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SAVING
ADVICE**
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HEARD BEFORE

THE MOST
**INFLUENTIAL
MOMS
IN AMERICA**



BUY OUR
BEAUTIFUL
**MOTHER'S
DAY
BOUQUET!**

SEE PAGE 4
FOR DETAILS

**SWEET
TREATS**
BAKING WITH
HONEY, MAPLE,
AGAVE & MORE

THE SURPRISING
INGREDIENT FOR
**BETTER
SKIN**

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





On a frigid evening in February, the train I take home every night struck an SUV that was inexplicably on the tracks. The 49-year-old driver and mother of three was killed, along with five of the train's passengers. One of those commuters was a young dad whose wife and kids, ages 2 and 5, live in my town. A couple of days later, a member of my community's Moms' Facebook page (which is nearly 5,000 strong) posted a link to a memorial fund and challenged everyone to donate whatever they could—even \$10 or \$15 could help, she figured. The response was heartfelt and swift: Within 24 hours the generous FB group, along with family and friends, had raised \$50,000 toward the goal of \$63,000. I was impressed and proud of the effort, but not surprised. Moms often reach out to one another, and not only in times of devastating tragedy. They can inspire us in a variety of ways, big and small. That's why we decided to create our first-ever Most Influential Moms Awards (see page 22). The women we are honoring in this month's issue are from all walks of life—activists, businesswomen, scientists and celebrities—who have excelled on the work front or with a passion project. Though I'm sure you'll agree these 20 women are remarkable, they also represent all of us who are trying to make a difference in some way—whether for our family, our community or the world. We can't think of a better way to celebrate Mother's Day.



Linda

Linda Fears, Editor in Chief
linda@familycircle.com

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



BUDDING BEAUTY

Mother's Day? Check. A good girlfriend's birthday? Done. A well-deserved pick-me-up for you? By all means! (I know I'm going that route.) This eye-catching explosion of color is the result of a fresh collaboration between *Family Circle* and White Flower Farm, a source of gorgeous, high-quality flowers and plants for 65 years.



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3 things I learned from this issue

There are so many amazing new floral fragrances for spring. We spritzed dozens, and you'll love the six on page 43. My personal fave? Lancôme's La Nuit Trésor.

Desserts made with sugar alternatives like maple syrup and honey are a healthy way to avoid the white stuff, with results that are just as delicious. See page 134.

Not a born optimist? You can learn to wake up on the right side of the bed every day with the science-backed tips on page 99.

IN A WAVERLY WORLD...

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best of MAY



Captain America, Thor and the rest of the heroes reassemble in *Avengers: Age of Ultron*, at theaters nationwide. This time, Quicksilver (left) joins the ranks.



2 Three-year-old Thoroughbreds run for the roses this evening in the *Kentucky Derby*, kicking off their quest for the elusive Triple Crown. Check out the virtual tour at kentuckyderby.com.



5 *Cinco de Mayo* commemorates the against-all-odds victory of Mexico over France at the 1862 Battle of Puebla. Toast the feat with our favorite strawberry margaritas. (For the recipe, go to familycircle.com/strawberry-margarita.)

9

Here's the dirt on all-the-rage Tough Mudder obstacle races: Now there are *Mini Mudder* courses for kids ages 7 to 12. For additional race dates around the U.S., visit fruitshoot.com/minimudder.

12

Go claim a free scoop of ice cream, sorbet or gelato between 4 and 8 p.m. at participating *Häagen-Dazs* shops nationwide. How cool is that? For locations, visit haagendazs.us/shops.

10



Happy Mother's Day!
Meet 20 Influential Moms (page 22) who are making the world a better place.



15

The Barden Bellas are back on the big screen in *Pitch Perfect 2*, aiming to triumph in an international competition that no American group has ever won. Singing along is a given.

20

After 33 years, the famously gap-toothed host signs off for good on the *Late Show with David Letterman*. (Fun fact: He started as a weatherman in Indianapolis.) Thanks for the laughs, Dave.

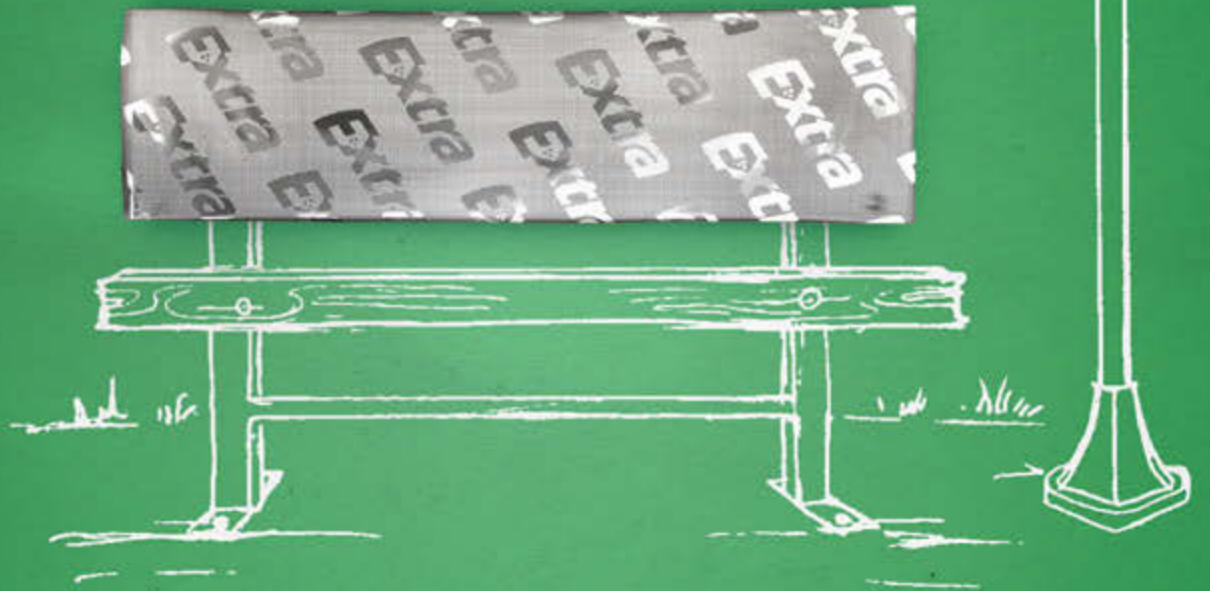


25

Memorial Day weekend is the unofficial kickoff to summer. For nine easy, crowd-pleasing recipes, turn to "Party, People!" on page 142.



CONVERSATIONS ABOUT
NOTHING IN PARTICULAR



Sometimes, the little things
last the longest.

give



Extra.

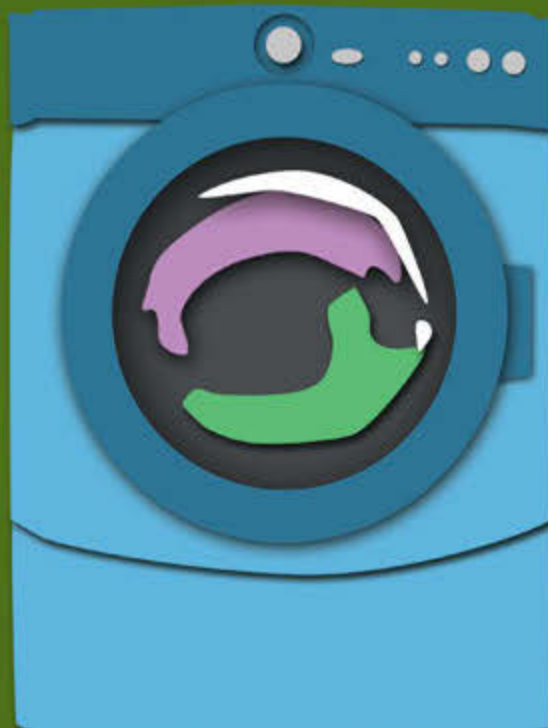
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WHAT'S NEW



GET PREPPED

Palm Beach chic is headed to Target. The upcoming 250-piece exuberantly patterned collaboration with the legendary Lilly Pulitzer includes apparel, accessories, beauty products and shoes for women and girls, plus home accents and travel essentials. With most items priced at \$30 and under, it's easy to add a burst of sunny resort style to your life. Available at all Target stores and target.com

...there really are places in the heart you don't even know exist until you love a child."

—Anne Lamott, *Operating Instructions: A Journal of My Son's First Year*



Mother's Little Helper

Toms, famous for buy-one-give-one shoes, has now turned its goodwill toward mothers in developing countries. For each purchase of a stylish new Toms bag, the company will provide funds to help its worldwide partners distribute birth kits and provide pre- and postnatal attendant training. A healthy delivery experience is something every mother should have access to, yet each year 40 million women give birth without the assistance of a midwife or fully equipped health worker. In honor of Mother's Day, help a new mom in places such as Haiti, India and Bangladesh get a head start while helping yourself to a smart-looking new accessory. Toms.com, \$58 to \$248



CATNIP WITH THAT COFFEE?

Cat cafés have everyone purring. Popular in Japan, they've sprung up in Europe and Canada too. Now they've made their way Stateside, to California and New York City. What goes on in such a place? Coffee, tea and some cuddle time with furry friends. At Manhattan's Meow Parlour, \$4 buys 30 minutes of playtime with cats who are available for adoption through the rescue group KittyKind. What a perfect way to get both a feline and a caffeine fix.

Mum's the Word Tiger Mothers. First-timers. Empty nesters. Adoring grandmothers. Moms-on-the-edge. Mothering takes many shapes and forms, and so does the wisdom that comes from it. Blogger Ann Imig's touching and humorous anthology celebrates them all with stories from a diverse mix of mamas. We're all ears.

Listen to Your Mother: What She Said Then, What We're Saying Now (G.P. Putnam's Sons). Turns out we've all been listening. Amazon.com, \$26





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In Full *Swing*

Pleats are back and they're better than ever. Reimagined in fluid and flattering fabrics, they're surprisingly slimming. We love them in this zesty orange maxi skirt.

Top, Dittos, \$69. Skirt, Vince Camuto, \$129. Shoes, Nine West, \$89. Clutch, Toms, \$128. Earrings, House of Harlow 1960, \$46. Necklace, Roberta Chiarella, \$38. Ring, Stella & Dot, \$39. See Buyer's Guide, page 71.





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BY SYDEN ABRENICA



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Yes to Tomatoes Activated Charcoal Bar Soap, \$5



Bioré Charcoal Pore Minimizer, \$9



Origins Clear Improvement Active Charcoal Mask, \$25

BLOCK PARTY

Stilettos, step aside. This season's "it" heel has gone from stick to thick—making it easier to strut your stuff. Meet your new sole mates.



Zara, \$80



Franco Sarto, \$89



Dune London, \$95

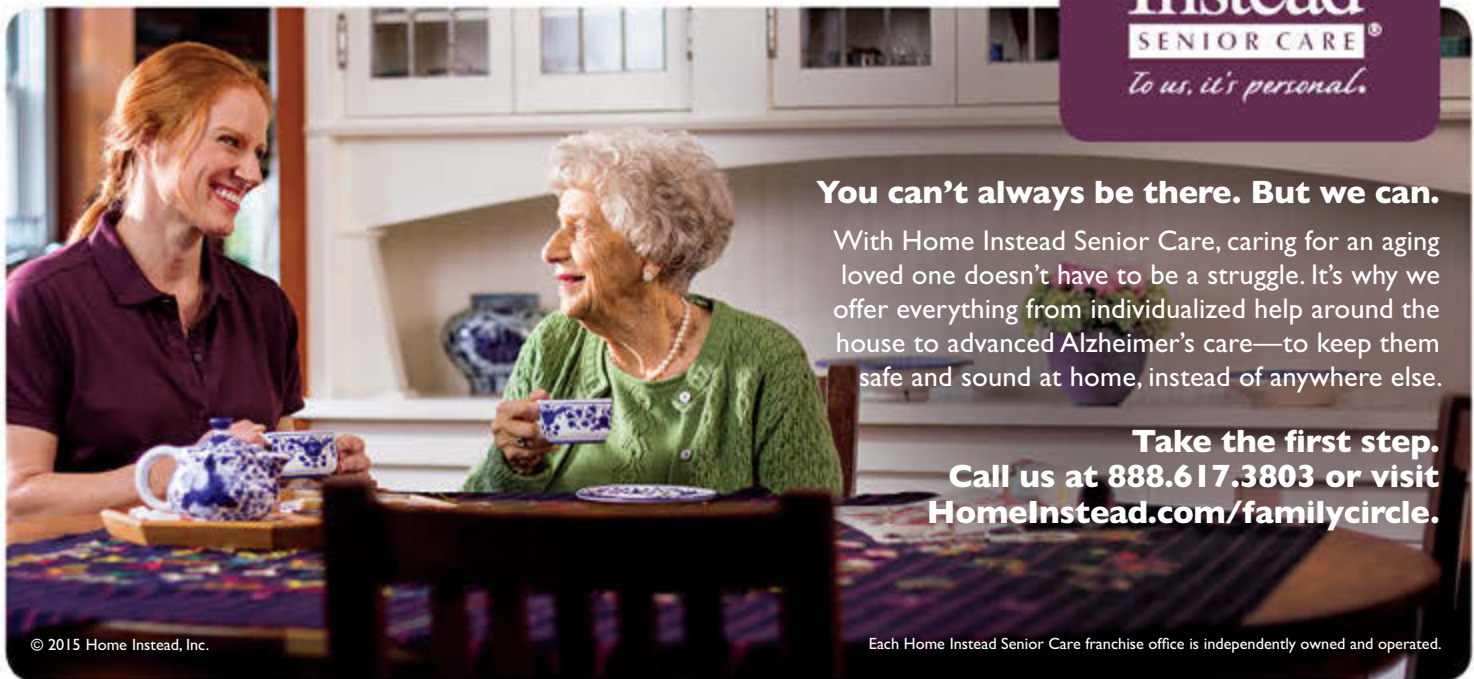


Nine West, \$89



the forgotten kettle

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Katherine Heigl

The *State of Affairs* star on keeping mum, her passion for pasta and the bedtime companion she can't do without.

With a musician husband [singer Josh Kelley], I've learned a little about controlling my voice and what my range is. I try to sing along to Adele in the car, and it's just humiliating and awful.

In my last dream I cut and dyed my hair gray. Not sure what that was about.

I am so over fancy children's clothes. Naleigh, 6, and Adalaide, 3, grow out of them in three months, and they ruin them anyway. I'm all about Target.

Why do I prefer living in Utah to LA? Kids in LA are like, "You've never been in a limo? How do you get to the airport?"

I've been watching my weight since I was 17, trying fad diets and juice fasts and working out like crazy. I finally figured out that I just have to count calories. That way I can still eat spaghetti Bolognese—my favorite.

This is probably TMI, but I sleep with a baby blanket—something I've done my whole life.

I'm terrible at keeping secrets. Friends have to tell me not to share, or else I'll spill!



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20 MOST INFLUENTIAL MOMS

FIRST ANNUAL AWARDS

WHEN SHE IS TAKING CARE OF HER FAMILY AND TAKING CARE OF BUSINESS, A MOTHER IS A FORCE TO BE RECKONED WITH. SHE DOESN'T LET ANYTHING DAMPEN HER PASSION AND COMMITMENT—NOT THE NAYSAYERS, A FEW CAREER BUMPS OR THE OCCASIONAL (BUT SADLY) MISSED SCHOOL EVENT. THE 20 EXTRAORDINARY WOMEN WE CHOSE FOR OUR FIRST-EVER MOST INFLUENTIAL MOMS AWARDS INSPIRE US. THEY ARE EXAMPLES OF HOW FAR PASSION AND TENACITY CAN TAKE YOU, AND ALSO BRING OUT THE BEST IN OTHERS. **BY SUZANNE RUST**

Jessica Alba

Actress and founder of The Honest Company.
Age 33, mother of Honor, 6, and Haven, 3

Known for her work on the big screen, Jessica created her company to provide parents with safe, affordable, eco-friendly baby products while emphasizing sustainability as well as giving back to the community.

What do you love most about your work? I'm grateful to have the opportunity to make people's lives safer, healthier, easier and more inspired so they can focus on what's important to them.

What are the biggest challenges you face in your field? To keep pushing people not to do things the way they're used to, because I'm not a believer in maintaining the status quo. I'm also irked when I'm not taken seriously; people assume that I'm only a spokesperson for my company

"I enjoy showing my daughters that hard work can make your dreams come to life."

and not involved with the details of the business.

How has motherhood changed you?

Completely! Becoming a mother inspired me to create The Honest Company, because I understood firsthand the need to protect and provide for my children's well-being.

Which three words would your children use to describe you? Cuddly, silly and encouraging.



Photo: (Alba) Justin Coit.



Christy Turlington Burns

Model and founder of Every Mother Counts.
Age 46, mother of Grace, 12, and Finn, 9

One of the most successful models in the world, Christy is also an activist. Her nonprofit works to reduce complications that can occur during pregnancy and childbirth by providing women across the globe with access to the care they need.

What do you love most about your work?

I love that we all have the opportunity to make pregnancy and childbirth safer for more mothers. Of the hundreds of thousands of maternal deaths that occur around the world every year, almost all are preventable. We are not waiting for a cure. We know how to save these women's lives.

What is your definition of success?

We measure success at Every Mother Counts by the impact we can make to improve the health and well-being of girls and women. Since 2012 we have impacted nearly 70,000 lives. But we do need others to join this effort to continue and build upon our success.

What are the biggest challenges you face in your field? Bringing programs to scale. As a small nonprofit we are limited by how much we can do, but that also allows us to grow mindfully.

Which three words would your children use to describe you? According to my son, nice, loving and caring. And my daughter chimed in with happy, loving and cuddly.

"Our best work and greatest contribution to the world comes when we show up as our true, imperfect, vulnerable selves."

Molly Barker

Founder of Girls on the Run and the Red Boot Coalition.
Age 54, mother of Hank, 19, and Helen, 16

After her success with her nonprofit dedicated to inspiring and empowering girls through running, Molly founded the Red Boot Coalition, an organization whose purpose is to get beyond prevalent labels, ideologies and fears by creating safe places for people to engage.

What do you love most about your work? Being witness to that *aha!* moment—when someone sees or taps into a level of strength and power within herself that she didn't realize was there.

What are the biggest challenges you face in your field? I'm not typically labeled as weak, but I think there are some who would suggest the work I do, particularly when it comes to leadership, is touchy-feely and therefore weak and ineffective. I am asking people to consider the power that connectedness and compassion bring to leadership.

How has motherhood changed you? In that to truly and unconditionally love another, I must allow them to struggle, fall at times, delight and live their own journey.

Which three words would your children use to describe you? Spunky, nonconforming, caring.

"Being a mom has multiplied my emotional capacity. It has taught me that my ability to nurture and care for others is limitless."





Ertharin Cousin

Executive director of the United Nations

World Food Programme.

Age 57, mother of Maurice, 30s

Ertharin heads up the largest humanitarian organization fighting hunger in the world. Her job is to help meet urgent food needs globally and seek longer-term solutions to food insecurity and hunger.

What do you love most about your work?

The people I work with and the people who they work for; I am always moved by their dedication. I am also amazed when I'm out in the field talking to people who live in circumstances that are hard for most of us to even imagine, and the level of hope they still have.

What is your definition of success? It changes for me all the time. (I remember being so broke in law school that success meant being able to get my hair done!) When you are young, success is your career, but as you get older, it's achievement in the career and the opportunity to make a difference in the world. Now I look toward what I want to accomplish next. It's truly about how to set the platform for ending hunger in our lifetime. I say those words and people see them as visionary, but it's more than visionary; we really do have the ability to end hunger in our lifetime.

How has motherhood changed you? Once you're a mom, it's all about "How do I take care of this other person and ensure that the bumps and bruises of life don't leave him scarred? How can I make sure he moves forward?"

"I've learned that we can actually live through things that appear to be insurmountable."

Nora de Hoyos Comstock

President and CEO of Las Comadres.

Age 69, mother of twins Paul and Ariel, 44

Nora's brainchild is a national community-building organization for Latinas that connects more than 20,000 women in 100 cities and provides mentoring, networking and social opportunities for them.

What do you love most about your work?

The contact I have with Latinas in all walks of life and family situations and their willingness to be vulnerable with their questions. Their gracious offers to assist each other continue to keep me humble.

How has motherhood changed you? It has taught me to be patient. I always wanted things to happen now. With young children and family commitments, some things just have to go on the back burner. Things will work out—maybe not the way you expected, but sometimes better.

Which three words would your children use to describe you? Persistent, curious and fun-loving.

"How would my son describe me? As someone who loves him unconditionally."



Photos: (Comstock) Michelle Talan, (Cousin) WFP/Giulio d'Adamo.



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Sarah Kate Ellis

CEO and president of GLAAD.

Age 43, mother of Thomas and Kate, both 6

"It is meaningful to go to work and contribute to helping make the world a better, more accepting place."

Sarah, an award-winning media executive and communications strategist, took her activism for LGBT equality to the next level when she stepped into her current role in January 2014.

What are the biggest challenges you face in your field? We still have an uncomfortable America when it comes to LGBT equality.

What keeps me up at night is seeking new and powerful ways to close the gap to full acceptance.

What do you know now that you wish you'd known when you were younger? Patience. My mother always told me that patience is a virtue, and I finally understand what she meant.

How has motherhood changed you? I now have an always-on vigilance to ensure that my children never face discrimination.

Which three words would your children use to describe you? Loving. Smart. Awesome.

Margaret A. Hamburg, MD

Former commissioner of the U.S. Food and Drug Administration (stepped down in April 2015).

Age 59, mother of Rachel, 21, and Evan, 19

A Harvard graduate, medical doctor, scientist and public health executive, Margaret served in her role with the FDA for nearly six years, and has received multiple awards and honors, including a place on Forbes' The World's 100 Most Powerful Women list in 2014.

What do you love most about your work?

Doing something that makes a real difference in the lives of others. President Teddy Roosevelt signed the FDA into law in 1906 and he has a quote that I think about a lot: "Far and away the best prize that life has to offer is the chance to work hard at work worth doing."

What do you know now that you wish you'd known when you were younger? That life takes many unexpected twists and turns. The critical thing is not to worry so much about each and every step but to make sure that when a door opens you're not afraid to walk through it.

How has motherhood changed you? It brings many competing demands for your attention and forces you to really consider your priorities and choices. For example, when I was working on bioterrorism my daughter said to me, "I wish I just had a normal mom who drove carpool and didn't talk about anthrax all the time." That made me

think, and in fact I soon stepped down from an executive position in order to have a more flexible schedule for my kids and their activities.

Which three words would your children use to describe you? I asked my daughter and she said devoted, patient and wise. My son said calm. He doesn't follow directions quite as well!



"My definition of success really focuses on feeling like I'm immersed in something I care about."

Photo: (Hamburg) FDA.

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Lt. Gen. Patricia D. Horoho

Army surgeon general and commanding general of the U.S. Army Medical Command. Age 55, mother of Robert Sean, 28, John Francis, 22, and Mary Margaret, 21



Patricia is a lieutenant general in the U.S. Army and the first woman and first nurse to serve as the U.S. Army's surgeon general. Decorated with multiple military awards, including the Order of Military Medical Merit Medallion and the Distinguished Service Medal, she has also been recognized as a "Nurse Hero" by the American Red Cross.

"When trying to decide about a personal or professional obligation, I always ask: Who would remember if I wasn't there?"

What do you love most about your work?

Building an environment that allows individuals to be successful in improving the lives of those we serve.

What are the biggest challenges you face in your field?

Health care is only a small piece of what we do. It really is the focus on health readiness. Educating all the stakeholders that have an influence on military medicine can be daunting. They need to understand the uniqueness of the contributions that we provide to overall health readiness for those who serve and their families.

What do you know now that you wish you'd known when you were younger?

More about the importance of nutrition, sleep and activity. It would have impacted my overall health and wellness as a wife, a mother, a daughter, an officer, a nurse and a leader. But it's good that I learned in my 50s and not in my 80s!

Which three words would your children use to describe you?

My sons: passionate, grounded, humble. My daughter: compassionate, balanced, positive, thoughtful.

Rue Mapp

CEO and founder of Outdoor Afro. Age 43, mother of Seth 18, Arwen, 13, and William, 11

Rue started her organization in order to help reconnect African American communities with nature and outdoor activities and promote overall good health. She has also worked with First Lady Michelle Obama's Let's Move! campaign.

What is your definition of success? It has meant so much to me to cultivate both leadership and a community of supporters. They are just as invested in the future of the work I do as I am and celebrate each win with me as their own.

What do you know now that you wish you'd known when you were younger? That it's okay to make mistakes. Now I see mistakes as a natural stage of evolution—of getting better. Back then, it was easier to stay stuck or sometimes judge myself too harshly. Now I search for the lesson. There is always a lesson!

How has motherhood changed you? My kids inspire me to do and be better all the time. I am inspired to go the extra mile, put in

"Success means that one day it will not be a big deal to see a family that looks like mine on a nature trail."

the extra time and do my very best because I know they are constantly learning from me by example.

Which three words would your children use to describe you?

Their words: Awesome!

Beautiful! Dedicated!



Holly Robinson Peete

Actress and founder of the HollyRod Foundation.
Age 50, mother of twins Ryan Elizabeth
and Rodney Jackson, 17, Robinson James, 12,
and Roman, 10

Holly, whose eldest son has autism, created her foundation to provide support to families of children with autism as well as individuals living with Parkinson's—a disease her father lost his battle with years ago.

What do you love most about your work?

Having a platform to effect change, especially in the lives of families living every day with autism. Not everyone feels obligated to use their visibility to speak for others, but I feel it's a true blessing.

What are the biggest challenges you face in your field?

"Philanthropically challenged" people are my pet peeve. Not everyone can write a check, but there are so many ways to give back—your time, your services, your love.

How has motherhood changed you?

Dramatically! I discovered strengths I didn't know I had and fears I didn't know existed. What a massively beautiful responsibility!

Which three words would your children use to describe you?

Moving. Busy. Passionate.



"What do I wish I'd known when I was younger? That everything in life is cyclical, and that all mistakes are lessons."



Efrat Roman

Founder of CureDiva.com.
Age 47, mother of Eden, 18, and Adam, 15

Efrat, an Israeli-born writer and photographer, is a breast cancer survivor whose one-stop lifestyle shopping site and virtual community connects women facing breast cancer.

What do you love most about your work?

CureDiva really improves the day-to-day of so many women fighting breast cancer and its side effects. They have to worry about so much; at least they don't have to worry about style and feeling feminine and comfortable.

What are the biggest challenges you face in your field?

Since CureDiva is for women with breast cancer, pain, fear and struggles are an integral part of our everyday work. Many of these ladies have become my friends, and while an oncologist loses patients, the hardest personal challenge for me is that I am losing friends.

What do you know now that you wish you'd known when you were younger? First, that I will survive. Second, that I am capable of fulfilling my dreams.

How has motherhood changed you? It put everything into proportion and made my vision and priorities become realistic, sustainable and most of all, unlimited. It was clearest to me when I was going through a nightmare divorce and my breast cancer at the same time, and there were moments when giving up seemed like the easiest solution, but there were my two kids who needed me. They are the reason and the cause.

Which three words would your children use to describe you? They told me that I am their hero, an inspiration and a role model.

Bettina Elias Siegel

National school food advocate and blogger at The Lunch Tray.

Age 49, mother of Lily, 15, and Asher, 12

The former lawyer and freelance writer launched a change.org petition that led the USDA to alter its policy on the use of “lean, finely textured beef”—aka “pink slime”—in school cafeterias, a first step in her quest to improve the food our kids are served.

What is your definition of success?

I practiced law in New York City for about a decade, and while I may have looked like a success on paper, I didn't particularly enjoy that work.

How has motherhood changed you?

If you'd told me even just a few years ago that today I'd often be referred to as an activist, I would have been baffled. I was someone who was uncomfortable with conflict, disliked being in the spotlight and wasn't particularly politically engaged. But after I had kids, I looked at the world in a new way. I started to see how my children could be harmed by today's junk-food-rich environment. Because it was their health at stake and, by extension, the health of every child, I found the courage

“I don't even think about what I do each day as work because I'm so gratified by it.”

to step far outside my comfort zone to advocate on their behalf.

Which three words would your children use to describe you?

On my worst days, they'd probably say distracted, forgetful and impatient. But on my best days (which I hope outnumber the bad!), I hope they'd say loving, committed and kind.



Jessica Simpson

Singer, actress and fashion designer at the Jessica Simpson Collection.

Age 34, mother of Maxwell, 2, and Ace, 1

“I want to teach my kids to be confident and believe that anything is possible.”

The singer and actress added a third feather to her cap when she launched her company in 2005. Jessica's business—which includes everything from shoes, jewelry and accessories to maternity and home products, brings in nearly \$1 billion a year in retail globally.

What are the biggest challenges you face in your field? I've been through a lot publicly for over 15 years now. I am constantly reminding myself that I am here for a reason. That normally helps me rise above and power through any negativity.

What do you know now that you wish you'd known when you were younger? I used to be a lot harder on myself when I was younger, but I still don't know what I wish I would have known, because every uncertainty and every decision has made me who I am today as a wife, a mother and a believer in my own purpose. Imperfections are extremely precious to me.

How has motherhood changed you?

Motherhood has definitely refocused my life in the most amazing way. I think I've changed most by accepting all parts of myself.

Which three words would your children use to describe you? Peaceful, silly, present.



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Megan Smith

U.S. chief technology officer and assistant to the President of the United States.

Age 50, mother of Louie, 12, and Alex, 10

Megan, a former vice president at Google, where she led new business development, was chosen by the White House to guide the federal government's technology, data and innovation initiatives.

What is your definition of success? Success means both great ends and great means, whenever possible.

What are the biggest challenges you face in your field? When people do not realize what is possible. Many of the issues we face are solvable if we'd collaborate well, work in cross-functional teams, pilot and try different approaches, and especially find and help talented people who have great ideas do their thing. When people do wonderful things, it helps the rest of us rethink the limits we put on our dreams.

What do you know now that you wish you'd known when you were younger?

So many things! And I still have much to learn. One thing I'm grateful for is that early on, many people encouraged me to pursue my interests—which included STEM (science, technology, engineering and math) topics. One of my hopes is that other parents will encourage their boys and girls to pursue a broad range of subjects, including STEM topics.

Which three words would your children use to describe you? Louie said caring, soulful and intuitive. Alex said loquacious, smart and funny.

"When I was younger, I wish I'd known how useless it is to worry, how important it is to slow down, and how to embrace my strength and intellect."

"Children add another dimension to your life. They're challenging, fun, have unexpected insights and are generally amazing."



Hannah Storm

Anchor of ESPN's *SportsCenter*, host of the recurring series *Face to Face with Hannah Storm* and creator of the Hannah Storm Foundation and her own eponymous production company.

Age 52, mother of Hannah, 18, Ellery, 16, and Riley, 14

The first female host of CNN's Sports Tonight, Hannah has covered a range of major sporting events. In 2008 she established her foundation, which raises awareness and funds treatments for children suffering from debilitating and disfiguring vascular birthmarks.

What do you love most about your work?

The ability to use my talents. Broadcasting is constantly challenging and different each day. Being a role model for other women in a traditionally male field has been important to me, as well as having a strong voice on important issues that resonate beyond sports.

How has motherhood changed you? It's hard to answer that question because I can barely remember not being a mother. I am truly happiest in small, everyday moments with my daughters.

Which three words would your children use to describe you? You mean after "annoying"? Generous, warm, enthusiastic. At least that's what their friends say! (And a good cook!)





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Dana Suskind, MD

Professor of surgery at the University of Chicago Medicine and founder and director of the Thirty Million Words Initiative and Project Aspire.

Age 47, mother of Genevieve, 15, Asher, 13, and Amelie, 10

"I love helping parents understand their power and how important they are in helping kids grow into stable adults."

The goal of the Thirty Million Words research initiative and Project Aspire is to ensure that all children, from all backgrounds, develop to their greatest intellectual potential by helping their parents create an optimum home language environment for them.

What do you love most about your work?

The hope that I may make a difference in tomorrow's world, making it better by helping children reach their greatest potential. To do that I have to help parents understand the power of their words.

What are the biggest challenges you face in your field?

I believe that every child in this country, no matter from what socio-economic level, should have the same opportunity to reach his or her potential. This can only happen when good science and practical methods are applied to policymaking and program support. I also believe that this benefits not only our children but the future of our country in which these children will be adults.

Which three words would your children use to describe you? Trustworthy, motivating and unconditionally loving.

Photo: (Suskind) Gulnara Samoilova.

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Shannon Watts

Founder of Moms Demand Action. Age 44, mom of Kelly, 25, Samantha, 21, Abby, 19, Emma, 18, and Sam, 14

In the wake of the 2012 Sandy Hook shootings, Shannon, a former communications executive, founded her organization to advocate for safe gun laws. Today there is a chapter in every state, and it has become part of Everytown for Gun Safety, the biggest gun violence prevention organization in the country.

What do you love most about your work?

It is an honor to work with survivors who have been impacted by gun violence—families who are so grateful that we're driving real change in the dangerous gun culture our country's weak gun laws have helped create.

How has motherhood changed you?

In every single way possible: I have a child in the workforce, two in college, a child in high school and one in middle school—we cover the spectrum. I have learned that every child needs a different parental ecosystem in order to survive: One size does not fit all. I've learned

"My children are like breakaway pieces of my heart journeying around the world, and yet I want them to be independent."



that parenting is a job that doesn't end abruptly at 18. And I've learned that children will tell you to your face that the clothes they are wearing aren't yours, even though you know they are. **Which three words would your children use to describe you?** Strict, organized and busy.

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Alexandra Wilkis Wilson

Cofounder and CEO of Glamsquad and cofounder and strategic advisor of Gilt.

Age 38, mother of Conrad, 5, and Arabella, 2

Alexandra led Gilt, the innovative shopping website, from a small startup to a global business. Her latest venture is Glamsquad, a beauty app for ordering at-home or in-office professional makeup and hair services.

What is your definition of success? One of our goals is to spread joy and happiness to our clients by making it easier for them to get ready for their important events.

What do you know now that you wish you'd known when you were younger? Figure out what you love and what you are good at. Be honest with yourself: If you aren't happy, then make a change.

How has motherhood changed you? How hasn't motherhood changed me? It is the most incredible and fulfilling part of my life, and I can't imagine not experiencing it.

Which three words would your children use to describe you? They are young so their vocabulary is limited: loving, warm and fun!

"If we can increase women's self-confidence, then I feel like we have succeeded in our mission."

"I wish I had known sooner the power inside each one of us to impact change."



Gretchen Holt Witt

Founder of Cookies for Kids' Cancer.

Age 46, mother of Ella, 9, and Liam, whom she lost at age 6

Having her then two-and-half-year-old son, Liam, diagnosed with neuroblastoma, a form of nerve cancer, inspired Gretchen and her husband to start her grassroots organization, which raises research funds for children's cancer treatment.

What do you love most about your work?

Honoring my son's legacy by doing what I know he would want me to do—help others. I know that I will see Liam again, and I know that his very first question will be whether I did everything I could to make the fight against cancer better for kids.

What are the biggest challenges you face in your field?

No one wants to talk about kids getting cancer. Adults have a hard enough time talking about the scary topic, but when the discussion is about kids, it's a place no one wants to go.

How has motherhood changed you? It changed everything because I knew my life was about someone else.

Which three words would your child use to describe you? Loving, caring, strong. My daughter Ella has a fourth: goofy!

What is your definition of success? When childhood cancer receives a proper amount of funding from the federal government and private sector to see it fall from its dubious position as the number one disease killer of children in the United States.



Kristi Yamaguchi

Olympic champion, fashion designer, author and founder of the Always Dream Foundation.
Age 43, mother of Keara, 11, and Emma, 9

Kristi's foundation focuses on childhood literacy. She is also a children's book author, an activewear designer and the season 6 winner of Dancing with the Stars.

What are the biggest challenges you face in your field? My many ventures tend to take me on the road. With Keara and Emma at home I don't like to travel so much anymore, but when I do, we keep in touch with Skype and phone calls.

What do you know now that you wish you'd known when you were younger?

I was very intense with my focus and attitude when I was training. I would have told myself to loosen up and enjoy it all a little more. Your youth passes by so fast!

How has motherhood changed you?

Besides becoming completely maternal and understanding absolute unconditional love, it's opened my eyes up to enjoying the world in a new way with my daughters, through their eyes.

Which three words would your children use to describe you? Loving, helpful, fun.

"Success means having a goal, working toward it, overcoming any challenges and then achieving it."

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AROMA THERAPY

Spring forward with just a spritz of luscious floral undertones, like violet and gardenia. These six scents hit all the right notes.

BY SYDEN ABRENICA

Clockwise from top left: Daisy Marc Jacobs, 1.7 oz, \$65. Chloé Love Story, 1 oz, \$75. Oscar de la Renta Extraordinary, 1.3 oz, \$58. Viktor & Rolf Flowerbomb La Vie en Rose, 1.7 oz, \$95. Lancôme La Nuit Trésor, 1.7 oz, \$80. Avon Rare Amethyst, 1.7 oz, \$23. See Buyer's Guide, page 71.

“SILPADA IS SO MUCH MORE THAN JEWELRY. IT'S ABOUT EMPOWERING WOMEN AND SUPPORTING THEM IN CREATING THE LIVES AND BUSINESSES THEY WANT.” —RYANE DELKA



Clockwise from the top: Kelsey Perry, Bonnie Kelly, Ryane Delka, Charli Delka, Ayden Delka and Teresa Walsh. All jewelry, Silpada and the K & R Collection for Silpada.

PRETTY POWERFUL

Fabulous style has no age limit. Meet the women—and their daughters—behind the beauty and fashion brands we love.

BY NICOLE MCGOVERN & DORI KATZ

PHOTOGRAPHY BY ARI MICHELSON

FAMILY JEWELS

PHILOSOPHY Let's break this down: Bonnie Kelly and Teresa Walsh cofounded Silpada Designs and both have daughters: Ryane Delka and Kelsey Perry, respectively. Ryane (three children, ages 3, 4 and 6) and Kelsey (new mom to Carter) are now the co-chief executive officers of Silpada Designs and cofounders of the K & R Collection, another jewelry line under the Silpada umbrella. "The K & R Collection allows us to push design boundaries with statement pieces while controlling the price point," says Ryane. Even better: Women get the chance to be entrepreneurs and start their own business by selling the jewelry. "We created the business to share the opportunity with other women," say Bonnie and Teresa.

BEAUTY BRIEF "Skin care is most important. We all cleanse, moisturize and layer on the sunscreen daily!" —Kelsey

FASHION FOCUS "Eclectic. Avant-garde. Edgy-classic. We're all different but love to have fun and get creative with our wardrobe choices." —Ryane

NEXT GEN "We hoped Kelsey and Ryane would follow in our footsteps, but we didn't want to pressure them to be another us. We are so proud they emerged as K & R and are strong independent women." —Bonnie and Teresa




MAKEUP MAVEN

PHILOSOPHY Sonia Kashuk, creator of her namesake beauty collection sold at Target stores, knows that she is her own best customer. “My audience ranges from my daughter to my mother—women of all ages, skin types and beauty needs,” says Sonia. “I just want to make women look and feel the best they can without making it too complicated.” Easy, accessible beauty: What more could a woman want?

BEAUTY BRIEF “I have a pretty extensive daily skin care routine, from exfoliator to serums to moisturizer and more. And then, of course, my makeup regimen—it includes foundation, illuminating bronzer and always a nude lip. But I am truly known for my wild topknot, which I’ve been sporting for over 30 years.”

FASHION FOCUS “I’m all about classic with a twist. Neutrals and black—I am a New Yorker after all—fill my closet, plus lots of gold jewelry, which I love to layer.”

NEXT GEN “Sadye, 18, encourages me to take fashion risks; she has a much greater scope when it comes to color and print,” says Sonia. “But she always runs straight to me when it comes to creating the perfect cat eye or testing other makeup trends.”



“A GOOD FOUNDATION
IS ESSENTIAL FOR A
BRIGHT, HEALTHY
COMPLEXION. THAT
AND A SMILE, AND
YOU’RE GOOD TO GO.”

Sonia Kashuk with
her daughter, Sadye.

Michelle Smith and her daughter, Sophia. On Sophia: Dress, Milly for DesignNation, \$48. On Michelle: Tee and skirt, Milly for DesignNation, \$60 each.

“FIND A STYLE THAT WORKS FOR YOU AND GO WITH IT. DRESSING FOR YOUR BODY TYPE IS THE KEY!”



RUNWAY TO REAL WAY

PHILOSOPHY Michelle Smith, the designer behind Milly and mom to Sophia, 8, creates clothing she and her daughter love to wear. “Milly is an extension of my personal style, so each collection is like stepping into my dream wardrobe for the season—I try on every piece myself before production to make sure everything is perfect!” Her daughter Sophia’s favorite game is dress-up. And that inspired Michelle to design children’s clothing too. “Once I saw how Sophia and her friends enjoyed dressing like their mommies, Milly Minis was born.” The best news: She’s bringing that style to the mass market with the Milly x Kohl’s line, which is filled with bold colors, quirky tees and flattering silhouettes for women of all ages (launching April 23rd).

BEAUTY BRIEF “I keep it simple: a smudge of eyeliner and lipgloss and I’m good to go.”

FASHION FOCUS “I describe my style as bold, modern and feminine with an edge.”

NEXT GEN “Sophia is fearless and very driven. She gives her all to everything she does, from school to ballet.”

Kara Mendelsohn and her daughter, Ella. On Kara: Top, Cooper + Ella, \$128.

"I TRY TO EDUCATE MY CHILDREN ON THE IMPORTANCE OF GIVING BACK. THE SMALLEST ACTION CAN MAKE A HUGE DIFFERENCE, BUT YOU NEED TO OPEN YOUR EYES TO SEE THE POSSIBILITIES."



DESIGNER DO-GOODER

PHILOSOPHY It's all in the details for Kara Mendelsohn, designer of Cooper + Ella. "I think as a customer and ask myself real questions, like 'Could I wear a bra with this? Could I eat dinner in this top and not have to suck it in the whole time?!' I design for a woman who leads a busy life and needs her clothes to work hard for her." Her line, named after her children (ages 8 and 10), also imparts a greater message: For every item purchased, one hot nutritious meal is provided to a child in need.

BEAUTY BRIEF "Less is more! I'm quite the minimalist when it comes to makeup."

FASHION FOCUS "My style is easy—nothing too fussy or trendy. I dress to flatter my shape and have learned over the years what I can (and cannot!) wear."

NEXT GEN "I love how Ella pulls her outfits together with such confidence. She knows what she likes and makes choices independently, without needing my—or anyone else's—input. Her confidence is inspiring!"

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Lily Kanter with her husband, Marc Sarosi; Nate, the youngest of their three sons; and Mini, their rescue dog. Comfy wicker sofas piled high with cushions help create an inviting spot for bringing family and friends together on the deck. "We're big entertainers," Lily says. "We host dinner just about every week, and in the summer we move the party outdoors."

Happy Haven

LILY KANTER, CEO OF HOME DECOR COMPANY **SERENA & LILY**, TACKLES HER BIGGEST DESIGN CHALLENGE YET, HER FAMILY'S TURN-OF-THE-CENTURY HOUSE.

BY JUDY PROUTY • PHOTOGRAPHY BY JAMES BAIGRIE



“The kitchen was 1940s horrible,” Lily says. She gutted the space down to the studs, then rebuilt with new glass-front cabinets, marble counters and a subway tile backsplash that matched the gray beadboard on the walls.

LILY KANTER’S MILL VALLEY, CA, HOME LOOKS LIKE A PAGE taken from a stylish design catalog. No surprise, since Lily is cofounder and CEO of the 11-year-old decor and lifestyle brand Serena & Lily, known for its casual chic furnishings. When she and her husband, Marc, bought the historic 1907 hillside property 10 years ago, almost every room needed a complete renovation. “I’m an old-home junkie and loved the coffered ceilings and the wainscoting,” she says. “We wanted to keep all the character but brighten it up.” Once

they updated the plumbing, painted the dark wood trim and paneling white throughout, and installed a new kitchen, Lily turned her attention to decorating. She selected a soft gray palette for most of the interior, outfitting it with her company’s sophisticated classics along with pieces she’s collected on family trips to Africa and Asia. Vibrant, happy hues add a fun kick to the bedrooms of her three sons—ages 9, 11 and 13. “I love mixing and matching patterns and colors,” Lily says, “but cozy and playful always rule.”

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Lily revamped the library with bold shades that play off the room's Tibetan rug. "With four men in the house, I needed an escape, a fun girlie-girl room," she says. The back of the bookshelves is painted Benjamin Moore's Tasty Apple (416) and the ladder is Benjamin Moore's Cool Aqua (2056-40).



Graceful white-waxed oak chairs and a locally crafted 14-foot teak table are the stars of the dining room. Lily wanted a look that wasn't too casual or modern. "It can go in either direction depending on what dishes and accessories I use," she says.



With its clean-lined linen sofas and quiet sandy tones, the living area is a far cry from its former stuffy self. Lily pulled in accessories in a variety of textures—a leather stool, crushed bamboo coffee table and cowhide-patched rug.



For her son Zeke's eighth birthday, Lily decorated an entire wall in his bedroom with memorabilia from the Yankees, his favorite baseball team. The kids' tree house perches above a terraced vegetable garden and the backyard chicken coop.



What Lily Loves

OUTDOOR ENTERTAINING My foolproof formula for an inviting alfresco room: Roll out a weather-resistant rug, add a comfy sectional and bring in a low table for appetizers and cocktails.

NATURAL BEAUTY Turn up the heat on neutral charcoals and pebble grays by pairing them with hot corals and reds.

LIGHTER SIDE Instead of one large chandelier, try two or three pendant lamps hung in a row over a dining table for a more contemporary look.

PATTERN PLAY The key to mixing patterns is to keep the colors complementary.







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Bedroom Bliss

Family Circle teamed up with the Emmy Award-winning series *The Doctors* and home builder Lennar to create a fun and ultra-functional kid's bedroom and bath for their Million Dollar Healthy Home Sweepstakes. Check out our design plan, which is all about promoting wellness, from low-VOC furniture and finishes to mood-boosting hues and accessories. To get a behind-the-scenes tour of the space, visit thedoctorstv.com.

PRODUCED AND WRITTEN BY DANIELLE BLUNDELL



1

1/ Swap harsh flush mount lighting with an airy, LED-lit chandelier. Maskros pendant lamp, ikea.com, \$50.

2/ Perfect for nighttime reading—a comfy, supportive upholstered bed frame. Noleta Queen Panel Bed, wayfair.com, \$550.

3/ Symmetry is soothing, so double up on nightstands crafted of low-emission rubberwood and matching glass lamps. Colebrook Accent Table, companykids.com, \$199. Turquoise Blue Small Gourd Accent Lamp, lampsplus.com, \$40.

4/ A vibrant chevron duvet and organic cotton sheets set a cheery tone. Hypoallergenic inserts and a washable mattress made of breathable Wovenaire keep dust mites and bacteria at bay. Zig N Zag Duvet Cover + Shams, pbteen.com, from \$28.50 to \$109. Suite Organic Sheet Set in Pool, pbteen.com, from \$89. JCPenney Home Classic Light-Warmth Down-Alternative Reversible Comforter, jcpenney.com, from \$100. Newton Rest Queen Mattress, newton.rest, \$1,950.

5/ This soft, cushy rug is hand-woven of recycled textiles. 8' x 10' Rags to Riches Rug in Pink, landofnod.com, \$399.

2

3

4

5

Prop styling: Scott Horne.

SEE BUYER'S GUIDE, PAGE 71.



1/ Pale aqua walls provide a tranquil backdrop. Sherwin-Williams Harmony Interior Acrylic Latex Paint in Embellished Blue (SW 6749), sherwin-williams.com for stores.

2/ This desk earns extra credit for its roomy drawers and low-emission wood construction. Campaign Desk in Cobalt, landofnod.com, \$399.

3/ Every study spot needs good task lighting and a sturdy chair. Looking Glass Desk Chair in White, landofnod.com, \$149.

4/ Cut clutter—and get a psychic boost—with a bookcase for neatly storing knickknacks and displaying artwork. Threshold Carson Narrow Bookcase in White, target.com, \$130. California Dreams Art Print by Alexandra Nazari, minted.com, from \$29.

5/ In the bath, energy-efficient cotton Roman shades can be thrown in the wash to prevent mold. Budget Blinds Roman Shade in Darby (Bleach White), budgetblinds.com for information.

6/ Serious style points go out to this whimsical pineapple wallpaper that's also chlorine- and PVC-free. Aimée Wilder Piña Sola Wallpaper in Sphinx, aimeewilder.com, \$165/roll.

7/ Peace lilies pack indoor air-purifying power. Simply Elegant Spathiphyllum, teleflora.com, from \$53.



8/ Reflect natural light throughout a room by hanging a mirror opposite a window. Nail Head Oval Mirror, HomeGoods stores for similar styles, \$80.

9/ A fresh coat of zero-VOC white paint gives this vintage dresser new life.

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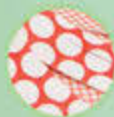


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FAMILY

YOUR CONNECTIONS, YOUR STORIES, YOUR CIRCLE



MODERN LIFE

by *Suzanne Rust*

PHOTOGRAPHY BY PATRICK MOLNAR

Looking for a career that would provide security for her kids and give her a sense of doing something worthwhile, Naomi Mathis, then a 23-year-old single mom, left her job as an administrative assistant and enlisted in the air force. But after three deployments—two to Kuwait and one to Baghdad—the realities of war, including an ambush in which she lost a fellow operator, shook her to the core. Six months after returning home, it became apparent that she was suffering from post-traumatic stress disorder, and in 2007 she was medically retired from the military. Since then, Naomi has married, grown her family and joined a church. She now works as a transition service officer for DAV (Disabled American Veterans), helping men and women who've served return to civilian life, both practically and emotionally. Naomi shares what it's like to be a military mom.

CARMEN, 21, **MAURICE MATHIS**, 31, POLICE OFFICER, **DANIEL**, 9, **NAOMI MATHIS**, 38, TRANSITION SERVICE OFFICER, **SABRINE**, 15. NOT PICTURED, STEPDAUGHTER **RAELYN**, 8.

GULFPORT, MISSISSIPPI

“When I deployed, I put a picture of my kids at the bottom of my backpack. I wouldn't really look at it. I just knew that it was there, so they were always with me.”



Joy Squad

“I love how much fun my children are and the witty things they say at the most unexpected times, but each one is different. I admire Carmen’s resiliency, Sabrina’s tenacity, Daniel’s intelligence and Raelyn’s loving nature.”

Laser Focus

“As soon as I was deployed, I kind of went into robot mode. Once I knew the kids were taken care of, I disconnected myself from them emotionally. Because of the nature of my field, my mind needed to be on the mission at hand. I couldn’t focus on anything else. If I did, someone could get hurt, including me.”



“Post-traumatic stress disorder never really goes away. You figure out how to cope with it, deal with it and learn from it. It has helped me to help others—at work I can relate to those who may be dealing with the same issues. I’ve come to understand that I’ve got a PTSD diagnosis but PTSD is not who I am.”



Five Words

“When anyone would see me in uniform and say, ‘Thank you for your service,’ it always put a smile on my face, no matter what kind of day I was having. Knowing that I was making a difference gave me satisfaction.”

familycircle.com

For more on Naomi and her family, go to familycircle.com/modernlife.

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Pony Tales

Mel Lambert harnesses the calming power of horses to help kids heal from trauma. *By Louise Farr*



"I know we've touched hearts," says Mel, with, from left, Buttercup, Pebbles and Flower.

later Buttercup gave birth to Lilly. The duo—aka Mel's Pony Pals—debuted the following spring at a cookout Mel hosted for children from Sibling Connections, which unites brothers and sisters living apart in foster care. "Watching them interact with the ponies reminded me of Christmas mornings as a kid," she says. "It was magical."

Have Horse, Will Travel

Mel soon bought a portable corral so she could take her act on the road. Not long after, she decided to devote more time to her charity, leaving husband Mark and daughter Linda, 36, to run the family's health club. She and sister Tracy, 49, now run the equine program at Camp To Belong Massachusetts, where they volunteer their services. The horses, along with two new mini donkeys, also make regular jaunts to Boston's Brookview House, a residence for homeless mothers and children, and Saint Vincent's group home in Fall River. Mel has even taken the ponies to an adoption party where kids were introduced to their potential families.

Emotional Breakthrough

Time and again, Mel has seen children who are unresponsive to counselors suddenly open up and "talk" to the horses, such as the 13-year-old who spoke about how heartbroken she was to be separated from her baby brother after they were taken away from their alcoholic mother. "Foster kids have a lot of anxiety and depression," says Susan Giusti, a program director at the Italian Home for Children in East Freetown. "But in the presence of Mel and her ponies, they are transformed."

New Chapter

Hoping to expand her operations, Mel is buying a farm to turn into a visiting center for foster children from across the state. She's also written and self-published a book that features Buttercup and Lilly, which she hands out to kids who meet her Pony Pals. "I know we've made their lives better," she says. "It's an unbelievable feeling."

Champing at the Bit

Buttercup and Lilly whinny with excitement when they see the truck heading down the lane toward their barn in Bridgewater, MA. The ponies—well, actually 32-inch-tall miniature horses—know they're going on an outing. Every spring and summer, Mel Lambert and her posse make several trips a week. They visit foster kids in group homes, children who are victims of domestic violence and kids with cancer, who brush coats, braid manes and decorate the animals with flowers and ribbons. "The ponies love their job," says Mel. "They let the kids pet and groom them for hours."

Hooked on a Feeling

Mel, 60, who owns and manages a local health club, started the program after becoming a big sister to a foster child five years ago. "You can do so much for these kids, even if it's just an hour a month," she says. "But Massachusetts has more than 7,000 youths in foster care, many of whom have been abused or separated from their siblings, and I wanted to help them too." An accomplished equestrian, she knew that mini horses would be ideal therapy animals. "They're gentle and friendly, and being around them is soothing," she says. Mel found Buttercup in an online search, and a few months

For more info, visit Mel's Pony Pals on Facebook.

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WELLNE\$\$ PLAN

Are your finances keeping you up at night? No matter what your money personality, these tips will help you manage your cash and get your head in a good place.

PERSONALITY

THE PRETENDER

The bills keep coming in, and you can't pay them all on time. Unable to cope, you stash them out of sight—but they're not out of mind.



FIX-IT PLAN

Don't psych yourself out by focusing on the big picture. Select a few smaller bills and pay them this week. That will make you feel more in control and motivate you to deal with the rest, says Maggie Baker, PhD, psychologist and author of *Crazy About Money*. "Tackle your larger debts by calling creditors and working out a payment schedule," she adds. "You'll save on interest and protect your credit rating."

THE PROCRASTINATOR

Despite all those promises to put more money into that IRA, 401(k) or 529 college savings plan, you keep putting it off.



Create a "consequence" for not doing the right thing. Baker suggests setting a jar on the kitchen counter and dropping in \$5 or \$10 every day you delay. "Sometimes pain helps break bad habits better than a reward," she says. After a month, you'll have a nice chunk of change to invest in your future.

THE WORRIER

You fret nonstop about money, beating yourself up for poor decisions or silently blaming others (husband, boss, kids). Meanwhile, you're not owning up to your problems or looking for solutions.



The best way to banish negative thinking patterns is to bring them out into the open. Discuss your concerns with your spouse or, if that's too fraught, with a friend or financial advisor. "There's a lot of vulnerability and shame about money issues," says Chellie Campbell, author of *From Worried to Wealthy*. "But there's tremendous relief in sharing your struggles." It also breaks the logjam in your brain so that you can take positive action.

THE SPLURGER

Your days are filled with retail therapy, and your closet is filled with impulse buys. Although the immediate gratification is great, there's serious regret when the bills come due.



Before leaving the house, decide what you need—not want—to purchase that day, and stick to your resolve. Recruit a friend that you can text when temptation strikes so she can hold you accountable and urge you not to backslide. If that fails, pay cash, which will hurt more than whipping out your credit card.

THE HOARDER

Socking away a decent portion of your income is no problem, but it's gotten to the point where you're depriving yourself of life's little pleasures.



Make a short list of things to buy that will lift your mood, whether high-thread-count bed linens or a mini vacay. Then go for it. "Sometimes you have to tune out all the doom and gloom in the news about how we're not saving enough," says Campbell. "Money is for spending, and it can bring us joy."



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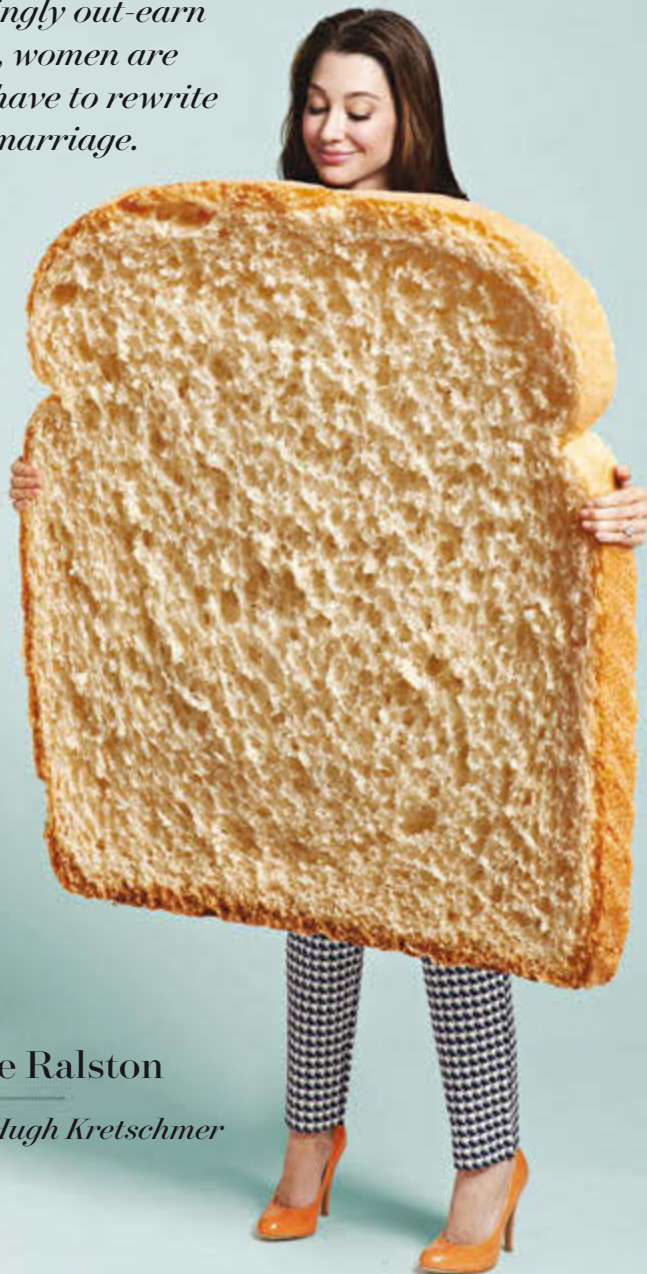
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REVERSAL *of* FORTUNE

As wives increasingly out-earn their husbands, women are discovering they have to rewrite the rules of marriage.



By Jeannie Ralston

Photography by Hugh Kretschmer

Jessica Kutz Flores used to have what she calls a “traditional” life. Her husband, Steve, made good money as a public relations representative in Louisville, KY. Jessica, 45, worked part-time as a therapist for at-risk children and cared for sons Joaquin and Mig, who were still

preschoolers. Then the recession hit. Steve was laid off, and suddenly Jessica had to foot the bills—mortgage, car payments and groceries—as well as provide health insurance, which they lost with Steve’s job. For three years the family scraped by on Jessica’s income as she took on extra clients and worked day and night. Finally, in 2011, Steve was hired by another firm, but



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he takes home only a fraction of what he used to. And his paycheck is smaller than Jessica's—a switch that is probably permanent. “The reality is that we’re never going back to normal,” she admits. “We’ve just found a new one.”

You could say the Floreses are the poster couple for the American marriage, post-recession style. “Even though the economy is improving, the majority of job losses are men’s, while women have been quicker to bounce back,” says Liza Mundy, author of *The Richer Sex*. “That has permanently reset the balance of power.” Women’s earnings have been rising steadily for years, so much so that wives now outpace men in nearly 30% of American families. While that’s not yet the majority, the tipping point is in sight: Based on her research, Mundy predicts that more households will have alpha females and beta males as early as 2025.

Like any seismic shift, this one comes with growing pains. “Most men still want to be the main support for their family,” says Jim Klingensmith, who was phased out of his job at a Colorado Springs printing press and has since cobbled together four part-time gigs that pay less than half of his former salary. “It really bugs me that I don’t make more.” His wife Beth, 51, a computer programmer who provides the bulk of the family income, understands his discontent, but only up a point. “It is what it is, and we get by,” she says. “Plus I’ve always been very independent and never bought into the whole husband-as-provider thing.” Bruised egos are just one of the repercussions of top-earning wives. Resentments can breed, triggering a domino effect of health problems and sexual tensions. In a poll of female breadwinners conducted by the media site DailyWorth.com, 35% felt their financial muscle negatively impacted their marriage. As more women join the ranks, those challenges are here to stay. Below, a reality check on how families are handling the new home economics.

Trading Places

Sorting out new gender roles is a challenge, and even the most progressive marriages can founder when life doesn’t follow the usual script. “I told myself, ‘I’m a modern woman—I can do this,’” says Ellen S.*, 47, a graphic



Warning to wives who bring home the bacon: Don’t expect your partner to pick up the slack at home.

designer in Dallas whose husband, Paul, a photographer, stayed home to raise their two sons. It was supposed to be a temporary arrangement until he could launch his own business. But the years passed, and Ellen grew resentful that he wasn’t pulling his weight moneywise. “I know it sounds old-fashioned, but I wanted him to be the man of the house and take care of me,” she says, adding that her anger bled into other areas of their lives. “I wasn’t attracted to him anymore. We were practically living like brother and sister.” After Ellen gave Paul an ultimatum—get a job with a steady income or the marriage was over—he finally found work as a real estate agent. “I still bring home the bigger paycheck, and we’re still mending our relationship,” she says. “But at least now I get some appreciation and recognition, and we’re both pitching in.”

Dollars and Sense

The power switch is also having an unsettling effect on couples’ financial unions. “The good news is that by and large, women don’t play the ‘I make more’ card and assume they control the purse strings,” says Sonya Rhodes, PhD, a New York couples therapist and

author of *The Alpha Woman Meets Her Match*. But even when they don’t pull rank, money management issues can quickly turn thorny. “Before my husband decided to stay home, we had our own bank accounts and I saw no reason to get a joint one,” says Ellen S. “But one day he said, ‘You have no idea how hard it is to have to come to you for every penny.’ It hit me how much I’d hate having to ask Paul for money. So we opened an account that we both can access whenever we need to. Problem solved.”

Chore Wars

Warning to wives who bring home the bacon: Don’t expect your partner to pick up the slack at home. Multiple studies have found that the more money a woman makes, the more housework she does compared to her spouse. And when husbands actually do their share of the cleaning and cooking, their performance can leave a lot to be desired. “Let’s just say Steve lacked interest and motivation when it came to housekeeping,” says Jessica. “And it bothered me that he didn’t cook more meals and always wanted to eat out.” But she refused to take on a second shift or resign herself to a messy home. “I

ended up paying for a cleaning service twice a month to avoid fights," she says. "Otherwise I would have been constantly annoyed with him for not doing things the way I expected."

Who's Minding the Kids?

The money may be uplifting, but many alpha moms are weighed down with guilt about shortchanging their children. When Sarah D., 53, a business executive in New York City, married Sam, he was a successful caterer who made three times her salary. But after 9/11, corporate clients scaled back, his business withered, and Sam replaced their full-time nanny and became primary caregiver to their

choice that the wife will generate the lion's share of the income, things go much more smoothly," says Mundy. The problem is, those marriages are in the minority. A recent study by the Working Mother Research Institute found that 72% of higher-earning women surveyed became the main breadwinner by default, and they felt less satisfied than those who had planned it that way.

Still, when market forces upend a marriage, couples can thrive—with a little attitude adjustment and lots of compromise. Tiffany Ortega, 32, of Spartanburg, SC, was a waitress when she met and married Jhon, who managed the restaurant. After the

ADVICE for BREADWINNING MOMS

No monopolizing. Don't assume you're in charge of the money. Come up with a financial playbook (individual versus joint accounts, who pays the bills, what's essential and what's discretionary), which will help minimize friction and resentment.

Play fair. When divvying up housework, keep incomes out of the equation. It doesn't matter who's making what; you're both putting in long hours. Write down a list of tasks, with each partner noting which they prefer to take on, and then negotiate until there's an arrangement (it won't be perfect) everyone agrees on.

Reach out. If you're having repeated and heated arguments with your beta husband, talk to friends or colleagues in the same situation who are navigating it successfully. You may need a counselor to sort out feelings and resolve conflicts.

Take care. Men whose wives out-earn them are 10% more likely to use medication for insomnia, anxiety and erectile dysfunction. Those who are completely dependent on their partner's income are also five times more likely to cheat. Go the extra mile and show the love.

young son, Liam. Meanwhile Sarah's career was flourishing, but she was putting in longer and longer hours. "I'm basically the husband supporting the family while Sam is the stay-at-home parent," she says. "I feel bad about not being there for my son. And I can't help thinking Sam has used Liam as an excuse for slacking off." Now that Liam is in high school, Sarah has been pushing Sam to rev up his catering career. "It's about not just the extra income but equality," she says. "The bottom line is that I work hard and want him to do the same."

Managing Expectations

A key factor in how well couples adapt to a reversal of fortune is whether they saw it coming. "If it's a conscious

birth of their son Jhay, she became an administrative assistant for a large dining chain and eventually worked her way up to information technology specialist. By the time Zachary was born four years later, Tiffany's paycheck dwarfed her husband's. So when they decided that one parent needed to stay home with Jhay, who was diagnosed with autism and cerebral palsy, it was a process of natural selection. "Jhon's skills don't pay as well as IT, but that's not the reason he stopped working," says Tiffany. "He's actually better at being caretaker—and even cleaning the house." It's now been six years since the tables were turned, and their union couldn't be more solid. "We didn't expect this setup, but it really plays to our strengths," she says. "We're a good team."

"My hands become so dry from washing, and it's difficult to do my job. O'Keeffe's really does work, and it's reliable!"

Maureen,
Veterinary
Technician



Before



After



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Best Mother's Day.. EVERY DAY!

For you and for all the amazing moms in your life, we've put together some of our favorite ideas for feeling great and having fun on the *other* 364 days in the year!



MORNING MAKEOVER

In a perfect world, moms would start every day with breakfast in bed. In the *real* world, mornings can be the most hectic part of the day. Luckily, the simplest changes can be just what you need to get any day off to a great start.

Wake Up Better Plan Ahead Mini Me-Time

Avoid the temptation to hit the snooze button by putting your alarm clock out of arm's reach or even on the other side of the room. Use the extra time to reward yourself with a good stretch, an invigorating shower scrub or a second cup of coffee.

Plan what you're going to wear the night before, and lay out everything together, so you don't have to assemble your outfit in the morning. Get kids into the habit of doing this for themselves once they're old enough.

No time for sunrise meditation? Lend calm to the day with a quick, cooling yoga breath. Open your mouth slightly with tongue behind the teeth, and inhale slowly as if sipping through a straw. Allow the cool air to wash over your tongue and throat. Close your mouth and exhale through the nose. Repeat 8-10 times.

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When your day goes on and on, you need 48-hour odor protection that goes on clear for no white marks. With NEW **Secret Outlast Clear Gel**, you can face any day with confidence, knowing that you're ready no matter how long your day gets. Fearlessness. Apply daily. Secret.com/clear-gel



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A GREAT NIGHT OUT

A night out for Mother's Day is awesome—a Mom's Night Out anytime is essential! Whether it's ladies night with your BFFs or a romantic evening on the town, no one deserves this more than you. Make the most of it!

The Night Shift



A night out doesn't require stressing out over what to wear. It's easy to shift your look from day to night by adding evening-worthy accessories—think statement pumps, a sparkly clutch or an attention-getting scarf.

Turn Back Time

Remember when it was just the two of you? Re-live those carefree days with date night activities that recall the time before you were Mom and Dad—concerts, clubs, sporting events and the kind of restaurants where the placemats *don't* come with crayons! Try to make your date night a regularly scheduled event so both of you—along with kids and babysitters—will expect it.



Mix It Up

Try something different for a night out with the girls. Dance classes, karaoke, hands-on craft demonstrations and wine tastings are just a few of the creative ways to get out and have fun.



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LisetteL.com





What You Need to Know About Pet Insurance

Pro pointers about policies (compare carefully!), premiums and more

What Is It?

Simply put, pet insurance is similar to health plans for people in that it can cover a range of issues, including hereditary problems, illnesses and major accidents. A monthly premium is charged based on several variables: type of pet, breed and age, where you live and how many animals you're insuring. (Typically, coverage for cats runs \$15 to \$22 per month; for dogs, it's \$25 to \$35.) After a visit to any licensed vet, owners pay in full, then submit a claim to the insurer for reimbursement.

Who Should Get It?

Ask yourself, could you pay a high vet bill (say, \$1,500) outright? If, realistically, you'd be scrambling, buying coverage may be your best bet for helping a sick or injured pet. This isn't necessarily the right choice when you're mostly looking for reimbursements on annual check-ups and rabies vaccinations.

When Do You Sign Up?

Ideally, when your pet's healthy. If you wait until he's sick or injured, coverage for treating these pre-existing

conditions will be excluded. Also, sooner is better: Younger animals can qualify for lower rates.

Which Plan Is Best?

Tough question. In order to avoid nasty surprises down the road, research is key. It's best to know the specific risks associated with your breed. Evaluate your finances and compare your

pet's potential needs against a plan's details. Pay close attention to annual reimbursement and deductible limits, and to how benefits are paid out, which can vary greatly. In general, higher-level plans are recommended for animals that are larger and more active and for breeds that are most likely to develop serious illnesses.

➔➔➔ Policy purchases are expected to increase more than **11%** annually through 2016. Source: The Freedonia Group

Sources: Kristen Lynch, executive director of the North American Pet Health Insurance Association, and Karen Halligan, DVM, chief veterinary officer for the Lucy Pet Foundation



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Partnering for Progress

VOL. 3 COLLABORATION

Ensuring a sustainable future, where a balanced meal is accessible to everyone, is a goal that requires ongoing collaboration. That's why so many of today's experts in agriculture, science, education, conservation and philanthropy and many others are partnering – and making progress in a number of important areas.

Working together today, for a better tomorrow:

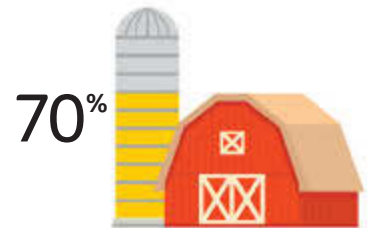
1 Organizations from the private and public sectors are working together to address the challenges of feeding a growing population. The goal? To collaborate on developing solutions for soil health, water conservation, deforestation, honey bee health and many other key issues.



2 Widespread research and education efforts are helping cultivate today's crops and tomorrow's scientists. One collaborative initiative plans to study, measure and identify ways to improve soil health, so farmers can implement sustainable practices such as planting cover crops (like grasses and legumes – which are planted but not harvested – keeping more roots, residue and organic matter in the soil to help it stay fertile).

3 Organizations, farmers, researchers and many others are collaborating to develop new tools to help farmers have better harvests. Some successes: crops that can grow in drought conditions and new precision agriculture tools to help farmers make the best decisions throughout the growing season while using resources more efficiently.

Food for thought:



The estimated percentage that food production needs to increase by 2050 to feed a growing population, which is why so many organizations are collaborating to help make balanced meals more accessible.



Over 200 universities worldwide offer degrees in advanced agricultural sciences, cultivating the experts of tomorrow.

By 2050, it's estimated that agricultural technologies could increase crop output by

67%

and cut food prices by roughly half.





GROWTH SPURT

Thanks to smart gadgets, a gorgeous garden no longer requires a green thumb.

FOR ME, PUTTERING in the yard mostly means precious time to recharge my brain. But given the amount of money I spend on plants, my backyard oasis is more than a mental break—it's an investment in our property. That said, day-to-day life with a husband, two teenagers and assorted pets, plus a full slate of freelance work, frequently gets in the way of my keeping up with routine maintenance tasks, resulting in sad-looking

greenery. For a while now, I've longed for technology that could pick up where I leave off—for instance, watering my plants when they get thirsty, or reliably alerting me when something just isn't thriving. Since digital assistance would potentially save me big bucks in the long run, I'm willing to pony up some money. But nothing truly worthwhile had come along—until now. Let's just say I'm really digging my future options.

Edyn edyn.com
Stick the sleek-looking Garden Sensor (\$100) stake in the ground and it analyzes everything there is to know about the garden, noting available light, temperature, humidity and soil conditions. (One sensor is good for 250 square feet.) Then, in the iOS app that connects to the sensor, Edyn suggests plants from its deep database that are most likely to succeed there. Attach the also-connected Water Valve (\$60) to any drip irrigation, soaker hose or sprinkler system with a standard garden hose thread and the two devices work together to make sure your plants never get parched or drown. Batteries are rated to last at least two and a half years.

Blossom myblossom.com
Up to 50% of irrigation water is wasted, which is bad both environmentally and financially. Replace your basic sprinkler timer with the much smarter Blossom (\$199), which uses real-time local weather data and satellite information to generate a personalized plan to douse only when the soil is likely to be dry. Or, if you choose, you can control watering via the app.

Fountain fountain.com
Brainstorm options like a stone pathway or a rock wall with a qualified expert by typing or speaking a detailed query into the search bar of the Fountain app (iOS only). A pro can either call you or

pop up onscreen to chat one-on-one, and you can share photos, video or audio files specific to your situation to provide context. Cost is just \$7 for 15 minutes.

Lowe's Iris lowes.com
The home improvement superstore offers a customizable DIY smart home solution synced through the Iris Smart Hub (\$99), which connects to your Internet router. Beyond interior possibilities, like controlling the thermostat and door locks, options include a couple of smart accessories to attach to this setup for the garden: the Orbit 12-Station Indoor/Outdoor Irrigation Timer with Iris Technology (\$129) and the Orbit Iris Hose Faucet Water Timer (\$40).

Droplet smartdroplet.com
This little garden robot (\$299) is clever—it combines up-to-the-minute weather data with owner-provided info about specific plants and their locations to create specialized watering routines. Installation is quick and painless—as in, about five minutes—and the unit has a range of around 30 feet in any direction. Droplet can even comply with local municipalities to honor any watering restrictions in order to avoid fines.

CHRISTINA TYNAN-WOOD
recently relocated—along with her husband and two teenagers—to California's Silicon Valley in order to be closer to the tech action. Check out her blog at geekgirlfriends.com.



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SUNNY SIDE UP

SIX TRICKS FOR GETTING MORE SILVER LININGS INTO YOUR PLAYBOOK
BY JESSICA CASSITY



EVEN OPTIMISTS KNOW that a cheery disposition won't magically transport them out of a traffic jam or make that stack of bills on their counter disappear. But research shows that it can lead to a stronger >>

immune system, a healthier heart and a longer life. Not to mention that looking on the bright side helps you see setbacks for what they really are: minor bumps, not major obstacles. But if positivity isn't your default mode, try these science-backed tricks to dramatically shift your perspective.

1 RISE AND SHINE

Think about what you're thankful for before you even climb out of bed. Each day, when the alarm goes off, name one thing you appreciate, using a different area of your life or a different letter of the alphabet each time. "How you feel in the morning affects how you feel for the rest of the day," explains Janet Taylor, MD, a psychiatrist in New York City and *Family Circle* health advisory board member. "And this practice heightens your focus on good things."

2 SET SHORT-TERM GOALS

You know that emotional lift you get from checking something off your to-do list? It's a mix of accomplishment, satisfaction...and optimism. People who set one achievable daily goal for themselves—such as "start sewing my son's costume for the school play" or "download that book everyone's been talking about"—have a more cheerful outlook than those who don't, according to research.

3 CHANGE YOUR STORY

When you've been waiting too long at the doctor's office, there are two ways to react. You could sit there seething as you imagine your doctor making personal calls on your time. Or you could tell yourself that the patient before you must have needed extra help, flip through a magazine and patiently wait for your name to be called. All you have to do when something adverse happens is decide to think of a sympathetic explanation and you'll avoid bitter emotions. "Over time this practice trains your mind to switch from a pessimistic explanatory style to



an optimistic one," explains Robin Kowalski, PhD, professor of psychology at Clemson University.

4 ASK YOURSELF FOUR QUESTIONS

Sounds simple, but if negativity has hijacked your mood, consider whether you're Hungry, Angry, Lonely or Tired—HALT for short, according to Michelle Gielan, founder of the Institute for Applied Positive Research. "It's important to recognize that sometimes we're in a bad place because of one of these feelings," suggests Gielan. "Once you address that feeling, you can think more clearly."

5 REPLAY POSITIVE MEMORIES

You can probably list the songs that make up the sound track of your life: music from your wedding, lullabies you sang to your kids, that old mix tape from your BFF. These tunes conjure good

memories, triggering a more glass-half-full view of the present and future, according to a study. Listening to a two- or three-minute song can do the trick, but researchers say a single memorable lyric—such as Earth, Wind and Fire's "Do you remember?"—can have the same effect.

6 TALK THE TALK

The first thing you say to another person can influence the entire tone of an interaction, reveals Gielan. So consider leading with a compliment or a cheerful observation. "This primes the conversation to continue on an upbeat note," says Gielan. "People are socialized to reciprocate. They'll offer the same type of response as you." If you mention sick kids or the rainy weather, you can almost guarantee the pity party will rage on. So tell your coworker that the color she's wearing looks fabulous on her and you'll likely get an emotional boost in return. Even if you see it coming, you'll still reap the benefits.



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BY MALLORY CREVELING

The Bathroom Sink

It's the germiest spot in the house, compared to the bathroom faucet handle, kitchen countertops, drawer pulls and common-area doorknobs. That's because after the sink is used for activities like washing hands and brushing teeth, which remove bacteria from the body, pathogens often stay put rather than rinsing down the drain. Plus the wet environment promotes germ growth. Store EPA-registered disinfectant wipes in the bathroom to quickly clean surfaces as often as possible and to prevent the spread of bacteria.

Sources: NSF International, The Clorox Company and Tanya Altmann, MD, a UCLA-trained pediatrician in private practice in the Los Angeles area



Weighty Matters

One film worth adding to your family's queue:

Bite Size, a moving documentary that offers a glimpse of the struggles overweight kids face. In 90 minutes, it follows two years in the lives of four students as they aim to get healthy. Davion, a 12-year-old diabetic, wants to beat the disease so he's not winded at football practice or bullied afterward.

Thirteen-year-old Emily, who has lost 80 pounds, hopes to keep the scale steady and disprove her doubters. By the end, you may rethink how you treat others and be motivated to make better diet and exercise choices. Watch at bitesizemovie.com, on DVD, or on iTunes or Google Play.

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



Q&A

I've had clear vision most of my life, and now I'm having a hard time reading my cell phone and dinner menus. What's happening?

"Visit your eye doctor to check whether there's an underlying problem, but it's most likely you just need reading glasses," says Anne Sumers, MD, clinical spokesperson for the American Academy of Ophthalmology. Around age 40, the lens of your eye starts to become less flexible, making it difficult to zoom in and read up close. This condition, called presbyopia, is a natural sign of aging that eventually affects everyone. You can't stop the problem from worsening, but it's easy to address with extra light in the room (use your phone's flashlight if necessary) and OTC spectacles (Gabriel + Simone and Fiore have cute, inexpensive ones). "When buying, test the mildest pair first by looking at writing in a magazine from a comfortable distance, not at an object across the room, which is a common mistake," says Sumers. If you have a prescription for distance, consider bifocals.



NEW

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2X VITAMIN DTM

Up to 90% of people don't get the Vitamin D they need.
That's why NEW Ensure[®] has 26 vitamins and minerals,
including 2X more of "The Sunshine Vitamin" to help
keep bones strong, all with 9 grams of protein.

2X more vitamin D vs prior formula.
Use as part of a healthy diet.

*Among doctors who recommend liquid nutritional products to their patients.

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Ensure[®]
TAKE
LIFE IN.[™]



Diet Deadline

Timing is everything, even when it comes to your waistline. Researchers found that restricting eating and drinking to a 12-hour time period promotes weight loss, regardless of how healthy your choices are. But the clock starts with the day's very first bite or sip—meaning your a.m. coffee counts. (Water is a freebie, though!) “Your body needs time to fast; otherwise, your metabolism isn’t ready to process foods and this leads to fat accumulation,” says Amandine Chaix, PhD, postdoctoral fellow at the Salk Institute for Biological Studies and lead author of the study. (It involved mice but likely translates to humans.) So say goodbye to late-night snacking and you could part ways with extra pounds too!

SKIN & BONES

Eczema patients, beware: A study from Northwestern University showed that those who experienced the sensitive-skin condition in the past year had a 44% higher chance of bone and joint injuries compared to non-sufferers. Chronic inflammation may lead to brittle bones (as can oral steroids), but another main culprit is fatigue. “The disease keeps many people awake at night, leaving them more prone to accidents,” says Jonathan Silverberg, MD, co-author of the study. Sedative antihistamines help with slumber but can cause grogginess that lasts into the daytime. Better choices are topical steroids or ointments, like petroleum jelly.



HOLD THE PHONE

A shocking 41% of kids ages 14 to 19 have been victims of cyber dating abuse, defined as sending or receiving unwanted sexual messages or getting controlling ones. Even more worrisome, targets of this virtual mistreatment were more likely to experience in-person sexual or physical assault. “Parents should discuss with their kids what healthy relationships look like,” says Elizabeth Miller, MD, PhD, study co-author and chief of adolescent and young adult medicine at Children’s Hospital of Pittsburgh. “Explain that constant texts asking for whereabouts or pressuring someone to talk about sex are unacceptable.”

**SENSITIVE SKIN, A BLANKIE,
AND A MUD PUDDLE.
WHAT COULD POSSIBLY GO WRONG?**

**Nothing, with Tide, Downy and
Bounce Free & Gentle.**



**Hypoallergenic.
No dyes. No perfumes.**

Like any household detergent, keep away from children.
Learn more at Tide.com.



BETTER TOGETHER

WALK THIS WAY

**FOLLOW OUR
DAY-BY-DAY
PLANS TO GET
SLIMMER, FITTER
AND HAPPIER IN
JUST ONE MONTH.**

By Mallory Creveling

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

You don't have to heave barbells at CrossFit or train for a 10K to feel healthier inside and out. Let our goal-driven walking guides transform you. Designed for fitness newbies, each routine mixes supercharged strolls with other boredom-busting exercises and advice to maximize results. Just choose your objective, chart the 28-day course and reap the rewards!

Hair: Jeanie Syfu for Tresemme; Makeup: Albee Fenston.
Tank: Graced By Grit, gracedbygrrt.com, \$42; Capris: Pripa, pripa.com, \$60; Sneakers: New Balance, newbalance.com, \$100.

YOUR TARGET

LOSE 10 POUNDS



THE EXPERT JESSICA SMITH,
CERTIFIED TRAINER AND
CREATOR OF *WALK ON: 21-DAY
WEIGHT LOSS PLAN DVD*

WHY THE PLAN WORKS

These walks build endurance and improve your cardio fitness. Plus, by adding high-intensity interval training (HIIT) and bodyweight-only sculpting moves, you'll also torch fat and sculpt lean muscles.

WHAT TO DO

Always warm up and cool down for 3 minutes, strolling at a slow, easy pace. The intensity and duration of your workouts will increase week after week. To gauge your effort, aim for a 5 or 6 on a scale of 1 to 10, which means you can still chat easily. When the routine calls for an 8 or a 9, you should be breathing heavily and only be able to answer yes or no questions. You'll alternate between three types of walks:

► **HIIT Walk** Go for 3 minutes at an intensity of 5 or 6, then walk or jog for 1 minute at an 8 or 9 exertion. Repeat until the end of the workout.

► **Power Walk** Maintain a steady pace, aiming for an intensity of 5 or 6.

► **Sculpting Walk** After warming up, perform these moves for 1 minute each: **sidestepping squats** (go in the opposite direction after 30 seconds), **high-knee marches with arm circles** and **reverse lunges with biceps curls**. Then walk at a steady pace (5 or 6 intensity) for 5 minutes. Repeat the 3-minute round of moves and 5 minutes of walking until you've completed the workout.

Keep your shoulders back and chest wide to maintain good posture while you move, and engage your core with each step to fire up more muscles.



Pick up 1- to 3-pound hand weights or wear a weighted vest to increase your burn. Try Tone Fitness (tonefitness.com) or Valeo (valeofit.com).

Use an activity-tracking device, like Jawbone's Up Move (jawbone.com, \$50) or the Misfit Flash (misfit.com, \$50) and aim for 10,000 steps a day.



Perform as many high-intensity intervals as you can, because research shows this form of training melts fat fast.



Head for the hills or up the slant on the treadmill and you'll blast extra calories.

YOUR 28-DAY SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Rest	HIIT WALK 30 minutes	POWER WALK 40 minutes	SCULPTING WALK 30 minutes	POWER WALK 40 minutes	Active Rest Day. Do an activity like gardening or gentle yoga.	HIIT WALK 30 minutes
WEEK 2	Rest	HIIT WALK 35 minutes	POWER WALK 40 minutes	SCULPTING WALK 35 minutes	POWER WALK 40 minutes	Active Rest Day	HIIT WALK 35 minutes
WEEK 3	Rest	HIIT WALK 40 minutes	POWER WALK 40 minutes	SCULPTING WALK 40 minutes	POWER WALK 45 minutes	SCULPTING WALK 40 minutes	HIIT WALK 35 minutes
WEEK 4	Rest	HIIT WALK 45 minutes	POWER WALK 50 minutes	SCULPTING WALK 45 minutes	POWER WALK 50 minutes	SCULPTING WALK 45 minutes	HIIT WALK 45 minutes

YOUR TARGET

BETTER HEALTH, FITTER BODY



THE EXPERT LISA WHEELER,
CERTIFIED TRAINER, STAR AND
CREATOR OF *WEIGHT WATCHERS*
7-DAY TONE AND BURN DVD,
DIRECTOR OF GROUP FITNESS
DEVELOPMENT AT EQUINOX

WHY THE PLAN WORKS

Studies show inactivity leads to a shortened life span, so add more movement to your days to boost longevity. This plan eases you into a steady workout routine so getting physical becomes a lifestyle.

WHAT TO DO Warm up by marching in place and cool down with stretches. Week 1, step at a 15-minute-mile pace and up your daily activity by, for example, taking the stairs more often. Workouts get tougher throughout the month, with more-frequent sweat sessions and inclines (use hills outside or a 3% to 5% slope on the treadmill). Week 4, do three rounds of these strength moves:

► **Step-Back Burpee** Stand with feet a little wider than hip width. Squat down and reach your hands between your feet. Walk your feet back into push-up position. Lower your knees to the floor and perform a modified push-up. Lift knees, bring feet back to your hands and stand. Perform 8 reps.

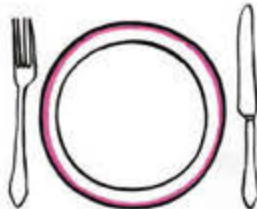
► **Wood Chop** Start with your right foot forward, arms overhead and hands clasped to the left. Lower to a lunge and “chop” your arms diagonally across your front leg, rotating your torso. Reach arms up and stand. Do 12 reps, repeat on the left leg and switch the chop.

► **Bridge** Lie on your back with knees bent, feet flat on the floor and arms by your sides. Press into your feet and arms, lifting your hips to form a straight line. Hold for 2 seconds and then lower. Perform 12 reps.

Aim for 150 minutes per week of moderate exercise to add nearly 3.5 years to your life, according to one study.



Walk post-meal. It'll help control your blood sugar levels, which is important for diabetes prevention.



Pump your arms forward and backward at a 90-degree angle to power up your pace. Recent research found that the faster you walk, the more you decrease your risk of serious illness and mortality.

Shape-Up Menu

Fight inflammation (a major cause of disease) with foods filled with omega-3 fatty acids, like salmon, and antioxidant-packed dark leafy greens, like kale, says Kimberly Gomer, RD, director of nutrition at the Pritikin Longevity Center + Spa in Miami.



Create a walking group and head outdoors. You'll lower your blood pressure, cholesterol and body fat, all of which cut your chances of developing life-threatening conditions, like heart disease, or suffering a stroke.

YOUR 28-DAY SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Rest	30-minute walk (always aim for at least 2 miles)	Daily Activity. Take the stairs or walk to work.	30-minute walk	Daily Activity	30-minute walk	Daily Activity
WEEK 2	Rest	30-minute walk	30-minute walk	30-minute walk	Daily Activity	30-minute walk	30-minute walk
WEEK 3	Rest	30-minute walk + hills (Spend at least 5 mins on an incline)	30-minute walk	30-minute walk + hills	Daily Activity	30-minute walk + hills	30-minute walk
WEEK 4	Rest	30-minute walk, then strength moves	30-minute walk + hills	30-minute walk, then strength moves	Daily Activity	30-minute walk, then strength moves	30-minute walk + hills

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people prefer Nasacort® over Flonase®.*



Nasacort is the #1 pharmacist recommended OTC nasal allergy spray.**
 It relieves your worst nasal allergy symptoms, even congestion, for 24 hours.
 Experience the difference for yourself.

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 *Data on file **Among branded nasal allergy sprays. Source: Pharm/alert® Research, November, 2014.

Southwest Salad with NEW
Chipotle Black Bean Crumbles™



MAKE EVERY MEAL
THE MOST IMPORTANT
MEAL OF THE DAY.

Every meal made with veggie protein instead of meat is good for you and the Earth. Find out why at MorningStarFarms.com and take the Veg of Allegiance. #VegAllegiance

JUST WHAT THE
WORLD ORDERED™

YOUR TARGET LESS STRESS

**BE HERE
NOW**

Create a playlist. Studies have shown that music described as “beautiful” improves mood.



THE EXPERT NICOLE GLOR, CERTIFIED TRAINER, YOGA INSTRUCTOR AND DESIGNER OF THE SLIMNASTICS DVD SERIES, INCLUDING THE NEW *NIKKIFITNESS SLIMNASTICS ANTI-AGING WALKING WORKOUT*

WHY THE PLAN WORKS

Taking time to focus on yourself every day is important for escaping the grip of your to-do list. Using a few minutes to exercise has even more positive effects on your mental health, and this schedule makes it easy to fit everything in.

WHAT TO DO

As often as you can, do your walks—which will get longer each week—outside. If you need to stay indoors, stroll on a treadmill near a window or as close to natural light as possible. At least once a week, incorporate these exercises into your stroll for even more body and mind benefits:

- ▶ **Walking Kickbacks** Step one leg forward and kick the other backward, keeping it straight; continue alternating for 30 seconds.
- ▶ **Outer Thigh Lifts** Step one foot forward, keeping it bent, and lift the other leg out to the side with your foot flexed and held parallel to the floor. Bring arms up and out to the sides too. Continue alternating leg and arm lifts for 30 seconds.
- ▶ **Kickmarching** Alternate kicking feet up to hip height with foot flexed and punching opposite arm forward.
- ▶ **Yoga** On Sundays, take a yoga class or start your own home practice with an app like Simply Yoga Free (Android and iOS). The breathing techniques and poses lower stress and boost feelings of happiness.

Try a walking meditation by focusing on each step or concentrating on your breath. With each inhale and exhale, repeat one word from a mantra, like these: “Let go,” “Be here now,” “I am enough.”



Stroll to work instead of driving—it improves psychological well-being.



Walking in nature with others has been linked to lower depression and less anxiety, so step onto the trails with pals whenever possible.

Mood-Enhancing Meals

Eat a primarily plant-based diet to feel energized, says Kimberly Gomer, RD, director of nutrition at the Pritikin Longevity Center + Spa in Miami. Aim for only one animal protein a day, and avoid salty and sugary foods that cause cravings.

Add a bounce to your step: Swing your arms, stand tall and roll your shoulders down. This posture is proven to make you feel happier, compared to strolling hunched over with arms still.



YOUR 28-DAY SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Walk 0.5 miles or 10 minutes.	Walk 0.5 miles or 10 minutes.	Walk 0.5 miles or 10 minutes.	Walk 0.5 miles or 10 minutes.	Walk 0.5 miles or 10 minutes.	Rest	Yoga
WEEK 2	Walk 1 mile or 20 minutes.	Walk 1 mile or 20 minutes.	Walk 1 mile or 20 minutes.	Walk 1 mile or 20 minutes.	Walk 1 mile or 20 minutes.	Rest	Yoga
WEEK 3	Walk 2 miles or 30 minutes.	Walk 2 miles or 30 minutes.	Walk 2 miles or 30 minutes.	Walk 2 miles or 30 minutes.	Walk 2 miles or 30 minutes.	Rest	Yoga
WEEK 4	Walk 3 miles or 40 minutes.	Walk 3 miles or 40 minutes.	Walk 3 miles or 40 minutes.	Walk 3 miles or 40 minutes.	Walk 3 miles or 40 minutes.	Rest	Yoga

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

Blythe Danner
Award winning actress



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

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

Important Safety Information

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

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

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

Prolia® can cause serious side effects:

Serious allergic reactions have happened in people who take Prolia®. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low

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

Low blood calcium (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.

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

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

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

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

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

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

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

Prolia® is also proven to:

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

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

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

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

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

Before taking Prolia®, tell your doctor if you:

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

What are the possible side effects of Prolia®?

It is not known if the use of Prolia® over a long period of time may cause slow healing of broken bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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

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

 **prolia®**
(denosumab) injection

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



BRIEF SUMMARY OF MEDICATION GUIDE

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

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

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

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

Prolia can cause serious side effects including:

• Serious allergic reactions.

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

Symptoms of a serious allergic reaction may include:

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

• Low calcium levels in your blood (hypocalcemia).

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

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

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

• Severe jaw bone problems (osteonecrosis).

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

• Unusual thigh bone fractures.

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

• Serious infections.

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

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

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

- Fever or chills
- Skin that looks red or swollen and is hot or tender to touch
- Fever, shortness of breath, cough that will not go away
- Severe abdominal pain
- Frequent or urgent need to urinate or burning feeling when you urinate

• Skin problems.

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

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

• Bone, joint, or muscle pain.

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

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

What is Prolia?

Prolia is a prescription medicine used to:

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

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

Who should not take Prolia?

Do not take Prolia if you:

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

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.
 - **Pregnancy Surveillance Program:** Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen’s Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.
- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

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

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

How will I receive Prolia?

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

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

• See “What is the most important information I should know about Prolia?”

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

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

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

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

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

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

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

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

Keep Prolia and all medicines out of reach of children.

General information about Prolia

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

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

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

What are the ingredients in Prolia?

Active ingredient: denosumab

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

SleepRight®

ARE THE SOUNDS OF TEETH GRINDING AND SNORING DISTURBING YOUR SLEEP?

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ALL YOU WILL HEAR IS Zzzzz

- ✓ **DENTAL GUARD** protects teeth from clenching and grinding, without the hassle of boiling water.
- ✓ **INTRA-NASAL BREATHE AID** helps reduce snoring and nasal congestion, without skin-pulling adhesive strips.

SleepRight®

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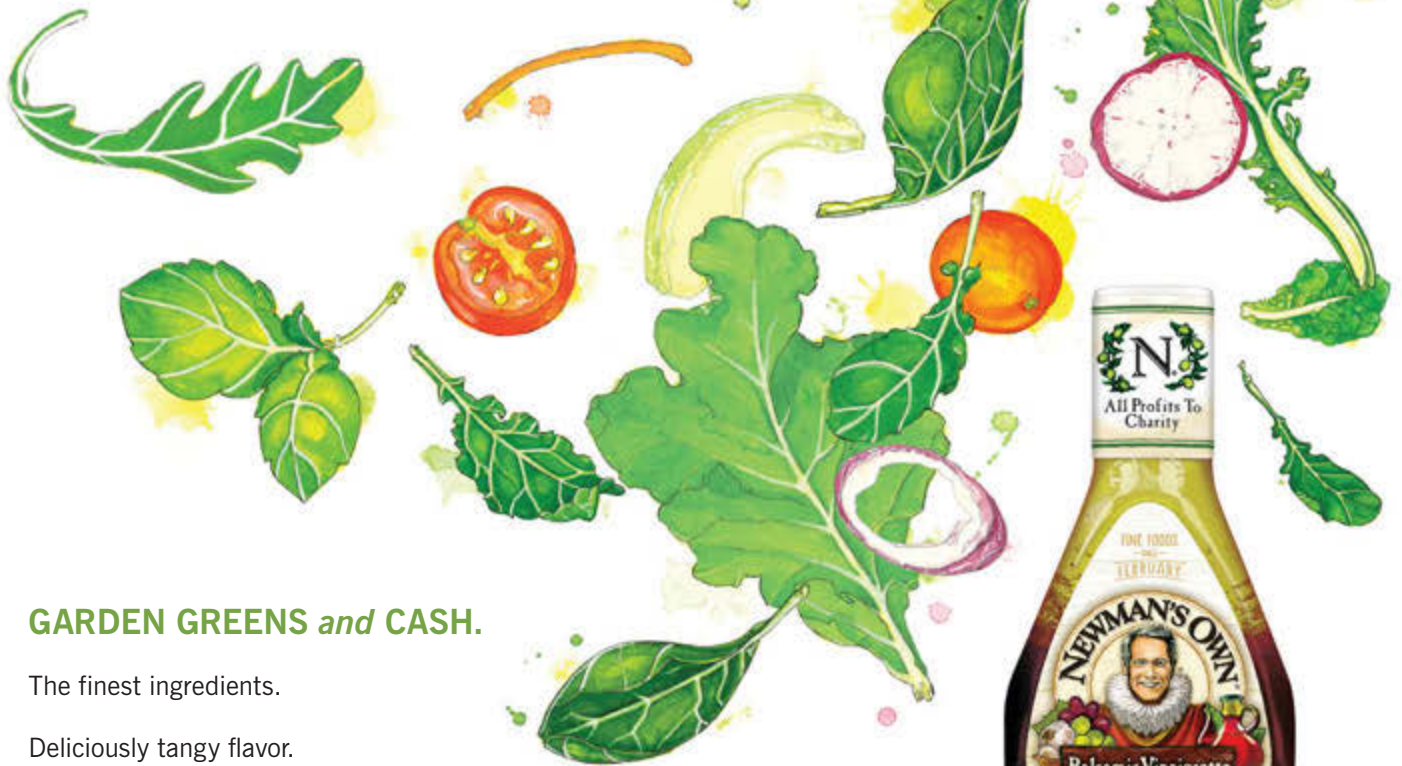
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Dental Guard Only:

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WE TOSS AROUND *a lot of* GREEN.



GARDEN GREENS *and* CASH.

The finest ingredients.

Deliciously tangy flavor.

And all our profits go to charity.

The perfect way to take your salad (and your generosity) to the next level.

MORE, POR FAVOR!

CELEBRATE CINCO DE MAYO
WITH SOUTH-OF-THE-BORDER
SLOW COOKER RECIPES.

By Michael Tyrrell

PHOTOGRAPHY BY YUNHEE KIM

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Beef Tacos
with Chunky
Guacamole
page 127
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Ancho Pork and Black Bean Tostadas

Ancho Pork and Black Bean Tostadas

MAKES 10 tostadas, plus 5 cups

pork mixture for another meal

PREP 30 minutes

SLOW COOK on HIGH for 6 hours or LOW for 8 hours **COOK** 10 minutes

3½ lbs boneless pork shoulder or butt

1 tsp salt

½ tsp black pepper

2 tsp ancho chile powder

1 tsp ground cumin

1 tsp dried oregano

¼ tsp cinnamon

1 onion, chopped

4 cloves garlic, chopped

8 plum tomatoes, seeded and chopped

1 cup chicken broth

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

2 cups vegetable oil

10 corn tortillas

3 cups shredded iceberg lettuce

Pineapple Habanero Salsa (recipe follows)

- Coat slow cooker bowl with **nonstick cooking spray**. Season pork with salt and pepper. Place in slow cooker. Sprinkle with ancho chile powder,

cumin, oregano and cinnamon.

- Place onion, garlic and tomatoes around pork. Pour broth down sides of bowl.

- Cover and cook on HIGH for 6 hours or LOW for 8 hours.

- Remove pork to a cutting board and shred with 2 forks. Return to slow cooker; stir in beans and heat through.

- Heat oil in a skillet to 375°. Cook tortillas in batches 1 minute per side or until crisp. Place on a paper-towel-lined baking sheet.

- Top each tortilla with ½ cup of the pork, some shredded lettuce and Pineapple Habanero Salsa.

PER TOSTADA 255 **CAL**; 16 g **FAT** (2 g **SAT**); 11 g **PRO**; 20 g **CARB**; 4 g **FIBER**; 312 mg **SODIUM**; 24 mg **CHOL**

Pineapple-Habanero Salsa

Combine 2½ cups diced fresh **pineapple**, ¼ cup finely chopped **sweet pepper**, 1 **habanero pepper**, seeded and chopped, 2 tbsp chopped **cilantro**, and 1 tbsp *each* **lime** and **olive oil**. Season with ½ tsp **salt**.



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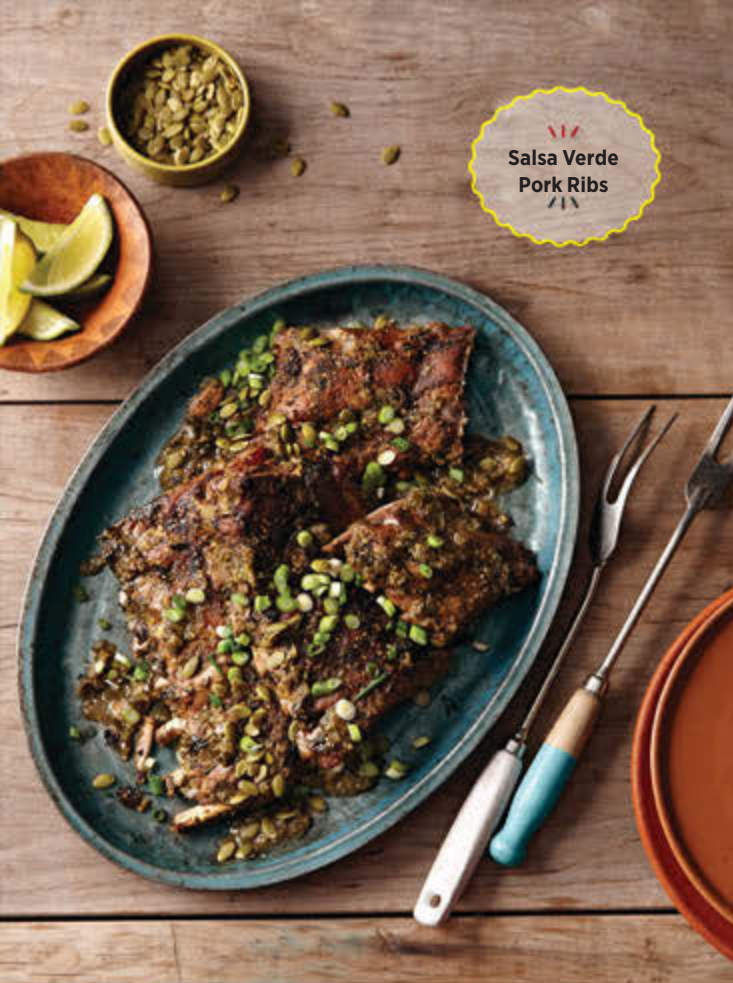
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**Salsa Verde
Pork Ribs**

Salsa Verde Pork Ribs

MAKES 8 servings **PREP** 10 minutes
SLOW COOK on HIGH for 6 hours or
LOW for 8 hours **BROIL** 4 minutes

- 1 jar (16 oz) tomatillo salsa (such as Frontera)
- ½ red onion, diced
- 2 jalapeños, seeded and diced
- ½ cup cilantro leaves
- 3 cloves garlic, chopped
- 1 tsp salt
- ¾ tsp black pepper
- 4 lbs pork ribs, cut into 2 sections
- ¾ tsp ground coriander
- ½ tsp ground cumin
- Pepitas and chopped scallion, for garnish (optional)

■ Coat slow cooker bowl with **nonstick cooking spray**. In a large bowl, combine tomatillo salsa, onion, jalapeños, cilantro, garlic and ½ tsp each of the salt and pepper.

■ Season ribs with remaining ½ tsp salt and ¼ tsp pepper, the coriander and cumin. Place in slow cooker; pour tomatillo mixture over top.

■ Cook on HIGH for 6 hours or LOW for 8 hours.

■ Heat broiler to high. Cut ribs apart; place on a broiler pan and spoon some sauce over top. Broil 3 to 4 minutes, until browned and slightly crispy.

■ Serve ribs garnished with pepitas and scallion, if using.

PER SERVING 336 CAL; 24 g FAT (8 g SAT); 27 g PRO; 3 g CARB; 0 g FIBER; 666 mg SODIUM; 99 mg CHOL

**Triple-Cheese
Chicken Enchiladas**

MAKES 10 servings
PREP 20 minutes **COOK** 10 minutes
SLOW COOK on LOW for 4 hours

- 2 tbsp olive oil
- 1½ lbs ground chicken
- 1 cup chopped onion
- 2 Cubanelle peppers, seeded and chopped
- 3 cloves garlic, chopped
- 1 can (8 oz) tomato sauce
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) pinto beans, drained and rinsed
- 2 tsp chili powder
- ½ tsp ground cumin

Swap out sugar
for a sweet afternoon



Heart Warming Cookies



½ tsp salt

2 cups shredded Monterey Jack

2 cups shredded cheddar

1 cup shredded Swiss cheese

13 corn tortillas

■ Heat oil in a large skillet over medium-high heat. Add chicken, onion, peppers and garlic. Cook 8 minutes, stirring occasionally.

■ Stir in tomato sauce, beans, chili powder, cumin and salt. Simmer 2 minutes. In a large bowl, combine cheeses.

■ Line a round 4-quart slow cooker bowl with a slow cooker liner. Coat liner with **nonstick cooking spray**.

■ Fit 2½ tortillas into bottom of slow cooker; top with 1½ cups of the chicken mixture and ¾ cup of the cheese mixture. Repeat layering three times. For the final layer, fit 3 tortillas into slow cooker. Top with remaining chicken mixture and cheese.

■ Cook on LOW for 4 hours. Let cool at least 30 minutes before cutting into wedges.

PER SERVING 468 CAL; 26 g **FAT** (11 g SAT); 30 g **PRO**; 30 g **CARB**; 7 g **FIBER**; 1,002 mg **SODIUM**; 94 mg **CHOL**



Triple-Cheese Chicken Enchiladas



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FARM TO *flavor*

Enjoy all-natural flavor from Yukon-Select potatoes and sea salt, hold the guilty conscience.



Mexican Meatballs in Chipotle Sauce

MAKES 24 meatballs

PREP 20 minutes SLOW COOK on HIGH for 3 hours

1½ lbs ground beef, pork and veal mixture or ground chuck

1 cup bread crumbs

¼ cup milk

2 eggs, lightly beaten

2 tsp chili powder

1 tsp garlic powder

1 tsp salt

1 tsp ground cumin

1 can (28 oz) fire-roasted crushed tomatoes

½ cup chicken broth

3 cloves garlic, chopped

1 tsp dried oregano

3 chipotles in adobo, chopped

2 tbsp chopped cilantro

■ In a large bowl, combine ground meat, bread crumbs, milk, eggs, chili powder, garlic powder and ½ tsp each of the salt and cumin. Form mixture into 24 meatballs, using about 1 tablespoonful for each.



Mexican Meatballs in Chipotle Sauce

■ Coat slow cooker bowl with **nonstick cooking spray**. Stir in tomatoes, broth, garlic, oregano, remaining ½ tsp each salt and cumin, and the chipotles. Add meatballs.

■ Cook on HIGH for 3 hours. Stir in cilantro before serving.

PER MEATBALL 88 CAL; 4 g FAT (1 g SAT); 7 g PRO; 6 g CARB; 1 g FIBER; 265 mg SODIUM; 34 mg CHOL

Beef Tacos with Chunky Guacamole

MAKES 12 tacos, plus 3 cups beef mixture for another meal

PREP 15 minutes COOK 12 minutes

SLOW COOK on HIGH for 6 hours or LOW for 8 hours

1 beef chuck roast (about 3½ lbs)

1 tsp salt

½ tsp black pepper

2 tbsp vegetable oil

2 tsp chili powder

1 tsp ground cumin

½ tsp cayenne pepper

1 onion, chopped

1 sweet red pepper, seeded and chopped

4 cloves garlic, sliced

1 cup beef broth

12 fajita-size flour tortillas, heated gently

Chunky Guacamole (recipe follows)

■ Season roast with salt and pepper. Heat oil in a large skillet over medium-high heat; add roast and brown on all sides, about 12 minutes total. Remove and discard strings if roast is tied.

■ Coat slow cooker bowl with **nonstick cooking spray**. Place roast in slow cooker and season with chili powder, cumin and cayenne. Top with onion, sweet pepper and garlic. Pour broth over top.

■ Cook on HIGH for 6 hours or LOW for 8 hours.

■ Remove roast to a cutting board and shred with 2 forks. Stir meat back into liquid in slow cooker.

■ Wrap ¼ cup beef mixture in each warmed tortilla and top with Chunky Guacamole.

PER TACO 386 CAL; 24 g FAT (6 g SAT); 19 g PRO; 24 g CARB; 6 g FIBER; 517 mg SODIUM; 57 mg CHOL

Chunky Guacamole

Coarsely mash 4 ripe **avocados** in a medium bowl. Stir in ½ cup finely chopped **red onion**, ½ cup quartered **grape tomatoes**, 1 seeded and chopped **jalapeño**, 2 tbsp **lime juice**, 2 tbsp chopped **cilantro**, 1 tbsp **olive oil** and ¼ tsp **salt**.



All Natural
ALEXIA

All-natural
potatoes roasted
with sea salt.



“My kids love brown rice, but when mixed up with edamame, soy sauce and egg, this complete meal is something they would eat all day long.” —Catherine McCord, founder of Weelicious, a food-focused website featuring quick, healthy meals; son Kenya, 8, and daughter Chloe, 6

HEALTHY
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HOUSE SPECIAL

FOODIE MOMS SHARE THEIR GO-TO, KID-FRIENDLY
WEEKNIGHT MEALS. *By Melissa Knific*



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Shrimp Un-Fried Rice

MAKES 4 servings
PREP 10 minutes
COOK 11 minutes

- 1 tbsp vegetable oil
- 4 eggs, whisked
- 1 sweet red pepper, diced
- ½ cup shelled edamame
- 1 clove garlic, minced
- ½ lb peeled and deveined shrimp
- ¼ tsp salt
- 4 cups cooked brown rice
- 4 tsp low-sodium soy sauce
- 1 tbsp sesame seeds
- 1 tbsp diced scallions

■ Heat 1 tsp of the oil in a skillet over medium heat. Add whisked eggs and scramble 1 minute. Remove to a plate.

■ Heat remaining 2 tsp oil. Add sweet pepper and cook 3 to 4 minutes, until soft. Add edamame and garlic; cook 1 more minute. Add shrimp and salt. Cook 3 more minutes, until shrimp are pink.

■ Stir in cooked eggs, rice, soy sauce and sesame seeds. Cook 2 minutes, until just heated through. Top with scallions and serve.

PER SERVING 410 CAL; 12 g FAT (3 g SAT); 24 g PRO; 50 g CARB; 5 g FIBER; 830 mg SODIUM; 275 mg CHOL



“Sweet potatoes are a family favorite—and they’re healthy, inexpensive and always available.”

—Vivian Howard, star of the PBS series *A Chef's Life*; son Theo and daughter Flo, both 4

Sweet Potato and Turkey Shepherd's Pie

MAKES 10 servings **PREP** 15 minutes
COOK 38 minutes **BAKE** at 350° for 1 hour

- 2½ lbs sweet potatoes, peeled and cut into 2-inch pieces
- ¼ cup light brown sugar
- 4 tbsp unsalted butter
- 1½ tsp salt
- 3 tbsp olive oil
- 2 cups diced yellow onion
- 3 cups quartered button mushrooms
- 2 lbs ground turkey
- 1 tbsp minced garlic
- 2 tsp smoked paprika
- 2 tsp turmeric
- 2 tsp ground cumin
- ½ tsp ground chipotle pepper
- 8 oz tomato sauce
- 10 oz frozen spinach, thawed
- ¾ cup grated Parmesan

■ Heat oven to 350°. Place sweet potatoes in a medium pot and cover with water.



Photos: (Howard family) Stacey Van Berkei, (McCord) Daniel Hennessy, (food) Linda Pugliese. Food styling: Chelsea Zimmer. Prop styling: Kaim Olsen. Hair and makeup: (Howard) Kyra Dorman with Directions USA.

Bring to a boil, reduce to a simmer and cook until fork-tender, about 10 minutes. Drain and return to pot over low heat. Add sugar, butter and ½ tsp of the salt. Mash sweet potatoes and mix until ingredients are incorporated.

■ Heat 1 tbsp of the oil in a large skillet over medium heat.

Add onion and ½ tsp of the remaining salt; cook 5 minutes. Push onions to edge of pan. Pour in another 1 tbsp of the oil and add mushrooms. Cook 2 minutes without stirring, allowing mushrooms to brown. Mix with onions; cook 2 minutes more. Transfer to a plate.

■ Add remaining 1 tbsp oil to

pan. Stir in turkey, breaking up meat with a spatula. Season with remaining ½ tsp salt, the garlic, smoked paprika, turmeric, cumin and chipotle. Cook 4 minutes. Stir in onions and mushrooms, tomato sauce, spinach and **1 cup water**. Bring to a simmer and cook 10 to 15

minutes, until mixture thickens.

■ Spread turkey mixture into a 9 x 13-inch baking dish. Spread mashed sweet potatoes over the top in an even layer. Sprinkle with Parmesan. Bake at 350° for 1 hour, uncovered.

PER SERVING 360 **CAL**; 18 g **FAT** (6 g **SAT**); 23 g **PRO**; 28 g **CARB**; 4 g **FIBER**; 670 mg **SODIUM**; 85 mg **CHOL**

Carrot Mac and Cheese

MAKES 6 servings

PREP 15 minutes **COOK** 7 minutes

BAKE at 375° for 40 minutes

2 cups whole wheat macaroni

2½ cups coarsely grated carrots (about 8 small)

2½ cups grated reduced-fat sharp cheddar

2 tbsp unsalted butter, cut into pieces

½ cup sour cream

½ cup milk

3 eggs

¾ tsp salt

¾ tsp mustard powder

¼ tsp freshly cracked black pepper

¼ cup finely grated Parmesan

■ Heat oven to 375°. Arrange a rack in top third of oven. Grease an 8-inch-square or 2-quart oval baking pan.

■ Cook macaroni as per package directions (about 7 minutes) in a large pot of salted boiling water. Add carrots 1 minute before pasta is finished cooking; drain well in a fine-mesh strainer.

■ While pasta is hot, stir in all but ½ cup of the cheddar and the butter. In a bowl, whisk sour cream, milk, eggs, salt, mustard powder and pepper. Fold mixture into pasta.

■ Scrape mixture into prepared pan. Sprinkle remaining ½ cup cheddar and the Parmesan over the top. Bake at 375° until firm to touch and golden-brown, 30 to 40 minutes.

PER SERVING 410 **CAL**; 21 g **FAT** (12 g **SAT**); 23 g **PRO**; 34 g **CARB**; 4 g **FIBER**; 810 mg **SODIUM**; 155 mg **CHOL**



“Like most kids, Dahlia loves macaroni and cheese. My aim is always the same—to make the dish quickly with a minimum of fuss, and to use the maximum amount of vegetables that she will tolerate and not pick out.” —**Melissa Clark**, *New York Times* food columnist; daughter Dahlia, 6



“I learned this dish early on in cooking school, and it’s still one of my go-to, quick-and-easy meals.”

—Carla Hall, chef and cohost on ABC’s *The Chew*; stepson Noah, 19

Chicken in Dijon Cream

MAKES 4 servings
PREP 20 minutes **COOK** 11 minutes

- 4 boneless, skinless chicken breast halves (about 2 lbs)**
- ½ plus ⅓ tsp kosher salt**
- 1 tbsp extra-virgin olive oil**
- ½ tbsp unsalted butter**
- ½ small onion, minced**
- ¼ cup dry white wine**
- 1 cup chicken stock**
- 1 tbsp Dijon mustard**
- ¼ cup heavy cream**
- 1½ tsp chopped fresh thyme**
- 1½ tsp chopped fresh tarragon**

■ On a large cutting board, place chicken between sheets of wax paper. Pound with a meat mallet, rolling pin or heavy skillet until meat is an even ½ inch in thickness. Season chicken with ½ tsp salt (¼ tsp on each side).

■ Heat a large skillet over medium-high heat. Coat with

oil, then add butter. When butter is foamy but not brown, add half the chicken. Cook until browned, about 3 minutes. Flip chicken and cook until browned but not cooked through, about 2 additional minutes. Transfer to a plate. Repeat with remaining chicken.

■ Add onion to skillet. Cook 1 minute, scraping brown bits from pan. Add wine and cook until reduced by half, about 1 minute, then add stock. Simmer 1 minute.

■ Whisk in mustard and cook 1 minute. Stir in cream and remaining ⅓ tsp salt. Bring to a boil; reduce heat to a simmer, then add chicken back to pan with its juices. Simmer until chicken is cooked through, about 2 minutes. Stir in thyme and tarragon.

PER SERVING 390 **CAL**; 17 g **FAT** (6 g **SAT**); 52 g **PRO**; 2 g **CARB**; 0 g **FIBER**; 730 mg **SODIUM**; 190 mg **CHOL**



“I love these tacos because they require very little advanced planning if you cook them in the microwave. I almost never remember to plan dinner before the last possible minute.”

—Deb Perelman, *Smitten Kitchen* blogger and cookbook author; son Jacob, 5



Spaghetti Squash and Black Bean Tacos with Queso Fresco

MAKES 4 servings **PREP** 15 minutes
MICROWAVE 17 minutes
COOK 16 minutes

- 3 lbs spaghetti squash (1 large)**
- 2 tbsp lime juice**
- 1 tbsp chili powder**
- ½ tsp ground cumin**
- ½ tsp ground coriander**
- ½ tsp coarse salt**
- 16 6-inch corn tortillas**
- 1 can (15 oz) black beans, drained and rinsed**
- 4 oz queso fresco, feta or Cotija cheese, crumbled**
- ¼ cup finely diced red or white onion**
- ¼ cup chopped cilantro**
- Hot sauce and lime wedges (optional)**

■ Pierce squash (about 1 inch deep) all over with a knife. Place in a microwave-safe dish and microwave on HIGH for 7 minutes. Turn squash over and microwave another 8 to 10 minutes, until slightly soft. Cool 5 minutes. (Alternatively, you can roast squash. Cut in half lengthwise, scoop out seeds and roast cut side down in an oiled baking pan at 375° for 40 minutes.)

■ Scoop squash flesh into a bowl, discarding seeds and skin. In a small bowl, whisk lime juice, chili powder, cumin, coriander and salt. Pour over squash and gently toss.

■ Heat a skillet over medium-high heat. Warm and slightly blister tortillas, about 30 seconds per side. Transfer to a platter and top each tortilla with 2 tbsp **each** beans and squash and 2 tsp cheese. Garnish with onion and cilantro and, if using, hot sauce and lime wedges.

PER SERVING 430 **CAL**; 10 g **FAT** (4 g **SAT**); 17 g **PRO**; 69 g **CARB**; 15 g **FIBER**; 814 mg **SODIUM**; 20 mg **CHOL**

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[^]Symphony Health Solutions ProVoice™ Survey, Jan. 2005–Mar. 2014 ^{^^}Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006–2014

^{**}P&G Calculation based on Nielsen ScanTrack FD+, 2004–2014

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A top-down photograph of five raspberry lemonade yogurt pops on a white marble surface. The pops are a vibrant pink color with visible raspberry seeds. They are arranged in a scattered pattern, with some showing signs of being eaten, such as smudges and a bite taken out of one. The lighting is bright and even, highlighting the texture of the yogurt and the natural veining of the marble.

RASPBERRY LEMONADE
YOGURT POPS
page 136

Sweet Swaps

Indulge your sweet tooth with something new—desserts made with a variety of alternative natural sweeteners.

BY SHAUNA SEVER | PHOTOGRAPY BY LEIGH BEISCH



CHOCOLATE CHIP OATMEAL
RAISIN TREATS

Chocolate Chip Oatmeal Raisin Treats

MAKES 40 servings

PREP 15 minutes **LET STAND** 10 minutes

REFRIGERATE 30 minutes

- 1 cup pitted Medjool dates, tightly packed (see Note)
- 1¾ cups old-fashioned rolled oats
- ¾ cup raisins
- ½ cup bittersweet chocolate chips (60% to 70% cacao)
- 1 generous tbsp natural peanut, almond or sunflower seed butter
- 1 tsp chia seeds
- ½ tsp ground cinnamon
- ¾ tsp pure vanilla extract
- ½ tsp fine sea salt

■ Place dates in a medium bowl. Fill bowl with hot water to cover dates by about an inch. Let stand 10 minutes. Drain.

■ Combine all ingredients in the bowl of a food processor. Process continuously until mixture comes together,

forming a dough of sorts. You want the oats to be pretty much completely broken down, with a few bits of raisins and little chips of chocolate still visible.

■ Using a teaspoon-size scoop, portion out small pieces of dough, using your hands to roll them into balls about 1 inch in diameter. Place balls on a cookie sheet. Refrigerate until firm, about 30 minutes. Once chilled, transfer to an airtight container to store in the fridge for up to 10 days.

Note: The dates should be nice and tacky here, more like a delicious edible “glue” than a soft fruit puree, so you should soak them less than you would if you were making baked goods. Medjool dates work best in this recipe because they’re extra sticky, but Deglet Noor dates work too—they may require about 10 minutes more soaking time.



MAPLE AND VANILLA-
ROASTED FRUIT

Maple and Vanilla-Roasted Fruit

MAKES 3 to 4 cups, depending on the type of fruit

PREP 10 minutes

ROAST at 375° for 50 minutes

- ½ cup maple sugar
- 1 vanilla bean
- 1 tsp finely grated lemon zest
- 2 lbs seasonal fruit, peeled, halved, cored and/or pitted
- 1 tbsp freshly squeezed lemon juice
- 1 tbsp unsalted butter, cut into small bits
- Ice cream, yogurt or crème fraîche, for serving (optional)

■ Position a rack in center of oven and heat oven to 375°.

■ Place sugar in a small bowl. With a sharp knife, split vanilla bean in half lengthwise and scrape seeds into sugar (reserve the vanilla pod). Work sugar, vanilla seeds and lemon

zest together with your fingertips until sugar is fragrant and moist-looking.

■ Arrange fruit in a 9 x 13-inch metal baking dish, cut side up. Drizzle with lemon juice and sprinkle with sugar. Dot butter bits all over fruit. Add vanilla pod and 2 tbsp water to dish.

■ Roast at 375° for 30 minutes, occasionally spooning pan juices over fruit. Turn fruit and continue to roast, basting once or twice, until tender, 15 to 20 minutes more.

■ Serve with ice cream, yogurt or crème fraîche, if using.

All-Purpose Cupcakes

MAKES 1 dozen cupcakes

PREP 15 minutes

BAKE at 350° for 20 minutes

2 cups unbleached all-purpose flour, spooned and leveled

1 tsp baking powder

½ tsp baking soda

½ tsp fine sea salt

1 cup full-fat coconut, soy or almond milk (see Note)

¾ cup honey, pure maple syrup or agave nectar

¼ cup grapeseed, vegetable or coconut oil

1 tbsp freshly squeezed lemon juice

1 tsp pure vanilla extract

■ Position a rack in center of oven and heat oven to 350°. Line a 12-cup muffin tin with paper liners.

■ In a large bowl, whisk flour, baking powder, baking soda and salt.

■ In a medium bowl, whisk milk, honey, oil, lemon juice and vanilla. Pour wet ingredients into dry. Beat with a handheld electric mixer on medium-high speed until smooth and slightly aerated, about 2 minutes.

■ Divide batter among wells of muffin tin, filling them about three-quarters full. Bake at 350° until lightly golden, a toothpick inserted into center of cupcakes comes out clean, and tops spring back when lightly touched, 18 to 20 minutes. Rotate pan 180 degrees halfway through baking time. Let cakes cool in pan on a wire rack 3 minutes before removing from pan to cool completely.

Note: You have many mix-and-match options when it comes to the nondairy milks and sweeteners here. An ideal pairing is full-fat coconut milk, for richness, plus honey—or agave if you want to make a truly vegan cake. But any combination of the sweeteners, milks and oils listed in the recipe works just fine. This is a great basic cake that can be flavored with any variety of zests, spices and extracts.

Soft, Fluffy Meringue

MAKES about 5 cups

PREP 25 minutes **COOK** 3 minutes

3 large egg whites, at room temperature

2 tsp cornstarch

¾ cup honey or pure maple syrup

¼ tsp fine sea salt

2 tsp pure vanilla extract

■ Into the bowl of an electric mixer fitted with the whisk attachment, add egg whites. Whip on medium-high speed until soft peaks form. Add cornstarch and continue whipping until firm peaks form, about 1 minute more. Stop mixer.

■ In a medium saucepan, combine honey, **2 tbsp water** and salt. Set saucepan over high heat. Stir mixture gently to combine as it heats to a boil. When syrup has begun to bubble, clip a candy thermometer onto side of saucepan. Cook syrup until temperature reaches 248°. Remove saucepan from heat, and with a mitt hand,

carefully carry it over to mixer. Restart mixer on medium speed. Slowly drizzle syrup into whipping egg whites—just a tablespoon or two at a time at first to avoid scrambling egg whites. When all the syrup has been added, increase mixer speed to high and whip meringue until it is stiff and glossy and bowl is cool to the touch, about 5 minutes. Beat in vanilla during the last minute.

■ Use immediately as a frosting or filling.

Raspberry Lemonade Yogurt Pops

MAKES about ten 2½ oz pops

PREP 15 minutes

FREEZE at least 6 hours

12 oz fresh or thawed frozen raspberries

¾ cup light agave nectar or honey

1 vanilla bean, split lengthwise

1 tbsp freshly squeezed lemon juice

1 tsp finely grated lemon zest

¼ tsp fine sea salt

1 cup 2% Greek yogurt

■ In a medium saucepan, combine raspberries, agave nectar, **½ cup water**, vanilla bean, lemon juice, lemon zest and salt. Set saucepan over medium-high heat and stir gently until mixture comes to a full boil. Remove saucepan from heat and let cool completely. Pull vanilla pod from saucepan. Using the back of a knife, scrape any remaining vanilla seeds into saucepan and discard pod.

■ Pour raspberry mixture into a blender or the bowl of a food processor fitted with the steel blade. Puree until smooth. Add yogurt and **3 tbsp water** and process until well blended. Transfer mixture to a large spouted measuring cup for easy pouring, and pour into Popsicle molds. Insert wooden sticks. Freeze until firm.



Bake with healthy alternatives to sugar. Amazon.com, \$27.50

ALL-PURPOSE CUPCAKES

SOFT, FLUFFY MERINGUE





Strawberry Flaxtini

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

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

Green Energy

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



Mocha Magic

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



Cinnamon Roll

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



YOU CAN REPLACE ONE OR TWO MEALS A DAY WITH AN ALMASSED SMOOTHIE FOR WEIGHT LOSS, OR ADD IT TO YOUR REGULAR DIET ROUTINE FOR WEIGHT MAINTENANCE AND WELLNESS.

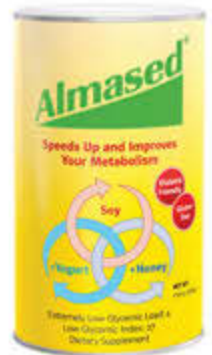
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Cherry on Top

Here's one superfruit you don't need to trek to the Amazon to try. Montmorency tart cherries, grown mainly in Traverse City, MI, are loaded with anthocyanins, which have been credited with everything from soothing arthritis symptoms and easing post-workout muscle pain to enhancing sleep. Since they won't be ripe until late July, enjoy their flavor in these great dried tart cherry products.



Photo: (Cherries) iStockphoto.



Country Ovens Cherry De-Lite Cherry Sprinkles to top oatmeal, salads and yogurt, \$6

Nourish Snacks Almond to Cherries for the perfect blend of fruit and protein, \$10/5 bags



Stoneridge Chili Lime Cherries for a sweet-and-spicy experience, \$4

TASTY STRIKES TWICE



Chimichurri Twice-Baked Potatoes



As our family has made changes to the way we eat, we've now found ourselves falling in love with potatoes. They're so quick and easy, you can use them, like, a million ways, and you don't need heavy sauces to make them really sing.

FRESH!



I favor fresh herbs and spices. An example? Chimichurri Twice-Baked Potatoes. Fresh parsley, oregano, garlic and olive oil make up this Argentinean-inspired sauce that is whipped into baked potatoes. Then you bake them again, creating a golden top and incredibly flavorful, fluffy mashed potato filling. Delicious!

- Heather Christo, heatherchristo.com

CHECK OUT HEATHER'S RECIPE AND ALL OUR POTATO-LOVING BLOGGERS AT POTATOGOODNESS.COM



potatogoodness.com | one stop for delicious potato inspiration

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A FULL (DELICIOUS) DECK

I love cookbooks—the older, the better, especially if they have odd titles or quirky illustrations. So imagine my delight in discovering Penguin's Cookery Postcards, a collection of 100 antique cookbook covers—on postcards—from around the world. Some standouts: *The Reluctant Cook*, *Mangoes & Monsoons: The Best of Tropical Cooking* and *Pantry Pages—A Parlourmaid's Diary*. I'm thinking about framing some fun ones to hang in my kitchen or perhaps kicking it old-school by sending them to friends with a handwritten note. Amazon.com, \$25
—Julie Miltenberger, Executive Food Editor

STONE AGE


Don't let the name fool you—a pizza stone can do wonders for quiche. Simply preheat stone in oven, then bake quiche on top of it. The heat radiates from the bottom, resulting in a crust that's flaky and cooked through. —J.M.



melo fetamin

We start with simple ingredients like 100% whole grain wheat.* Then we combined ripe melon, feta and refreshing mint. Where you take your Triscuit is entirely up to you.

Triscuit made **formore**

 pinterest.com/triscuit

*Triscuit crackers contain at least 22g of whole grain wheat per serving.
© Mondelez International Group



Wine and Dandy

California dreamin'? Time to bring the vineyards into your house.

Boisset Wine Living (boissetcollection.com) is a new in-home program in which “ambassadors” hold tastings, allowing guests to try and purchase a variety of wines. (Ambassadors earn commission on sales.) Why we love this: It takes the stress out of choosing a wine. Plus, the cost is minimal—a party of 14 with five different tastings could run as little as \$5 per person. No whining here. —*Melissa Knific, Associate Food Editor*

Souper Duper

I'm always looking for dinner shortcuts, and Frontier Soup Mixes—with no added preservatives, MSG or salt—are the perfect healthy quick-fix. Flavors like this South of the Border Tortilla liven up the evening meal. Just add broth and a protein (if you wish), and grab a ladle.

—*Suzanne Rust, Lifestyle Editor*



tscuit



Party, People!

**YOUR NEXT GET-TOGETHER JUST
GOT A LITTLE BETTER THANKS TO
OUR CROWD-PLEASING MENU.**

By Julie Miltenberger

PHOTOGRAPHY BY TINA RUPP





BLACK BEAN AND
AVOCADO DIP
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DEVILED EGGS
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I HATED MY

“WORRY-WRINKLE”

Lone is 58 and feeling the effect of time on her skin. She chose to do something about it.

“**W**hen I was younger my skin was smooth and wrinkle free. But I admit I used to sunbathe for hours, and already at 30 I started to notice fine lines and wrinkles show up. Especially a “worry-wrinkle” between my eyes really bothered me.

My friend recommended a supplement called Skin Care. She felt her skin was softer and smoother. So I bought a box next day and now after 3 months I am thrilled. Even my husband noticed the other day. It makes me very happy. I highly recommend Skin Care!”

Lone, Denmark

YOUR SKIN
TABLET

New Nordic introduces Skin Care™ – a new supplement designed to activate your skin’s cells to generate more anti-wrinkle collagen and help your skin stay healthy and youthful looking. The ingredients will reach the deepest layers of your skin where no anti-aging cosmetic serum reaches.



Skin Care uses a three-step action in one small tablet to help...

- 1: Prevent degradation of skin collagen
- 2: Provide collagen to your skin
- 3: Activate your skin’s fibroblast cells that produce collagen

Now available at participating retailers and online. 1-877-696-6734.



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Buffalo Deviled Eggs

MAKES 18 servings
PREP 10 minutes COOK 10 minutes
LET STAND 10 minutes

- 9 large eggs
- 2 tbsp bottled blue cheese dressing
- 2 tbsp light mayonnaise
- 2 tbsp Frank’s hot sauce, plus more for drizzling
- 1 celery rib, finely diced
- 2 tbsp crumbled blue cheese
- 2 tbsp celery leaves, chopped (optional)

■ Place eggs in a medium saucepan. Add cold water to cover by 1 inch. Bring to a boil, then reduce heat to medium and simmer 10 minutes. Drain and run under cool water. Let stand in cool water 10 minutes.

■ Peel eggs and cut in half lengthwise. If making ahead, refrigerate peeled eggs in a resealable bag overnight. Place yolks in a medium bowl and whites on a platter. Add dressing, mayonnaise and hot sauce to yolks and mash with a fork until smooth. Stir in celery and blue cheese; transfer to a quart-size resealable plastic bag. Snip off a ¼-inch corner and pipe mixture into egg whites. Garnish with chopped celery leaves, if desired, and drizzle with more hot sauce.

PER EGG HALF 56 CAL; 4 g FAT (1 g SAT); 3 g PRO; 1 g CARB; 0 g FIBER; 120 mg SODIUM; 95 mg CHOL

Black Bean and Avocado Dip

MAKES 5 cups; 20 servings
PREP 20 minutes

- 1 can (15.5 oz) black beans, drained and rinsed
- ½ seedless cucumber, peeled and diced
- 1 orange, peeled, sections cut into ½-inch pieces
- ¼ cup chopped scallions
- 2 firm-ripe avocados, peeled, pitted and diced
- 2 tbsp white wine vinegar
- 2 tbsp olive oil
- ½ tsp salt
- Ground black pepper
- Pita chips

■ In a medium bowl, toss black beans, cucumber, orange and scallions. If making in advance, do not cut up

avocado until just before serving.

■ Add diced avocado to bowl and drizzle with vinegar and oil. Season with salt and pepper and gently stir, trying to keep avocado from getting smashed. Serve with chips.

PER ¼ CUP 120 CAL; 6 g FAT (1 g SAT); 3 g PRO; 14 g CARB; 4 g FIBER; 254 mg SODIUM; 0 mg CHOL

Pimento Cheese Crostini

MAKES 40 crostini
PREP 15 minutes REFRIGERATE 1 hour
TOAST 4 minutes

- 8 oz sharp cheddar, shredded
- 4 oz cream cheese
- ¼ cup light mayonnaise
- 1 small jar (4 oz) pimientos, drained and chopped
- 2 scallions, trimmed and sliced
- 1 tsp garlic powder
- Pinch cayenne pepper
- 1 large baguette, cut into forty ¼-inch slices
- 3 tbsp olive oil

■ In a bowl, combine cheddar, cream cheese and mayonnaise. Beat with a hand mixer on medium speed until blended and fairly smooth. Stir in pimientos, scallions, garlic powder and cayenne. Cover and refrigerate at least 1 hour or overnight.

■ Heat broiler to high. Place baguette slices on 2 small baking sheets. Brush on both sides with oil. Toast under broiler (4 inches from heat) 2 minutes. Flip over and broil another 1 to 2 minutes.

■ Spread 1 heaping tablespoon pimento cheese on each toast.

PER CROSTINO 95 CAL; 5 g FAT (2 g SAT); 3 g PRO; 10 g CARB; 1 g FIBER; 163 mg SODIUM; 10 mg CHOL

Korean-Style Fried Wings

MAKES 24 pieces
PREP 20 minutes FRY 36 minutes (12 minutes per batch)

- 6 cups peanut oil
- ¼ cup cornstarch
- 1 tsp salt
- ½ tsp ground black pepper
- ¼ tsp cayenne pepper
- ¾ cup all-purpose flour
- ¾ cup cold water

3 cups panko bread crumbs, crushed

24 chicken wing pieces (about 3½ lbs)

Bottled Korean BBQ sauce, for dipping

■ Place oil in a medium saucepan fitted with a deep-fry thermometer. Heat to 350°.

■ In a large bowl, whisk cornstarch, ½ tsp of the salt, the pepper and cayenne. In a second bowl, whisk flour and cold water. Place panko in a third bowl and season with remaining ½ tsp salt. Toss wing pieces in cornstarch mixture to coat.

■ Working in batches, dip wing pieces in flour batter, turning with tongs to coat completely. Lift from batter, allowing excess to drip back into bowl. Toss in panko and place on a wire rack set over a baking sheet.

■ Fry 8 wings at a time in hot oil for 6 minutes. Return to rack and repeat with remaining wings, allowing oil to return to 350° before adding next batch. Fry 6 more minutes per batch, until wings are golden, crispy

and cooked through. Place on a paper-towel-lined baking sheet. Serve with BBQ sauce on the side, for dipping.

PER PIECE 149 **CAL**; 8 g **FAT** (2 g **SAT**); 8 g **PRO**; 12 g **CARB**; 0 g **FIBER**; 143 mg **SODIUM**; 40 mg **CHOL**

Asparagus Orzo Salad

MAKES 12 servings
PREP 15 minutes **COOK** 11 minutes

1 bunch thin asparagus, trimmed and cut into 1-inch pieces

1 box (16 oz) orzo pasta

1 cup crumbled feta cheese

¾ cup flat Italian parsley leaves, chopped

Zest of 1 lemon (about 1 tbsp)

⅓ cup fresh lemon juice

1 tbsp plain yogurt or sour cream

1½ tsp sugar

¾ tsp salt

¼ tsp black pepper

½ cup extra-virgin olive oil

■ Bring a large pot of lightly salted water to a boil. Blanch asparagus in boiling water for 2 minutes. Remove to a bowl

with a slotted spoon and run under cold water to stop cooking. Return water to boiling. Add orzo and cook according to package directions, about 9 minutes. Drain and rinse with cold water.

■ In a large serving bowl, combine orzo, asparagus, feta, parsley and lemon zest. In a medium bowl, whisk lemon juice, yogurt, sugar, ¼ tsp of the salt, the pepper and oil. Set aside ¼ cup of the dressing; add remaining dressing to salad along with remaining ½ tsp salt. Toss to combine; refrigerate until serving.

■ Immediately before serving, toss salad with reserved ¼ cup dressing. Serve chilled or at room temperature.

PER SERVING 268 **CAL**; 13 g **FAT** (3 g **SAT**); 7 g **PRO**; 31 g **CARB**; 2 g **FIBER**; 263 mg **SODIUM**; 12 mg **CHOL**

Shrimp Salad Sliders

MAKES 12 servings
PREP 25 minutes **COOK** 3 minutes

½ lemon

1 lb peeled and cleaned shrimp

2 ribs celery, finely diced

⅓ cup light mayonnaise

1 small shallot, minced (about 2 tbsp)

1 tbsp chopped fresh dill

1 tbsp Dijon mustard

¼ tsp salt

Pinch cayenne pepper

12 small soft dinner or slider rolls

1 cup packed arugula, chopped

■ Bring a pot of water to a boil. Add juice from ½ lemon. Drop in shrimp and reduce heat to medium. Poach shrimp 2 to 3 minutes, until white. Drain and run under cold water until cool to the touch.

■ Finely chop shrimp and combine with celery, mayonnaise, shallot, dill, mustard, salt and cayenne. Cover and chill until serving.

■ Split rolls. Divide shrimp mixture evenly among them. Top each with a few tablespoons chopped arugula.

PER SLIDER 179 **CAL**; 4 g **FAT** (0 g **SAT**); 12 g **PRO**; 24 g **CARB**; 1 g **FIBER**; 413 mg **SODIUM**; 63 mg **CHOL**



PUT A LITTLE GIDDY UP IN YOUR BREAKFAST.

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SIMPLY POTATOES® COWBOY HASH

1/2 pound ground beef (or turkey, or breakfast sausage, or chorizo)
1 bag Simply Potatoes®
(diced with onion or hashbrowns)
1 (4 oz.) can diced green chiles
1/2 teaspoon garlic powder
1 teaspoon chili powder
3/4 teaspoon salt
1/4 teaspoon pepper
2 cups coarsely chopped spinach
2 teaspoons olive oil
3-5 eggs
1 tomato, chopped
2 green onions, chopped
3/4 cup shredded Cheddar cheese

Heat large skillet over med-high heat and brown ground beef. When fully cooked, add potatoes, chiles and spices. Cook 10 minutes or until potatoes are tender, stirring occasionally. Add spinach and cook 1-2 minutes or until spinach is wilted. Remove from skillet. Add olive oil to skillet and, once it is hot, add eggs. Fry until whites are set. Top the hash with cheese, tomato and green onion, and top each serving with a fried egg.

Recipe courtesy of MaybeMatilda.com

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Kale and Jicama Slaw

MAKES 8 servings **PREP** 30 minutes

- ½ cup lime juice (from 2 large limes)
- 1 tbsp honey
- 1 tsp grainy mustard
- ¾ tsp salt
- ¼ tsp ground black pepper
- ½ cup olive oil
- 1 bunch kale, tough stems discarded, shredded
- ½ medium jicama, peeled and cut into matchsticks (3½ cups)
- 1 medium sweet orange pepper, cored, seeded and cut into thin strips
- ½ cup sweetened dried cranberries
- 2 small shallots, thinly sliced (¼ cup)
- ¼ cup sunflower seeds (optional)

■ In a medium bowl, combine lime juice, honey, mustard, ½ tsp of the salt and the pepper. While whisking, gradually add oil.

■ Combine kale, jicama, sweet pepper, cranberries and shallots in a very large bowl or on a large platter. Drizzle with ¾ cup of the dressing and season with remaining ¼ tsp salt. Toss to combine, adding sunflower seeds, if using. Serve with remaining dressing alongside.

PER SERVING 220 CAL; 14 g FAT (2 g SAT); 3 g PRO; 24 g CARB; 5 g FIBER; 268 mg SODIUM; 0 mg CHOL

Roasted Tomato Panzanella

MAKES 8 to 12 servings
PREP 20 minutes **ROAST** at 425° for 20 minutes
GRILL OR BROIL 6 minutes

- 3 tbsp white or regular balsamic vinegar
- 3 tbsp olive oil
- 1 tsp Dijon mustard
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 pkg (10.5 oz each) cherry tomatoes
- 1 pkg (10.5 oz) yellow cherry tomatoes
- 2 cloves garlic, sliced
- 1 loaf (¾ to 1 lb) sourdough oval
- 1 pkg (8 oz) mozzarella pearls (such as BelGioioso) or quartered small fresh mozzarella balls
- 1 cup packed basil leaves, torn

■ Heat oven to 425°. In a small bowl, whisk vinegar, oil, mustard, salt and pepper. Toss tomatoes and garlic with 2 tbsp of the dressing. Spread onto 2 rimmed baking sheets. Roast at 425° for 20 minutes, shaking pans halfway through to turn tomatoes. Cool slightly.

■ Heat grill or grill pan to medium-high; if broiling, increase oven temperature to broil. Slice bread lengthwise into 1-inch planks. Spritz with **nonstick cooking spray**. Grill or broil bread 2 to 3 minutes. Turn over and grill or broil 2 to 3 minutes more, until toasted. Cut into 1-inch cubes.

■ In a very large bowl, combine bread cubes, tomatoes and sliced garlic, mozzarella and basil. Drizzle with remaining dressing and gently toss. If making ahead, keep all salad components (including dressing) separate until just before serving.

PER SERVING 263 CAL; 15 g FAT (5 g SAT); 7 g PRO; 24 g CARB; 2 g FIBER; 349 mg SODIUM; 54 mg CHOL

Chocolate-Coconut Bars

MAKES 24 servings
PREP 25 minutes **BAKE** at 350° for 45 minutes **MICROWAVE** 1½ minutes

CRUST

- 1 box (9 oz) Nabisco Famous chocolate wafer cookies
- 6 tbsp unsalted butter, melted
- 1 tsp vanilla extract

BAR BATTER

- 2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1 stick (½ cup) unsalted butter, softened
- 1 can (15 oz) cream of coconut
- 2 large eggs
- 2 cups (one 11 oz bag) semisweet chocolate chips
- 1¾ cups sweetened flake coconut
- 1 cup walnuts, chopped

■ Heat oven to 350°.

■ **Crust.** Place wafer cookies in a food processor and pulse on and off until finely crushed. Drizzle with melted butter and vanilla and process until crumbs begin to stick together. Pour into a 15 x 10 x 1-inch jellyroll pan and press evenly into bottom. Refrigerate while making bar batter.

■ **Bar Batter.** In a medium bowl, whisk flour, baking soda and salt. In a large bowl, with an electric mixer, beat softened butter and cream of coconut until smooth. Beat in eggs on medium speed. On low, beat in flour mixture. Fold in 1½ cups of the chocolate chips, 1 cup of the coconut and the walnuts. Pour over crust in pan, spreading to edges. Bake at 350° for 35 minutes, until puffed, golden and set. Cool in pan on a wire rack.

■ Chop remaining ¾ cup coconut and bake at 350° for 10 minutes, until golden.

■ Place remaining ½ cup chocolate chips in a glass bowl. Microwave 45 seconds and stir. Microwave an additional 45 seconds and stir until smooth. Transfer to a piping bag or small resealable plastic bag. Snip off a small corner and drizzle over cooled cake. Sprinkle with toasted coconut. Let set, then cut into 24 bars.

PER BAR 386 CAL; 22 g FAT (13 g SAT); 5 g PRO; 45 g CARB; 3 g FIBER; 258 mg SODIUM; 38 mg CHOL

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PorkBelInspired.com/GrillCrashers



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Is the fountain of youth within you?

Many experts think so, and here's the secret to bringing it out.

The secret to a more youthful you.

Scientists have known for years that human growth hormone (hGH) does wonderful things for the body. Manufactured in the pituitary gland, it travels throughout the body via the bloodstream, producing a number of amazing health and anti-aging benefits.

This is why many researchers call hGH the “fountain of youth” hormone and believe that it could be one of the best strategies for combating aging.

The best way to stay young?

The level of hGH produced by your body declines rapidly after age 20, slowing to a mere trickle by your late 40s. When hGH levels dry up, so do all its youthful benefits. The rich and famous (including pro athletes, actors, and models) try to get those anti-aging benefits back by injecting synthetic hGH into their bodies.

This requires expensive (up to \$1,500 per month) and painful regular injections. Worse, many researchers fear that introducing synthetic hGH into the body shuts down the pituitary gland's natural production of the hormone.

Now you can boost your hGH naturally.

In September 2012, a group of scientists made headlines with the announcement of an oral compound called SeroVital® that was clinically shown to **increase mean hGH levels by an amazing 682%**. (The randomized, double-blind clinical trial was conducted at a prestigious biomedical research center in the United States.)

SeroVital's patented* blend of amino acids naturally boosts the output of your pituitary gland, helping restore hGH to more youthful levels.

"I have been searching for this from the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections...."

- Dr. Oz

Best of all, SeroVital boosts your hGH levels at a fraction of the cost of synthetic hGH injections or dangerous drugs.

Although the established medical community may see these research results as preliminary, there's no denying that something that has the potential to make you look and feel years younger is incredibly compelling.

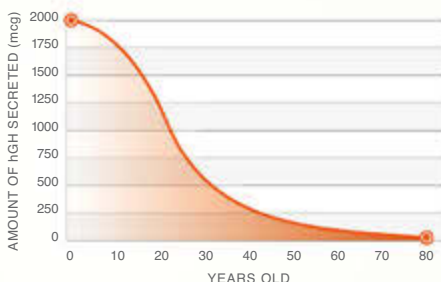
So what's the catch?

There are three. First, as with hGH injections, SeroVital is not a "magic bullet," but one part of a healthy lifestyle choice including a sensible diet and exercise regimen.

Second, for proper absorption, you have to take SeroVital on an empty stomach. That means you either have to take it first thing in the morning and then not eat anything for two hours, or take it at night, at least two hours after your last meal... before you go to bed.

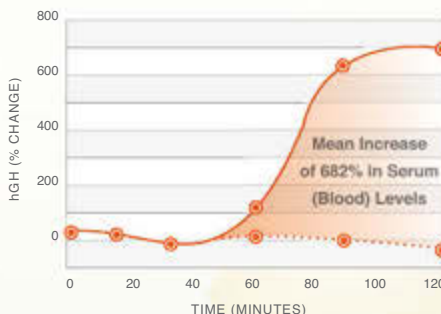
And last but not least, while SeroVital is far less expensive than prescription hGH injections, it's still not cheap... SeroVital will cost you about \$100 a month.

hGH Declines Dramatically with Age



As we age, the amount of hGH produced in our body decreases, contributing to signs of aging like increased body fat and sagging skin.

SeroVital Stimulates Natural hGH 682%



SeroVital stimulates the pituitary gland to dramatically increase hGH production to more youthful levels. Peak hGH levels are associated with a myriad of anti-aging benefits.



SeroVital is so advanced it has been granted 10 United States Patents.*

hGH has been associated with:

- + Decreased body fat
- + Reduced wrinkles and healthier skin
- + Increased lean muscle mass
- + Stronger bones
- + Increased overall energy
- + Improved sleep
- + Heightened sex drive
- + Enhanced mood

After one month:

"I've been taking SeroVital for three weeks now. I'm noticing a brighter looking complexion, better mood, and more restful sleep" ^{††}

After four months:

"My hair looks better, and my arms and legs look more toned. I definitely recommend SeroVital to anyone." ^{††}

Try SeroVital today!

You can get the facts and order it directly at **1-800-591-8549** or visit **serovital.com**. Use the promo code **YOUTH12** at checkout and get free shipping.[†]

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Melissa d'Arabian

With four daughters at home, the season 5 winner of *Food Network Star* gets everyone helping out in the kitchen. “I let the girls eat almost anything as long as we cook it ourselves,” says Melissa. “They’re learning smart choices—and it gives us quality mother-daughter time.” These addictive pizza bites are an after-school favorite. Melissa confesses, “I might be the biggest fan of all!”

Grilled Zucchini Pizza Bites

2 tsp olive oil

2 medium zucchini, ends trimmed, cut crosswise into 24 rounds

¼ cup homemade or store-bought marinara sauce

24 pieces thinly sliced low-fat pepperoni (optional)

4 oz fresh mozzarella cheese, cut into 24 pieces

½ tsp kosher salt

- Line a rimmed baking sheet with aluminum foil, adjust an oven rack to upper-middle position, and preheat broiler to high.
- Heat olive oil in a large nonstick skillet over medium-high heat. Add zucchini and cook (in batches if needed) until browned on one side, 4 to 5 minutes.
- Transfer zucchini to baking sheet, browned sides up. Top each round with ½ tsp marinara sauce, a pepperoni slice, if using, and a piece of mozzarella. Broil until cheese is melted, 2 to 3 minutes.
- Transfer to a platter. Sprinkle with salt and serve warm.

Makes 8 servings.

Supermarket Healthy features more than 120 easy and affordable recipes that prove nutritious meals don't have to be labor-intensive or use hard-to-find items. Bn.com, \$25



Photo: Larsen & Talbert/Corbis Outline

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