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CARVED & PAINTED PUMPKINS, EASY PARTY IDEAS & MUCH MORE

THE DIET
THAT COULD
**SAVE
YOUR LIFE**

PAGE 87

**GREAT
PASTA
RECIPES**

WHAT'S YOUR
**BREAST
CANCER IQ?**

**50
AMAZING
BEAUTY
BARGAINS**



**ALL NEW
SLOW COOKER**
SOUPS, STEWS & CHILI

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THE SCARY
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As I was reading a final edit of this issue (on a steamy day in July), the *New York Times* reported some really good news: Americans are finally consuming fewer calories. Even better news: The obesity rates for adults and school-age kids have stopped increasing, and have even declined a bit for younger children. However, while it's encouraging to hear that people are realizing that eating and drinking too much can harm their health, more than a third of adults are still considered obese, don't eat enough fruits and vegetables, and chow down on far too much junk food (though soda consumption has dropped). As University of North Carolina professor Barry Popkin, PhD, told the *New York Times*, "The food part of our diet is horrendous and remains horrendous."

We discuss food often at *Family Circle* (partly because we like it so much!) and put a lot of time and thought into our recipes. We pay attention to portion size as well as fat, cholesterol, sugar and sodium amounts so you don't have to. (You'll find our collection of great-tasting healthy recipes at familycircle.com.) I'm particularly proud of the dinners our test kitchen developed for the "Eat This, Beat That" feature (page 128). These delicious dishes include lean protein, dark leafy greens, legumes, whole grains and other superfoods to help ward off three of the most common prediseases for women: prehypertension, prediabetes and osteopenia.

Sometimes we're asked why we spotlight sweets on the cover and in the issue (like our Halloween desserts, page 139) while also touting healthy recipes. The answer is simply this: Eating well doesn't mean deprivation, and we wouldn't ever suggest banning dessert. (In fact, you'll learn on page 88 that a square of dark chocolate a day can reduce blood pressure.) Our goal is always to help you make smart decisions for yourself and your family.



Linda

Linda Fears, Editor in Chief
linda@familycircle.com

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GINA ROBERTS-GREY

When it came to her own well-being, award-winning health writer Gina Roberts-Grey struggled with revealing her intestinal woes. In "What's Wrong With Me?" (page 94) she shares how she finally got the help she needed. Her work has appeared in *O, Glamour* and *Prevention*.



SCOTT ALEXANDER

As a father of four, freelance writer Scott Alexander was eager to research the scary uptick in e-cigarette use among kids for "This Is Not a Puff Piece," on page 78. Scott has contributed to *Popular Science*, *Details* and *The Hollywood Reporter*. He lives in Brooklyn, New York.



VALERIE BERTINELLI

Known most recently for her role on TV Land's *Hot in Cleveland*, television star Valerie Bertinelli is back in the limelight with her latest show, *Valerie's Home Cooking*, now airing on Food Network. A *New York Times* best-selling author, Valerie shares one of her easy recipes on page 148.



The quality of beauty products you can find in drugstores and mass-market retailers has truly never been better. Check out the stellar bargains beginning on page 23.

Several great websites make the college search process a little less stressful for parents and teens. We've highlighted the best on page 69.

If you love popcorn (and who doesn't?), I highly recommend one of the microwave-ready makers on page 137—just fill with kernels, no oil required.

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best of OCTOBER



Happy birthday, **Julie Andrews!** *The Sound of Music* and *Mary Poppins* star turns 80 today, yet she's still practically perfect in every way.



2 An astronaut trapped on Mars fights to rejoin his crew millions of miles away on Earth in *The Martian*. Based on the best-seller by Andy Weir, the movie lands in theaters today.



5 Sport your favorite blue top for Blue Shirt Day, created by **STOMP Out Bullying** to raise awareness of the problem in schools and online. The organization has also partnered with Pilot Pen to support anti-bullying education and programs. To learn more, visit stompoutbullying.org.



Treat yourself to a little R&R during **Spa Week**. Beginning today, the seven-day program offers discounts on popular treatments like massages and facials. Book your moment of Zen as early as September 8 on spaweek.com.



It's **National Mammography Day**, so do your girls a favor and book your annual breast exam. Check out our favorite pink goodies that give back to breast cancer charities, like this blushing beauty from Sonia Kashuk, at familycircle.com/breast-cancer-awareness-2015.



« **27**

Play ball! The **World Series** begins tonight, as the American League and National League teams face off in the championship games.



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Trick or treat! Halloween falls on a Saturday—time to do the monster mash all weekend long. Celebrate with spirited decorations (page 43) and ghoulishly good eats (page 139).



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WHAT'S NEW

GORGEOUS, NATURALLY

Actress Jessica Alba's The Honest Company, a healthy lifestyle brand, is really sitting pretty. This fall it launches Honest Beauty, a line of 83 naturally derived skin care products and cosmetics free of parabens, fragrance and other questionable ingredients. And that's the truth.

**Honestbeauty.com,
\$8 to \$40**

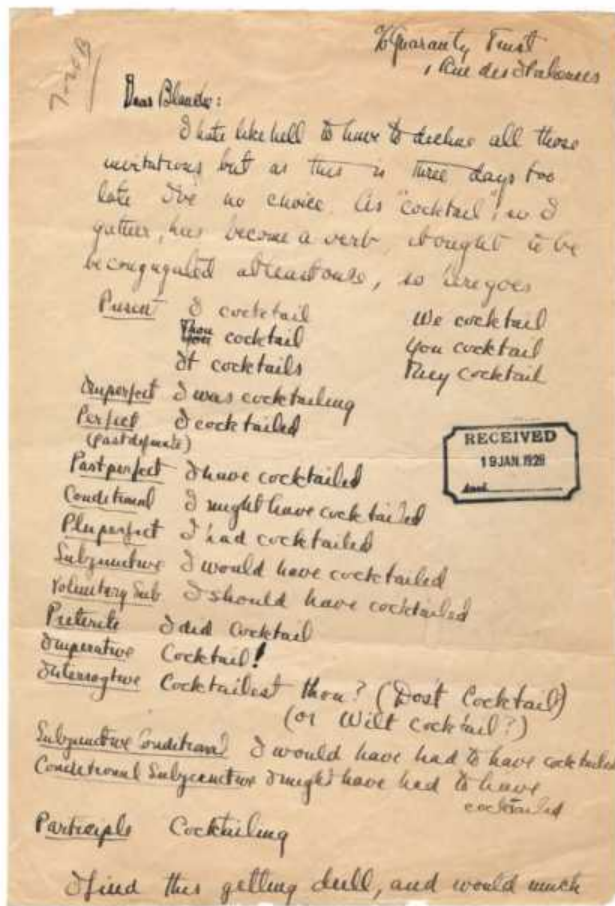


“ *I believe that happy girls are the prettiest girls.*”

—AUDREY HEPBURN

CHECK IT OFF

The musings of F. Scott Fitzgerald, in which he conjugates the verb “to cocktail,” are among the many wonderful notations in *Lists of Note: An Eclectic Collection Deserving of a Wider Audience* (Chronicle Books) compiled by Shaun Usher. We also learn what was second on Johnny Cash’s to-do list (“kiss June”), some of Thelonious Monk’s thoughts (“When you’re swinging, swing some more!”), details from Marilyn Monroe’s Must Make Effort to Do list (“Try to enjoy myself when I can—I’ll be miserable enough as it is”) and many more. This quirky collection shows that celebrities are just like us—they make lists! AMAZON.COM, \$40

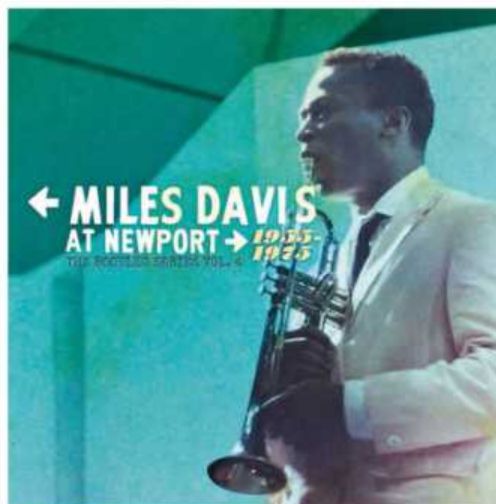


LISTEN IN

Last fall, everyone was buzzing about the podcast *Serial*. A spin-off from the popular public radio show *This American Life*, the whodunit was based on an actual murder case and packed with real-time twists and turns. The second season, with an entirely different story, launches this fall. Until then, get more behind-the-scenes intel with *Undisclosed*, a podcast that sheds new light on *Serial*'s first case. Serialpodcast.org and undisclosed-podcast.com

MILES TO GO

The mere mention of the Newport Jazz Festival and Miles Davis in the same breath is enough to make aficionados of the genre giddy. *Miles Davis at Newport 1955–1975: The Bootleg Series Vol. 4* is a four-disc set that tracks the musical evolution of the legendary trumpeter and composer and includes nearly four hours of previously unreleased tracks. AMAZON.COM, \$43



IN A WAVERLY WORLD...



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WHAT'S NEW



Midnight Mani

Sometimes, the blues are a good thing. Rich cobalt is the shade of the season, and for the right reason: It's luxe and universally flattering.

BY DORI KATZ

1/ **JINsoon** Nail Lacquer in Blue Iris, \$18. 2/ **Chanel** Le Vernis Nail Colour in Vibrato, \$27. 3/ **Orly** Nail Lacquer in Midnight Show, \$8.50. 4/ **Maybelline** Color Show Nail Lacquer in Blue Bombshell, \$4. 5/ **Prabal Gurung for Sally Hansen** in Midnight Affair, \$8. 6/ **OPI** Brights Collection in My Car Has Navy-gation, \$9.50.

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Oil Change

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TRY THESE



Bella Vado Organic Avocado Oil, \$15



Boulder Canyon Avocado Oil Canyon Cut Sea Salt & Cracked Pepper Chips, \$3



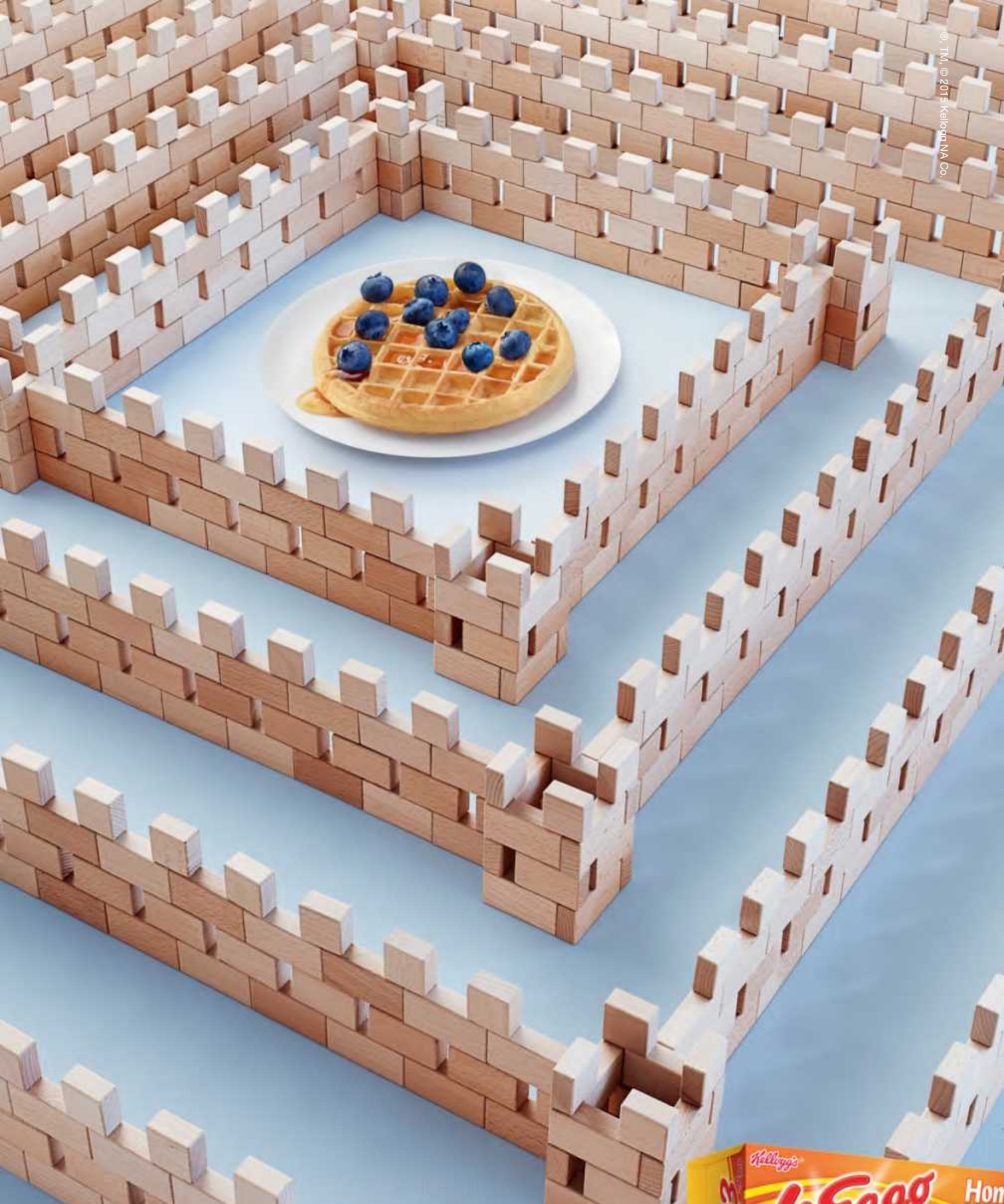
Earth Balance Avocado Oil Spread, \$5



Primal Kitchen Mayo with Avocado Oil, \$10



La Tourangelle Avocado Spray Oil, \$8



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Knit Pick

Sophisticated, comfy and cool—the poncho is all you need to be stylish this fall. Easy to wear from day to dinner, it's a wardrobe staple that's sure to be a warming trend.

Poncho, M Made in Italy, \$110. Pants, Lisette L Montreal, \$155. Earrings, The K&R Collection for Silpada, \$36. Watch, RumbaTime, \$60. Ring, Phyllis + Rosie, \$85.



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Amy Robach

The *Good Morning America* news anchor and author of the upcoming memoir *Better* is fearless: a breast cancer survivor managing a hectic job and a blended family with actor Andrew Shue.

My family's the modern-day Brady Bunch. I have two girls [Ava, 12, and Annalise, 9] and Andrew has three boys [Nate, 19; Aidan, 17; and Wyatt, 12] from a previous marriage. All five kids had to share one bathroom! There were some growing pains, but now we've gotten used to one another.

My book is about my journey with breast cancer. When I was in the middle of chemo, my daughter Ava saw that I was struggling and she wrote me a beautiful poem called "Better." I really am emotionally and spiritually so much better than I was before cancer.

Andrew starred as Billy on *Melrose Place* in the '90s. On our second date, I felt compelled to tell him that I was not a fan of Billy; I was a Jake girl. He laughed it off and said, "Well, thankfully, I'm not Billy. I'm Andrew."

I believe in the power of yes. When you say yes, you open doors. Opportunities don't always present themselves as opportunities, but when you say yes, you put yourself at the right place at the right time and you create your own luck.

The dance floor is my happy place. I don't know if I'm any good at dancing, but I love it!



familycircle.com

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

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2015 BEST BEAUTY BUYS

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EDITORS TO PUT THIS YEAR'S NEWEST PRODUCTS
TO THE TEST. MEET THE 50 STANDOUTS.

By Syden Abrenica

EXPERT PANEL

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Andrew Sotomayor

MAKEUP ARTIST
Emily Kate Warren

DERMATOLOGIST
Dr. Francesca Fusco

DERMATOLOGIST
Dr. David E. Bank

HAIR STYLIST
Sadah Saltzman

HAIR STYLIST
Nick Penna

HAIR COLORIST
Paul Cucinello

2015 BEST BEAUTY BUYS // MAKEUP



PRIMER Maybelline Face Studio Master Prime Weightless Blurring Primer, \$10

While keeping makeup fresh all day, the silicone-infused formula also creates a flawless finish, says Sotomayor.



MASCARA Physicians Formula Organic Wear 100% Natural Origin BB Bigger! Better! Lashes Mascara, \$10

The double-duty brush—a comb on one side, densely packed bristles on the other—defines and lengthens lashes without clumping.



FOUNDATION Maybelline SuperStay Better Skin Foundation, \$12

The name says it all—this creamy base stays put. Vitamin C helps improve skin's texture and tone.



GLOSS NYC New York Color Expert Last Lip Lacquer, \$4

Take your pretty pick from an array of bold brights and muted neutrals. At only \$4 a tube, you can afford to flaunt every color.



BROW PRODUCT Smashbox Brow Tech Trio, \$26

With two shades and a wax sealant, this trusty trifecta is just what you need for perfectly polished brows.



LIP BALM Burt's Bees Squeezable Lip Balm, \$4
Everyone's favorite balm has gone from twist to tube, and the classic beeswax-based formula is now richer and creamier than ever.



LIP CRAYON Sonia Kashuk Lustrous Shine Lip Crayon, \$9
Warren loves the subtle plumping effect of this magic stick. And lips stay supple with no greasy feel.



EYE SHADOW CoverGirl Eye Shadow Quads, \$7
Four pearlescent brightening shades make this palette your ultimate go-to eye-opener.





LIPSTICK Milani Color Statement Moisture Matte Lipstick, \$6

One swipe of the super-pigmented bullet results in vibrant, moisturized lips. Warren suggests using it as a stain by lightly patting on with your fingers.



CONTOUR SheaMoisture Cosmetics Color Correcting, Contouring, Highlighting Palette, \$25

Sculpt like a pro with three complementary matte shades that create a natural bronzed glow.



TINTED MOISTURIZER IT Cosmetics CC+ Illumination SPF 50+, \$38

Buff the color corrector all over for instant brightness, natural-looking coverage and sun protection—that's what we call a triple threat.



EYELINER CoverGirl Intensify Me! Liner by Lash Blast, \$7

This felt-tip marker is incredibly inky—in a good way. The paddle-shaped applicator delivers a solid, clean line.



BLUSH Flower Transforming Touch Powder-to-Crème Blush, \$13

Meet the blush of the future. It starts as a loose powder but transforms into cream on contact with skin.



HIGHLIGHTER L'Oréal Paris True Match Lumi Liquid Glow Illuminator, \$13

Light-reflecting liquids warm up the complexion. Dab around eyes, nose and lips for a candlelit glow.



CONCEALER Laneige Cushion Concealer, \$20

The pillowy plush tip makes it easy to smooth on, while the ultra-light tint covers any imperfections.



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Check out familycircle.com/beautyvideos for easy, fun makeup looks with our award-winning products.

2015 BEST BEAUTY BUYS // SKIN CARE



SPRAY LOTION Vaseline Intensive Care Advanced Repair Spray Moisturizer, \$6.50
Infused with micro-droplets of Vaseline's much-loved petroleum jelly, the speedy skin-saver heals from neck to toe.



BODY WASH Caress Adore Forever Body Wash, \$4
A scent that lasts and lasts and lasts. Fragrance pearls release a sweet vanilla and rose aroma that lingers for up to 12 hours.



DEODORANT Dove Dry Spray Antiperspirant, \$5.50
Two-day protection (yes, really) in a convenient spray makes Dove's sweat and odor blocker a major time-saver.



SUNSCREEN Banana Boat Dry Oil Clear UltraMist Sunscreen with Argan Oil, \$8
Spray on for quick-drying protection and satiny skin.



HAIR REMOVAL Gillette Venus Swirl Razor, \$13
When it comes to getting stubble-free, Fusco looks for ease, speed and no-fuss application. Her latest obsession: the flexball. It contours to every curve for a close shave, nicks not included.



BODY SCRUB Tree Hut Oatmeal Scrub Vanilla & Honey, \$7
Organic shea butter, honey and aloe are the all-stars in this mild exfoliator, which is gentle enough for everywhere—even the face.



HAND CREAM Jergens BB Hand Perfecting Hand Cream with Sunscreen, \$7
A luxe lotion lightens dark spots and smooths uneven texture. SPF 20 is the icing on the cake.



BODY LOTION Aveeno Daily Moisturizing Sheer Hydration Lotion, \$7
Every pump of this hydrator contains five essential nutrients—including vitamins and antioxidants—to nourish even the most sensitive skin.



SELF-TANNER St. Tropez Self Tan Luxe Dry Oil, \$50
This oil-based formula began working in four hours after a morning application and still looked perfect at night, says Fusco. Slather it on for a "just got back from vacation" glow.



EYE CREAM Boots No7 Beautiful Skin Dark Circle Corrector, \$17
The cooling tri-ball applicator de-puffs, while vitamin C helps to brighten the eye area.



FACIAL CLEANSER Neutrogena Healthy Skin Boosters Facial Cleanser, \$8
Radiance, bottled. Use twice daily for a brighter, tighter complexion.



SPOT BRIGHTENER Vichy ProEVEN Night Overnight Concentrate, \$48
So long, dark spots. This concentrate lessens discoloration by 50% after 10 days, says Fusco. And it's not just for the face—it can be applied on larger areas, like your décolleté.



MASK Yes To Tomatoes Detoxifying Charcoal Mud Mask, \$16
A powerful combo of organic tomato extract and charcoal battles blemishes and draws out impurities.



DAILY MOISTURIZER Laneige Water Bank Gel Cream, \$32
Not your average face cream, this Korean mega-moisturizer includes mineral-enriched H2O for 24-hour hydration.



WRINKLE FIGHTER Lumene Time Freeze Ultra-Firm Elixir, \$30
Micropearls coat skin and protect against free radicals, while peptides support collagen turnover.



NIGHT TREATMENT CeraVe Skin Renewing Night Cream, \$18
Rest easy knowing that ceramides and hyaluronic acid are awakening your skin.



FACIAL SCRUB Olay Fresh Effects Acne Hater Deep Scrub, \$7
Salicylic acid—a dermatologist-approved multitasker—clears breakouts, minimizes oiliness and shrinks pores.



SERUM Nip + Fab No Needle Fix Serum, \$20
Wrinkles and imperfections don't stand a chance. The supercharged serum also prevents makeup from settling into creases, says Fusco.



ACNE PRODUCT Neutrogena Rapid Clear Stubborn Acne Spot Gel, \$9
This benzoyl peroxide treatment reduces both larger cysts and minor blemishes without stinging, says Bank.



FACIAL OIL L'Oréal Paris Age Perfect Cell Renewal Facial Oil, \$25
A cocktail of eight essential oils, including chamomile and argan, protects from everyday stressors like pollutants and free radicals.



2015 BEST BEAUTY BUYS // HAIR CARE



AT-HOME HAIR COLOR Vidal Sassoon Salonist Permanent, \$14

Looking for the whole package? This DIY kit—which includes gloves, a brush and a mixing bowl—brings professional techniques to your fingertips. The result is rich and believable, says Cucinello.



POMADE Schwarzkopf Styliste Ultime Crystal Shine & Hold Transparent Polishing Pomade, \$7
Fast and flexible, it molds and holds with lightning speed while allowing for movability.



CURL BOOSTER Tresemmé Runway Make Waves Shaping Gel Cream, \$5
Say hello to touchable bounce. This gel-cream hybrid packs a one-two punch: It moisturizes and enhances your natural curls.

SHAMPOO (HYDRATING) Proganix Quench Coconut H2O + Electrolytes Shampoo, \$10

A blend of coconut water and oil gently cleanses the scalp and nourishes parched hair. And the piña colada scent is sheer paradise, says Penna.



CONDITIONER Vidal Sassoon Cherry Almond Conditioner, \$2.50
Satisfy your sweet tooth with the classic scent. Plus, the new formula is gentle enough for color-treated hair.



AT-HOME HIGHLIGHTS L'Oréal Paris Superior Preference Glam Lights, \$13
Achieving salon-quality highlights on your own is no longer impossible—in fact, it's now foolproof. The three-prong brush makes it easy to apply as much or as little as you want.



CLEANSING CONDITIONER Matrix Biolage Cleansing Conditioner for Medium Hair, \$26
If your mane concern is damage and dryness, this velvety co-wash is your new best friend. Apply from root to tip to restore shine.



SMOOTHING PRODUCT Garnier Fructis Sleek & Shine Sleek Primer Style Prep, \$4.50
Sorry, humidity—this smoothing superstar not only preps hair for styling but also protects against the steamiest of temps.



FRIZZ FIGHTER Pureology Smooth Perfection Frizz-Fighting Serum, \$28

"My client loved this so much, she took it from me!" says Cucinello. With flyaway tamers and cuticle smoothers—like camellia and vitamin E oils—it's a major hair helper.



HAIR OIL Phyto Huile Supreme, \$40

Mist this weightless wonder onto palms, then comb through with fingers for sleeker, glossier strands.



LEAVE-IN CONDITIONER Redken One United All-In-One Multi-Benefit Treatment, \$22

Boasting a whopping 25 benefits, the sulfate-free spray prevents heat damage, combats dryness, decreases blow-dry time and more.



HAIRSPRAY Big Sexy Hair Push Up Thickening Finishing Spray, \$19

One spritz enhances volume and provides a long-lasting hold—minus the crunchiness.



SHAMPOO (DETOXIFYING) John Frieda Beach Blonde Cool Dip Purifying Shampoo, \$10

Great for all hair types (and colors), the energizing mix of mint and seaweed cleanses while adding fullness and texture.



HAIR MASK Dove Quench Absolute Intense Restoration Mask, \$6

Apply the oil-enriched cream once a week to soften strands without a trace of product residue, suggests Saltzman.



DRY SHAMPOO Aussie Total Miracle 7N1 Dry Shampoo, \$5

Tapioca in your hair? Believe it. The starchy key ingredient zaps oils, revives roots and keeps your style looking fresh with every spritz.



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Enter for a chance to win this amazing assortment—valued at over \$1,500—by logging on to beautybash.me starting August 24. See Buyer's Guide, page 147, for entry details and a list of products.



IN THE RUNNING

When sweatpants morph into jeans, you get comfort and style. Polish them off with a crisp blazer and ladylike pumps.

Blazer, Elle, \$68. Tank, Adam Lippes for Target, \$28. Jeans, Splendid, \$158. Shoes, H By Halston, \$112. Necklace, The K & R Collection for Silpada, \$59. Bracelets, Miranda Frye, \$73 for a set of 3. Clutch, Poverty Flats, \$68.

HELLO, SAILOR

The nautical vibe is making waves in an always-flattering flare. Tuck in your top to show off the shipshape details.

Top, J. Jill, \$89. Jeans, Express, \$88. Shoes, Guess, \$159. Earrings, Marlyn Schiff, \$42. Bangles, Miranda Frye, \$69 for a set of 3.

BLUE



DYNAMIC DUO

Double denim is no longer a fashion don't. Choose two contrasting washes, add some printed accessories, and rock this "Canadian tuxedo" like it's nobody's business.

Top, Guess, \$80. Jeans, Signature by Levi Strauss & Co., \$20. Shoes, Chinese Laundry, \$70. Clutch, Chico's, \$99. Bangle, Rebecca Minkoff, \$58. Necklace, Sequin, \$98.

CRUSH

OUR CURRENT DENIM OBSESSION:
ANYTHING INDIGO. NAVY FLARES,
DISTRESSED SKINNIES AND COZY
JOGGERS ARE JUST A FEW STYLES
JOINING THE JEAN POOL.
BY NICOLE MCGOVERN

OVERHAUL

Turn farmer practical into everyday pretty. A basic white tee and strappy heels make this look an overall success.

Tee, Lacoste, \$50.

Overalls, Mossimo, \$35.

Shoes, Fergalicious by

Fergie, \$55. Clutch, Big

Buddha, \$80. Earrings,

Rebecca Minkoff, \$48.

Bangle, Rachael Ryen,

\$88. Ring (left), Joyiia,

\$31. Ring (right),

Rebecca Minkoff, \$48

for set of 2.

FADED GLORY

Shading, whiskering, marbling—call it what you will, it's the new print in town. The strategic fading is casually cool and slimming in all the right places.

Jacket, Black Swan,

\$99. Top, Lucky Brand,

\$119. Jeans, Mavi, \$117.

Shoes, Guess, \$159.

Ring, Rachael Ryen, \$68.





SHRED SESSION

Don't let tattered and torn fool you—these baby blues are anything but sloppy. Choose your distress level for a relaxed look that's totally sophisticated.

Vest, Karen Kane, \$138. Tank, Oasis, \$84. Jeans, Lucky Brand, \$129. Shoes, Elliott Lucca, \$99. Earrings, Stella and Dot, \$39.

PALE CALL

Take a walk on the lighter side. Balance the simplicity of the soft hue with a dramatic sweater vest and snakeskin slides.

Vest, Adam Lippes for Target, \$40. Top, Riders by Lee, \$15. Jeans, American Eagle Outfitters, \$40. Shoes, Yosi Samra, \$180. Earrings, Stella and Dot, \$39.

IN STITCHES

Try out the patchwork phenomenon in relaxed skinnies, then add a tiger top to make it fierce.

Jeans, Canyon River Blues, \$48. Top, Three Eighty Two, \$121. Shoes, Ivanka Trump, \$135. Belt, AMI Clubwear, \$13. Necklace, Miranda Frye, \$76. Earrings, Cocoa Jewelry, \$38. Ring, Edge of Ember, \$95.



Fright night isn't complete without black cats, spooky faces and glowing candles.

Bewitched

13 SPELLBINDING IDEAS TO TRICK OUT YOUR HOUSE FOR HALLOWEEN

Craft styling by Suzonne Stirling • Photography by David Prince



Orange-and-Black Magic

A pom-pom wreath and graphic paper pumpkins create a devilishly clever display.



Set the mood for an eerie evening by conjuring up a few wickedly wonderful embellished pillows.

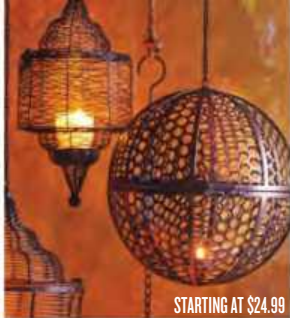


BOO!

Treats, No Tricks

Transform a tabletop with heaps of sweets surrounded by a menagerie of creepy critters and goblins.





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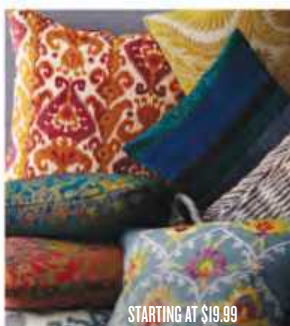
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Lanterns wrapped like mummies and a swarm of spiders team up for a spooktacular scene.





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13 FRIGHTFULLY FUN PROJECTS



1 Decal Candles Download templates and print onto decal paper (decalpaper.com). Spray the front with two coats of acrylic spray, letting dry between applications. When decal is dry, cut around design and soak in a shallow dish of water until decal starts to lift from its backing. Carefully apply decal to candle, peeling off backing as you go. Gently blot with a paper towel to eliminate air bubbles and excess water. Let dry for a few hours before handling.

2 Trick or Treat Cups Wrap decorative tape on a diagonal around 12-inch pieces of floral wire. With an awl or a hole punch, make a hole in each side of decorative paper cups. Thread wire through holes, turning the ends up on the inside. If desired, embellish with pieces of ribbon.

3 Cat Pumpkin Remove stems from a large and a small pumpkin and paint with black acrylic paint. Let dry. Trace, cut and assemble templates from card stock to create ears, eyes and a nose. Give both ears a rounded shape by curling edges forward. Fold back ¼ inch on bottom of ears and glue ears to top of small pumpkin as shown. Glue (we used Beacon Magna-Tac 809) on the eyes and nose, and paint a mouth using white acrylic paint. Stack small pumpkin on top of large one. Place a spoon gourd that you've painted black behind large pumpkin to create a tail.

4 Owl Pumpkin Trace, cut and assemble templates from card stock: a set of brows, two eyes, a beak, two wings, one each of body templates. Glue pieces together as shown (beak should be behind eyes and on top of brows), then glue to surface of pumpkin. Tack down with pins and let dry. Glue wings to side of pumpkin and curved body pieces to the front. Tack and let dry.

5 Pom-Pom Wreath Following directions on Clover Pom-Pom Maker package, make yarn pom-poms in various colors and sizes. Slip a U-shaped floral greening pin through the tied yarn that holds pom-pom together, and insert each pom-pom into a wreath form to cover.

6 Paper Pumpkins Cut 12 x 12-inch card stock into strips 1 inch wide and 9 to 12 inches long, depending on desired size. Make 20 strips for smaller pumpkins, 24 for larger. Punch a hole in top and bottom of each strip, ¼ inch from the edge, making sure holes line up. Place a brad fastener through top hole of strips to secure. Repeat for bottom holes. Bend strips so that they form a backward C. Tie a piece of string in a knot around a brad. Pull string taut and tie around the bottom brad, knot and trim. Separate strips into a sphere. Fold a piece of floral wire in half and twist each end around your finger to make tendrils. Twist tendril around brad at top of pumpkin as shown. For the stem, twist a rectangle of crepe paper and flare the bottom outward like a skirt. Apply glue and adhere over the brad.

7 Halloween Pillows Place templates face down on 12 x 18-inch felt sheets and trace with white pencil. Remove templates and cut out. Using a fabric glue such as Fabri-Tac, adhere smaller pieces like cat's eyes to the larger pieces. Turn designs face down, spray with adhesive and attach to the front of a plain pillow cover.

8 BOO! Balloon Download letter templates and cut out. Trace around templates onto the back of paper or paper-backed fabric. Cut out letters and spray with repositionable spray adhesive. Let dry for a few minutes, then adhere to a 6-inch round inflated latex balloon, positioning the middle O first, followed by the other letters.

9 Paper Streamers Trim 4- to 5-inch strips from 19 x 25-inch sheets of medium-weight drawing paper. Using scissors, make a series of cuts along the bottom, 1½ to 2 inches apart, stopping ½ inch below top edge. Rotate paper and cut between each of the existing cuts, again to about ½ inch below top edge, to create a zigzag effect as shown. Tape top strip in place on the ceiling, and gently pull strips apart to form a streamer.

familycircle.com

For downloadable templates and detailed instructions go to familycircle.com/bewitchedcrafts.

10 Pumpkin Spiders Paint six mini and small pumpkins with black acrylic paint and let dry. Leave two or three extra pumpkins unpainted. Using a metal skewer or nail, make four punctures just above the mid-line on each side of the pumpkin and insert black pipe cleaners. Use eight pipe cleaners per spider for legs, and bend them to create knee joints and feet. Trim off excess. Adhere googly eyes.

11 Candy Creatures To avoid using excessive amounts of candy to fill big glass vases, place a drinking glass upside down in the middle of each. Download cat and owl templates and cut out; trace around templates onto colored card stock and cut out. Glue faces together as shown. Attach to front of vase with double-sided tape. For owl's eyes, use circle punches or a circle cutter and pinking shears to create a decorative edge.

12 Oversize Spiders To make each spider, use one 3¼-inch and one 4½-inch Smoothfoam Half Ball. Using a serrated knife, trim an equal size sliver off one side of each ball. Gently stretch a long strip of black crepe paper around edges of each ball to cover. Adhere paper to the back with glue or tape down. Make a hole in center of flat sides of both the small and large balls with a needle. Insert a toothpick or piece of floral wire into hole of larger half and push both balls together to form the spider's body. Add a dab of glue between layers for extra hold. For the legs, bend eight 12-inch chenille stems as shown. Tape first set of legs to back of spider, just where the head and body meet. Tape additional sets of legs underneath.

13 Mummy Lanterns Cut strips of cheesecloth about 2 inches wide and long enough to cover a glass cylinder; secure one end to the cylinder and wrap. Don't aim for neatness; the idea is to create uneven layers like on a mummy. Attach loose ends with a dab of gel glue. Continue layering other strips and embellish with mini safety pins, if desired. Light with flameless candles.

Lighten Your Load

We got down and dirty with the experts about how to make short work of laundry day.

By Danielle Blundell

1

PRE-TREAT PROMPTLY.

Stash a stain removal pen or wipe in your purse and car to deal with coffee spills, lipstick smudges and other stains as they occur. "If you can't get to the spot right away, mark it with a safety pin so you can easily find it again," says home care expert Cindy Harris, author of *Keeping House*.

2

STOP THE "MISSING SOCK" SEARCH.

Mary Johnson, fabric care principal scientist for Tide and Downy, suggests washing longer socks, anklets and no-show styles in one mesh bag that you can transfer directly to the dryer. If half of a pair goes MIA, toss it in a bin to match with its mate later.

3

WASH AWAY.

Stuffing the machine can create wrinkles and keep clothes from getting clean. For best results, leave a gap about the width of your hand between the top (or front) of the drum and the laundry, and follow detergent dosage guidelines. Remove items immediately to prevent creases.

4

LOOSEN UP.

To dry clothes uniformly, don't over-pack the drum—it should be half full on permanent press and three-quarters full on normal loads. For efficiency, Johnson separates wet clothes into slow-drying (jeans, sweatshirts) and quick-drying (T-shirts, dress shirts) batches. Untangle pieces, shake each one out and place in dryer separately to avoid wrinkling. Line- or hang-dry what you can to save even more time.

5 SUPPLY SMARTS.

Mount a shelf above your appliances (out of reach of small children), or designate a cabinet for essentials—detergents, pre-treaters, softeners and dryer sheets. While you're at it, carve out space for folding and keep the area clear.

6 PERFORM POCKET CHECKS.

Stray tissues, pens and gum can make a major mess. Johnson places a small bowl by the washer as a visual reminder to give each garment a once-over prior to loading.

7 DIVIDE AND CONQUER.

To speed up the sorting process, put a hamper with separate sections for whites, lights, darks and delicates in each family member's bedroom. Set up a centralized basket for dirty towels and a bin for dry-clean items.

8 SKIP IRONING.

A few minutes before the dryer cycle ends, Harris takes slightly damp clothes out of the machine and hangs them to prevent wrinkling. Another way to refresh clean but crumpled items: tumble them with a moistened, lint-free towel on a low setting for 5 to 10 minutes. Or try Rowenta's latest handheld steamer, which heats up in 45 seconds. **Rowenta X-CEL Steam Hand Steamer**, bedbathandbeyond.com, \$70



9 UPGRADE YOUR APPLIANCES.

Today's high-efficiency machines can hold up to four baskets' worth of clothing. Other energy-efficient models have their own built-in time-savers. LG's new TWIN Wash with Sidekick system lets you simultaneously run a regular load and a delicates-only wash in a smaller, secondary compartment. **LG TWIN Wash with Sidekick Pedestal Washer**, lg.com for stores; \$1,399 to \$1,799 for TWIN Washers and \$699 to \$779 for Sidekick Pedestal Washers



10 NO MORE EYEBALLING.

Just pop a premeasured detergent capsule (or two for heavy soil levels) in per load of laundry, and it'll dissolve in water of any temperature. **Tide Pods Plus Febreze**, tide.com for stores, \$8/23-pack, and **Vaska One Scent-Free Laundry Detergent Tablets**, soap.com, \$10/25 tablets



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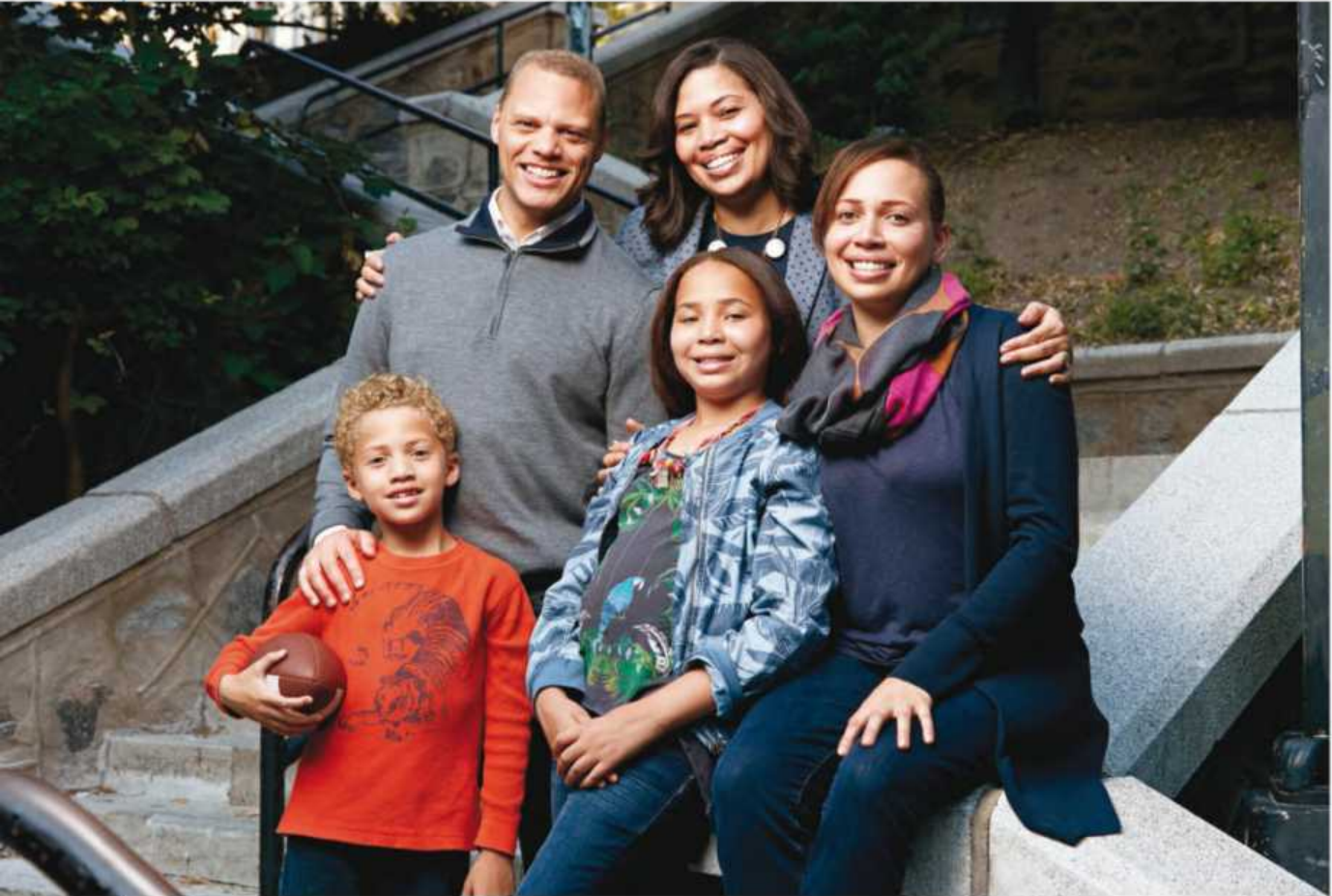
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CLOCKWISE: **WALTER GREENE**, 45, DIRECTOR OF SALES, MARKETING AND BUSINESS DEVELOPMENT; **KAREN MOORE GREENE**, 47, SENIOR CONTRACT AND COPYRIGHT ADMINISTRATOR; DAUGHTER **BRITTANY**, 27; GRANDDAUGHTER **AVA**, 9; AND SON **MONTE**, 8.

NEW YORK CITY

MODERN LIFE

by *Suzanne Rust*

PHOTOGRAPHY BY POON WATCHARA-AMPHAIWAN

“Ava calls me Gigi. I wasn’t ready to embrace ‘grandma’ when she was born,” says Karen Moore Greene. No one would fault her; Karen was just 38 when her 17-year-old daughter Brittany had baby Ava under tumultuous circumstances. The child’s father had vanished, and Brittany and Ava moved from one unsuitable setting to the next. Fearing the worst, Karen and her husband, Walter, knew they had to intervene, and after many hurdles, both legal and emotional, they were able to secure custody of Ava when she was 3 years old. The couple are raising Ava, now 9, along with their own 8-year-old son, Monte. “I’ve learned that family comes first, no matter the sacrifice,” says Karen.

Karen’s relationship with Brittany was strained prior to Ava’s birth. Brittany had run away from home when she was 15 years old and was missing for three months. Karen and Walter hired a private investigator to track her down. Brittany was

“Our understanding with Brittany is that Ava will stay with us in a warm, healthy and safe home until she is ready to assume responsibility and provide the same for her.”



defiant, and Karen warned her that if she got pregnant, she would be on her own. When that happened, Karen's sister offered to take in Brittany because she felt she might be able to get through to her niece, but that arrangement was unsuccessful. "Brittany and I had a contentious relationship for much of her teenage years leading into her early 20s. She was a hot mess, but you wouldn't know that today," says Karen. "She recently got her own apartment and we've done a test run with Ava, allowing her to sleep over. She asked if I was receptive to her regaining custody. I said I was, however, she would have to prove to the courts that she was fully capable of caring for Ava. When that day comes, we will be there to help out."

The family's challenges are many, starting with the relationship between the kids. "Ava is aware that Monte is her uncle, but they still behave like siblings and squabble all the time," says Karen. "Even though they're at odds on most days, they have each other's back when they're in public, especially around other children."

Ava clearly needs extra support. "Our biggest concerns are Ava's confidence and sense of self. She's



“We’re very fortunate because Brittany is quite involved in Ava’s life. In the last few years, she has been in a better position to share much of the responsibility of raising Ava. She’s in contact with us daily.”

only in the fourth grade, but a few kids in her school already make fun of her for living with her grandparents,” says Walter. Karen acknowledges that Ava has abandonment issues, but she cites Walter as an uplifting figure. “Ava adores Walter. Even though he’s her step-grandfather, he is the only father she knows. Ava is much closer to Walter than she is to me because she blames me for taking her away from her mother. I’m okay with being the evil grandmother, as long as she’s getting love and all her other needs are being met. As she matures, I hope she’ll realize that my intention was to protect her and to remove her from the situation, not from her mother.

In the meantime, she clings to Walter and he’s been a wonderful role model and influence.”

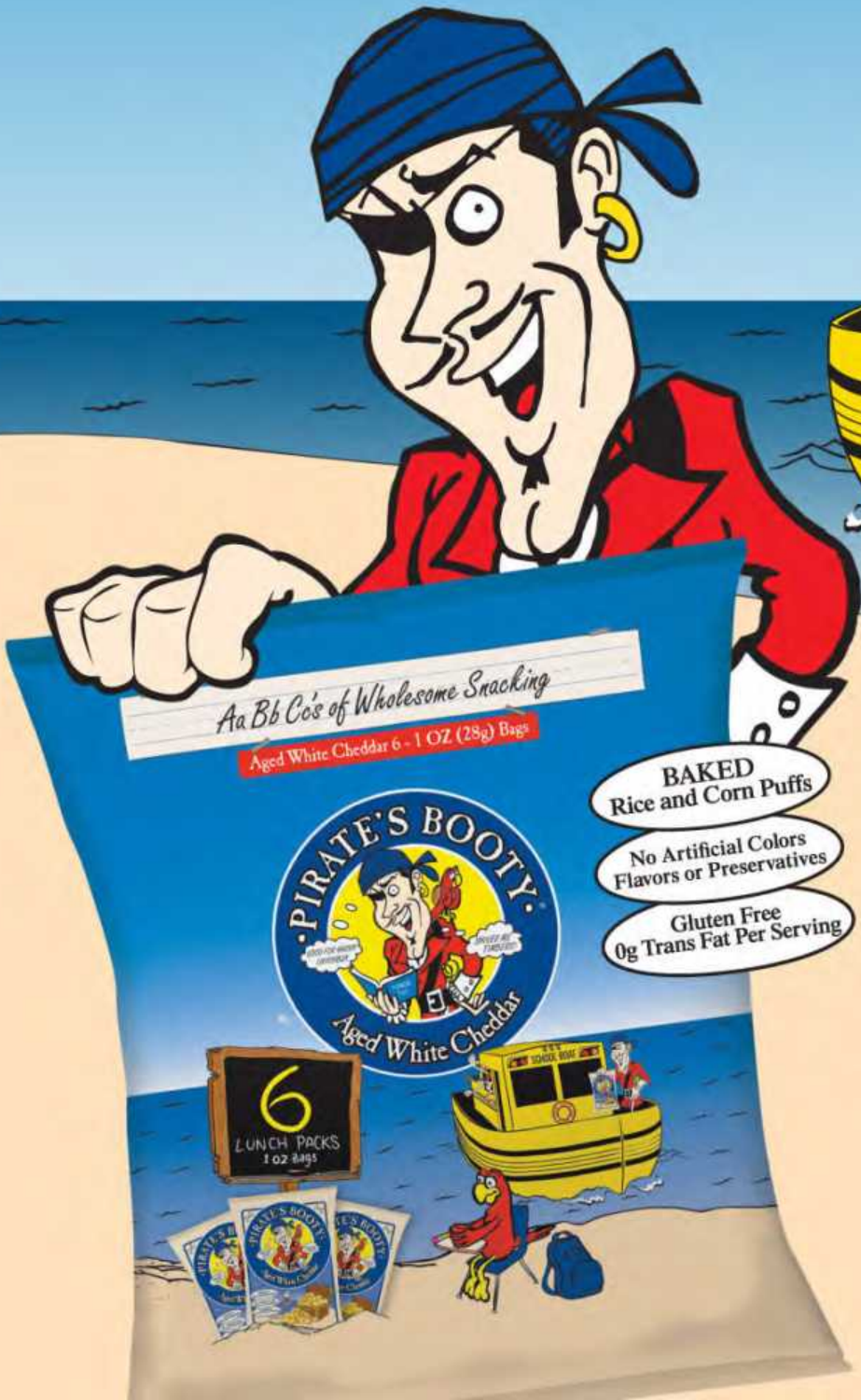
Through therapy, for both Ava and the family, Karen, Walter, Brittany, Ava and Monte are pulling through. “I’m proud of the obstacles we continue to overcome and the accomplishments we’ve made, considering the challenges,” says Karen. Walter adds that he feels good about the future. “We want to put our kids in a position to be happy and successful, and I think we are headed in the right direction.”

familycircle.com

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

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BEAUTIFUL**



Make a Wish!

For Megs Yunn, throwing birthday parties for needy kids is the gift that keeps on giving. *By Kellie B. Gormly*

Surprising Start

Megan “Megs” Yunn had always assumed every child enjoyed a birthday party. That changed after meeting Beverly, a student at an after-school program for underserved K–8 kids in suburban Pittsburgh. She told Megs during a tutoring session that she’d never had her own party, or even a slice of birthday cake. “Honestly, it was like someone knocked the wind out of me,” says Megs, now 30 and a resident of Irwin, PA. The conversation inspired her to create Beverly’s Birthdays, which

provides birthday cheer to homeless children in the greater Pittsburgh area.

Party Time

Since its founding in 2012, Beverly’s Birthdays has provided celebrations for more than 1,400 kids. The charity works with 43 agencies, including homeless shelters, housing programs and residential treatment facilities, in six Western Pennsylvania counties.

Usually, one bash—which includes gifts, cupcakes and entertainment, such as line-dancing lessons—is

dedicated to all the children having a birthday that month or season. If an agency cannot accommodate parties, the charity will send a “party-in-a-bag,” which includes cake mix and decorations, instead.

For Megs, Beverly’s Birthdays is about more than just presents. “It’s about a child knowing there’s someone out there who cares for them,” she says. But many kids miss out when dealing with abuse, homelessness or other difficult living situations. “In that hour and a half we’re with them, they’re just kids enjoying themselves,” she says.

Family Affair

As executive director of the charity, Megs spends her days balancing family life with running Beverly’s Birthdays. She and her husband, Mike, a software engineer with IBM, have two children: Wyatt, 2, and Lincoln, 1. Both have accompanied their mom to many parties, and although the kids are too young to do anything more than eat cake and have fun, Megs looks forward to the day they can play a bigger role. “I believe it’s really crucial to teach children the importance of having a giving spirit,” she says.

Present Day

At the shelter Womanspace East, Inc., eight kids and a few moms recently gathered to celebrate the month’s birthdays with a *Frozen*-themed party. Excited children enjoyed a game of Pin the Carrot on Olaf and erupted into “Let It Go” before serenading the feted girls with “Happy Birthday.”

Tiarra McClure, 26, smiles as her boys—Trent, 7, and Aidyn, 5—play games with the group. Each son has been thrown two parties while living in transitional housing, and Tiarra’s toddler daughter, Olivia, celebrated her second birthday with Beverly’s. Tiarra credits the organization with helping her kids feel special on their big day. At Trent’s second party, she remembers, “he actually cried—not because he was sad, but because he said it was the best birthday ever.”

To learn more about Beverly’s Birthdays or donate, visit beverlysbirthdays.org.

DOG-ESE

Learn to Speak a Pup's Language

Canines and humans have been cohabiting for many years, and the former deserve most of the credit for the love affair. They have a long history of being extremely adaptable friends, open to learning all they can from us, and working hard to fit into our world. Without the mutual effort to understand one another, much can get lost in translation. We owe it to our canine companions to learn a little of their language.

LISTENING A subtle tilted head and a softly wagging tail say, "I'm all ears!"



NERVOUS A dog crouching low to the ground with his tail between his legs is begging, "Get me out of here!"



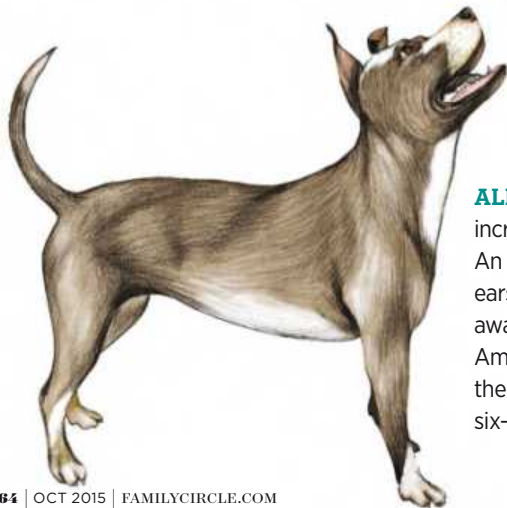
FRIENDLY There's the pointed-ears and wiggly-body "I'm feeling happy" look!



PLAYFUL We all know the "Really, you should drop everything and throw me that ball" look, known as the play bow position.

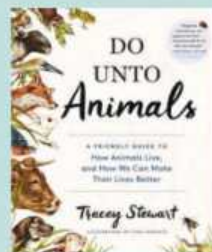


ALERT Dogs have an incredible sense of hearing. An erect neck and perked-up ears tell us that they are well aware of what's going on. Amazingly, dogs can locate the source of a sound in six-hundredths of a second.



ABOUT THE AUTHOR

Tracey Stewart and her husband, Jon, live in New Jersey with their children and 14 rescued animals. She is a former veterinary technician. This excerpt is from her book, *Do Unto Animals* (Artisan Books).





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- 2** Always place heavy objects in the lowest drawers.
- 3** Remember to never put a TV or other heavy objects on top of a chest of drawers or any furniture not intended for use with a TV.
- 4** Never let children climb or hang on drawers, doors or shelves.

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BY CHRISTINA TYNAN-WOOD

Higher-Ed Help

Harness the power of the web for a post-high school plan.

Asking my teenage son Cole where he wants to go to college rarely yields anything more than a who-cares shrug. But, see, I know that move. He's trying valiantly to convey a mix of boredom and disinterest, while in reality, he's so overwhelmed by all the options and petrified of rejection that he just wants the question to go away. As a rule, he's good at figuring stuff out, having grown up in the age of Google. However, his beloved search engine can't tell him what he should do after high school. So after the most recent round of averted eyes and noncommittal answers, I offered to go online with him and see if we could make some headway. In our eyes, these websites made the grade for ease of use, depth of info and generally making the search process less stressful and simpler to manage.

UNIVERSITY RESEARCH AND REVIEW

urandr.org

Like a digital version of an old-school college admissions counselor, this site asked a series of questions designed to help Cole identify his abilities, interests and goals. A couple of days later, a follow-up email suggested possible areas of study and colleges to consider. Interestingly, that part wasn't all automated—a human analyzed the data and made personal suggestions.

KHAN ACADEMY

khanacademy.org/college-admissions

Admittedly, we were huge fans of Khan

Academy to begin with, having studied all sorts of topics on the mighty learning site since its launch in 2008. Khan did not disappoint in this particular arena, offering a fantastic online resource that covered how to navigate the college application process and then some: writing a killer application essay, lining up financial aid and more. It was the perfect big-picture overview we needed.

EDX.ORG

Here my son got a taste for what college could be like by virtually sitting in on classes at top-tier universities (Harvard, MIT and many others). There are also options for remedial learning to shore up weak subject areas and AP test prep.

CHEGG.COM

We deemed this an absolute must for college applicants. Most noteworthy in our eyes was an option called Chegg College Admissions, which lets applicants build a portfolio to showcase themselves beyond standardized test scores—especially important for kids whose numbers might not be quite up to par. Also, Chegg Tutors offers useful one-on-one help, with fees starting at just 50 cents a minute.

CAPPEX.COM

This site offers more than a million campus reviews by students who've actually attended the schools, plus the ability to calculate realistic chances of admission by adding key academic details to a user profile.

PARCHMENT.COM

Worthwhile admissions tools are coupled with the capability to manage academic credentials (such as transcripts) online so they can be sent easily and shared securely.

✎ **WRITER CHRISTINA TYNAN-WOOD** is the mom of two teenagers and lives in California's Silicon Valley in order to be closer to the tech action. Learn more about her at christinatynanwood.me.



HORIZON

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Blend of organic milk and real fruit

Real organic cheese

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10 WAYS TO SAVE \$200

No time for store hopping, price scanning or extreme couponing this month? Try these simple, smart strategies instead.

1 / Commit to bringing lunch to work every day for a week.

Throw together an extra sandwich while prepping your kids' lunches, or pack up last night's leftovers. You'll be eating healthier and cutting your take-out tab. Get your spouse to join in for double the savings.
YOU SAVE: \$50

2 / When your printer runs out of ink, **take the original empty cartridge to Costco, which will refill for members for up to 70% less than buying new.** You can also purchase remanufactured cartridges, which have been recycled and refilled, from Office Depot or Cartridge World at a discount.
YOU SAVE: \$8.70

3 / Consider moving your checking account to a no-fee bank provider, like Capital One 360 (home.capitalone360.com) or Ally Bank (ally.com). These digital banks don't charge the usual \$154.44 in

annual fees typical of other providers, and they offer great additional perks, like interest-accruing accounts.
YOU SAVE: \$12.87

4 / You may be paying for too much data on your family wireless plan—on average, people use less than 2GB per month. **Check your family's usage on the bill, and consider switching to the data threshold below your current one** (say, from 10GB to 6GB on Verizon Wireless). Apps like My Data Manager (Android, iOS, free) can send notifications if you get close to your limit.
YOU SAVE: \$20

5 / For cheap reads, **subscribe to BookBub** (bookbub.com). They'll send you daily ebook deals and freebies curated to your personal taste. Many are as cheap as 99 cents—less than the cost of a paperback—and you won't have to deal with library waiting lists.
YOU SAVE: \$14.49

6 / If your contract allows it, **temporarily suspend your gym membership** and take your workout outside for the month. Visit familycircle.com/walking-workouts for exercise ideas, and consider enlisting a friend to join you and keep you motivated.
YOU SAVE: \$58

7 / Go eco and **switch 10 of the most-used lights in your home to Energy Star CFL bulbs.** Most CFLs pay for themselves in energy savings within nine months, and they last longer than the incandescent bulbs you're replacing.
YOU SAVE: \$3

8 / **Plan one dinner a week using only what's already in your fridge and pantry,** says savings expert Stephanie Nelson of CouponMom.com. "About 25% of a family's grocery spending is wasted on spoiled food," she says. Then try the USDA's free FoodKeeper app (Android,

iOS) to track the expiration dates on perishables and avoid further waste.
YOU SAVE: \$47.28
(For a family of four)

9 / **Buy household basics—we tried pet food and toilet paper—in bulk through Amazon's Subscribe and Save.** Schedule a regular delivery of a certain item to arrive when you need it, with free shipping. The more items you subscribe to, the more you save—up to 15% extra off your order.
YOU SAVE: \$13.36

10 / On your next stop at the gas station, **take a moment to check your tire pressure and refill accordingly.** Do this once a month and you can improve your mileage by 3.3%.
YOU SAVE: \$4.61

YOUR MONTHLY TOTAL:

\$232.31

Additional reporting by Abby Kass



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PROCEED WITH CAUTION

Keep this list handy for future reference to make your home a safe zone.



PET THREAT	WHO IT HURTS	WHY	STAY SAFE
<p>Toxic Flowers and Plants</p> 	Cats and Dogs	Lilies, daffodils, holly and some greenery contain toxins that can be harmful to certain species if ingested.	Visit aspca.org for a listing of safe and unsafe flowers and plants for your home.
<p>Batteries</p> 	Cats and Dogs	Larger batteries pose a choking hazard, while smaller ones can leak battery acid and perforate the intestine once swallowed.	Store batteries in a sealed container in a high cabinet.
<p>Pennies</p> 	Cats and Dogs	The zinc can cause anemia if eaten.	Transfer loose change to a tightly closed container.
<p>Dryer Sheets</p> 	Cats and Dogs (more commonly cats)	Pets can choke on dryer sheets, which may obstruct the bowel if ingested.	Dispose of used sheets in covered trash bins, and keep unused ones in their box out of easy reach.
<p>Floss and Thread</p> 	Cats and Dogs (more commonly cats)	Both can cause linear and twisting bowel obstruction.	Throw away floss and threads in closed garbage bins.
<p>Empty Cans</p> 	Cats and Small Dogs	When poking their heads in, pets can suffer cuts and bruises—or even get their heads stuck!	Wash cans and crush them completely before placing in a covered recycling bin.

Source: John Tegzes, MA, VMD, Dipl. ABVT



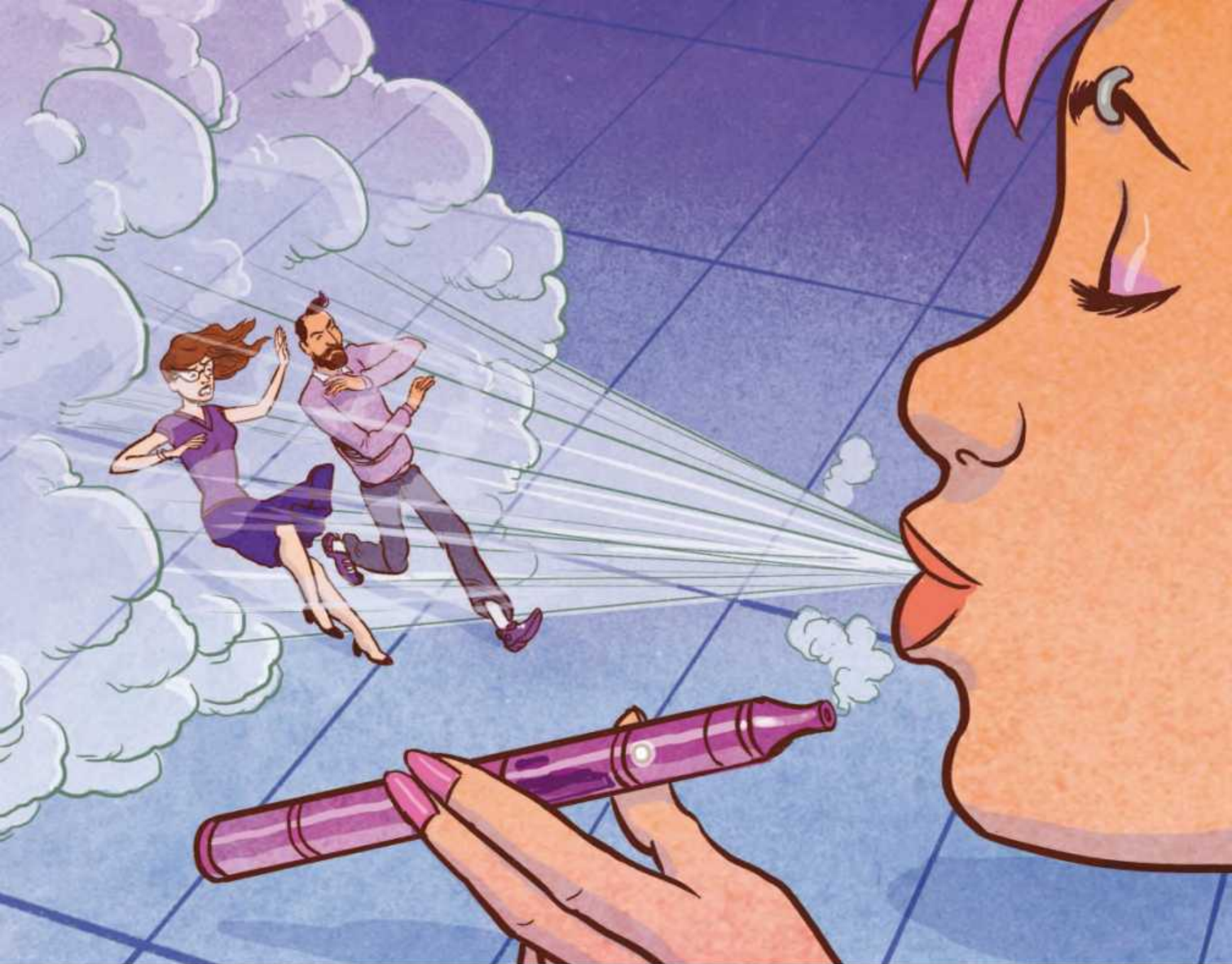
“ I’VE NEVER UNDERSTOOD
WHY MY HUMAN WON’T LEAVE THE
HOUSE WITHOUT HER LEASH.
I THINK SHE’S AFRAID OF GETTING
LOST. BUT IT’S OK, I KIND OF LIKE
SHOWING HER AROUND. ”

—HARPER
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This Is Not A **PUFF PIECE**

FIRST, THE GOOD NEWS: CIGARETTE SMOKING RATES AMONG TEENAGERS ARE AT HISTORIC LOWS. NOW FOR THE BAD: E-CIG USE IS SKYROCKETING, AND THE LONG-TERM HEALTH EFFECTS OF THESE LITTLE DEVICES ARE NOT YET KNOWN. FATHER OF FOUR **SCOTT ALEXANDER** LOOKS PAST THE SMOKE AND MIRRORS AT THE PHENOMENON KNOWN AS VAPING. ILLUSTRATION BY KOREN SHADMI

By now you've probably heard that the percentage of active smokers among us has steadily and significantly dwindled. Today nearly 16% of high-school-age kids are regular puffers, as opposed to 36% of teens in 1997. This is, in a word,

fantastic. Fewer teen smokers means fewer addicted adults down the road, and ultimately, fewer smoking-related deaths. However, in a potentially worrisome development, over the past three years there's been an almost 800% increase (yes, that's an 8) in the use of electronic cigarettes—small, battery-powered machines that deliver vapor that is far gentler than tarry, chemical-riddled smoke but still carries a hefty nicotine payload.

E-cigarettes can be flavored to taste like candy and emit a vaguely scented, superfine substance often referred to as vapor, which is actually aerosol. It dissipates almost instantaneously without telltale traces on breath or clothes. E-cigs can be used one drag at a time, allowing novices to precisely control their nicotine intake

E-cigarettes are so new that there isn't any long-term research on their health effects. But lack of available hard data now doesn't mean there's no cause for concern.

without “wasting” half or more of a cigarette before they've built up a tolerance. It's not hard to imagine an enterprising kid whipping out an e-cig in the school stairwell and grabbing a couple quick puffs on the way to geometry.

E-cigarettes are so new that there's no long-term research on their health effects. Technically, they emit lower levels of toxins than conventional cigarettes, meaning e-cig smokers inhale fewer noxious chemicals to get the same dose of nicotine. But that's only because tobacco smoke is so incredibly toxic. “When you burn tobacco, you release thousands of chemicals,” says Peter Shields, MD, deputy director of the Ohio State University Comprehensive Cancer Center. “You just don't get that in an e-cig.” This is welcome news to long-term smokers looking for a safer alternative, but it's hard to ignore the feeling that these devices might make it significantly easier for kids to pick up a lifelong addiction. Are e-cigs harbingers of a brave new

smoke-free future, or are they just the latest Trojan horse from big tobacco?

If we're going to try to answer that question, we'd better do it soon, because kids are not waiting for scientific data to be handed down by white-coated experts. Between 2011 and 2014, e-cigarette use among high school students jumped from 1.5% to 13.4%, a shockingly precipitous rise.

The uptick makes sense: E-cigarettes are new to the market and their usage level has yet to stabilize. Plus, e-cigs still enjoy a certain novelty that can't be denied. But they also provide a frighteningly gentle path to nicotine experimentation. Before e-cigs, a new smoker had to go through a highly unpleasant initiation ritual. (Perhaps you're familiar with it from your own days as a teen.) This experience typically included some combination of the following: attempting to look cool while holding something that is technically on fire, trying and failing in a valiant attempt to not inhale and start coughing like crazy in front of your friends, intentionally inhaling and turning green from the instant rush of nicotine to your brain, needing to lie down for an hour, and getting yelled at by your parents when you come home smelling like smoke.

Today, however, e-cigs come in a variety of nicotine levels and are unlikely to induce lung-throttling coughs. They have almost no lingering odor and are available in a cheerfully tempting array of flavors, including Candy Appletini, Banana Nut Bread and Unicorn Blood (described by its manufacturer as “fruity, sweet, rainbow goodness”). In fact, the names are so blatantly innocuous-seeming, it's hard to escape the feeling that vaping is tailored precisely to the immature palate and the inexperienced user. Which just seems sinister. “We're very concerned with these devices becoming an initiation product for kids to start tobacco use,” says Paul G. Billings, senior VP for advocacy and education at the American Lung Association. “E-cigarette companies certainly have exploited this gap in regulation through aggressive marketing and promotion.”

It bears noting that tobacco isn't going down without a fight. For generations, cigarette smoking has been a powerful symbol of rebellion and adulthood. And during those yearning years on the way to maturity, kids long for such signifiers. The car. The girlfriend or boyfriend. Experimentation with drugs and alcohol. Today's kids probably know the dangers of cigarettes better than any other generation—and yet are still drawn to them, though not at the same levels as previous gens. “The romantic element of having a cigarette in your mouth is still definitely there,” says James*, a New York City high school junior who has friends that smoke, but who credits his ex-smoker parents with drilling the dangers into his head. Indeed, what better way to

*Names have been changed.

HOW TO WIN THE E-CIG ARGUMENT WITH YOUR KIDS.

Electronic cigarettes may seem relatively harmless—like toys, even. Reality: They're highly effective drug delivery mechanisms that can set your tween or teen up for a lifetime of nicotine addiction and disease. Luckily, your kids are smart. Give them the facts and they'll do the right thing. Here are your key lines of attack and what to say.

1/ APPEAL TO SCIENCE.

These devices haven't been thoroughly studied, which means we don't fully understand their effect on humans. Don't put anything into your body if you don't know what it does.

2/ APPEAL TO HEALTH.

Even without smoke, nicotine is a powerful stimulant that raises blood pressure, elevates heart rate and causes arteries to narrow. Does that sound like something that's good for you?

3/ APPEAL TO VANITY.

"Smoker's face" is a well-documented phenomenon that occurs over many years, causing wrinkles and crow's-feet around the eyes. Research has shown

that smoking may increase production of an enzyme that breaks down collagen, causing skin to sag. You know where you'll find some of the stuff that's in cigarettes? E-cigarettes. Think about it. (The Internet can give you lots of good visual ammunition for this particular chat.)

4/ APPEAL TO HUMAN STUPIDITY.

People had been smoking cigarettes for decades before we realized they were killing us. Don't be part of the next wave of chumps.

5/ APPEAL TO FREEDOM.

As long as you're addicted to something—anything—you're not free. Being an addict limits your life in a

completely avoidable way. Want to know why people kill themselves with cigarettes? Because they can't handle withdrawal. Don't paint yourself into that corner.

6/ APPEAL TO STICKING IT TO THE MAN.

Big tobacco is one of the most maligned industries in the world, with a history of win-at-any-cost tactics. But now people are wising up and stopping smoking. So tobacco companies spent a whole lot of money buying up e-cigarette companies to stay alive. Guess what happens if no one buys their product? They don't make money.



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*Removable, Refillable Bottle
Try with our NEW Freedom
concentrated floor cleaners*



**GET SERIOUS
ABOUT CLEANING**
GET A LIBMAN® FREEDOM® SPRAY MOP



show you don't care whether you live or die than by doing something that kills about half the people who do it regularly? Your parents may have given you a car. They may think your significant other is charming. But they most certainly do not approve of your smoking habit. After all these years, there is still no faster way to affect a "cool" outsider stance than to light up a butt.

Thankfully, the romantic self-image cigarettes confer does not appear to extend to e-cigarettes. In the course of reporting this piece, I spoke with several teens about nicotine use in their peer groups. My findings are, of course, purely anecdotal. They were also strikingly consistent. Every teen I spoke with (all of whom were in either 10th or 11th grade) said that conventional cigarette smoking in their school, while on the decline overall, was very much alive within the edgy, outsider-y crowd to which it has always appealed. All of them estimated that around 10% of their classmates were regular smokers and that another 5% did it occasionally. Most interestingly, all of them also reported that e-cigarettes were seen as "babyish," "immature" or "a toy." Although that conclusion conflicts with 2014 CDC findings stating that e-cigs are more commonly used by high schoolers than conventional cigs, 13% versus 9%, Colorado high school junior Ashley* was pointed. "You look kind of dumb

SURVEY SAYS

WE ASKED MEMBERS OF THE NATIONAL ASSOCIATION OF SECONDARY SCHOOL PRINCIPALS WHETHER THEY THOUGHT KIDS BELIEVE E-CIGARETTES ARE LESS DANGEROUS THAN TRADITIONAL TOBACCO VERSIONS.

88% SAID YES.

smoking a little plastic tube," she stated. "No one's going to say you look cool doing that."

E-cigarettes simply do not provide the same forbidden thrill as conventional smoking, it seems. Based on the students I spoke with, kids are still ducking out a side or back door to huddle by the the school Dumpster for a puff between classes. But anyone who pulls out a vape pen is likely to be laughed at.

Which is not to say that e-cigs don't have their place on the child rebellion spectrum. It's just that, dismayingly, that place would appear to be middle school. My teen interviewees said it's not uncommon to see seventh- and eighth-graders playing around with e-cigarettes. According to Ashley, "They're like toys, not the real thing."



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E-cigs are changing the landscape in terms of the path to nicotine addiction. Even if you think your kids are too young to try them, it's critically important to raise the issue early—by seventh grade at the latest.

Except of course, they are the real thing, at least as far as nicotine delivery goes. Alarmingly, e-cigarettes are now available for sale in most places that carry tobacco, though technically they can't legally be sold to minors except in a handful of states. E-cigs are way more potent than the conventional kind—each one typically holds as many puffs and as much nicotine as an entire pack of cigarettes, if not more. Vapor goes down a lot smoother than smoke, meaning kids are far less likely to have to endure massive coughing fits when they start vaping. And pretending to puff continues to come naturally to kids. Shields says smoking is still very much ingrained in the way kids experience the world. "A typical fifth-grader will tell you all the bad things about regular cigarettes," he says. "But if you hand them a candy version, they'll start pretending to use it." What if it puffed out big plumes of smoke that tasted like gummy bears?

Making this territory even more difficult to navigate is the lack of definitive info available. Anti-smoking activists have tried their best to play up the negative health effects of e-cigarettes while the pro-vaping camp has done the opposite. The truth is that solid research on these devices is only in the early stages. At the moment, consensus seems to be that propylene glycol and vegetable glycerin, the two main ingredients in e-cig vapor, are safe for most people when used in foods and skin products. However, what happens to the lungs when these compounds are heated and inhaled is not yet known. What has been studied extensively, of course, is nicotine.

Anti-smoking crusaders tend to reflexively distrust anything to do with nicotine, along with anything big tobacco companies say. This distrust is well-earned. The hijinks of cigarette manufacturers during the 50 years since the Surgeon General's 1964 report on smoking has been nothing short of astonishing, and millions of preventable deaths could be laid at their door. But this is not a matter of trust, it's a matter of science. In large doses, nicotine is indeed toxic. And very addictive—which is a huge concern, especially when kids are factored into the equation. Ninety percent of adult smokers started their habit by the age of 18. "Smoking is really an adolescent disease that kids bring forward into adulthood," says Shields. "Addiction happens over time, and the high school to college years are when that really gets cemented."

Some kids are going to smoke in high school. This is not news. But e-cigarettes are changing the landscape in terms of the path to nicotine addiction. Even if you think your kids are too young to try e-cigarettes, it's important that you bring it up with them early—by seventh grade at the latest. Be honest and be factual. Tell them that it took humans a long time to figure out that smoking kills. Explain that e-cigarettes are new and thus haven't been around long enough for us to know their true effects. Explain why e-cigarettes were invented: as a way for addicts to control their habit. Kids experimenting with them was never the plan. Remind them that anyone who is using e-cigs to avoid smoking today probably started smoking in his or her teens and is now willing to try anything in order to be able to quit the unhealthy, expensive habit for good. Bring up the fact

that for decades, big tobacco systematically targeted children as new smoking recruits and just how truly evil that is, given that about half of those children died before they had to. Make sure they know that the same stuff that's in old-school cigarettes is in e-cigarettes and that addiction is a very real possibility.

Open up the dialogue without judgment about their behavior or that of their friends. If you uncover that they've experimented with e-cigs or even real cigarettes, avoid getting upset or issuing knee-jerk punishments. You will become the enemy, and once that happens you will lose your information privileges. It's worth remembering that e-cigarettes don't come with the obvious telltale signs of smoking. If your children wanted to hide e-cig use from you, it would be distressingly easy to do so.

Remember also that the social side to the smoking/vaping equation is incredibly important. They may have questions about how to handle hanging-out situations where other kids are smoking or vaping. There's a good chance you won't need to struggle to convince them that conventional cigarettes are bad for you, but it's important to maintain your credibility with them by not overblowing the dangers of e-cigs. Nicotine has been thoroughly researched and is most assuredly addictive.

Let them know that you're in their corner and they can always come to you for advice without fear of reprisal. Talk honestly about your own experiences as a teen encountering smoking for the first time. Emphasize the fact that they are the only ones responsible for their decisions now, and that you just want to make sure they have the knowledge they need to make the right ones. Remind them that in a few short years they will be out on their own in college, operating almost entirely unsupervised. Reinforce the fact that adulthood is way too much fun to compromise it with addiction and unnecessary disease. Life is full of enough health challenges without taking on voluntary ones. Most importantly, avoid getting into an adversarial stance around smoking and vaping if at all possible. Because teens might not be experts in decision making, but they are the undisputed champions of tuning out unsympathetic voices.

If you can keep them off nicotine until they're 18, your kids' chances of becoming adult smokers diminish overwhelmingly. If they make it past the age of 25, the data say it's likely they will not start smoking. Remember what we learned from Shields at Ohio State: "Smoking is a disease of adolescence." We parents provide the best shot at a cure.

97%
of school administrators believe e-cigarettes should be regulated similarly to conventional cigarettes.

Source: National Association of Secondary School Principals (NAASP)

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EAT THIS, BEAT THAT

Turns out you can get a second chance to put your health first. Follow this research-driven advice for a do-over that does right by your body.

By Stacey Colino

PHOTOGRAPHY BY THE VOORHES

DINE ON DISHES
THAT FOLLOW
THIS FEATURE'S
ADVICE WITH
THE RECIPES ON
PAGE 128.



For millions of women, this story will be a wellness wake-up call. That's because in recent years, the numbers that define "normal" when it comes to blood sugar, bone mass and blood pressure have shifted. That leaves many of us in the new and perilous position of having a "predisease": You don't officially have diabetes or hypertension, for example, but you're teetering on the edge of a diagnosis. "More than anything, these prediseases are a warning that you should make healthy lifestyle changes—like diet and exercise—now before a more serious issue develops," says preventive medicine specialist Alex Krist, MD, MPH, an associate professor of family medicine and director of community-engaged research at the Virginia Commonwealth University Center for Clinical and Translational Research. Because these conditions are usually silent (meaning no red-flag symptoms), it's easy to be unaware of or ignore the quiet peril they pose. Until now. Fight three of the most common precursor conditions we uncovered with our risk-reversing guide.

PREHYPERTENSION

If you thought 120/80 was a good BP, we're sorry to say you're wrong. It's actually the beginning of a danger zone. Prehypertension is defined as systolic pressure (the top number) between 120 and 139 mm Hg or diastolic pressure (the bottom number) between 80 and 89 mm Hg.

•••

WHO HAS IT? A shocking one in three adults in the U.S., probably due to high obesity rates, our sedentary lifestyles and smoking.

HOW TO MONITOR IT Have your blood pressure measured at least once every two years—more often if you discover you're in risky territory.

"Prehypertensive blood pressure causes damage to your arteries that leads to even higher levels of blood pressure. It's a snowball effect," explains Dylan L. Steen, MD, director of clinical trials and population health research at the University of Cincinnati College of Medicine. "Without intervention, most people who have prehypertension will eventually develop hypertension." Simply having the precondition increases your chances of heart attack, stroke and kidney disease.

PLAYING DIETARY DEFENSE We may not be able to stop your blood pressure from soaring whenever your kid leaves clothes on the floor instead of in the laundry basket. But we can make yelling "Dinner's ready!" a key to lowering your numbers. "Blood pressure can drop up to 20 mm Hg just with lifestyle changes, like diet and exercise," says Steen. With its high content of the key minerals potassium, calcium and magnesium, the DASH (dietary approaches to stop hypertension) diet is a triple threat against high blood pressure. The proven plan is rich in fruits, vegetables, whole grains, poultry, fish and nuts, and low in sodium,

saturated and trans fats, and sugar. Ditto the Mediterranean diet, which studies show also brings down pressure.

Regardless of the meal plan you choose, aim for five servings of fruits and vegetables per day. If you're using canned veggies, beware that there may be sneaky sodium—fresh or frozen are better choices in this respect—so rinse those veggies before eating or heating them. Having a culinary attitude of gratitude also helps. Experts say you're more likely to be a diet success if you focus more on what you *can* have (like grilled salmon, a healthy Waldorf salad) instead of what you should avoid (surprising salt traps like frozen pizza).

GO-TO SNACK Blueberries and low-fat Greek yogurt. According to a new study in the *Journal of the Academy of Nutrition and Dietetics*, consuming blueberries on a daily basis reduces systolic and diastolic blood pressure in postmenopausal women with prehypertension. Greek yogurt is loaded with BP-calming calcium and potassium.

IDEAL DESSERT A square of dark chocolate. A study from the University of Indonesia found that when people with prehypertension ate 30 grams (just over 1 ounce) of the delicious indulgence per day, they experienced a significant decrease in their systolic blood pressure after 15 days.

LAST CALL If you consume alcohol, stick with one drink per day (the definition of moderate for women). Overdoing it contributes to high blood pressure.

Movement Rx

Unroll a mat. A 2015 study from India found that **doing 12 weeks of yoga helped people with prehypertension reduce their blood pressure significantly and return it to the normal zone.** And even if you'd rather not strike a pose, doing any aerobic exercise for at least 40 minutes three to four days a week can help lower your numbers.

PREDIABETES

Also called impaired fasting glucose (IFG), this condition occurs when glucose levels fall between 100 and 125mg/dl—higher than normal but not elevated enough to be diabetes (126 or above).

•••

WHO HAS IT? One in three American adults, with risk factors including being overweight, having a personal history of gestational diabetes and having a family history of type 2 diabetes.

HOW TO MONITOR IT Your fasting blood sugar should be checked every three years starting at age 45, earlier and more often if it's elevated or you're at risk. "If you have prediabetes, you have an up to 10% higher risk of developing type 2 diabetes every year if nothing is done to prevent it," says Joel Zonszein, MD, a professor of clinical medicine at the Albert Einstein College of Medicine. Preliminary research from the University of Wisconsin-Madison suggests prediabetes may have negative effects on the brain, impairing its ability to respond to stress. Alone, the condition raises your chances of heart attack, peripheral artery disease and more.

PLAYING DIETARY DEFENSE Sticking with complex carbs (think veggies, whole grains and fruit) plus moderate amounts of lean protein may reduce your blood sugar. "Consider covering half your plate with fruits and veggies, a quarter with whole grains and a quarter with lean protein," says Hillary Wright, RD, author of *The Pre-Diabetes Plan*. Some specific foods to add to your grocery list: beans (black, garbanzo, kidney), leafy greens (spinach, kale, chard), berries (blueberries, raspberries), tomatoes, salmon and other fish rich in omega-3 fatty acids, and nuts and seeds.

GO-TO SNACK A handful of pistachios. A 2014 study from Spain found that regular consumption of pistachios reduces fasting blood sugar and insulin levels in people with prediabetes.



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PERFECT BREAKFAST A serving of oatmeal with a tablespoon of walnuts and raisins and a teaspoon of cinnamon. Research from Ball State University found that adding cinnamon to hot cereal leads to a slower rise in blood sugar after the meal, which helps with overall blood sugar regulation.

SPICE SURPRISE Consider sprinkling a little turmeric into your next meal. The yellow powder reduces blood glucose in people with prediabetes and diabetes, according to several studies.

Movement Rx

HIIT it! The best form of exercise is the one you'll do regularly—and by regularly, we mean 150 minutes a week. But some experts say a lower dose of **high-intensity interval training (HIIT)—brief bursts of vigorous exercise, followed by bouts of lower intensity**—gives you the best bang for your exercise buck. In fact, research from McMaster University in Canada discovered that after just one session of HIIT, blood sugar levels were significantly decreased for 24 hours among people with prediabetes and type 2 diabetes. “Your muscles are like a sponge that absorbs glucose after exercise,” explains Jonathan Little, PhD, an assistant professor in the School of Health and Exercise Sciences at the University of British Columbia's Okanagan campus. “When you do HIIT, as opposed to steady walking, for example, you call upon more muscle fibers to do the work. So you have a larger sponge to drain glucose.”

OSTEOPENIA

A precursor to osteoporosis, this condition is a warning that your bones are becoming brittle. Osteopenia is defined as a T-score on a bone density test (dual energy x-ray absorptiometry) that's between -1 and -2.5; osteoporosis is a score lower than -2.5.

...

WHO HAS IT? An estimated 34.5 million adults 50 years old and up in the U.S. suffer from low bone mass—and most of them are women. A family history of osteoporosis and a personal history of eating disorders, smoking and taking medications that decrease bone mass (such as PPIs, SSRIs, anti-seizure drugs, corticosteroids and aromatase inhibitors) up your risk.

HOW DO YOU SPOT IT? Ask your doctor about bone density testing if you break a bone after age 50, you're over 65 or you're menopausal and have risk factors (like a previous fracture). “As you approach menopause, you lose more bone,” explains Felicia Cosman, MD, senior clinical director of the National Osteoporosis Foundation. “The lower your bone density is, the more you need to pay attention to it.” Osteopenia and osteoporosis live on the same continuum, with osteopenia on the milder side. But that doesn't mean it's benign. Decreased bone density increases your risk of suffering a fracture from a minor fall

(from standing height), a hug or a run-in with a piece of furniture.

PLAYING DIETARY DEFENSE Load up on nutrients crucial for bone integrity: potassium (there's plenty in winter squash and sweet potatoes), magnesium (you'll find high amounts in almonds and beets) and vitamin K (try dark greens like collard greens and Brussels sprouts). Just watch out for calcium-sapping sodium. The National Osteoporosis Foundation recommends reducing your salt intake to a max of 2,400 mg per day. And, no surprise, make a concerted effort to get enough calcium (1,000 mg per day for women 50 and under, 1,200 mg daily for those over 50) and vitamin D (400 to 800 IU daily before 50, 800 to 1,000 mg daily after).

As for beverages, the jury is out on whether the phosphorus in cola drinks contributes to bone loss, but the carbonation is considered harmless. And no worries when it comes to your cup of joe, Cosman says, as long as you don't overdo it (max out at four per day). If you're still concerned, add milk to your coffee to mitigate the risk. And limit yourself to no more than two cocktails or glasses of wine per day.

GO-TO SNACK A handful of dried plums (okay, prunes) and a stick of low-fat cheese (loaded with calcium). New research from San Diego State University reveals that daily prune consumption helps reverse bone loss in postmenopausal women with osteopenia.

BEST VEGGIE FOR YOUR BONES Kale—it's rich in potassium and magnesium.

POWERFUL PROTEIN Research from the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University found that older adults who consume three or more servings of fish per week are able to maintain higher bone mineral density than those who dine less often on seafood. Opt for fish rich in calcium and omega-3 fatty acids (like salmon and sardines with bones).

Movement Rx

Feel the weight. Activities like walking, stair-climbing, jogging and tennis have something critical in common: They're all weight bearing. Firm up your frame by doing them at least 30 minutes most days of the week and practicing strength training at least twice a week.

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What's Wrong With Me?

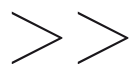
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PREVENT HER FROM GETTING
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WHEN MY SON, ZACHARY, WAS A BABY, his diapers were a constant source of conversation. I compared war stories and swapped notes with family, friends and other mothers to reassure myself that his poop was perfectly normal. And it was. But when it came to me, what happened in the bathroom stayed in the bathroom.

My lips were sealed about the fact that over the years, that little room of relief began to hold a very special place in my heart. I grew up with what I thought was a sensitive stomach. A few times a year, without predictability, one porcelain bowl became a best friend as my digestive tract turned into my worst enemy. These episodes always started with abdominal churning and rumbling that in as little as 15 minutes grew into overwhelming severe pain. Whether I had to expertly maneuver myself out of the bleachers at my high school's basketball game or give the illusion of calmly getting up from my chair during a deadline-filled day at work, I'd speedily make it to the toilet. Once there, I was never sure what I'd face: diarrhea or constipation. Either way, one trip was rarely enough, so to prevent an accident I'd stay close to the bathroom. At times I've curled up in a ball on its cool tile floor or doubled over on the toilet to try to block out the blinding aches...until the next wave of urgency hit. It could go on like this for a few hours or a few days.

When I realized I wasn't the only person in my family who spent lots of time in the bathroom, I accepted that I was doomed to this fate. But to protect my pride, I still kept my episodes a secret. Who wants to call in sick from



work or cancel a date at the last minute with the excuse that they can't be more than 5 feet from the bathroom? Instead, I blamed my disappearing acts on less humiliating ailments like migraines, sudden colds and possible bouts of food poisoning. In my early 20s I experimented with eliminating certain foods from my diet, built me-time into my schedule to de-stress and clocked eight hours of sleep a night. Nothing made a difference. However, I did discover that eating foods like broccoli and granola seemed to send my stomach into a rage in the first few days after an attack, so I started avoiding them.

By the time I was 23—having suffered for about seven years—I'd had enough. An excruciating episode timed to my period (as happened occasionally) sent me to the gynecologist for a cure. He gave my illness a name: endometriosis, even though I didn't have excessive bleeding or consistently painful periods. Over-the-counter pain relievers and birth control pills were prescribed but they didn't help. I tolerated a handful of difficult days and

“I, unfortunately, sent a message to my son that it's okay to lie if you're embarrassed.”

nights in the bathroom over the next year until a new symptom commanded my undivided attention: bloody diarrhea. I called my PCP and within minutes of walking into his exam room, I had an accurate diagnosis: ulcerative colitis (UC), a chronic inflammatory bowel disease of the large intestine (colon) and rectum that affects around half a million Americans. (So much for thinking it was my stomach!) He gave me the name of a gastroenterologist who, after analyzing my stool samples, x-rays and blood tests, confirmed his conclusion.

“Parents, siblings and children of people with inflammatory bowel disease have an increased risk of developing UC, but genetics alone are not enough to cause it,” says gastroenterologist James

D. Lewis, MD, a professor at the University of Pennsylvania's Perelman School of Medicine and chief scientist of the Crohn's & Colitis Foundation of America's IBD Plexus research initiative. An overactive intestinal immune system and foreign substances in the environment may contribute to the onset of the disease.

My doctor prescribed steroids and antibiotics for a few weeks to tame my symptoms and get me into remission. Most people need daily medication to control UC, but except for a few relapses, I was fine for almost 15 years. Then right before my 40th birthday my old nemesis returned. More than a decade of remission meant I'd never had to deal with telling many family and friends about my condition. So my relapse sent me back to spinning lies—only this time I made my spouse an accomplice. “Gina's not feeling well,” Rob would offer up when we arrived late to dinners with his family. “Gina has a bad headache,” he'd say when I skipped a birthday party.

But my son, Zachary, began to question our cover-ups. When he was in junior high, I missed a family function due to a bad attack and he asked me, “Mom, why do you lie about being sick?”

My immediate response was “I don't.” But then I realized that years of excuses about headaches that weren't really happening and dangling the idea that I might have a touch of the flu sent my son mixed signals and set a terrible example. Moms guide their children to tell the truth, no matter the consequences. But I, unfortunately, sent a message to my son that it's okay to lie if you're embarrassed.

Rob and I explained to him that our fibs were wrong, even if they were meant to protect privacy and spare shame. I started being honest with friends and family, offering the brief explanation “I have ulcerative colitis” without divulging bathroom details. But it took three more years of agonizing episodes before I was honest with my MD and went for an appointment. Denial and stubbornness led me to try to self-medicate with probiotics, herbal remedies, clear liquid diets and an emergency stash of Jell-O (the only thing that goes down easily during flare-ups). I convinced myself

How to Get Diagnosed—Despite Yourself!

RECOGNIZE THE RISK. Delaying treatment didn't just put me on the sidelines of life; it also could have compromised my health. Untreated ulcerative colitis left me at risk for colon surgery, arthritis, colon cancer and even mental health issues like anxiety. “The longer you wait, the less likely some ulcerative colitis medications are to be effective,” adds gastroenterologist Sonia Friedman, MD, an associate physician at the Crohn's and Colitis Center at Brigham and Women's Hospital near Boston.

ACCEPT IMPERFECTION. We all have moments when we feel like our bodies are betraying us, but why put up with symptoms when you can actually fix them? “Almost half of people with ulcerative colitis are in remission,” says Friedman.

WRITE IT DOWN. If you're too embarrassed to tell your doctor your symptoms out loud, email them or share them on paper instead.

that my will was somehow stronger than the disease. It wasn't. I gritted my teeth through episodes until the night I had to pull my husband out of a friend's birthday party because an attack was brewing and I was reluctant to use someone else's bathroom. I immediately set up an appointment with my doctor. A short course of steroids coupled with anti-inflammatory drugs helped me once again achieve remission, which I've been in since 2012.

There are no do-overs in life. But when I look back on all the joy I've missed—leaving baby showers early, sleeping on my bathroom floor, skipping dinner parties—I'm filled with regret. I shouldn't have waited to seek treatment and should have questioned my misdiagnosis. I've promised myself that if I ever relapse, I won't go back to making excuses. I'll make an appointment.

WHERE TO LEARN MORE Crohn's & Colitis Foundation of America ccfa.org, American Gastroenterological Association gastro.org, National Institute of Diabetes and Digestive and Kidney Diseases niddk.nih.gov

HOW I GOT MY KID TO BE HEALTHY



STOP WORRYING ABOUT WHETHER YOU'RE INSTILLING GOOD WELLNESS HABITS AND TRY SOME OF THESE TRICKS TO END FIGHTS OVER JUNK FOOD, BEDTIME BATTLES AND MORE.

By Michele Bender

PHOTOGRAPH BY DARRELL EAGER

Kids who live in neighborhoods with easy access to junk food eat it more often.

...

Most teens don't get the recommended 8 to 10 hours of rest per night.

...

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When our pediatrician asked about my 13-year-old daughter's diet last month, as a health writer, I couldn't wait to boast: Avocados are her favorite food, she doesn't like sweets and she's had only one soda in her entire life. That's when I was served a slice of humble pie: "Lily doesn't get enough calcium," the pediatrician noted. To say I was embarrassed is an understatement. To say I wasn't surprised would be quite accurate. Lily doesn't like

milk, turns up her nose at yogurt and pushes broccoli right off the plate. Getting her to eat calcium-rich foods has been an exhausting uphill battle—one I'd initially given up years ago. And I'm not alone. Plenty of great moms let good intentions go awry with kids who stay up too late or endlessly munch on junk food. But we don't have to. With some creativity (Greek yogurt pancakes) and an intro to kale, I helped Lily change her calcium tune. See how three other women went from wimpy moms to well-being warriors courtesy of a little perspective-shifting advice from our experts.

"My son won't go near produce!"

Melissa Berman just can't get her 13-year-old, Max, to touch fruits or veggies. Instead, he eats doughnuts, pizza or ice cream while walking home from school with friends. "Once, they went to the movie theater just to buy corn dogs," says this New York City mother of two. "They weren't even seeing a movie." Melissa was racked with guilt over her kid's junk food habit until she heard this: "You can't really control a teenager's food choices when he's out," says Lisa Young, RD, adjunct professor of nutrition, food studies and public health at New York University and author of *The Portion Teller Plan*. "Instead, focus on what he eats at home." Once Melissa bagged the guilt, she used these tips to make produce progress with Max.

Trick them with texture. Mimic chips and dip by serving cut-up veggies and hummus or guacamole at home. "Opt for juicy, crunchy jicama or sweet orange, yellow or red peppers," suggests Young. Steamed or baked asparagus sprinkled with Parmesan satisfies savory cravings. "Though I had to put them out a few times, Max eventually tried and liked the veggies because they still had the satisfying crunch and flavor," says Melissa.

Sweeten the pot. Try whipping up a smoothie with frozen fruit. Spread frozen banana slices with peanut butter or dip them in chocolate sauce and roll them in sprinkles. "Even simple frozen grapes and blueberries satisfy a sweet tooth," adds Young. So can dried fruit. Think beyond ho-hum raisins and opt for dried tropical treats like pineapple or mango. "Even though plain fruits didn't tempt my son, he eagerly ate the frozen bananas," Melissa says.



Our mom tester made her son feel like he was eating chips and dip with much healthier but still-crunchy alternatives.

Get ready to mingle. "Mix foods your child already likes with healthy ones," suggests Young. For example, stir-fry steak (which Max loves) with a frozen medley of broccoli, corn and peppers. Or add veggies to his favorite soups. "I thought Max would pick out the veggies, but he actually ate them because they had the same flavor as the meat," says Melissa.



Peach Cobbler

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- ½ cup fresh peach slices
- ½ tsp cinnamon
- 1 tsp stevia (optional)

Wait for about 10 minutes before drinking for the peach flavor to unfold.

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

Bananas Foster

- 8 Tbsp Almased
- 12 oz unsweetened coconut milk
- ½ ripe banana
- 1 tsp rum extract
- 1 tsp caramel extract
- 1 tsp cinnamon
- 1 tsp stevia (optional)



Cocoa Flax

- 8 Tbsp Almased
- 12 oz unsweetened coconut milk
- 2 tsp unsweetened cocoa powder
- 1 Tbsp ground flaxseeds
- ½ tsp nutmeg
- 1 tsp stevia (optional)



Lemon Drop

- 8 Tbsp Almased
- 12 oz water
- 2½ tsp lemon extract
- 1 tsp flaxseed or walnut oil
- 1 tsp stevia (optional)



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“My son drinks too much soda!”

Lonni Farina is proud that her 16-year-old is a hardworking high school basketball player. But she’s not particularly proud of his sugary-drink habit. “Sometimes Ty has soda first thing in the morning. And on weekends and in the summer he’ll have at least three cans a day,” says this mom of two from Monroe, CT. “At the drive-thru, he’ll get an extra-large soda. At the movies, it’s a Slush Puppie.” Though he’s fit and slim, this isn’t healthy. “One can of soda can have 10 to 12 teaspoons of sugar,” says nutritionist and diabetes educator Deborah Malkoff-Cohen, RD, founder of City Kids Nutrition in New York City. “Not only is this bad for his teeth and liver, but excess sugar puts you at risk for weight gain and diabetes.” Ty is now sipping healthier thanks to Lonni’s new strategies.

Shift the focus. “Motivate your child with something that matters to him,” says Malkoff-Cohen. Because Ty cares about his body when it comes to sports, explaining how soda’s sugar and



This surprising swap has far less sugar than the regular morning beverage of choice for our tester’s son.



chemicals affect him was helpful. “We talked about sugar being linked to obesity and therefore cancer,” says Lonni. “This hit home since we have two good friends battling cancer.” That night Ty asked for water with dinner instead of soda.

Fizz it yourself. “Add flavor to seltzer or a SodaStream drink,” says Malkoff-Cohen. “Playing around with concoctions or finding online recipes can be a fun experiment.” Making your own fizzy beverages is also healthier and less expensive. Because Ty loves Dr Pepper, Lonni stirred up seltzer with her SodaStream and added two ounces of vanilla soda and a drop of cherry juice. “He thought it was okay, but more than that, it was great for us to consider an alternative that could become a healthy favorite,” says Lonni.

Make a smarter swap. Because he’s drinking soda throughout the day, Ty isn’t sleeping well at night and Malkoff-Cohen suspects he’s using soda as a pick-me-up in the morning. Instead, she suggests he get his jolt from java (which Ty also drinks) because the Dr Pepper Cherry Vanilla he loves has 63 grams of sugar (16 teaspoons) in a 20-ounce bottle. “A cup of coffee with 2 to 3 teaspoons of sugar is the lesser of two evils. If he sticks to one cup, it’s fine even though he’s a teen,” says Malkoff-Cohen. Ty liked having coffee in the morning with a little sweet cream.



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A new kind of journal got our tester's daughter excited about paying attention to her zzz's.

“My daughter will not go to sleep!”

Getting her two kids to eat healthy foods is tough even for dietitian **Julie Laffer**. But the real challenge is getting her 10-year-old to bed. “She fights me when I say it’s bedtime and wants to stay up late to play games on the iPad or watch TV,” says this mom from Los Angeles. “It’s exhausting!” Unfortunately, what happens at night spills over into the a.m., making it difficult for Julie to get Maya out of bed. “For children, the deep stage of sleep is especially important because it’s when growth hormone surges and physical maturation happens,” explains internist and sleep medicine specialist Amy Aronsky, DO, medical director for CareCentrix in Hartford, CT. Julie found peace at bedtime with this sound advice.

Revise their routine. The majority of electronic devices (e-readers, tablets, computers and TVs) emit a blue light that sends a wake-up signal to the brain and prevents natural sleep. “Turn electronics off two hours before bed to allow the brain to wind down and prepare for lights-out,” suggests Aronsky. Ideally, opt for a paper book, and if your child must pick one device, TV is best because we sit farther away from its blue light than we do from tablets, phones or e-readers. “It was hard to get Maya to read an actual book, but she did watch TV instead of the iPad so it’s a start,” says Julie.

Clear the clutter. Even when Maya snoozes, her bed is often home to her favorite things—a piano keyboard, markers, dolls, brushes, portable electronics. Unfortunately, this keeps her bed from being a sleep sanctuary. “Clutter on the bed can be another distraction, cause discomfort and limit good rest,” says Aronsky. “The night Maya cleared off her covers, she slept longer, but two days later it was back,” says Julie. “Still, this is definitely something good we’ll be working on.”

Track her zzz’s. Aronsky suggested Maya keep two journals: a “worry journal,” where she’d dump the things swirling in her mind before she hits the sack, and another for tracking her sleep/wake schedule, recording her energy level and noting how she feels in the morning. Maya actually found tracking her sleep fun. “And I liked it because it inspired her to argue less about going to bed,” says Julie.

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Jennifer Garner wears sunscreen every day,
no matter what the weather says.

UVA rays can pass through clouds, haze, even windows. During your life, the more unprotected exposure you get, the greater your risk of developing skin cancer. In fact, 1 in 5 Americans will develop skin cancer in their lifetime. Protection and early detection are the key to survival.

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Fun and (Fitness) Games

Add an exciting spin to exercise with these family-friendly workouts.



IF YOU'RE LOOKING TO

SHAKE IT Try *Cize* (beachbody.com, \$60), which makes 40 minutes of cardio feel like a dance party. Created by Shaun T, the celeb trainer and professional dancer behind Insanity fitness plans, the set includes six routines on three DVDs. Motivating instructors break down the choreography so everyone can follow along, and it's synced to an upbeat soundtrack of today's hits.

IF YOU NEED TO TONE UP

Stream *Animal-Themed Total Body Boot Camp* on Grokker.com (\$10 per month for premium membership). Trainer Jaime McFaden leads you through exercises such as bear crawls, which shape your backside, kangaroos, to sculpt lean legs, and crab walks, for firming your abs and arms. Think of it as a game of charades, but with more sweat and muscle building.

IF YOU WANT TO SPICE UP STROLLS

Download *The Walk* (Android and iOS, \$2.99), especially if your teen loves video games. Besides recording your activity, this app features an audio narrative that leads you around the UK to deliver a world-saving package. Put your phone on speaker for the whole family to hear and you'll all double your step count searching for clues and earning rewards.

3 OUT OF 4

parents send their children to school sick. Even more adults, approximately 93%, go to work when they're feeling under the weather. While it can be tough to stay home, going out only makes it more likely that you'll get others sick.

SOURCE: PURELL SURVEY

FOOD PREP

In a recent Cornell University study, those who ate a healthy snack—in this case, an apple—just before heading to the supermarket bought 25% more fruits and veggies than individuals who did not have a beneficial bite. “When people eat something they perceive as healthy, it puts them in a mind-set where they’re more inclined to buy nutritious foods,” says Aner Tal, PhD, study author and researcher at Cornell’s Food and Brand Lab. This easy trick might be the way to pump up your family’s produce intake.



GIVE THEM MORE
UNSTRUCTURE.

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YOU DECIDE WHAT THEY DRINK.

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WHICH IS BETTER?

Should I eat a granola bar on my way out the door in the morning or have a bigger breakfast at the office an hour later?

Wait until you get to work, if that still allows you to eat within two hours of waking up, says Elizabeth Somer, RD, author of *Eat Your Way to Happiness*. "Many granola bars are the nutritional equivalent of a candy bar, so you're better off skipping them," she explains. Plus, a more substantial breakfast can help you perform better and stop you from snacking throughout the day. Somer's definition of a satisfying morning meal includes a serving of colorful fruits or veggies, protein and 100% whole grains, plus a drink. At work, your best bet is a fruit, yogurt and granola parfait, which contains more real food sources than a bar. About once a week, you can treat yourself to low-fat cream cheese and lox on a whole wheat bagel—plus a banana or an apple. If you eat at home or on the go, toss yogurt, berries and ice in a blender for a nutrient-dense, portable smoothie and pair it with peanut butter on whole wheat toast.



Q&A I keep hearing about female Viagra. What exactly does it do?

Unlike Viagra, which works physically to address erectile dysfunction in men, flibanserin (or ADDYI, the brand name) focuses on getting women in the mood. The medication adjusts brain chemistry—increasing dopamine and norepinephrine while decreasing serotonin—that's linked to your libido, explains Mary Jane Minkin, MD, clinical professor of obstetrics and gynecology at Yale School of Medicine. It needs to be ingested daily before bed and may take at least four weeks to kick your sex drive into gear. A game-changer in women's health, this drug is for premenopausal women with a diagnosis of hypoactive sexual desire disorder (HSDD), says gynecologist Alyssa Dweck, MD, co-author of *V Is for Vagina*. "That's a woman who used to have normal thoughts about sex but hasn't for a long time, which is causing her distress," she explains. Before considering the medicine, chat with your doctor to rule out other desire-draining issues, like relationship problems, hormonal changes or menopause-related vaginal dryness. Also be aware of potential side effects: A small percentage of test subjects experienced dizziness, drowsiness and nausea.

Give your child Rice Krispies and see what they create.





YOUR BREAST DEFENSE

**LET OUR EXPERTS ANSWER YOUR QUESTIONS,
CALM YOUR FEARS AND STRENGTHEN YOUR RESOLVE IN
THE FIGHT AGAINST A DISEASE THAT STRIKES 230,000
AMERICAN WOMEN EACH YEAR.**

BY SHARON BOONE

ILLUSTRATIONS BY ELLEN WEINSTEIN

What you're asking

Q. How can I prevent breast cancer?

A | You can't. But you can reduce your risk. "I've seen quite a few women who felt they were doing everything in their power to prevent breast cancer develop it anyway," says Don S. Dizon, MD, a spokesperson for the American Society of Clinical Oncology (ASCO) and clinical codirector of gynecological oncology at Massachusetts General Hospital. "They were left thinking it was somehow their fault, but women should never feel blame for getting breast cancer." While several factors that make you more prone to the disease have been identified, most are beyond your control: being female, getting older and having a family history of the disease. Instead, focus on making smart lifestyle choices to decrease your chances of becoming one of the 12% of American women who develop the illness at some point in their lifetime.

1. Watch the scale. "Maintaining a body mass index between 18.5 and 24.9 is a great goal for lowering cancer risk," says Graham Colditz, MD, chief of public health sciences in the department of surgery at Washington University School of Medicine and a spokesperson for the Breast Cancer Research Foundation. A 5'4" 145-pound woman has a BMI of 24.9, for example.

2. Rally those endorphins. Whether you're sweating up a storm Spinning, swimming or taking salsa lessons, doing 30 minutes of moderate physical activity daily or taking 10,000 steps a day can significantly decrease your odds.

3. Curb your drinking. While studies have shown that consuming moderate amounts of alcohol benefits heart health, the news isn't so good regarding cancer risk, which it slightly increases. "If you enjoy an occasional cocktail or glass of wine with dinner, limit yourself to four or five drinks a week maximum," advises Elisa Port, MD, associate professor of surgery, Icahn School of Medicine at Mount Sinai, and author of *The New Generation Breast Cancer Book*.

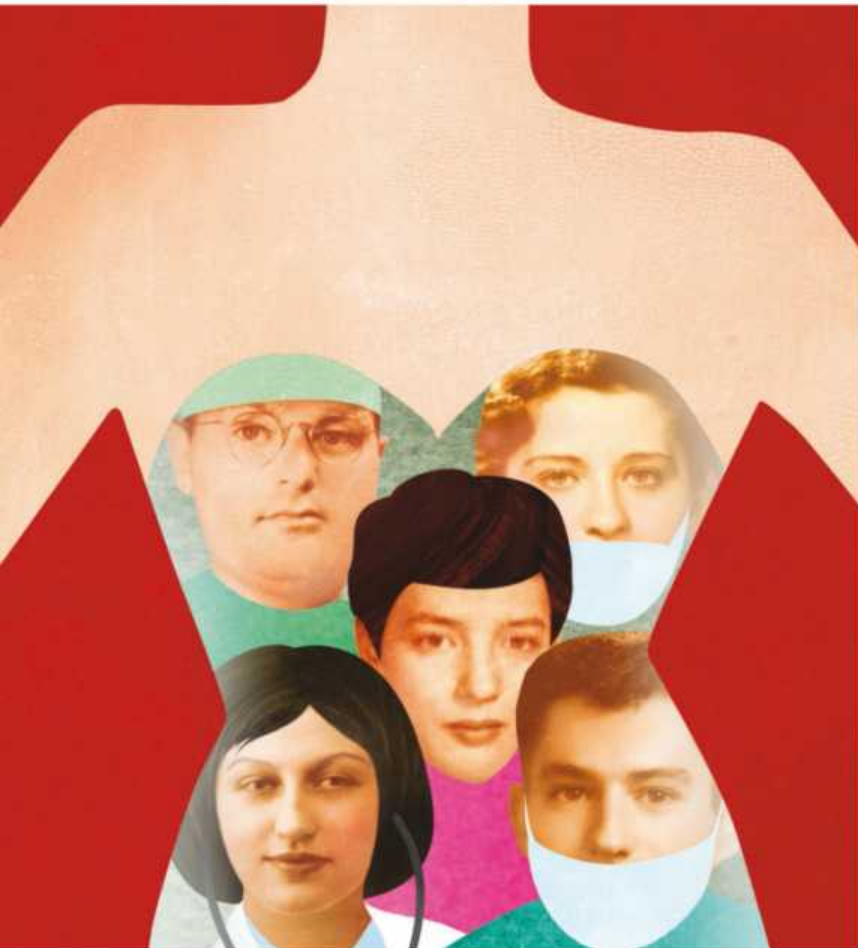
Q. Is mastectomy better than lumpectomy?

A | In short, no. "If a patient is eligible for lumpectomy combined with radiation therapy, her survival benefit is the same as that of someone opting for mastectomy," says Susan Brown, MS, RN, director of program education at Susan G. Komen for the Cure. Your doctor will explain your safest medical options. Then, with all choices presented being equal, you can talk to your doctor about factoring in other considerations: your work schedule, for example, or cosmetic results.

WHAT YOU NEED TO KNOW ABOUT SCREENING

Work your way down this testing checklist from Marc Hurlbert, PhD, executive director of the Avon Foundation Breast Cancer Crusade, to ensure you protect your two breast friends.

- ❑ **Know where you stand.** Talk to your ob-gyn or family physician about your breast health and family history starting in your 20s, so you can understand your individual risk factors and keep on top of the best recommendations for you.
- ❑ **Research sites.** Find a high-quality mammography facility near you by checking the American College of Radiology's list of Breast Imaging Centers of Excellence at acr.org.
- ❑ **Make an appointment.** Book a mammogram every year, starting at age 40. Mammography works best when you have it routinely so the results can be compared year to year.
- ❑ **Get your results.** Once you've had a mammogram, it's mandatory that the facility notify you in writing of the outcome within 30 days. If you haven't received word, don't shrug it off. Follow up.
- ❑ **Keep your records.** If you change doctors, request that all your mammograms be put on a CD-ROM or flash drive so you can take them to your new mammography facility.



WHAT EXACTLY ARE DENSE BREASTS?

Let's start by deconstructing your décolletage. Breasts are a combination of three types of tissue: **fibrous** (connective tissue), **glandular** (milk ducts and lobules) and **fatty**. Dense breasts, which about 50% of women have, contain more fibrous and glandular tissue than fat. They also set off more alarm bells. Experts aren't sure why, but women with very high breast density are more likely to develop breast cancer. Further complicating matters, it's harder to detect tumors in them because both dense breast tissue and benign and cancerous lumps appear white on mammograms. Currently, 24 states require that physicians notify women who have undergone mammography (the only way to detect the issue) if they have dense breasts. However, while these women may benefit from enhanced imaging, via ultrasound, no medical consensus has yet been reached on whether routine supplemental screening for women with dense breasts is worthwhile. In fact, the downside of breast ultrasound is that it tends to generate lots of false positives, leading to unnecessary biopsies. If you've been told you have dense breasts, consult with your ob-gyn or primary care physician to determine your best course of action. "Risk factors like family history, previous biopsies and whether or not you're on hormone replacement therapy should all be taken into consideration to figure out whether you would benefit from additional screening," says Elisa Port, MD, author of *The New Generation Breast Cancer Book*.

Q. How do I figure out the best treatment for my type of cancer?

A | It may sound obvious, but you need to consult with doctors who specialize in breast cancer.

"Today, with so many options for care available, a generalist couldn't possibly stay up to speed," says Port. "You want the person who has her finger on the pulse." Experts also advise assembling your own dream team of health care providers to "captain" each phase of your recovery. "This type of multidisciplinary approach is going to become the rule rather than the exception," says Dizon, who notes that it ensures all aspects of treatment are being considered and properly coordinated. The team may include:

1. **A breast surgeon or surgical oncologist**, who may have performed the biopsy that led to your diagnosis—although often that's the breast radiologist—as well as the procedure to remove the cancer if surgery is required.
2. **A medical oncologist**, who oversees any treatment needed beyond surgery, such as

chemotherapy and hormonal therapy.

3. **A radiation oncologist**, who directs the targeted radiation therapy, which is almost always given after lumpectomy (and sometimes needed after mastectomy).

4. **A reconstructive surgeon**, should you choose to undergo a mastectomy.

Q. Where can I go for support once I'm diagnosed?

A | Reaching out to family and your social circle can help reduce anxiety and depression while potentially increasing the likelihood that you'll complete

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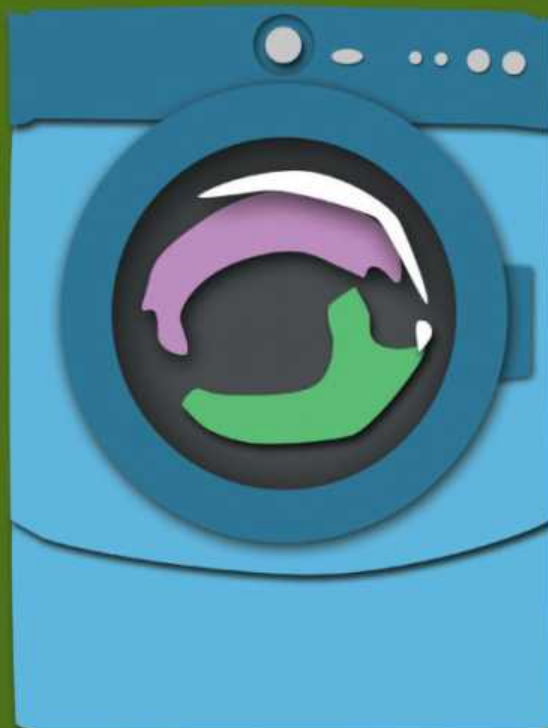
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FORWARD THINKING

Scientists have made major strides in combating a disease that claims the lives of 40,000 American women every year thanks to...

→ Advances in screening and early detection.

“Contrast-enhanced spectral mammography, where a dye is injected to help improve imaging, and tomosynthesis, which is 3-D imaging of the breast, are two of the newer methods that are being used in clinics,” says Sharon Pitteri, PhD, an assistant professor at the Canary Center at Stanford for Early Detection.

→ **Innovative treatment.** Methods such as targeted therapy (in which a drug inhibits the growth of specific types of cancer cells) are continuing to improve outcomes and have led to better overall survival rates for certain types of early breast cancers, which are currently near 90%.

→ **Customization of care.** **“We now understand breast cancers are as diverse as the population,”** says Dizon. **“Each type needs to be approached differently.”** That includes being able to identify patients who would benefit from chemotherapy and those who can skip it.

your treatment. “We know compliance plays a huge part in reducing recurrence and improving outcomes,” says Brown. So don’t overlook or hold back from sharing with those closest to you. In addition, many national organizations, including the American Cancer Society, provide 24/7 support for those questions that plague you at 2 a.m. Get information on financial assistance for lodging for out-of-town care, transportation help and more under “Find Support & Treatment” at cancer.org. Clearinghouses like ManageCancer.org and CancerCare.org offer one-stop-surfing suggestions for everything from sites offering financial assistance with medical expenses, to sites that help you create personalized webpages for updating friends on your progress, to one-on-one counseling.

Q. Should I undergo genetic testing to determine my risk?

A | **Not necessarily.** While referrals for BRCA tests have skyrocketed since Angelina Jolie’s 2013 announcement and the cost has plummeted, hereditary breast cancers are relatively rare. “The genetic mutation that Jolie had only occurs in about 5% to 10% of women with breast cancer,” points out Judith Salerno, MD, MS, president and CEO of Susan G. Komen for the Cure. And if you’re



considering the newer multigene tests that look for other mutations in addition to BRCA1 and 2, be sure to manage your expectations. “These cancer panel tests cover anywhere from 6 to 50 genes,” says Galen Joseph, PhD, associate professor at the University of California San Francisco’s Helen Diller Family Comprehensive Cancer Center. But researchers don’t yet understand what all these mutations may mean, or whether they pose a high enough risk of cancer to act on the results. Bottom line: “Discuss your best plan with a genetic counselor,” says Susan Domchek, MD, director of the Bassett Research Center for BRCA at the Abramson Cancer Center, University of Pennsylvania. They’ll help you analyze your risks (like a family history of breast or ovarian cancer) and the benefits of testing.



**“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

Oh, the *PASTA*bilities!

Think beyond the tried-and-true with 7 new twists on a family favorite.

By Michael Tyrrell

PHOTOGRAPHY BY LINDA PUGLIESE



Tender bay scallops star in Straw-and-Hay Linguine with Arrabiata Sauce. Recipe on page 125.



Slow-simmered beef blends with cheese to fill our hearty Lasagna Roll-Up Casserole. Recipe at right.

Straw-and-Hay Linguine with Arrabiata Sauce and Bay Scallops

MAKES 6 servings
PREP 15 minutes **COOK** 16 minutes

- 2 **tblsp olive oil**
- 4 **cloves garlic, sliced**
- 1 **can (28 oz) San Marzano tomatoes, drained and broken up**
- 1 **tsp red pepper flakes**
- 1 **tsp sugar**
- ½ **tsp salt**
- 1½ **lbs frozen bay scallops, thawed**
- ½ **lb spinach linguine**
- ½ **lb traditional linguine**
- ½ **cup shredded ricotta salata**
- ½ **cup sliced basil**

- In a medium saucepan, heat oil over medium-high heat; add garlic and cook 2 minutes. Add tomatoes, red pepper flakes, sugar and salt. Simmer, covered, 10 minutes, stirring occasionally.
- Stir in scallops and simmer an additional 3 to 4 minutes or until cooked through.
- Meanwhile, cook pasta following package directions, about 8 minutes. Drain, reserving ¼ cup pasta cooking water.
- In a large serving bowl, toss pasta with tomato sauce and scallops. Add pasta water as needed to loosen sauce.
- Top with ricotta salata and basil. Serve immediately.

PER SERVING 470 **CAL**; 9 g **FAT** (2 g **SAT**); 25 g **PRO**; 72 g **CARB**; 5 g **FIBER**; 855 mg **SODIUM**; 30 mg **CHOL**

Lasagna Roll-Up Casserole

MAKES 6 servings
PREP 20 minutes **BAKE** at 375° for 45 minutes

- 2½ **cups beef mixture, from Slow Cooked Peppery Beef and Fusilli (see page 126), gently heated**
- 2 **cups shredded mozzarella**
- 1 **cup ricotta**
- 2 **cups jarred marinara sauce, heated**
- 12 **lasagna noodles (from a 16 oz pkg), cooked per pkg directions**
- 2 **tblsp grated Parmesan**

- Heat oven to 375°. Coat a 13 x 9 x 2-inch baking dish with **nonstick cooking spray**.
- In a large bowl, gently fold together beef mixture, ½ cup of the mozzarella and the ricotta. Spread 1 cup of the marinara in bottom of prepared dish.
- Place a cooked noodle on a flat work surface and spread about ¼ cup of the beef and cheese mixture over the top. Roll up from a short end and place, seam side down, in baking dish. Repeat with remaining noodles and beef mixture.

- Spoon remaining marinara over roll-ups. Scatter remaining 1½ cups mozzarella over sauce and sprinkle with Parmesan.
- Cover dish with foil and bake at 375° for 30 minutes. Remove foil and bake 15 minutes more. Cool slightly and serve.

PER SERVING 653 **CAL**; 28 g **FAT** (12 g **SAT**); 44 g **PRO**; 54 g **CARB**; 5 g **FIBER**; 985 mg **SODIUM**; 117 mg **CHOL**

Gluten-Free Penne with Gorgonzola and Prosciutto

MAKES 6 servings
PREP 5 minutes **COOK** 16 minutes

- 2 **tblsp olive oil**
- 3 **cloves garlic, sliced**
- 2 **bunches broccolini, trimmed and cut into 1-inch pieces**
- ¼ **tsp salt**
- ⅓ **tsp black pepper**
- 1 **pkg (12 oz) gluten-free penne (such as Ronzoni)**
- ¾ **cup half-and-half**
- ¾ **cup crumbled Gorgonzola cheese**
- ⅓ **tsp ground nutmeg**
- Pinch cayenne pepper**
- 3 **oz prosciutto, cut into ribbons**
- ⅓ **cup toasted walnuts, coarsely chopped**

- In a large skillet, heat oil over medium-high heat; add garlic and cook 1 minute, until lightly browned. Add broccolini and cook 5 to 7 minutes, stirring, until crisp-tender. Season with salt and pepper and keep warm.
- Cook pasta following package directions, about 8 minutes. Drain and keep warm.

- Meanwhile, in a medium saucepan, heat half-and-half until barely simmering. Remove from heat and stir in Gorgonzola, nutmeg and cayenne. Stir until smooth.

- In a large serving bowl, toss cooked pasta with cheese sauce. Stir in prosciutto, walnuts and broccolini. Serve immediately.

PER SERVING 447 **CAL**; 19 g **FAT** (7 g **SAT**); 16 g **PRO**; 60 g **CARB**; 8 g **FIBER**; 635 mg **SODIUM**; 37 mg **CHOL**

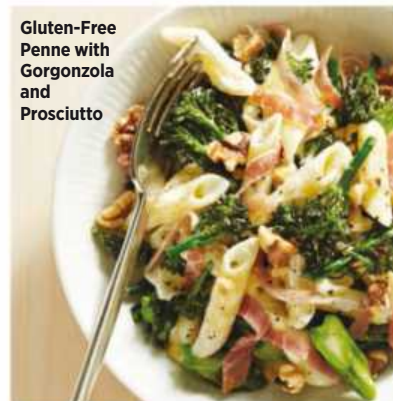
Bow Ties and Cheesy Brats

MAKES 8 servings
PREP 15 minutes **COOK** 13 minutes
BAKE at 350° for 17 minutes

- 1 **tblsp canola oil**
- 2 **red onions, chopped**
- 4 **fully cooked bratwurst (about 12 oz total), chopped into large dice**
- 1 **sweet red pepper, seeded and sliced**
- 4 **cloves garlic, chopped**
- ½ **cup apple cider**
- 1 **lb bow tie pasta**
- 2 **cups shredded triple cheddar cheese (such as Kraft)**



Lasagna Roll-Up Casserole



Gluten-Free Penne with Gorgonzola and Prosciutto



Bow Ties and Cheesy Brats

- Heat oven to 350°.
- In a large nonstick skillet, heat oil over medium-high heat; add onions and cook 4 minutes, stirring occasionally; add bratwurst and cook 4 minutes. Add red pepper and garlic; cook 2 minutes. Stir in apple cider and simmer 3 minutes.
- Meanwhile, cook pasta following package directions, about 10 minutes. Drain, reserving ½ cup pasta cooking water.
- Toss pasta with bratwurst mixture, pasta water and 1½ cups of the cheddar. Spoon into a 3-quart baking dish. Bake at 350° for 12 minutes. Sprinkle remaining ½ cup cheddar over top and bake for an additional 5 minutes. Serve warm.

PER SERVING 536 **CAL**; 27 g **FAT** (12 g **SAT**); 20 g **PRO**; 51 g **CARB**; 3 g **FIBER**; 543 mg **SODIUM**; 64 mg **CHOL**

Bucatini with Brussels Sprouts and Bacon



Bucatini with Brussels Sprouts and Bacon

MAKES 6 servings
PREP 15 minutes **COOK** 11 minutes

- 1 **tb**sp olive oil
- 5 **slices** thick-cut smoked bacon, cut into ½-inch strips
- 1 **lb** Brussels sprouts, trimmed and quartered
- 4 **cloves** garlic, chopped
- ½ **tsp** red pepper flakes
- ½ **tsp** salt
- 1 **lb** bucatini pasta
- 2 **tb**sp unsalted butter
- ½ **cup** shaved Parmesan
- ¼ **cup** parsley, chopped
- Asian chili oil (optional)**

■ In a large skillet, heat oil over medium-high heat. Add bacon and cook until crisp, about 5 minutes. Remove bacon and reserve. Add Brussels sprouts to drippings in skillet; cook, covered, over medium heat about 5 minutes, stirring occasionally, until tender. Add garlic, red pepper flakes and salt; cook 1 minute.

■ Meanwhile, cook pasta following package directions, about 10 minutes. Drain and reserve ½ cup pasta cooking water.

■ In a large serving bowl, toss pasta with butter. Add Brussels sprouts and drippings from skillet. Stir in Parmesan, parsley, reserved bacon and reserved pasta water as needed to create a sauce.

■ Serve immediately. If using, drizzle chili oil over each portion.

PER SERVING 533 **CAL**; 23g **FAT** (8 g **SAT**); 18 g **PRO**; 64 g **CARB**; 4 g **FIBER**; 698 mg **SODIUM**; 35 mg **CHOL**

Slow Cooked Peppery Beef and Fusilli

MAKES 6 servings, plus 2½ cups beef mixture for Lasagna Roll-Up Casserole **PREP** 10 minutes
COOK 10 minutes **SLOW COOK** on HIGH for 6 hours

- 2¼ **lbs** beef chuck roast
- 1¼ **tsp** salt
- ½ **tsp** finely ground black pepper
- 1 **tb**sp canola oil
- 2 **cups** grape tomatoes
- 1½ **tsp** coarsely ground black pepper
- 1 **bag** (5 oz) baby spinach
- 1 **lb** fusilli pasta
- 2 **tb**sp olive oil
- 2 **tb**sp balsamic vinegar

■ Season beef with 1 tsp of the salt and the finely ground black pepper. In a large skillet, heat canola oil over medium-high heat. Add beef; sear on all sides, about 10 minutes.

■ Coat slow cooker bowl with **nonstick cooking spray**. Add beef and distribute

tomatoes around the sides. Sprinkle ½ tsp of the coarsely ground pepper over beef. Cover and slow cook on HIGH for 6 hours.

■ Remove beef to a cutting board and shred with 2 forks. Return to slow cooker and stir in spinach until wilted. Add ½ tsp of the coarsely ground black pepper. Reserve 2½ cups of the mixture for Lasagna Roll-Up Casserole (see page 125).

■ Meanwhile, cook pasta following package directions, about 11 minutes. Drain and reserve ½ cup pasta cooking water. Toss pasta with remaining 2½ cups beef mixture and pasta water.

■ Spoon pasta into a serving bowl and stir in olive oil, vinegar and remaining ¼ tsp salt. Sprinkle remaining ½ tsp coarsely ground pepper over the top. Serve immediately.

PER SERVING 550 **CAL**; 20 g **FAT** (6 g **SAT**); 29 g **PRO**; 61 g **CARB**; 4 g **FIBER**; 341 mg **SODIUM**; 81 mg **CHOL**

Tagliatelle with Heirloom Tomatoes, Mushrooms and Chicken

MAKES 6 servings
PREP 15 minutes **COOK** 8 minutes

- 2 **tb**sp olive oil
- ½ **lb** mixed mushrooms
- 1 **lb** boneless, skinless chicken breasts, cut into 1-inch pieces
- 3 **cloves** garlic, chopped
- 1 **tsp** salt
- ¼ **tsp** black pepper
- 1½ **lbs** heirloom tomatoes, cut into 1-inch pieces
- 1 **lb** tagliatelle pasta
- 8 **oz** burrata cheese
- Freshly cracked black pepper**
- Basil, for garnish**

■ In a large nonstick skillet, heat oil over medium-high heat. Add mushrooms and cook 1 minute, stirring frequently. Add chicken, garlic, ½ tsp of the salt and the black pepper; cook 5 minutes, stirring occasionally. Add tomatoes and cook 1 minute to heat through.

■ Meanwhile, cook pasta following package directions, about 8 minutes. Drain and reserve ½ cup pasta cooking water.

■ In a large serving bowl, toss cooked pasta with chicken and tomato mixture. Add pasta water if needed to create a sauce. Season with remaining ½ tsp salt.

■ Place burrata on top of pasta and cut into large pieces with 2 knives. Toss, season with freshly cracked black pepper and garnish with basil. Serve immediately.

PER SERVING 544 **CAL**; 16 g **FAT** (7 g **SAT**); 35 g **PRO**; 65 g **CARB**; 2 g **FIBER**; 473 mg **SODIUM**; 81 mg **CHOL**

Slow Cooked Peppery Beef and Fusilli



Tagliatelle with
Heirloom Tomatoes,
Mushrooms and
Chicken



EAT THIS, BEAT THAT RECIPES

Now that you've read up on the risk factors (page 87), knock 'em out with 6 tailor-made meals.

By Julie Miltenberger



Quinoa and brown rice pack 7 grams of dietary fiber, while garbanzo beans and chicken are good sources of lean protein.

| PREDIABETES |

Chicken and Spinach Soup

MAKES Five 2-cup servings
PREP 15 minutes **COOK** 26 minutes

- 2 **tbsp olive oil**
- 2 **cups diced carrots**
- 1 **medium onion, diced**
- 2 **cloves garlic, minced**
- 2 **cans (14.5 oz each) reduced-sodium chicken broth**
- 1 **pkg (5 oz) Hodgson Mill garlic and herb quinoa and brown rice blend**
- 2 **cups yellow and red cherry or grape tomatoes**
- ½ **rotisserie chicken**
- 1 **bunch spinach, trimmed and rinsed well**
- 1 **can (15 oz) garbanzo beans, drained and rinsed**
- ½ **cup fresh basil, chopped**
- ¼ **tsp salt**
- ¼ **tsp black pepper**
- 5 **tbsp shredded Parmesan**
- Whole-grain crackers (optional)**

■ Heat oil in a large lidded stockpot over medium heat. Add carrots and onion and cook 5 minutes. Stir in garlic and cook 1 additional minute. Add chicken broth and **3 cups water**. Bring to a boil over high heat.

■ Stir in quinoa-rice blend. Cover and reduce heat to medium-low. Simmer 15 minutes.

■ Meanwhile, quarter tomatoes and remove meat from chicken bones; discard skin and bones. Cut into bite-size pieces (you should have about 2 cups). Stir into soup along with spinach, garbanzo beans, basil, salt and pepper. Cook 5 minutes.

■ Ladle soup into bowls and top each serving with 1 **tbsp** shredded Parmesan. Serve with crackers, if using.

PER SERVING 391 **CAL**; 13 g **FAT** (3 g **SAT**); 27 g **PRO**; 46 g **CARB**; 9 g **FIBER**; 797 mg **SODIUM**; 52 mg **CHOL**



To do

~~grocery store~~

- take the dog to vet
friday

* Kids need new uniforms - order!

send email to Jess + team

Call Heather

→ Make-up soccer game - 3:30 Sat.

* Flower show Saturday Night
↳ Babysitter?
Jen?

⇒ Call gutter cleaner!
Rick G.



After school night - Tuesday

20th
@ 6:30 PM

* Order Shower invites
~~(Call Sheri for guest list)~~

To Dry Cleaners:

- suits
- dress
- coats



→ Lunch duty Schedules
→ email out by Wednesday

*The perfectly simple snack
for your perfectly complex life.*



PROTEIN RICH



200 CALORIES OR LESS



GLUTEN FREE

Find your favorite flavor at PerfectlySimpleBars.com.

..... SNACK GOOD. FEEL GOODER.



Potassium-rich lentils, butternut squash and collard greens help maintain bone strength.

| OSTEOPENIA |

Lentil Bowl

MAKES 6 servings

PREP 25 minutes **COOK** 50 minutes

ROAST at 425° for 25 minutes

1¼ cups French green lentils

1½ lbs butternut squash, peeled and cut into ½-inch cubes (about 4½ cups)

5 tbsp olive oil

½ tsp salt

¼ plus ⅜ tsp black pepper

1 medium onion, diced

1 bunch collard greens, trimmed, tough stems discarded, chopped

3 tbsp white wine vinegar

1 tsp Dijon mustard

1 tsp sugar

¼ cup sliced almonds

¼ cup (2 oz) crumbled feta cheese

6 large eggs

■ Heat oven to 425°. Cook lentils in boiling salted water 35 to 40 minutes.

■ Meanwhile, on a large baking sheet, toss squash with 1 tbsp of the oil, ¼ tsp of the salt and ⅜ tsp of the pepper. Roast at 425° for 25 minutes, stirring once.

■ Add 2 tbsp of the oil to a large nonstick skillet and heat over medium to medium-high heat. Add onion; cook 2 minutes. Stir in collard greens, remaining ¼ tsp salt and ⅜ tsp of the pepper. Cook 8 minutes. Transfer to a large bowl and coat

skillet with **nonstick cooking spray**. Drain lentils.

■ Add lentils and squash to collard green mixture in bowl. In a small bowl, whisk remaining 2 tbsp oil, the vinegar, mustard, sugar and remaining ⅜ tsp pepper. Toss lentil mixture with dressing, almonds and feta and set aside.

■ Fry eggs in nonstick skillet coated with **nonstick cooking spray** to desired doneness (this can be done in multiple batches). Divide lentil salad among 6 plates or shallow bowls and top each serving with a fried egg.

PER SERVING 427 **CAL**; 23 g **FAT** (5 g **SAT**); 20 g **PRO**; 39 g **CARB**; 12 g **FIBER**; 626 mg **SODIUM**; 193 mg **CHOL**



| PREHYPERTENSION |

Roast Chicken with Barley Pilaf

MAKES 4 servings

PREP 20 minutes **ROAST** at 425° for 30 minutes

COOK 19 minutes **LET STAND** 5 minutes

- 1 tsp lemon zest
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- ½ tsp plus a pinch kosher salt
- ½ tsp plus a pinch black pepper
- 1 cut-up chicken (about 3 lbs)
- 1 tbs olive oil
- ¾ cup shredded carrot, coarsely chopped
- 1 large rib celery, diced (¾ cup)
- 2 medium shallots, peeled and diced
- 2 cups unsalted chicken broth
- 1 cup quick-cook barley
- 1 seedless cucumber, peeled and cut into 1-inch wedges
- 1 pkg (8 oz) Melissa's ready-to-eat beets, quartered
- ½ cup plain Greek yogurt
- 2 tbs lemon juice
- ½ tsp sugar

■ Heat oven to 425°. In a small bowl, combine lemon zest, rosemary, thyme, ¼ tsp of the salt and ½ tsp of the pepper. Tuck under skin of chicken and spread pieces on a baking sheet. Roast at 425° for 30 minutes.

■ Meanwhile, heat oil in a medium lidded saucepan over medium heat. Add carrot, celery and shallots and cook 5 minutes. Add broth, increase heat to high and bring to a boil. Stir in barley and ¼ tsp of the salt. Cover, reduce heat to medium-low and simmer 12 to 14 minutes. Let stand 5 minutes; drain if needed.

■ Assemble salad and make dressing: Combine cucumber and beets in a bowl. Whisk yogurt, lemon juice, sugar and remaining pinch of salt and pepper in a medium bowl. Serve chicken with barley pilaf and beet salad. Drizzle salad with dressing just before serving.

PER SERVING 493 CAL; 14 g FAT (5 g SAT); 49 g PRO; 41 g CARB; 7 g FIBER; 515 mg SODIUM; 193 mg CHOL

| PREDIABETES |

Southwestern Salmon

MAKES 4 servings

PREP 10 minutes **COOK** 22 minutes **BROIL** 6 minutes

- 3 tsp olive oil
- ½ medium onion, diced
- 1 cup quick-cook wheat berries (such as Nature's Earthly Choice)
- 1¼ lbs salmon fillets (4 pieces), thawed if frozen
- 1 tsp ancho chile powder
- ½ tsp ground cumin
- ½ tsp salt
- 1 can (13.5 oz) low-sodium black beans, drained and rinsed
- ½ cup cilantro leaves, chopped
- 2 limes

■ Heat broiler to high. Heat 2 tsp of the oil in a medium lidded pot over medium heat. Add onion and cook 5 minutes, until softened.

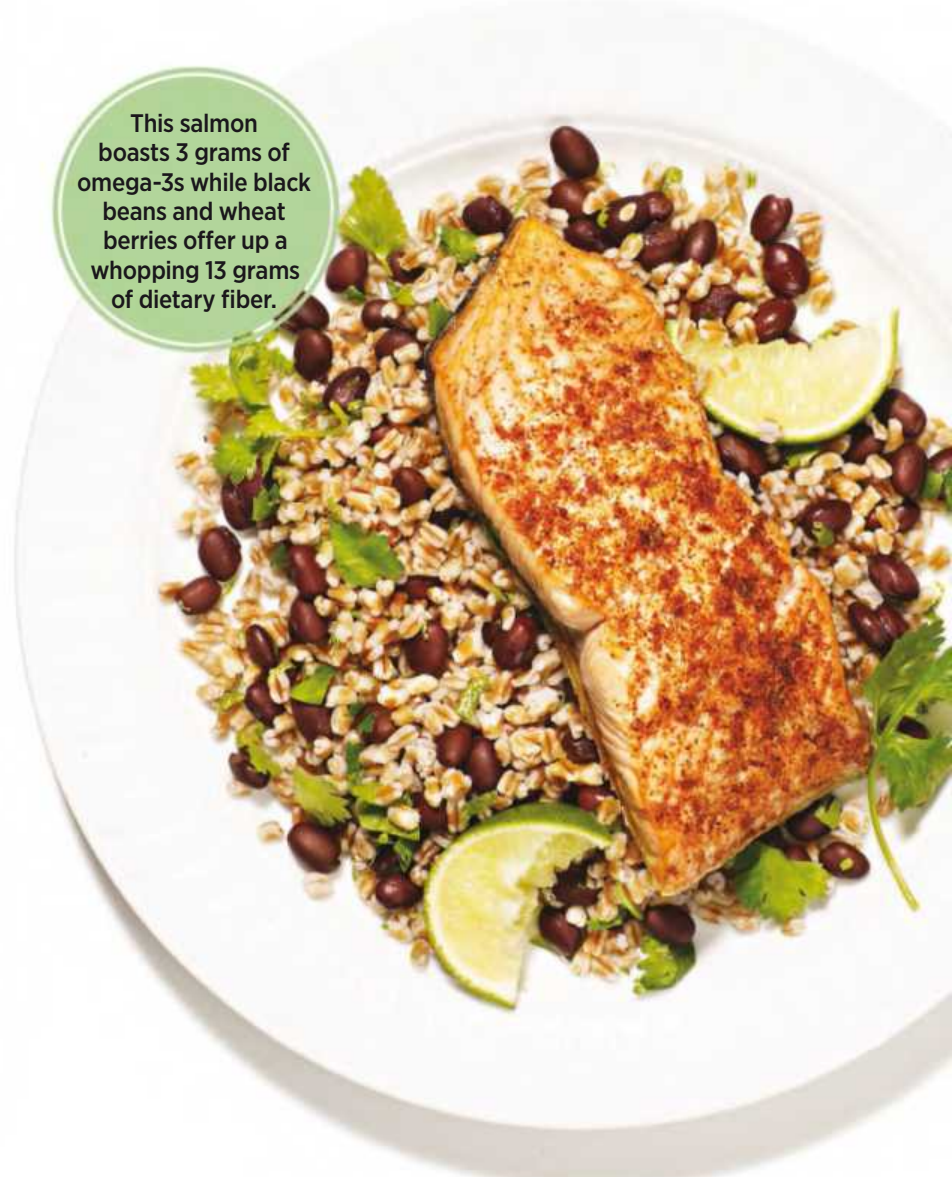
■ Stir in 2½ cups water and the wheat berries and bring to a boil over high heat. Cover, reduce heat to medium-low and simmer 15 to 17 minutes.

■ Meanwhile, brush salmon with remaining 1 tsp oil. In a small bowl, combine ancho chile powder, cumin and ¼ tsp of the salt. Sprinkle over salmon and transfer to a baking sheet or broiler pan. Broil 6 minutes, until cooked through.

■ Drain wheat berries and place in a large bowl. Stir in remaining ¼ tsp salt, the black beans and cilantro. Grate zest from one of the limes; juice same lime. Cut remaining lime into wedges. Add 1 tsp of the lime zest and 2 tbs of the lime juice to wheat berry mixture. Spoon onto plates and top each with a piece of salmon. Serve with lime wedges on the side.

PER SERVING 503 CAL; 15 g FAT (2 g SAT); 44 g PRO; 49 g CARB; 13 g FIBER; 500 mg SODIUM; 90 mg CHOL

This salmon boasts 3 grams of omega-3s while black beans and wheat berries offer up a whopping 13 grams of dietary fiber.





My hair was thinning

“About a year ago I noticed my hair starting to fall out. I would find hairs in the shower and lots on my brush. It was so bad that my hair started to appear thin. This made me very concerned so I looked for solutions.

The pharmacist directed me to Hair Volume, a well-known hair product from Europe, that contains biotin, silica, millet and apple extract. I thought it sounded good, so I gave it a try.

IT WORKED FOR ME

Now I have been using it for 2 months and I am really happy with the product. **It really works for me - I strongly recommend it”.**

Laura, New York

BEAUTY FROM WITHIN

I had heard about the concept “beauty from within” and how nutrients could impact the health of my hair, so I went to my pharmacy and looked for hair supplements.

YOUR HAIR TABLET

Hair Volume™ is a Swedish bestselling supplement that contains nutrients like biotin, millet and silica, all beneficial for your hair. It specifically contains an ingredient from apples, called procyanadin B2.



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always read the label and follow the instructions prior to use. Testimonials are not proof of efficacy. Results may vary.



Mineral-rich cauliflower is loaded with vitamin C, calcium and magnesium (also found in the heart-healthy cod).

| PREHYPERTENSION |

Baked Cod with Cauliflower

MAKES 4 servings
PREP 15 minutes **BAKE** at 450° for 25 minutes **LET STAND** 5 minutes

- 1 small head purple, green or white cauliflower (about 2½ lbs), cut into florets
- 6 cloves garlic, halved
- 2 tbsp olive oil
- 1 tsp fresh thyme, chopped
- ¾ tsp salt
- ¼ tsp black pepper
- 1¼ lbs cod fillets (4 pieces), thawed if frozen
- ½ cup panko bread crumbs
- 2 tbsp grated Parmesan
- 4 tbsp chopped parsley
- 1 egg white, lightly beaten
- ½ cup golden raisins
- ½ cup chopped walnuts
- 1 cup vegetable broth
- ¾ cup whole wheat couscous

■ Combine cauliflower, garlic, olive oil, thyme, ¼ tsp of the

salt and the pepper on a large rimmed baking sheet. Bake at 450° for 15 minutes.

■ Meanwhile, place cod on a cutting board. In a small bowl, combine panko, Parmesan and 2 tbsp of the parsley. Dip top of each fillet in egg white, then in panko mixture, and place on a baking sheet. Once cauliflower has cooked for 15 minutes, add cod to oven. Stir raisins and walnuts into cauliflower, and bake cod and cauliflower at 450° for 10 minutes or until desired doneness.

■ Bring broth and remaining ½ tsp salt to a boil. Stir in couscous, cover and remove from heat. Let stand 5 minutes. Fluff with a fork.

■ Stir remaining 2 tbsp parsley into cauliflower. Serve cod with couscous and cauliflower.

PER SERVING 489 CAL; 16 g FAT (2 g SAT); 36 g PRO; 56 g CARB; 11 g FIBER; 666 mg SODIUM; 56 mg CHOL

| **OSTEOPENIA** |

Pork Tenderloin with Apple Compote

MAKES 6 servings

PREP 30 minutes **COOK** 21 minutes

BAKE at 375° for 20 minutes

LET REST 5 minutes

2¼ lbs sweet potatoes, peeled and diced

4 tbsp packed dark brown sugar

¾ plus ½ tsp salt

¾ tsp plus a pinch ground cinnamon

½ tsp ground cumin

2 tbsp canola or olive oil (not extra-virgin)

2 small pork tenderloins (about 2 lbs total)

1 Golden Delicious apple, peeled, cored and diced

½ cup dried dates, chopped

½ cup dried apricots, chopped

1 medium onion, chopped

2 bunches kale, tough stems trimmed, chopped and cleaned

¼ tsp black pepper

■ Heat oven to 375°. Place sweet potatoes in a large pot and add enough water to cover by 1 inch. Bring to a boil; boil 8 minutes and drain. Mash with 2 tbsp of the brown sugar and ¼ tsp of the salt. Keep warm.

■ Meanwhile, combine ¼ tsp of the salt, ¾ tsp of the cinnamon and the cumin in a small bowl. Rub all over pork tenderloins. Heat oil in a large lidded stainless steel skillet over medium-high heat. Add pork and brown on all sides, 5 minutes. Transfer pork to a baking sheet (keep skillet handy) and bake at 375° for 20 minutes, until pork registers 145° on an instant-read thermometer. Let rest 5 minutes before slicing.

■ While pork is in oven, combine apple, ½ cup water, dates, apricots, remaining 2 tbsp brown sugar and remaining ½ tsp salt and pinch of cinnamon in a small saucepan. Simmer over medium heat 5 minutes.

■ Add onion to the skillet used for pork and cook over medium heat 3 minutes. Gradually add kale, covering skillet to help wilt greens, and cook 5 minutes. Season with remaining ¼ tsp salt and the pepper.

■ Slice pork, spoon apple mixture over top and serve with mashed sweet potatoes and sautéed kale.

PER SERVING 504 CAL; 8 g FAT (1 g SAT); 37 g PRO; 74 g CARB; 9 g FIBER; 525 mg SODIUM; 93 mg CHOL



Get a hearty helping of potassium from pork and sweet potatoes, plus calcium from the sautéed kale.



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Uncle Ben's





Dairy Queens

The grass is definitely greener when it comes to a cow's diet: Newly popular grass-fed dairy items boast some nutritional advantages. Cows that munch in green pastures instead of on corn or soy produce milk with a better ratio of healthy fats—and they live longer too!

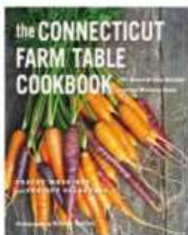
The rich, complex flavors of these products coupled with their health benefits will change the way you look at the dairy aisle.

KERRYGOLD offers grass-fed butter as well as 13 flavor-packed cheeses with quirky monikers like Dubliner and Blarney Castle, inspired by the emerald-green farms across Ireland where its cows graze. \$3.50 to \$6

MAPLE HILL CREAMERY Creamline European-style yogurt, available in six flavors, is traditionally tart with a rich cream layer and can be a satisfying, low-sugar (way lower than the competition) dessert. The equally luscious Greek yogurt comes in five varieties. Creamline, \$1.60 to \$7; Greek, \$3 to \$8

ORGANIC VALLEY Grassmilk made a milk drinker out of me. Its unique flavor changes subtly depending on the seasonal clovers, alfalfa and grasses the cows are enjoying. Available in whole, 2% and nonfat, \$6

—Regina Ragone, Food Director



FARM STAND FABULOUS

If the bounty of a farmers' market makes you eager to get creative in the kitchen, *The Connecticut Farm Table Cookbook: 100 Home-Grown Recipes from the Nutmeg State* by Tracey Medeiros and Christy Colasurdo (Countryman Press) is your perfect companion. New England's local offerings star in recipes that range from simple to sophisticated. But while the book pays homage to regional farmers and local food producers and chefs, the recipes—like fresh corn soup, heirloom tomato pie and chicken under a brick—are terrific dinner ideas no matter where you live. —SUZANNE RUST, Lifestyle Editor

MADE WITH

99%	Hieroglyphics
1%	Communication



MADE WITH

100%	Turkey Breast
------	---------------



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*Italian focaccia bread
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New Town House® Focaccia Crackers.
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1



2



3



POP TO IT

Popcorn is having a moment. There are shelves and shelves filled with multi-hued heirloom picks (a big perk: heirloom means non-GMO). Grown in the heart of the Midwest (Indiana), our choice, **Riehle's Select**, has fancifully named offerings like Shaman Blue, Ruby Red and a combo pack called Rainbow Delight (amazon.com and selectpopcorn.com, \$6).

To sample them, we tried three microwave-ready popcorn makers that don't even require oil. Just measure, close and cook. Season to taste and eat right out of the container. Movie night, anyone?

- 1/ **Chef'n PopTop**, amazon.com, \$20
- 2/ **Lékué Popcorn Maker**, lekueusa.com, \$20
- 3/ **Nordic Ware Quick Pop Single Serve Popper**, nordicware.com, \$11.50

—Julie Miltenberger, Executive Food Editor

THE GREAT PUMPKIN

Contrary to popular belief, the flesh from jack-o'-lanterns doesn't make for nutrient-dense good eating. What you really want is the sugar pumpkin. Ideal for pies and more, this variety is brimming with beta-carotene and super easy to prepare.

Heat oven to 400°. Slice off stem and halve a 2 to 3 lb **sugar pumpkin** from top to bottom. Scoop out insides and save seeds for roasting, if desired. Cut into 1-inch-thick slices. Place slices on a baking sheet and brush both sides with **canola oil**. Sprinkle with 1 tbsp **brown sugar**, ½ tsp **salt** and ¼ tsp *each* ground **cinnamon** and **nutmeg**. Roast at 400° for 20 minutes, until tender. Let cool and stir into smoothies or yogurt, or just enjoy as a simple side dish. —R.R.



PIECE OF CAKE Here's a sweet tip for easier desserts: Place a round cake pan on a sheet of parchment paper and trace around pan. Cut out parchment circle. Coat cake pan with nonstick cooking spray, fit parchment into pan and spray it. Prepare cake as instructed. Invert cake onto a cooling rack—note how it slides out—and peel off parchment. —J.M.

TOWN HOUSE

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POUR BAG OUT HERE

LEFT

RIGHT



CREATURE FEATURE

NO TRICKS HERE! THESE EASY CAKE
ARE A TREAT TO MAKE—AND EAT.

BY MELISSA KNIFIC

FRANKENSTEIN CAKE

MAKES 16 servings

PREP 45 minutes

BAKE at 350° for 38 minutes

- 1 box (15.25 oz) Pillsbury Moist Supreme Devil's Food cake mix
- 1 cup buttermilk
- ½ cup vegetable oil
- 3 eggs
- 2 sticks unsalted butter, softened
- 1 box (1 lb) confectioners' sugar
- 3 tbsps milk or heavy cream
- Green gel food coloring
- 1 cup heavy cream
- 8 oz semisweet chocolate, chopped
- 2 Junior Mints candies
- 2 white candy melt disks
- 1 large green gumdrop
- 2 mini Twix bars

■ Cut parchment to fit in the bottom of two 8-inch round baking pans. Coat with **nonstick cooking spray**. Prepare cake mix according to package directions for two 8-inch cakes, replacing water with buttermilk and using vegetable oil and eggs. Pour evenly into pans and bake at 350° for 34 to 38 minutes, until a toothpick inserted in the center comes out clean. Cool in pans on baking racks 15 minutes. Remove from pans, remove parchment and cool cake layers completely.

■ Meanwhile, prepare frosting. Using a stand mixer or hand mixer, combine butter, confectioners' sugar and milk. Beat on low until just combined, then on high 3 to 5 minutes, until fluffy. Mix green food coloring into frosting.

■ Heat heavy cream in a small pot until simmering. Place chopped chocolate in bowl of a stand mixer. Pour cream over chocolate and stir until smooth. Beat with whisk

attachment on medium-high 5 to 7 minutes, until fluffy. Let ganache stand 10 minutes. Set aside ¼ cup, and transfer remaining ganache to a piping bag fitted with a flat tip.

■ Trim cake layers to make each flat. Place one layer on a stand. Spread ¾ cup of the green frosting evenly over top. Place second layer on top, then spread remaining frosting on sides of cake.

■ Pipe ganache in strips on top of cake to resemble strands of hair. Fill another piping bag, fitted with a small circular tip, with the remaining ganache. Pipe a mouth and stitches on face. Use a bit of ganache to secure Junior Mints on candy melts for eyeballs. Press eyeballs and gumdrop (for the nose) on the cake. Press Twix bars into the bottom sides of cake to resemble bolts.



CANDY CORN CAKE

MAKES 16 servings

PREP 45 minutes **BAKE** at 350° for 38 minutes

1 box (15.25 oz) Pillsbury Moist Supreme Devil's Food cake mix

1 cup buttermilk

½ cup vegetable oil

3 eggs

2 sticks unsalted butter, softened

1 box (1 lb) confectioners' sugar

3 tbsp milk or heavy cream

Orange and yellow gel food coloring

1 cup heavy cream

8 oz semisweet chocolate, chopped

Candy corns (about 55)

■ Cut parchment to fit in the bottom of two 8-inch round baking pans. Coat with **nonstick cooking spray**. Prepare cake mix according to package directions for two 8-inch cakes, replacing water with buttermilk and using vegetable oil and eggs. Pour evenly into pans and bake at 350° for 34 to 38 minutes, until a toothpick inserted in the center comes out clean. Cool in pans on baking racks 15 minutes. Remove from pans, remove parchment and cool completely.

■ Meanwhile, prepare frosting. Using a

stand mixer or hand mixer, combine butter, confectioners' sugar and milk. Beat on low until just combined, then on high 3 to 5 minutes, until fluffy. Mix orange food coloring into 1½ cups of the frosting and yellow food coloring into ¾ cup of the frosting. Keep remaining ¼ cup of the frosting white. Transfer ¾ cup of the orange and all the yellow and white frosting to individual piping bags fitted with a star tip.

■ Heat heavy cream in a small pot until simmering. Place chopped chocolate in bowl of a stand mixer. Pour cream over chocolate and stir until smooth. Let cool 5 minutes. Beat with whisk attachment on high 10 minutes, until fluffy. Let ganache stand 10 minutes.

■ Trim layers to make each flat. Place one cake layer on a stand. Spread reserved orange frosting evenly over top. Place second cake layer on top, then spread ganache evenly around the sides. Pipe white frosting in a circle, starting from center of cake, followed by remaining orange frosting and finally the yellow frosting until it reaches the edges. Press candy corns into base of cake, alternating direction with each one. Slice into wedges. (Each wedge will resemble a piece of candy corn from the top.)



GHOST CAKE

MAKES 16 servings

PREP 35 minutes **BAKE** at 350° for 38 minutes

1 box (15.25 oz) Pillsbury Moist Supreme Devil's Food cake mix

1 cup buttermilk

½ cup vegetable oil

3 eggs

2 sticks unsalted butter, softened

1 box (1 lb) confectioners' sugar

3 tbsp milk or heavy cream

10 mini Oreo cookies

10 Oreo cookies

20 brown M&M's (mixed mini, regular and mega sizes)

■ Cut parchment to fit in the bottom of two 8-inch round baking pans. Coat with **nonstick cooking spray**. Prepare cake mix according to package directions for two 8-inch cakes, substituting buttermilk for water and using vegetable oil and eggs. Pour into pans and bake at 350° for 34 to 38 minutes, until a toothpick inserted in the

center comes out clean. Cool in pans on baking racks 15 minutes. Remove from pans, remove parchment and cool completely.

■ Meanwhile, prepare frosting. Using a stand mixer or hand mixer, combine butter, confectioners' sugar and milk. Beat on low until just combined, then on high 3 to 5 minutes, until fluffy. Set aside 1 tbsp of the frosting.

■ Carefully take apart mini and regular Oreo cookies, making sure frosting sticks completely to one of the halves. Place non-frosted halves in a resealable plastic bag and smash into pieces.

■ Trim layers to make each flat. Place one cake layer on a stand. Spread ¾ cup of the frosting evenly over top and sprinkle with smashed cookies, pressing slightly into frosting. Place second cake layer on top, then spread remaining frosting over top and sides of cake. With a bit of the reserved frosting, secure one of the M&M's to each of the 20 Oreo halves. Arrange on cake so they look like pairs of eyeballs.

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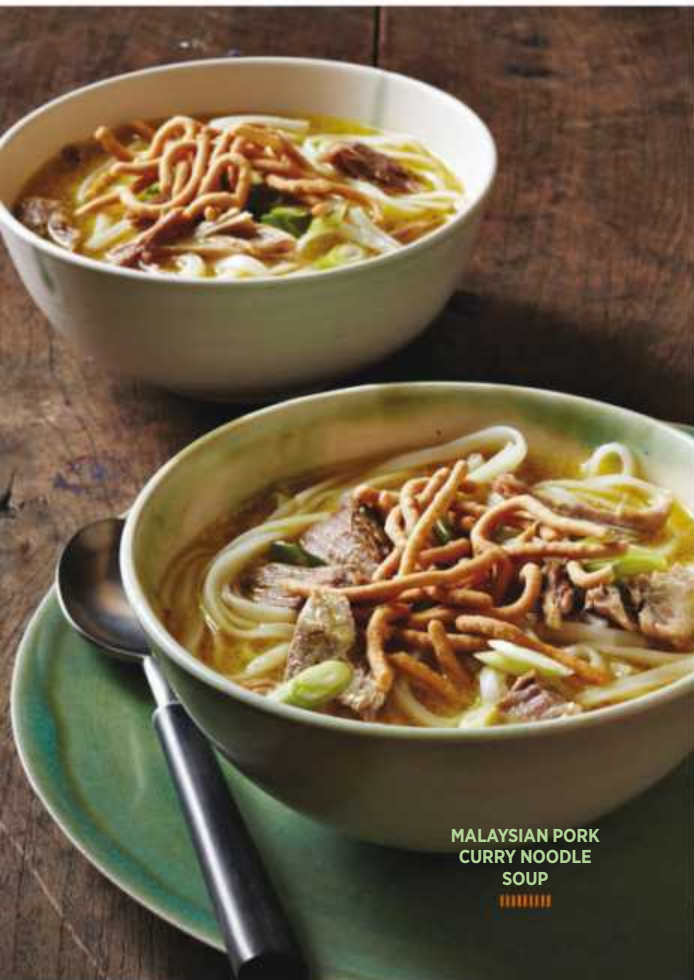
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CHILI FROM
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THE WORLD

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PHOTOGRAPHY
BY RYAN LIEBE

AFRICAN CHICKEN
AND PEANUT STEW
PAGE 144



**MALAYSIAN PORK
CURRY NOODLE
SOUP**
|||||||

Malaysian Pork Curry Noodle Soup

MAKES 8 servings
PREP 15 minutes **SLOW COOK** on HIGH for 6 hours or LOW for 8 hours

- 3 lbs boneless pork shoulder**
- 1 large yellow onion, diced**
- 1 3-inch piece ginger, peeled and chopped**
- 3 cloves garlic, chopped**
- 2 cups unsalted chicken stock**
- 1 can (13.5 oz) coconut milk**
- 2 tbsp lime juice**
- 1 tbsp curry powder**
- 2 tsp sugar**
- 1 tsp salt**
- ½ tsp red pepper flakes**
- 1 box (8 oz) pad thai rice noodles**
- Scallions and chow mein noodles (optional)**

■ Place pork shoulder, onion, ginger and garlic in bottom of slow cooker. In a bowl, whisk stock, coconut milk, lime juice, curry powder, sugar, ½ tsp of the salt and the red pepper flakes. Pour over pork. Cover and cook on HIGH for 6 hours or LOW for 8 hours.

■ Using tongs, carefully remove pork to a

cutting board and shred. Stir remaining ½ tsp salt into liquid and return shredded pork to slow cooker. Meanwhile, prepare rice noodles per package directions.

■ Divide rice noodles among 8 bowls, then ladle some pork and broth on top. Garnish with scallions and chow mein noodles, if using.

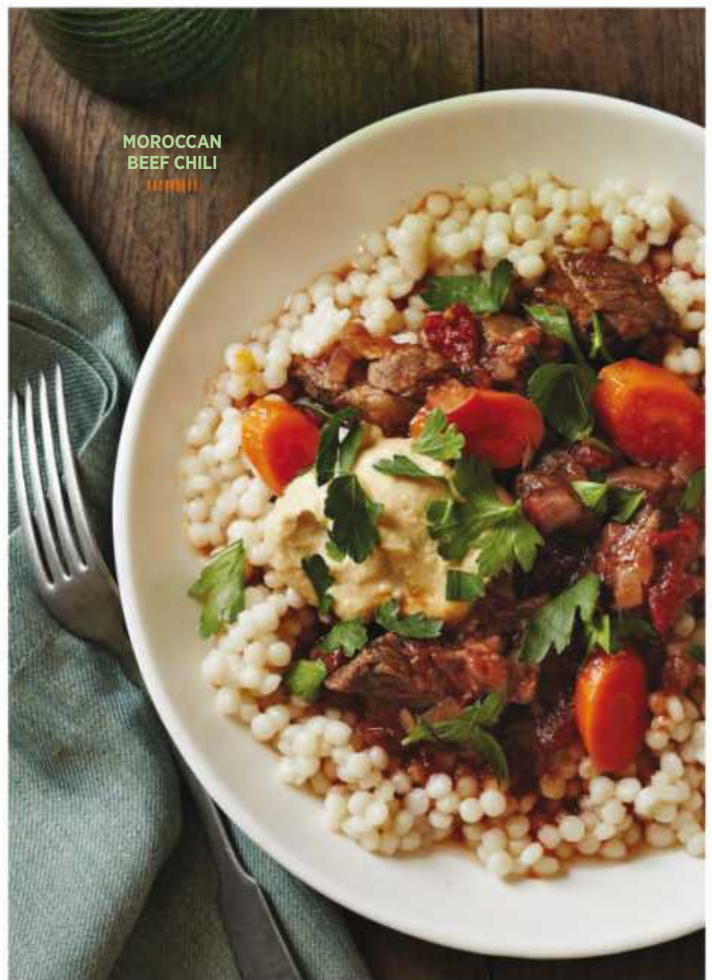
PER SERVING 350 CAL; 16 g FAT (11 g SAT); 21 g PRO; 30 g CARB; 1 g FIBER; 400 mg SODIUM; 65 mg CHOL

Moroccan Beef Chili

MAKES 8 servings
PREP 10 minutes **SLOW COOK** on HIGH for 5 hours or LOW for 7 hours

- 2 lbs beef chuck, cut into 1-inch pieces**
- ½ tsp salt**
- ½ tsp ground allspice**
- 3 medium carrots, sliced on the diagonal into 1-inch pieces**
- 1 medium yellow onion, diced**
- 3 cloves garlic, sliced**
- 1 can (14.5 oz) diced tomatoes**
- 1 tbsp harissa paste**
- 6 cups cooked pearl couscous**
- ½ cup plain hummus**
- Chopped parsley (optional)**

■ Toss beef with salt and allspice. Place in



**MOROCCAN
BEEF CHILI**
|||||||

slow cooker with carrots, onion and garlic. In a bowl, whisk tomatoes and harissa. Pour over beef. Cook on HIGH for 5 hours or LOW for 7 hours.

■ To serve, scoop ¾ cup couscous into each bowl. Spoon stew on top; garnish with 1 tbsp hummus and, if using, parsley.

PER SERVING 450 CAL; 16 g FAT (6 g SAT); 28 g PRO; 43 g CARB; 5 g FIBER; 370 mg SODIUM; 85 mg CHOL

African Chicken and Peanut Stew

MAKES 8 servings
PREP 15 minutes **SLOW COOK** on HIGH for 4 hours or LOW for 6 hours

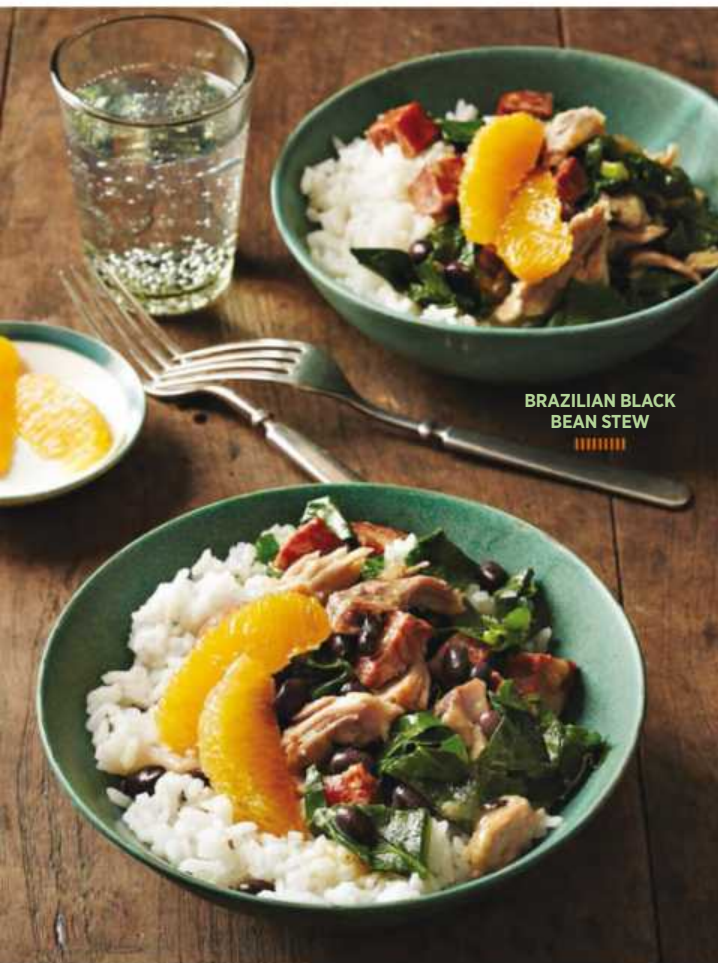
- 2½ lbs bone-in chicken thighs, skin removed**
- 2 lbs sweet potatoes, peeled and diced**
- 1 3-inch piece ginger, peeled and chopped**
- 2 cloves garlic, chopped**
- 1½ cups unsalted chicken stock**
- ½ cup natural chunky peanut butter**
- 1 can (14 oz) diced tomatoes**
- 1 tsp ground coriander**
- ¾ tsp salt**
- ½ tsp black pepper**
- 1 tsp cider vinegar**
- Cilantro and peanuts (optional)**

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BRAZILIAN BLACK BEAN STEW



MEXICAN CHIPOTLE SQUASH SOUP

- Place chicken, sweet potatoes, ginger and garlic in bottom of slow cooker. In a bowl, whisk stock and peanut butter until blended. Stir in tomatoes, coriander, ½ tsp of the salt and the black pepper. Pour into slow cooker. Press down until chicken and potatoes are mostly submerged. Cover and cook on HIGH for 4 hours or LOW for 6 hours.

- Carefully remove chicken to a cutting board. Shred chicken, discarding bones. Stir vinegar and remaining ¼ tsp salt into liquid. Stir in shredded chicken.

- Ladle into bowls and garnish with cilantro and peanuts, if using.

PER SERVING 320 CAL; 14 g FAT (3 g SAT); 24 g PRO; 22 g CARB; 4 g FIBER; 520 mg SODIUM; 100 mg CHOL

Brazilian Black Bean Stew

MAKES 10 servings

PREP 15 minutes **SLOW COOK** on HIGH for 5 hours or LOW for 7 hours

- 2½ lbs pork spare ribs**
- 3 oz diced cured chorizo, casing removed**
- 1 large yellow onion, diced**
- 4 cloves garlic, sliced**
- 1 lb collard greens, large stems discarded, roughly chopped**
- 2 cups unsalted chicken stock**
- ½ tsp salt**

- ¼ tsp black pepper**
- 2 cans (15.5 oz each) black beans, rinsed and drained**
- 1 tbsp white vinegar**
- 6 cups cooked white or brown rice**
- 1 large orange, peeled and cut into segments**

- Place ribs, chorizo, onion and garlic in bottom of slow cooker. Place collard greens on top, pressing down firmly. Whisk stock, salt and pepper, then pour on top. Cover and cook on HIGH for 5 hours or LOW for 7 hours.

- Carefully remove ribs to a cutting board and shred; discard bones. Stir beans and vinegar into liquid. Stir meat back into slow cooker.

- To serve, scatter about ½ cup rice into each bowl. Ladle some stew on top and garnish with orange segments.

PER SERVING 500 CAL; 24 g FAT (8 g SAT); 25 g PRO; 46 g CARB; 10 g FIBER; 525 mg SODIUM; 75 mg CHOL

Mexican Chipotle Squash Soup

MAKES 8 servings

PREP 20 minutes **SLOW COOK** on HIGH for 4 hours or LOW for 6 hours

- 4 lbs butternut squash, peeled, seeded and cut into 2-inch cubes**

- 1 medium onion, chopped**
- 2 cloves garlic**
- 3 cups unsalted chicken broth**
- 3 chipotle chiles in adobo, seeded and chopped**
- 2 tsp adobo sauce (from chipotle can)**
- 1 tsp salt**
- ½ cup sour cream**
- Pepitas (optional)**

- Place squash, onion and garlic in bottom of slow cooker. In a bowl, whisk broth, 2 of the chipotles, 1 tsp of the adobo sauce and ½ tsp of the salt. Pour over squash. Cook on HIGH for 4 hours or LOW for 6 hours.

- Puree soup with a hand blender or in batches with a standing blender. Return to slow cooker and stir in remaining ½ tsp salt.

- In a small bowl, blend sour cream with remaining chipotle and 1 tsp adobo sauce. Ladle soup into bowls and garnish with a dollop of sour cream and, if using, pepitas.

PER SERVING 130 CAL; 3.5 g FAT (2 g SAT); 5 g PRO; 23 g CARB; 6 g FIBER; 1,070 mg SODIUM; 20 mg CHOL

familycircle.com

Go to familycircle.com/slowcookerbowls for even more easy and hearty slow cooker soups, stews and chilis.

WHAT'S NEW

MIDNIGHT MANI

PAGE 14: **ORLY** Nail Lacquer in Midnight Show, orlybeauty.com, \$8.50. **JINsoon** Nail Lacquer in Blue Iris, sephora.com, \$18.

CHANEL Le Vernis Nail Colour in Vibrato, chanel.com, \$27.

KNIT PICK

PAGE 18: Poncho, **M Made In Italy**, shoperendipityboutique.com, \$110. Pants, **Lisette L Montreal**, lisettel.com, \$155. Earrings, **The K & R Collection for Silpada**, mysilpada.com, \$36. Watch, **RumbaTime**, rumbatime.com, \$60. Ring, **Phyllis + Rosie**, phyllisrosiejewelry.com, \$85.

STYLE

2015 BEST BEAUTY BUYS

PAGES 23-29: All beauty award winners are available at drugstores, mass-market retailers, Target, Ulta or Sally Beauty.

WIN THE BEST BEAUTY BOOTY!

PAGE 33: No purchase necessary to enter or win. Subject to Official Rules available at beautybash.me. The National Beauty Month Sweepstakes begins at 12:01 a.m. EST on 08/24/15 and ends at 11:59 p.m. EST on 10/31/15. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Void where prohibited. Sponsor: Meredith Corporation. Sweepstakes is offered by Meredith Corporation and may be promoted by any of Meredith's publications in various creative executions online and in print and at additional URLs at any time during the sweepstakes.

Charlotte Tilbury Wonderglow Instant Soft-Focus Beauty Flash Primer, \$55.

Coola Suncare Coola Sport SPF 50 Unscented Sunscreen Spray Eco-Luxe Size, \$36. Coty Inc. **Sally Hansen** Miracle Gel, \$10. Coty Inc. **Love 2 Love** Jasmine + Sparkling Mimosa, \$10. Coty Inc. **Marc Jacobs** Daisy Dream, \$50. **Crest** 3D White Whitestrips, \$41. **Dior** Addict Fluid Stick, \$35. **Estée Lauder** Clear Difference Targeted Blemish Treatment, \$35. **Estée Lauder** Advanced Night Repair Synchronized Recovery Complex, \$62.

FLOWER Eye 2 Eye Eye Marker & Volumizing Mascara, \$10. **FOREO** Luna T-Sonic Cleansing and Anti-Aging System, \$200. **Fresh** Sugar Lip Serum Advanced Therapy, \$35. **GLAMGLOW** Powermud Dualcleanse Treatment, \$69. **GLAMGLOW** Thirstymud Hydrating Treatment, \$69. **Jergens** BB Body Perfecting Skin Cream, \$13. **L'Oréal Paris** Revitalift Miracle Blur Instant Eye Smoother, \$20. **L'Oréal Paris** Superior Preference Mousse Absolue, \$12. **L'Oréal Paris** Advanced Suncare Quick Dry Sheer Finish Spray SPF 50+, \$8. **La Roche-Posay** Pigmentclar Dark Spot

Correcting Serum, \$53. **Lancôme** Grandiose Mascara, \$32. **Laneige** BB Cushion, \$34. **Laneige** Water Sleeping Mask, \$23. **Living Proof** Curl Conditioning Wash, \$26. **Living Proof** Instant Texture Mist, \$26. **MAC Cosmetics** Mineralize Skinfinish Natural, \$32. **Marula** Pure Beauty Oil, \$78. **Nudestix** Lip & Cheek Pencil, \$24. **Scalisi Skincare** Anti-Aging Moisturizer with Broad Spectrum SPF 30, \$65. **Shiseido** Ultimune Power Infusing Concentrate, \$65. **Shiseido** Benefiance WrinkleResist24 Pure Retinol Express Smoothing Eye Mask, \$18. **Shiseido** Ultimate Sun Protection Spray SPF 50+, \$36. **Sonia Kashuk** Dewy Luxe Lip & Cheek Balm, \$10. **T3** Micro Whirl Trio Interchangeable Barrel Styling Wand, \$230. **Urban Decay** Naked Skin Body Beauty Balm, \$32.

BLUE CRUSH

PAGE 34: *On left:* Blazer, **Elle**, kohls.com, \$68. Tank (available September 27), **Adam Lippes** for **Target**, target.com, \$28. Jeans, **Splendid**, splendid.com, \$158. Shoes, **H by Halston**, qvc.com, \$112. Necklace, **The K & R Collection for Silpada**, mysilpada.com, \$59. Bracelets, **Miranda Frye**, mirandafrye.com, \$73 for set of 3. Clutch, **Poverty Flats**, povertyflatsbyrian.com, \$68. *On right:* Top, **J. Jill**, jjill.com, \$89. Jeans, **Express**, express.com, \$88. Shoes, **Guess**, macys.com, \$159. Earrings, **Marlyn Schiff**, marlynschiff.com, \$42. Bangles, **Miranda Frye**, mirandafrye.com, \$69 for set of 3.

PAGE 35: Top, **Guess**, guess.com, \$80. Jeans, **Signature by Levi Strauss & Co**, walmart.com, \$20. Shoes, **Chinese Laundry**, chineselaundry.com, \$70. Clutch, **Chico's**, chicos.com, \$99. Bangle, **Rebecca Minkoff**, rebeccaminkoff.com, \$58. Necklace, **Sequin**, sequin-nyc.com, \$98.

PAGE 36: *On left:* Jacket, **Black Swan**, lulus.com, \$99. Top, **Lucky**, luckybrand.com, \$119. Jeans, **Mavi**, mavi.com, \$117. Shoes, **Guess**, guess.com, \$159. Ring, **Rachael Ryen**, rachaelryen.com, \$68. *On right:* Tee, **Lacoste**, lacoste.com, \$50. Overalls, **Mossimo**, target.com, \$35. Shoes, **Fergalicious by Fergie**, dsw.com, \$55. Clutch, **Big Buddha**, dillard.com, \$80. Earrings, **Rebecca Minkoff**, rebeccaminkoff.com, \$48. Bangle, **Rachael Ryen**, rachaelryen.com, \$88. Ring (left), **Joyii**, joyiia.com, \$31. Ring (right), **Rebecca Minkoff**, rebeccaminkoff.com, \$48 for set of 2.

PAGE 37: Vest, **Karen Kane**, karenkane.com, \$138. Tank, **Oasis**, oasis-stores.com, \$84. Jeans, **Lucky Brand**, luckybrand.com, \$129. Shoes, **Elliot Lucca**, thesak.com, \$99. Earrings, **Stella & Dot**, stelladot.com, \$39.

PAGE 38: *On left:* Jeans, **Canyon River Blues**, sears.com, \$48. Top, **Three Eighty Two**, juliangold.com, \$121. Shoes, **Ivanka**

Trump, nordstrom.com, \$135. Belt, **AMIClubwear**, amiclubwear.com, \$13. Necklace, **Miranda Frye**, mirandafrye.com, \$76. Earrings, **Cocoa Jewelry**, cocoa jewelry.com, \$38. Ring, **Edge of Ember**, edgeofember.com, \$95. *On right:* Vest (available September 27), **Adam Lippes** for **Target**, target.com, \$40. Top, **Riders by Lee**, ridersbylee.com, \$15. Jeans, **American Eagle Outfitters**, ae.com, \$40. Shoes, **Yosi Samra**, yosisamra.com, \$180. Earrings, **Stella & Dot**, stelladot.com, \$39.

HOME

BEWITCHED

PAGES 43-50: **Cat Pumpkin:** Black acrylic paint and paint brush, available at craft stores. **Owl Pumpkin:** Colored card stock (in light brown, dark brown, dark purple, light purple, black and orange), Beacon Magna-Tac adhesive and sewing pins/push pins/tacks, available at craft stores. **Spider Pumpkin:** Googly eyes in assorted sizes, eight black pipe cleaners (per spider pumpkin), bamboo or metal skewer, and Beacon Magna-Tac adhesive, available at craft stores. **Candle Decals:** Decal Paper, available at decalpaper.com. **Pom-Pom Wreath:** Clover pom-pom maker available at craft stores and online at amazon.com. Fiskars micro-tip scissors available at craft and sewing stores. Floral greening pins and 18-inch wreath form available at craft stores. **Paper Pumpkins:** Most supplies found at craft stores. Brads available at office-supply stores. Crepe paper folds found at some craft stores. **Halloween Pillows:** All supplies available at craft stores. 20 x 20-inch canvas pillow covers and pillows, hm.com. **Boo! Balloon:** Round latex balloons available at shopsweetlulu.com. Glittered fabric sheets available at Hobby Lobby. **Paper Streamers:** 19 x 25-inch sheets of Canson Mi-Teintes drawing paper in Black and White, available at dickblick.com. All other supplies available from craft stores. **Candy Creatures:** All supplies available at craft supply stores. **Mummy Wrapped Lanterns:** All supplies available at craft stores. **Ghost Pumpkins:** Googly eyes and Beacon Magna-Tac adhesive available at craft stores. **Oversize Spiders:** Smooth Foam balls, smoothfoam.com. Cindus crepe paper folds available online through multiple vendors; also available at some craft stores. All other supplies available at craft stores.



Valerie Bertinelli

Back in the day, as a star of the popular TV series *One Day at a Time*, cheery child actress Valerie Bertinelli grew up on the small screen. Now the two-time Golden Globe winner and cookbook author is the latest celeb with her own Food Network show. On *Valerie's Home Cooking*, she dishes about favorite family recipes passed down through the generations. When friends come for dinner, she reels them in with this simple, flavorful fish dish.

Baked Salmon with Honey Mustard Sauce

- 4 skin-on salmon fillets (6 to 7 oz each)
- ½ cup low-fat mayonnaise
- ¼ cup honey
- ¼ cup Dijon mustard
- Kosher salt and freshly ground white pepper
- 2 tbsp chopped fresh chives, plus more for garnish

- Heat oven to 375°. Line a large baking sheet with parchment paper or a nonstick silicone liner and lay salmon, skin side down, on top. Set aside.
- Combine mayonnaise, honey, mustard and chives and stir to thoroughly combine. Reserve half the sauce and spoon remaining sauce over fish, spreading

evenly over top and sides of each fillet. Season with salt and pepper.

- Roast at 375° for 7 minutes. Increase oven heat to broil. Broil until cooked through, 6 to 7 minutes; keep your eye on salmon to avoid overcooking. Garnish with chives and serve with reserved sauce.

Serves 4.



Watch Valerie do her thing in the kitchen on Food Network, Saturdays at 12 p.m. ET/PT. For more info, go to foodnetwork.com/valerie.

Adapted from *One Dish at a Time* by Valerie Bertinelli © Rodale 2012. Provided courtesy of Valerie Bertinelli. All rights reserved. Photo: courtesy of Food Network. Family Circle (ISSN 0014-7206); October 2015, Volume 128, No. 10, is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: \$19.98 per year in the U.S.; \$41.98 (U.S. dollars) in Canada; \$53 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 5071.5.2) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Family Circle, P.O. Box 37508, Boone, IA 50037-0508, or call 800-627-4444. In Canada: Mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to Family Circle, 2835 Kew D, Windsor, ON, N8T 3B7. © Meredith Corporation 2015. All rights reserved. Printed in the U.S.A.

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Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

~~3 chicken breast halves, cubed~~

~~2 tbsps. butter, divided~~

~~2 cloves garlic, minced, divided~~

~~2 tbsps. chopped flat-leaf parsley~~

~~1 1/2 tbsps. Italian seasoning~~

~~1/2 onion, diced~~

~~1 1/2 tssps. salt~~

~~1/2 tsp. ground white pepper~~

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

~~2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley, cook until onions are transparent.~~

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



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