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PAGE 112

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10
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make smarter choices at the grocery store. And, of course, we want our moms to pamper themselves after being such hardworking CEOs of family life, most especially during the holidays! If you've been considering changing your hairstyle or color, check out the major makeovers in "New Year, New You" (page 36) and you may find the motivation to take the plunge. Rather focus on reenergizing your wardrobe? We'll show you ways to mix and match what you've got so you'll feel like you have a whole new wardrobe—without the stress and expense of shopping. Whatever you decide to do, let me know by posting on our Facebook page or writing to me at linda@familycircle.com.

Linda

Linda Fears, Editor in Chief
linda@familycircle.com

If you haven't settled on—or started—your 2014 resolutions, this issue is chock-full of inspiring ways to make your (and your family's) life even better this year. Whether you're looking to spruce up your home without spending a fortune or simply want to clear out the clutter after a hectic season of entertaining, you'll find dozens of low-cost ideas in our Home Life section (beginning on page 15). Our advice for decoding all those food label buzzwords (free range! natural!) in "Label Conscious" (page 83) will help you

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A FEW OF MY FAVES



Urban Decay 24/7 Glide-On Double-Ended Eye Pencil A lot of eye pencils claim to last all day, but this is the first one I've tried that actually looks as good at 7 p.m. as it did at 7 a.m. Plus I love the dual-color option. **Sephora.com, \$16**



Nike+ FuelBand SE I've graduated from the clip-on fitness tracker (I was always worried that I would lose it or that it would end up in the wash) to this bracelet style. Because it's so visible, I find myself checking my step count more often in my daily quest to reach 10,000. **Nike.com, \$149**



Pottery Barn Essential Cozy Throw I couldn't have thought of a more appropriate name for this amazingly soft and, yes, super-cozy throw. I bought two for the family room because my kids kept fighting over them. **Potterybarn.com, \$49**

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



Since I was about 12, these brownies have been my trademark. I gave them as gifts, brought them to high school parties and even baked them for my wedding with white chips (for an elegant black-and-white effect). Now enjoy them with your loved ones! —Darcy Jacobs, Executive Editor

Darcy's Brownies (with great thanks to Maida Heatter)

MAKES 16 servings PREP 15 minutes BAKE at 350° for 35 minutes

- Heat oven to 350°. Butter a 9- or 8-inch-square pan. Dust bottom with fine **bread crumbs** mixed with **1 tsp cocoa powder**. Shake out excess.
- Place **4 oz unsweetened chocolate** and **¼ lb unsalted butter** in a small double boiler. Stir until smooth and melted, then set aside to cool slightly.
- In a small bowl, beat **3 large eggs** on high for 30 seconds until foamy and slightly increased in volume. On low, gradually add **1 cup sugar**; beat for just a few seconds (too long and it will be dry). Add **1 tbsp Nielsen-Massey vanilla extract**, a **pinch of salt** and chocolate mixture, lightly mixing with a spatula. Add **¾ cup sifted all-purpose flour**, scraping sides. Fold in **¾ cup Ghirardelli bittersweet chocolate chips**.
- Bake at 350° for 30 minutes. Test center with a toothpick; it should come out with a bit of chocolate on it. (If too gooey, bake 5 minutes more.) You may also test near corners—better to leave the center a bit moist than have dry edges.
- Cool on a rack for about an hour. (Bottom should be barely warm.) Invert and remove. Cool to room temp or wrap in wax paper and freeze for 30 minutes for easier cutting. Cut into small bars.

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get inspired!

IDEAS FOR LIVING

SMARTER, HEALTHIER AND HAPPIER

A NEW LEAF

Tea has never been hotter, and not just for sipping. These cookies made with Earl Grey have a subtle citrus flavor that comes from thinking beyond the brew.

Earl Grey Shortbread

In a food processor, pulse 2 cups **all-purpose flour**, 2 tbsp **Earl Grey tea leaves** and ½ tsp **salt** until combined. Add ½ cup **confectioners' sugar** and 2 sticks softened **unsalted butter**; pulse until dough just comes together. Place dough on a lightly floured surface, pat into a flat disk, wrap in plastic and refrigerate for 30 minutes. On a lightly floured surface, roll dough to ¼-inch thickness. Cut out shapes with a 2-inch-square scalloped cookie cutter; place on a baking sheet. Re-roll dough as needed. Bake at 350° for 18 to 20 minutes, until lightly browned. Remove immediately to a wire rack to cool. *Makes 3½ dozen.*



get inspired!

SMALL WORLD

It may be cold outside, but you can still get your green thumb on indoors with a DIY terrarium. Follow these simple tips from Teleflora's Marie Ackerman.

➤ In a large, open-top glass container, spread a ¾-inch layer of gravel, followed by a thin layer of charcoal and 3 to 4 inches of soil.

➤ Add small foliage plants, such as ivy or button ferns, working from the back of the bowl to the front (don't crowd them). Cover soil with moss.

➤ Place terrarium in indirect light. When soil feels dry, water with one or two ice cubes.





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*Use as directed for minor arthritis pain.

†Comparison to Extra Strength Tylenol based on minimum label dosing for 24 hours if pain persists.

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your time

SLOW DOWN, BREATHE, BE HAPPY

Mind the Wine

Worried that champagne will go to your head? It will, but in a good way. Research shows bubbly actually boosts memory, but only if it's made from red grapes (such as Pinot Noir or Pinot Meunier). So next time you raise a glass, think pink.



HELLO, GORGEOUS

Good news for selfie enthusiasts: The latest apps can touch up your photos to perfection. Facetune (iOS, \$2.99) lets you erase blemishes, whiten teeth or plump up lashes with a swipe of a finger, while Pixtr (iOS, free) does all the work with just one touch. Talk about boosting your profile!

Happy Medium

“Hearts are my beacons... Whenever and wherever I see the heart shape, a smile spreads across my face. The heart has an unbeatable romance when you discover one where you least expect it.”

—DREW BARRYMORE
on her new book,
Find It In Everything,
a collection of photos she's snapped
of—what else?—hearts



Photo (woman) Geri Lavrov/Getty Images, (Barrymore) Film Magic/Getty Images, (wine) iStockphoto.

READING ROOM



ARCHETYPE

by M.D. Waters (Dutton)

Emma wakes up in a room awash in memories yet unsure of who she is. Her devoted husband offers details of their shared past, but her dreams reveal to her another woman's life—and love. As she pieces together her existence, Emma realizes she is living in a divided world where women are trained as wives to be owned by men. A twisty, thought-provoking futuristic tale that unnerves and enthralls.



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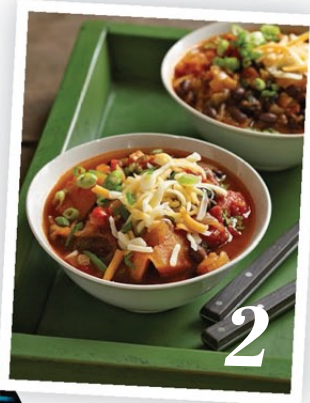
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1 BEST OF February



Punxsutawney Phil's annual **Groundhog Day** appearance tomorrow is sure to be hotly anticipated.



It's **Super Bowl Sunday!** For recipes worthy of the NFL's annual showdown, check out "Super Bowls!" on page 104 or go to **familycircle.com/superbowl**. Not a football fan? Tune in to the Kitten Bowl on the Hallmark channel at 12 p.m. ET and OD on cuteness.

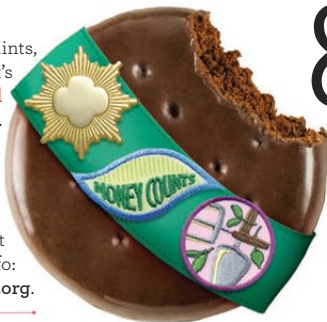


Talk about the end of an era—master of late-night chitchat **Jay Leno** delivers his last *Tonight Show* monologue. Good-bye, Jay. Hello, Jimmy Fallon.



Meet Emmet, an ordinary LEGO mini figure. He's on a computer-animated 3-D quest to stop an evil tyrant and save the world. **The LEGO Movie** opens in theaters, featuring the voices of Will Ferrell, Liam Neeson and Morgan Freeman.

Trefoils, Thin Mints, Samoas and more—it's Day 2 of **National Girl Scout Cookie Weekend**. Entrepreneurial young ladies sell 200 million boxes annually to raise money for troop activities. Don't forget to order yours. Info: girlscoutcookies.org.



8

14

"There is no remedy for love but to love more," wrote American philosopher and poet Henry David Thoreau. **Happy Valentine's Day!** (To celebrate with a decadent chocolate dessert, turn to "Sweet Temptations," page 108.)



10

The second Monday in February is **Clean Out Your Computer Day**. Uninstall unused programs and ditch unneeded files to free up hard drive space. To tackle non-digital household clutter, check out "Order in the House," page 23, for strategies.



After 17 frigid, fun-filled days of worldwide pride and medal count mania, the **XXII Olympic Winter Games** in Sochi, Russia, draw to a glorious close. Follow along all month at olympic.org.

Photos: (clockwise from top left) Yunhee Kim, Kana Okada, David Prince, Michael Ochs Archive/Getty Images, Kate Mathis, NBCU Photo Bank/Getty Images.



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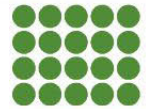
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home life



PRETTY IN PINK

Designers have embraced the color spectrum's sweet side with decorative accessories and furnishings in bubble gum shades.

"Pink is a great complimentary color—just a hit here and there softens a space," says Ryan Turf, head of merchandising at CB2.

Try patterned plates, a set of matte-finish bowls or even a glass jar candle. Or go bold with an accent chair or sleek filing cabinet. For more information, see Buyer's Guide on page 118.



HOUSE

WARMING

A Minneapolis mom of three combines traditional with trendy to create a family home that's full of personality. By Judy Prouty

PHOTOGRAPHY BY KIM CORNELISON



BRIGHT THINKING
Elizabeth and Walter, with Henrik, Luisa and Peter, relax in the living room. Splashes of yellow, orange and blue throughout the house pick up the colors in the prints on the wall, bought at a local gallery. Elizabeth found the mirrored coffee table in a Wisteria catalog.

Elizabeth Foy Larsen envisions her Mediterranean-style house as a kind of decorating workshop where whimsy and practicality meet. “I grew up in Minneapolis with a combination of formal and ’70s groovy aesthetic,” she says. “My mom had a fantastic eye and loved color.” Taking a cue from her childhood home, Elizabeth freely mixed styles and patterns, contemporary pieces with thrift shop finds. Friend and design pro Janet Gridley steered her toward unique wallpapers, fabrics and accessories. “She knew my style enough to recommend a chandelier made of coffee filters for the dining room,” Elizabeth explains. “I like things that are a little goofy.” Janet also helped source wallet-friendly items like a pair of reupholstered junk shop tub chairs for the living room and a dining table from Ikea. Elizabeth and her husband, Walter Schleisman, did most of the painting, but she credits sons Peter, 14, and Henrik, 11, for taking charge of their spaces. “I think kids should design environments they like and be creatively independent,” says Elizabeth, a writer who devoted a chapter to the subject in her book *Unbored: The Essential Field Guide to Serious Fun*. “They just have to stay within a budget.” Daughter Luisa, now 9, was too young to prove her decorating chops when the family moved into the house in 2006. But she’s sure to get the chance when she takes over Peter’s room after he goes off to college.



TABLE MANNERS

For the dining room, Elizabeth splurged on toile wallpaper embellished with huge pheasants. "It's from a design firm in Scotland called Timorous Beasties, which resonated with me since my paternal grandmother came from Dundee," she says. The chairs are inexpensive copies of midcentury designs and the light fixture was found at etsy.com.



SMART SPACE

For the inside of the bookcases in her office, Elizabeth chose vivid yellow, a color she says makes the long winters feel like summer. A love seat piped in the same electric hue and an ottoman provide a place for kicking back.

POP STARS

Opposite page: Eye-catching accessories like fluffy throw pillows and an orange bench punch up an otherwise subdued family room. The modular carpet tiles by Flor can be easily switched out in case of spills.

ELIZABETH'S ESSENTIALS

IF YOU LOVE THE LOOK OF AN EXPENSIVE WALLPAPER, keep costs in check by putting it up on only one wall in a room.

FOR A SOFA THAT'S SEEN BETTER DAYS, like the one in the couple's family room, replace sagging back cushions with pillows in fun colors, patterns and textures.

PULL OUT ONE OR TWO COLORS FROM A FAVORITE PICTURE to echo throughout your decor.

TRANSFORM A NEUTRAL ROOM by introducing one bold item, like curtains in a loud print.

MIX HIGH AND LOW ELEMENTS for fun—"I've paired my grandmother's antique console with a square mirror from Ikea."



UNBORED





See more great family homes at familycircle.com/housetours.



COOL AID

Peter, an architecture and design buff, helped artist Daisy Mitchell paint the LA skyline over his bed. "He feels he lives in way too small a town," says Elizabeth. In keeping with his clean-lined tastes, Peter chose a modern bed and headboard from Ikea. Posters of his favorite cities hang above models of the Empire State Building and Petronas Twin Towers in Malaysia.

GET THE LOOK



Square Hi-Gloss Tray in Swoon, cb2.com, \$30



Knappig Vase in White and Yellow, ikea.com for stores, \$3



Roost Constellation Pendant in Chrome, lightpionline.com, \$137 for small



Little Faux Sheep Pillow in White, landofnod.com, \$29, and Deco Pillow in Coral, caitlinwilsonstextiles.com, \$50 for 14" x 20"

Styling: Lisa Evidon.

CHILD'S PLAY

Henrik chose a blazing orange for his room. "I hate the shade, but he wouldn't budge," Elizabeth says. "Anyway, it's his space." The wood deer head and George Washington pillow are from Honeyshine, a favorite Minneapolis home furnishings shop. *Opposite page:* Henrik and Maxie curl up under a pendant lamp that projects stars across the room.





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ORDER

IN THE

house

It's a toss-out! Simple solutions to clear your family's clutter for good. **BY LAURA WALLIS**



In-season clothes and accessories are easiest to sell.

Don't try to list what's stained or torn—discard instead.

SELL

Post simple-to-ship castoffs, like that multispeed juice extractor you never use, online to reach the biggest audience of potential buyers.

CLOTHES, HOUSEHOLD GOODS, ELECTRONICS

Skip McGrath, Web marketing expert and author of *The Complete eBay Marketing System* (skipmcgrath.com), suggests **eBay** for selling everything from popular brand names (Xbox, KitchenAid) to collectibles (silver tea sets, Barbie dolls). The site offers an auction format and fixed-price sales, which may be easier for first-timers who don't want to deal with the bidding process. *Cost: McGrath estimates fees to be about 12.5% of your selling price, including PayPal charges.*

Fashion retail sites like **poshmark.com** let you download an app to conduct transactions from your tablet or smartphone. *Cost: 20% of each sale, but listing and shipping items is fee-free.*

VINTAGE Popular for handmade goods, **etsy.com** is also a destination for retro housewares, jewelry and clothing. *Cost: 20 cents to list an item for four months (or until it sells); 3.5% charge on each sale.* For large collections, you can open your own storefront on

rubylane.com, a vintage-focused marketplace, for \$75. *Cost: Commission-free but there's a listing fee of 30 cents per piece, a 20-cent monthly maintenance fee per item and a \$30 monthly advertising fee.*

OLD AND NEW

Books, music and movies sell particularly well on **amazon.com**, McGrath says. The site also takes just about anything relatively new that's still in its original packaging—electronics, small appliances, sports equipment. *Cost: No listing fee; 99 cents per item plus referral fees—typically 6% to 25% of the sale. Books and media incur additional costs.*

LARGE AND HEAVY

Internet classifieds like **craigslist.org** and **eBayclassifieds.com** attract local shoppers. They're ideal for listing bulky items like air conditioners and bookcases because buyers are responsible for hauling items away. On **oodle.com** you can tap into your personal connections and local networks via Facebook to market wares. *Cost: All for-sale listings are free.*

MCGRATH'S SMART STRATEGIES



NAME A PRICE

Check current listings of similar products to get an idea of what individual pieces should go for.



OFFER FREE OR FIXED SHIPPING

You'll entice more customers because they'll know their total cost up front.



PROVIDE LOTS OF DETAILS

List key specifics, like brand, color and size, first. Be honest about defects or wear-and-tear to avoid returns and negative feedback.



POST PLENTY OF PHOTOS

Shoot from a variety of angles against a white background and include close-ups.



BE SAFE

When selling locally, don't give out your home address or phone number—ask potential buyers for their contact info. Arrange to meet in a public place with a friend, if possible.

P&G



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Always call ahead to thrift shops to check what's accepted.

For more tips on a clutter-free home, go to familycircle.com/declutter.

DONATE

If you're looking to unload that still-serviceable dinette set but can't find any takers, consider passing it on to a worthy organization.

FURNITURE AND BULKY HOUSEHOLD ITEMS

You can schedule a pickup for sizable amounts of furnishings with a major national charity such as **Goodwill**, the **Salvation Army** or **Vietnam Veterans of America** (pickuplease.org). Or stop by a local furniture bank (find one at furniturebanks.org) that distributes items to families in need. Habitat for Humanity ReStores (habitat.org) sell donated items at a discount, and proceeds go toward construction of Habitat homes.

KIDS' STUFF Some day care centers, preschools, hospitals and women's shelters accept children's books, games and clothing. Community chapters of **stuffedanimalsforemergencies.org** deliver gently used toys to children

in need. **Babybuggy.org** (based in LA and NYC) takes kids' and baby gear as well as maternity and children's clothing in good condition.

CLOTHES AND SHOES

Some women's and homeless shelters as well as churches and synagogues accept drop-offs. For women's professional apparel and shoes, try **dressforsuccess.org**. For a wedding or special occasion dress you'll never need again, visit **bridesagainstbreastcancer.org** or **donatemydress.org**. Cotton, Inc. runs a program on **bluejeansgogreen.org**, where denim gets recycled as insulation for homes in underprivileged areas.

BOOKS Schedule a bulk pickup with **donationtown.org**. Enter your zip code and choose from

TRADE/CONSIGN

Let someone else handle the marketing and sale of your goods for a cut of the profit, says Nancy Heller, president of Goodbye Clutter in NYC.

BOOKS AND MOVIES Receive a gift card from **amazon.com** for books, DVDs and other products that meet their trade-in criteria. **Barnesandnoble.com** has a similar program for textbooks with payment via check or PayPal.

ELECTRONICS Ask about cash buy-back deals from your local wireless carrier, big-box stores or even mall kiosks. Heller recommends **gazelle.com** for instant quotes on cell phones and other tech gadgets based on model and condition.

CLOTHING AND ACCESSORIES Brick-and-mortar consignment shops will sell top-quality in-season items in exchange for a portion of the sale. You usually can set a higher price at a consignment shop than on Craigslist, but the store will take a hefty cut—up to a 50-50 split.

FURNISHINGS **Chairish.com**, a virtual consignment flea market of curated one-of-a-kind furnishings and decor, offers weekly markdowns and a 48-hour return policy. Sellers receive 50% to 80% of the final price.

Local church drives can be good for donating kids' castoffs.

charities in your area. Check with your local public library to see whether they take books. You can also send select titles to **booksforafrica.org**. Shipping to the Atlanta warehouse is your responsibility but it's tax-deductible.

TOWELS AND BEDDING

Towels and blankets are often welcome at animal shelters for lining cages and comforting stressed-out pets.

LAST DITCH Before you trash them, give away needed items through **freecycle.org**, which acts as a Web-based local recycling network. "Just remember that your goal is paring down," says Heller. "Don't be tempted to take stuff."



Photos: (left) Marty Baldwin, (right) Emily Winton-Redfield.

"I didn't want Riley eating chicken by-product meal. That's why I switched him to BLUE."

Is your big name dog food fooling you? You probably didn't know that many well-known dog foods contain things like chicken by-product meal and corn gluten. BLUE,™ on the other hand, is made with the finest ingredients. Real meat is always first, followed by wholesome whole grains, garden veggies and fruit.

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How Does Your Brand Compare to BLUE?

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Wholesome Whole Grains	✓	?
Garden Veggies & Fruit	✓	?
All Natural*	✓	?
LifeSource® Bits	✓	?
NO Corn, Wheat or Soy	✓	?
NO Chicken (or Poultry) By-Product Meals	✓	?

*Fortified with vitamins and minerals.

Compare your dog's food to BLUE™ at CompareBlueDog.com

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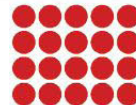
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Allison Janney, *National Ambassador*
Watch Allison's story here ▶
or at Youtube.com/GoRedForWomen



Photograph by Jesse Dylan

looking good



BLOCK PARTY

Say *adieu* to ordinary nails with an update of the French manicure. Our favorite version pairs glossy polish with textured, in a complementary shade. Celebrity manicurist Tracylee shares her method for flawless results: After applying a base coat, paint the first color halfway up the nail. Dip a wooden cuticle stick in polish remover and gently swipe to create a straight edge. Brush the second color sideways across the nail to keep the line smooth. *Voilà!*

Ring, Silpada, \$99. Clutch, Ivanka Trump, \$95. See Buyer's Guide, page 118.

Manicure: Yuko Wada at Mark Edward Inc. Instructions by Tracylee, Sally Hansen Nail Ambassador.

THE JACKET

A bright blazer is fun, trendy and surprisingly versatile. Turn it into an everyday staple by pairing it with neutral colors. This jacket instantly dresses up more casual pieces, so go for bold!



1

THE POWER PLAYERS

Blazer, Lulu's, \$75.
Pants, C. Wonder, \$98.
Top, Calvin Klein, \$35.
Pumps, Vince Camuto, \$98.
Clutch, Izzy & Ali, \$75.
Necklace, Shop Design Spark, \$25.
Rings, Kanupriya, \$50 each.

THE PANTS

Punch up your wardrobe with patterned pants. Stick to solid colors on top, but alternate the textures with a sequined tee or fitted sweatshirt.



7

DAYS OF

STYLE

Refresh your wardrobe with just two well-priced, out-of-the-ordinary pieces. Then mix and match with what's in your closet for a week's worth of chic options.



BY NICOLE MCGOVERN
PHOTOGRAPHY BY TERRY DOYLE



2

NO SWEAT

Sweatshirt, Camp Collection, \$65.
Button-down, American Eagle Outfitters, \$45.
Necklace, Mark, \$50.
Sneakers, Keds, \$45. Watch, Anne Klein, \$110.



3

SHARP SUITER

Sweater, Old Navy, \$30.
Skirt, Karen Kane, \$70.
Belt, LP Blue by Linea Pelle, \$45. Pumps, Nine West, \$79. Handbag, Izzy & Ali, \$100.
Necklace, Kenneth Jay Lane, \$95.

4

WEEKEND UPDATE

Top, Ava Gray Direct, \$62. Cargoes, AG Adriano Goldschmied, \$69. Shoes, Jon Josef, \$178. Clutch, BCBGeneration, \$78. Necklace, Shop Design Spark, \$44.



5

VESTED INTEREST

Vest, Obey, \$98. Top, Jennifer Lopez for Kohl's, \$48. Belt, Talbots, \$50. Shoes, Elliott Lucca, \$99. Glasses, Vince Camuto, \$159.

6

SHEER THING

Dress, Marciano, \$228.
Booties, Guess, \$139.
Necklace, Melinda
Maria, \$68.



7

GILT TRIP

Top, Metrostyle, \$40.
Pumps, Vince Camuto,
\$89. Clutch, Nina
Handbags, \$70.
Bracelets: top, White
House Black Market,
\$45; two middle, Tommy
Bahama, \$28 each;
bottom, Shop Design
Spark, \$20. Earrings,
Claire's, \$8.



NEW YEAR,

NEED

YOU

Ready for a change, three women raised their hands for major hair makeovers. Thanks to the super-talented pros at the Serge Normant at John Frieda salon in NYC, each walked away feeling refreshed and renewed—and, of course, looking gorgeous.

BY DORI KATZ • PHOTOGRAPHY BY SONJA PACHO



To Dye For

TIME FOR A CHANGE

Joanna had always dreamed of being a redhead but was never ready to commit—until now. Unsure of the right crimson tone, she put her hair in colorist Ashley Ferrett's hands and happily said bye-bye to blond.

STYLE SOLUTION Ferrett chose a vibrant coppery color to match Joanna's skin tone. After evening out Joanna's blond highlights with a golden hue, Ferrett applied a single-process color. A deep conditioner for added shine was the finishing step.

BEST FOR Fair to medium complexions with yellow undertones. Women with darker skin should opt for auburn or burgundy shades. Light eyes—especially green—pop against a bold hair color like this one.

WHAT TO ASK FOR

Copper and warm golden-red shades. If you have a significant amount of gray or are going much lighter than your current color, you will need a permanent formula. Otherwise, demi-permanent will do the trick. And don't forget your brows. Either have your colorist tweak their color, or fill in with Anastasia Beverly Hills Brow Wiz, \$21, for a natural look.

HAIR HELPERS

Nexus Color Assure Vibrancy Retention Shampoo, \$12, won't strip color and helps reduce breakage.

A weekly treatment, such as **John Frieda Colour Refreshing Gloss, \$13**, keeps your shade from fading—especially important for redheads, who lose pigment the fastest.

A Cut Above

TIME FOR A CHANGE

Amanda has worn the same sleek, long hairstyle since she was a teenager. While she wasn't ready to go super short, she was eager to swap her trademark look for a new, shoulder-grazing style that's versatile and fresh.

STYLE SOLUTION

Hairstylist Joseph Miano lightened up Amanda's heavy locks by snipping off 6 inches. He kept her hair slightly longer in the front, but with some shorter sections to frame her face and add bounce and movement.

BEST FOR

Any face shape and hair type. If your strands are very textured or curly, additional layers throughout will keep your hair from growing out into a triangular shape.

WHAT TO ASK FOR

An asymmetrical long bob with face-framing angles. It's easier—and more precise—to cut on dry hair. If you plan to mostly wear your hair wavy, make sure your stylist cuts it while wavy. The same applies to those who prefer it straight.



HAIR HELPERS

Spray on a little dry shampoo to create texture and movement.

Pantene Nature Fusion Original Fresh Dry Shampoo, \$5, has a light, pleasant scent.

Finish the look with a tiny drop of **Biologie Pliable Paste Matte Texturizer, \$16**. Flip head over and scrunch fingers through ends to separate strands for a fuller effect.



Big Bang Theory

TIME FOR A CHANGE

Genevieve was bored with her simple (and now grown-out) bob and wanted to make it edgier. She thought blunt bangs would be fun and youthful—and she was right.

STYLE SOLUTION Miano cut full-frontal bangs using a razor—the slightly uneven edges soften the look. He kept the sides slightly longer to frame Genevieve's eyes.

BEST FOR A long or oval face and soft features with “in-between” hair textures. Both super fine and coarse would be hard to style and maintain.

WHAT TO ASK FOR Tapered bangs that are slightly longer on the sides. Keep in mind that this style requires a monthly trim.

HAIR HELPERS

Size matters when it comes to your brush. Look for a 1-inch round version to create the perfect shape, like the **Revlon Perfect Style Round Brush \$10**.

A spritz of **Herbal Essences Naked Volume Flexible Hold Spritzer, \$5**, prevents flyaways and keeps strands in place.

familycircle.com

For more ideas, go to familycircle.com/hairstyles.

crop shop

Rev up your style with moto-inspired jackets.



WORKDAY
A short, textured topper is a chic way to layer up on chilly days. Touches of leather add a subtle, office-appropriate edge.

1-Jacket, Dollhouse, \$31.50. 2-Earrings and necklace, Lulu's, \$16 for set. 3-Shirt, Chico's, \$59. 4-Bag, JustFab, \$40. 5-Heels, Chadwicks of Boston, \$50. 6-Skirt, Express, \$60. 7-Ring set, Lulu's, \$14.



WEEKEND
Casual wear becomes something more when you throw on this faux-leather bomber. The bright color makes even everyday jeans look special.

1-Jacket, Black Swan, \$95. 2-Earrings, Marc by Marc Jacobs, \$52. 3-Shirt, Metrostyle, \$35. 4-Bag, Emilie M, \$75. 5-Jeans, Lee, \$54. 6-Booties, Avon, \$35.

Laura Linney
Stand Up To Cancer Ambassador

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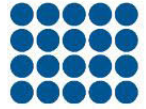
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family matters



TOOTH OR CONSEQUENCE

Of course you know the drill about keeping your kid's pearly whites, well, you know. But your dog's (and cat's) teeth need consistent care too. February is National Pet Dental Health Month, a good reason to check in with your vet to make sure plaque and gum disease won't cause health issues down the line. To find out more, go to avma.org.

Carmelo Anthony

Whether playing pro basketball or parenting son Kiyon, 6, the Knicks superstar knows how to keep calm and carry on.

You're one of the great all-time scorers and rebounders, but what's your number one skill as a dad? Staying calm. Like any kid, Kiyon tries to get away with as much as he can, which includes dribbling inside the house. I'm pretty good at *not* overreacting.

1

How do you unwind?

Cooking relaxes me. Spaghetti Bolognese is my specialty. Kiyon thinks I'm good at it, but all he eats are hot dogs and Tater Tots!

4

2

You also have a reputation for keeping your cool on the court. What's your secret? I constantly remind myself there's too much at stake—lose your temper and you could lose the game. If someone

gets under my skin and I blow it, I make sure to explain to Kiyon that it was wrong. He's going to hear about it anyway—and I hope he learns from my mistakes.

Why was it important to you to start the Carmelo Anthony Foundation? My dad

passed away when I was young, and growing up with my mom I was lucky if I got shoes, let alone toys. I want to give back and help disadvantaged kids realize they can accomplish their dreams by working hard. Meeting them and hearing how the foundation has changed their lives is a great experience.

5

When it comes to parenting, who's the stronger teammate, you or your wife?

Lala, definitely. She's with Kiyon more during the season, and she really covers for me. I seriously appreciate the partnership we have.

3

You're a six-time NBA All-Star with a sneaker named

after you and a wax statue at Madame Tussauds. What's been the high point of your career?

Winning Olympic Gold in 2008 and 2012 was pretty amazing. I keep the medals in a safe, but take them out every now and then so

I can relive the moments!

6



familycircle.com

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

"I'll let you hug me at random times and for no reason at all."

**KIDS
WILL SAY
THE CRAZIEST
THINGS TO GET THEM**



**IT'S ALL
ABOUT THE
LUNCHABLES**



DOLLARS & SENSE

Become a more financially astute parent by avoiding these common monetary missteps.

No one can argue that having kids isn't expensive, but there are ways to stretch your dollars. Be a better parent—and financial manager—by steering clear of these money miscues.

Mistake #1 Putting the Kids First

The only way to ensure financial freedom when you eventually retire is to start stashing away money now. Saving for retirement should be a priority—even over funding a college savings account, says Stuart Ritter, a financial planner with T. Rowe Price. Your children can take out loans for school, but that won't be an option for you later on. Aim to

contribute at least 15% of your annual income to a tax-advantaged retirement account. If you don't have access to a 401(k) through your employer, consider setting up a Roth IRA.

Mistake #2 Not Treating College Like a Financial Decision

Only around 40% of families have an actual plan for paying for a degree, according to student loan

provider Sallie Mae. Also worrisome is that few mothers and fathers tell their kids how much they'll need to borrow to fund their education and how that burden will later weigh on them, says Suzanna de Baca, vice president of wealth strategies at Ameriprise Financial. Help your kids do the math with Sallie Mae's student loan repayment calculator (collegeanswer.com/tools/loan-repayment-calculator/default.aspx) to estimate what their loans will cost them in monthly payments versus their potential future paychecks.

Mistake #3 Parenting Without a Safety Net

Planning for every possible situation—even early death—is crucial. Yet only about half of parents with kids 8 to 14 years old have life insurance, says Ritter. If your family couldn't survive without your or your partner's income, consider buying term life insurance, which is usually the least expensive type because it pays out money only upon a death. (But keep in mind that it expires based on the number of years you purchase.) You'll want a policy large enough to cover your survivors' future living expenses and college costs. For most families, that comes to between 10 and 20 times the main provider's annual income. Go to Bankrate.com's life insurance calculator (bankrate.com/calculators/insurance/life-insurance-calculator.aspx) to estimate how much coverage you need. And draft a will—without one, state law decides how to split your assets among your loved ones.

Mistake #4 Telling Your Kids How to Spend Their Money

Many parents make all the financial decisions for their children. Even if our choices are smart, we aren't teaching kids how to manage money, says Joe Duran, CEO of United Capital. Get your kids involved by asking for their input, including what they'd cut from the family budget if they want to go on vacation. Give teens a clothing and entertainment allowance so they can decide how best to spend it. If they blow all their cash early in the month, let them—that will be a lifelong lesson. It's better they learn from small mistakes now instead of costly ones later that could lead them into credit card debt.



Model Behavior

Actions speak louder than words, so be mindful of how you spend money in front of your kids.

Chris McLean, a financial advisor with wealth management firm Signature, explains how to set a good example.

- **Avoid credit card debt.** Instead, show your children how to live within their means.
- **Don't buy their love.** This is an easy trap to fall into, especially if you're divorced. Remember, kids want your time—not your money.
- **It's not a contest.** Stick to your personal values and budget to teach your children they don't need to have everything their friends own.

📍 *New Jersey-based financial expert STACEY L. BRADFORD is an award-winning journalist and author. When she isn't writing, she's busy teaching her kids the value of a dollar.*



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Dream Weaver

With Wishbone.org, BETH SCHMIDT is helping disadvantaged teens pursue their passions—and claim a brighter future.



Beth Schmidt was at her wit's end. The year was 2008, and she was a new instructor at Alain Leroy Locke High School in South Central Los Angeles, a neighborhood infamous for its poverty, gangs and violence. At 24, she had been assigned there by Teach for America (TFA), the nonprofit group that recruits college graduates and professionals and places them in low-income communities after a summer of intensive training. But Beth was daunted by the challenges—

Beth Schmidt's Wishbone.org raises money for underprivileged kids to attend summer and after-school programs.

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*A leading Lowfat and Fat-free Chocolate Milk brand contains 28g of sugar per serving. TruMoo Fat-free and Lowfat Chocolate Milk contains 18g of sugar per serving. **No significant difference has been shown between milk derived from rBST treated and non rBST treated cows.

overcrowded classrooms, scant supplies, piles of paperwork and, worst of all, teens who seemed to have absolutely no interest in learning. When she asked her 10th-grade English students to write a paper on John Steinbeck's *Of Mice and Men*, only a handful completed the assignment. "I was devastated and viewed it as a personal failure," she recalls. "Then I took a step back and realized the kids weren't excited about Steinbeck because it had nothing to do with their lives."

So Beth came up with a project that she hoped would truly engage her students: Find and research a summer program or college extension class you would like to attend and explain why you are passionate about it. To sweeten the deal, she offered the seven students who did the best work the opportunity to realize their dreams—at her expense. This time Beth was delighted by the response; the teens, it turned out, weren't apathetic but full of hope. Roscoe Smith, a member of the school's football team, wanted to train at USC's Rising Stars Camp, where he could run drills with the nation's top coaches. Kiara Chilin was eager to take a six-week course in stem cell biology, politics and ethics at UCLA. Beth was moved by Sandra Davidson, whose goal was to enroll in UCLA's Summer Mock Trial Institute, a rigorous program where she could learn about the legal system and explore careers as a district attorney or public defender. "No one had ever asked these kids what they wanted to learn," says Beth, now 29. "It really lit a spark."

But making good on her promise would be far more expensive than she had anticipated—the total cost for the programs was nearly \$13,000. An avid jogger, Beth came up with a plan while on a long training run: ask family, friends, colleagues and local businesses to "sponsor" her for an upcoming marathon by contributing to the cause. She handed out pamphlets with the students' profiles, photographs and excerpts from their essays to everyone she knew. Miraculously, she raised all the funding within a few weeks. "Reading their stories seemed to touch a nerve in people," Beth says. "A lot of our donors saw a little bit of themselves in these kids and their desire for a better life."

The summer programs were transformative—when the students returned to school in the fall, they were more confident, driven and focused. "That's when I realized I wanted to do this on a bigger scale," Beth says. After her two-year TFA commitment ended, she moved to San Francisco with the aim of starting a nonprofit called Wishbone that would recruit and raise money through the Internet. She found an engineer who volunteered to build a prototype website. Private technology investors made donations, as did the Kauffman Foundation (a supporter of entrepreneurial and educational projects), which allowed Beth to expand her Bay Area organization to New York City. After she contacted high school teachers in disadvantaged neighborhoods there and asked them to submit candidates in 2012, Wishbone was officially launched.

Once nominated, students register online and apply to one of the nearly 700 accredited programs listed on the



Beth has made the wishes of 140 students come true.

group's website, ranging from health and science courses at Johns Hopkins University to military academies to fashion design camps. Those who qualify submit a personal essay to Wishbone, and Beth makes the final selections. The nonprofit then shoots a short video of each teen, which is posted along with information about the program they want to attend and the cost. Donors can give as little as \$10 to help a particular student or contribute to a general fund. Wishbone also negotiates full or partial scholarships from some of its program partners. That two-pronged approach has enabled every high schooler featured on the site—140 in all—to pursue his or her passion over the past two years.

Beth runs Wishbone with the help of a full-time assistant. She hopes to grow it by bringing Boston and Los Angeles into the fold by the end of 2014. But as much as she's looking ahead, she has not forgotten the seven teens at Locke who first inspired her—especially Sandra, now a 21-year-old honors student at Bennett College in Greensboro, North Carolina, who plans on going to graduate school. "She told me that the mock trial program at UCLA fueled her desire to help domestic violence victims," says Beth. "Everyone deserves equal opportunities. Sandra and all the kids at Wishbone have come from behind and worked hard to redefine their future and make something of it. They fill me with awe."

To learn more or make a donation, visit wishbone.org.

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DEALING WITH A PET'S DEATH

A beloved animal passing away leaves an empty place in your family's home and hearts, and is especially hard on kids. Guide your tweens and teens through this sad and often confusing time.



➔ GET EVERYONE PREPARED

If a pet's sick, your family may have time to plan for the inevitable. Start by discussing the animal's illness and encouraging the kids to express how they are feeling. Let them ask questions, and answer them in a straightforward manner—but don't get bogged down in specific medical details. Re-address the topic in a few days to make sure they've understood everything.

➔ CLEAR UP CONFUSION

Children under 9 may not understand that death is a permanent, irreversible state. It's important to explain that when a pet passes, he won't be breathing, moving or playing anymore, and that's not going to change, says Sarah Kate Bearman, PhD, assistant professor at the Ferkauf Graduate School of Psychology at Yeshiva University in New York. Although it is important to discuss the topic gently, children need to understand that an animal dying is final. "Don't avoid

using the word 'death,'" Bearman says, "and stay away from any euphemisms, such as saying that the pet is going to sleep, has gone away or lives on a farm." These phrases can be vague and misleading—and they may further confuse an already upset child.

➔ EXPRESS YOUR FEELINGS

Kids look to parents for cues on how to deal with complicated emotions they might not have experienced before, and they'll mimic how you handle the situation. Demonstrate that it's okay to be sad; you'll send the message that it's healthy to express your feelings. "Knowing that they're not the only family member who's upset is important," says Jeffrey Dolgan, PhD, a psychologist in Denver, Colorado.

➔ CONTINUE YOUR ROUTINE

Try your best to maintain a child's everyday life—including daily activities. It's a balancing act of letting them appropriately

mourn while they resume the things they enjoy. Teach them positive outlets for dealing with grief, such as talking to others or creating special ways to remember their pet, including writing down favorite memories or drawing pictures of the animal.

➔ CONSIDER MOVING ON

Don't replace a pet immediately, Dolgan says. Kids are still holding on to precious memories and haven't necessarily gotten over the loss. If your family's ready, remind them that a new pet will be different from the old one. While there's no specific time line, Bearman suggests bringing up the topic after a couple of months, but be sensitive to their feelings and needs. To get comfortable with the idea, visit shelters or pet stores.

Call the American Society for the Prevention of Cruelty to Animals' pet loss hotline at (877) GRIEF-10.

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BY CAREN OPPENHEIM

"We used her ashes on the two dogwood trees we planted, which you can see outside our windows. She's helping them grow."
—JUNE WEMLINGER

"I put his name tag on my key ring."
—DENISE MCCULLOUGH

"I donated to the animal shelter in her name."
—MARIA PEROSI

IN MEMORY OF...

We went to our Facebook page to find the many special ways you keep a pet's spirit alive.

"I have his paw print and his picture in a frame."
—CAROL HUNTER

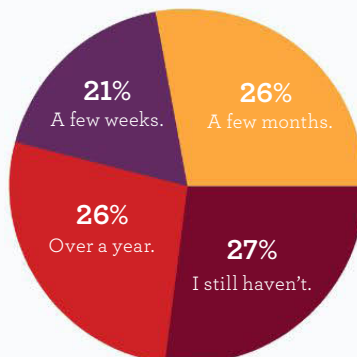
"I bought a beautiful hand-stamped, personalized necklace from Etsy."
—HEIDI HOUWERS

"I made a memorial shadow box for our beloved Baxter."
—TANIA LINDROOS JONES

HEALING HEART

How long after your pet passed away did you get another animal?

"We lost one animal..."



and saved another."

—BETH STACHURA STARK

Source: Family Circle Facebook poll



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Straight talk about technology
from a plugged-in mom
BY CHRISTINA TYNAN-WOOD



3 Options Worth Considering

Glympse

→ There's a Glympse app for just about every smartphone and the Web, which is why it's the default for my crew. Best for an older child who feels more secure with you watching her back—if she wants you to follow virtually as she walks or drives, she sends you a Glympse with a couple of taps, opting to share her location. The Glympse expires automatically after a designated period of time. Glympse.com, free

Life360

→ Install this app (iOS or Android) on your teen's phone and yours, then create a circle for your family. You can see where your son is in real time and where he's been, and receive alerts if he enters or leaves any specific areas. He can see where you are too. (Anyone can turn off location tracking on their own phone at any time, though.) Premium service (\$5 per month) puts a one-button emergency call on the phone to request help from a live person. Life360.com, free

Amber Child Safety

→ This is a complete parental control tool for iOS, Android and BlackBerry smartphones. Install it on your child's phone and go online to get her current and past locations, set time limits, monitor social media and more. She cannot uninstall it or turn off location tracking. Amberchildsafety.com, \$9.95 per month

familycircle.com

To keep up with Christina Tynan-Wood's latest tech-focused blog posts, go to familycircle.com/momster.

TURNING A SMARTPHONE INTO A SAFETY NET

Not long ago, my husband and I brought our 14-year-old daughter and her friend on an outing to Colonial Williamsburg. Like most teens, they were itching to explore on their own. Even though it was dark and we were in an unfamiliar town, I strongly believe that—helicopter-mom instincts aside—kids her age need freedom in order to truly grow up. So before Dan had time to say “No!” I said, “Yes, if you send me a Glympse.”

Ava whipped out her phone, loaded the Glympse app and shared her location with me. In an instant, I could see her whereabouts in real time on my smartphone. Excited, the girls set off to visit the historic sites around the area and I kept a virtual eye on them, thanks to the map on my screen. Meanwhile, we enjoyed a pleasant teen-free meal. Each now-and-then glance at my phone assured me they were staying within the agreed-upon limits.

“Looks like they’re headed straight for the candy store,” I told Dan. Still kids, after all.

Forty-five minutes later, Ava called. “Mom! We’re lost!” She sounded panicked, but the map showed me they were only a few blocks away. “No, you aren’t,” I told her. “You’re close by.” She was anxious, though, and we stayed on the phone so I could give her turn-by-turn



directions until she said, “Oh, there’s the hotel. Bye!” Reassured, she hung up and they went back to wandering.

Incidentally, this same technology is personally useful to me as an avowed walker—if I want to do a few miles after dark, Dan can easily track my whereabouts. If I have to make my way home from the train station on the late side, a panic button on my phone can call 911 with a tap to the screen. And any time my son, 17, takes the car on a long or unfamiliar route, he and I both like for me to monitor his progress so I know he’s arrived safely.

These days, there are many options for mobile

parenting. Some apps, such as Glympse, require my kids to actively choose to share their location with me at any given time. Others track their location passively, meaning, without their taking any action. Some even alert me if my teens enter a zone I had previously flagged as dangerous. Of course, it’s possible to end up going overboard with technology in the name of safety. However, that’s not the relationship I want with my son and daughter. My goal is to raise kids who are ultimately capable of taking care of themselves in the world. I trust them to do the right thing, even if they might make some mistakes. In my mind, these tools are no different than training wheels—smart and useful when needed.

✉ CHRISTINA TYNAN-WOOD is the mom of two tech-savvy teenagers and a fan of using digital means to better manage her household. Check out her website, GeekGirlfriends.com.

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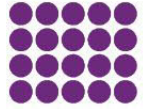
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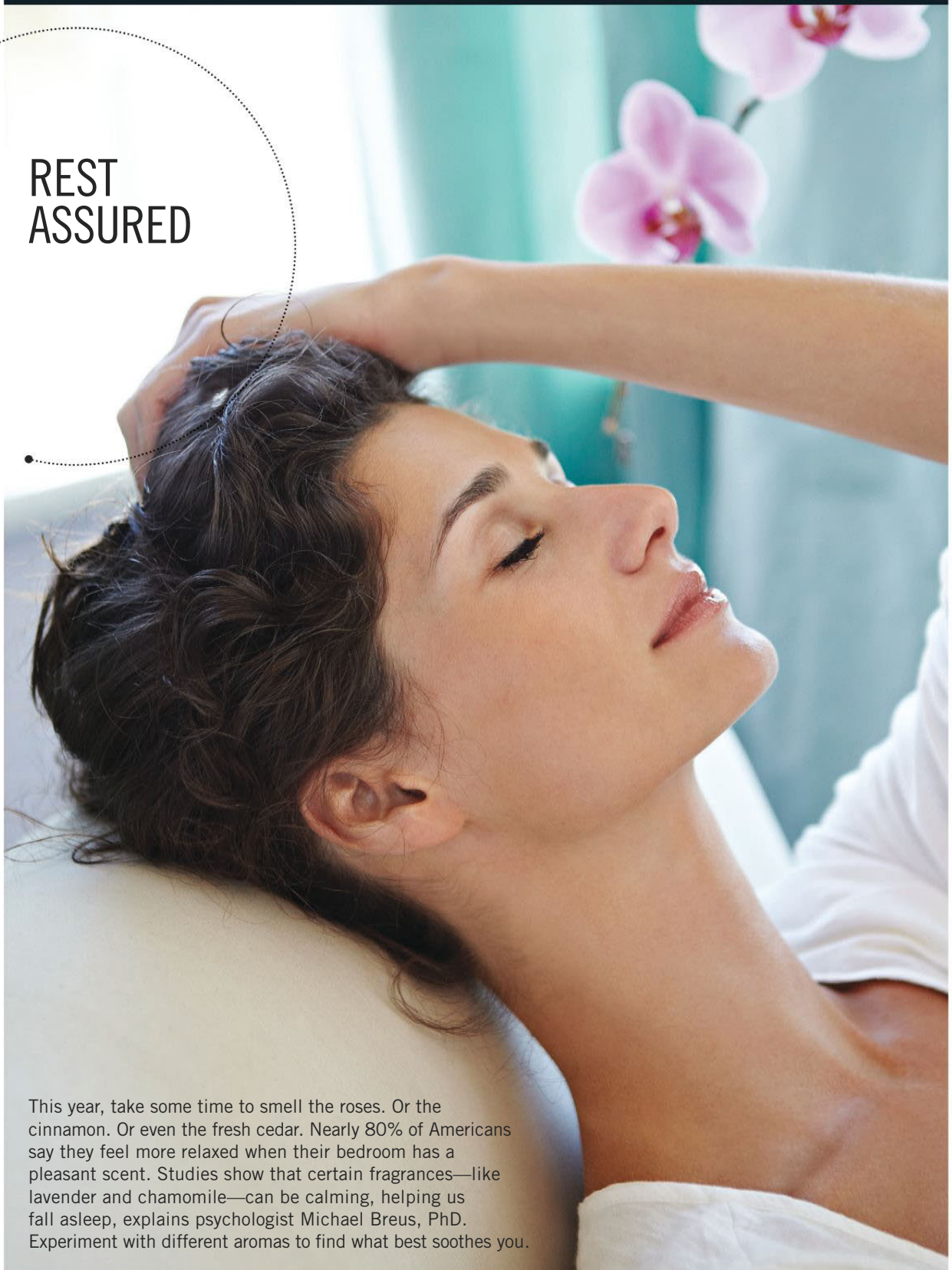
check back in the AM!

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REST ASSURED



This year, take some time to smell the roses. Or the cinnamon. Or even the fresh cedar. Nearly 80% of Americans say they feel more relaxed when their bedroom has a pleasant scent. Studies show that certain fragrances—like lavender and chamomile—can be calming, helping us fall asleep, explains psychologist Michael Breus, PhD. Experiment with different aromas to find what best soothes you.



For more need-to-know kids' health info, visit familycircle.com/familyhealth.

Q&A

Should I throw out my child's toothbrush after he's had a cold or the flu?

It's not necessary, says Angela Myers, MD, director of the pediatric infectious diseases fellowship program at Children's Mercy Hospitals & Clinics. Theoretically, bacteria and viruses could still remain on the bristles, but there's no evidence that people have an increased risk of being reinfected by their toothbrush. Just toss it when the bristles become frayed, about every three or four months.

GAME PLAN

Practice makes perfect, but it may not erase his jitters on the big day. "Although you can't take away the nerves completely, you can help kids keep team sports in perspective," says Karen Cogan, PhD, a psychologist with the United States Olympic Committee who helped athletes prepare for the 2014 Olympic Winter Games. Here are three things you can do for your aspiring star to boost his confidence on the field and off—no matter what the final score is.



That's the percentage increase in your child's risk for high blood pressure today compared with 13 years ago. It's partially due to increasing obesity rates. Try cutting back on some of the biggest sources of sodium—another risk factor for high blood pressure—like pizza, bread and snacks. Find more salty foods to trim from your child's diet at familycircle.com/cdc.

Source: Harvard University, Centers for Disease Control and Prevention

Photos: (hockey) Thomas Barwick/Getty Images, (pizza) iStockphoto.

- STEP 1**

ENCOURAGE HIM TO DAYDREAM

Have your child visualize the area where he'll be competing and focus on the plays he's learned. "Doing a mental dry run of the game can help kids feel more comfortable when it comes time to compete," she says.
- STEP 2**

PREP HIM FOR FAILURE

Errors are inevitable, both in sports and in life. "When athletes make a mistake, it can cause their performance to spiral downward," says Cogan. Having a recovery plan will help him mentally bounce back faster.
- STEP 3**

REMIND HIM TO BREATHE

Athletes' anxieties tend to peak just before the match begins, she explains. A few deep breaths can slow a racing heartbeat; repeating the word "relax," which has calming associations, can also soothe nerves.

GOOD news

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BAD news



AGES 4-11

AGES 6-11

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IT'S IN YOUR BED

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Here are some ideas to get your family off to a fit start with Wii Fit U:



Fitness Anytime, Anywhere

Whether at home or on-the-go, the all-new Fit Meter accessory tracks your progress from calories burned to steps taken—even changes in elevation! Arm each family member with one and sync up your data to compare your progress and see how far you've gone in Walking Challenges, Altitude Challenges, and more.

Game On

Start your own 30-day Family Fit Challenge and track the progress of each family member's exercise regimen. Break up into teams—what's more motivating than a little friendly family competition? Plus, share results and compare fitness achievements in online Gym Communities and Miiverse*.



Cardio Party

Get moving and grooving with a family dance party! Choose from a variety of dance styles with varying difficulty levels including salsa, hip hop and flamenco.

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Enter for a chance to win a Wii U system and Wii Fit U bundle (including Wii Fit U game, Fit Meter accessory, and Wii Balance Board accessory) for your family—a \$389.98 value! To enter and for official rules, visit www.familycirclepromo.com/wiifitu



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*If you own the Wii U Basic Set or your system is short on space, you'll need an external storage device before downloading the game. Please visit support.nintendo.com. The free game trial will operate for 31 days from when the software is first played; free trial does not include optional Fit Meter functions.
**MSRP: Manufacturer's Suggested Retail Price. Actual price may vary. Offer valid Nov 1, 2013 - Jan 31, 2014. Wii U system and Fit Meter accessory each sold separately. The Wii Balance Board accessory is required to use Wii Fit U and is not sold separately. © 2007-2013 Nintendo. Wii Fit and Wii U are trademarks of Nintendo.

WINTER SKIN SAVERS

The cold weather is more than just a minor inconvenience. For some people, it can cause—or worsen—serious skin conditions. We asked Doris Day, MD, a clinical associate professor of dermatology at New York University, for ways to identify and treat three common problems.



ROSACEA

Although experts haven't pinpointed an exact cause, they do know that the blood vessels in rosacea sufferers are more swollen, resulting in a flushed appearance.

PSORIASIS

People are genetically predisposed to psoriasis, an autoimmune disorder that triggers skin cells to rapidly turn over every few days instead of weeks.

ECZEMA

This hereditary condition almost always begins in childhood. Eczema is a catch-all term for rash-like skin diseases, the most common of which is atopic dermatitis.

SPOT IT

These red, pimple-like breakouts can resemble adult acne. They usually appear on the cheeks and nose and can be sensitive or even painful.

Appearing as dry, red patches, psoriasis usually flares up on the elbows, knees and scalp.

Look for red, itchy patches that often blister or peel. Eczema is sometimes confused with psoriasis, says Day, and often affects the face and insides of the elbows and knees.

TREAT IT

Talk to your derm about a topical Rx like Mirvaso or Finacea, which diminishes redness, says Day. Although there's no cure, avoiding triggers—like spicy foods and alcohol—helps prevent redness. Outdoors, wear cotton scarves instead of wool ones, which may irritate your skin.

Try a topical prescription like Taclonex, suggests Day, who also says that you may need a gentler, over-the-counter medicine, like Psoriasisin, for your face. Setting a humidifier at 35% may also reduce outbreaks.

Soothe dry, itchy skin with a cream-based moisturizer like Cetaphil Restoraderm (\$15). (We also like Avène XeraCalm A.D., \$32.) Apply the cream right after your bath or shower to lock in moisture and keep your skin hydrated. If OTC options aren't working, talk to your doctor about prescription ointments, such as Diprolene.

Q&A

I've heard that aspirin may prevent everything from cancer to heart disease. Should I start taking it?

Don't try any drug treatment without discussing it first with your doctor. Recent studies show that the anti-inflammatory effects of aspirin might stave off some tumors, especially in the colon, but this research isn't conclusive. Currently, experts recommend taking aspirin only to prevent or treat cardiovascular disease—not cancer, says Donald M. Lloyd-Jones, MD, a professor of preventive medicine at Northwestern University. If you're at risk for a heart attack or stroke, your doctor can decide whether the pluses outweigh the minuses. There are small but real risks of stomach and brain bleeding.



DRINK TO YOUR HEALTH

When you've had an intense workout and need to recharge, reach for a glass of low-fat chocolate milk soon after. Studies show that it contains a near-perfect balance of protein and carbohydrates that replenishes muscle stores. Plus, it helps you refuel better and faster than some sports drinks. Bottoms up!

Hair: George Ortiz at Contract NYC. Makeup: Albee Franson. Manicure: Yuko Wada at Mark Edward Inc. Photo: (milk) Shutterstock. Vest, Free Country, \$60.

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BY LAMBETH HOCHWALD





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IN YOUR 30S



1 MASTER THE BASICS You probably weren't thinking about your ticker in your 20s—really, who does?—so now's the decade to start following some cardiac rules. **DO:** Find a workout you love (at least for 30 minutes a day) to keep your weight in the normal range and your blood pressure in check. **DON'T:** Smoke, indulge in fast food or skimp on zzz's. "The more tired you are, the likelier you are to make poor food choices," says Sarah Samaan, MD, a cardiologist at The Heart Hospital Baylor Plano in Plano, Texas, and author of *Best Practices for a Healthy Heart*.

2 LOOK INTO THE PAST "I commonly see patients who say 'I'm healthy, I don't smoke, I'm thin, but my father had a heart attack at 40,'" reveals Chris Magovern, MD, a cardiothoracic surgeon at Morristown Medical Center in Morristown, New Jersey. "When you have a relative who died suddenly, this is a major warning sign to discuss with your doctor." If you're not sure about your family health history, start drafting one for yourself—and your kids.

3 SPOT SECRET STRESSORS Sure, juggling carpooling duties and credit card bills can tense you up. But don't forget more subtle sources of pressure that need taming, like preparing your household for a big snowstorm or being ignored by a store employee. Whether you turn to massage or a manager, find positive ways to avoid or get rid of anxiety. Stress sparks the release of the hormones cortisol (which increases blood sugar levels) and adrenaline (which can raise your blood pressure).

5 ACE YOUR TESTS Avoid troublesome numbers on test results, including blood pressure, cholesterol, triglycerides and blood sugar levels in your blood and urine. "Heart disease isn't an event," explains Samaan. "It's a continuum that starts early in life." Small changes each year can have a big impact over time. To track your numbers, use an app like Smart Health Tracker (iTunes, free) or Cholesterol Down (iTunes and Google Play, \$3).

6 SIP A BLUEBERRY SMOOTHIE To whip one up, place ½ cup fresh or frozen blueberries, 1 banana, ½ cup plain Greek yogurt and 2 ice cubes in a blender and pulse, suggests Bonnie Taub-Dix, RDN, a New York-based nutrition expert and author of *Read It Before You Eat It*. Blueberries may help reduce heart attack risk, regularly eating yogurt can decrease your chances of developing high blood pressure, and potassium-rich bananas slash hypertension and stroke risk.

4 PAY ATTENTION TO ALL SYMPTOMS When she was 36, Kathy Doyle experienced constant migraines after the death of her mom and the birth of her third child. Then one day she was sitting in her car and felt a pain as if she had been shot in the back of her head. "After that I felt like my left side melted away," says the stroke survivor from Little Egg Harbor, New Jersey. Doyle had written off her migraines as stress, but they can up your risk of stroke. "I should have called the doctor right away," she laments. Stroke rates have recently risen dramatically for young women. Know the signs, including sudden numbness (especially on one side of the body), confusion, trouble seeing and dizziness.

7 TRY A ONE-MINUTE FIX Floss. "There's a definite link between the health of your gums and heart attack and stroke risk that scientists are working to explain," says Tracy Stevens, MD, a cardiologist at Saint Luke's Mid America Heart Institute in Kansas City, Missouri. Until then, play it safe with good dental habits.

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

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CRUNCH ON



IN YOUR 40S

2 LEARN YOUR CALORIE BURN

It's one thing to count calories coming in—through your meals. It's another to track calories going out—particularly when you're not exercising. "If you know how many calories you're burning overall, you can create a more accurate calorie budget to reach your weight-loss goals," says Holly Parker, PhD, a lecturer in the psychology department at Harvard University and a certified personal trainer. Visit livestrong.com to estimate your burn rate.

4 DON'T PUSH THROUGH PAIN

Christine Wanamaker, a 49-year-old mom of two in Laguna Niguel, California, and an American Heart Association Go Red for Women campaign spokesperson, had ongoing leg pain for four months before the day her life changed three years ago. "I was doing playground duty at my kids' school and was carrying a lightweight table when I felt intense radiating pain in my chest," she recalls. "That, along with the pain in my left arm, told me something was wrong." When she arrived at the ER, she was immediately given four baby aspirin. Ultimately, she had a quadruple bypass. Leg pain can be a warning sign that you're at high risk for a heart attack. Don't self-diagnose—ask your doctor.

7 SNACK ON A RED BEAN DIP Not only are beans low in fat, but they're high in fiber and can help improve cholesterol levels. Seek out colorful beans (like red ones) for their extra flavonoids, which can protect against heart disease. Taub-Dix suggests blending 1 can drained red kidney beans, ½ cup Greek yogurt, 1 tablespoon olive oil, 1 teaspoon cumin, 1 tablespoon sliced scallions and ½ cup diced avocado, salt and pepper. Serve with crunchy veggies.

1 SWITCH UP YOUR STRATEGY Unfortunately, this is often the age when the scale starts to shift. "Women will tell me they can't maintain their weight even though they haven't changed how they're eating and exercising," says Nieca Goldberg, MD, medical director of the Joan H. Tisch Center for Women's Health at NYU Langone Medical Center in New York City. It's time to **rethink your diet**. Belly fat, especially, can be traced directly to simple carbs, like cake, candy or alcohol. "My patients are surprised when I tell them to limit themselves to one alcoholic beverage a day," Goldberg says. "Although studies suggest beer, wine and spirits in moderation may reduce your risk of heart disease, you can get too much of a good thing."

3 GET IN-DEPTH TESTING

In addition to an annual blood pressure screening, your doctor may order an EKG if you have a family history of heart attacks at a young age. A heart-focused CT scan to look for calcifications in your arteries might also be useful if you are 45 or older, have moderately high cholesterol or have a family history of heart disease, says Samaan.



5 RESEARCH NEARBY HOSPITALS

Hope for the best but prepare for the worst by looking up your local medical centers' credentials online. "If you have a history of heart disease or diabetes, you'll want to know which hospitals nearby are following guidelines for good cardiovascular care," says Rose Marie Robertson, MD, chief science and medical officer of the American Heart Association. For a list of hospitals in your area accredited by the American Heart Association and the American Stroke Association, go to familycircle.com/heart.

6 TRY A ONE-MINUTE FIX

Work up to holding a plank for 60 seconds or do walking lunges while you watch TV. Hopefully, a taste of strength training will make you hungry for more, since a full workout can help lower your blood pressure by a few points, Parker says. Start small and build to big results.



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WELCOME to the
NEW SCHOOL of TUNA™

Starkist

IN YOUR 50S



1 PAIR UP WITH A FRIEND **Let exercise do double duty by making it social too.**

“Connecting with others is an essential part of keeping your heart healthy,” Parker says.

“Walk with a friend during lunch hour at work. On weekends, challenge yourselves to walk one more block or hit a new trail.”

2 BEWARE OF MORE THAN HOT FLASHES

With menopause on the horizon (the average age is 51), your risk for heart attack and stroke increases. Some experts believe estrogen may be protective, helping to keep blood vessels flexible. You could experience heart palpitations too, due to changing hormones. Scientists are still researching how perimenopause and menopause specifically affect the heart. But, bottom line, it's better to go into this “change of life” as healthy as possible.

3 REVAMP YOUR ROUTINE

“Each woman has her own set of lifestyle habits that influence her risk of cardiovascular disease throughout the menopausal transition,” says Elizabeth A. Jackson, MD, director of the Women’s Heart Program at the University of Michigan Hospital and Health Systems. Diet, exercise and stress levels are all important, but in general, stay fit and aim to keep your weight within 10% to 20% of the ideal. Your heart disease risk rises when you’re overweight or obese.

5 WATCH UNDERLYING CONDITIONS

By this decade, it’s even more risky to ignore irregular test results. Viviann Ferea, 62, an education program assistant in San Jose, California, had hypertension for a decade before she got checked and was put on medication. “Although taking meds is no fun, my prescription recently changed to a two-in-one pill,” says Ferea, who cautions against ignoring this silent killer. “I take it with my vitamins and feel like I’m doing something healthy instead of viewing myself as someone with a condition.”

6 REQUEST THIS TEST

During your annual physical, consider asking for a specialized Vertical Auto Profile (VAP) test, a detailed lipid profile that helps identify plaque build-up in your arteries. “If that cholesterol test comes back abnormal, see a specialist,” says Cynthia Thaik, MD, a cardiologist in Burbank, California, and author of *Your Vibrant Heart*.

4 GO FISH TWICE A WEEK

Aim to eat fatty fish, like wild salmon, which is packed with omega-3 fatty acids that help decrease inflammation and control cholesterol levels, suggests Taub-Dix.

Make a marinade by blending 2 tablespoons Dijon mustard, 1 tablespoon low-sodium soy sauce, 6 tablespoons extra-virgin olive oil and 1 finely minced garlic clove. Place salmon in a bowl and cover with marinade for 10 minutes. Transfer salmon to a baking sheet and cook (skin side down) for 15 minutes at 425°.

7 TRY A ONE-MINUTE FIX

Buy a pedometer to ensure that you’re taking the recommended 10,000 steps a day (the equivalent of approximately 5 miles). It’s good not just for your heart, but for your body and spirit as well.



“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:
Low blood calcium (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during

treatment. Your low blood calcium must be treated before you receive Prolia®.

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

Serious allergic reactions have happened in people who take Prolia®. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.

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

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

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

Severe jaw bone problems (osteonecrosis) may

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

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

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

Prolia® is also proven to:

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

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

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

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

Before taking Prolia®, tell your doctor if you:

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

What are the possible side effects of Prolia®?

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

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

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

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

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

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

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

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

 **prolia®**
(denosumab) injection

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



BRIEF SUMMARY OF MEDICATION GUIDE

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

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

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

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

Prolia can cause serious side effects including:

• Low calcium levels in your blood (hypocalcemia).

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

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

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

• Serious allergic reactions.

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

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

• Serious infections.

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

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

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

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

• Skin problems.

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

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

• Severe jaw bone problems (osteonecrosis).

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

• Unusual thigh bone fractures.

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

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

What is Prolia?

Prolia is a prescription medicine used to:

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

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

Who should not take Prolia?

Do not take Prolia if you:

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

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

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

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

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

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

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

How will I receive Prolia?

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

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

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

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

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

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

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

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

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

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

Keep Prolia and all medicines out of reach of children.

General information about Prolia

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

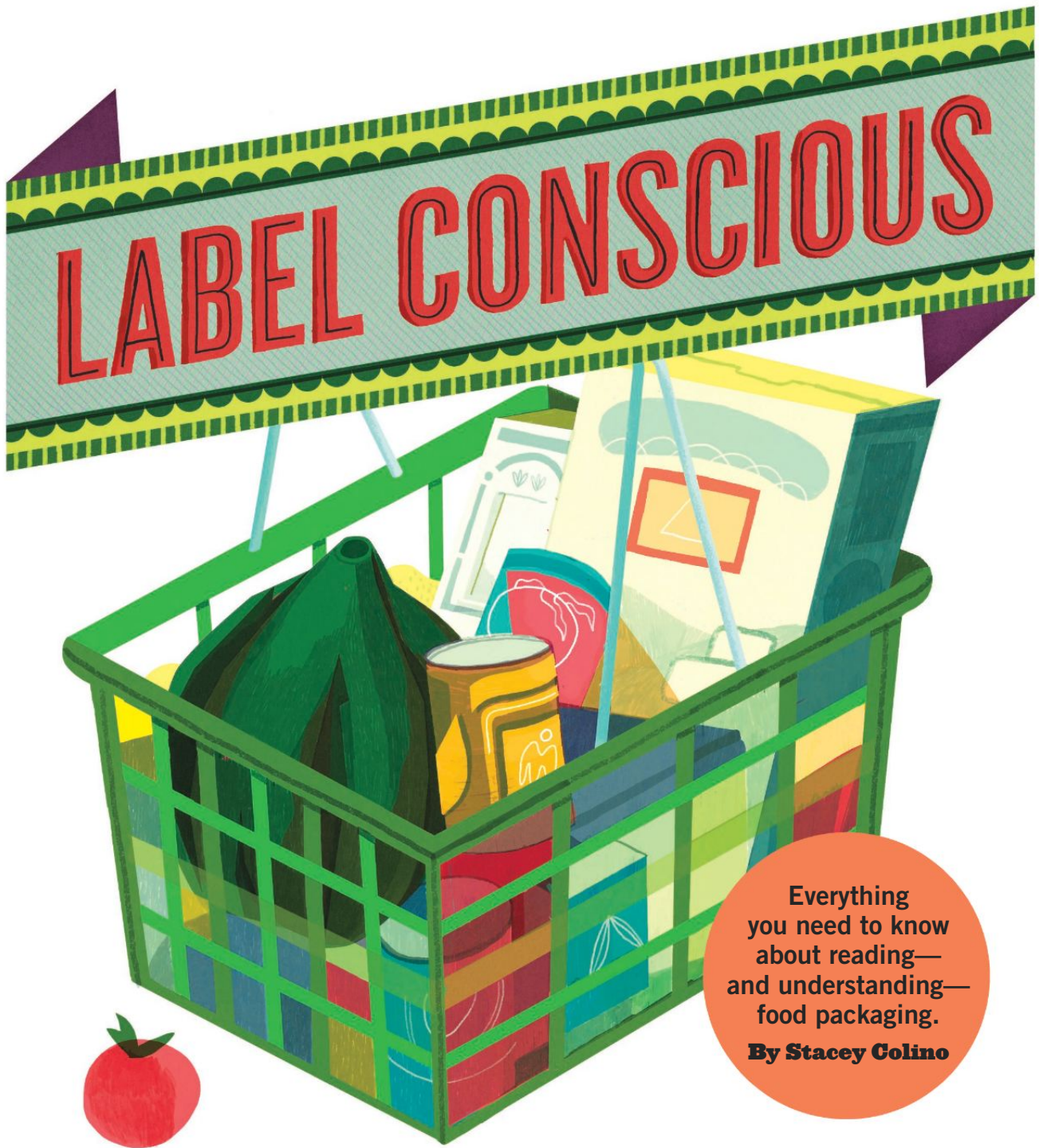
The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

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

What are the ingredients in Prolia?

Active ingredient: denosumab

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



LABEL CONSCIOUS

Everything you need to know about reading—and understanding—food packaging.

By Stacey Colino

Picture this: You're standing in a grocery store aisle packed 7 feet high with cereal. As you try to compare the hyped-up claims, nutritional info and, oh yeah, prices of several brands, your kid rushes over, begging for some new sugary cereal he saw on TV. The checkout line is getting longer, your patience is getting shorter and you still have no idea what to toss into the cart. Fortunately, there's a solution: Become a nutrition sleuth and learn to ID the important facts on labels—fast.

Fifty-four percent of shoppers in the U.S. read food labels when purchasing a product for the first time. But whether

they fully understand many of the terms used is another story entirely. "It's a huge problem because people are frequently blinded by a flashy label or vague claims—and they often don't look at packages closely," says Bonnie Taub-Dix, RDN, author of *Read It Before You Eat It: How to Decode Food Labels and Make the Healthiest Choice Every Time*. "If you put in the effort just once, you can develop a list of foods that are good for you, and then all you have to do is buy them in the future."

To help, here's a guide to exactly what to look for on a label, whether you're shopping for cereal, juice or organic chicken.

5 WAYS THEY TRY TO ENTICE YOU

DON'T FALL FOR THESE PICK-UP LINES ON THE FRONT OF THE PACKAGE.

Sugar-free It means the food contains less than .5 grams of sugar per serving—but the serving size could be teeny, says Gayl Canfield, PhD, RD, director of nutrition at the Pritikin Longevity Center + Spa in Miami.

Gluten-free If you or someone in your family is gluten intolerant or has celiac disease, you should definitely check for this term. Otherwise, don't assume such products are any healthier than their gluten-containing counterparts. In fact, they may be worse. "Often, these products have extra sugar or refined starches to compensate for not having gluten," says Judy Caplan, RDN, a Vienna, Virginia-based spokesperson for the Academy of Nutrition and Dietetics.



Natural "This term has a positive perception but no formal definition when applied to products that don't contain meat or eggs," says Canfield. After all, sugar is natural. Other meaningless buzzwords to beware of: "simple" and "wholesome." Unless qualified or followed with specific nutritional data, they're all marketing-speak.

A green label This color basks in the positive glow of its association with nature. So it's no surprise that a recent Cornell University study found people assume foods are healthier when the label is green as opposed to red or white. "Remember, we're not eating the package," says Taub-Dix. "We're eating what's inside." Don't fall for images of wheat stalks swaying in the wind, either.

Low-fat Sure, a product may have 3 grams of fat or less per serving, but it could also be high in sugar, sodium and calories. "Very often when one ingredient is missing, manufacturers add something else to make up for it," says Taub-Dix.

5 PHRASE FACE-OFFS

HOW SOME OF THE MOST CONFUSING PACKAGING TERMS STACK UP

• Organic vs. Made with Organic Ingredients

The former means at least 95% of a product's ingredients qualify as organic; the latter means at least 70% of the ingredients do.

• Reduced Sugar vs. Low Sugar

The "reduced sugar" tag means a product has 25% less sugar than the regular version. By contrast, the "low sugar" label, which is often seen on jams and cookies, has—shockingly—no standard definition.

• Whole Grain vs. Multigrain

The only way to know whether a product is 100% whole grain is if it's labeled as such. If a product bears a black-and-gold "Whole Grain" stamp—based on requirements from the Whole Grains Council—that's an indication the item is high in the good stuff, Caplan says. The "multi" label simply means that the product contains more than one grain. However, all of them could be refined (not whole).

• Cage-Free vs. Free Range

These terms are not synonymous. "Cage-free" is something you usually see on egg cartons, and it means the hens were kept in a barn, not in cages. "But they still may have been in close quarters," Canfield says.

A better bet, "free range" means the chickens had the opportunity to go outdoors whenever they wanted. "But that doesn't mean they were out in the sun high-fiving each other," Taub-Dix says. Their food and water were likely kept in the barn, so no one but the farmer knows how much time they actually spent outside.

• Fat-Free vs.

Zero Fat No competition here. They mean the same thing—that the product contains less than .5 grams per serving. And if the serving sizes are small, your fat consumption will add up. "The fat-free claim fools everyone," Canfield explains. "It also doesn't tell you what kind of fat it is." The same standard applies to trans fats, which the Food and Drug Administration is working to significantly reduce in processed foods like frozen pizza and ready-to-use frosting. Until then, a product that claims to have 0 grams trans fat could actually have .5 grams per serving.

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At last there is a solution! One that lets you take control of the weather on your deck or patio, while saving on energy bills! It's the incredible SunSetter Retractable Awning! A simple...easy-to-use...& affordable way to outsmart the weather and start enjoying your deck or patio more...rain or shine!

The SunSetter® is like adding a whole extra outdoor room to your home... giving you instant protection from glaring sun...or light showers! Plus it's incredibly easy to use...opening & closing effortlessly in *less than 60 seconds!*

So, stop struggling with the weather... & start enjoying your deck or patio more!

For a FREE Info Kit & DVD email your name & address to freedvd@sunsetter.com

FREE! Info Kit & DVD



FREE Info Kit & DVD
Call Toll-Free: 1-800-876-8060 Ext. 28837

Yes! Please send your FREE Info Kit & DVD...including Special Savings now in effect...TODAY!

Name _____
 Address _____
 City _____ State _____ Zip _____
 Email _____

(Important: Be sure to give us your email address to receive our best deals!)



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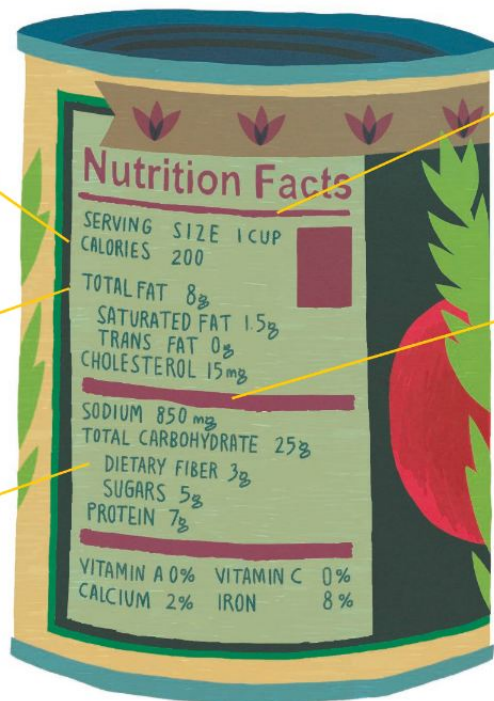
WHAT TO LOOK FOR FIRST ON THE LABEL

(HINT! IT'S ON THE BACK.) FOLLOW THESE RULES OF THUMB WHEN EVALUATING NUTRITION FACTS PANELS AND YOU'LL MAKE SMART SELECTIONS EVERY TIME.

Calories Consider how the food fits into your daily calorie budget and compare with similar products. Grated Parmesan cheese is fairly high in calories, but if you're just sprinkling a tablespoon or two on your pasta, it's a calorie bargain (at 22 per tablespoon) based on its flavor infusion.

Fat Experts say reasonable targets are 20% or less of total calories from fat and 10% or less of total calories from saturated fat.

Fiber Three grams per serving or higher is a healthy amount to look for.



Serving size Gauge if it's a reasonable-sized serving. Half a cup of granola (roughly 300 calories) may not be enough to satisfy you, so you'd be better off with a 1½-cup serving of bran flakes (for 200 calories).

Sodium Look for, at most, a 1:1 ratio of milligrams of sodium to calories in a serving (100 milligrams per 100 calories, for instance). "Sodium content can vary considerably even with similar products, such as deli turkey breast," says Janelle P. Gunn, MPH, RD, analyst for the Centers for Disease Control and Prevention. So be sure to compare and contrast.

DID YOU KNOW? The term "light" can have several completely different meanings. For bread, it may indicate fewer calories, Taub-Dix explains. "For sugar, it could mean lighter in color." With sodium, it typically means a lower amount, whereas "light" olive oil is typically lighter in flavor and texture, but not in calories. This is a good example of why it pays to be a savvy shopper!

GMO OR NO?

From coffee to cotton, advances in genetic engineering mean DNA from one species can be injected into another to create combinations that don't occur in nature. "Most soybeans, corn, canola and sugar beets grown in the U.S. are genetically modified for herbicide tolerance and insect resistance," says Taub Dix. But you'd never know it from looking at food packaging. And according to a *Family Circle* Facebook poll, 99% of you believe that should change. What's more, the long-term effects of consuming these foods aren't known, and neither is the full impact on the environment. To learn more, visit familycircle.com/gmo.



INGREDIENT RED FLAGS

"In general, the longer the list, the more processed the food," Canfield warns. You should also be aware that items are ordered by weight, so if sugar is first, the food contains a lot of it. And think twice before putting an item in your cart that contains any of the following ingredients.

- **Partially hydrogenated oils (PHOs)** are sources of artery-clogging trans fats.
- **Monosodium glutamate (MSG) and similar flavor enhancers** can cause

headaches and other unpleasant symptoms in those who are sensitive.

- **Preservatives**, like **butylated hydroxyanisole (BHA)**, are possible carcinogens.
- **Artificial colors** are unnecessary and could cause adverse reactions.
- **Caramel coloring**, found mostly in breads and sodas, is now considered a possible carcinogen.
- **Bleached flour** is highly processed, not a whole grain.

PREVENTIVE MEASURES

A diagnosis of problematic fibroids, endometriosis or abnormal bleeding could lead your doctor to recommend a hysterectomy. But before you get rolled into the OR, ask questions. “Patients who regret the procedure usually aren’t presented with all their options,” says Lauren Streicher, MD, author of *The Essential Guide to Hysterectomy*. Avoid resentment later by inquiring now.

“IS THERE AN ALTERNATIVE I CAN CONSIDER?”

With fibroids, some women are candidates for uterine artery embolization (UAE) or MR-guided focused ultrasound (MRgFUS); both shrink tumors with no incision. “There are almost always alternatives,” affirms Streicher, who surveyed women nationwide about their hysterectomy experiences.

“DO YOU OPERATE ON A REGULAR BASIS?”

“Most expert surgeons do at least 10 to 20 hysterectomies a year,” says Streicher. She notes that doctors who don’t operate frequently may not be as skilled or even familiar with minimally invasive techniques (such as laparoscopy). Get a recommendation through a professional organization, such as AAGL (for gynecologic laparoscopists) or ACOG (for ob-gyns), or by calling a teaching hospital.

“CAN I KEEP MY OVARIES?”

If they’re still functioning, removal will send you into menopause, which may lead



to hot flashes, lowered libido and even a decline in memory and thinking skills, according to a new study. Only 2% of women who have their ovaries removed during a hysterectomy are at high risk for ovarian cancer, so make sure taking them out is truly necessary.

“SHOULD I GET ESTROGEN THERAPY?”

If you require ovary removal, be sure to discuss the

possible benefits of hormone therapy with your doctor. “There’s so much misinformation about its dangers, but estrogen may actually decrease menopausal symptoms and the risk of heart disease,” says Streicher, who is also an associate clinical professor of obstetrics and gynecology at Northwestern University’s Feinberg School of Medicine.

Q&A

“Help! I have a rash down there.”

“This issue comes up all the time,” says Monika Hearne, MD, an ob-gyn advisor at Pearl.com, a fee-based website for medical advice and other professional help. First, don’t panic. “Most rashes are benign,” says Hearne. If there’s itching and burning—but no discharge—you could be having an allergic reaction to the alcohol in a new hygiene product, like soap or bubble bath. It might also be a yeast infection from prolonged exposure to moisture (for instance, not changing out of bathing suits or gym clothes right away). If you can link the outbreak to a specific habit or new product, consider using an over-the-counter med, like clotrimazole. “But if you don’t know what’s causing it,” says Hearne, “see your doctor ASAP.”

HOW HEAVY PERIODS RUIN YOUR DAY

50%

of you won’t wear a bathing suit.

33%

of you skip an outdoor activity.

22%

of you pass on going out with friends.

20%

of you miss work.

Source: TNS/Bayer survey

YOU COULD WIN A TRIP* TO THE

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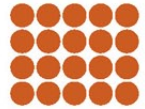
Tyson® Any'tizers® snacks & Tyson® Chicken Strips are tasty fan pleasers – perfect for game time all season long.

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what's cooking



MEAT AND GREET



Say hello to bison—also called buffalo—now competing for best-in-bun status at restaurants everywhere. It's low in fat and cholesterol, and perfect for making patties. Next time a burger craving hits, try this at home. Heat grill to medium. In a bowl, mix 4 oz room-temperature herbed goat cheese with 1 tbsp milk. In a separate bowl, combine 1 lb ground bison, ¼ cup grated onion, ½ tsp salt and ¼ tsp pepper. Form into 4 patties. Grill 4 minutes per side for medium-rare; remove from heat and let rest 5 minutes. Grill 4 whole wheat buns. Serve with goat cheese, lettuce and tomato.

Food styling: Chelsea Zimmer. Prop styling: Stephanie Hanes.

A MONTH OF HEALTHY WEEKNIGHT DINNERS

WEEK

MONDAY

TUESDAY

WEDNESDAY

1



CAST-IRON STEAK WITH ROASTED CAULIFLOWER SOUP

Page 98

Serve with:

Escarole Salad. On a platter, place 4 cups torn escarole, 1 chopped tomato and ½ cup thawed frozen peas. Drizzle with red wine vinaigrette and sprinkle with shredded Romano cheese.



PEAR-AND-PECAN-STUFFED SQUASH

Page 98

Serve with:

Parmesan Toasts.

Slice a baguette in half crosswise. Rub cut sides with a halved garlic clove, then drizzle with 2 T olive oil. Sprinkle with ½ cup Parmesan. Broil for 3 minutes on high, until cheese is melted. Cut into 4 pieces.



CHICKEN, APPLE AND SPINACH EMPANADAS

Page 100

Serve with:

Rice and Beans. Sauté

1 cup diced onions in 1 T olive oil for 3 minutes. Stir in 2 chopped garlic cloves; cook 1 minute. Mix in one 15 oz can drained black beans and 2 cups cooked brown rice. Sauté until heated through. Stir in ½ cup chopped cilantro.

2



ROASTED CHICKEN WITH ITALIAN WHEAT BERRY SALAD

Page 96

Dessert:

Apricot-Glazed Pears. Place 4 halved, peeled pears in a baking dish. Combine ⅓ cup apricot jam and ¼ cup orange juice; spoon over pears. Bake at 350° for 25 minutes. Top with whipped topping and ground nutmeg.



EASY PEA SOUP

Cook 5 sliced green onions in 2 T melted butter for 8 minutes. Add ¾ tsp salt and 2½ cups water. Bring to a

boil. Stir in one 16 oz bag thawed frozen peas. Simmer for 6 minutes. Puree soup in batches until smooth. Stir in 1 tsp lemon juice. Season to taste with salt and pepper.

Serve with: Grilled cheese sandwiches.



BISON BURGER

Page 91

Serve with:

Steak Fries. Cut 4 large baking potatoes lengthwise into

½-inch-thick wedges. Toss with 1 tsp olive oil, 1 tsp salt and ¼ tsp pepper. Bake at 450° for 25 minutes or until golden.

3



NACHO CHEESE CHICKEN CHOWDER

Cut 1 lb boneless chicken into ½-inch pieces. Combine chicken,

2 cans undrained Mexican-style stewed tomatoes, one 10.75 oz can condensed nacho cheese soup and one 10 oz box thawed frozen corn in slow cooker. Cook on LOW for 5 hours. Sprinkle with shredded Mexican blend cheese.



QUICK SKILLET LASAGNA

Cook 3 cups mafalda pasta. Brown 12 oz ground beef; drain. In a large skillet,

layer half the cooked pasta, half of a 26 oz jar pasta sauce, the ground beef and 1 cup shredded mozzarella. Top with remaining pasta and half jar of sauce. Sprinkle with ½ cup mozzarella and ¼ cup Parmesan. Cook, covered, for 6 minutes.



FRENCH-GLAZED CHICKEN

Combine ¼ cup French salad dressing, 2 T peach jam, 1 T water and 2 T finely chopped

onion. Brush over 2 lbs meaty chicken pieces. Bake at 375° for 45 minutes. Brush with glaze and bake 10 minutes more.

Serve with: Steamed carrots tossed with olive oil.

4



SAUSAGE-PEPPER PASTA

Cook ¾ lb sliced Italian turkey sausage links and 2 cups chopped red sweet pepper for 5 minutes. Add

½ cup beef broth and ¼ tsp pepper. Bring to a boil; simmer for 5 minutes. Stir in 8 oz cooked bow tie pasta. Sprinkle with grated Parmesan. **Serve with:** Arugula and tomato salad.



GLAZED HALIBUT

For glaze, combine 3 T orange marmalade, 1 T fresh lime juice and 1 tsp horseradish. Broil 4 skinless

halibut fillets 4 to 5 inches from heat for 10 minutes or until fish flakes, turning once halfway through broiling and brushing with glaze during last 2 to 3 minutes. **Serve with:** Sautéed spinach.



CUBAN BLACK BEAN SOUP

Combine one 16 oz jar salsa, one 15 oz can drained black beans, one 14.5 oz can reduced-

sodium chicken broth, 2 cups water, 1½ cups cubed ham and 1 tsp ground cumin. Bring to a boil; reduce heat. Simmer for 10 minutes. Serve with baked tortilla chips.

● Slow Cooker

● Vegetarian

● 30-Minute Meals



THURSDAY



PORK SCALOPPINE WITH WINTER SQUASH

Page 100

Serve with:
Oven-Baked

Broccoli. Toss 4 cups broccoli with 2 tsp olive oil. Bake at 450° for 15 minutes. Add 1 cup thinly sliced leek, ½ tsp salt and ¼ tsp pepper. Cover and bake for 7 minutes more.

FRIDAY



LEMONY SHRIMP LINGUINE

Page 103

Serve with:
Arugula Salad.
Combine 6 cups
arugula and 2 cups

chopped radicchio. Toss with ¼ cup reduced-fat balsamic vinaigrette. Sprinkle with ¼ cup toasted pine nuts and ¼ cup dried cranberries.



MAPLE MAHI MAHI SALAD

Combine 2 T **each** maple syrup and olive oil and 1 T **each** balsamic vinegar and honey mustard. Brush 2 T of the

dressing over 8 oz mahi mahi fillets. Broil for 6 minutes. Serve over 4 cups shredded napa cabbage, ½ cup snow peas and ½ cup edamame. Drizzle with remaining dressing and sprinkle with almonds.



BUTTERNUT SQUASH BLACK BEAN CHILI

Page 104

Serve with: Brown
Rice and Garlicky
Yogurt. Combine
one 6 oz carton

plain Greek yogurt and ½ tsp **each** minced garlic and shredded lemon zest.



SWEET AND SPICY BEEF STEW

Page 106

Serve with:
Flaky Biscuits.
Combine 2 cups
self-rising flour

and ¼ tsp baking soda. Cut in ¼ cup butter until mixture resembles coarse crumbs. Add ¾ cup buttermilk. Knead dough 12 strokes. Roll to ½ inch thick. Cut into 2½-inch circles. Bake at 425° for 15 minutes.



PIZZA-STYLE FISH STICKS

Arrange one 12 oz package frozen breaded fish sticks in a baking dish. Top with one 8 oz can pizza sauce and

sprinkle with 1 cup shredded mozzarella. Bake, uncovered, at 425° for 20 minutes. Sprinkle with 2 T shredded fresh basil. **Serve with:** Whole wheat Italian bread.



WINTER GARDEN PASTA

Cook 8 oz spaghetti per package directions and add 3 cups broccoli for last 3 minutes of cooking; drain. Add

one 14.5 oz can drained diced tomatoes, one 15 oz can drained white kidney beans, 2 T tomato paste, 2 cloves minced garlic and ¼ tsp **each** salt and pepper. Heat through. Sprinkle with chopped parsley and Parmesan.



CAJUN CHICKEN AND DUMPLINGS

Page 106

Serve with:
Mashed New
Potatoes. Boil
1½ lbs new potatoes

for 15 minutes; drain. In same saucepan heat ¾ cup milk and 2 T olive oil until bubbles form around edge of pan. Return potatoes to pan and season with ½ tsp salt and ¼ tsp pepper. Mash.

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SUNDAY

Roasted Chicken with
Italian Wheat Berry
Salad

MONDAY

Cast-Iron Steak with
Roasted Cauliflower
Soup

TUESDAY

Pear-and-Pecan-Stuffed
Squash

WEDNESDAY

Chicken, Apple and
Spinach Empanadas

THURSDAY

Pork Scaloppine with
Winter Squash

FRIDAY

Lemony Shrimp Linguine

BY MELISSA KNIFIC PHOTOGRAPHY BY KATE MATHIS

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SUNDAY

SHOPPING LIST

MEAT, CHICKEN AND FISH

- 2¼ lbs bone-in chicken breasts
- 1¼ lbs flatiron or flank steak
- 1¼ lbs center-cut pork chops
- 1½ lbs peeled and deveined shrimp

DAIRY

- ½ cup baby bocconcini (small mozzarella balls)
- ½ cup shredded Parmesan
- ¾ cup shredded sharp white cheddar

PRODUCE

- 1 pint cherry tomatoes
- 1 bunch oregano
- 1 bunch basil
- 4 lemons
- 2 medium sweet onions
- 1 bulb garlic
- 1 head cauliflower
- 4 cups arugula
- 1 bunch parsley
- 4 delicata or acorn squash
- 1 pear
- 1 bunch sage
- 1 Gala apple

- 1 bag (9 oz) baby spinach
- ½ lb cremini mushrooms
- 2 large shallots
- 1 bulb fennel

GROCERY

- 1½ cups wheat berries, such as Nature's Earthly Choice
- 1 jar Kalamata olives
- 3 cups reduced-sodium chicken broth
- ½ cup pecans
- 1 can (15.5 oz) butter beans
- 1 box (12 oz) whole wheat linguine

FREEZER

- 1 bag (10 oz) frozen kale, such as Earthbound Farm
- 1 pkg (10 oz) empanada dough wrappers, such as Goya discos
- 1 bag (12 oz) frozen corn

PANTRY

- Olive oil and canola oil
- White balsamic vinegar
- Dijon mustard
- Milk
- Eggs



PREP FOR MONDAY

- ❑ **Roast cauliflower.** Heat oven to 400°. Cut 1 head cauliflower into florets. Toss with 1 tbsp olive oil, ¼ tsp salt and ½ tsp pepper. Place on a baking sheet. Roast at 400° for 25 minutes, turning once halfway through, until browned. Cool, place in a resealable container and refrigerate.

Roasted Chicken with Italian Wheat Berry Salad

MAKES 4 servings

PREP 20 minutes ROAST at 425° for 30 minutes LET REST 5 minutes

- 1½ cups wheat berries, such as Nature's Earthly Choice
- 2½ tbsp olive oil
- ¼ cup white balsamic vinegar
- ½ tsp Dijon mustard
- 1 tsp chopped oregano
- ¾ plus ½ tsp salt
- ¼ plus ½ tsp black pepper
- 3 bone-in chicken breast halves (about 2¼ lbs)
- 1 pint cherry tomatoes, halved
- ½ cup chopped pitted Kalamata olives
- 1 cup packed basil, roughly chopped
- ½ cup baby bocconcini (small mozzarella balls)

■ In a medium pot, cook wheat berries according to package directions. Drain and cool. Place 1 cup of cooked wheat berries in a resealable container for Tuesday.

■ Heat oven to 425°. In a bowl, whisk together oil, vinegar, mustard, oregano and ¼ tsp each of the salt and pepper. Pour ¼ cup of the dressing into a large bowl. Toss with remaining cooked wheat berries (about 3 cups), tomatoes, olives, basil, bocconcini, ½ tsp of the salt and ¼ tsp of the pepper. Set aside.

■ Meanwhile, place chicken breast halves on a baking sheet and season under skin with remaining ¼ tsp salt and

remaining ¼ tsp pepper. Brush chicken with remaining dressing (about 2 tbsp). Bake at 425° for 30 minutes, until internal temperature reaches 160°. Let rest 5 minutes. Slice 2 of the chicken breast halves. Refrigerate remaining chicken. Divide chicken among 4 plates and serve with wheat berry salad.

PER SERVING (WITHOUT SKIN)

482 CAL; 18 g FAT (3 g SAT); 37 g PRO; 41 g CARB; 7 g FIBER; 660 mg SODIUM; 77 mg CHOL



Whole grains, like wheat berries, are high in fiber, which helps lower cholesterol.

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Healthy Family Dinners



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MONDAY

Cast-Iron Steak with Roasted Cauliflower Soup

MAKES 4 servings PREP 10 minutes
COOK 23 minutes LET REST 5 minutes

- 1 **tblsp olive oil**
- ½ **medium onion, sliced**
- 3 **cloves garlic, sliced**
- 1 **head roasted cauliflower florets (page 96)**
- 2 **cups reduced-sodium chicken broth**
- 1 **tblsp lemon juice**
- 1 **tblsp canola oil**
- 1½ **lbs flatiron or flank steak, about 1 inch thick**
- ¼ **plus ½ tsp salt**
- ⅛ **tsp pepper**
- 4 **cups arugula**
- ¼ **cup fresh parsley, chopped**

▪ Heat olive oil in a large pot over medium heat. Add onion; sauté 5 minutes, until softened. Stir in garlic and cook 2 minutes. Add cooked

cauliflower, chicken broth and 1 cup water. Increase heat and bring to a boil. Cover, reduce heat to a low simmer and cook 10 minutes. Turn off heat. Carefully transfer to a blender and process until smooth. Return to pot and stir in 1 tsp of the lemon juice. Cover and set aside.

▪ Heat canola oil in a 10-inch cast-iron skillet over medium-high heat. Season steak with ¼ tsp of the salt and the pepper. Add steak and cook 3 minutes. Flip and cook 2 to 3 more minutes, until medium-rare. Let rest 5 minutes.

▪ Toss arugula with parsley, remaining 2 tsp lemon juice and remaining ⅛ tsp salt. Slice steak and serve family-style over arugula. Serve with soup.

PER SERVING 359 CAL; 18 g FAT (4 g SAT); 36 g PRO; 13 g CARB; 4 g FIBER; 792 mg SODIUM; 49 mg CHOL

Squash is packed with antioxidant carotenoids. Your clue: Its bright orange hue.



TUESDAY

Pear-and-Pecan-Stuffed Squash

MAKES 4 servings
PREP 20 minutes ROAST at 400° for 30 minutes MICROWAVE 1 minute
BROIL 3 minutes COOK 5 minutes

- 4 **delicata or acorn squash, halved lengthwise and seeded (about 4 lbs)**
- 2 **tblsp plus 1 tsp olive oil**
- ¾ **tsp salt**
- 1 **cup cooked wheat berries (page 96)**
- 1 **pear, peeled, cored and diced into small cubes**
- ½ **cup shredded Parmesan**
- ⅓ **cup roughly chopped pecans**
- 2 **tsp chopped sage**
- ¼ **tsp pepper**
- 4 **garlic cloves, chopped**
- 1 **bag (10 oz) frozen kale, such as Earthbound Farm**
- 1 **can (15.5 oz) butter beans, drained and rinsed**
- 1 **tsp lemon juice**

▪ Heat oven to 400°. Coat squash halves with 2 tblsp of the olive oil. Sprinkle cavities with ¼ tsp of the salt. Place cut side down on 2 baking sheets (4 halves on each

sheet). Roast at 400° for 30 minutes. Let cool slightly and scoop flesh out of 4 of the 8 halves and discard skins; place in a resealable container and refrigerate.

▪ Turn on broiler. In a microwave-safe bowl, combine cooked wheat berries, pear, ¼ cup of the Parmesan, the pecans, sage, ¼ tsp of the salt and ⅛ tsp of the pepper. Microwave for 1 minute. Carefully fill remaining 4 squash halves with mixture. Sprinkle with remaining ¼ cup Parmesan and broil on HIGH for 2 to 3 minutes, until cheese is melted and lightly browned.

▪ Meanwhile, in a medium pot, heat remaining 1 tsp olive oil over medium heat. Stir in garlic; cook 1 minute. Mix in frozen kale and ½ cup water. Bring to a boil. Cover and cook 3 minutes. Stir in butter beans, lemon juice, remaining ¼ tsp salt and remaining ⅛ tsp pepper. Cook 2 minutes, until beans are heated. Serve with squash.

PER SERVING 516 CAL; 16 g FAT (3 g SAT); 21 g PRO; 83 g CARB; 16 g FIBER; 787 mg SODIUM; 9 mg CHOL



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Folate, found in leafy greens like spinach and kale, may offer a way to fight cardiovascular disease.



WEDNESDAY

Chicken, Apple and Spinach Empanadas

MAKES 5 servings PREP 15 minutes

BAKE at 400° for 20 minutes COOK 15 minutes

- 4 tsp olive oil
- 1 medium sweet onion, diced (1 cup)
- 1 Gala apple, peeled and diced
- 1 bag (9 oz) fresh baby spinach
- 1 roasted bone-in chicken breast half (page 96)
- ¾ cup shredded sharp white cheddar
- ½ tsp plus ¼ tsp salt
- ¼ tsp black pepper
- 1 pkg (10 oz) empanada dough wrappers (such as Goya discos), thawed
- 1 egg, beaten
- 1 bag (12 oz) frozen corn
- 3 cloves garlic, minced
- 2 tsp fresh lemon juice

Heat oven to 400°. In a large skillet, heat 2 tsp of the olive oil over medium heat. Stir in ½ cup of the onion and the apple; cook 5 minutes. Stir in ½ bag of the spinach. Cook 2 minutes, stirring, until wilted. Transfer mixture to a bowl;

cool slightly. Shred chicken and stir into filling, along with cheddar, ¼ plus ⅛ tsp of the salt and ⅛ tsp of the pepper.

Fill each wrapper with 2 tbsp of the filling. Fold into half-moons and seal open ends with a fork. Place on a baking sheet and brush tops of empanadas with egg. Bake at 400° for 20 minutes, until golden-brown.

Meanwhile, in same skillet, add remaining 2 tsp oil over medium heat. Stir in remaining ½ cup onion and the frozen corn. Cook 5 minutes, until onion is soft and corn is heated through. Stir in garlic; cook 1 minute. Mix in remaining ½ bag spinach until wilted, about 2 minutes. Stir in lemon juice, remaining ¼ tsp salt and remaining ⅛ tsp pepper. Serve empanadas with warm corn salad.

PER SERVING 521 CAL; 18 g FAT (7 g SAT); 24 g PRO; 72 g CARB; 5 g FIBER; 722 mg SODIUM; 66 mg CHOL



Mushrooms are rich in potassium, which has been known to regulate blood pressure.

THURSDAY

Pork Scaloppine with Winter Squash

MAKES 4 servings

PREP 20 minutes

COOK 22 minutes

- 3 tbsp canola oil
- ½ lb sliced cremini mushrooms
- ¼ cup sliced shallots
- 1 tbsp chopped sage
- 4 thick boneless center-cut pork chops (about 1¼ lbs)
- ½ cup all-purpose flour
- 1 tsp salt
- ½ tsp black pepper
- 1 cup low-sodium chicken broth
- 1 tsp Dijon mustard
- Cooked delicata squash (page 98)
- ½ cup milk

Heat oven to 200°. In a large skillet, heat 1 tbsp of the oil over medium-high heat. Add mushrooms and cook 8 minutes, stirring a couple of times, until lightly browned. Add sliced shallots; cook 2 minutes. Mix in sage; remove to a bowl. Turn off heat and reserve pan.

Carefully split pork chops in half lengthwise (knife parallel to cutting board), making 8

thin chops. Pound each to ⅛-inch thickness on a cutting board in between 2 pieces of plastic wrap. On a plate, combine flour, ½ tsp of the salt and ¼ tsp of the pepper. Dredge chops in flour mixture, gently shaking to remove any excess; place on another plate.

In same skillet, over medium-high heat, add 1 tbsp of the oil. Sauté 4 of the chops for 2 minutes; flip and cook another 2 minutes. Remove to a baking sheet and place in warm oven. Add remaining 1 tbsp oil to skillet and repeat with remaining 4 chops.

Pour chicken broth into empty skillet. Whisk in mustard and release brown bits on bottom of pan. Bring to a simmer. Reduce heat to medium and simmer 3 to 4 minutes, until slightly thickened. Stir in mushroom mixture.

Meanwhile, reheat squash in a medium, lidded pot with milk, remaining ½ tsp salt and remaining ¼ tsp pepper. Serve pork over squash. Ladle mushroom sauce on top.

PER SERVING 429 CAL; 19 g FAT (3 g SAT); 36 g PRO; 30 g CARB; 6 g FIBER; 543 mg SODIUM; 91 mg CHOL

FRIDAY

Lemony Shrimp Linguine

MAKES 6 servings

PREP 15 minutes

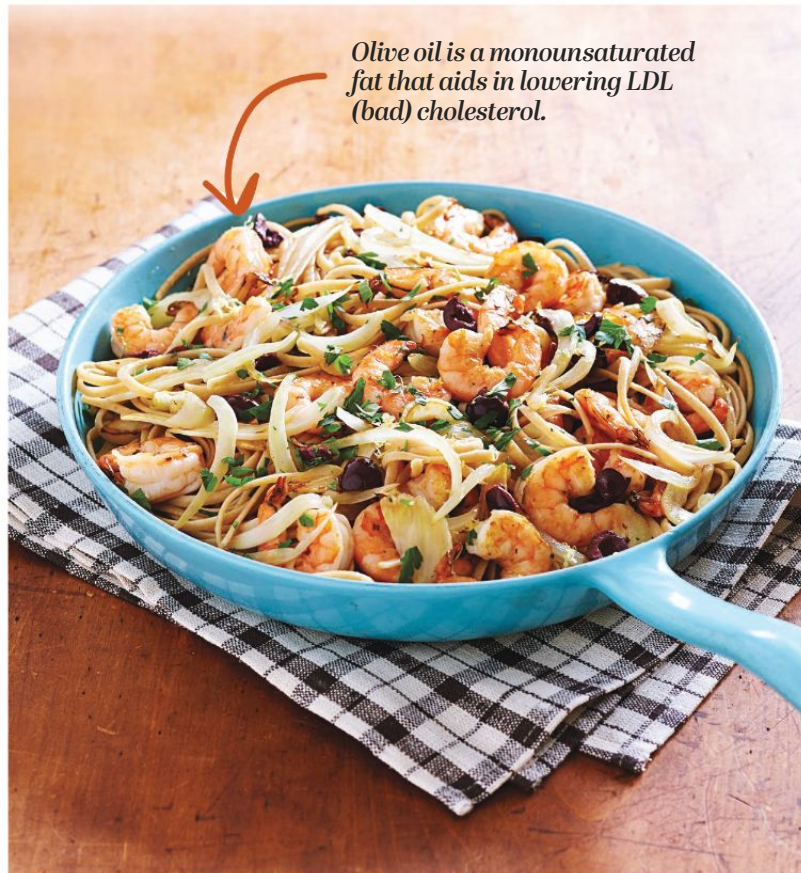
COOK 13 minutes

- 1 box (12 oz) whole wheat linguine
- ¼ cup olive oil
- ⅓ cup fresh lemon juice, plus 1 tbsp lemon zest
- ½ tsp salt
- ¼ tsp black pepper
- 1½ lbs peeled and deveined shrimp
- 1 bulb fennel, cored, thinly sliced
- ½ sweet onion, thinly sliced
- 3 garlic cloves, sliced
- ½ cup chopped pitted Kalamata olives
- ½ cup fresh parsley, chopped

• Bring a pot of lightly salted water to a boil. Add linguine and cook 9 minutes or until al dente.

- Meanwhile, in a small bowl, whisk 2 tbsp of the olive oil with the lemon juice, zest, salt and pepper. Set aside.
- Heat 1 tbsp of the olive oil in a large skillet over medium heat. Add shrimp. Sauté 1 minute; flip and sauté 1 to 2 more minutes, until just cooked. Remove to a plate. Add remaining 1 tbsp olive oil to skillet; stir in fennel and onion. Cook 7 minutes, until softened. Stir in garlic; cook 1 minute. Stir in reserved olive oil–lemon mixture. Bring to a simmer and cook 1 minute.
- Remove cooked pasta from pot with tongs and add to skillet, along with 1 cup of the pasta water, the cooked shrimp and olives. Bring to a simmer and cook 1 minute. Stir in parsley. Serve immediately.

PER SERVING 402 CAL; 14 g FAT (2 g SAT); 27 g PRO; 49 g CARB; 9 g FIBER; 582 mg SODIUM; 168 mg CHOL



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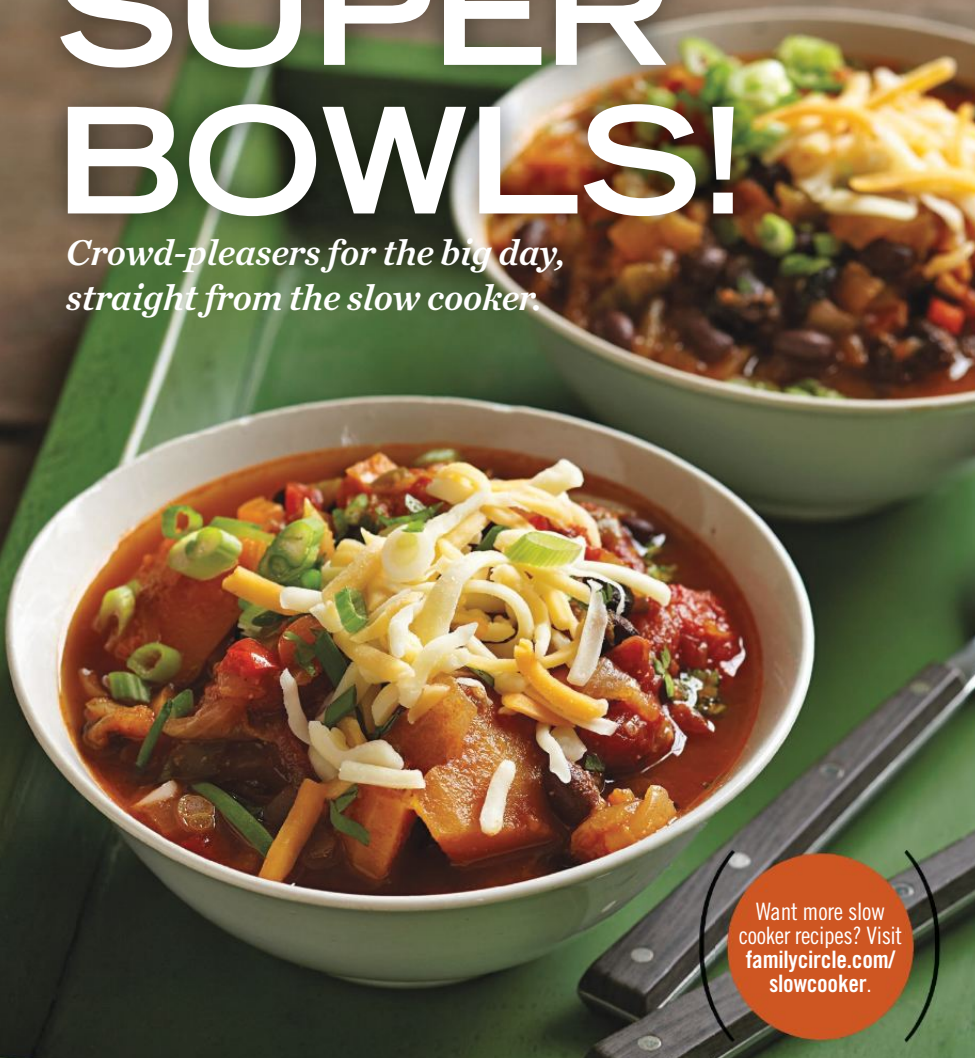


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SUPER BOWLS!

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Butternut Squash and Black Bean Chili

MAKES 8 servings PREP 20 minutes SLOW COOK on HIGH for 6 hours or LOW for 8 hours

- 2 large onions, chopped
- 4 cloves garlic, chopped
- 1 butternut squash (2 lbs) seeded, peeled and cut into 1½-inch pieces (5 cups)
- 1 large green bell pepper, seeded and chopped
- 1 large jalapeño pepper, seeded and chopped
- 2 cans (14.5 oz each) stewed tomatoes
- 4 tsp ancho chili powder
- 2 tsp ground cumin
- 1 tsp salt
- 2 cans (15 oz each) black beans, drained and rinsed
- ½ red sweet pepper, seeded and cut into 1-inch dice
- ½ yellow sweet pepper, seeded and cut into 1-inch dice
- ½ orange sweet pepper, seeded and cut into 1-inch dice
- ¼ cup cilantro, chopped
- 1 cup shredded taco cheese
- 2 scallions, thinly sliced

▪ Coat slow cooker with

nonstick cooking spray.

- Add onions, garlic, squash, green pepper and jalapeño. Combine tomatoes, chili powder, cumin and salt. Pour over squash and peppers.
- Cover and cook on HIGH for 6 hours or LOW for 8 hours. Add beans and sweet peppers during last 30 minutes.
- To serve, stir in cilantro. Top with cheese and scallions.

PER SERVING 209 CAL; 5 g FAT (3 g SAT); 10 g PRO; 38 g CARB; 11 g FIBER; 977 mg SODIUM; 13 mg CHOL

Red Wine Braised Chicken

MAKES 6 servings

PREP 15 minutes

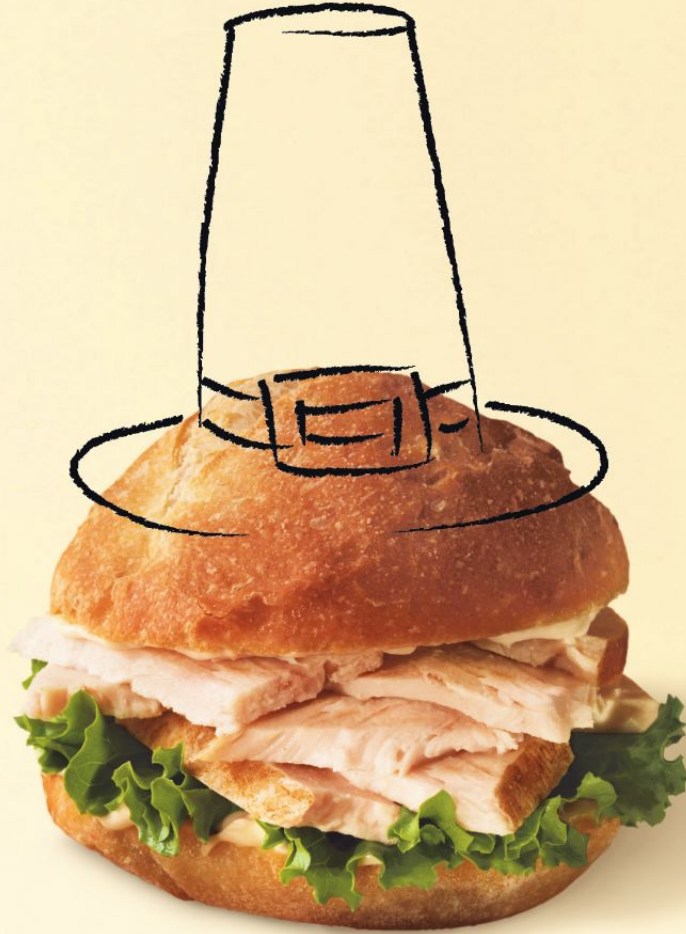
SLOW COOK on HIGH for 6 hours or LOW for 8 hours

- ½ large onion, chopped
- 3 lbs bone-in skinless chicken thighs
- 1 packet (1.3 oz) McCormick slow cookers red wine braised roast seasoning mix
- 1 cup small peeled baby carrots, halved
- 10 oz white button mushrooms, quartered
- 1 bag (14.4 oz) frozen pearl onions, thawed
- ½ cup dry red wine
- ½ cup flat-leaf parsley, chopped
- Mashed potatoes and green peas (optional)

- Coat slow cooker with nonstick cooking spray.
- Place chopped onion in slow cooker; season chicken with seasoning mix and place on top of onion. Add carrots, mushrooms and pearl onions. Pour red wine and ½ cup water over top.
- Cover and cook on HIGH for 6 hours or LOW for 8 hours.
- Stir in parsley and serve with mashed potatoes and peas, if desired.

PER SERVING 343 CAL; 9 g FAT (2 g SAT); 47 g PRO; 12 g CARB; 3 g FIBER; 832 mg SODIUM; 188 mg CHOL





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Cajun Chicken and Dumplings

MAKES 8 servings

PREP 20 minutes SLOW COOK on HIGH for 6 hours or LOW for 8 hours

- | | |
|--|---|
| 1 large onion, thinly sliced | $\frac{2}{3}$ cup milk |
| 2½ lbs boneless, skinless chicken thighs, cut into 1½-inch pieces | 2 tbsp chopped cilantro |
| 2 tbsp salt-free Cajun seasoning (such as The Spice Hunter) | <ul style="list-style-type: none"> Coat slow cooker with nonstick cooking spray. Place onion in bottom of slow cooker. Season chicken with Cajun seasoning, garlic and salt; distribute evenly over onion. Add kielbasa and tomatoes. Combine broth and flour; pour over tomatoes. Scatter bell pepper and celery over top. |
| 4 cloves garlic, finely chopped | <ul style="list-style-type: none"> Cover and cook on HIGH for 5 hours or LOW for 7 hours. Add beans. Combine biscuit mix and milk; dollop heaping tablespoonfuls over top and cover again. Cook 1 hour more (on either HIGH or LOW). Spoon into individual bowls and sprinkle with cilantro. |
| $\frac{1}{4}$ tsp salt | PER SERVING 432 CAL; 17 g FAT (5 g SAT); 39 g PRO; 34 g CARB; 5 g FIBER; 956 mg SODIUM; 156 mg CHOL |
| 7 oz light kielbasa (from a 14 oz pkg, such as Hillshire Farm), sliced | |
| 1 can (14.5 oz) fire-roasted diced tomatoes | |
| 1 cup reduced-sodium chicken broth | |
| 2 tbsp all-purpose flour | |
| 1 green bell pepper, seeded and cut into ½-inch slices | |
| 2 ribs celery, cut into ½-inch slices | |
| 1 can (15 oz) pinto beans, drained and rinsed | |
| 2 cups biscuit baking mix | |

Atlanta Brisket

MAKES 8 servings PREP 10 minutes

SLOW COOK on LOW for 8 hours

COOL 10 minutes

- 2 sweet onions, sliced
- 1 beef brisket (about 3 lbs), trimmed
- 1 packet (1 oz) dry onion soup mix
- 1½ cups ketchup
- 1 can (12 oz) cola
- French fries and coleslaw (optional)

- Coat slow cooker with nonstick cooking spray.
- Place onions in bottom of slow cooker. Season brisket with soup mix and place on top of onions. Combine ketchup and cola; pour over brisket.
- Cover and cook on LOW for 8 hours.



- Remove brisket to a cutting board and allow to cool 10 minutes. Slice against the grain. Serve with french fries and coleslaw, if desired.

PER SERVING 329 CAL; 8 g FAT (3 g SAT); 38 g PRO; 26 g CARB; 1 g FIBER; 1,238 mg SODIUM; 73 mg CHOL

Sweet and Spicy Beef Stew

MAKES 6 servings PREP 20 minutes

SLOW COOK on HIGH for 6 hours or LOW for 8 hours COOK 2 minutes

- 1 large onion, chopped
- 4 cloves garlic, chopped
- 1¼ lbs beef chuck, cut into 1½-inch pieces
- 1 tsp salt
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{1}{8}$ tsp cayenne pepper
- 2 sweet potatoes (about 1¼ lbs), peeled and cut into 2-inch pieces
- $\frac{1}{2}$ cup dried fruit bits
- 1 can (14.5 oz) petite diced tomatoes
- 1¼ cups reduced-sodium beef broth
- 2 tbsp cornstarch
- 3 cups cooked couscous
- $\frac{1}{2}$ chopped peanuts

- Coat slow cooker with nonstick cooking spray.
- Place onion and garlic in bottom of slow cooker. Season beef with $\frac{1}{2}$ tsp of the salt, the cinnamon and cayenne; place over onion. Scatter sweet potatoes and fruit bits over top; add tomatoes and 1 cup of the broth.
- Cover and cook on HIGH for 6 hours or LOW for 8 hours.

- Pour liquid from slow cooker into a small saucepan and bring to simmer. Dissolve cornstarch in remaining $\frac{1}{4}$ cup broth and stir into saucepan. Simmer for 2 minutes, until thickened. Add remaining $\frac{1}{2}$ tsp salt and stir mixture back into slow cooker.
- Serve stew with cooked couscous and sprinkle each serving with peanuts.

PER SERVING 538 CAL; 12 g FAT (3 g SAT); 38 g PRO; 67 g CARB; 7 g FIBER; 719 mg SODIUM; 56 mg CHOL





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SWEET TEMPTATIONS

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BY JULIE MILTENBERGER PHOTOGRAPHY BY KANA OKADA



1

**FLOURLESS
BROWNIE CAKES**
PAGE 110





1 Flourless Brownie Sundaes

MAKES 6 servings PREP 15 minutes
MICROWAVE 45 seconds
BAKE at 350° for 20 minutes

- ¼ cup (½ stick) unsalted butter
- 2 oz unsweetened chocolate, chopped
- ¾ cup sugar
- 1 egg plus 1 egg yolk
- 1½ tsp vanilla extract
- ¼ cup unsweetened cocoa powder
- ½ cup mini semisweet chocolate chips
- 6 small scoops ice cream (any flavor)
Chocolate sauce, for drizzling

- Heat oven to 350°. Coat a jumbo muffin pan with nonstick cooking spray.
- Combine butter and chocolate in a medium glass bowl. Microwave for 45 seconds, then stir until smooth.
- Whisk in sugar, then egg and egg yolk. Whisk in vanilla and sift cocoa powder over mixture. Fold in cocoa with a rubber spatula; stir in mini chips. Divide among 6 prepared pan indents (¼ cup in each), spreading tops level. Bake at 350° for 15 to 20 minutes, until tops are shiny.
- Run a knife around edge of cakes; remove from pan. Cool a few minutes on a rack; transfer to plates. Top each with a scoop of ice cream; drizzle with chocolate sauce and serve.

PER SERVING 493 CAL; 26 g FAT (16 g SAT); 7 g PRO; 62 g CARB; 3 g FIBER; 52 mg SODIUM; 106 mg CHOL

2 Chocolate Chip Bread Pudding

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

- 1 loaf (16 oz) cinnamon-raisin bread, cut into cubes
- 1 cup mini semisweet chocolate chips
- 3 cups chocolate milk
- 4 large eggs
- ¾ cup packed dark brown sugar
- 1 tsp vanilla extract
- 1 tbsp confectioners' sugar

- Heat oven to 350°. Coat a 9 x 2-inch square baking pan with nonstick cooking spray.
- In a large bowl, toss bread with ¾ cup of the mini chips. In a medium bowl, whisk together chocolate milk, eggs, brown sugar and vanilla.
- Pour milk mixture into bread mixture, then transfer to prepared baking pan, pressing down lightly. Sprinkle with remaining ¼ cup mini chips.
- Bake at 350° for 45 minutes. Dust with confectioners' sugar just before serving.

PER SERVING 409 CAL; 14 g FAT (6 g SAT); 12 g PRO; 60 g CARB; 2 g FIBER; 278 mg SODIUM; 101 mg CHOL



3 Milk Chocolate Icebox Pie

MAKES 8 servings PREP 30 minutes
COOK 6 minutes COOL 15 minutes
REFRIGERATE overnight

CRUST

- 1½ cups finely crushed Nabisco Famous wafer cookies (28 cookies)
- 6 tbsp unsalted butter, softened
- 1 tbsp sugar
- Pinch salt

FILLING

- 3 Hershey's milk chocolate bars (1.55 oz each)
- 4 large eggs
- ¾ cup sugar
- 2 tbsp unsweetened cocoa powder
- ½ cup (1 stick) unsalted butter, softened
- ⅓ tsp salt
- 1 container (8 oz) frozen whipped topping, thawed

- **Crust.** Stir together cookie crumbs, butter, sugar and salt in a medium bowl. Press into bottom and up side of a 9-inch pie pan (not deep dish). Refrigerate while preparing filling.
- **Filling.** Chop 2½ of the chocolate bars. Combine eggs and ¼ cup of the sugar in a large metal bowl or double

- boiler. Bring 2 inches of water to a simmer in a large pot or Dutch oven. Place bowl or double boiler over pan without touching water. Cook, beating constantly with a hand mixer, until mixture is light colored and fluffy, and registers 160° on an instant-read thermometer, 5 to 6 minutes. Watch carefully; if eggs get too hot, they will scramble.
- Remove bowl from heat. Whisk in chopped chocolate and cocoa powder until smooth. Set aside to cool for 15 minutes, whisking occasionally.
- Once egg mixture is cooled, combine remaining ¼ cup sugar with the butter and salt in a large bowl. Beat on high speed until very light colored, about 2 minutes. On medium, beat in egg mixture, scraping down side of bowl. Fold in half of the whipped topping and spread into prepared crust. Refrigerate overnight.
- Just before serving, spread center of pie with remaining whipped topping. Use a vegetable peeler to make large curls from reserved chocolate, or cut into shards and sprinkle over pie.

PER SERVING 551 CAL; 35 g FAT (21 g SAT); 6 g PRO; 52 g CARB; 2 g FIBER; 284 mg SODIUM; 166 mg CHOL



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To order the Wilton pan for these adorable pops, visit amazon.com (\$14). Or use a 1½-inch shaped cookie cutter to form hearts.

4 Sweetheart Cake Pops

MAKES 16 servings
PREP 15 minutes **FREEZE** 1 hour
REFRIGERATE 30 minutes
MICROWAVE 6 minutes
DECORATE 1 hour

- 1 loaf (12 oz) Entenmann's marble cake**
- ¾ cup canned chocolate frosting**
- 1 Wilton silicone Petite Hearts pan**
- 3 pkg (14 oz each) white, red and pink candy melts**
- Paper lollipop sticks**
- 3 tbsp vegetable oil**
- Red, pink and white decorating sugar**
- White and red nonpareils**
- 2½ cups confectioners' sugar**
- 1 tbsp cocoa powder**
- Red gel food coloring**

• Finely crumble cake into a large bowl. Stir in frosting, pressing crumbs together with a silicone spatula or the back of a spoon to make a dough.

• Press a heaping tbsp of the dough into one of the cavities of the Petite Hearts pan. Repeat with remaining cavities. Pop out shaped cakes onto a wax-paper-lined sheet pan. Repeat with remaining dough. Freeze 1 hour.

• Place white candy melts in a glass bowl. Microwave at 50% for 1 minute. Stir and continue to melt at 50% in 30-second

increments until a few lumps remain. Stir until smooth.

• Remove half the hearts from the freezer. Dip a lollipop stick about ¾ inch into white candy, then insert into cake. Repeat with all hearts. Refrigerate for 20 to 30 minutes.

• Reheat white candy melts until smooth. Stir in 1 tbsp of the oil. Dip a pop into white candy and gently tap so excess coating drips back into bowl. Return to wax-paper-lined sheet. Repeat with a third of the cake pops (removing from refrigerator one at a time), adding decorating sugar or nonpareils to some of the pops and leaving others plain.

• Melt red and pink candy melts in same way as white ones, stirring 1 tbsp of the oil into each. Dip pops into desired coating and add decorating sugar or nonpareils to some, leaving others plain.

• Make a quick icing: Beat confectioners' sugar and **7 tsp water** in a bowl (this will be stiff). Divide into thirds. Add cocoa powder and a little more water to one bowl; add red gel food coloring to another bowl. Transfer to pastry bags fitted with small writing tips. Pipe messages onto white pops in red icing; use cocoa icing for pink pops and white icing on red pops. Let dry.

PER SERVING 348 CAL; 16 g FAT (10 g SAT); 2 g PRO; 48 g CARB; 1 g FIBER; 180 mg SODIUM; 7 mg CHOL



5 Mini Pain au Chocolat

MAKES 12 servings
PREP 10 minutes
BAKE at 400° for 18 minutes

- 1 pkg (17.3 oz) frozen puff pastry, thawed**
- 1 egg, beaten with 1 tbsp water**
- ¾ cup (4.5 oz) Ghirardelli bittersweet chocolate morsels**
- 2 tbsp seedless raspberry jam or orange marmalade**
- 1 tbsp sugar**

• Heat oven to 400°. Unfold pastry sheets on a cutting board and cut each into 6 equal pieces. Roll one piece out lengthwise to 7 inches.

Brush edges with egg wash. Place a scant tbsp chocolate in center of pastry. Top with ½ tsp raspberry jam or orange marmalade. Starting on a short side, fold one end over chocolate, then fold over other end to resemble an envelope. Place on a baking sheet. Repeat with all pastry pieces, chocolate, and jam or marmalade. Brush pastries with egg wash; top with sugar.

• Bake at 400° for 18 minutes or until puffed and golden brown. Cool slightly before serving.

PER SERVING 241 CAL; 16 g FAT (5 g SAT); 4 g PRO; 23 g CARB; 2 g FIBER; 205 mg SODIUM; 18 mg CHOL

familycircle.com For a video on making our cake pops, go to familycircle.com/iheartcakepops.



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HOW COULD YOU TOP THIS?



6 Red Velvet Trifle

MAKES 16 servings
PREP 30 minutes **BAKE** at 350° for 40 minutes **COOL** 10 minutes
REFRIGERATE overnight

CAKE

- 2½ cups all-purpose flour**
- ¼ cup unsweetened cocoa powder**
- 1 tsp baking soda**
- ½ tsp salt**
- 2 sticks (1 cup) unsalted butter, softened**
- 1½ cups packed light brown sugar**
- 3 large eggs**
- 1 cup sour cream blended with ¼ cup milk and 1 bottle (1 oz) red food coloring**
- 2 tsp vanilla extract**

FILLING AND TOPPING

- 1 pkg (8 oz) Neufchâtel cheese, softened**
- ½ stick (¾ cup) unsalted butter, softened**
- 1½ cups heavy cream**
- 2 cups plus 2 tbsp confectioners' sugar**
- ½ cup sour cream**
- ½ cup milk**
- ¾ tsp vanilla extract**

▪ Heat oven to 350°. Coat a 13 x 9 x 2-inch pan with **nonstick baking spray with flour**.

▪ **Cake.** In a medium bowl, whisk together flour, cocoa, baking soda and salt. In a large bowl, beat butter until smooth. Beat in brown sugar until light colored and fluffy, 2 minutes. Beat in eggs, one at a time. On low, beat in half the flour mixture. Scrape down side of

bowl and beat in sour cream mixture, followed by remaining half of the flour mixture. Stir in vanilla.

▪ **Spread batter** into prepared pan and bake at 350° for 35 to 40 minutes, until a toothpick inserted in center of cake comes out clean. Cool in pan on a wire rack for 10 minutes, then turn out onto rack and cool completely.

▪ **Filling and topping.** In a bowl, beat together Neufchâtel, butter and ¾ cup of the heavy cream until smooth. On low, beat in 2 cups of the confectioners' sugar, the sour cream, milk and ½ tsp of the vanilla extract.

▪ **Trim edges** from cake and cut cake into 1½-inch cubes (set aside 1 cube for topping). Place ⅓ of the cake cubes in a trifle dish or large bowl. Top with half the filling. Repeat layering with cake cubes and remaining filling, then top with remaining ⅓ of the cake. Beat remaining ¾ cup heavy cream with remaining 2 tbsp confectioners' sugar and ¼ tsp vanilla. Spread over top of trifle. Crumble reserved cake cube over trifle. Cover with plastic and refrigerate overnight.

PER SERVING 522 CAL; 31 g FAT (19 g SAT); 7 g PRO; 54 g CARB; 1 g FIBER; 256 mg SODIUM; 134 mg CHOL



7 Mini Cupcakes

MAKES 48 servings
PREP 15 minutes
MICROWAVE 2½ minutes
BAKE at 350° for 15 minutes
REFRIGERATE 15 minutes

CUPCAKES

- 2 oz semisweet chocolate, chopped**
- 1¼ cups all-purpose flour**
- ¼ cup unsweetened cocoa powder**
- 2 tsp baking powder**
- ¼ tsp salt**
- ¼ cup (½ stick) unsalted butter, softened**
- ⅔ cup sugar**
- 2 large eggs**
- ½ cup sour cream blended with ½ cup water**
- ½ tsp vanilla extract**

FROSTING

- 1 cup heavy cream**
- 8 oz semisweet chocolate, chopped**
- Chocolate sprinkles**

▪ Heat oven to 350°. Line 48 indents of mini muffin pans with paper or foil liners. If you have only 1 or 2 pans, bake batter in batches.

▪ **Cupcakes.** Place chocolate in a small glass bowl. Microwave for 45 seconds, stir and microwave for 45 seconds more. Stir until smooth; set aside to cool slightly. In a medium bowl, whisk flour, cocoa, baking powder and salt.



▪ With a hand mixer, beat butter until smooth. Beat in sugar until fluffy, then beat in melted chocolate. Beat in eggs, one at a time, beating well after each. On low speed, beat in half the flour mixture, followed by sour cream mixture and remaining flour mixture. Add vanilla.

▪ **Transfer batter** to a large resealable plastic bag and snip off a corner. Pipe into cupcake liners. Bake at 350° for 14 to 15 minutes; cool completely.

▪ **Frosting.** While cupcakes are baking, microwave heavy cream for 1 minute, until steaming. Pour over chocolate in a bowl and whisk until smooth. Refrigerate for 15 minutes or until fairly cool. Beat on medium-high speed until thickened and good spreading consistency (about 5 minutes; frosting will be the color of milk chocolate). Transfer to a piping bag fitted with a small star tip and pipe frosting onto mini cupcakes (alternately, spread frosting onto cupcakes). Decorate with chocolate sprinkles.

PER CUPCAKE 88 CAL; 5 g FAT (3 g SAT); 1 g PRO; 9 g CARB; 1 g FIBER; 35 mg SODIUM; 20 mg CHOL

8 Cocoa Horchata Martini

MAKES 2 servings **PREP** 5 minutes

- 1 tbsp confectioners' sugar**
- 1 tbsp cocoa powder**
- 1½ cups ice**
- ¾ cup (6 oz) RumChata (horchata-and-rum liquor; see Note)**
- 6 tbsp (3 oz) crème de cacao**
- ¼ cup chocolate milk**

▪ In a small bowl, combine confectioners' sugar and cocoa powder. Whisk to combine, then spread onto a shallow

dish. Fill another shallow dish with ¼ inch of water.

▪ **Fill a cocktail shaker** with ice. Add RumChata, crème de cacao and chocolate milk. Cover and shake until chilled.

▪ **Dip 2 martini glass rims** in water and edge each glass in cocoa-sugar. Divide martini into prepared glasses.

NOTE: Horchata is a milky rice or nut-based Latin beverage. RumChata is sold in grocery and liquor stores.

PER GLASS 479 CAL; 9 g FAT (6 g SAT); 3 g PRO; 63 g CARB; 0 g FIBER; 69 mg SODIUM; 24 mg CHOL



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INGREDIENTS

- 1 package (family-size) fudge brownie mix
- 1/2 cup sour cream
- 2 eggs
- 1 bottle (1 oz.) McCormick Red Food Color
- 8 cups confectioners' sugar (2 lbs.)
- 1/2 cup water
- 2 tbsp. light corn syrup
- 2 tsp. McCormick Pure Vanilla Extract
- McCormick Assorted Food Color & Egg Dye

Makes about 24 servings.

EMPTY brownie mix into large bowl. Add sour cream, eggs and red food color; mix well. Spoon batter in greased 13x9-inch baking pan.

BAKE and cool as directed on package. Cut out cooled brownie with heart-shaped cookie cutters. Place brownies on wire rack set over baking sheet.

MIX confectioners' sugar, water and corn syrup in medium saucepan. Cook on medium-low heat until sugar is melted, stirring occasionally. Stir in vanilla. Tint with desired food color. Spoon or pour icing over top and sides of brownies. (If icing becomes too stiff, gently reheat to pouring consistency.) Let stand until icing is set.

USE remaining icing to decorate or write on brownies, if desired. Pour small amount of icing into small resealable plastic bag. Snip off a tiny piece from the corner. Squeeze through hole in bag to decorate or write on brownies. Let stand until icing is set.



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9 Chocolate Mousse Cones

MAKES 12 servings **PREP** 5 minutes

MICROWAVE 1½ minutes

COOK 10 minutes

COOL 20 minutes

REFRIGERATE 20 minutes

1 bag (12 oz) semisweet chocolate chips

¼ cup solid vegetable shortening

12 small ice cream cones (from a 3 oz pkg)

1 pkg (3.13 oz) cook-and-serve chocolate pudding mix

1 envelope (.25 oz) unflavored gelatin

2 cups 1% milk

¼ tsp almond extract

4 oz cream cheese, softened

1 cup heavy cream

2 tbsp sugar

2 tbsp chopped sliced almonds (optional)

• Combine chocolate chips and shortening in a glass bowl. Microwave for 1 minute, then stir until smooth. With a small brush, coat insides of cones with some of the melted chocolate. Turn cones upside down on a rack over a sheet of wax paper and let harden in refrigerator.

• Whisk together pudding mix and gelatin in a medium saucepan. Whisk in milk. Cook, stirring, over medium heat for 8 to 10 minutes, until pudding comes to a full boil. Remove from heat and stir in almond extract. Cool at room temperature for 20 minutes, stirring occasionally.

• In a medium bowl, beat cream cheese with an electric mixer until very smooth. Add heavy cream and sugar and beat until medium peaks are formed. Fold one-third of the

cream cheese mixture into cooled pudding mixture to lighten. Fold in remaining cream cheese mixture and transfer to a large piping bag or resealable plastic bag. Snip off a corner of the bag.

• Flip over cones and place them in a cupcake pan (to help balance them). Pipe mousse into cones, dividing equally. Refrigerate for 20 minutes.

• Reheat chocolate in microwave for 30 seconds. Stir until smooth. Dip cones into melted chocolate; sprinkle half with chopped almonds, if desired.

PER SERVING 278 CAL; 20 g FAT (10 g SAT); 4 g PRO; 25 g CARB; 1 g FIBER; 103 mg SODIUM; 40 mg CHOL

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10 S'mores Cake

MAKES 16 servings

PREP 30 minutes BAKE at 350° for 35 minutes BROIL 30 seconds

CAKE

- 2½ cups all-purpose flour
- ½ cup unsweetened cocoa powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup (2 sticks) unsalted butter, softened
- 2 cups granulated sugar
- 4 large eggs
- 1 cup milk, mixed with 1 tsp white vinegar
- 1 tbs vanilla extract

FILLING AND TOPPING

- 1½ cup confectioners' sugar
- 1½ cups marshmallow cream
- ¼ cup (½ stick) unsalted butter, softened
- 2 jars (11.75 oz each) hot fudge topping

- 2 graham cracker boards, crushed
- 1½ cups mini marshmallows

▪ Heat oven to 350°. Coat three 9-inch round cake pans with **nonstick spray for baking**.

▪ **Cake.** In a medium bowl, whisk together flour, cocoa, baking soda and salt. In a large bowl, with an electric mixer, beat butter until smooth. Add sugar and beat for 2 minutes, until light and fluffy. Beat in eggs, one at a time. On low speed, beat in half the flour mixture, then the milk mixture, followed by remaining flour mixture. Stir in vanilla and divide batter among prepared pans. Bake at 350° for 30 to 35 minutes, or until cake springs back when lightly pressed. Cool in pans on wire racks for 10 minutes. Run a thin knife around edge

of pans; turn cakes out of pans and cool completely.

▪ **Filling.** While cake layers cool, combine confectioners' sugar, marshmallow cream, butter and ½ tsp water in a bowl. Beat on low speed until blended and a good spreading consistency.

▪ Once cakes have cooled, place one cake layer on a plate. Spread top with ⅔ cup of the fudge topping. Sprinkle with 1 tbs of the crushed graham crackers. Spread a second cake layer with half the marshmallow frosting, then invert onto cake layer on platter. Spread top with ⅔ cup of the fudge topping and carefully spread with remaining marshmallow filling (may look marbled). Sprinkle with 1 tbs crushed graham crackers. Spread remaining layer with remaining ⅔ cup fudge sauce



(do not stack onto cake yet). Sprinkle with remaining crushed graham crackers and top with marshmallows.

▪ Arrange oven rack so cake layer can be about 3 to 4 inches from heat source (see **Note**). Heat broiler. Broil marshmallows for 30 seconds, until they just begin to brown. Carefully place layer on cake.

NOTE: You may use a crème brûlée torch (Bonjour, bedbathandbeyond.com, \$30).

PER SERVING 570 CAL; 21 g FAT (11 g SAT); 7 g PRO; 90 g CARB; 2 g FIBER; 262 mg SODIUM; 92 mg CHOL



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Buyer's Guide

HOME LIFE

Items pictured but not listed below are from private collections.

Home Life

PAGE 15: **C.Wonder** Tossed Herringbone Salad Plate in Sorbet/Tangerine, cwonder.com, \$12. **CB2** Intermix Plate in Pink, cb2.com, \$3 to \$15, depending on size. **Chive** Swayzak Vase in Pink, chive.com, \$14. **C.Wonder** Porcelain Coaster, cwonder.com, \$48/set of 4. **CB2** TPS File Cabinet in Pink, cb2.com, \$159. **CB2** Roundish Mini Bowl in Pink, cb2.com, \$3. **Paddywax** Relish Salted Grapefruit Jar Candle, paddywax.com, \$19

House Warming

PAGE 16–21: Interior Designer: **Janet Gridley** of Dallas, Texas, janetgridley.com. Select furnishings: **Honeyshine** home store, Minneapolis, Minnesota, honeyshine.net.

LOOKING GOOD

Items pictured but not listed are available at drugstores or mass-market retailers.

Looking Good

PAGE 31: Ring, **Silpada**, silpada.com, \$99. Clutch, **Ivanka Trump**, macys.com, \$95.

7 Days of Style

PAGE 32: *The Power Players:* Blazer, **Lulu's**, lulus.com, \$75. Top, **Calvin Klein**, 6pm.com, \$35. Pants, **C. Wonder**, cwonder.com, \$98. Pumps, **Vince Camuto**, vincecamuto.com, \$98. Clutch, **Izzy & Ali**, izzyandali.com, \$75. Necklace, **Shop Design Spark**, shopdesignspark.com, \$25. Rings, **Kanupriya**, shopkanupriya.com, \$50 each.

PAGE 33: *No Sweat:* Sweatshirt, **Camp Collection**, shopcamp.com, \$65. Top, **American Eagle Outfitters**, ae.com, \$45. Necklace, **Mark**, meetmark.com, \$50. Sneakers, **Keds**, keds.com, \$45. Watch, **Anne Klein**, macys.com, \$110.

Sharp Suiter: Sweater, **Old Navy**, oldnavy.com, \$30. Skirt, **Karen Kane**, karenkane.com, \$70. Belt, **LP Blue by Linea Pelle**, lineapelle.com, \$45. Pumps, **Nine West**, ninewest.com, \$79. Handbag, **Izzy & Ali**, izzyandali.com, \$100. Necklace, **Kenneth Jay Lane**, 877-953-5264 for locations, \$95.

PAGE 34: *Weekend Update:* Top, **Ava Gray Direct**, avagraydirect.com, \$62. Cargos,

AG Adriano Goldschmied, 6pm.com, \$69. Shoes, **Jon Josef**, jonjosef.com, \$178.

Clutch, **BCBGeneration**, bcbgeneration.com, \$78. Necklace, **Shop Design Spark**, shopdesignspark.com, \$44.

Vested Interest: Vest, **Obey**, lulus.com, \$98. Top, **Jennifer Lopez for Kohl's**, kohls.com, \$48. Belt, **Talbots**, talbots.com, \$50. Shoes, **Elliott Lucca**, elliottlucca.com, \$99. Glasses, **Vince Camuto**, Nordstrom.com, \$159.

PAGE 35: *Sheer Thing:* Dress, **Marciano**, marciano.com, \$228. Booties, **Guess**, Guess stores, \$139. Necklace, **Melinda Maria**, melindamaria.com, \$68. *Gilt Trip:* Top, **Metrostyle**, metrostyle.com, \$40. Shoes, **Vince Camuto**, vincecamuto.com, \$89. Clutch, **Nina Handbags**, ninashoes.com, \$70. Bracelets (top to bottom): **White House Black Market**, whbm.com, \$45; **Tommy Bahama**, artisangemboutique.com, \$28 each; **Shop Design Spark**, shopdesignspark.com, \$20. Earrings, **Claire's**, claires.com, \$8.

New Year, New You

PAGES 36–39: *Anastasia Beverly Hills* Brow Wiz, Sephora, \$21. **Biologie** Pliable Paste Matte Texturizer, matrix.com for salon locations, \$16.

Great Buys

PAGE 40: *Weekend:* Jacket, **Black Swan**, lulus.com, \$95. Top, **Metrostyle**, metrostyle.com, \$35. Jeans, **Lee**, lee.com, \$54. Booties, **Avon**, shop.avon.com, \$35. Earrings, **Marc by Marc Jacobs**, 6pm.com, \$52. Bag, **Emilie M**, emiliemshop.com, \$75. Rings, **Lulu's**, lulus.com, \$14 for set. *Workday:* Jacket, **Dollhouse**, 6pm.com, \$31.50. Shirt, **Chico's**, chicos.com, \$59. Skirt, **Express**, express.com, \$60. Wedges, **Chadwicks of Boston**, chadwicks.com, \$50. Necklace and earrings, **Lulu's**, lulus.com, \$16 for set.

HEALTHY LIVING

Healthy Living

PAGE 61: Vest, **Free Country**, Burlington Coat Factory, \$60.

Your Health

PAGE 66: **Avène** XeraCalm A.D. Lipid-Replenishing Cream, aveneusa.com or dermstore.com, \$32.

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Sunny Anderson

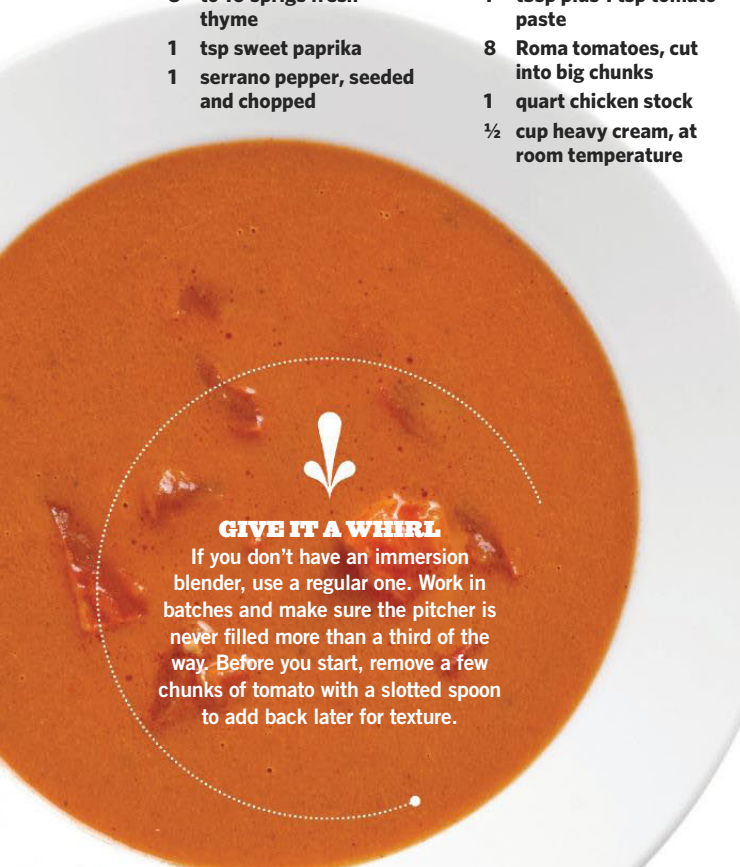


Her dad's career in the army meant growing up here, there and everywhere in the U.S. and overseas—and Sunny Anderson relished every moment. "Food and travel are things my parents taught me to love early on," she says. Hungry for adventure after high school, she joined the air force as a journalist. Thanks to years of military broadcast experience, she ultimately landed an on-air job at a New York City radio station, satisfying her inner foodie with a catering business on the side. Before long she found herself hosting on Food Network, then writing a cookbook—a dream come true. For a sampling, try her simple tomato soup.



Fastest Chunky Tomato Cream Soup

- | | |
|---|--|
| 1 tblsp olive oil | Kosher salt and freshly ground black pepper |
| ½ cup chopped Vidalia onion | 2 cloves garlic, smashed |
| 8 to 10 sprigs fresh thyme | 1 tblsp plus 1 tsp tomato paste |
| 1 tsp sweet paprika | 8 Roma tomatoes, cut into big chunks |
| 1 serrano pepper, seeded and chopped | 1 quart chicken stock |
| | ½ cup heavy cream, at room temperature |



GIVE IT A WHIRL

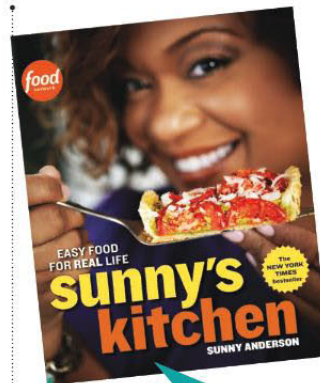
If you don't have an immersion blender, use a regular one. Work in batches and make sure the pitcher is never filled more than a third of the way. Before you start, remove a few chunks of tomato with a slotted spoon to add back later for texture.

▪ In a stockpot over medium heat, combine olive oil, onion, thyme, paprika, serrano pepper, a pinch of salt and a few grinds of black pepper. Stir with a wooden spoon and cook until onion is tender but not browned, 5 to 8 minutes. Add garlic and tomato paste, stirring to coat everything in pot. Cook, stirring, over medium heat until paste turns a deep red, 8 to 10 more minutes.

▪ Add tomato chunks and bring to a simmer. Cook, stirring to ensure that a bit of moisture evaporates but tomatoes don't burn. Cook this way until tomatoes are tender and skins are peeling off, about 5 minutes.

▪ Add chicken stock and bring to a boil, then reduce to a simmer and cook for just 10 more minutes. Remove pot from heat and, using tongs, remove thyme. Using an immersion blender, blitz soup in pot, leaving a few chunks of tomato for texture. Return to low heat and slowly stir in cream. Serve warm.

Makes 4-6 servings.



Check out Sunny's debut cookbook, packed with 125 terrific recipes plus fun family photos and anecdotes. Amazon.com, \$22.50

familycircle.com

Sunny's Pepper Jack Grilled Cheese perfectly complements her Tomato Soup. Find the recipe at familycircle.com/sunny.

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