chair with ottoman is a DwellStudio original. On the mantel, favorite photos and objects are rotated according to whim.

To help define the dining area, Christiane hung a sculptural mobile above a sleek vintage table and chairs. "It adds impact and a fun element," she says. Christiane stores extra dishes in the gold-leaf cabinet.







Outdoors on the deck, Christiane sets the weathered wood table with Scandinavian dishes topped by linen napkins tied with string. Rocks gathered from the beach and golden votives add instant atmosphere. Her go-to menu: a big platter of lobster, shellfish and corn on the cob.

“The best time of day is sunset, when friends drop by for cocktails.”



*“A get-together doesn’t
have to be perfect, just
fun,” Christiane says.*





It's not summer without a clambake cooked in a pot over an open fire. A few of the girls kick back on a makeshift bench—an overturned boat—while Izzy strolls in the surf with Benny, a friend's dog.





GLASS ACT

Freshen up plain vases with paint in a range of gorgeous tones. The results are positively smashing.

MATERIALS

- Clear glass florist's vases
- Spray paint
- Painter's tape

HOW TO

1/ Thoroughly clean vases by hand or in the dishwasher. Let dry, then apply painter's tape along the outside top edge of vase's mouth to protect the surface from overspray.

2/ Using light, short strokes, spray the interior only. Let dry, then repeat the spraying process twice more, if necessary, until the interior is completely covered and opaque. Allow the surface to dry to a smooth finish between each coat. See Buyer's Guide, page 118.



Prop styling: Megan Hedgpeth.

For more decorating projects, visit familycircle.com/crafts.

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Protect your life.

IT'S THAT WORTH IT.

I was only 30 when I learned I had melanoma, the deadliest form of skin cancer and one of the *most common cancers among women under 40*. I had my dream job and my boyfriend just asked me to marry him. Six weeks later, I got the diagnosis. It was a total shock.

I never imagined that not wearing sunscreen could be *deadly*. I don't smoke, I don't text while I drive and I now know never to forget my sunscreen. *Neither should you.*
It's THAT worth it.

The good news is that thanks to the Melanoma Research Alliance—the leading funder of cutting-edge melanoma research—a cure may be within reach.

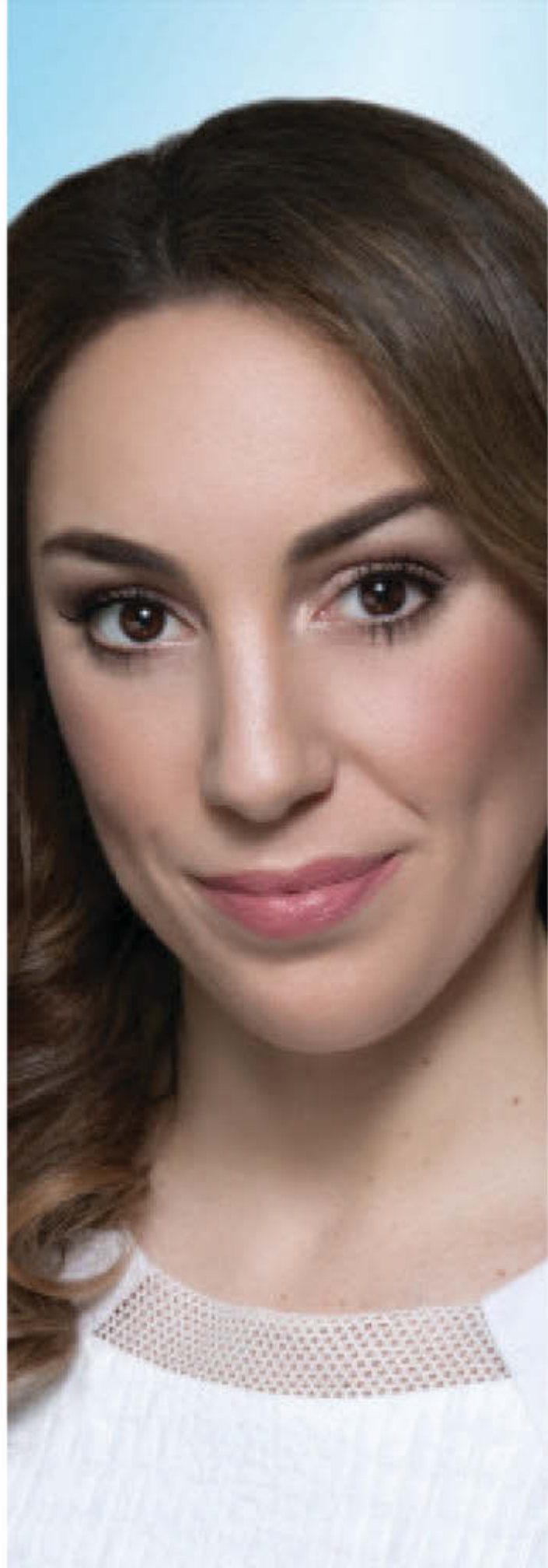
Please *join me* in a nationwide movement to *prevent* melanoma and support life-saving research by visiting **itsthatworthit.org**.

And remember to always wear your sunscreen!

– DANIELLE MACALUSO Melanoma Survivor, L'Oréal Paris Communications Executive and Melanoma Research Alliance Ambassador

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MODERN LIFE

by Suzanne Rust

Any man can be a father, but it takes a real man to be a dad. Joe Toles is the full embodiment of that saying—the real thing. A product of the foster care system, Joe admits that while his experience wasn't ideal, it did provide him with opportunities to continue his education and the emotional support to become the person he is today. It also spurred him to share his life with young men who might not be as hopeful about their future as he is, in particular teens who “age out” of or are “emancipated” from foster care just after 18, basically launched into the world on their own. Through the New York City agency You Gotta Believe, Joe has been able to create a loving family with his four sons, each adopted between 14 and 20 years old. Here's a glimpse of what life is like in the Toles household.

RONNY, 17, **JOHNATHAN**, 20, **CREEMEL**, 21, **JOE TOLES**, 55, SCHOOL COUNSELOR AT HALF HOLLOW HILLS SCHOOL DISTRICT IN DIX HILLS, NY, AND FOUNDER AND PRESIDENT OF THE JOSEPH TOLES FOUNDATION, AND **XAVIER**, 23.

BRONX, NEW YORK

“The people who motivated me were the ones I met as a result of being in foster care—coaches, teachers, group leaders and neighbors who believed in me. Their expectations were not only an inspiration but an example of the impact you can have on a child. My experiences prepared and encouraged me to adopt.”



Pop Culture

“Fatherhood has changed me in every way possible. My decisions are no longer about me but about them or us. I spend my time thinking about what is best for my kids and whether they will be okay. Before them, I never had to really worry about being a role model, or wonder if my actions were in the interest of everyone. It’s taxing, but the most satisfying thing ever, and it makes me want to be the best me I can be.”

“No one really gets to choose their family, and even if you pick the individuals, that doesn’t make it complete. Family means trust, comfort, safety and unconditional acceptance, even if the conditions are not ideal. That takes familiarity and openness with oneself and others, which has to be developed over a period of time.”



Taking Flight

“I love to travel with my sons, physically and emotionally, and we have been on several trips in and out of the country. I want them to see that the world is within their reach and that despite their journeys they belong as much as anyone.”

familycircle.com

For more on the Toles family, go to familycircle.com/modernlife.

Four Musketeers

“I like to say that my sons were almost ‘fully baked’ when we found each other, so it makes it difficult to add ingredients! Creemel’s innocent perception of the world is what I love most about him and makes me protective of him. Xavier has not had someone in his life that he could trust, so our relationship is uniquely challenging. Johnathan is the son who is least like me and although that can be frustrating, it is the thing I really enjoy about him. Ronny is most like me, practical, introverted and a deep thinker. I love when he laughs because you can hear how genuine it is.”



Photos: (top and right) Dustin Cohen.

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TOP DOGS

Only the best make The American Kennel Club's list of Most Popular Breeds of 2014. Different as can be, these five pups really got tails wagging.

1

Labrador Retriever

The Lab is America's most popular canine for the 24th consecutive year! His sociable nature (even with strangers), easy trainability and kid-friendly temperament have made him a welcome addition to families for decades.



German Shepherd

Energetic, confident and fun-loving, this pooch has ties to the White House too. Vice President Joe Biden and his wife got their German shepherd, Champ, after the 2008 presidential election.



2

5



Beagle

Thought to be named after the French word for *loudmouth*, the "talkative" yapper is famous for his curiosity and keen sense of smell. No wonder U.S. Customs and Border Protection boasts a Beagle Brigade, which inspects airport luggage for illegal products coming into the States.



Golden Retriever

With his exceptional fetching skills, it's no wonder Buddy from Disney's *Air Bud* series was the star player on his basketball, football and soccer teams. A perceptive personality makes this canine ideal for guiding the blind.

3



4

Bulldog

Best known for his distinctively squished face and goofy underbite, this breed is courageous and proud, making him a prime watchdog. And while not very active, he's the most popular mascot among NCAA Division I colleges, with at least a dozen schools to his credit.



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- 1** Always make sure the furniture is securely attached to the wall using the right hardware. Don't forget to use the tip-over restraint provided with the product.
- 2** Always place heavy objects in the lowest drawers.
- 3** Remember to never put a TV or other heavy objects on top of a chest of drawers or any furniture not intended for use with a TV.
- 4** Never let children climb or hang on drawers, doors or shelves.

Get more safety tips and view a tip-over prevention video at
[IKEA-USA.com/saferhomestogether](https://www.IKEA-USA.com/saferhomestogether)



The 10 Percent Solution

Real estate agent Tami Pardee is brokering great deals for charity. *By Louise Farr*

Toy Story

She was only 5, but Tami Pardee clearly remembers the day her mother divided her playthings into two piles and asked her which one she wanted to keep and which to give away. She then helped her mom deliver the toys to a needy family in the neighborhood. That early lesson in charity made a lasting impression: Tami, 43, now a top-selling Realtor in Venice, CA, donates a hefty portion of her firm's revenue to local charities, amounting to more than \$650,000 since 2009. "If I'd been born rich, I would have been a philanthropist," she says. "I've worked hard to succeed, and I'm seizing the opportunity to do something positive with my money."

Shock to the System

Tami's parents were both home builders, and she practically grew up on construction sites in and around Beaverton, OR. After earning an undergraduate degree in business, she became a project manager in Los Angeles, overseeing the building of senior housing units. Tami was on a job in 2001 when she noticed something clouding her vision. The diagnosis was devastating—optic neuritis caused by multiple sclerosis. She was prescribed steroids for the eye inflammation and another drug to slow the formation of brain lesions that can lead to tremors, slurred speech and paralysis. "But the doctor couldn't give a prognosis—that's the scary thing about MS," says Tami. "I had many sleepless nights."

Helping Hand

Despite her fears, Tami forged ahead. She married her boyfriend, Michael Pardee, a visual effects producer, and graduated from an MBA program at Loyola Marymount University. After giving birth to daughter Taylor, she began looking for a flexible work schedule and became a part-time real



Thanks to mom, kids (from left) Taylor, Tanner, Jack and Bailey are learning the joy of giving.

estate agent, racking up \$33 million in sales her first year. She launched Pardee Properties in 2007, setting up offices not far from her Venice home. The area was an incongruous mix—chic stores, artist studios and upscale housing, plus gang turf and homeless people on the beach. "There's a saying about Venice as the place 'where art meets crime,'" Tami explains. "I wanted to do something for the entire community." Two years later she founded Giving Back, allocating 10% of net proceeds from each sale to the charity of her client's choice. Coeur d'Alene Elementary School and the Venice Family Clinic were the first beneficiaries, and the list has since grown to include dozens of others,

among them a women's shelter and a gang intervention program.

Saving Grace

Tami is passing down her philanthropic spirit to daughters Taylor, 11, and Bailey, 8, and twins Tanner and Jack, 3. Animal rescue has become the family's pet project. One Saturday a month is adoption day on the sidewalk outside Pardee Properties, with the kids watching over animals from a local shelter. They also set up a lemonade stand and donate the proceeds to charity. "You hear all the time that to give is to receive, and it's true," says Tami. "Being able to help others helps me be in the moment, which you have to do with MS. I'm living my best life."

Under \$100

Tech Gifts For Dads and Grads

10 COOL, COST-EFFECTIVE ALTERNATIVES TO A BUDGET-BUSTING PHONE UPGRADE OR IPAD

BY CHRISTINA TYNAN-WOOD



ZIPBUDS PRO MIC

Given how annoying it is when earbuds end up a tangled mess, it's surprising no one thought of this sooner. Simply unzip to separate and use, re-zip for storage. Great sound and nice quality fabric cable from zipper to phone port. Zipbuds.com, \$40



KENU STANCE

Simply plug this compact tripod into the phone's charging port, then tilt or rotate to position just so for viewing video or taking selfies. It's smaller than a pack of gum and weighs about an ounce—in other words, perfectly portable. For iPhone, Android and Windows phones. Kenu.com, \$30



SCOTTEVEST TRAVEL VEST FOR MEN

He's got a wallet, smartphone, earbuds, maybe a stylus and who knows what else—in other words, stashing everything in his jeans isn't an option anymore. Solution: a comfy, tech-ready vest with 24 pockets cleverly designed to organize and conceal. Scottevest.com/familycircle, \$125; \$98.75 for *Family Circle* readers through July 31, 2015, with code FAMCIR at checkout



TOSHIBA ENCORE MINI

A sleek, fully functional Windows 8.1 tablet with an easy-on-the-eyes 7-inch screen? Yes. It comes with a one-year subscription to Office 365 too, so this little machine—while great for watching movies—can also do some serious work. Bestbuy.com, \$90





PENCIL BY FIFTYTHREE

What looks like a funky pencil is actually a stylus capable of mimicking pretty much any artist's tool on an iPad. Use with the companion Paper app to blend colors, create unique shadings and adjust from ballpoint pen to paintbrush and in between. The eraser end works too. Fiftythree.com, from \$50

CYNTUR JUMPERPACK MINI

With this in the glove compartment, a dead battery (car or phone) becomes just a minor inconvenience instead of a major hassle. It's also a flashlight and emergency strobe, all in one little pouch. Cyntur.com, \$99.99



OTTERBOX RESURGENCE POWER CASE

Making a case for this is easy: Military-rated protection offers major peace of mind when (inevitable) drops occur. Plus, the built-in battery more than doubles the phone's staying power. Available in multiple colors for iPhone 5/5s and 6. Otterbox.com, \$99.95



PHORM IPAD MINI CASE

Talk about futuristic—slide a switch on the back of this case and buttons morph into place atop the touchscreen to make typing the tactile experience it used to be. Getphorm.com, \$99



STRATOS BLUETOOTH CONNECTED CARD

Reduce a bulging bunch of credit, debit, loyalty, gift and membership cards to one that protects account numbers with bank-level encryption that can be set to lock down altogether if lost or stolen. (The companion app requires iOS 8.1.1 or later and Android 4.3 or later.) Stratoscard.com, \$95 a year



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Lilly P, Sweden

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Ticket Picks

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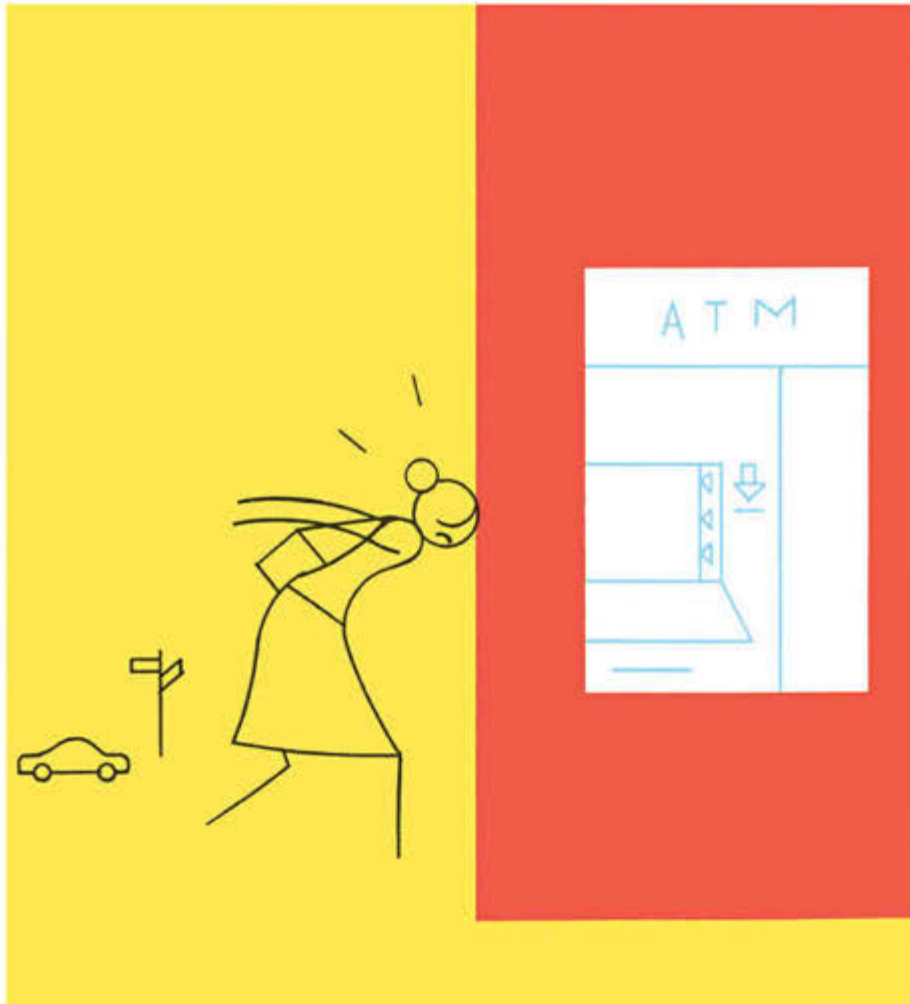
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TYPE A HEY, BIG SPENDER

Everyone's heard of the Marshmallow Experiment—that famous Stanford University study in which preschoolers were presented with a pair of treats and told they could eat one right away or wait a few minutes and have two. Researchers observed the kids through adulthood and found that those who delayed gratification were more successful overall. If you're a spender, it's hard to postpone pleasure; your brain is sending messages that the cash in your pocket is there to be enjoyed. Deep down, though, you know your behavior is unsustainable and want to change. Try these strategies.

1 Feel the pain by using cash, not credit cards. Paying as you go (no running up bar tabs!) takes the mystery out of how you're hemorrhaging all that dough. Instead of making a quick run to the ATM, force yourself to stand in line and make withdrawals from a bank teller, which will drive home just how fast your balances are dwindling.

2 Share your plans—how much you intend to sock away and by what date—with family and friends so they'll hold you accountable. It's a powerful motivator. So are goal-setting tools like StickK, a website (stickk.com) and app (Android and iOS, free) that lets you make a commitment contract, set a time frame and monitor your progress.

3 Cheat a little when you reach a target, but only by spending a responsible percentage of what you've

MIND OVER MONEY

YOU CLIP COUPONS, SCRIMP WHENEVER POSSIBLE AND OBSESS ABOUT building your nest egg. Your sister, on the other hand, is a shopaholic who never frets about the future. We often assume that money habits come from our parents, so how to explain the difference? It's all in your head—specifically, a part of the cerebral cortex called the insula, which is stimulated by unpleasant experiences. Researchers have found people with more activity in that brain region tend to be savers, while those with less can't resist the urge to splurge. There's no changing your hardwiring, of course. But you can get psyched to break bad habits and take charge of your finances.



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- 8 Tbsp Almased
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- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



Mocha Magic

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



Cinnamon Roll

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



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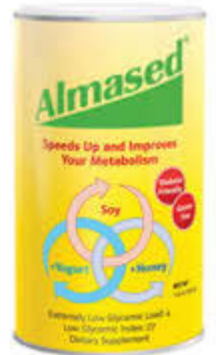
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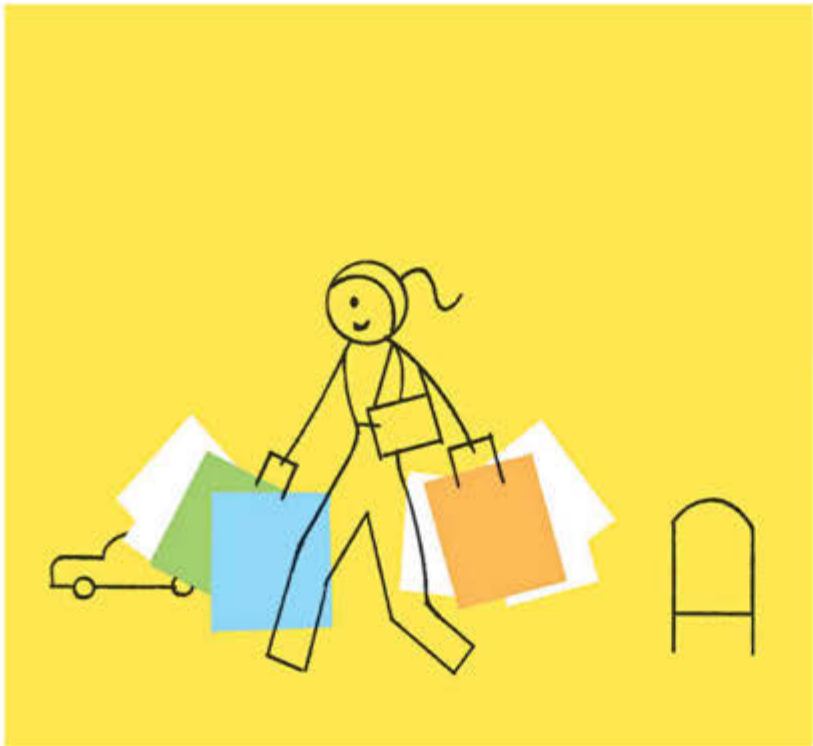
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socked away. Occasional rewards can help prevent frugal fatigue.

4 Put every purchase on pause until you ask yourself just how essential it is.

Train yourself to be more mindful of the difference between needs and wants.

5 Think ahead about just how much money you'll require for your child's college education, your retirement and health care.

Then sit down and do the math. A little future shock can jolt you to get serious about saving.

**TYPE B
FRUGAL TO A FAULT**

Sure, it's great that your credit card balances are always paid in full and people are wowed by the size of your 401(k). For you, cash in the bank is way more satisfying than anything you could ever buy. But parting with money is so painful that you sometimes go without necessities, like better health insurance or new tires for your car. Your social life is suffering too, since instead of going out to see a movie with family or friends, you'd rather wait to watch it on Netflix. If you're

overindulging your inner Scrooge, here's how to flip the script.

1 Don't be seduced by rock-bottom prices.

When a deal seems too good to be true, the product might be substandard and short-lived, costing you more time and money in the long run. Sometimes it's best to pay up and invest in quality.

2 Budget for joy by setting aside, say, \$50 a month for little splurges, like fresh flowers or a mani-pedi.

With a little practice, treating yourself will become second nature.

3 Be present in the moment and forget the price tag.

Do you want a life full of rich experiences or regrets about all the wonderful things you denied yourself? It's a no-brainer.

4 Ask yourself how much is enough—both money and material goods.

Once you've reached your goal, loosen the purse strings. Savings really should be a means, not an end. Make that your mantra.

5 Give unto others.

It may seem counterintuitive, but research has shown that the more you donate to charity, the better you feel.

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

Description:
NEXGARD[™] (afloxolaner) is available in four sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide a minimum afloxolaner dosage of 1.14 mg/lb (2.5 mg/kg). Afloxolaner has the chemical composition 1-Naphthaleneacetic acid, 4-[5-[3-chloro-5-(trifluoromethyl)phenyl]-4, 5-dihydro-5-(trifluoromethyl)-3-isoxazolyl]-N-[2-oxo-2-[1,2,2-trifluoroethyl]amino]ethyl.

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

Dosage and Administration:
NEXGARD is given orally once a month, at the minimum dosage of 1.14 mg/lb (2.5 mg/kg).

Dosing Schedule:

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

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

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

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

Tick Treatment and Control:
Treatment with NEXGARD may begin at any time of the year (see **Effectiveness**).

Contraindications:
There are no known contraindications for the use of NEXGARD.

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

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

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

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

Table 1: Dogs With Adverse Reactions.

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

¹Number of dogs in the afloxolaner treatment group with the identified abnormality.

²Number of dogs in the control group with the identified abnormality.

In the US field study, one dog with a history of seizures experienced a seizure on the same day after receiving the first dose and on the same day after receiving the second dose of NEXGARD. The dog experienced a third seizure one week after receiving the third dose. The dog remained enrolled and completed the study. Another dog with a history of seizures had a seizure 18 days after the third dose of NEXGARD. The dog remained enrolled and completed the study. A third dog with a history of seizures received NEXGARD and experienced no seizures throughout the study.

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

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

Effectiveness:
In a well-controlled laboratory study, NEXGARD began to kill fleas four hours after initial administration and demonstrated >99% effectiveness at eight hours. In a separate well-controlled laboratory study, NEXGARD demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 35 days, and was >83% effective at 12 hours post-infestation through Day 21, and on Day 35. On Day 28, NEXGARD was 91.1% effective at 12 hours post-infestation. Dogs in both the treated and control groups that were infested with fleas on Day -1 generated flea eggs at 12- and 24-hours post-treatment (0-11 eggs and 1-17 eggs in the NEXGARD treated dogs, and 4-90 eggs and 0-118 eggs in the control dogs, at 12- and 24-hours, respectively). At subsequent evaluations post-infestation, fleas from dogs in the treated group were essentially unable to produce any eggs (0-1 eggs) while fleas from dogs in the control group continued to produce eggs (1-141 eggs). In a 90-day US field study conducted in households with existing flea infestations of varying severity, the effectiveness of NEXGARD against fleas on the Day 30, 60 and 90 visits compared with baseline was 98.0%, 99.1%, and 99.9%, respectively.

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

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

Animal Safety:
In a margin of safety study, NEXGARD was administered orally to 8- to 9-week-old Beagle puppies at 1, 3, and 5 times the maximum exposure dose (6.2 mg/kg) for three treatments every 28 days, followed by three treatments every 14 days, for a total of six treatments. Dogs in the control group were sham-dosed. There were no clinically-relevant effects related to treatment on physical examination, body weight, food consumption, clinical pathology (hematology, clinical chemistry, or coagulation tests), gross pathology, histopathology or organ weights. Vomiting occurred throughout the study, with a similar incidence in the treated and control groups, including one dog in the 5x group that vomited four hours after treatment.

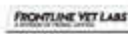
In a well-controlled field study, NEXGARD was used concomitantly with other medications, such as vaccines, anthelmintics, antibiotics (including topicals), steroids, NSAIDs, anesthetics, and antihistamines. No adverse reactions were observed from the concomitant use of NEXGARD with other medications.

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

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

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The only soft, beef-flavored chew for dogs that kills
both fleas and ticks.**

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

For more information, ask your vet or visit NexGardForDogs.com.

IMPORTANT SAFETY INFORMATION

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

1. Data on file at Merial.

2. Data on file at Merial.

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COOL TIP BASKET BASICS

Ideal for organizing all year long, baskets are especially handy for controlling summer clutter. Stash baskets on the porch and near the back door where flip-flops and beach or pool toys are likely to pile up. Add a “Beach Only” basket to the laundry room or kids' bathroom to keep sandy swimsuits and towels separate from the rest of the wash. Prep for weekend guests with mini-baskets of sunscreen, insect repellent and sunburn soothers.



COOL TIP EASY EATS

Because you can't fire up the grill for every meal, stock your pantry at the beginning of summer with basics that are versatile and healthy. Granola is perfect for breakfast and is easy to pack up for snacking at the beach and pool. For summer salads, think different pasta shapes, canned beans, tuna and chicken, plus flavorful dressing ingredients, including wine vinegar and olive oil. And get ready for smoothie weather with your favorite add-ins, like shelf-stable almond milk, agave syrup, cocoa powder and honey.



COOL TIP FAMILY FREEBIES

Summer family activities don't have to be expensive. Many towns and communities offer family-friendly free or low-cost events all summer long. Check your neighborhood library, town website or community blogs to find schedules for outdoor movie nights, concerts and block parties. Or give something back this summer by volunteering for a local clean-up or planting day—a great way for the whole family to get outdoors and enjoy the warm weather while doing good for the community.



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*Limit one gift per household. Must be a legal resident of the 50 U.S. states or District of Columbia, 18 years or older. Offer valid on purchase made between 5/12/15 and 6/8/15. Receipts will be accepted until 6/15/15 or while supplies last, whichever comes first. To receive your Gift Card, spend \$10 or more at Walmart on the "Stock Up for Summer" products shown on this page, and send your original Walmart receipt with the eligible products circled, along with your name, address and daytime phone number to: Family Circle, SUMMER PROMO, 805 Third Avenue, 26th Floor, New York, NY 10022. No P.O. boxes allowed. Allow 6-8 weeks for delivery. Meredith Corporation ("Sponsor") is not responsible for lost, late, misdirected, incomplete, incorrect requests. In all matters relating to application of this offer, decision of Sponsor is final. Void where prohibited. Walmart is not a sponsor of this promotion and is not affiliated with Meredith Corporation, Church & Dwight Co. Inc., or Quaker Oats Company. Walmart name is trademark of Walmart Stores. Gift cards are subject to issuer restrictions.

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Party Animals

After a long winter of chilly walks and minimal backyard playtime, surely your pet is psyched for summer. (Isn't everyone?!) But seasonal activities that are fun for humans—barbecues, pool parties, graduation celebrations—can be fraught for dogs and cats. Remember these tips throughout the festivities and a good time will be had by all.



- 1 **BEWARE OF TOXIC FOODS.** Cookout staple guacamole (specifically the avocados and onions) can be poisonous. Bones, skewers and even corn cobs can get lodged in or damage the lining of the intestinal tract. Remind guests not to feed your pets.
- 2 **GUARD THE GRILL.** Animals will do anything to get their paws on a piece of meat, even snatching it off a flaming fire. They'll also be tempted to lick fat that's dripped onto coals. Rotate responsibility for watching the grill throughout the fiesta. Afterward, let the charcoal cool, then wrap it in tinfoil and toss in the trash.
- 3 **MINIMIZE LOUD NOISES.** If your cat or dog tends to get anxious around large groups of people or noisy crowds, find a haven inside your home where he'll feel safe. During parties around the Fourth of July, avoid exposing him to fireworks—loud sounds can cause your pet to develop a lifetime fear of thunderstorms.
- 4 **USE CAUTION POOLSIDE.** Designate a family member to act as lifeguard. For extra security, show guests where pet life vests are kept.
- 5 **DON'T DITCH THE COLLAR.** Although your canine or feline should be tagged at all times, this is especially important at any packed gathering. You certainly don't want an unsupervised, collarless dog or cat party-hopping down the street without ID.

Source: Mary Schell, DVM, senior veterinary toxicologist at ASPCA Animal Poison Control Center.

*SHEBA® Entrees start with real meat like beef, poultry or seafood.
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Model is sporting
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IN THE SPOTLIGHT

Every one of us has to balance enjoying—and being wary of—the sun. That includes these four dermatologists, who went from doctor to patient when they got skin cancer. Learn how they saved their own lives.

BY MICHELE BENDER

PHOTOGRAPHY BY DIANA KING

ELIZABETH TANZI
CODIRECTOR OF THE
WASHINGTON INSTITUTE OF
DERMATOLOGIC LASER SURGERY

A full roster of patients. A home to keep up. An active toddler. Like many working moms, this DC dermatologist was juggling multiple responsibilities. Add the fact that she was pregnant and it's not surprising Tanzi, now 45, was too busy to have an unfamiliar mole checked out. "It just looked like someone put a black dot on my right calf with the tip of a pen," she says. "I thought I was probably overanalyzing the situation."

Six months later, after noticing the spot was getting larger, Tanzi biopsied it herself. "The phone call from the pathologist was like a punch in the stomach," she reveals. "I had melanoma. Other forms of skin cancer can

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

leave ugly scars, but this one can also kill you." Though the dot was tiny, several inches of surrounding skin had to be excised to make sure all the cancer cells were cut out. Many melanomas can require further treatment, such as chemotherapy or removal of some lymph nodes, but Tanzi's was caught very early so that wasn't necessary. Because survivors of this most serious type of

Three years later, the fair-skinned and blue-eyed Tanzi still covers up all the time. And on top of her regular sunscreen routine, she has an upgraded one for extended periods outdoors: La Roche-Posay Anthelios 50 Mineral Tinted sunscreen on her face, L'Oréal Paris Advanced Suncare Silky Sheer Lotion 50+ on her body, and sun-protective clothing from brands like

Coolibar. "It sounds cliché but at the time I couldn't believe skin cancer was happening to me. I was a dermatologist, didn't have a family history and didn't spend that much time in the sun as a child," says Tanzi. "But we all have to be careful."

SAVE YOUR SKIN BY...

Dressing the Part.

"I have crushable travel hats in every bag, in the car and at my office," says Tanzi. "I wear them even for quick errands that require only a few minutes of sun, because by the end of the week those minutes can add up to an hour or more of exposure."

ELLEN MARMUR ASSOCIATE CLINICAL PROFESSOR AT MOUNT SINAI HOSPITAL & IN PRIVATE PRACTICE

Most people pray they don't get skin cancer *ever*. Marmur, 46, has had it three times,

thanks to a childhood of competitive swimming and beach vacations sans sunscreen. The first was a firm, pink bump on the right side of her nose that she dabbed with zit cream, hoping it was acne. Although a dozen (yes, a dozen!) dermatologists told her it was a pimple, a biopsy revealed basal cell

carcinoma (BCC). To remove it and make sure the area was clean of cancer cells, Marmur chose Mohs surgery, which has the highest success rate of all treatments for BCC. The dermatologist removes a thin layer of tissue from the area, examines it for skin cancer cells while you wait and, if necessary, repeatedly continues to remove more tissue until a sample is cancer-free.

Although she was 36 years old at all the time, Marmur calls this diagnosis her midlife crisis. "I realized that the armor of my skin was broken," says the mother of four. "It was really upsetting because I felt like I'd lost control." Two years later, she noticed a similar spot under her eye: another BCC. Because it was in such a sensitive area, Marmur had Mohs surgery and then reconstructive surgery to hide scarring. And just five months later, Marmur saw a spot among the sprinkling of freckles and moles on her knee "screaming" at her. "My radar went off and I had it checked," she says. This time the finding was more serious: pre-melanoma. She had the spot and an area about the size of a silver dollar excised to make sure all cancer cells were removed.

Today Marmur admits to owning a dozen ridiculously big hats and wearing SkinCeuticals Physical Fusion UV Defense SPF 50, but she isn't afraid of the great outdoors. "Last July, as part of the Skin Cancer, Take a Hike! campaign, I climbed Mount Kilimanjaro in Africa with a team of skin cancer survivors and advocates," she says. "You don't have to hide from the sun, you just have to protect yourself."

SAVE YOUR SKIN BY...

Shopping Smart.

"Every summer, I let my kids go to Target and pick out their own sunscreens," says Marmur. "They think it's fun. I love it because the best sunscreen is the one you'll actually use!"



SHINING THROUGH

Model is wearing Kiss My Face Cool Sport Faces Lotion SPF 30, \$13.

skin cancer are nine times more likely to have an additional melanoma, Tanzi needed head-to-toe skin checks every three months for the next five years. "Right before my fifth anniversary, there was another bombshell," she recalls. "I found a second early melanoma on my right leg that had to be treated."

TEENS AND TANNING

Salons want you to believe that the rays they offer up are safer than those from the sun. "Unfortunately, that's not true," cautions Doris Day, MD, clinical associate professor of dermatology at New York University and author of *Forget the Facelift*. In fact, just one indoor tanning session boosts your risk of the deadliest form of skin cancer, melanoma, by 20%, according to the Skin Cancer Foundation, and using a tanning bed for the first time before your 35th birthday increases your

risk by 75%. While the 2 to 3 million teens who bronze at these salons annually don't seem to care, you can make sure yours do. First, share the scary melanoma stats, including the fact that almost 2,000 indoor tanners found themselves in the emergency room in 2012 for burns to their skin and eyes, among other injuries. Next, highlight the celebs who go au naturel—aka pale—and still look gorgeous, like Emma Stone and Anna Kendrick. Finally, if your teens must get their tan on, treat them to a bottle of self-tanner or gradual tanning lotion.

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sun protection stays

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CoolDry Sport Sunscreen

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#1 DERMATOLOGIST RECOMMENDED SUNCARE

DIANE BERSON
ASSOCIATE CLINICAL
PROFESSOR AT WEILL
CORNELL MEDICAL COLLEGE

Although she didn't know where or when, Berson, 57, was certain she'd be diagnosed with skin cancer one day. She had spent her teens at the beach soaking up UV rays with baby oil and a silver sun reflector. "I'd get burnt to a crisp," recalls the New York mom of two with fair skin, blue eyes and blond hair.

Berson's prediction became a reality when she discovered a pink bump on the top of her left shoulder. "At first I thought it was just a big pimple," she recalls. When it didn't go away—instead becoming itchy, tender and inflamed after a few weeks—she had the bump biopsied. "I wasn't worried when I was diagnosed with basal cell carcinoma," Berson reveals. "Basal cells generally have a low incidence of spreading and a nearly 100% cure rate if removed early, like mine were."

Unfortunately, other forms of the disease can be far more aggressive. A few years after her own diagnosis, Berson's mother died of a very rare and fast-moving skin cancer called Merkel cell carcinoma (MCC), which scientists recently discovered is linked to a virus. It typically presents as a flesh-colored or bluish-red nodule, usually on the face, head or neck. Although MCC doesn't have a clear genetic link, her mother's experience and her own history mean Berson never leaves home without sun protection of at least SPF 30 in the winter and SPF 40 in warmer months. Some of her go-to brands: Colorescience Sunforgettable and MDSolarSciences.

Losing her mother has also made Berson persistent in reminding patients about regularly checking their skin. "It's critical that when you notice a bump or mole changing in any way, you see a doctor as soon as possible," she cautions. "Even an innocuous-looking bump could be deadly."

SAVE YOUR SKIN BY...

Popping Sun Protection.

"If I'm going to be in the sun for a while, I take Heliocare, a daily oral antioxidant supplement, an hour before I go out and a couple of hours into the day," says Berson. "Some research shows its main ingredient enhances protection from ultraviolet light."

SKIN CANCER
CHEAT SHEET



BASAL CELL CARCINOMA

Typical locale Sun-exposed areas, like the face.

Risk raisers Having light skin, being male, having scars and burns, being elderly.

Prognosis The most common skin cancer, it grows slowly and rarely spreads.



SQUAMOUS CELL
CARCINOMA

Typical locale On fair skin, UV-exposed places like your head or neck. On dark skin, unexposed spots like legs or feet.

Risk raisers Having dark skin or HPV.

Prognosis More likely to spread than basal cell carcinoma, but not common.



MELANOMA

Typical locale The torso; on women, arms and lower legs; on men, head and neck; on people with dark skin, soles of feet, palms and under nails (though rare).

Risk raisers Many moles, family history.

Prognosis The least widespread form of skin cancer, yet the deadliest.

—Mallory Creveling

DIANE MADFES
ATTENDING PHYSICIAN AT
MOUNT SINAI HOSPITAL &
IN PRIVATE PRACTICE IN NYC

As a teenager, Madfes, 48, wore a lot of hats: lifeguard, windsurfer, sailor. Ironically, it was the visor she donned while playing tennis that may have left her at the sun's mercy. The lid ended just before her hairline—which is where she found a bump the size of a sesame seed while washing her face 10 years ago. "I couldn't see it, but knew I'd never felt it before," recalls the Connecticut mom of two. Thinking it was dry skin or an inflamed hair follicle, Madfes tried to scrub it off. When that didn't work, she began to suspect it was skin cancer. And it was: basal cell carcinoma.


Most of the malignant cells were removed with the biopsy, but Madfes created a plan to eliminate any lingering cells on her face by applying imiquimod 5% cream twice a day for two weeks. A topical immunomodulator, it triggers the immune system to attack any precancerous or cancerous cells, which then slough off. "It doesn't look pretty but it works," she explains.

Knowing that one basal cell diagnosis ups your chances of another in the next five years by 50%, she also had ALA photodynamic therapy, which involves applying a photosensitizing solution to your face that is then activated with a blue light. Any superficial precancerous lesions become scabby and fall off. "The ALA revealed several spots on my nose, cheeks and forehead," Madfes says. "Because the damage from UV rays is already in my skin, I repeat the treatment every two years." Each day she also relies on Tazorac (a prescription retinoid cream approved for acne that increases cell turnover), SkinCeuticals Resveratrol B E (an antioxidant serum) and Garnier Skin Renew Anti-Sun Damage SPF 28. In addition to covering up, she started spreading the word. "When I was diagnosed, I called friends I used to sail and lifeguard with as a teen to warn them," says Madfes. "But they'd already been diagnosed too."

SAVE YOUR SKIN BY...

Being a Little Shady.

"When my family exercises, we head out before 10 a.m. or after 4 p.m.," says Madfes. "And we don't do picnic lunches at the beach; we do sunset dinners."



NOT SO SUN-SHY

Model is donning
Hampton Sun Luxe
Sport SPF 35
Continuous Mist
Sunscreen, \$32.

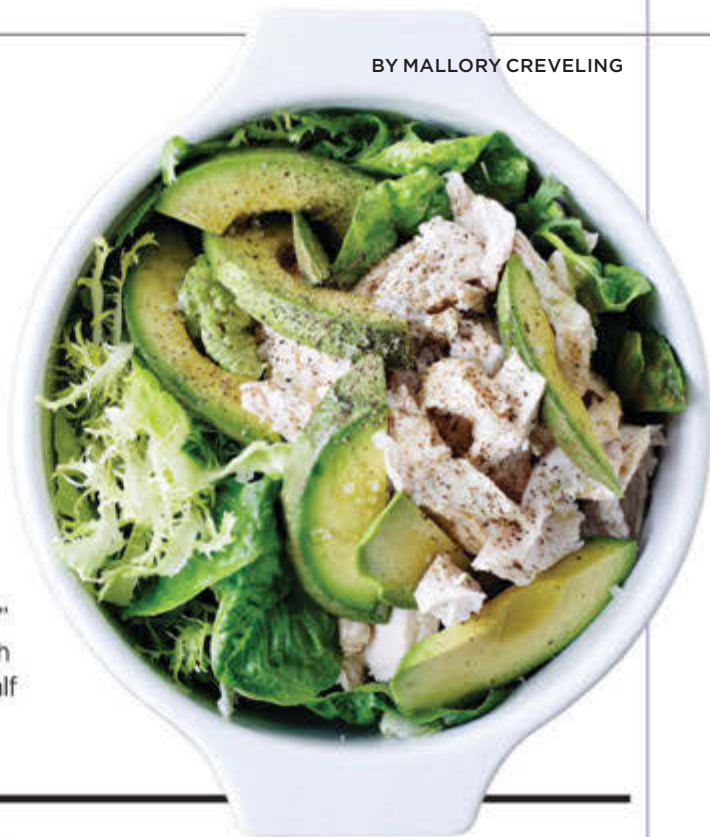
SKIN CHECK 101

Giving yourself a regular once-over could save your skin—and maybe your life. “You don’t have to stare at every mole, but spend 5 or 10 minutes each month just scanning your body,” says Elizabeth Tanzi, MD, codirector of the Washington Institute of Dermatologic Laser Surgery. “Your brain picks up the patterns of moles, so if they change, it will register that something is different.” Head to your dermatologist immediately if you find any new or morphing lesions. In addition to seeing your derm for an annual professional check, follow these tips from the Skin Cancer Foundation.

- ✔ Examine your skin from head to toe. Make sure you’re standing in bright light and have a full-length mirror as well as a hand mirror.
- ✔ Ask a partner or friend to examine your back, scalp, ears and other hard-to-see spots. A blow-dryer can help with your scalp.
- ✔ Remember to check areas that don’t see much sun (the soles of your feet, the underside of your breasts, your genitals) and that are commonly overlooked (your nose and lips).
- ✔ Remove polish so you can see your fingernails and toenails.
- ✔ Consider using a body map to keep track of your moles and other marks. Note any changes in size, shape or color that occur over time as well as any newly detected moles. You can download one from the Skin Cancer Foundation at skincancer.org/bodymaps.

EAT THIS, WEIGH LESS

One key to losing weight: fiber! Consuming 30 grams a day helps people drop pounds and improve blood pressure, a recent study found. "Because fiber is so filling, you may end up reducing your overall caloric intake," says Sherry Pagoto, PhD, study co-author and associate professor of medicine at the University of Massachusetts Medical School. "Also, when looking at menus or planning meals, research participants focused on foods they *could* have, instead of foods they *couldn't*, which is a much more positive approach." Pagoto suggests slowly adding high-fiber foods to each meal. For example, a cup of raspberries at breakfast, half an avocado at lunch, quinoa at dinner, plus chia seed pudding as a snack—that fulfills your day's quota.



Follow the Leader

If motivating your kids to get off the couch is harder than convincing them to eat kale, steal these trainers' personal strategies for sneaking in exercise.

"When my three kids and I walk places, we play games like red light, green light so they jog a little. At the park, I set up timed obstacle courses. It's always fun to have a jump rope or draw an agility ladder with chalk. I create different footwork patterns and then they take turns leading new ones."

—**Meri Treitler**, founder of mommyandmefitnessny.com

"I bring my older sons to the gym with me and we race each other in Spin class or see who's stronger at boot camp. I also do Pilates- or yoga-inspired moves (like downward dog or plank) at home with my daughter, which is great one-on-one time."

—**Lucy Somers**, Pilates teacher for **Balanced Body** and owner of **Studio Lotus** in Rocklin, CA

"I have squat and push-up competitions with my 17-year-old son during TV commercials. We also have 'trainer days' where he tells me what exercise to do and for how long. If he's harsh, I get to turn it on him the next day."

—**Donovan Green**, author of *No Excuses Fitness*

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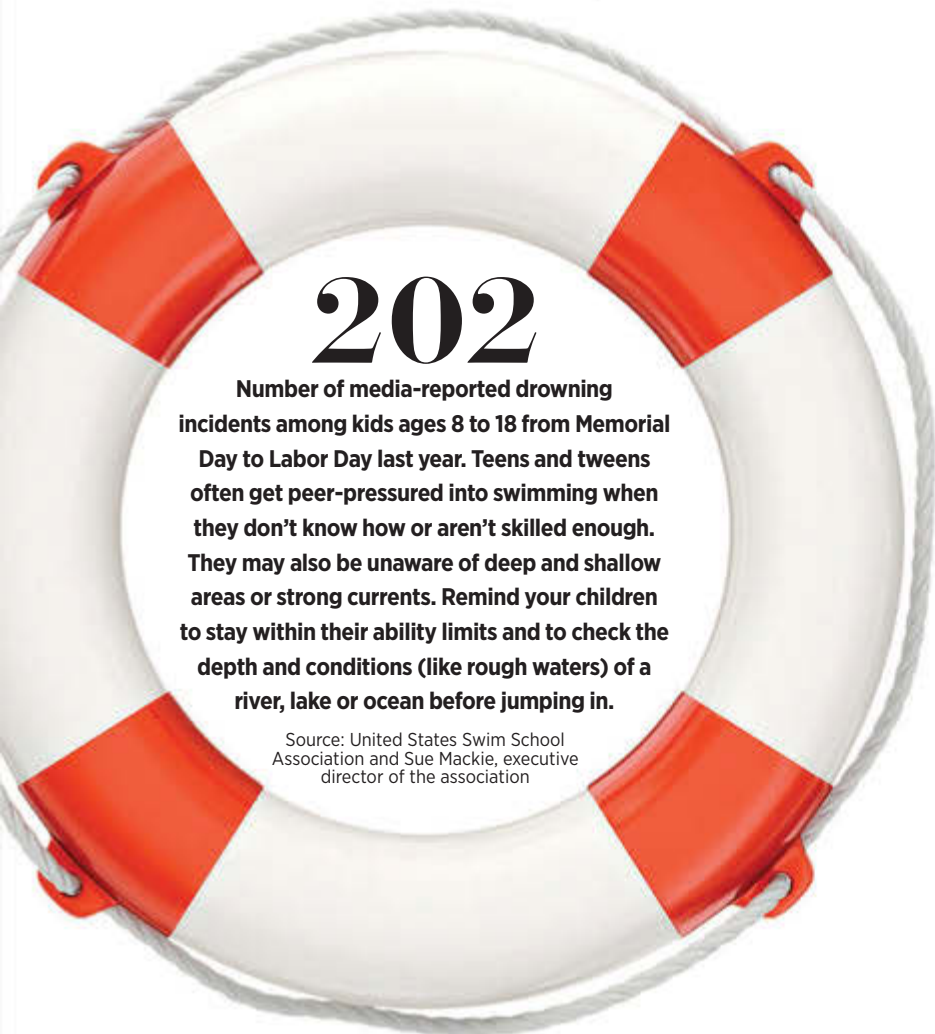
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NOW WITH
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202

Number of media-reported drowning incidents among kids ages 8 to 18 from Memorial Day to Labor Day last year. Teens and tweens often get peer-pressured into swimming when they don't know how or aren't skilled enough. They may also be unaware of deep and shallow areas or strong currents. Remind your children to stay within their ability limits and to check the depth and conditions (like rough waters) of a river, lake or ocean before jumping in.

Source: United States Swim School Association and Sue Mackie, executive director of the association

Map Out Your Nap

You can't make up for skimping on sleep *every* night, but a quick midday snooze does have its health payoffs. In fact, a 30-minute siesta can balance out stress-related hormonal changes and boost your immune system, according to research. "Naps also make you more alert and improve short-term concentration," says Aneesa Das, MD, assistant director of sleep medicine at The Ohio State University Wexner Medical Center. Consider closing your eyes between 2 and 4 p.m., which works well with your internal sleep-wake cycle. (Napping too close to bedtime will mess with your night's rest.)

TREND ALERT AT-HOME ORTHO

Sales have skyrocketed for some companies that sell adult teeth-straightening products online. Even more worrisome,

YouTube videos of teens closing gaps with rubber bands generate hundreds of thousands of views. Swapping online searches for an office visit, however, could cause serious trouble. "Orthodontists fix jaw alignment and notice problems like extra teeth, tumors, cysts, root erosion or gum infections," explains Robert Varner, DMD, president of the American Association of Orthodontists (AAO). "Moving teeth without knowing about these oral issues can lead to tooth decay and loss, as well as bone damage." Also, objects like rubber bands can lodge under the gum line, dissolving roots and forcing teeth to fall out. Children should see an ortho around age 7 to assess the best time for adjustments. Go to mylifemysmile.org/#whytreatment to find AAO info on providers, pro bono programs and critical questions to ask an orthodontist.





Q&A

Does the form of my vitamin supplements matter?

Not a bit. Whether it's a powder, gummy or pill, the chemical structures will be the same, says Balz Frei, PhD, director and endowed chair of the Linus Pauling Institute at Oregon State University. Unless your doctor finds a specific deficiency, like iron or vitamin D, Frei suggests complementing a healthy diet with a daily multi targeted to your age, gender and life stage. "Multis typically contain the recommended dietary allowance (RDA) of each vitamin and mineral included, whereas singles may have more," says Frei. "So while multis safely and effectively close many nutrient gaps, singles only help one and could increase chances of reaching the tolerable upper intake level (UL), potentially causing adverse effects."

Photo: iStockphoto.com

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FOOD FRIGHT

When her teenage daughter took midnight snacking to a shocking level, one mom became determined to figure out what was eating away at her family.

By Michele Shapiro

Photography by Hunter Freeman

DURING HER FIRST FEW MONTHS OF HIGH SCHOOL, MY DAUGHTER, ESMÉ, SNUCK FOOD into her room nearly every night. And nearly every morning, I cleaned up the remains: discarded candy wrappers, crumpled bags of chips, stacks of empty plates and bowls streaked with peanut butter or pie filling. In those moments, I was like a reluctant forensics expert at a crime scene. I collected the evidence, but I was completely unwilling to admit that it pointed to a real problem for my sweet 14-year-old suspect.

Prior to the start of freshman year, Esmé had eaten her fair share of the cookies, chips and other treats I tossed into our grocery cart against my better judgment. Her constant pleading that “Mom, I’m still a kid and I should be able to eat what I want” wore down my resolve even after she reached puberty and started putting on weight due to her junk food habit. But at least she ate in the open. Now, possibly to avoid having to explain herself, Esmé chose to sneak snacks behind closed doors. It seemed high school had brought with it a new set of pressures, the least of which

were a lengthy commute and about three hours of homework a night. Confronted with adult decisions, out-of-control hormones and stress to achieve, she was likely trying to eat her way out of an emotional funk.

I had faced similar pressures in high school—hadn't we all?—but social media takes that nagging stress to a whole other level. Every night a nonstop parade of selfie posts commanded her Facebook page, begging for attention. She told me that if her classmates don't get at least 100 likes on a profile picture in one night, they immediately take down the photo and replace it with another image. With her deep-olive skin and brunette waves straight out of a shampoo commercial, Esmé has nothing to be ashamed about. But by last winter she was taller and broader than most of the girls and boys in her grade. She'd developed seemingly overnight and her clothes fit more snugly than they had when we bought them back in September. I'm sure all this added to her self-consciousness—as well as her desire to sneak junk food. Whereas once she'd relied on me for comfort, now she turned to packaged snacks.

At a loss for how to handle the situation, I went to Google. From what I could gather, Esmé was likely suffering from emotional problems that could easily escalate into binge eating disorder (BED). The symptoms range from hiding or stockpiling food to eat in secret to feeling guilty, disgusted or depressed after overeating. Surprisingly, BED is more common

than anorexia and bulimia combined: 1.6% of all American teens have it, compared with 0.3% who have anorexia and 0.9% who struggle with bulimia.

On the message boards of parenting websites, I found other moms facing similar struggles. But there were more complaints and questions than answers in their posts. "We just sat down to breakfast and tried to pour the maple syrup only to realize that the liter jug was empty," one wrote. "I put treats on top of a cabinet," another said. "Then I discovered my 10-year-old was climbing onto the countertops and standing up to reach them!" Though the situations were as individual as our kids, the trait we all shared was frustration bordering on exasperation.

I tried to be a healthy role model for my daughter. After making an effort in my early 40s to lose the excess pounds that had crept up over the years, I continued cooking low-fat meals and sampling new classes at the gym. But rather than follow my lead, Esmé wrote off my behaviors as annoying and embarrassing. Her father, Eric, was no better. At 357 pounds, his belly fat protruded from the bottom of his shirt. Every night, as if to counteract the healthy dinner I'd prepared, he walked in the door with a jumbo bag of tortilla chips and devoured it while watching the news. Although he would chastise Esmé when he heard her rifling through the cabinets for late-night snacks, she ignored him—and who can blame her, given his behavior?

Smart Snacking Strategies

► **Dig out the index cards.** No, you're not making flash cards. But sitting down with your daughter and writing down 5 to 10 healthy snacks that she likes and you approve of will serve as a great reference point for you both, suggests Kitty Finklea, RDN, a nutritionist and certified personal trainer in Florence, SC, who is head coach for Fitsmi Group Coaching for Teen Girls (fitsmiformoms.com/coaching/teens). Tack them to a bulletin board in the kitchen, and place them in your purse before you head out to the grocery store.

► **Satisfy her sweet tooth.** If it's candy or cookies she desires, try having several healthy alternatives on hand, such as berries sprinkled with a little sugar or tea with honey. Also keep sour or tart foods like pickles and grapefruit around, since they may help curb her cravings for sweet treats.

► **Make a game of it.** Take your daughter grocery shopping and turn her into a label-reading super sleuth. Ask her to find a cookie with at least 2 grams of fiber and less than 10 grams of sugar, or a nut butter with 15 grams or less of fat. Torn between two brands? Buy both and hold a blind taste test at home to determine her preference. "It's important to give her choices and let her decide which snacks she likes best so she feels in control," suggests Finklea.

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I believe Esmé, like her father, is hardwired to snack. Brain research suggests that some people have fewer dopamine receptors, which facilitate the “aaah” response when you eat something rich in fat, sugar or salt. As a result, they need to consume larger amounts of indulgent foods to get a basic pleasurable response, and that leads to compulsive overeating.

The difference: Esmé wasn’t just eating too much, she was eating in secret. That’s the part that really concerned me, perhaps because I’d seen my father, a type 2 diabetic who died when his heart gave out at age 64, exhibit similar behaviors. He used to devour entire supermarket coffee cakes while driving around in his car. My mom would often find the empty foil trays under the driver’s seat, and she never said a word about them. Now here I was aiding and abetting my only child just as my mother had done with my father.

As unpleasant as it would be to go there with a moody teenager, I had no choice. One evening I knocked on Esmé’s door. She was propped up against three pillows on her twin bed, a laptop resting on her stomach.

“Honey, I wanted to talk to you about something,” I said. “I’ve noticed you seem hungry a lot after dinner. Are you eating lunch with the money I give you?”

Her brown eyes may as well have been daggers. “I’m in the middle of geometry homework, Mom.”

“I know that,” I replied. “But I’m just concerned that you’re taking food in your room and I thought that maybe—”

“You’re so annoying, Mom,” Esmé said. “I have a test tomorrow and I need to study. Can we discuss this *later*?”

I knew from her tone that “later” meant “never.” But never wasn’t an option. Instead, I tried to enlist the help of her father. I suggested he try to talk some sense into her. “And have her jump down my throat? No thanks,” Eric replied. “She only listens to you anyway.”

If only. Actually, neither of them was interested in what I had to say about making healthy choices. I was a one-woman army destined to fight a losing battle. Eric wasn’t in a position to help because, as bad as Esmé felt about herself, he probably felt worse about himself. Our lack of a united front sent mixed messages—until something

unexpected happened over the summer. As a freelance writer, I was scheduled to spend a week on assignment at Mountain Trek, a hiking boot camp in British Columbia where caffeine, alcohol and packaged foods are off-limits. Eric’s sister, who was also concerned about his weight, suggested I bring him along—and offered to pay his way. When I raised the idea just days before the trip, Eric said he’d consider it. I booked his flight before he could change his mind. The daily three- to four-mile hikes, low-cal menu and nightly detoxes in an infrared sauna provided the kick in the pants he needed to jump-start his weight loss. For the first time in a long time, we are now on the same healthy page. And it shows: Eric has dropped 75 pounds and counting.

It seems we were all changed by that trip. While Eric and I were trekking our way through the mountains, Esmé stayed with her athletic cousins, who got her into jogging. Once we returned, Eric and I were on the same page. Esmé couldn’t help following suit.

A year later, Esmé often accompanies me to the supermarket on Sundays to pick out healthy after-school snacks like a mix of roasted almonds and dried cranberries that she carefully measures out. And rather than logging on to Facebook for hours to post and “like” selfies, she starts her homework with the goal of being done in time to enjoy an episode of *Gilmore Girls* on Netflix. The change in both their behaviors is nothing short of miraculous. I’m especially thankful each time I enter Esmé’s room in the morning. These days, there are almost no dirty dishes and wrappers to be found. I’m not going to lie: She can still be moody and irascible. But overall, Esmé’s happier and more secure in her skin. There’s not much else a mother can ask for.

Say What?!

While actions speak louder than words in some situations, it’s important to be able to talk confidently with your child about any erratic eating behaviors. If you’re having trouble starting the conversation, follow these pointers.

➤ **Give her advance warning.**

Rather than catch her off guard, say something like, “Hey, I want to have a conversation later on. Let me know what time is good.”

➤ **Do it one-on-one.** Having others (a sibling or friends) around may embarrass her. Decide whether to enlist the support of your spouse and find a quiet place to talk.

➤ **Accentuate the positive.**

Don’t come across as nosy, angry or accusatory. Instead, say something along the lines of “I’ve been thinking about this for a while and I feel the need to talk because it has been worrying me. I’ve noticed that when we sit down to dinner you don’t eat much, but afterward you’re constantly snacking.”

➤ **Leave the conversation open-ended.**

Say, “I was curious what you think might be going on,” and if you don’t get a response, ask, “Do you have thoughts that make you focus on the food in the kitchen?” This puts any blame on the thoughts rather than on her personally.

➤ **Be a good listener.** Instead of lecturing or laying on a guilt trip, “be kind and compassionate,” says Ellen Albertson, PhD, RDN, a psychologist, certified Wellcoach and founder of SmashYourScale.com.

Help Is Here

If your child struggles with food issues, first help her feel safe talking to you about it. “There’s so much shame in overeating and binge eating,” says Wendy Oliver-Pyatt, MD, chief medical officer at Oliver-Pyatt Centers in South Miami, FL. “It can be hard for parents to address the problem without aggravating that shame. Normalize the situation by mentioning that a lot of people struggle with eating for reasons other than hunger.” Then seek out professional support. “Kids want to be independent,” says Ariane Machin, PhD, a licensed clinical and sports psychologist who runs DrArianeMachin.com. “To empower them, let them choose the person they’ll confide in from a list you’ve put together of three eating disorder specialists.” Find professionals at therapists.psychologytoday.com or nationaleatingdisorders.org.



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Twenty-five million working Americans—more than half of whom are women—are eldercare providers.

Q After I caught him cheating

several times, I told my husband he's forgiven but our marriage is over. I'm not angry, just tired of being with someone I can't trust. Our children are grown but they want us back together. What should I do?

Remember that the road you travel is yours alone to choose and you deserve to find the peace that can come from moving forward. Part of that involves what you've already done. I applaud your ability to forgive despite the pain he caused. Forgiveness—which doesn't mean forgetting the lesson learned—is a pillar of healing. The next part is forging ahead. Sit down with the kids and identify their concerns about the future. Change is difficult—even for adult children, who could be emotional about their parents splitting up or have practical concerns about your financial stability or health. There may be solutions that quiet their worries while also allowing you to follow your instincts and take purposeful steps on a new journey.

familycircle.com

Got a question for Dr. Janet? Email us at askdrjanet@familycircle.com.

Giving and Getting

How to reap the rewards of caring for an elderly relative

Managing a busy household while looking after an aging or chronically ill person can be overwhelming, but there's an upside that's rarely discussed. Research shows that people who care for an older relative have stronger bodies, better memories and longer lives than those who don't. Then, of course, there are the emotional benefits that come from successfully tending to a loved one's needs.

When you're feeling drained from the experience, think of the ways you're also being fulfilled. Celebrate the resilience, fortitude and satisfaction you earn by overcoming each day's trials. When your help is appreciated, embrace the thanks. And know your hard

work nurtures the person you're assisting.

Family members who simply act as cheerleaders may be invaluable resources. By providing encouragement, they can increase an older person's compliance with doctor's visits, improve their response to a disease and boost their overall sense of well-being—all successes that make your job easier.

When caregiving is a family affair, with everybody pitching in, you all win. Younger children will learn patience and empathy by performing simple tasks such as reading to their relative. Meanwhile, adults will secure an even more important benefit: the deepening of family bonds.

SILENCING YOUR INNER CRITIC / We live in a world of constant chatter in which the loudest voice should be your own. So take a few minutes every day to listen to and reflect upon what you're silently telling yourself. Make sure that it's positive, maintains perspective and propels you toward happiness.

A mother of four, Janet Taylor, MD, MPH, is a psychiatrist in New York City. Follow her on Twitter @drjanet.



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COFFEE-MOLASSES
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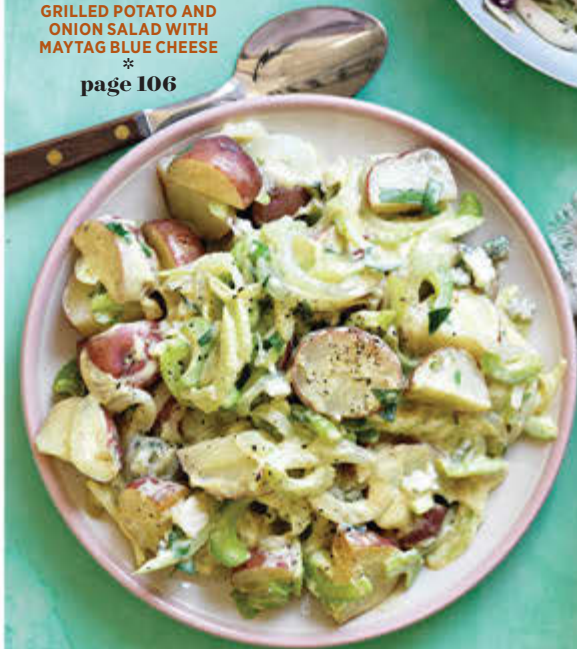
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**BROCCOLI AND RED
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**GRILLED POTATO AND
ONION SALAD WITH
MAYTAG BLUE CHEESE**
*
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**ROOT BEER
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**PEPPER-
STUDED
CORNBREAD**
*
page 106

Broccoli and Red Cabbage Slaw

MAKES 8 servings
PREP 15 minutes **REFRIGERATE** 4 hours

2 bags (12 oz each) broccoli slaw (12 cups)

½ cup sliced red cabbage

½ red onion, thinly sliced

½ green bell pepper, seeded and thinly sliced

¾ cup reduced-fat mayonnaise

¼ cup sour cream

¼ cup white distilled vinegar

1 tbsp olive oil

1 tbsp sugar

2 tsp celery seed

1 tsp seasoned salt

½ tsp black pepper

½ tsp dry mustard

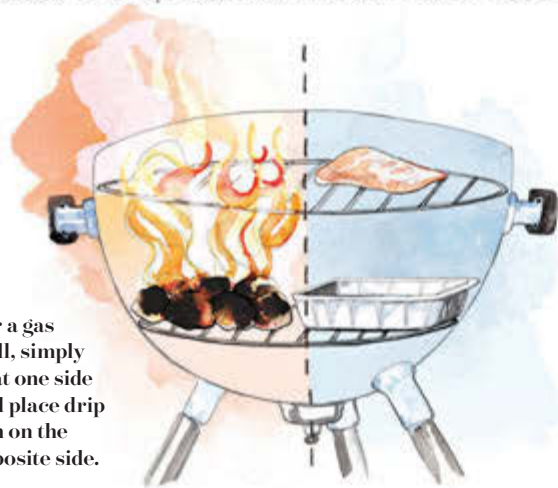
■ In a large bowl, combine broccoli slaw, red cabbage, onion and green pepper.

■ In a medium bowl, whisk mayonnaise, sour cream, vinegar, olive oil, sugar, celery seed, seasoned salt, black pepper and mustard. Fold into broccoli slaw mixture and stir to evenly coat all ingredients. Cover and refrigerate 4 hours.

PER SERVING 149 **CAL**; 11 g **FAT** (2 g **SAT**); 2 g **PRO**; 11 g **CARB**; 4 g **FIBER**; 461 mg **SODIUM**; 13 mg **CHOL**

Taming the Flame

To set up your charcoal grill for indirect heat, stack the coals to one side of grill. Place a foil drip pan on the other side. Place food on grate over drip pan; cook as per recipe directions. After every hour of grilling, add about 15 briquettes to maintain even heat.



For a gas grill, simply heat one side and place drip pan on the opposite side.

Grilled Spare Ribs with Texas Rib Sauce

MAKES 8 servings
PREP 10 minutes
COOK 60 minutes
GRILL 10 minutes

- 4 lbs pork spare ribs, cut into individual ribs**
- 1 recipe Texas Rib Sauce (recipe follows)**

- Bring a large pot of lightly salted water to a boil. Add ribs; gently simmer 60 minutes. Drain and remove ribs to a large cutting board.
- Heat a gas grill to medium-high or the coals in a charcoal grill to medium-hot.
- Generously brush ribs with Texas Rib Sauce. Grill about 5 minutes per side, brushing with more sauce as needed, until ribs are nicely browned.
- Serve with remaining sauce on the side.

PER SERVING 529 CAL; 39 g FAT (12 g SAT); 25 g PRO; 17 g CARB; 1 g FIBER; 684 mg SODIUM; 127 mg CHOL

Texas Rib Sauce

MAKES 1½ cups (8 servings)
PREP 10 minutes **COOK** 16 minutes

- 1 tbsp canola oil**
- 2 cloves garlic, chopped**

- 6 tbsp tomato paste**
- ½ cup beef broth**
- ½ cup packed light brown sugar**
- ¼ cup Worcestershire sauce**
- ¼ cup lemon juice**
- 1 chipotle pepper in adobo, seeded and chopped**
- 1 tbsp adobo sauce**

- In a medium saucepan, heat oil over medium heat. Add garlic and cook 1 minute. Add tomato paste, broth, brown sugar, Worcestershire sauce, lemon juice, chipotle and adobo sauce. Whisk until smooth.
- Bring to a boil. Reduce heat to medium-low and simmer 15 minutes, stirring occasionally. Sauce will reduce to about 1½ cups.

PER SERVING 89 CAL; 2 g FAT (0 g SAT); 1 g PRO; 17 g CARB; 1 g FIBER; 555 mg SODIUM; 0 mg CHOL

Double Smoky Country Ribs

MAKES 8 servings **PREP** 10 minutes
BAKE at 450° for 30 minutes, then at 300° for 60 minutes
BROIL 10 minutes

- 2 tbsp smoked paprika**
- 1 tsp salt**
- ½ tsp dried thyme**

- ½ tsp garlic powder**
- ½ tsp onion powder**
- ¼ tsp cayenne pepper**
- 8 bone-in country-style pork ribs, 4 to 5 lbs**
- 1 tbsp canola oil**
- 1 recipe Texas Rib Sauce (this page)**

- Heat oven to 450°.
- In a small bowl, combine smoked paprika, salt, thyme, garlic powder, onion powder and cayenne. Brush ribs with oil and season with smoked paprika mixture.
- Place ribs in a large roasting dish and add ½ cup water. Cover very tightly with aluminum foil. Bake at 450° for 30 minutes. Reduce oven temperature to 300° and bake an additional 60 minutes.
- Heat broiler. Set rack 6 inches from heat source. Brush ribs generously with some of the rib sauce. Broil 4 to 5 minutes per side, turning once.
- Serve with remaining rib sauce on the side.

PER SERVING 374 CAL; 17 g FAT (5 g SAT); 35 g PRO; 18 g CARB; 1 g FIBER; 958 mg SODIUM; 115 mg CHOL

Brown-Sugar Bourbon-Glazed Baby Back Ribs

MAKES 8 servings
PREP 15 minutes **COOK** 15 minutes
MARINATE overnight **GRILL** 60 minutes

- 1 cup bourbon**
- 2 tbsp canola oil**
- 1 cup red onion, chopped**
- 4 cloves garlic, chopped**
- 1 cup ketchup**
- ½ cup dark brown sugar**
- ¼ cup cider vinegar**
- ½ tsp red pepper flakes**
- ½ tsp salt**
- ¼ tsp black pepper**
- 1 rack baby back ribs, about 3½ lbs, cut into 2 equal pieces**

- Place bourbon in a medium saucepan and set over medium heat. Gently simmer until reduced to ¾ cup, about 5 minutes.

- In another medium saucepan, heat oil over medium-high heat. Add onion and garlic;

cook 5 minutes, stirring occasionally. Carefully stir in ketchup, reduced bourbon, brown sugar, vinegar, red pepper flakes, salt and pepper.

- Place ribs in a large baking dish and add bourbon-ketchup sauce. Turn to coat evenly. Cover with plastic wrap and refrigerate overnight.
- Heat a gas grill to medium-high or the coals in a charcoal grill to medium-hot. Lightly grease grates of grill. Add ribs meaty side up and grill, covered, 20 minutes, until lightly charred. Baste with sauce, turn and grill 20 minutes more. Baste ribs again and turn. Grill an additional 20 minutes.

- Place remaining sauce in a small pot. Simmer 5 minutes.

- Place racks on a cutting board and slice into individual ribs. Serve with remaining sauce on the side.

PER SERVING 484 CAL; 24 g FAT (8 g SAT); 24 g PRO; 23 g CARB; 0 g FIBER; 639 mg SODIUM; 86 mg CHOL

Coffee-Molasses St. Louis-Style Ribs

MAKES 8 servings
PREP 10 minutes **MARINATE** overnight
GRILL over indirect heat 2 hours, then over direct heat 6 minutes **COOK** 2 minutes

- 1 cup very strong brewed black coffee**
- 1 cup sweet onion, chopped**
- ½ cup molasses**
- ¼ cup ketchup**
- ¼ cup cider vinegar**
- ¼ cup reduced-sodium soy sauce**
- 2 tbsp Frank's hot sauce**
- 2 racks St. Louis-style ribs (about 5 lbs total)**

- In a medium bowl, combine coffee, onion, molasses, ketchup, vinegar, soy sauce and hot sauce.

- Place ribs in a large baking dish and pour marinade over the top. Evenly coat ribs with marinade. Cover with plastic wrap and refrigerate overnight.

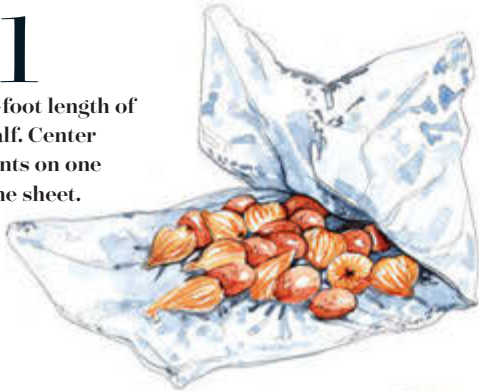
- Set a gas or charcoal grill for indirect heat. Wrap ribs tightly in a single layer in heavy-duty aluminum foil. Grill ribs in foil

Foiled Again

Aluminum foil pouches are great for cooking small vegetable pieces and delicate fish fillets on the grill.

1

Fold a 3-foot length of foil in half. Center ingredients on one half of the sheet.



2

Fold down second half to cover; roll up one side, crimping edge to seal.



3

Fold and seal remaining two edges, leaving enough space to allow for steam to expand in the pouch.

over indirect heat for 2 hours, turning after 1 hour.

- Remove ribs to a cutting board and cut into 3 portions. Set grill to high. Brush ribs with marinade and grill about 3 minutes per side. Place marinade in a saucepan, bring to a rolling boil and cook 3 minutes. Cool.

- Serve ribs with cooled marinade as a dipping sauce.

PER SERVING 460 CAL; 29 g FAT (10 g SAT); 35 g PRO; 14 g CARB; 0 g FIBER; 670 mg SODIUM; 123 mg CHOL

Pepper-Studded Cornbread

MAKES 8 servings
PREP 15 minutes **MICROWAVE** 1 minute
BAKE at 350° for 35 minutes
COOL 15 minutes

1 cup finely chopped red and yellow sweet peppers

1 jalapeño, seeded and finely chopped

¾ cup all-purpose flour

¾ cup coarse cornmeal

3 tbsp sugar

2 tsp baking powder

½ tsp baking soda

½ tsp salt

1 cup buttermilk

1 egg, lightly beaten

4 tbsp butter, melted

¾ cup frozen corn, thawed

- Heat oven to 350°. Coat a 10-inch cast-iron skillet with **nonstick cooking spray**.

- Place sweet peppers and jalapeño in a microwave-safe dish and microwave 1 minute.

- In a large bowl, whisk flour, cornmeal, sugar, baking powder, baking soda and salt. Stir in buttermilk, egg and butter until dry ingredients are just moistened. Fold in peppers and corn.

- Spoon batter evenly into prepared skillet. Bake at 350° for 35 minutes. Cool on a wire rack 15 minutes.

- Cut into 8 wedges and serve warm or at room temperature.

PER SERVING 197 CAL; 6 g FAT (4 g SAT); 5 g PRO; 21 g CARB; 1 g FIBER; 370 mg SODIUM; 39 mg CHOL

Grilled Potato and Onion Salad with Maytag Blue Cheese

MAKES 8 servings
PREP 20 minutes **GRILL** 45 minutes
REFRIGERATE 2 hours

2½ lbs small red potatoes or fingerling potatoes cut into 1-inch pieces

1 large sweet onion, thinly sliced

2 tbsp canola oil

1 tsp salt

½ tsp black pepper

¾ cup reduced-fat mayonnaise

¼ cup white wine vinegar

2 tsp spicy brown mustard

1 tsp sugar

1 tsp garlic powder

3 ribs celery, thinly sliced

3 tbsp chopped parsley

4 oz Maytag blue cheese

- Heat a gas grill to medium-high or the coals in a charcoal grill to medium-hot.

- Make a foil packet with potatoes and onion (see illustrations), drizzling with oil and seasoning with ½ tsp of the salt and ¼ tsp of the black pepper before sealing.

Grill, covered, 15 minutes.

Turn packet over and grill an additional 15 minutes. Turn again and grill 15 minutes more or until potatoes are tender. Allow to cool.

- In a large bowl, whisk mayonnaise, vinegar, mustard, sugar, garlic powder and remaining ½ tsp salt and ¼ tsp pepper. Add potatoes, onions and celery. Toss to coat; stir in parsley and blue cheese.

- Cover with plastic wrap and refrigerate 2 hours.

PER SERVING 212 CAL; 10 g FAT (1 g SAT); 3 g PRO; 27 g CARB; 3 g FIBER; 467 mg SODIUM; 7 mg CHOL

Root Beer Baked Beans

MAKES 8 servings
PREP 15 minutes **COOK** 12 minutes
BAKE at 375° for 45 minutes

6 slices smoked bacon

2 onions, chopped

2 cans (15 oz) pinto beans, drained and rinsed

1 can (15 oz) pink beans, drained and rinsed

1 can (15 oz) cannellini beans, drained and rinsed

1 cup root beer (not diet)

½ cup ketchup

¼ cup cider vinegar

¼ cup packed dark brown sugar

2 tbsp grainy mustard

2 tbsp Frank's hot sauce

1 tsp salt

- Heat oven to 375°.

- Cook bacon in a large flame-proof baking dish over medium-high heat until crisp, about 7 minutes. Remove bacon to a cutting board and coarsely chop. Add onion to baking dish, reduce heat to medium and cook 5 minutes, until golden brown.

- Stir in beans, root beer, ketchup, vinegar, brown sugar, mustard, hot sauce and salt. Add chopped bacon. Bring to a simmer and transfer dish to oven.

- Bake, uncovered, at 375° for 45 minutes. Serve warm.

PER SERVING 477 CAL; 9 g FAT (3 g SAT); 22 g PRO; 76 g CARB; 15 g FIBER; 1119 mg SODIUM; 14 mg CHOL



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ONE JUICY APP

The Blender Girl, Tess Masters, lets users of her new app punch in their mood (say, “sluggish”), their need (“detox”) and what they crave (“clean and green”). The results are a choice of 100 recipes, each with three optional boosters. Here’s what we tried (each makes 2 servings).

STRAWBERRY-KIWI

In a blender, combine 1¼ cups freshly squeezed **orange juice**, 3 medium ripe **kiwis**, peeled and chopped, ¾ cup **plain** or **vanilla-flavored yogurt** and 2 cups **frozen strawberries**. Blast on high for 30 to 60 seconds, until smooth and creamy.

Boosters: 1 tbsp finely chopped basil; 1 tsp flaxseed oil; 1 tsp camu powder

APPLE ALKALOID

In a blender, combine ½ cup **coconut water** or **water**, 2 **green apples**, cored, seeded and roughly chopped (grated for conventional blenders); 1 cup loosely packed **spinach**; 1 **lemon**, peeled, quartered and seeded; 1 cup chopped **cucumber** and 5 drops **alcohol-free liquid stevia**. Blast on high for about 1 minute until smooth. Add 1 cup **ice** and blast for a few more seconds until drink is chilled.

Boosters: 1 tsp minced ginger; pinch cayenne; ½ tsp wheatgrass powder

CHAI TAI

In a blender, combine 1 cup **unsweetened almond milk** or other **nut, grain** or **seed milk**, 1 cup **coconut water**, ¼ cup chopped pitted **dates** (soaked, if using a conventional blender), 1 tsp **natural vanilla extract**, ½ tsp **ground cinnamon**, ¼ tsp **ground ginger**, ¼ tsp each ground **nutmeg** and **ground cardamom**, pinch ground **cloves**, pinch **salt** (optional, to bring out flavors), 2 medium **frozen sliced bananas** and 1 cup **ice cubes**. Puree on high for 30 to 60 seconds, until smooth and creamy.

Boosters: 1 tbsp blanched raw almonds, soaked; 1 tbsp chia seeds; 1 tsp flaxseed oil



The Blender Girl Smoothies app, iOS, \$5

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Perfect Peach Iced Tea

Ingredients

1/3 cup fresh mint leaves
4 tbsp Domino® Quick-Dissolve Superfine Sugar
2 tbsp fresh lemon juice
2 cups cold water
4 tea bags
1 1/2 cups peach nectar

Instructions

Crush mint leaves with sugar and lemon juice in a bowl; set aside. Bring cold water to a boil. Pour over tea bags and mint mixture in heat-proof container; stir briefly. Allow to steep 4-5 minutes or until desired strength. Strain tea into another container and add peach nectar; cool. To serve, pour into ice-filled glasses. Makes about 6 servings.

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FOOD / LATEST DISH

BAR-B-HUE

We couldn't help but smile at the bright new colors of Weber's Q 1200 gas grill. In addition to citrusy orange (which I chose to complement all my Chicago Bears gear), this portable powerhouse is available in fuchsia, green, purple, blue and black. Make a bold BBQ statement, whether you fire it up in your backyard, at the beach or while tailgating. Available at home supply stores, \$219.

—Julie Miltenberger, Executive Food Editor



New Leaf

*Basil is at its peak in
summer. Get the most out
of it—now and later.*

Store Basil will last up to a week if you place stems in a jar of water. This can sit right on the counter, but be sure to change the water daily.

Keep It Green To maintain the leaves' vibrant color, blanch them (drop in boiling water) for 10 to 15 seconds, then submerge in a bowl of ice water.

Freeze After blanching, dry basil completely, then place in a freezer-safe container, separating the leaves with parchment paper.

—Melissa Knific, Associate Food Editor



FLAX APPEAL

With all the trendy seeds and grains in supermarkets these days, you may have forgotten about that no-frills workhorse, flax. In addition to providing a major boost to your digestive tract, it's a great source of anti-inflammatory omega-3s. Plus, ground flax can be used as an egg substitute in yeast breads, cookies, pancakes, waffles and muffins. Start by replacing just one egg in a recipe by blending 2 tbsp whole flax meal with 3 tbsp cold water. Let rest for 10 minutes to thicken before adding to batter.

—Regina Ragone, Food Director

Photos: Peter Ardito. Illustration: Marisa Seguin.

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Frosting Starter

Ingredients

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1 (8 oz.) pkg. cream cheese, softened
1/2 cup vegetable shortening
1/2 teaspoon salt
2 teaspoons vanilla extract
1 (2 lb.) pkg. Domino® Confectioners Sugar
2 tablespoons water

Instructions

In a large bowl, using an electric mixer, combine first four ingredients. Beat on medium speed until thick. Reduce speed; add extract and gradually add sugar while mixing. Add water; beat until smooth. Divide frosting into 1-cup servings for color and flavor variations, or store for later use. Yields 6 cups.

Red Raspberry Flavor:

Combine 1 cup Frosting Starter and 2 Tbsp seedless raspberry jam in a bowl. Add 2-4 drops red food coloring gel and mix well.

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IN 6 GRILLED SUPPERS
BY JULIE MILTENBERGER



1



2



3



4



5



6

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1. Churrasco and Tostones

MAKES 4 servings **PREP** 10 minutes
BAKE at 400° for 20 minutes **GRILL** 23 minutes

SALSA

- 1 pkg (10.5 oz) cherry tomatoes
- 2 ears corn, husks and silk discarded
- 2 tbsp lime juice
- 1½ tsp olive oil
- ¼ tsp salt
- 1 to 2 tbsp chopped cilantro (optional)

TOSTONES

- 1½ lbs green plantains
- 3 tbsp vegetable oil
- ½ tsp salt

CHURRASCO

- 1 lb flank steak
- ½ tsp ancho chile powder
- ½ tsp salt
- ½ tsp ground black pepper
- 4 bunches scallions, cleaned and trimmed

■ Heat grill to medium-high; heat oven to 400°.

■ **Salsa.** Thread tomatoes onto skewers and spritz with **nonstick cooking spray**. Grill corn 12 minutes, turning frequently,

and grill tomatoes 8 minutes, turning once. Transfer to a cutting board and remove tomatoes from skewers into a bowl. Cut kernels from corn cobs and add to bowl along with lime juice, oil, salt and, if using, cilantro. Set aside.

■ **Tostones.** Peel plantains and cut into ½- to ¾-inch slices. Toss in a bowl with 1½ tbsp of the oil and ¼ tsp of the salt. Place on a nonstick baking sheet and bake at 400° for 15 minutes.

■ **Churrasco.** Meanwhile, carefully split flank steak in half horizontally as if opening a book, cutting into 2 thin pieces. Slice each piece in half (for a total of 4 pieces). Season with ancho chile powder, salt and pepper. Grill steak to taste, about 5 minutes, turning once, for medium-rare. Transfer to a platter to rest. Add scallions to grill; grill 6 minutes, turning once, until charred.

■ Remove plantains from oven, smash with the bottom of a glass to flatten, and flip over. Brush with remaining 1½ tbsp oil, sprinkle with remaining ¼ tsp salt and bake at 400° for an additional 5 minutes. Serve steak and scallions with salsa and tostones alongside.

PER SERVING 523 CAL; 22 g FAT (4 g SAT); 30 g PRO; 59 g CARB; 8 g FIBER; 804 mg SODIUM; 68 mg CHOL

2. Tandoori Chicken and Lentil Salad

MAKES 6 servings
PREP 20 minutes **MARINATE** 8 hours or overnight
GRILL 12 minutes

- 6 boneless, skinless chicken breast halves (about 6 oz each)
- ¾ tsp salt
- 1 cup plain low-fat yogurt
- 6 tbsp fresh lemon juice
- 1 tbsp grated ginger
- 2 cloves garlic, grated
- 2 tsp turmeric
- 2 tsp paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp cayenne pepper
- 2 pkg (9 oz each) Melissa's steamed lentils
- 1 medium tomato, seeded and diced
- 2 ribs celery, finely diced
- 2 medium carrots, peeled and grated
- ¼ cup extra-virgin olive oil
- 3 tbsp chopped parsley
- ¼ tsp ground black pepper

■ Make marinade: Season chicken with ½ tsp of the salt. In a medium bowl, whisk yogurt, 3 tbsp of the lemon juice, the ginger, garlic, turmeric, paprika, cumin, coriander and cayenne. Transfer to a glass dish or resealable plastic bag and add chicken, turning to coat. Cover and refrigerate 8 hours or overnight.

■ When ready to eat, heat grill to medium-high. Brush grill grate with oil. Remove chicken from marinade; let excess drip off. Add chicken and grill 10 to 12 minutes, depending on thickness, turning once. Meanwhile, make lentil salad. Open packages and gently break lentils apart. Stir in tomato, celery, carrots, olive oil, parsley and remaining 3 tbsp lemon juice. Season with remaining ¼ tsp salt and the black pepper. Serve with chicken.

PER SERVING 437 CAL; 14 g FAT (2 g SAT); 50 g PRO; 27 g CARB; 6 g FIBER; 618 mg SODIUM; 126 mg CHOL

ON THE COVER

3. Tuscan Grilled Veggie Platter

MAKES 6 servings
PREP 30 minutes **GRILL** 10 minutes

- 2 tbsp chianti vinegar or other red wine vinegar
- 2 tsp sugar
- 1 tsp spicy brown mustard
- ½ tsp salt
- ¼ tsp black pepper
- 5 tbsp extra-virgin olive oil

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- 1 **tbps** chopped fresh sage
- 1 **tbps** chopped fresh parsley
- 2 **tbps** chopped fresh basil
- 1 **lb** asparagus, trimmed
- 1 **medium eggplant (about 1 lb)**, cut into ½-inch slices
- 1 **large summer squash (about 8 oz)**, cut into ½-inch slices
- 1 **sweet red pepper, seeded and cut into ½-inch strips**
- 8 **oz small carrots, halved lengthwise**
- 2 **large shallots (about 6 oz total)**, peeled and cut into 8 pieces

Beans and Orzo (recipe follows)

- In a small bowl, whisk vinegar, sugar, mustard, ¼ tsp of the salt and the black pepper. Gradually whisk in oil; add sage, parsley and basil. Set aside.
- Heat a gas grill to medium-high or the coals in a charcoal grill to medium-hot. Lightly grease grates.
- Brush vegetables with dressing. Grill about 5 minutes per side, until crisp-tender. Brush with additional dressing and turn as needed to prevent burning. Cook in batches if necessary. (You may want to use a grilling grid for thinner vegetables.)
- Arrange grilled vegetables on a platter. Season with remaining ¼ tsp salt. Serve with Beans and Orzo.

PER SERVING 502 **CAL**; 19 g **FAT** (3 g **SAT**); 16 g **PRO**; 74 g **CARB**; 14 g **FIBER**; 770 mg **SODIUM**; 0 mg **CHOL**

Beans and Orzo

Cook 6 oz (1½ cups) **orzo** as per package directions. Toss with 1 can (14.5 oz) **butter beans**, drained and rinsed, 1 tbsp of the dressing, 1 tsp **olive oil** and 1 tsp grated **lemon peel**.

4. Thai Green Curry Shrimp

MAKES 4 servings
PREP 15 minutes **COOK** 23 minutes
MARINATE 15 minutes **GRILL** 16 minutes

- 1 **cup** jasmine rice
- 1 **can (13.5 oz)** light coconut milk
- 2 **tbps** plus 1 **tsp** green curry paste
- 3 **tbps** fresh lime juice
- 2 **tsp** grated ginger
- 1¼ **lbs** cleaned and deveined raw shrimp
- 1 **tbsp** olive oil
- 3 **sweet red peppers, seeded and cut lengthwise into 4 sections**
- ½ **tsp** salt
- ¼ **tsp** ground black pepper
- ½ **cup** basil leaves, sliced

- Cook rice per package directions, about 20 minutes. Set aside and keep warm.

- In a bowl, whisk coconut milk, 2 **tbps** of the curry paste, 2 **tbps** of the lime juice and the ginger. Place shrimp in a resealable plastic bag, add coconut milk mixture and marinate 15 minutes. Heat grill to medium-high.

- In a large bowl, whisk remaining 1 **tsp** curry paste, remaining 1 **tbsp** lime juice and the oil. Toss pepper pieces in bowl to coat. Season with ¼ **tsp** of the salt. Grill pepper pieces 10 minutes, turning frequently. Remove to a cutting board.

- Thread shrimp onto skewers, reserving marinade. Grill shrimp skewers 6 minutes, turning once, until cooked through. Season with remaining ¼ **tsp** salt and the pepper. Meanwhile, bring 1 **cup** of the reserved marinade to a boil (discard remaining marinade). Boil 3 minutes. Slice peppers into thin strips.

- Spoon rice onto a platter. Top with pepper strips, shrimp and basil. Drizzle a little sauce over platter and serve remaining sauce alongside.

PER SERVING 425 **CAL**; 10 g **FAT** (5 g **SAT**); 33 g **PRO**; 50 g **CARB**; 4 g **FIBER**; 657 mg **SODIUM**; 228 mg **CHOL**

5. Turkish Lamb Burgers

MAKES 6 servings
PREP 20 minutes **GRILL** 14 minutes

- 8 **medium mushrooms (about 4 oz)**

- 1 **small red onion, halved**

- 1 **lb** ground lamb

- ¾ **lb** ground chicken

- 1 **tsp** chopped fresh oregano

- ¾ **tsp** ground cumin

- ¾ **tsp** ground cinnamon

- ¾ **tsp** salt

- ½ **tsp** ground black pepper

- ¼ **tsp** ground allspice

- ½ **cup** 2% plain Greek yogurt

- ¼ **cup** white wine vinegar

- ¼ **cup** crumbled feta cheese

- ¼ **cup** fresh mint leaves, chopped

- 2 **tbps** olive oil

- 2 **tsp** sugar

- 1 **pkg (5 oz)** baby kale

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

- 1 **medium cucumber, trimmed and thinly sliced**

- 1 **cup** cherry tomatoes, halved

- 6 **whole wheat pitas, warmed**

- Heat grill to medium-high. Grate mushrooms and half the onion into a large bowl. Add lamb, chicken, oregano, cumin, cinnamon, ½ **tsp** of the salt, ¼ **tsp** of the pepper and the allspice. Mix together well. With wet hands, shape into 6 patties.



■ Prepare dressing: In a medium bowl, whisk yogurt, vinegar, feta, mint, oil, sugar and remaining $\frac{1}{4}$ tsp **each** salt and pepper. Slice remaining onion into half-moons.

■ Grill burger patties 12 to 14 minutes, turning halfway through. Toss kale, spinach, sliced onion, cucumber and tomatoes. Place 3 cups salad on each plate and top with a burger patty. Serve with dressing and warm pita on the side.

PER SERVING 476 **CAL**; 22 g **FAT** (7 g **SAT**); 34 g **PRO**; 37 g **CARB**; 7 g **FIBER**; 724 mg **SODIUM**; 105 mg **CHOL**

6. Moroccan-Spiced Salmon and Zucchini

MAKES 6 servings

PREP 10 minutes **LET STAND** 5 minutes

GRILL 16 minutes

1 cup vegetable broth

1 box (7.6 oz) wheat couscous

30 small pitted Mediterranean green olives, halved

8 pitted dates (Medjool or Deglet Noor), chopped

$1\frac{1}{2}$ tsp ras el hanout Moroccan seasoning (see Note)

1 tsp salt

$1\frac{3}{4}$ lbs zucchini, trimmed and cut on the bias into $\frac{1}{2}$ - to $\frac{3}{4}$ -inch slices

1 tbsp olive oil

$\frac{1}{2}$ tsp ground black pepper

6 salmon fillets (about 5 oz each)

■ Heat grill to medium-high. Bring vegetable broth and $\frac{1}{2}$ cup water to a boil in a medium lidded pot. Stir in couscous, olives, dates, $\frac{1}{2}$ tsp of the ras el hanout and $\frac{1}{4}$ tsp of the salt. Cover, remove from heat and let stand 5 minutes.

■ Place zucchini slices in a large bowl and toss with oil. Thread onto skewers and sprinkle on both sides with $\frac{1}{2}$ tsp of the ras el hanout and $\frac{1}{4}$ tsp **each** of the salt and pepper. Grill zucchini 5 minutes; turn over and grill an additional 5 minutes. Transfer to a platter and remove skewers.

■ Season salmon with remaining $\frac{1}{2}$ tsp ras el hanout, $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp pepper. Spritz with **nonstick cooking spray**. Grill salmon skin side up 3 minutes. Flip salmon and continue to grill 2 to 3 minutes. Remove to platter with zucchini, leaving salmon skin on the grill.

■ Fluff couscous and transfer to a bowl. Serve alongside salmon and zucchini.

Note: The Moroccan spice blend ras el hanout is available from McCormick's, Williams-Sonoma and Whole Foods or at teenytinyspice.com.

PER SERVING 512 **CAL**; 16 g **FAT** (3 g **SAT**); 40 g **PRO**; 53 g **CARB**; 5 g **FIBER**; 760 mg **SODIUM**; 90 mg **CHOL**



NO ARTIFICIAL PRESERVATIVES, FLAVORS OR COLORS

+ **NO** FILLERS OR BY-PRODUCTS

+ **NO** ARTIFICIAL INGREDIENTS

YES!



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

**WHAT'S NEW
ON THE DOT**

PAGE 10: Top, **Simply Vera**, Kohl's, \$48. Pants, **Boden**, bodenusa.com, \$88. Sandals, **Vince Camuto**, vincecamuto.com, \$98. Necklace, **Shop Prima Donna**, shopperprima.com, \$12. Ring, **Blaine Bowen**, blainebowen.com, \$36. Clutch, **Lulu*, lulus.com, \$36. Studs, **Stella + Dot**, stelladot.com, \$39.**

STYLE

Products not listed are available at mass retailers.

THE BOLD AND THE BEAUTIFUL

PAGES 20-25: **Charlotte Tilbury** Beach Stick in Moon Beach, charlottetilbury.com, \$45. **Butter London** Nail Lacquer in The Full Monty, butterlondon.com, \$15. **Smashbox** Be Legendary Lipstick in Fireball Matte, Sephora, \$20. **Urban Decay** Sheer Revolution Lipstick in Sheer Slowburn, urbandecay.com, \$22. **Nicole by OPI** Nail Lacquer in Bee in the Moment, Ulta, \$7. **YSL** Couture Mono Eyeshadow No. 9 Orient, yslbeautyus.com, \$30.

DIVE IN!

PAGE 26: **Nautica**, nautica.com, \$107. **Prana**, prana.com, top, \$55, bottom, \$45. **Miraclesuit**, zappos.com, \$146. **Old Navy**, oldnavy.com, \$40. **Athena**, swimspot.com, top \$64, bottom \$48. **Leilani**, swimsuitsdirect.com, \$78. **Spanx**, spanx.com, top \$62, bottom \$58. **Ann Cole**, swimsuitsdirect.com, \$88.

PAGE 27: Hat, **Chico's**, chicos.com, \$39. Swimsuit, **Tommy Bahama**, tommybahama.com, \$138.

PAGE 28: Swimsuit, **Old Navy**, oldnavy.com, \$40. Rash guard, **Trina Turk**, bloomingdales.com, \$80. Sunglasses, **Knockaround**, knockaround.com, \$25.

PAGE 29: *Bags:* **Prana**, prana.com, \$59. **Talbots**, talbots.com, \$79.50. **Sakroots**, sakroots.com, \$49. *Hats:* **Shiraleah**, shiraleah.com, \$60. **Åle by Alessandra**, southbeachswimsuits.com, \$55. **Jessica Simpson Collection**, macys.com, \$42. *Cover-ups:* **H&M**, hm.com/us, \$25. **Jessica Simpson Collection**, macys.com, \$62. **Lauren by Ralph Lauren**, lordandtaylor.com, \$59.

HOME

Most items pictured but not listed are from private collections. Products not listed are available at mass retailers.

ENDLESS SUMMER

PAGE 35: Children's hanging chairs:



BEACHES TURKS & CAICOS RESORT VILLAGES & SPA

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

Ikea PS Svinga in White, ikea.com for stores, \$70 each.

PAGE 36: **DwellStudio** Larkin Left Arm Chaise Sectional Sofa in Magnus Mineral Green Fabric, dwellstudio.com, from \$4,900. **DwellStudio** Hans Leather Chair and Ottoman, dwellstudio.com, \$1,320 to \$1,980.

PAGE 37: **DwellStudio** Franklin Gold Leaf Media Cabinet, dwellstudio.com.

MODmobiles Large Callisto mobile, modmobiles.com, \$675.

PAGES 38-39: **Coyuchi** Color Border Napkin in Midnight, wayfair.com, \$49/set of 4. **Iittala** Taika 11.75" Plate in White, wayfair.com, \$50. **Golden Rabbit** Swirl Large Platter in Red, wayfair.com, \$59.

GLASS ACT

PAGE 42: **Montana** Gold Spray Paint, montana-cans.com for stores, \$7 to \$8.50 per can. **Liquitex Professional**

Acrylic Spray Paint, Michaels.com and Michaels stores, \$12 per can.

**HEALTH
IN THE SPOTLIGHT**

PAGE 77: Boardshort, **Prana**, prana.com, \$55. Top, **Prana**, prana.com, \$59. Swim shirt, **Coolibar**, coolibar.com, \$85.

PAGE 78: Rash guard, **Cabana Life**, cabanalife.com, \$59. Bikini bottom, **Cabana Life**, cabanalife.com, \$42. Hat, **Coolibar**, coolibar.com, \$38.

PAGE 81: Shirt, **Coolibar**, coolibar.com, \$85.

CORRECTION

We told you about Target's PetRx program on page 62 of our April issue, but we were supplied erroneous information. While Target has consulted with the American Veterinary Medical Association regarding pet medications, no partnership exists between the two at this time, nor does the AVMA train Target pharmacy staff.

Robin Roberts
Co-anchor, ABC's *Good Morning America*
breast cancer survivor and marrow transplant recipient

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Stand Up To Cancer® is a program of the Entertainment Industry Foundation, a 501(c)(3) nonprofit organization.



BY JONNA GALLO WEPPLER

Marc Murphy

The son of a diplomat, Marc Murphy grew up in a family that moved frequently and sampled food around the world. Now settled in New York City with his wife and two kids, ages 11 and 8, he's the chef-owner of four restaurants and a regular judge on Food Network's hit show *Chopped*. Next time you grill steaks, serve this delicious salad on the side. The recipe calls for two anchovies, but don't be put off even if you aren't usually a fan, says Marc. "This dressing over tomatoes is simply not to be missed."



Heirloom Tomato Salad with Warm Anchovy Vinaigrette

5 tbsp extra-virgin olive oil

1 large shallot, finely chopped

2 olive-oil-packed anchovy fillets, chopped

Pinch of red pepper flakes

2 tbsp sherry vinegar

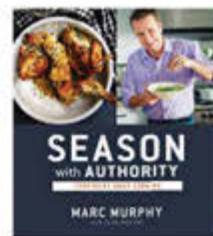
5 or 6 heirloom tomatoes (1½ to 2 lbs), cut into wedges

¼ cup fresh flat-leaf parsley leaves

■ In a small sauce pot, heat 1 tbsp of the olive oil over low heat until shimmering. Add shallot and anchovies and cook, stirring, until shallot has softened and anchovies fall apart and dissolve in oil, 2 to 3 minutes. Stir in red pepper flakes. Add vinegar and cook, stirring, until it has reduced slightly, about 1 minute. Whisk in remaining 4 tbsp olive oil.

■ Arrange tomato wedges on a platter and spoon warm vinaigrette over them. Garnish with parsley leaves and serve immediately.

Serves 4.



Hot off the press, Marc Murphy's debut cookbook teaches home cooks how to use salt, spices and fresh herbs to make restaurant-caliber comfort food. Amazon.com, \$30

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MY WAY

MY Sweet & Spicy
Tuna Wrap



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