

FamilyCircle

108 DINNER IDEAS

NEW SLOW COOKER RECIPES + 25 TWISTS ON CHICKEN + TIPS, TECHNIQUES AND MORE

INSTANT ORGANIZING
LESS STUFF,
MORE SPACE

15 WAYS TO LOSE 10 POUNDS

BEST PRODUCTS TO CLEAN PET STAINS

WHY COFFEE & BEER ARE GOOD FOR YOUR HEART

TACOS!
Spicy Beef,
Chicken & Mango
& Cajun Shrimp
PAGE 154



BRAIN-BOOSTING SNACKS

STREAMING APPS AND WHAT YOUR KIDS ARE DOING WITH THEM

DIY KITCHEN UPGRADE

SEPTEMBER 2015
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Cover photograph by **Miki Duisterhoff**
 Food styling by **Michael Pedersen** Prop styling by **Molly FitzSimons**

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What's for dinner? It's the question I'm sure I've been asked every single day for the past 20 years by at least one of my three kids. It's a loaded question. Do I even know what I'm making? Do I have the ingredients or time to throw something healthy together? Will they like what I cook—or complain? Should I try a new recipe? Can I get away with leftovers? When my kids were little, I kept things simple. Honestly, I didn't care that they had primarily chicken (in nugget form, of course) or pasta every night just as long as they ate it. But as they got older and their tastes became more sophisticated, I needed to up my game. For me that meant every weekend I had to figure out and then shop for a week's worth of meals—my workday commute leaves no time for buying groceries. Being organized made all the difference, until after-school sports and activities were thrown into the mix. The question then morphed into “What time is dinner?” which was often hard to pinpoint with three kids doing different things—not to mention when a game involved travel to another town. Some days supper was at 7; some days it was at 8:30; some days we ate at different times. (Did I mention my husband often works late?) At some point my daughter decided not to eat beef, while the boys still loved steak and burgers. I tried chicken burgers, but my younger son hates them. And on and on and on. I'm sure you all have similar stories, which is why we're devoting this month's entire food section to dinner (page 133). It's our most comprehensive take yet on a complicated subject. We certainly hope it serves up inspiration, solutions, tips, tricks, techniques and, above all, great new recipes.



Linda

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DAVE LAURIDSEN
A native Californian and father of two daughters, L.A.-based photographer Dave Lauridsen relied on his keen eye for interior spaces to shoot our kitchen trends story (page 49). His clients include *The New York Times*, *Travel & Leisure* and *Bon Appétit*.



EVA LONGORIA
Actor, producer and director Eva Longoria recently launched a gorgeous home decor collection at JCPenney (page 18). With colors and patterns inspired by her world travels, Eva's soothing line of bedding is a dream come true.



CHRISTO CURLISTO
With over 20 years of experience perfecting curls for A-list celebs and loyal clients, Christo, the global artistic director of Curlisto Systems and Christo Fifth Ave Salon, shares his secrets in our everything-you-need-to-know guide (page 38).



Probiotics are good for your stomach—and your skin. Reduce sensitivity and improve elasticity with the products on page 27.

Ever heard of the Meerkat app? How about Twitch? Me neither. But I bet your kids have, so learn what they're all about on page 88.

There's real science behind food combos—the right mixes can make you smarter. Page 112 features five brilliant mini meals.

Peanuts.

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It's **Labor Day!** Fire up the grill and enjoy the unofficial end of summer with one of our favorite burgers: familycircle.com/burger-recipes.



10

The British are coming...with the London-inspired **Thakoon for Designation** collection at **Kohl's**, in stores and at kohls.com today. For more fall fashion ideas, turn to page 30.



11

Today is the **National Day of Service and Remembrance**, to honor the victims and survivors of September 11, 2001. Visit serve.gov for volunteer opportunities in your town and do a good deed, large or small, this weekend.



13

Shanah Tovah to all those celebrating **Rosh Hashanah**, which starts tonight at sundown.



18

The Scorch Trials, the **Maze Runner** sequel, boasts new twists for teen viewers.

23

Brace yourselves: The **first day of fall** means it's officially pumpkin spice everything season. Latte, anyone?



28

Come 11 p.m. ET, a new era begins at **The Daily Show**, when Trevor Noah takes the reins as host of the iconic Comedy Central talk show.





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WHAT'S NEW

Pearls Gone Wild

So classic, so elegant, but sometimes pearls can be a little too prim and proper. This fall designers loosen up the gem's image with edgier designs—not exactly your granny's baubles.

Bangle, Stella & Dot, stelladot.com, \$39.

Necklace, Draper James, draperjames.com, \$175. Ring, Rebecca Minkoff, rebeccaminkoff.com, \$58.



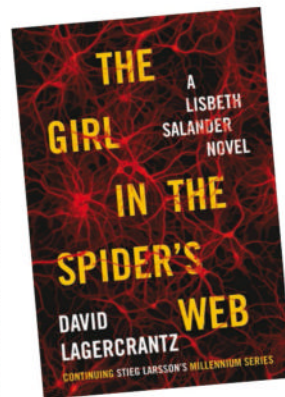
Let us remember: One book, one pen, one child and one teacher can change the world. —MALALA YOUSAFZAI



THROWBACK KITCHEN

Just a glimpse at this cheery collection of retro Pyrex prints will have you waxing nostalgic (Aunt Mary's famous casserole!). Hang a few on a wall for an instant dose of happy.

POCONOMODERN.COM, \$19 TO \$24 EACH



CAUGHT UP

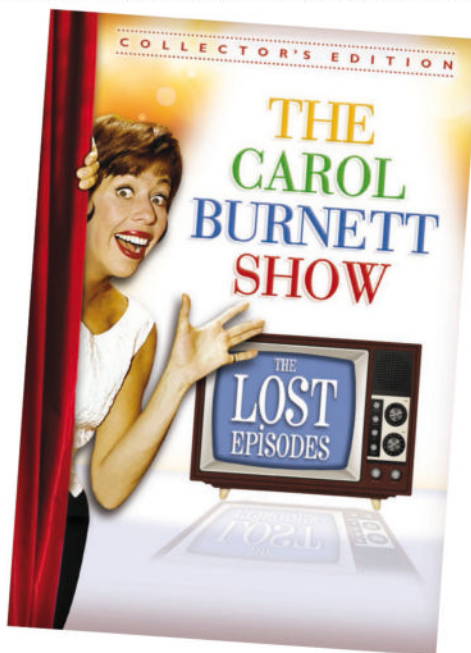
Former crime journalist David Lagercrantz picks up where Stieg Larsson left off with this fourth book in the Millennium series, featuring Lisbeth Salander. *The Girl in the Spider's Web* (Knopf) spins more dark and twisted tales starring the dragon-tattooed hacker and journalist Mikael Blomkvist. Amazon.com, \$28

ALL ABOUT MOI

Thinking you deserve more than others may not win you lots of friends, but apparently it does lead to creative success, according to research published in the *Journal of Experimental Social Psychology*. Don't have an outside ego? Try boosting it by making a list of why you deserve to have the things you want. While this won't guarantee the audacity of, say, Kanye West, it may give you a little lift.

BEST IN SKETCH

Before the likes of Tina Fey, Kristen Wiig and Sofia Vergara, there was Carol Burnett, a grand doyenne of comedy. For anyone missing her great ensemble show, or for those who need an introduction, this month Time Life will release on DVD *The Carol Burnett Show: The Lost Episodes*, some of which haven't been seen in over 40 years. Carol, Vicki, Harvey, Lyle and Tim plus guest stars like Lucille Ball and Joan Rivers equals comedic gold. SIX-DVD SET, AMAZON.COM, \$60



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SO CHILL

Soup's on in a whole new way. Skip the bowl and the spoon—Tío Gazpacho vegetable soups in single-serving bottles (\$9 each) allow you to drink in the flavors of vine-ripened tomatoes (after all, it is almost the end of the season). Enjoy them on the go as a light lunch or a healthy snack.



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I THINK THAT'S A HAIKU.**



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Plum's the Word

Fall's hottest lipstick shade is luxe, luscious and flatters all skin tones. For a modern finish, try one with a semi-matte texture, like the options below.



Maybelline Lip Studio Color Blur in Plum Please, \$9



Chanel Rouge Allure Velvet Luminous Matte Lip Colour in La Romanesque, \$36



L'Oréal Paris Colour Riche Le Matte Lip Pen in Matte-r of Fact, \$10



Sephora Collection Color Lip Last in Meet My Pink, \$13



Marc Jacobs Beauty Le Marc Lip Crème in Magenta, \$30

Photos: (model) Diana King, hair: Jeanie Syfu, makeup: Albee Fransson; (lipstick) Peter Ardito, styling: Kristy Vant for Mark Edward Inc.



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Star POWER

Actor, producer, director and author **EVA LONGORIA** is no stranger to multitasking. Her latest project, a home decor collection at JCPenney, marks her biggest departure from the small screen yet. The new line includes bedding and window treatments with pretty patterns inspired by her travels to destinations such as Morocco and the Mediterranean. Here are Eva's must-haves for fall and a few entertaining tips.

EVA LONGORIA'S FAVES



1/ Go old-school with white calla lilies—they'll never clash with printed linens or dinnerware.



2/ To make a girls' game night spread feel special, I plate appetizers and main dishes on my Moroccan platters.



3/ Lavenders and grays set a calm, relaxing tone in a bedroom. Eva Longoria Home Solana Decorative Pillows, jcpenny.com, \$60 each



4/ I'm a fan of soft light and always keep lanterns on my coffee table for instant ambience. Pier 1 Black Metal Lanterns, 14" and 24", pier1.com, \$15 and \$30



5/ You can't go wrong with cheery yellow walls in a kitchen. Benjamin Moore Golden Honey (297)



6/ Blue-and-white Mexican Talavera tile would be fun for a backsplash. Or use a few singles as trivets or coasters.



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Jim Gaffigan

The author and star of his eponymous TV Land show doesn't have to look far for comedic inspiration—he's a father of five!

Having such a big brood

[Marre, 11; Jack, 9; Katie, 6; Michael, 4; and Patrick, 2] means our apartment always sounds like a construction site.

You don't realize how much your kids absorb.

Mine are always around comedy, so they've become really funny. My wife Jeannie and I were arguing over the remote control and our 3-year-old said, "Well, this is fun." To have sarcasm at 3 is pretty great.

The best thing about being an adult

is no homework! Sure, I have to write jokes, but it's not like I'm studying chemistry when I have no expectations of being a scientist.

Jeannie and I are a codependent storm of collaboration. We write my stand-up routines together, books, *The Jim Gaffigan Show*, and of course parent together. People wonder how we don't kill each other, but it's never even crossed my mind.

Parenting is like an internship. No pay, a certain level of befuddlement and lots of dirty work.



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STYLE

BEAUTY NEWS / FASHION TRENDS / BEST PRODUCTS

SKINOVATIONS

Meet the latest power players for complexion perfection. From erasing wrinkles to enhancing hydration, these brilliant breakthroughs are your ticket to beautiful.

BY SYDEN ABRENICA

PHOTOGRAPHY BY MICHAEL DAVID ADAMS



THE INNOVATORS

PROBIOTICS

The cultures in yogurt aren't just good for your gut—these powerhouse ingredients help improve skin's elasticity and reduce sensitivity when used topically, says Roshini Raj, MD, gastroenterologist and founder of TULA. A blend of milk extracts soothes a myriad of skin conditions, including acne, rosacea and even eczema.

Acure Sensitive Facial Cream, \$18.
Nude Skincare Advanced Renewal Overnight Repair Mask, \$48. **TULA Revitalizing Eye Cream, \$52.**



OXYGEN-INFUSED MASKS

Add a breath of fresh air to your skin care. When enough oxygen penetrates the skin, cell production increases, resulting in a plumper and brighter complexion, says Susan Bard, MD, a New York City-based dermatologist.

Peter Thomas Roth Brightening Bubbling Mask, \$55.
Dr. Brandt Oxygen Facial Flash Recovery Mask, \$69.
Bliss Triple Oxygen Instant Energizing Mask, \$54.



FACIAL MISTS

The newest sprays in the beauty market received a major upgrade. Sun protection, peptides and mattifying formulas make these your do-it-all miracle workers.

Coola SPF 30 Organic Matte Makeup Setting Spray, \$36. **L'Oréal Paris Infallible Pro-Spray and Set Makeup Extender Spray, \$15.** **Kate Somerville Hydrating Firming Mist, \$48.**



ESSENCES

Boost the effectiveness of your facial cream with just one application. Protein-packed concentrates infuse skin with nutrients that soften, hydrate and balance, explains Bard. Use after cleansing and before moisturizing to instantly nourish skin with the purest form of potent ingredients.

Boscia Cool Blue Hydration Essence, \$48.
Tata Harper Hydrating Floral Essence, \$85.
Clinique Even Better Essence Lotion, \$32.



MULTITASKERS

Make your shower time count. These new hydrating formulas work with wet skin to deliver moisture—and in St. Tropez's case, a natural glow from neck to toe. Apply one of these creams after washing, rinse off, then gently pat dry with a towel.

Nivea In-Shower Body Lotion, \$8.
Jergens In-Shower Lotion, \$14.
St. Tropez Gradual Tan In-Shower, \$25.





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Shoes, Isaac Mizrahi, \$79.
Clutch, Danielle Nicole, \$35.
Earrings and bangle, Marlyn
Schiff, \$42 and \$36.

***fresh
prints***

THIS SWIRLING
PATTERN IS TOTALLY
WEARABLE IN DARK
NEUTRALS WITH A
CHUNKY KNIT TOPPER.

Top, Loft, \$80. Pants, Lisette L
Montreal, \$125. Shoes, Kelly & Katie,
\$40. Handbag, Shiraleah, \$93. Earrings,
K+R Collection for Silpada, \$49. Watch,
Silpada, \$89. Gold bangle, Sorrelli, \$75.
Studded bangle, Stella & Dot, \$49.



that '70s show

RETRO SILHOUETTES, MADE MODERN
WITH MUTED SHADES, CELEBRATE THE
SOPHISTICATED SIDE OF THE DISCO DECADE.

By Nicole McGovern *PHOTOGRAPHY BY TOM CORBETT*



***uptown
funk***

GET INTO THE GROOVE WITH A FAUX FUR VEST. IT'S GLAM WITHOUT THE GLITZ.

Vest, Black Swan, \$72.
Blouse, Canyon River Blues, \$32. Leggings, Joe Fresh, \$39. Shoes, Clarks, \$150.
Handbag, Sole Society, \$50.
Earrings, Raven + Lily, \$58.
Bangle, Stella & Dot, \$89.

***blue jean
baby***

FAR-OUT FLARES BECOME EDGY AND OF-THE-MOMENT WITH A LITTLE HELP FROM A STUDDED BLOUSE.

Blouse, Vince Camuto, \$79.
Jeans, Jessica Simpson Collection, \$69. Shoes, Sole Society, \$60. Belt, Lauren Ralph Lauren, \$54. Earrings, Roberta Chiarella, \$48.

A woman with long brown hair is walking across a crosswalk on a city street. She is wearing a black and white patterned, long-sleeved dress with a ruffled neckline and a thin gold belt. She is also wearing black high-heeled shoes with white horizontal stripes. She is holding a clear umbrella over her head. The background is a brick wall with a utility box and a black metal post. The ground is a crosswalk with white stripes on a dark surface.

best in bow

A MENSWEAR-
INSPIRED NECKTIE
TEMPERS THIS
ULTRA-FEMININE
DRESS FOR A LOOK
THAT MEANS
BUSINESS.

Dress, Donna Morgan, \$178.
Shoes, Seychelles, \$130.
Earrings, Raven + Lily, \$88. Ring,
Wanderluster, \$45. Handbag,
Brahmin, \$195.

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NE corner of
St & Crosby St

buy MetroCard
or see agent at
& Mulberry St

checks & balances

A POP OF PLAID IS
CLASSIC SEVENTIES
REDUX BUT MATURE
AND COOL IN BLACK
AND WHITE.

Jacket, White House Black
Market, \$240. Top, Cooper &
Ella, \$88. Skirt, Nautica, \$100.
Clutch, Marshalls, \$130.
Necklace, Nissa Jewelry, \$68.



*it takes
two*

GO AHEAD AND BE MATCHY-MATCHY. THIS SUEDE SET IS ON POINT AND MAKES GETTING DRESSED A CINCH.

Top and skirt, Oasis, \$120 and \$145. Shoes, Tommy Hilfiger, \$89. Necklace, Vestique, \$26. Bangles, Danielle Stevens Jewelry, \$32 each.

*that's a
wrap*

THE ICONIC STYLE IS THE SEVENTIES' MVP. PAIR WITH KNEE-HIGH BOOTS TO PUT YOUR BEST FOOT FORWARD.

Dress, Karen Kane, \$129. Boots, Clarks, \$330. Handbag, Simply Vera Vera Wang, \$59. Blue necklace, Stella & Dot, \$79. Gold necklace, Joyiia, \$37. Ring, Amelia Rose Design, \$79.

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Don't skip lunch. Have a busy afternoon ahead? Overwhelmed with your to-do list? Make it a priority to fuel your body midday to recharge.



Breathe. Fired up about something? Day not going your way? Take a few minutes to clear your head with simple breathing exercises and stretches.



Disconnect from digital devices. You've been plugged in all day. Powering down will help you manage your time better so you can prepare for the next day and connect face to face with family and friends.

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CURLY CUES

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THE WAVE WITH
THE BEST CUTS,
INNOVATIVE
PRODUCTS AND
SIMPLE STYLING
SOLUTIONS.**

BY DORI KATZ

PHOTOGRAPHY BY MICHAEL DAVID ADAMS

MANE MASTERS

CHRISTO CURLISTO, global artistic
director of Curlisto Systems
and Christo Fifth Avenue

TIPPI SHORTER, Aveda global
artistic director for textured hair

CYNTHIA ALVAREZ, Dove Hair curl
expert and celebrity stylist



5 Ways to Care for Curls

IT'S A WASH.

Limit shampooing to once or twice a week—just to remove product buildup and keep scalp healthy, says Christo. If you want to wet hair in between, try a cleansing conditioner (or co-wash) to detangle and hydrate.

FRIZZ NO MORE.

Prevent the halo effect: As soon as you exit the shower, squeeze out excess water with a microfiber towel or cotton T-shirt—these are much softer than terrycloth and won't rough up the cuticle. Hydrate with a few drops of hair oil after styling (look for one with coconut, argan, macadamia or buriti oils), and apply a deep-conditioning mask weekly.

SLEEP ON IT.

Twist sections away from your face and clip them to your head with duckbill or butterfly clips, says Christo. Alvarez also suggests sleeping on a satin pillowcase, which is gentler on hair and helps maintain moisture.

BRUSH UP.

Or down, that is, and only when hair is wet. Try a paddle brush if you have waves and a wide-tooth comb if hair is curly or kinky, says Alvarez.

MAKE IT LAST.

Dry shampoo should be used only to soak up excess oil and add volume. Refresh curls a day or two after washing by mixing one to two capfuls of conditioner with water in a spray bottle and misting all over, says Shorter. This will reactivate hair and bring back the bounce.

A Cut Above

Always bring inspiration photos (like the ones we've included below) to your stylist and explain what you like and what you don't. It's perfectly fine to be a copycat when it comes to your curls. These chic celebrity styles are

super flattering. If possible, schedule a style consultation before your cut to discuss your vision, suggests Christo.

Maintenance is important—make sure to schedule a trim every 8 to 12 weeks.



Julia Louis-Dreyfus



AnnaLynne McCord



Kate Hudson



Monica Potter



Solange Knowles

Photos: (A Cut Above), from left: Randy Brooke/Getty, Mike Winolle/Getty, Steve Granitz/Getty, Paul Archuleta/Getty, Michael DuFour/Getty, (still) Peter Ardito.





PRO TIP

Try the rake-and-shake technique to put extra spring in your curls. After applying product to one section, rake fingers through strands and shake the section, holding at the ends.

STYLE LIKE A PRO

Perfect curls require a little extra TLC. Follow our step-by-step guide for bouncy, soft and shiny strands.

WAVY

CURLY

KINKY

STEP ONE > CLEANSE & CONDITION



FOR ALL CURLS Wash your hair once or twice a week with shampoo and conditioner specifically formulated for curly hair. Use a co-wash (aka cleansing conditioner) every two or three days to refresh and detangle curls. Try **OGX Coconut Curls Shampoo and Conditioner, \$8 each**, and **Aveda Be Curly Co-Wash, \$24**.

STEP TWO > PREP TRESSES



FOR ALL CURLS Apply a leave-in serum to condition hair and prevent frizz. Try **Dove Quench Absolute Supreme Creme Serum, \$6**.

STEP THREE > CHOOSE YOUR STYLER



WAVY
Light mousse creates fullness. Try **John Frieda Frizz Ease Dream Curling Air Dry Styling Foam, \$10**.



CURLY
A curl cream adds separation. Try **Living Proof Curl Defining Styling Cream, \$28**.



KINKY
Look for a creamy butter to elongate spirals. Try **Pureology Curl Complete Taming Butter, \$28**.

STEP FOUR > GET GLOSSY



FOR ALL CURLS Spritz a shine spray all over to add luminosity to your curls. Try **Curlisto Glow & Shine, \$19**.

STEP FIVE > TREAT YOURSELF



FOR ALL CURLS Coat strands from root to tip with a moisturizing mask once a week. Try **Goldwell Dualsenses Curly Twist 60 Second Treatment, \$19**.

familycircle.com
Watch behind-the-scenes styling videos that illustrate these steps at familycircle.com/videos.

Full Swing

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White House Black Market, \$98



American Eagle Outfitters, \$35



Big Buddha, \$95



Rebecca Minkoff, \$195



Shop Prima Donna, \$53



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Cooking Good

STEAL A FEW IDEAS FROM A BUDGET-FRIENDLY KITCHEN THAT SIZZLES WITH STYLE.

By Danielle Blundell

PHOTOGRAPHY BY DAVE LAURIDSEN



Victoria Krav with (from left to right) Sasha, 7, Noah, 4, Elizabeth, 6, and Jake, 11, in her cozy breakfast nook. Dwell Studio pillows and custom ikat cushions from Cushion Source top the 16-inch-deep bench, which opens up to stow small appliances. The black dining table is from Wayfair, and the globe pendant light is from Lowe's.

WHEN VICTORIA AND VITALIY KRAV BOUGHT THEIR OREGON HOME in 2011, a kitchen overhaul topped their to-do list. Victoria, an avid cook, loved the space's natural light, but the drab cupboards and dated countertops had to go. With three young kids and a new baby, time and budget were tight. So after trolling Pinterest for inspiration and taking measurements, Victoria headed straight to Ikea, where she used the store's software to lay out a design of all-white cabinets with a mix of paneled doors and drawers. She hunted down discounted stainless steel appliances, fixtures and cheap granite remnants for countertops. Aside from installation costs and redoing the floors, the couple's biggest splurges were a built-in banquette and a custom island tricked out with a gas cooktop. Later Vitaliy added the finishing touch—a gray subway tile backsplash. Now the room, which set the Kravs back a little over \$13,000 total, is a lively hub for family meals, homework help and more. "Just walking in here puts a smile on my face," says Victoria.



The builder-grade cooking space lacked style and showed signs of wear and tear from previous owners. Repainting the cabinet boxes and doors wasn't a viable option.

Crown molding and oil-rubbed bronze pulls from The Home Depot lend a high-end look to Ikea stock cabinetry. "My goal was personality and practicality," says Victoria. The Kravs found the GE Profile double-wall oven for half price at Lowe's.



Thanks to removable grates, wiping down the cooktop is a breeze. A single-basin Ikea farmhouse sink accommodates large pots and pans.



Victoria wanted the airiness of open shelving without the upkeep, so she included a few cabinets with glass insets. She replaced the linoleum with sophisticated dark oak flooring that requires minimal cleaning. With its built-in nook for cookbooks and ample prep space, the island is ideal for cooking.



To free up space in the kitchen, the Kravs rely on their walk-in pantry for food storage. Raw wood crates and woven baskets hold baking supplies and table linens. Empty Mason jars sit at the ready for canning. Victoria hand-lettered the chalkboard labels on the decanted dry goods. Her custom calligraphy tapestries are available at victoriakrav.com.





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Max out your storage space with Ikea's new stackable cabinets and nesting drawers. Ikea Sektion/Bodbyn 10' by 10' Kitchen in Off-White, ikea.com, from \$1,899



Designer Nate Berkus partnered with LG to create this sleek, energy-efficient fridge. LG Studio 3-Door Counter-Depth Refrigerator with Door-in-Door (LSFXC2476S), lgstudio.com, \$3,999



Like an on-demand double oven: Insert the Smart Divider to cook at different temperatures simultaneously. Samsung Flex Duo Range with Dual Door (NE59J7850WS) in Stainless Steel, samsung.com for retailers, \$1,899



The 30-minute speed setting makes quick work of dirty dishes. Frigidaire Professional Dishwasher (FPID2497RF) in Smudge-Proof Stainless Steel, lowes.com, \$999



This vintage-inspired faucet/sprayer combo has a germ-fighting finish. Moen Walden Single-Handle Side Sprayer Kitchen Faucet in Mediterranean Bronze, homedepot.com, \$169



Be your own barista with a compact two-in-one instant espresso and coffee machine. illy Francis Y5 Duo in White, shop.illy.com, \$299



A fresh color alternative to the standard white tile backsplash. Daltile Rittenhouse Square 3" x 6" Ceramic Wall Tile in Desert Gray, daltile.com for retailers, from \$10 per square foot



Clear glass pendants add sparkle over a prep area or dining table. allen + roth Vallymede 7.7" Bronze Hardwired Standard Multi-Pendant Light with Clear Glass Shade, lowes.com, \$99

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BACK TO SCHOOL

WITH
THESE A+
ORGANIZING
HACKS, YOUR
HOME WILL
WORK HARDER
AND SMARTER.

BY LAURA WALLIS

WITHOUT THE STRESS

BASICS

▣ Sort through any remaining backlog of last year's school papers and artwork. Professional organizer Debbie Lillard (spacetospare.com) has her kids make "yes" and "no" piles. She keeps a few favorites in scrapbooks or frames, and recycles everything else.

▣ Take a wardrobe inventory. See what still fits, then discuss with your kids what items they would like to buy. "Set a budget with each child," says model and Target Partner Camila Alves. "And help them stick to it."

▣ A school supply list can be invaluable. The downside: It doesn't remind you about the three pairs of scissors you already own. Before shopping, let kids go room to room with the list and check off what you already have on hand, suggests Lillard. "If the list isn't digital, scan it to your phone," says Bonnie Joy Dewkett (thejoyfulorganizer.com).



Photo: Rebecca Conway/Offset



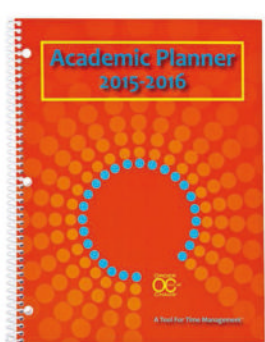
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Top Handle Backpack in Aqua Chevron, yoobi.com, \$25. Backpack in Vine Dot, garnethill.com, \$45. Divoga Metallic Pop Notebook, Personal Size Notebook, Scissors and Pen Set with Case, Office Depot and OfficeMax stores, \$2 to \$4. Order Out Of Chaos 2015-2016 Academic Planner in Orange Burst, orderoochaos.com, from \$19.

Every student should own an academic planner, says Debbie Lillard. The Order Out of Chaos Academic Planner, below, features large pages for recording assignments and free-time pursuits.

- Some schools sell teacher-approved packaged supply kits as fundraisers, which can be pricey but save time and support the institution or a parent-teacher organization in the process. Teachertailored.com is one option to explore for more information.
- One week before the beginning of school, start having everyone go to bed and wake up early, straighten their rooms and eat breakfast, suggests Lillard. "This gets kids adjusted to the upcoming routine," she says.
- Save online coupons, snapshots of paper circulars and discount codes for all your favorite stores to an album on your smartphone. Be sure to check the web or download deal-tracking apps for even more discounts. Dewkett likes CardStar, an app that allows you to access your loyalty cards. *(For additional tips and apps, see "S Is for Savings," our back-to-school shopping story, on page 84.)*



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TIME-SAVERS

▣ Tailor homework spaces according to study habits. A desk next to the bed can provide extra storage. For furniture without drawers, use labeled bins, stacked letter trays or hanging wall pockets. “If your child prefers working on the bed, consider buying a lap table,” suggests Lillard.

▣ Simplify lunch packing by consolidating sandwich ingredients, such as cold cuts and condiments, and juice boxes in one container in the fridge. Designate another bin for bread. “Prep snacks in advance,” says Alves. “Fill baggies for the entire week and label them accordingly.” Get kids to help—they’re more likely to eat what they pack themselves.



Freezable Lunch Bag in Surf Stripe, packit.com, \$20

▣ Create an after-school snack station with healthy choices like carrots and fruit slices. Put them in one bin on a low shelf in the fridge alongside hummus or dip for easy access. Dewkett leaves a second container in the cupboard with quick bites, such as granola bars.

▣ Assign an area for emptying backpacks, says Meredith Mahoney, founder and design director of Birch Lane. Even a small entryway can fit a table for holding phones, plus a box for dropping off forms and tests that need to be signed by a parent. Other essential components include enough hooks for hanging jackets and floor racks for shoes.

▣ Before the end of summer, install double hanging rods in closets to gain extra space for kids’ clothes and a



high ledge for out-of-season garments. A canvas storage shelf keeps folded items like tees in plain sight. Shoe organizers can prevent those mountains of mismatched sneakers on the floor. Place kids’ laundry hampers or bags in a user-friendly spot like the closet or a corner of their room.

▣ Keep lightweight drawstring bags or totes packed with gym clothes in a closet right by the door so that kids can grab their stuff and go.

▣ Post a color-coded paper calendar in a common area to keep track of family members’ schedules, suggests Dewkett. If everyone owns a smartphone, have

Kate Spade New York Gold Desk Tray, papersource.com, \$39



them enter their own events into a shared app like Cozi or Hub. Display a monthly or weekly copy on the bulletin board or fridge as a visual cue.



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by Spike
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STORAGE



Keep necklaces tangle-free. Jewelry and Scarf Rack, command.com for stores, \$13



Neatly stow clothes or papers. Crisscross Bin in Yellow, landofnod.com, \$20



Reduce the chaos on the closet floor. Imelda Shoe Rack in White, dormify.com, \$30



Bring order to the mudroom or entry. Red Wood Oakdale Storage Bench, worldmarket.com, \$250



Designed by students to corral desktop necessities. Loft by Umbra Cacti Desktop Organizer, Target stores, \$10



The secret weapon for neatness in the entryway. Bey-Berk Open Faced Valet Tray, wayfair.com, \$55



Ideal for a child's bedroom—for sitting and storing. Split Personality Box Seat in Orange, poppin.com, \$40



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ANIMAL HOUSE

Keep your home tidy with these pet-safe cleaning tools and tips. BY DANIELLE BLUNDELL



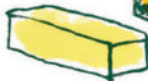
HAIR, HAIR EVERYWHERE

CLEAN-UP CHEAT SHEET

“Regular brushing of your dog’s or cat’s coat can help decrease excessive shedding,” says Denise Petryk, DVM, a veterinary consultant at Trupanion. To remove



stray fur from upholstered furniture, opt for a **handheld vacuum** or a **portable deep cleaner** like **Bissell’s SpotClean Cordless** (bissell.com, \$150). Use a lint roller or pet sponge for quick touch-ups. Debra Johnson, Merry Maids curriculum manager and home cleaning expert, recommends **Four Paws Magic Coat Hair Remover** (petco.com, \$10). **Microfiber mops** work wonders on hard surfaces, while a **vacuum with a HEPA filter** takes care of rugs.



ACCIDENTS, MESSSES AND MISHAPS

CLEAN-UP CHEAT SHEET

Wearing **disposable gloves**, wipe up urine (or vomit) and remove stool with a paper towel. For linoleum, wood, tile or upholstery, Johnson mixes 1 tablespoon **liquid detergent** with 2 cups **cool water**. Dip a clean cloth into the solution, and blot until spot lifts. Carpet stains require an enzyme cleaner. Petryk has had good luck with the



all-natural **Nature’s Miracle Stain & Odor Remover** (petsmart.com, \$10). After soaking up as much urine as possible by dabbing with rags, spray on the enzyme cleaner, lay plastic wrap over it and let set for a few hours before removing plastic. If the scent lingers, flush the area with a mixture of 1 cup **vinegar** combined with 1 gallon **warm water**. Then repeat the process with the enzyme cleaner.



FUNKY SMELLS

CLEAN-UP CHEAT SHEET

To deodorize rooms, Johnson sprinkles baking soda on carpets and leaves it overnight before vacuuming. She puts odor-neutralizing **Fresh**



Wave Crystal Gel

canisters (freshwaveworks.com, \$15) near litter boxes and pet beds. Eco-friendly sachets such as



Fresh Scents Pet Wool

(freshscents.com, \$2.50) are another option for these stinky spots.



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Lights Fantastic

For a one-and-done dining room refresh, upgrade to a pretty overhead pendant. Michael Murphy, an interior designer with Lamps Plus, offers tips on how to go for the glow.

Measure Up

As a general rule, the size of a dining room fixture should be approximately one-third the length of your table.

Material World

Look for airy materials, like the wicker version shown here, which works with a variety of decor styles and provides ample illumination.

Hang Right

Center the fixture roughly 30 to 34 inches above the tabletop. If your ceiling is higher than 8 feet, mount the light an extra 3 inches higher per additional foot of ceiling.

Shine On

Incandescent and halogen bulbs both generate heat and can cause glare so stick to stay-cool, energy-efficient LEDs. Add a compatible dimmer for the option of mood lighting.

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MAYA, 11; DENISE CORTES, 43, WRITER AND ARTIST; NOAH, 17; CYAN, 13; DIEGO, 16; SOL, 15; XIOMARA, 10; MICHAEL CORTES, 42, SIGN PAINTER AND ARTIST

RIVERSIDE, CALIFORNIA

MODERN LIFE

by *Suzanne Rust*

PHOTOGRAPHY BY ARI MICHELSON

When the back-to-school transition simply means a quick stroll to the kitchen classroom, it takes a smart family to make the grade. Denise Cortes homeschools her brood of six and wouldn't have it any other way, despite the challenges. "When I tell people that I homeschool, they say, 'Wow! Really? All six kids? You must have the patience of a saint!' Which, of course, is laughable!" admits the California mom. But there is a method to the madness. When Denise realized that teaching individual lesson plans for all the kids was too much to take on, she decided to stick to the same subjects for everyone and be flexible with each child's working level. And because

“We wanted to give our children the gift of learning at their own pace, to discover things they really love. We also just wanted to hang out with them more!”



there is no such thing as one-size-fits-all when it comes to homeschooling, she also reached out for help. While the bulk of the Cortes kids' education takes place at home, she has also enrolled them in a charter school where the high schoolers take a few advanced-level courses, like biology and algebra, and the younger ones enjoy fun classes like hands-on science and cooking. Denise is also quick to admit to her weak spot as a teacher: "Our math tutor is my savior!" He instructs the children once a week, and Denise has found that this combination of homeschooling with outside assistance is a formula that works for them.

"I wish I had known years ago that I am not the most organized person. It would have saved me a lot of stress and heartache," says Denise. "Now I surround myself with people who support my kids in their education and help keep us on track. It's a relief that I don't have to do it all."

One thing Denise has given up on is her "Pinterest fantasy of having a 'homeschool space.'" While she has tried to set up shop in a spare room, the children usually end up where the action is: in the kitchen. Denise makes sure to keep her kids active with hikes, trips to the beach and sports. This helps burn off some steam from all



that group time. She admits there are occasions when little schoolwork gets done because of too many squabbles and too much drama. "Those are the days I'd like to pack them all off to a faraway boarding school and go live on an island in Tahiti. But I can't, so we just write 'I will not call my brother an idiot' 100 times until they love one another again. That's the crux of this homeschooling life: We are always home. Together." Denise laughs, "People can get crabby!"



“If we want to spend all week learning about Japan, making sushi and writing haiku outside in the sunshine, we can.”

familycircle.com

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

**No synthetic colors. Fact.
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live in a sewer and were
taught martial arts by
a rat. Okay, maybe
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Sew Good

How an accidental teacher changed a community, one handmade toy at a time. *By Eliana Osborn*

New Chapter

Twelve years ago, if you had asked Ana Laura Batres whether she wanted to be a teacher, the aspiring DEA agent would have laughed. But to everyone's surprise, her temporary assignment at Castle Dome Middle School in Yuma, AZ, turned into a new career. "I think I have my real calling," she told her shocked family.

A few years later, Ana Laura took over the life skills class (a modern spin on home economics) after her principal noticed how well she incorporated food into her Spanish classes' culture lessons. "I felt born for this job. It refreshed me and made me feel complete," she says. But Ana Laura's life skills class goes far beyond the basics of cooking and sewing. Her students also work on a project that has become legendary in the school and the community: making stuffed sock monkeys for abused youth.

A Serious Need

In Yuma, the victim services center Amberly's Place helps children, women and seniors who have been assaulted or abused. The center ensures a

comfortable, welcoming environment where law enforcement and crisis response advocates can meet with victims and their families. It also provides mandated teacher training for spotting and reporting abuse, which is how the organization first appeared on Ana Laura's radar.

Hearing stories about abuse in her community was chilling. One of her own high school classmates went missing during Ana Laura's senior year, a loss she will never forget. "I started thinking—what can I have my kids do, for them to be aware?" she remembers. That's when the idea of making stuffed monkeys came to her—to turn a sweet, kid-oriented object into both a lesson for her children and a comfort for those in truly trying circumstances.

A Stitch in Time

The project started in 2011, with students bringing in fabric they selected themselves and sewing each animal entirely by hand. To this day, their enthusiasm is infectious. Kids come up to Ana Laura in the hallways, asking when the project is going to start. "At

first they think it seems so difficult, but once we start they get very excited to make that monkey and know where it's going," Ana Laura says.

Sewing usually requires an entire semester, but the kids happily stick with it. Each year Diane Umphress, the executive director of Amberly's Place, comes at the end of the term to collect the monkeys and talk to the students. "For the children who come through Amberly's, the monkeys send a very powerful message: Your peers care about you and support you," Umphress tells the students. Removing some of the stigma surrounding abuse can make victims feel safer about getting help. "Awareness is our only key to prevention," says Umphress.

The project often comes full circle. Ana Laura once had a student pull her aside after class. "Mrs. Batres, I just want to thank you from the bottom of my heart," she said. She told me that her sister was taken to Amberly's Place after being abducted. When she came home, she had a sock monkey," Ana Laura recalls. "In that moment my student learned that we're making a difference. We're touching lives with love."

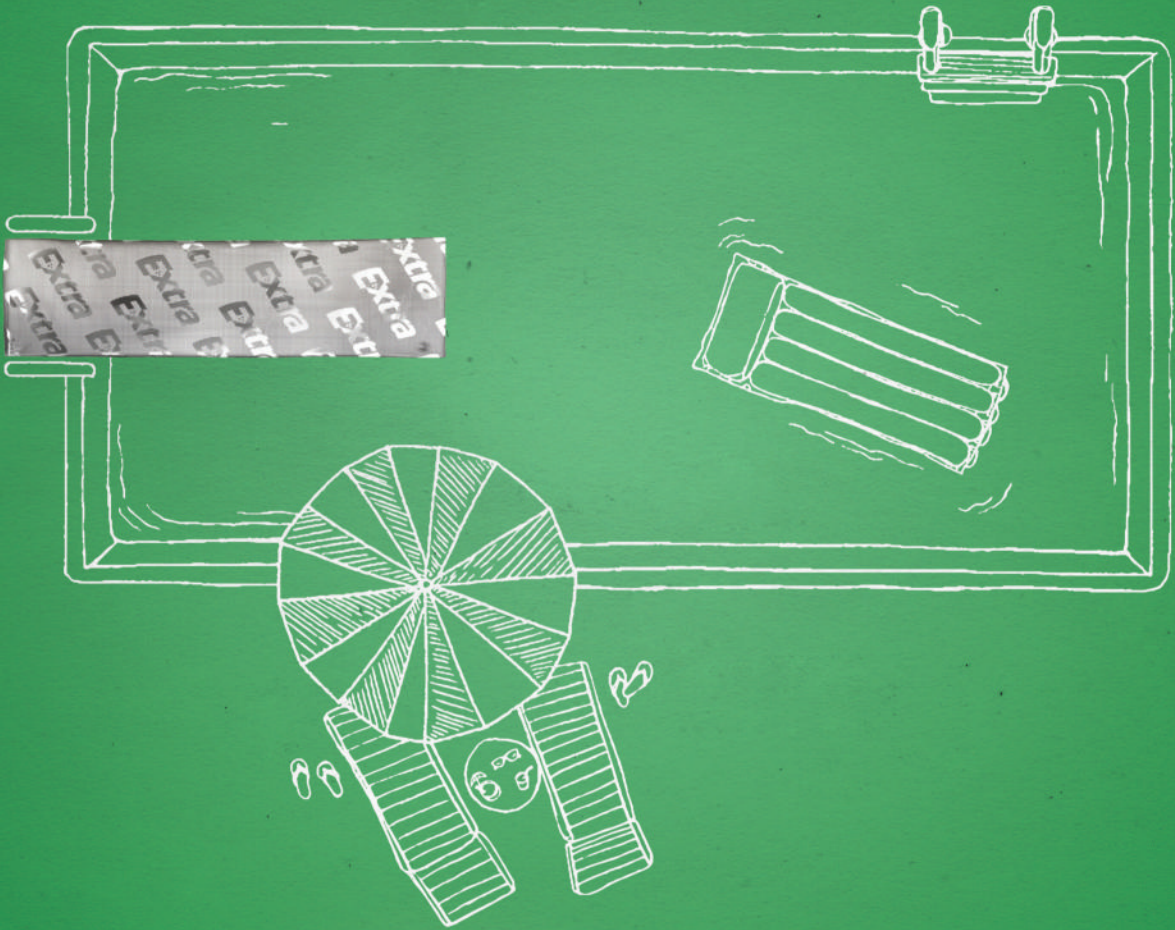
Changing Lives

Life skills is now the most popular elective on campus, with full classes every semester. Ana Laura was even able to buy 15 new sewing machines for her classes (much less hand-stitching!) with a \$5,000 grant from the Arizona Diamondbacks. Her students have sewn more than 200 monkeys for the kids at Amberly's Place, and they're taking on new projects, like military care packages and bucket hats for cancer patients.

At the end of the day, Ana Laura sees what she does as simply the greatest job ever. "Sometimes I'm like, 'Really, I'm getting paid to have fun with the kids and cook and sew monkeys?'" The work supporting Amberly's Place is just part of her role as a teacher. "Children should come first, because they are going to be in charge of our community tomorrow," says Ana Laura. "We need to teach them values as well as what's in the textbook."

To make a donation or get involved, visit amberlyspplace.com.

DISHING IT OUT POOLSIDE WITH YOUR BFF



Sometimes, the little things
last the longest.

give



extra.

S Is for Savings

Your Guide to Smart Shopping

Time for a little math: In 2014 the average household spent \$669 on back-to-school gear, according to the National Retail Federation. Shocked at that number? We swear we checked our work. Learn how to subtract from your family's total spending thanks to four experts.

Avoid One-Stop Shopping

Space out your buying at different stores for greater savings, advises Tracie Fobes, owner of PennyPinchinMom.com. Make it easy by keeping the supply list in your purse for reference during normal errands—you might spot a good deal on highlighters while picking up soap at the drugstore, for example. If your school offers prepackaged school supply kits through a service, think twice before signing on. But if you're pressed for time, kits can help you get through your list faster. "You're paying for convenience," says Fobes.

Do Your Research

As with any retail excursion, "if you don't go in with a plan, you're more likely to overspend," says Deborah Fowler, professor of retail management at Texas Tech University. For the best deal-spotting, she suggests browsing online first to get a sense of what prices various competitors are offering. If your state has tax-free shopping days, be sure to mark them on your calendar.

Plug In to Tech Savings

Cut the cost of purchasing electronics with education discounts, advises Kyle James, founder of Rather-

Be-Shopping.com. Many vendors offer them, as long as you have an ID card or transcript to prove student status. Fobes also recommends buying refurbished electronics for deep discounts. Just be sure to shop at reputable sellers (think Amazon, Best Buy and Apple) and verify that the item was tested and has a warranty. But beware of overbuying, warns Carrie Rocha, blogger at PocketYourDollars.com. Your teen doesn't need a \$1,000 laptop just to do research, write essays and browse Facebook.

Keep Your Smartphone Handy

Try a free deal-hunting app to make things a little easier. Before you shop, browse store flyers using Retale (Android, iOS), or check out Favado (Android, iOS) to search by item and create a master shopping list organized by retailer. In-store, use RedLaser (Android, iOS, Windows) to scan an item and see whether it's cheaper somewhere else. For online shopping, install PriceBlink (priceblink.com)—it alerts you to lower prices and coupons while you surf.

Look for Discounted Gift Cards

If your teen will wear only a particular brand, nab



discounted gift cards for those specific retailers at up to 35% off face value on Cardpool.com or GiftCards.com, says Rocha. If the store offers rewards when you buy, like a coupon or credit to redeem at a later date, Fobes saves them to stock up on essentials, like socks and underwear. "You have to buy those anyway—why not get them for free?" she says.

Shop Secondhand—Online

Buying clothes at a discount is easier than ever with thrifting websites like Schoola.com and ThredUp.com. Donated items on these sites are inspected by hand to ensure they are free from stains, fading, pilling and holes. Searches can be filtered by brand, size and price to make the process

painless and fun. There's even a "new with tags" category for kids who may be turned off by the idea of used clothing.

Put Your Teens in Charge

"You'll be amazed at how creative your kids can be when suddenly it's their own money," says Rocha, who suggests giving teens the budget and letting them keep any leftover cash. Shell out a school supply allowance in installments, provided your teen is using the money wisely. Or try Fobes' approach: She sets a limit on how much she'll pay for items, and if her kids want something more expensive, they pay the difference. "Nine times out of 10 they decide they don't want the more expensive shoes," she says.



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BELIEVE
-IN-
Elves?™



Serving size equals 2 cookies.



DOGGIE DOWNER

Your kids aren't the only ones howling about going back to school. According to veterinary behaviorist Nicholas Dodman, BVMS, at the Cummings School of Veterinary Medicine at Tufts University, nearly 20% of the nation's 80 million dogs have separation anxiety. After a summer filled with ample attention, your pup can be bummed to see his besties leave in the morning.

SMART PET TRICKS



Put your pooch's problem solving to the test with the **Kyjen Doggy Blocks Spinner**. You insert treats into the eight chambers, and your pup uses his canine capabilities to remove the blocks and spin the top to reap the rewards. **Petco.com, \$15**



Keep your favorite feline on her paws with the **Petstages Laser Fun Cat Toy**. Kitty will be plenty active and entertained as she chases around the interactive laser beam, which shoots red light across the floor. **Petco.com, \$6**



The wheels on this bus actually do go round and round. The **CritterTrail Off to School** carrier, suitable for hamsters, gerbils and other small animals, has a food dish, a rooftop water bottle and ample air vents. Your fur ball may never want to get off. **Petco.com, \$24**

Photos: (from top) JLPH/Cultura/Corbis; courtesy of Petco.

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

Description:
NexGard® (afoxolaner) is available in four sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide a minimum afoxolaner dosage of 1.14 mg/lb (2.5 mg/kg). Afoxolaner has the chemical composition: 1-Naphthaleneacetic acid, 4-[5-[18-chloro-5-trifluoromethyl-phenyl]-4, 5-dihydro-5H-imidazo[4,5-b]pyridin-2-yl]-N-(2-oxo-2-[1,2,2-trifluoroethylamino]ethyl).

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

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

Dosing Schedule:

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

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

Flea Treatment and Prevention:
Treatment with NexGard may begin at any time of the year. In areas where fleas are common year-round, monthly treatment with NexGard should continue the entire year without interruption. To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an approved flea control product.

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

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

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

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

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

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

Table 1: Dogs With Adverse Reactions.

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

¹Number of dogs in the afoxolaner treatment group with the identified abnormality.
²Number of dogs in the control group with the identified abnormality.

In the US field study, one dog with a history of seizures experienced a seizure on the same day after receiving the first dose and on the same day after receiving the second dose of NexGard. This dog experienced a third seizure one week after receiving the third dose. The dog remained enrolled and completed the study. Another dog with a history of seizures had a seizure 19 days after the third dose of NexGard. The dog remained enrolled and completed the study. A third dog with a history of seizures received NexGard and experienced no seizures throughout the study.

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

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

Effectiveness:
In a well-controlled laboratory study, NexGard began to kill fleas four hours after initial administration and demonstrated >95% effectiveness at eight hours. In a separate well-controlled laboratory study, NexGard demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 35 days, and was >93% effective at 12 hours post-infestation through Day 21, and on Day 35. On Day 28, NexGard was 81.1% effective 12 hours post-infestation. Dogs in both the treated and control groups that were infested with fleas on Day -1 generated flea eggs at 12- and 24-hours post-treatment (0-11 eggs and 1-17 eggs in the NexGard treated dogs, and 4-30 eggs and 0-118 eggs in the control dogs, at 12- and 24-hours, respectively). At subsequent evaluations post-infestation, fleas from dogs in the treated group were essentially unable to produce any eggs (0-1 eggs) while fleas from dogs in the control group continued to produce eggs (1-141 eggs).

In a 90-day US field study conducted in households with existing flea infestations of varying severity, the effectiveness of NexGard against fleas on the Day 30, 60 and 90 visits compared with baseline was 98.0%, 99.7%, and 99.9%, respectively.

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

In well-controlled laboratory studies, NexGard demonstrated >97% effectiveness against *Demodex canis*, >94% effectiveness against *Ixodes scapularis*, and >93% effectiveness against *Rhipicephalus sanguineus*, 48 hours post-infestation for 30 days. At 72 hours post-infestation, NexGard demonstrated >97% effectiveness against *Amblyomma americanum* for 30 days.

Animal Safety:
In a margin of safety study, NexGard was administered orally to 8 to 9-week-old Beagle puppies at 1, 3, and 5 times the maximum exposure dose (6.3 mg/kg) for three treatments every 28 days, followed by three treatments every 14 days, for a total of six treatments. Dogs in the control group were sham-dosed. There were no clinically-relevant effects related to treatment on physical examination, body weight, food consumption, clinical pathology (hematology, clinical chemistry, or coagulation tests), gross pathology, histopathology or organ weights. Vomiting occurred throughout the study, with a similar incidence in the treated and control groups, including one dog in the 3x group that vomited four hours after treatment.

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

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

New Supply:
NexGard is available in four sizes of beef-flavored soft chewables: 11.3, 28.3, 68 or 136 mg afoxolaner. Each chewable size is available in color-coded packages of 1, 3 or 6 beef-flavored chewables.

NADA 141-406; Approved by FDA
Marketed by Frontline Vet Labs™, a Division of Merial, Inc.
Duluth, GA 30096-4640 USA

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1050-4483-03

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**NexGard® from the makers of FRONTLINE® Plus.
The only soft, beef-flavored chew for dogs that kills
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And it keeps killing for a full 30 days. Fleas and ticks hate it.
Vets recommend it.¹ And dogs, well, they're begging for it.²

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

IMPORTANT SAFETY INFORMATION

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

1. Data on file at Merial.

2. Data on file at Merial.

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From the makers of FRONTLINE® Plus.



LIVING *the* STREAM

Mobile devices and live-stream apps give teens the means to broadcast themselves 24/7. They can also watch friends—or complete strangers—go about their day-to-day lives. Take a look at the new normal from both sides of the lens. *By Scott Alexander* ILLUSTRATION BY ELLEN WEINSTEIN

THINK BACK FOR A MOMENT to that memorable day when you let go of your child's bike—and for the very first time, instead of face-planting, she stayed upright and wobbled away under her own power. She ventured off, out of your control, her personal freedom amplified tenfold. You gave her the power to zoom away, possibly into traffic, and bumped up her risk of getting hurt.

The Internet presents a similar conundrum for moms and dads. Although the worldwide network of interlinked computers in many ways makes life easier and more convenient, it also provides a perfect blank canvas

for projecting our anxieties. Which brings us to the latest technological miracle that's tailor-made to plague parental nightmares: so-called live-streaming apps, which allow anyone with access to the Internet via a smartphone or computer to start broadcasting immediately.

It probably sounds unsettling at best—and at worst, scary. However, experience tells us that time tends to make us more comfortable with innovations that initially appear to have terrible implications. For instance, many insisted radio would be the downfall of society when it debuted. It wasn't. Neither was rock

and roll music, television or the Internet, with its unmonitored chat rooms and free pornography. Next down the pike came graphically violent high-fidelity video games, which seemed bound to turn our kids into criminals, followed by the fresh horrors of constant oversharing on social networks. Then our children—along with adults—were being turned into zombies by the omnipresence of smartphones.

Four years ago, when Snapchat began allowing anyone to send a photo or text that would self-destruct in 10 seconds or less, it was touted as the next potential threat to our collective

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That's something even cats find amazing.

kids' moral undoing. And it's true, children being given the ability to send photos and texts that *won't* follow them around for the rest of their lives is a frightening thought. (Though it's perhaps no worse than the idea that most of their photos *will* be around forever.) But while there have been upsetting incidents involving Snapchat and teens, given Snapchat's nearly 100 million daily active users, the apparent incidence of trouble on the service is infinitesimally low. Today it feels more like a self-erasing version of Facebook rather than a cesspool of sexting, with celebrities such as Ryan Seacrest and Meghan Trainor and media outlets from *The Washington Post* to *Good Morning America* adopting it to connect with fans.

Which brings us to the most recent addition to Internet mayhem: live-streaming services, such as Meerkat, Periscope, Twitch and YouNow. All of these apps empower anyone with an Internet connection and a computer or smartphone to begin broadcasting to the entire world—instantly and for free. It's a staggering technological achievement. It's also a startling amount of freedom and power to give to a kid whose brain has not yet finished building the parts of it that help make good long-term decisions.

Hop on over to Younow.com and you'll find an easily browsable array of channels of teens broadcasting themselves, typically from their bedrooms. Some of them are singing or chatting. Others are sleeping. A lot are sleeping, actually (more on this in a moment). Meanwhile, newer video-streaming apps Meerkat and Periscope let anyone start sending out video of whatever is happening to them at any given moment.

But before you start grilling your offspring about their YouNow follows or live-streaming proclivities, it's important to remember that these services and the freedoms they afford are not entirely new, just packaged slightly differently. And that given time, some moral guideposts and perhaps a couple of cautionary tales, children tend to figure these things out in such a way as not to completely ruin their lives.

SWEET STREAMS ARE MADE OF THESE

Four of the most popular self-streaming apps



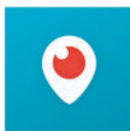
Meerkat / meerkatapp.co

PLATFORM Android, iOS

NUMBER OF USERS 2 million (as of May 2015)

QUICK DOWNLOAD Instantly stream video from your phone's camera to anyone on the Internet. Meerkat does not archive the streams it sends out, meaning they disappear once they are finished. This adds an air of exclusivity for those watching, as well as instilling some FOMO (Fear Of Missing Out) whenever you're not watching Meerkat. Broadcasters can archive their videos for themselves.

NOTABLE PERFORMERS Jimmy Fallon, Tony Hawk, Ashton Kutcher, Jared Leto, Julia Louis-Dreyfus, Shaquille O'Neal, Arnold Schwarzenegger



Periscope / periscope.tv

PLATFORM Android, iOS

NUMBER OF USERS Difficult to say, but it had a million users after 10 days on the app store

QUICK DOWNLOAD Periscope began life as a startup and was quickly snapped up by Twitter, which debuted it in March 2015 (shortly after the launch of Meerkat). Naturally it has deep Twitter integration—a clickable video link appears in your feed when someone you follow is streaming. Periscope streams can be viewed after they end if the broadcaster allows it.

NOTABLE PERFORMERS Mario Batali, Ellen DeGeneres, Edward Norton, Aaron Paul, Jamie Oliver, Ryan Seacrest



YouNow / younow.com

PLATFORM Android, iOS, web browser

NUMBER OF USERS 100 million user sessions per month and 150,000 broadcasts daily

QUICK DOWNLOAD YouNow is overwhelmingly populated by teens and has a searchable, channel-style lineup. The service sells virtual goods (coins, badges) that users can give to their favorite performers. Partner performers earn money based on how many gifts they receive. Because YouNow works on computers as well as smartphones, some have been known to leave it on all night—hence the bizarre, slightly creepy #sleepingsquad.

NOTABLE PERFORMERS Nick Bean, BruhItzZach, Edwin Burgos, Rudan C, Timmy Connors, Matt Hunter, Hailey Knox, Jonah Lesnick, Vanessa and Veronica Merrell, Jared "Flippinginja" Tousley. (You probably have not heard of any of these people because you are not 13.)



Twitch / twitch.tv

PLATFORM Amazon Fire TV, Android, Chromecast, iOS, Mac, PC, PlayStation 4, Xbox One, Xbox 360

NUMBER OF USERS 100 million unique visitors per month, 1.5 million broadcasters, 11 million videos broadcast per month

QUICK DOWNLOAD A spinoff from Justin.tv now owned by Amazon, Twitch revolves around video games. Its primary content consists of so-called Let's Play videos, where gamers broadcast their gameplay in real time with often amusing dialogue. The site also broadcasts e-sports tournaments.

NOTABLE PERFORMERS Gamers CaptainSparklez, LIRIK, MANvsGAME, omgitsfirefoxx, PhantomLOrd, SwiftoR, syndicate



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YouNow was founded in 2011 and spent several years languishing in relative obscurity before enjoying a sudden rise in popularity in mid-2014. The service, which its founder calls “a global platform for self-expression,” now claims 100 million user sessions per month and 150,000 broadcasts per day. It’s also a peeping tom’s dream, allowing unfettered access to video streams of thousands of teens alone in their bedrooms. But the feature that seems to give most people pause is the service’s integration of a gift economy, in which users buy virtual items, then give them to performers as a token of their appreciation. YouNow then shares the lion’s share of the money they make with partner performers based on how much revenue they generate.

And if you think that potential monetary incentive is unsettling, try Sleeping Squad on for size. It’s one of the strangest and most bizarre concepts on the web. Searching #sleepingsquad on YouNow will result in hordes of cam feeds of teenagers who have intentionally gone to sleep with their camera trained on them. There can be hundreds of these feeds happening each night, their chat rooms filled with people discussing the sleeper, the weather or, really, anything they please.

Two new services offer similar capabilities, but exclusively for cell phone users. They feel more like an outgrowth of Facebook or Twitter. Meerkat launched in February 2015, right before the influential South by Southwest conference, and quickly became the darling of the show. Shortly afterward, Twitter itself announced that it had bought a startup named Periscope (which is somewhat similar to Meerkat) and would be integrating it into its existing messaging platform. Meerkat managed to top 2 million users after its first two months. Periscope’s powerful Twitter platform allowed it to get to a million users in its first 10 days. (For perspective, Facebook currently boasts around 1.4 billion monthly users.) While both services make slick use of technology, there’s no telling what their long-term viability will be. Similar options have been floated before and failed to gain significant traction. Still, they’re worth knowing



familycircle.com
People have been
broadcasting themselves
on the Internet for almost
20 years. Read “A Brief
History of Oversharing”
at [familycircle.com](http://familycircle.com/overshare)
/overshare.

about, in case either becomes the next big thing for kids.

Although live-streaming apps may seem disconcerting, ultimately the choices they present to today’s children are not so different from those first presented by the free availability of the Internet itself, or the fact that all their friends are reachable via text 24/7. Our kids will have to learn to make good decisions and know what to do if things get weird. And for that, they need you.

Often, what is hysteria-inducing to us is far less confusing to our children, but that doesn’t mean they don’t need guidance. It might be as simple as asking them which services they use, and how they’d handle certain hypothetical yet possible situations if they cropped up—as in, say someone asks for photos of you, requests your phone number or home or school address, or encourages you to meet up somewhere without an adult present. You might be pleasantly surprised by the safety-savvy answers they offer. (And if not, you know where to focus your attention.)

Today the same web browser that allows your daughter to submit her homework and take tests electronically can be used to broadcast her blissfully sleeping face. The same smartphone your son uses to let you know that he’s running a little bit late can be used to broadcast his private activities to the entire world. These realities aren’t going away. But neither is the connection that you have to your children, and your ability to instill common sense and good decision making in them. At some point you just have to let go of the bike and tolerate the flutter in your stomach as she wobbles off, occasionally running into trees but eventually zooming and swooping about in ways you could hardly have imagined.



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Health Fix

When people you care about let themselves go, it's only natural to want to help. Learn the right way to speak up and get them back on track.



“Anyone who has bad habits—whether it’s overeating, smoking, not exercising or getting enough sleep—is acutely aware of the problem. Nobody is judging them more harshly than they’re judging themselves. That’s why it’s important, especially with a spouse, to set a good example as long as you don’t gloat or rub it in. Comment on their successes, not failures. Instead of feeling ashamed about their inability to change, they’ll start to celebrate their steps forward, however small.”

—KATE MCKAY, author of *Living Sexy Fit...at Any Age!*

“Sometimes people can’t accept help from those close to them, no matter how well-meaning you are.

In that case, steer your friend toward a support group. Being accountable to others is a powerful tool. And being surrounded by people struggling with the same problem will make it easier for her to open up if she backslides or needs extra encouragement.”

—ROXANNE L. PARROTT, PHD, author of *Talking About Health*

“Look for signs that the person wants your help. That means picking up on cues, like constantly putting himself down or joking about how out of shape he is. Seize that moment and try to start an honest conversation about his overall health. Remember to be there as a supporter and a sounding board, not as a drill sergeant.”

—JILL P. WEBER, PHD, clinical psychologist

*tip

Don’t hesitate to keep inquiring, “How can I support you?” The ways may change daily and the answers may surprise you, so ask often.

SUCCESS STORY

“My husband and I decided we needed to cut all the sugar from our diet, because we were practically living on it. One weekend we threw out three garbage bags full of food—I even videotaped it for future inspiration—and started eating healthy. Doing it together really helped us.”

—Mary Susan Buhner, 43, Indianapolis

BUYER'S GUIDE

WHAT'S NEW

PLUM'S THE WORD

PAGE 16: Shot on location at Beaches Turks & Caicos Resort Villages & Spa. **Marc Jacobs Beauty** Le Marc Lip Crème in Magenta, sephora.com, \$30. **Sephora Collection** Color Lip Last in 21 Meet My Pink, sephora.com, \$13. **Chanel** Rouge Allure Velvet Luminous Matte Lip Colour in La Romanesque, chanel.com, \$36.

STYLE

SKINOVATIONS

PAGE 28: **Acure** Sensitive Facial Cream, acureorganics.com, \$18. **Nude Skincare** Advanced Renewal Overnight Repair Mask, sephora.com, \$48. **TULA** Revitalizing Eye Cream, tulaforlife.com, \$52. **Peter Thomas Roth** Brightening Bubbling Mask, sephora.com, \$55. **Dr. Brandt** Oxygen Facial Flash Recovery Mask, drbrandtskincare.com, \$69. **Bliss** Triple Oxygen Instant Energizing Mask, ulta.com, \$54. **Coola** SPF 30 Organic Matte Makeup Setting Spray, coolasuncare.com, \$36. **Kate Somerville** Hydrating Firming Mist, nordstrom.com, \$48. **Boscia** Cool Blue Hydration Essence, sephora.com, \$48. **Tata Harper** Hydrating Floral Essence, tataharperskincare.com, \$85. **Clinique** Even Better Essence Lotion, macys.com, \$32. **St. Tropez** Gradual Tan In Shower Lotion, ulta.com, \$25.

THAT '70S SHOW

PAGE 30: *On left:* Jumpsuit, **Lilla P**, lillap.com, \$248. Clutch, **Danielle Nicole**, danielle-nicole.com, \$35. Shoes, **Isaac Mizrahi**, dsw.com, \$79. Earrings, **Marlyn Schiff**, marlynschiff.com, \$42. Bracelet, **Marlyn Schiff**, marlynschiff.com, \$36. *On right:* Pants, **Lisette L Montreal**, lisettel.com, \$125. Top, **Loft**, loft.com, \$80. Handbag, **Shiraleah**, shiraleah.com, \$93. Shoes, **Kelly & Katie**, dsw.com, \$40. Bracelet, **Stella & Dot**, stelladot.com, \$49. Earrings, **K & R Collection for Silpada**, mysilpada.com, \$49. Watch, **Silpada**, mysilpada.com, \$89. Gold Bangle, **Sorrelli**, sorrelli.com, \$75.

PAGE 32: *On left:* Shoes, **Clarks**, clarksusa.com, \$150. Handbag, **Sole Society**, solesociety.com, \$50. Top, **Canyon River Blues**, sears.com, \$32. Vest, **Black Swan**, lulus.com, \$72. Bracelet, **Stella & Dot**, stelladot.com, \$89. Earrings, **Raven + Lily**, ravenandlily.com, \$58. Leggings, **Joe Fresh**, joefresh.com, \$39. *On right:* Top, **Vince Camuto**, vincecamuto.com, \$79. Jeans, **Jessica Simpson Collection**, dillards.com, \$69. Shoes, **Sole Society**, solesociety.com, \$60. Belt, **Lauren Ralph Lauren**, bloomingdales.com, \$54. Earrings, **Roberta Chiarella**, robertachiarella.com, \$48.

PAGE 33: Dress, **Donna Morgan**, donna-morgan.com, \$178. Handbag, **Brahmin**, brahmin.com, \$195. Shoes, **Seychelles**, nordstrom.com, \$130. Earrings, **Raven + Lily**,

ravenandlily.com, \$88. Ring, **Wanderluster**, wanderlusternewyork.com, \$45.

PAGE 34: Clutch, **Marshalls**, marshalls.com, \$130. Jacket, **White House Black Market**, whbm.com, \$240. Skirt, **Nautica**, nautica.com, \$100. Tank, **Cooper & Ella**, cooperandella.com, \$88. Necklace, **Nissa Jewelry**, nissajewelry.com, \$68.

PAGE 35: *On left:* Necklace, **Vestique**, vestique.com, \$26. Skirt, **Oasis**, oasis-stores.com, \$145. Top, **Oasis**, oasis-stores.com, \$120. Bracelets, **Danielle Stevens Jewelry**, daniellestevens.com, \$32 each. Shoes, **Tommy Hilfiger**, tommy.com, \$89. *On right:* Shoes, **Clarks**, clarksusa.com, \$330. Bag, **Simply Vera Vera Wang**, kohls.com, \$59. Dress, **Karen Kane**, karenkane.com, \$129. Blue Necklace, **Stella & Dot**, stelladot.com, \$79. Gold Necklace, **Joyiia**, joyiia.com, \$37. Ring, **Amelia Rose Design**, ameliarosedesign.com, \$79.

CURLY CUES

PAGE 43: **Goldwell** Dualsenses Curly Twist 60 Second Treatment, Goldwell salons nationwide, \$18.50. **Pureology** Curl Complete Taming Butter, ulta.com, \$28. **Living Proof** Curl Defining Styling Cream, livingproof.com, \$28. **Aveda** Be Curly Co-Wash, aveda.com, \$24. **Curlisto** Glow & Shine, curlisto.com, \$19.

FULL SWING

PAGE 44: **Mossimo for Target**, target.com, \$39. **White House Black Market**, whbm.com, \$98. **American Eagle Outfitters**, ae.com, \$35. **Big Buddha**, dillards.com, \$95. **Rebecca Minkoff**, rebeccaminkoff.com for store locations, \$195. **Shop Prima Donna**, shopprimadonna.com, \$53.

HOME

COOKING GOOD

PAGES 49-51: Pillows, **Dwell Studio** Brushstroke Citrine Cotton Throw Pillow and Vintage Blossom Pillow in 12" x 18", dwellstudio.com, \$75 and \$79. Bench Cushion, **Cushion Source** Standard Custom Bench Cushions in Robert Allen Batavia Ikat Citrine, cushionsource.com, from \$137. Pendant light, **allen + roth**, Bristow 12" W Oil-Rubbed Bronze Standard Pendant Light with Clear Shade, Lowe's stores and lowes.com, \$119. Cabinet hardware, **Martha Stewart Living** 3" Bracket Bin Pull in Soft Iron, homedepot.com, \$5 each. Stools (similar to shown), **Kosas Home** Akron Adjustable Height Bar Stool, wayfair.com, \$250. Dining table (similar to shown), **Kingstown Home** Jeanette Dining Table, wayfair.com, \$180.

BACK TO SCHOOL WITHOUT THE STRESS

PAGES 58-64: **Debbie Lillard**, Pro Organizer, spacetospare.com. **Bonnie Joy Dewkett**, Organizing Expert, thejoyfulorganizer.com.

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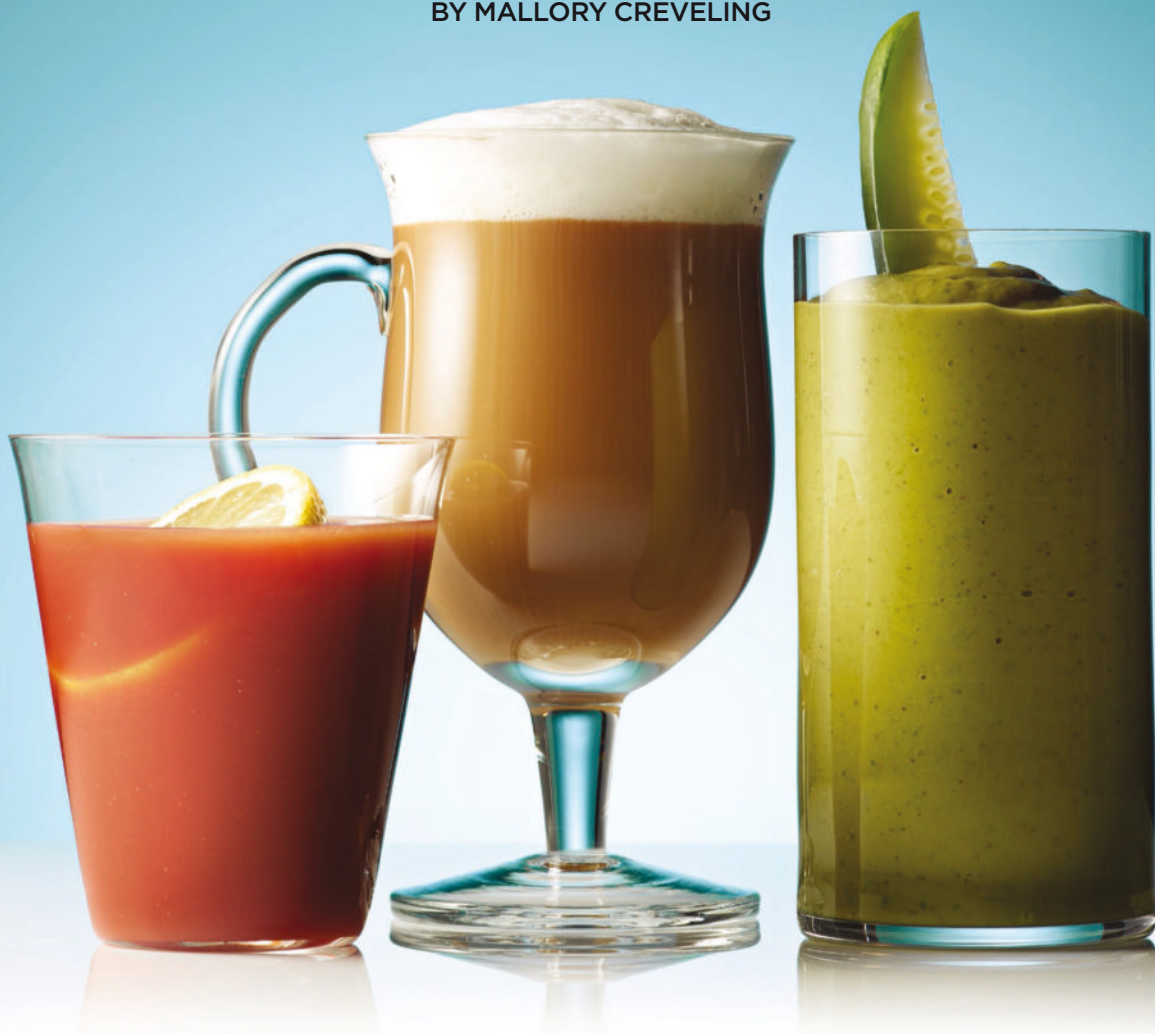
While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.
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CHEERS!

Raise your glass to a stronger heart with these beneficial beverages.

BY MALLORY CREVELING



TOMATO JUICE

Packed with the antioxidant lycopene and vitamins C, E and K, tomatoes decrease bad cholesterol and lower blood pressure—two crucial factors for enhancing heart health. Just be sure to buy a bottle of juice that contains 140 mg of sodium or less per serving, advises Bonnie Taub-Dix, RDN, author of *Read It Before You Eat It* and Family Circle Health Advisory Board member. Too much salt can cause your body to retain water and possibly raise blood pressure.

COFFEE

Regularly consuming a cup of joe reduces the risk of having calcium in your coronary arteries, a sign of vessels hardening and narrowing, which can cause heart attacks. Coffee's antioxidants and its ability to improve insulin sensitivity possibly provide the payoff. No need to say "when," according to research. Those who drink three to five cups a day get the biggest benefits. If your intake is modest, don't pour another, says Taub-Dix. You'll still get some advantages from one cup.

“What you put in your glass can dictate what your heart looks like today and in the future.”

—Bonnie Taub-Dix, RDN, founder of BetterThanDieting.com and author of *Read It Before You Eat It*



GREEN SMOOTHIES

A diet packed with produce helps your heart by controlling cholesterol and improving blood flow. Smoothies are a convenient, on-the-go way to consume more fruits and vegetables, especially greens. Taub-Dix's favorite combo includes a handful of spinach or kale, a half-cup of skim milk or Greek yogurt and one banana.

BEER

Red wine isn't the only alcoholic beverage that has cardio cred—beer does too. Downing a cold one improves blood flow and artery function, research has found. (The study was done on men, but the findings likely apply to women as well.) A light choice will also save you some calories. But keep in mind that there's a tipping point: If you drink more than seven servings of booze a week, the results go from heart helping to harming.

MATCHA GREEN TEA

Ground from leaves, this powdery green tea is a potent potable.

It boasts more than double the amount of catechins (which are powerful antioxidants) contained in standard green tea. Several studies have shown that these catechins lower the odds of developing cardiovascular disease. Start with about half a teaspoon in 2 ounces of hot water, whisk until frothy and then add more water to taste. To cut down on some of the grassy flavor, Taub-Dix suggests pouring matcha into a pitcher containing ice and potassium-rich fruits like apples or pears, which also help to regulate heart rhythm.

POMEGRANATE JUICE

Research has shown that drinking this beverage may help control hypertension by making blood flow more freely to your ticker. It also fights the harmful effects of free radicals and can lower bad cholesterol. "Pomegranates are believed to be protective because of their blend of antioxidants and polyphenols," says Taub-Dix. Just look for brands with no added sugar, she suggests. Try a splash in your sparkling water with a squeeze of lime.

RISK RAISERS

While some drinks strengthen the body's most important muscle, these three weaken it.

SODA

High-fructose corn syrup—often a sweetener in soft drinks—ups risk factors for heart disease, including increased levels of LDL cholesterol, triglycerides and uric acid. Drinking just one can of soda a day for two weeks is enough to bring on negative effects.

ENERGY DRINKS

Due to these fizzy liquids' high content of caffeine and other stimulants, consuming just one bottle has been shown to raise resting blood pressure, which increases the odds of experiencing cardiovascular problems. The spike is highest for those who don't usually gulp energizing liquids.

SUGARY JUICES

Drinks containing "fruit" aren't always good for you, particularly those with added sugar. Your body rapidly absorbs the sweet stuff, causing blood glucose to rise quickly. Regular consumption can lead to insulin resistance, inflammation and weight gain—all of which can hurt your heart.

What's Wrong With Me?

NEUROLOGIST MARIA DE LEON SPENT HER DAYS DIAGNOSING PATIENTS—AND HER NIGHTS TRYING TO UNDERSTAND HER OWN SYMPTOMS.

"I THINK YOU'RE STARTING TO OVER-EMPATHIZE with your patients," my husband reassured me while we cleared the dinner dishes. As a neurologist specializing in movement disorders, I often asked patients to rapidly tap each finger to their thumb or open and close one hand at a time. But I had started having difficulty demonstrating the moves. "You're spending too much time at the office," he said. I wanted to believe him, but instead I went to see a general neurologist, who told me I had dystonia (involuntary muscle contraction) and prescribed Xanax.

>>



Over the course of the next year, I developed work-arounds for my existing problems—like doing a straight-line walk next to a wall so I wouldn't fall over—but new symptoms appeared. My staff complained about how awful my handwriting had become, so my nurse started writing all my scripts. When I found myself heading to the bathroom hourly, I took note of every restroom in the vicinity to avoid an accident. Again, I went to see a doctor (a urologist this time) and got a diagnosis that didn't fit: He thought the new symptom was the result of my uterine fibroids enlarging—even though a month before I'd been told they were shrinking. Extremely discouraged, I took his prescription for Detrol, an overactive bladder medicine.

Then the pain began. About a year later, in 2008, I started to feel an occasional throbbing sensation in my left ankle that would disappear after I walked a bit or took a Motrin. Even though I consulted an orthopedist, the ache not only became relentless, it spread to other parts of my body. Upon the slightest touch, my arms and left leg felt as if acid was being poured over them. I couldn't stand my husband touching me and, worst of all, I had to try to explain to my 4-year-old daughter why mommy couldn't hug her. Many nights, despite the severe pain it triggered, I would rock my daughter in my arms and sing to her with tears trickling down my face. Sometimes I had to hold on to my husband's arm as we walked because my balance was off, my vision was worsening, and I was starting to have frequent falls. I was on the verge of losing my mind—and my medical license. I'd come to the office late, leave early and struggle with my schedule at the hospital.

HOW TO GET DIAGNOSED—ACCURATELY!

NOTE ALL SYMPTOMS. Everything from trouble sleeping to loss of smell has been linked to PD—particularly if you've been exposed to environmental toxins, suffered repeated or severe head trauma, had an early hysterectomy or have a family history of PD.

PICK A DOC YOU TRUST. Locate an MDS (movement disorder specialist) who is willing to listen, admit when she doesn't know the answer and work to find one.

BE YOUR OWN BEST ADVOCATE. Remember: No one knows your body like you do.

In my heart I constantly considered that I had Parkinson's Disease (PD), a progressive neurologic disorder that impacts movement and coordination. In my head my medical training told me that PD was unrelated to pain and vision problems. And not a single endocrinologist, rheumatologist, neurosurgeon or movement disorder specialist I visited could confirm PD—or any other accurate diagnosis for that matter. Trusting my instincts, and exhausted by years of questions, I made an appointment with a colleague, Mya Schiess, MD, the director of the Movement Disorders Clinic & Fellowship Program at The University of Texas Health Science Center at Houston.

"If this is all in my head, like my last doctor suggested, I'll gladly go see a psychiatrist to get my life back," I told her. But after performing tests, she came to a different conclusion.

"Your brain isn't producing enough dopamine," Mya said. "I think you have young onset Parkinson's disease [YOPD]."

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The average age for PD diagnosis is 60, but with YOPD (which makes up 5% to 10% of the Parkinson's population) it's under 40. I was 39 at the time. Everyone in my field was familiar with the four key motor symptoms of Parkinson's: tremors at rest, slowness of movement, abnormal gait and stiffness. But only in the latter part of the past decade have other non-motor symptoms (pain, visual disturbances, fatigue, depression, mood disorders, sexual problems and cognitive difficulties) been recognized as early PD. "We now realize that when your brain becomes unbalanced because of a neurodegenerative disease like Parkinson's, functions other than movement are affected," explains James Beck, PhD, vice president of scientific affairs at the Parkinson's Disease Foundation. "However, because all these symptoms on their own are common to many other diseases, it is extremely difficult to see the forest for the trees."

Real relief arrived when Mya started me on two Parkinson's drugs—Sinemet and Azilect—which almost immediately reversed or lessened my symptoms, though not without some side effects like severe nausea and low blood pressure, which resulted in my almost passing out a few times. We tinkered with my dosage for nearly a year until we found the right combination of medications. I've been on the same drugs for the past six years along with a third, Neupro, that we added three years ago.

While I was desperate to get a diagnosis, life isn't perfect now that I have one. Yes, drugs allow me to walk normally, drive safely and avoid a million trips to the bathroom. And I can hug my 13-year-old daughter—even though she's at an age when she's no longer crazy about that in public. But there are still days my body and brain are completely disconnected. My daughter has learned not to rely on my math skills, and my husband arranges an extra pillow between us at night because PD sometimes escalates my dreams into interactive events. I also have to nap or at least rest awhile during the day. I'm like a doll that needs to be wound up all the time to keep going; otherwise, I'll just stop.

Looking back, I wonder how many times I missed a diagnosis of PD in patients because we once believed it was all about the execution of movements without vision problems or pain at presentation. There was—and is—still so much to learn about an illness that I supposedly was an expert on. "Parkinson's isn't a typical disease," says George Plotkin, PhD, MD, director of the ETMC Movement Disorders Center at the ETMC Neurological Institute. "There is no one face, no one symptom that characterizes those who live with it daily." These days I use my skills and experience to promote changes in the thinking behind the science of Parkinson's and the care of Parkinson's patients. While I no longer practice, I spend my time working with the Parkinson's Disease Foundation as a research advocate to raise awareness and help find new treatments. I'm thankful that I still get to be involved in the care of those with Parkinson's. Only the setting has changed. Finding myself at both ends of the wellness spectrum—as a doctor diagnosing Parkinson's and a patient living with the condition—has taught me that happiness can be attained...even in a life interrupted.

WHERE TO LEARN MORE **Parkinson's Disease Foundation** pdf.org, **National Parkinson Foundation** parkinson.org, **Parkinson's Action Network** parkinsonsaction.org, **American Parkinson Disease Association** apdaparkinson.org

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15 Ways to Lose 10 Pounds

Ignore fad diets and so-called miracle weight-loss tricks. Instead, adopt these expert-approved strategies for slimming down. Small tweaks can yield big size-shrinking results.

BY MALLORY CREVELING

1 Your first step toward trim: **Keep a food diary** for three days. Jot down everything—morning coffee, a bite of a cookie, two bowls of pasta. You'll find what and when you're over-consuming.

2 "Initially, **change just one thing** in your meal plan," says Betty Herberger, corporate trainer for The Biggest Loser Resorts. Maybe that's swapping one bag of chips a day for a handful of almonds or a brownie for a banana with a tablespoon of natural peanut butter. Build on those successes.

3 Avoid munching out of boredom by **writing down the time you eat**, suggests Bonnie Taub-Dix, RDN, author of *Read It Before You Eat It*. Check the clock before you dine again. If it's only been an hour and a half, ask yourself whether you're really hungry and try sipping some water instead.

4 "People often skimp on food in the early part of the day, which is exactly when you shouldn't," says Frances Largeman-Roth, RDN, author of *Eating in Color*. It's especially important to **eat in the morning** if that's when you exercise. You need a mix of protein and carbs within 30 minutes of finishing a workout to repair muscles.

5 Salads *can* be a waist-whittling lunch—with the right add-ins. Put dressing in a cup on the side and before you spear a bite, dip your fork in it, says Largeman-Roth. **Make greens heartier** with protein-packed quinoa or fish and healthy-fat-filled walnuts or avocado.

6 "**Eating something in its entirety** keeps portions in control," says Largeman-Roth, "because you're less likely to go back for more." That means having a whole piece of fruit in place of fruit salad or one small yogurt container rather than a scoop from a large tub.

7 Can you spare a mere five? Then **you have time to work out**. Follow Herberger's method of exercising every minute on the minute. Do 20 to 30 reps of moves like jump squats or push-ups. If that takes 30 seconds, you get 30 seconds to rest before the next round.

8 Reduce calories in any dish and still feel satiated by **adding more veggies**, especially to starchy foods like pasta or rice. Consider salad or soup prior to your main meal too.

9 Besides enhancing overall health, **drinking green tea** boosts your metabolism thanks to its antioxidants. And having a caffeinated cup can up your daily calorie burn by 4%.

10 It's okay to hit the dessert table, but **put one sweet on your plate** and walk away. "Snacking without a plate makes you magically forget those calories," Largeman-Roth says. At home, opt for fruit or chia seed pudding: Whisk $\frac{3}{4}$ cup chia seeds with 3 cups coconut milk and let it set until thick.

11 **Step on the scale every Friday and Monday** so you're held accountable for weekend over-indulgences, advises Taub-Dix. Chart your progress on graph paper or with the Smart Scale (taylorsscales.com, \$60) and the SmarTrack app (free, Android, iOS) to spot peaks and valleys.

12 "Many people have one item they don't want to give up, like wine or cheese," says Linda Melone, a certified personal trainer and health coach. "But that's often the reason you're not losing 10 pounds." **Ditch your "non-negotiable" item for one week** and consider it a temporary change. The results may motivate you to continue to cut back.



Swap that post-lunch cookie for a juicy apple to cut cal and pounds.

13 Hang a dry-erase board on your fridge. Every night, **mark down your active minutes for the day**, says Herberger. Get a more accurate number with Pivotal Living (pivotalliving.com, \$12/year) or Jawbone's Up Move (jawbone.com, \$50). By week's end, you should have logged about 150 minutes. If you haven't, get walking!

14 **Stop snacking two to three hours before bed**. "It'll help your digestion and improve your sleep, plus you'll wake up hungry so you're not tempted to skip breakfast," says Melone. Also, consume more light bites throughout the day so you're not starved by dinner—making you more likely to nibble late at night.

15 We're all allowed setbacks, even sneaking that piece of cheesecake you couldn't resist or choosing your bed over the gym in the a.m. **Don't sulk in those moments** or you'll end up with more bad days. "Think of each minute as a new minute," says Herberger.

FOUNDATION FOR WOMEN'S CANCER

Gynecologic Cancer
Awareness • Research • Education

foundationforwomenscancer.org

LOVE YOUR LADY PARTS!

6TH ANNUAL NATIONAL RACE TO END WOMEN'S CANCER 5K/1 MILE WALK

Sunday, November 8, 2015 | Freedom Plaza, Washington, DC

and

OVARIAN CANCER SURVIVORS COURSE

Saturday, November 7, 2015 | Washington, DC



Learn more, register and support us
endwomenscancer.org
[#endwomenscancer](https://twitter.com/endwomenscancer)

THIS IS THE YEAR TO BE BEST IN CLASS!

Back-to-school may be the busiest time of the year, but it's also the best time to get off to an amazing start! Family Circle has got you covered with our Back-to-School Shopping List along with great products from our sponsors to help you be best in class this year!

MAKE THE GRADE WITH THESE **A+** PRODUCTS

Join BIC's Mission & Fight For Your Write

BIC is on a mission to save handwriting, because writing can improve your self-confidence, spark creativity and make you a better reader. Take BIC's pledge to save handwriting because writing makes us all awesome! Learn more at BICFightForYourWrite.com.

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Welch's® Puts the Fruit in Fruit Snacks

Welch's® Fruit Snacks are the Made-With-Real-Fruit fruit snacks that are all about Free: Fat-Free, Gluten-Free and Preservative-Free, that is. You can count on the great taste and quality that can only be Welch's®. welchsfruitsnacks.com



Better Lunch in a Snap!

Rubbermaid LunchBlox® makes packing lunch easier than ever. Modular containers are perfectly portioned and snap together to stay organized in kids' lunch bags. rubbermaid.com



Make Lunchtime Something to Treasure!

Upgrade lunch or snack time with deliciously baked, gluten-free Pirate's Booty made without artificial colors, flavors, or preservatives. facebook.com/piratesbooty





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How do we celebrate lunchmeat that's 100% natural and 100% delicious? With a 100% satisfaction guarantee. hillshirefarm.com/guarantee



Do You G2?

Pilot's G2 is the ultimate pen for the ultimate over achiever. The #1 selling gel ink brand in America, G2 writes smoothly, comfortably, and is proven to last longer than the average of competitive gel ink brands. With four point sizes, 15 color options, two striking barrel design Collections and new Metallics, it's clear why G2 is America's Go-2 gel ink pen. Do you G2?
PowerToThePen.com/G2



MOM'S BACK-TO-SCHOOL SHOPPING LIST

Stock up on these essentials and start the new school year right!

SCHOOL SUPPLIES

- Binders
- Loose-leaf paper
- Dividers
- Notebooks (spiral, composition)
- #2 pencils
- Mechanical pencils
- Index cards
- Pilot G2® Gel Ink Pens
- Highlighters
- Business/Scientific Calculator

AFTER SCHOOL SNACKS

- Whole grain crackers
- Peanut butter/Almond butter
- Cheese
- Chocolate hazelnut spread
- Welch's® Fruit Snacks
- Apples, bananas, clementines
- Pita chips
- Rice cakes
- Chips and salsa
- Granola bars
- Baby carrots and hummus

HOMEWORK STATION

- Laptop/Tablet
- Flash drive
- Printer ink cartridge
- Printer paper
- Headphones
- Computer Security Software
- Virus Protection Software

QUICK SCHOOL NIGHT DINNERS

- Pasta
- Tomato sauce
- Whole grain pizza crust
- Shredded cheese
- Ground beef or turkey
- Taco shells and seasoning
- Pre-cooked rotisserie chicken
- Pre-washed bagged salad
- Quick-cooking rice
- Steam-in-bag vegetables

BREAKFAST

- Milk
- Coffee
- OJ
- Protein bars
- Instant oatmeal
- English muffins/bagels/whole-wheat toast
- Yogurt (regular and Greek)
- Fresh fruit

BEAUTY & HOME

- Facial tissue
- Body soap
- Body lotion
- Shampoo & Conditioner
- Laundry detergent
- Dish soap
- Hand sanitizer
- Children's vitamins

LUNCH

- Lunch tote
- Rubbermaid LunchBlox®
- Bread
- Tuna
- Mayo
- Mustard
- Hillshire Farm Naturals® Lunchmeat
- Bottled water or juice
- Dried fruit
- Pirate's Booty

BACK-TO-SCHOOL TO DO'S

- Make sure children's vaccinations are up-to-date
- Coordinate carpool schedule
- Finalize after-school activities
- Join BIC's mission to save handwriting at BICFightForYourWrite.com
- Update family phone plans/add minutes to children's pre-paid phones

FOOD FOR THOUGHT

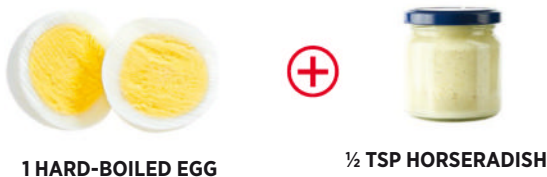
Eat your way to a sharper mind with these nutrient-packed mini meals. BY MALLORY CREVELING



= QUICK THINKING The ingredients in this homemade trail mix burst with anti-inflammatory agents that improve brain function. Omega-3 fatty acids in walnuts have also been shown to boost learning and memory, and their vitamin E shields cells from damage caused by free radicals, explains Jennifer McDaniel, RDN, a spokesperson for the Academy of Nutrition and Dietetics.



= CONCENTRATION CURE “Chickpeas are rich in B vitamins, which help reduce brain cell shrinkage and offer up a slow yet steady source of carbs to keep your mind focused,” says McDaniel. The spice adds an antioxidant and anti-inflammatory kick to enhance brain performance and fight Alzheimer’s. Drain the chickpeas, toss them with turmeric and oil, spread out on a baking sheet and bake at 425° for at least 15 minutes—longer if you want more crunch. You’ll get three ½-cup servings.



= TOTAL RECALL Choline, an essential nutrient found in yolks, is key to maintaining memory because it encourages clear communication between brain cells. Eggs also have vitamin D, a necessity for neural function, explains David Perlmutter, MD, author of *Brain Maker*. For more zing and extra support for cell growth, McDaniel suggests mixing the yolk with horseradish.



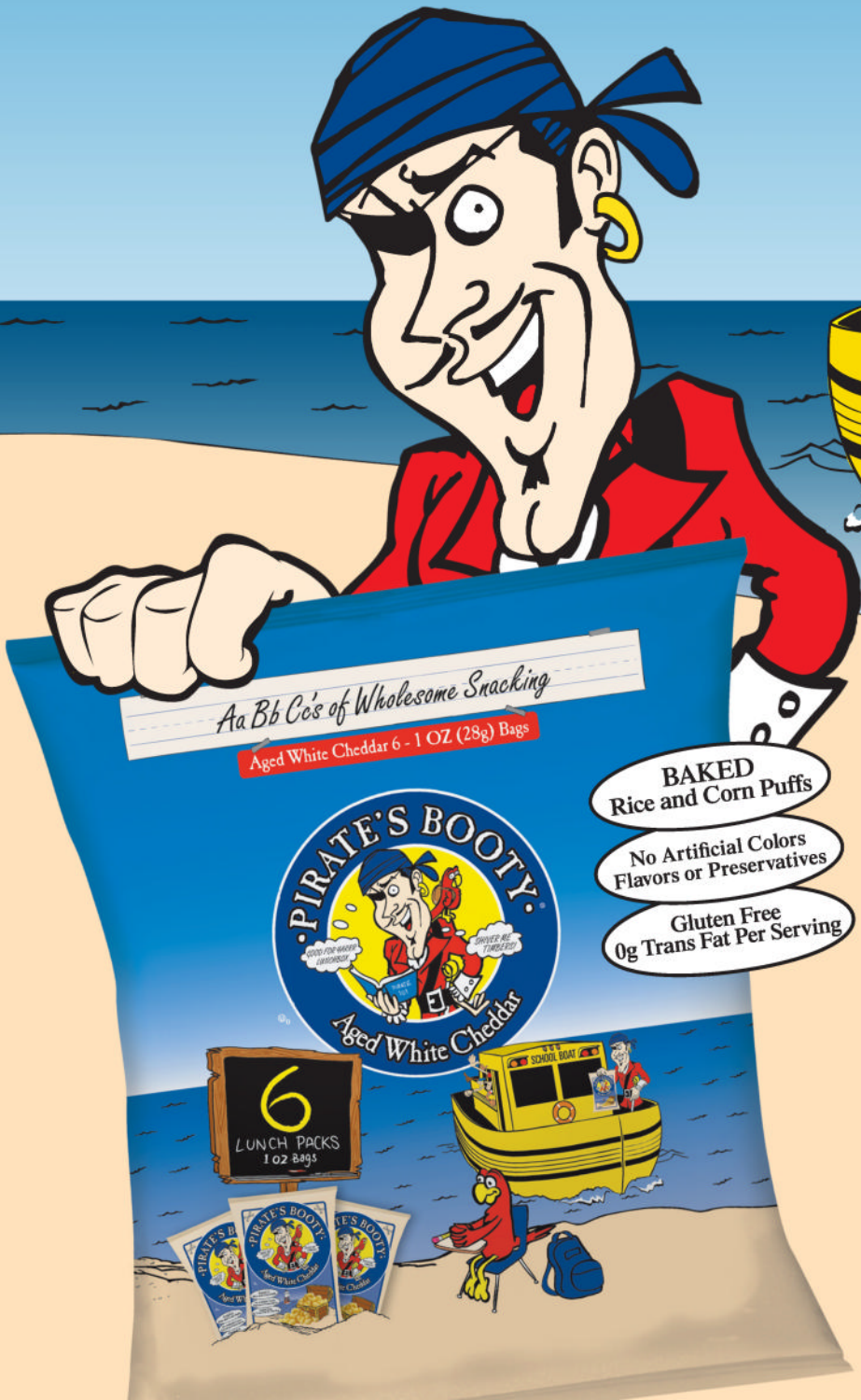
= BETTER PROCESSING Thanks to blueberries’ potent flavonoids, eating at least one ½-cup serving a week of this superfood delays mental aging by up to two and a half years, according to research. The yogurt (look for one with less than 10 grams of sugar per serving) provides potassium, to improve blood flow, and probiotics, which promote healthy belly bacteria and protect the gut’s lining. “When this layer is damaged, chemicals can escape and cause inflammation, which the brain is very sensitive to,” says Perlmutter.



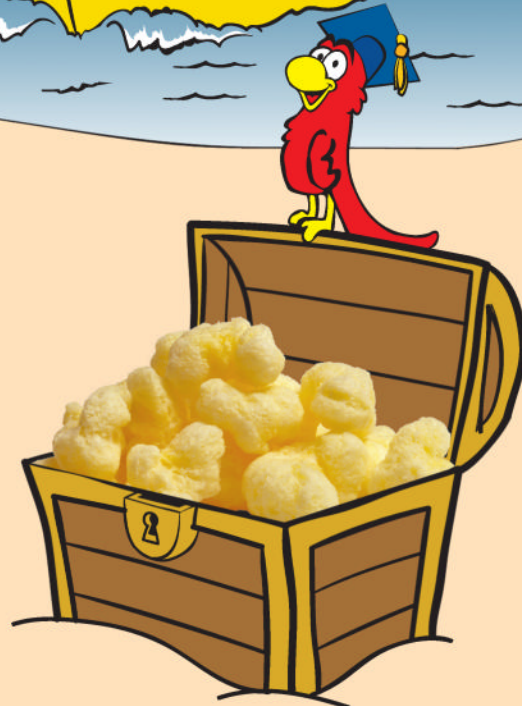
= CLEAR COGNITION High in good-for-you monounsaturated fat, avocados increase blood flow to the brain, says McDaniel. Whole grains make the perfect pair, since they supply an anti-inflammatory punch plus B vitamins, such as thiamin, which battle mental decline.

YO HO HO! SET SAIL FOR SMARTER SNACKING!

Climb aboard with Pirate's Booty this fall and stock yarrr lil crewmates' lunch boxes with a deliciously crunchy, baked-not-fried snack they'll love.



- BAKED Rice and Corn Puffs
- No Artificial Colors Flavors or Preservatives
- Gluten Free 0g Trans Fat Per Serving



PIRATE'S BOOTY

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Compassionate Care



If I had a quarter for every time I heard a woman balk at the idea of putting herself at the top of her to-do list, I'd be writing this column from a beach...in Bali. So many moms confuse self-care with selfishness. I know because I used to be one of them. I bought into the myth that asking for help was a sign of weakness—when actually it shows strength. I believed that saying no would burden me with guilt, but in reality it freed me from unwanted obligations. I thought I just had to power through tough times—instead, those moments required a pause for self-compassion.

Self-compassion, to be clear, is not just about

rewarding yourself with a well-deserved manicure or a much-needed 15 minutes of quiet in the bathroom. It's realizing your own power to give yourself a pass. It's the ability to offer yourself kindness during a difficult time and move forward without guilt about the report you handed in late at work or the lunch you forgot to make your kid.

So how do you get to that place of loving yourself? The first step is to be aware of your suffering and understand that you are not alone. We all have pain or disappointment, and that not only connects us to humanity but also increases our capacity for compassion. Second, find time for stillness. Give yourself a minimum of 10 minutes daily to simply breathe deeply. Exhale out stress, painful memories and past hurts so that you can stay present in your self-caring moment. Finally, tell your story in a different way. Stop beating the same “woe is me” or “I should have” drum. Alternatively, find a positive mantra or a new melody that is fueled by gratitude, acknowledges imperfections and creates a loving space for your soul.

STRESS BUSTER / A walking meditation can tame tension. Take 10 slow steps forward, turn and go back while allowing worrisome thoughts to be released with every deliberate stride. Focus on relaxing and feel yourself unwind.

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

Photo: Image Source.

Healthy and beautiful hair



My hair was thinning

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

BEAUTY FROM WITHIN

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

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

IT WORKED FOR ME

Now I have been using Hair Volume for 2 months and I am really happy with the product. I don't ever want to be without it and strongly recommend it.”

Laura, New York

YOUR HAIR TABLET

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



Available at participating retailers and online. ☎ 1-877-696-6734



ONLINE SHOP
newnordicusa.com

Walgreens

CVS/pharmacy

meijer

GNC

At select:
BED BATH &
BEYOND

theVitamin Shoppe

amazon.com

drugstore

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HARMON FACE VALUES™

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

Two worlds. One dream.

Singers and Scientists share more than might be expected. Whether it's a breakout melody or a breakthrough in research. When it comes together, everything fits. It can change lives forever.

Stand Up To Cancer supports the collaboration, innovation and research that are turning discoveries into viable treatments and possibly, one day, a cure.

Stand up with us. Let your voice make a difference because when we work together, nothing is impossible.



Genentech
A Member of the Roche Group

Like, share and join SU2C.
Find out more at standup2cancer.org

Jennifer Hudson, Stand Up To Cancer Ambassador

Shiva Malek, Ph.D.

Sports Standard

Although sudden cardiac arrest (SCA) is very rare in high school student athletes, it is still the leading cause of death in school-aged sports players. The good news is that survival is highly likely when an automated external defibrillator (AED) is used within minutes of SCA. But there's a catch. For every one-minute delay in using an AED, the chances of pulling through drop by approximately 10%. And only about 25 states have met recommendations to keep an AED on school property and at all athletic events. Protect your kid by asking his principal these three potentially life-saving questions, courtesy of Ron Courson, PT, certified athletic trainer and senior associate athletic director at the University of Georgia.

- **Is there an AED on-site and is it accessible at all times?**
- **Are school officials trained in CPR and in how to properly use the AED?**
- **Do you have an emergency action plan that's been practiced in case of a serious event?**



41%

The percentage of eye injuries treated in the ER among kids ages 10 to 14 that are related to sports equipment. A common culprit: getting hit by a ball, especially when not wearing protective eyewear. Kids should always don polycarbonate shades when playing outdoor sports—unlike glass eyewear, they won't shatter and they still look cool.

SOURCES: BROWN UNIVERSITY AND THE AMERICAN ACADEMY OF OPHTHALMOLOGY



Q&A

What should I do when my child gets head lice?

First off, do not be embarrassed, says Susan Catchings, a family nurse practitioner in Cary, NC. Up to 12 million kids get these infuriating creepy-crawlies annually and it's not related to hygiene—lice can affect anyone. See your pediatrician as soon as you suspect infestation to get a proper diagnosis and a prescription treatment, like Sklice. This lotion works after just one application, and kids should be able to return to school the next day. If the school nurse confirms the bugs and you can't get to a doctor, try an OTC lotion that contains either 1% permethrin or pyrethrins combined with piperonyl butoxide. You may have to apply the cream twice to eliminate all eggs, but just follow directions carefully. To take care of insects around the house, wash all bedding and worn clothes in hot water and vacuum rugs and couches. For more details on the top treatments, visit headfirstlicelessons.org.

PRESERVATIVES ARE FOR MUMMIES

not mommies.

Preservatives in lunchmeat?
What is this?? Ancient Egypt???

Tut no! This is 2015 A.D.
We have natural pasteurization
now. So we can put old
lunchmeat with preservatives
where it belongs: In a museum.

Now that you know,
it's easy to

MAKE THE
NATURAL CHOICE.com



Thanks
Mom!





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tangy sour cream
+ zesty green onion
+ russet potatoes
+ brand NEW recipe

= **SPECIAL K**

Introducing the **Special K** collection of Cracker Chips. Now with 120 crispier, crunchier calories for you to love.



BE FLAVORFUL



Fix a Leak



prevent drips. “If you’re unsure of the correct Kegel movement, stop the flow of urine while you’re on the toilet—you should feel the same sensation when doing the actual exercise,” explains Kapoor. A few times a day, hold that contraction for 10 seconds, release for 10 and then repeat about 10 times. Doing this move when you’re about to sneeze or cough also curbs trickling. Bonus benefit for

Rest assured you’re not alone if a sneeze or laugh causes wetness. One in four women over age 18 experience urine leakage. “Stress incontinence is caused by a weakening of the muscles that support your bladder and urethra, often a result of pregnancy, aging or other muscle-related degenerations,” says Deepak A. Kapoor, MD, president of the Advanced Urology Centers of New York. “Don’t be ashamed to tell your doctor and find a solution.” For now, try these stay-dry remedies. **WORK IT OUT** Strengthening your pelvic floor muscles helps to

the bedroom: Kegels can improve sexual response. **DON’T HOLD IT IN** “You need to empty your bladder on a regular basis,” says Kapoor. So instead of waiting until you’re ready to burst, listen to your body and head to the bathroom whenever you feel the urge to go. You’re much more likely to leak when your bladder is at full capacity. **HAVE A BACK-UP** For extra protection against accidents, try Always Discreet Pads (target.com, \$6). Or consider the new tampon-like Poise Impressa Bladder Supports (walmart.com, \$8 for the sizing kit, \$16 per single-size pack).

Snack Smarter

With mini meals accounting for 24% of what most adults eat in a day and up to 27% for kids, we’d be wise to make them 100% nutritious. Try these flavorful options that fit the health-boosting bill *and* leave you satisfied. Your entire family will love them.

CHOCO-STRAWBERRY SMOOTHIE “I’m a huge fan of smoothies because they are so easy to make and pack in tons of vitamins and minerals,” says Brooke Alpert, RD, author of *The Sugar Detox*. For a sweet sip filled with antioxidants, vitamin C and fiber, blend 1 cup strawberries, 1 cup milk, 1 tablespoon cocoa powder, a packet of probiotic mix, like those from Culturelle or GoLive, and a handful of ice.

MINI BURRITOS Fill a 6-inch blue corn tortilla with about ¼ cup black beans and 2 tablespoons shredded cheddar cheese, suggests Kate Geagan, RDN, a hydration expert for CamelBak. Microwave for 20 seconds, then top with cherry tomato slices. You’ll get fiber, protein, calcium and antioxidants all in one bite.

PB&B SANDWICH Smear a spoonful of peanut butter on a 6-inch whole wheat wrap and fold it around a banana, recommends Craig Johnston, PhD, assistant professor at Baylor College of Medicine. Peanuts keep you fuller longer, help you maintain a healthy weight and reduce the risk of heart disease.



11% That’s the percentage of women who can correctly name female-specific stroke risk factors, including pregnancy, lupus, migraines and oral contraception or hormone therapy. Only 10% are aware that severe and sudden hiccups (often accompanied by chest pain and requiring meds to control) can be an early warning sign of an oncoming stroke. See a doctor yearly to get your risk assessed, and if you have any of the factors mentioned above, ask your PCP to check your blood pressure more frequently. Most important, think F.A.S.T. If your Face is drooping, Arm is weak, and you have Speech difficulty, it’s Time to call 911.

SOURCE: DIANA GREENE-CHANDOS, MD, ASSISTANT PROFESSOR OF NEUROSURGERY AND NEUROLOGY AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER.

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

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

Blythe Danner
Award winning actress



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

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



Important Safety Information

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

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

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

Prolia® can cause serious side effects:

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

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

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


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

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

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

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

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

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

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

Prolia® is also proven to:

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

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

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

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

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

Before taking Prolia®, tell your doctor if you:

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

What are the possible side effects of Prolia®?

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

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

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

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

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

 **prolia®**
(denosumab)injection

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



BRIEF SUMMARY OF MEDICATION GUIDE

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

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

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

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

Prolia can cause serious side effects including:

• Serious allergic reactions.

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

Symptoms of a serious allergic reaction may include:

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

• Low calcium levels in your blood (hypocalcemia).

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

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

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

• Severe jaw bone problems (osteonecrosis).

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

• Unusual thigh bone fractures.

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

• Serious infections.

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

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

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

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

• Skin problems.

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

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

• Bone, joint, or muscle pain.

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

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

What is Prolia?

Prolia is a prescription medicine used to:

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

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

Who should not take Prolia?

Do not take Prolia if you:

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

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

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

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

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

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

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

How will I receive Prolia?

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

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

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

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

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

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

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

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

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

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

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

Keep Prolia and all medicines out of reach of children.

General information about Prolia

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

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

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

What are the ingredients in Prolia?

Active ingredient: denosumab

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



BRAIN *Storms*

One family's struggle to fight stigma, wrestle with guilt and battle for access to the medical care their son desperately needed

BY ELIZABETH FOY LARSEN

PHOTOGRAPHY BY TIMOTHY ARCHIBALD

Anne and Marcus Smith know they would use their real names for this article if their 14-year-old son, William, were suffering from a disease like diabetes or cancer. Their neighbors would likely deliver meals every time William was hospitalized and post affectionate messages on Facebook. But William has bipolar disorder, a chronic condition that causes extreme and sometimes disabling mood swings. And while Anne and Marcus could certainly use their community's support, they also have to guard their son's privacy to protect him from the harsh judgments people often make about kids with mental illness. So they share on a need-to-know basis, and the neighbors pretend not to notice when an ambulance pulls up to the house.

In many ways, William is like any American kid. He wears Vans and Levis, adores his dog and organizes capture-the-flag games with his siblings and friends. But, unlike most kids, William is among the 8% of American children who have an emotional disorder severe enough to significantly disrupt their ability to function in daily life—almost the same number as kids who suffer from asthma. William misses between one and two months of school every year, either because the thought of leaving his house is so scary that he feels paralyzed or he's been in the hospital to calm rages that sometimes end with dents in the wall.

Experts agree early treatment is crucial to preventing these diseases from continuing into adulthood, a critical fact when you consider that children with untreated psychological issues have higher rates of suicide and are more likely to drop out of high school, end up in jail or prison, or become homeless adults. Yet, the National Institute of Mental Health reports that only half of teenagers with a severe emotional disorder ever receive treatment from a mental health professional. In fact, it's common for parents to wait at least two years from the onset of symptoms to get treatment for a child with mental illness. While stigma prevents some parents from seeking help, a provider shortage—there are only 7,400 practicing child psychiatrists in the entire country, approximately one for every 600 children with a severe mental disorder—compounds the problem.

Anne and Marcus agreed to share William's story because they want people to know their son as more than just a boy with a very serious—and very misunderstood—disease. He's the fun-loving kid who always raises his hand to be the magician's assistant. The outgoing teen who persuaded his entire family to join the conga line at Disney World. Most of all, he's a child who deserves your compassion, as well as your concern that more isn't being done to help the 4.3 million children like him who suffer, largely in silence.

“We didn't know how to get in the loop.”

Finding the right care for a child with mental illness is like navigating an obstacle course...while blindfolded.

Typically, parents first turn to their child's pediatrician, only to be referred for a diagnosis to a specialist, who will likely have a months-long waiting list or not be accepting new patients. From there they may need to find a psychiatrist to discuss medications (which could also take months) and then potentially get a referral for a new specialist who is trained to treat their child's specific condition. Throughout, they'll be filling out stacks of insurance paperwork and spending hours on hold trying to confirm all treatments are covered—while shuttling kids to Little League, getting dinner on the table and juggling every other aspect of daily life.

That was roughly the experience for Anne and Marcus, whose son has been struggling with what seem like tornadoes churning through his brain since he was a toddler. When he was 4, he told them he felt so terrible that he wanted to throw himself down the stairs and go live with the ghosts in the cemetery. While he was usually able to hold the brain storms at bay in elementary school, William often fell apart as soon as he walked through the door of his family's Minnesota home, exploding into rages for an hour. He head-butted Anne and bit and kicked Marcus to the point where Marcus spent a summer in long sleeves to cover up the welts. When the rages subsided, William was always overwhelmed with sadness and remorse, requesting hugs from his mom and dad. Why, he asked his parents, did life have to be so hard?

While Anne and Marcus were in the minority of parents who sought help while their child was very young and have managed to afford that help, finding the kind of specialized care that he needed felt like an almost insurmountable challenge. “We didn't know how to get in the loop,” says Anne, “because we didn't even know where the loop was.”

Their experience incenses advocates like Congressman Tim Murphy of Pennsylvania, the only practicing psychologist in the House of Representatives or in any elected federal government position, for that matter. After the 2012 shootings at Sandy Hook Elementary School in Newtown, CT, he launched an extensive review of the country's mental health system. What he found was a chaotic patchwork of antiquated and uncoordinated programs. “Everywhere I went in the country,

CLASS ACTION

HELP YOUR KID'S SCHOOL MAKE AN IMPACT.

It may be hard to believe, but the majority of teens who do receive help for mental illness get it at school. Unfortunately, there's a nationwide shortage of psychologists, counselors and social workers in educational settings, which means far too many kids are falling through the cracks. That's why experts are advocating for additional mental health training for teachers so they can help identify children in crisis. “If a student has his head down on his desk, a teacher may think he's lazy or bored,” says Jennifer Greif Green, PhD, an assistant professor at Boston University's School of Education. “But I want teachers to also consider that this student might be depressed.” Washington, DC, is taking notice too: Senator Al Franken of Minnesota is currently pushing to amend the current No Child Left Behind law to enable schools to partner with community organizations to provide mental health services for students. If you want to advocate for increased services:

→ **Reach out.** Ask your school social workers, psychologists and counselors what they're already doing to support student mental health and how you can help them get more support in the district.

→ **Request numbers.** Invite your child's principal or school psychologist to sit down and discuss mental health services. Then ask them to collect data on the mental health needs of students, the availability of treatments and teachers' knowledge of both. This data can be used by the administration to identify students who need more support, develop teacher training topics and define areas of need for additional resources.

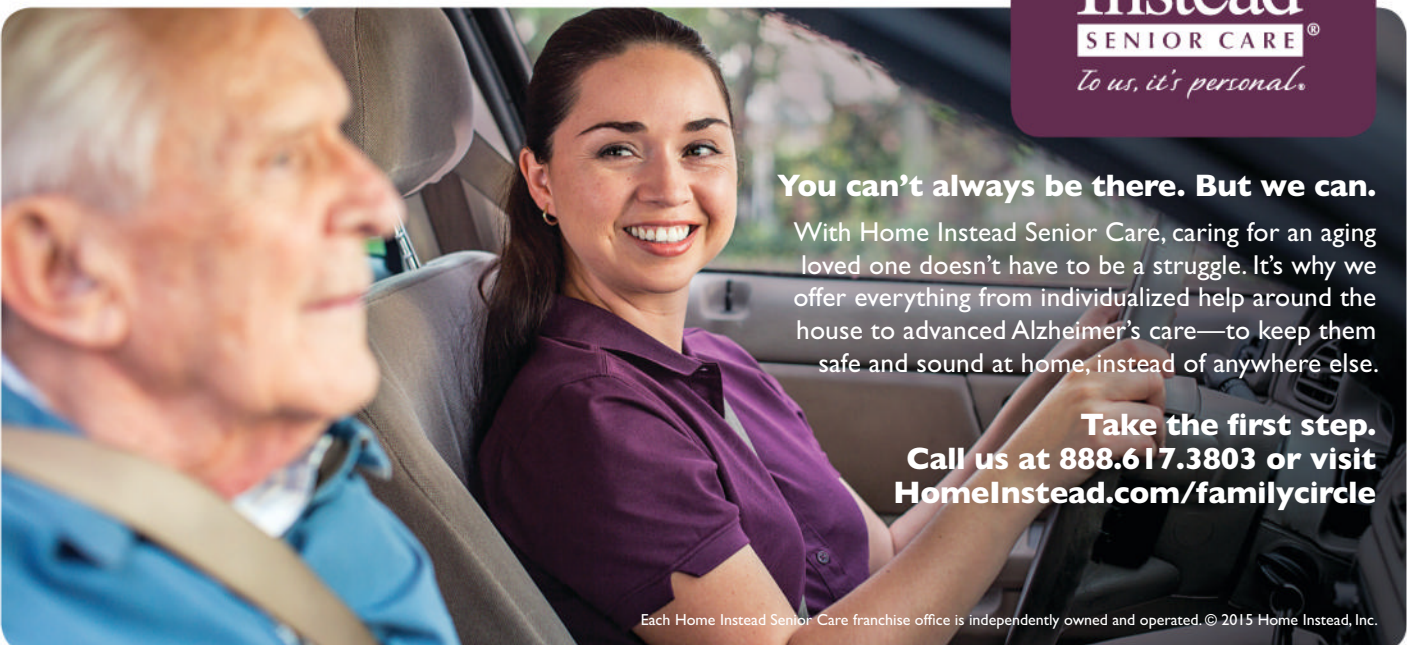
→ **Join in.** “If a child is denied a bone marrow transplant, we parade the problem in front of the public,” says R. Scott Benson, MD, a child and adolescent psychiatrist in Pensacola, FL. “Because of the stigma associated with mental illness, parents are reluctant to go public with their plight.” But you can get involved in community-wide events designed to raise awareness about mental health and the resources that should be devoted to it. The National Alliance on Mental Illness (nami.org) has campaigns you can join. Or support Congressman Tim Murphy's bill by writing to your local representative. You'll find contacts at house.gov and senate.gov.



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people told me, 'I tried to get my child help and we were turned away,'" he says. Murphy has reintroduced a bill, the Helping Families In Mental Health Crisis Act (H.R. 2646), to address these challenges with initiatives that range from forgiving student loans for physicians who go into child psychiatry to increased federal research funding for treatments that are scientifically evidence-based.

Anne and Marcus desperately hope those changes come sooner rather than later. When they talk about William's disease, they sometimes pull out a bulging six-inch stack of folders with tabs indicating anything from hospital discharge records to painstakingly detailed medication charts to scholarly research on behavioral therapies. The documents are a paper trail of trial and error, including 30 different medications and 13 diagnoses—William's current ones are bipolar affective disorder without psychotic features, obsessive-compulsive disorder and generalized anxiety disorder. It's a sobering reminder that no matter how hard parents try to find the best help for their child, scientific research for mental illness lags far behind the resources that are poured into childhood physical illnesses.

It might be surprising to learn that while there have been revolutionary advances in the understanding of the teenage brain, adolescent psychiatry is still more art than science. "There are thousands of ways to combine symptoms to determine a diagnosis," says Jay Giedd, MD, chair of child and adolescent psychiatry at UC San Diego School of Medicine. "So you try to come up with an insurance-friendly way to phrase things." Because 50% of chronic mental illnesses begin by age 14, doctors know it's crucial to figure out how to get treatments covered as early as possible.

Anne and Marcus first consulted a child psychologist when William was in preschool, hoping to learn strategies for parenting an out-of-control child. As William's rages intensified, his care expanded to a team of specialists, who eventually suggested they consider hospitalization to stabilize him. While Anne and Marcus knew William's weekly therapy appointments and monthly medication checkups weren't enough—he was taking Prozac and Risperdal, an



antipsychotic drug used to treat bipolar disorder—the thought of hospitalizing a boy who was still sleeping with stuffed animals felt like a line they were not willing to cross. Until one spring day when the stakes became too high to keep thinking he was safe at home.

“I didn’t want to leave my baby.”

If you’ve ever had a child go missing in a crowd, you’ll understand the terror Anne felt the day that, at the end of a fourth-grade field trip, William bolted across the street from a public playground into some nearby woods. He’d been playing on a slide when a classmate teased him. Anne was sitting with the other chaperones, nervously watching the scene unfold because she couldn’t tell whether William would simply cry or go into a rage that could scare the other kids. (William has never been violent toward anyone but his parents.) When he took off, she raced through brush-clogged paths to find him, knowing for certain that William needed more assistance than he could receive at home. She called Marcus and told him that once she managed to get William into her car, they were driving straight to the hospital.

Any frustrations Anne and Marcus already felt with the mental health care system were magnified tenfold the minute they walked through the doors of the hospital’s emergency room. Because its pediatric ER didn’t have safety protections for potentially violent patients, protocol mandated that children requiring psychiatric care be admitted through the adult ER. Security officers stood outside William’s examination room. The Smiths waited six hours for a bed in the hospital to open up. “The system is so overwhelmed,” says Congressman Murphy, who also regrets that the Smiths didn’t have access to intensive outpatient options. “People often aren’t able to get help until their lives are falling apart.”

The situation was even bleaker in the child and adolescent behavioral health unit. Because the doctors had no way of knowing whether or not William was violent enough to hurt himself or others, he was placed in a unit behind a locked door that they entered through a hall of lockers, where visitors stored their belts, shoelaces and ties. Inside, the walls and furniture were all dirty shades of taupe; TVs were covered in smeared Plexiglas. A stack of broken chairs with a “Warning” sign stood near the entrance.

William was so terrified that he didn't say a word unless a doctor or nurse asked him a direct question. Leaving him alone for the night was out of the question, so Anne and Marcus persuaded the hospital staff to allow Marcus to sleep there. Anne remembers this as one of the worst moments of her life. "I sat in my car and cried and cried," she says. "I didn't want to leave my baby in a locked room. But I didn't know what else we could do."

Experts who work with kids like William see firsthand the toll a disease like this takes on the entire family. "It's so hard for parents to keep their wits together and sit calmly as they watch their child go through such a terrible crisis," says R. Scott Benson, MD, a child and adolescent psychiatrist in Pensacola, FL. "It helps to stay calm when someone is falling apart, which is difficult. But I know that we'll be able to pull them back together, even though it takes time."

The hospital stay was traumatic for everyone, although Anne and Marcus praise the doctors, nurses and staff, who they say were extremely caring and attentive. The doctors prescribed a med wash, discontinuing all pharmaceuticals so they could start from scratch to determine which medications were most effective. The process was arduous and felt more "let's try this" than rigorously scientific, but it eventually stabilized William to the point that, after nine days, he could go home. Hospitalization also gave William access to a team of specialists at the top of their field as well as outpatient day-treatment options that had previously been unavailable to him. Anne and Marcus had learned enough from their experiences to insist that his hospital psychiatrist become his outpatient physician as well.

William has been hospitalized four times since then, with each stay lasting between five days and three weeks. (During those periods, his parents are permitted to visit and can even stay the night.) He hates being away from his family, but the experience no longer feels like prison now that a new unit, which looks more like a modern Scandinavian dorm than a hospital, has opened. His parents have come to accept it as well. "The only way to get the kind of intensive

psychiatric care that William sometimes needs is in the hospital," says Anne.

"Each good day creates healthy connections."

William is just starting ninth grade, and while he still cycles through rages, he's maturing and is often able to avoid situations that trigger his storms. Now that he's in puberty, his brain is at a stage where it could either mature well or develop a more serious illness. "In a sense, each good day in the child's developing brain creates healthy connections and each bad day creates unhealthy connections that are harder to change over time," says Giedd.

Because William has received high-quality care since he was very young, Anne and Marcus have more reason to feel hopeful than the families of kids who haven't had access to a team of qualified specialists. But they're also keenly aware that they are in a race against time. Current Health Insurance Portability and Accountability Act (HIPAA) laws state that when patients become adults (anywhere from age 14 to 18, depending on state law), they can choose who is on their health care team. Anne worries that if she and Marcus don't have a solid relationship with William, they won't be able to help him get to his appointments or give new doctors his medical history. Congressman Murphy's bill proposes to change the HIPAA laws to allow parents to be their child's advocate past age 18. "A case worker with 50 to 70 people in their caseload isn't the same as a loving family with a caseload of one," he says.

If you met William today you'd notice that while his face is becoming more angular, he's still enough of a kid to blush at Will Ferrell movies. Anne and Marcus hope for research and legislative changes that will lead to not only a greater scientific understanding of his illness but also more compassion and support for families like theirs. If William eventually wants to go public with his diagnosis as a way to fight stigma, they will proudly support him. In the meantime, they take comfort in William's everyday triumphs, including the joy he feels when he plays Magic: The Gathering with friends and goes fishing with his dad. They hope that more and more of his life will tilt in favor of the funny and sweet boy they adore. "He can be such a bright light," says Marcus. "It's astounding."

familycircle.com

For info on finding a doctor, resources for kids with mental illness and more, go to familycircle.com/mentalillness.

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WHAT'S FOR DINNER?

100+

WAYS TO SHOP,

PREP, CHOP,

SEASON

SAUTÉ, SEAR,

POACH,

BAKE

ROAST,

BOIL AND GRILL

YOUR WAY TO

PUTTING A

DELICIOUS MEAL

ON THE TABLE

EVERY NIGHT



HERB-CRUSTED
PORK TENDERLOIN

PAGE 138



Good Save!

Quick kitchen fixes

Thin sauce?

Mix equal parts cornstarch and cold water, then slowly whisk into the liquid. (Start with 1 tsp each.) Bring to a simmer and cook until thickened. Gradually add more cornstarch-water mixture as necessary.

Forgot to thaw?

For chicken, place frozen breasts in a roasting dish and cover with foil. Bake at 350° for 20 minutes, then season. Return to oven and bake another 20 minutes, until temperature reaches 165°. Most frozen proteins can be prepared using this method—simply adjust the cooking time to avoid over- or undercooking.

It's burning!

Burnt food isn't always salvageable, but in some cases, you might be able to remedy the situation if you act quickly. When you notice a soup, sauce or braise is burning, don't stir the pot. Immediately pour the contents into another pot or pan—most of the burnt residue will stay at the bottom of the original pan.

Get a Handle

Pots and pans that do it all

1 Stainless skillet or covered sauté pan. Brown ground beef, sauté greens, pan-fry chicken cutlets

2 8-quart stockpot. Cook soups and stews, blanch veggies, boil pasta

3 3-quart saucepan. Heat pasta sauce, hard-boil eggs, make mac and cheese

4 12-inch nonstick skillet. Stir-fry, sauté onions, fry eggs

5 10-inch cast-iron skillet. Fry chicken, sear steaks (see page 142), cook bacon, bake a batch of cornbread

Keep It Clean

Unless otherwise noted by the manufacturer, hand-wash all pots and pans in warm soapy water with a plastic scrubber sponge that's safe for nonstick surfaces. For tough baked-on stains, pick up a can of Barkeeper's Friend. This nonabrasive powder also makes glass and metal cooktops sparkle.

Cast-Iron Care

When properly seasoned, a cast-iron pan can last for generations. First scour, rinse and dry the pan. Coat inside and out with vegetable oil. Heat in a 350° oven for 1 hour. After each use, wipe out with a paper towel or scrub with a dry sponge—don't wash with soap and water. Season as needed to maintain a smooth, nonstick interior.

Bonus for Baking

- **Large flat cookie sheet.** Bake cookies and pastries, catch drips under pies
- **15 x 10 x 1-inch jelly roll pan.** Roast vegetables, meats, poultry and fish, make sponge cakes, use as a tray to carry food to the grill

DINNER THROUGH THE DECADES

By Nancy Gagliardi

1800s

Former colonists prosper and set up house. Appliances (iceboxes, cookstoves), gadgets (apple parers, lemon squeezers) and tin (instead of heavy cast



iron) make kitchen tasks more manageable.

PRODUCTS Fleischmann's yeast, soda (Coca-Cola, Dr Pepper), Heinz Ketchup, Jell-O
RECIPES Cornbread, Meat Stew, Fried Oysters

EARLY 1900s

Reform-minded home economists rule, finding purpose (and a career path for women) instructing housewives about proper nutrition and the importance of measuring ingredients, meal planning and



Kitchen Aids

10 must-have tools

1 / Serrated knife. The best way to take on bread and tomatoes. Like a chef's knife, it's generally 6 to 8 inches long.

2 / Zester. Lemon peel perks up virtually any dish. Plus a zester's ideal for grating items such as garlic and whole nutmeg. Microplane offers the most widely recognized version, but there are plenty of other options.

3 / Instant-read thermometer. The key to perfectly cooked meat.

4 / Citrus reamer. Extracts far more juice from lemons, limes and oranges than a mere squeeze.

5 / Fine-mesh strainer. For draining pasta and straining sauces.

6 / Tongs. There's really no other effortless way to turn meat and vegetables.

7 / Heatproof silicone spatula. This tool's flexibility helps remove every drop from bowls and pans so there's no waste. Plus, it's a nonstick pan's best friend.

8 / Long wooden spoon. Other than a cook's hands (and maybe a knife), this is the kitchen's most prized possession. It's strong enough to stir thick foods without breaking, and soft enough to not scratch the bottom of most pans (with the exception of nonstick).

9 / Metal whisk. Essential for making vinaigrettes, omelets and other basic recipes.

10 / Chef's knife. Invest in a good one, keep it sharp and it'll last a lifetime. A 6- to 8-inch version will run you about \$75 to \$100.

TIME-SAVING TIP

"Check your fridge before you leave for work and plan dinner around the ingredients you have on hand."

—Julie Miltenberger,
Executive Food Editor

MEAT COOKING TEMPERATURES

Beef, Pork and Lamb / **145°**
Ground Beef and Lamb / **160°**
Poultry / **165°**
Ground Poultry / **165°**
Fish / **145°**



creating a dinner menu. Sauces and dressed salads become a way to showcase a cook's creativity.

PRODUCTS Karo syrup, Crisco, Ovaltine, canned tuna

RECIPES Perfection Salad (any variety of ingredients molded in aspic), Parker

House Rolls, Pineapple Upside-Down Cake, Fried Chicken, Baked Ham

1940s

World War II and food rationing come to a close, yet manufacturers need to find innovative ways to make use of wartime-

staple surpluses. Better technology for freezing, canning and dehydrating are key, resulting in products that promise to free housewives from cooking drudgery.

PRODUCTS Canned meats (Spam, fried hamburgers), soups and vegetables; Pillsbury Hot Roll Mix; assorted cake mixes

RECIPES Goulash,

Chopped Beef (Lamb, Pork or Liver) en Casserole

1950s

The postwar suburban golden age takes off and the myth of the perfect wife is born. Keeping house and entertaining are in vogue, while





Fully Loaded

When it comes to getting dinner on the table, working with what you've got is a lot easier when your pantry, fridge and freezer are filled with these essentials. In addition to the basics (oils, vinegars, butter, milk, eggs, bread, flour and some spices), our all-star items will ensure a roster of easy weekly meals.

PANTRY

- Canned beans (including black, cannellini and garbanzo)
- Low-sodium chicken stock
- Nuts (including walnuts, almonds and shelled pistachios)
- Shallots and yellow onions
- Garlic
- Pasta
- Cornmeal
- Canned tomatoes
- Dried lentils
- Pitted Kalamata olives
- Whole grains (such as brown rice, quinoa and wheat berries)

FRIDGE

- Lemons
- Dijon mustard
- Parmesan or pecorino cheese
- Cheddar or mozzarella cheese
- Hot sauce

FREEZER

- Boneless, skinless chicken breasts
- Fully cooked sausages (chicken, pork or beef)
- Frozen spinach and peas
- Ground beef
- Bacon

What can you make?

Well, dozens of things, but here are a few simple recipes to get you started and spark your culinary creativity. (Though they're not on the fridge list, we recommend incorporating fresh vegetables into every meal.)

MEATBALLS OVER POLENTA WITH TOMATO SAUCE

Form 20 meatballs with 1¼ lbs **ground beef**, 1 **egg**, **garlic** and **Parmesan**. Bake at 400° for 20 minutes, until cooked. In the meantime, make a quick sauce with 1 chopped sautéed **onion**, **garlic** and **canned tomatoes**. Serve over cooked **polenta** (cornmeal) or **pasta**.

CROQUE MADAME

Combine 2 tbsp *each* melted **butter** and **flour** in a pan, then whisk in 1½ cups **milk** and simmer until thickened. Place 4 **bread** slices on a baking sheet and add cooked **bacon** slices, sauce and a melty, shredded cheese like **cheddar**. Broil until cheese is browned, then top with **fried eggs**. Serve with a side of **sautéed spinach**.

LEMON-NUT PASTA

Toss 1 cup chopped **pistachios** (or walnuts), ¼ cup *each* **olive oil** and **lemon juice**, 3 cloves sliced **garlic** and 1 tbsp **lemon zest** with 1 lb cooked **pasta**, plus some of the pasta water. Serve with a side of **buttered peas and onions**.

SAUSAGE, BEAN AND SPINACH SOUP

Sauté **onions** and **garlic** in **olive oil**. Add 1 pkg sliced **fully cooked sausage**, 1 can **beans**, drained and rinsed, 1 pkg **frozen spinach**, 1 box (32 oz) **chicken stock** and 2 cups water. Simmer until heated.

CHICKEN PAILLARD WITH GRAINS

Pound 1¼ lbs **chicken breasts** to ¼-inch thickness, then sear in **olive oil** on both sides until golden brown. Serve over cooked **grains** and add a squeeze of **lemon juice** and some **lemon zest**.

improved frozen-food technology (which dates to the 1920s), leads to an influx of frozen food in supermarkets.

PRODUCTS Frozen OJ from concentrate, Tatonuts (potato snack touted for “strong resistance to weather



conditions”), Rice-A-Roni, Swanson TV dinners (the first is turkey, cornbread stuffing, sweet potatoes and buttered peas; apple cobbler debuts in 1960)

RECIPES Green Bean and Tuna Noodle Casseroles, Bananas Foster



1960s

The youthquake erupts, thanks to a handsome president and his glamorous wife, while *The Feminine Mystique* raises women's consciousness that there's more to life than an MRS degree. Fast food



At Long Last

YOU'RE BACK FROM YOUR BIG SUNDAY SHOPPING EXPEDITION with bags full of groceries, and the moment of truth has arrived. You ponder menu options for the week: Can the fish keep until Tuesday? Should the chicken cutlets go in the freezer if you're cooking them on Thursday? What about that ricotta you bought on sale—must you make lasagna this week too? Since product dates aren't a guide for food safety, and some food dates may seem conservative, we consulted the United States Department of Agriculture and Food Safety and Inspection—along with our own kitchen savvy. Here's our advice for avoiding stomachaches, food waste and end-of-the-week mystery meats.

MONDAY OR TUESDAY Cook and serve any seafood, ground meat, and poultry. Otherwise, it's best to freeze.

WEDNESDAY Tonight's dinner menu should incorporate any previously cooked meat, poultry, seafood or leftovers, including cold cuts, and store-cooked convenience meals.

THURSDAY Prepare roasts, steaks and chops; otherwise, store in the freezer.

FRIDAY Use up items like nut milks, dairy milk, ricotta or cottage cheese.

SATURDAY Into the homestretch—it's last call for opened packages of hot dogs, tofu or bacon.

KEEP IN MIND

Set your refrigerator to 40° or below and your freezer to 0°.

FREEZE FRAME

If you like to stock and freeze in bulk:

- Ground meat / 3 months
- Poultry parts / 9 months
- White fish / 6 months
- Salmon and shrimp / 3 months
- Roasts and chops / 4 months
- Steak / 6 months

LABEL LINGO

Sell By Date when item should be pulled from the shelves and no longer available for sale.

Use By Refers strictly to quality, not safety. This date is a recommendation for best flavor and/or quality. It is not a purchase-by or safety date.

HOW TO

CHOP AN ONION

Trim both ends from a medium onion. Place cut side down on cutting board and slice in half. Remove outer layers. Make 3 or 4 thin vertical slices into halved onion, almost to the stem end, slice parallel to surface and cut across to chop.



TIME-SAVING TIP

“Clean all your produce—even chop, dice or slice it—right when you get home from the grocery store. Daily dinnertime prep will be much quicker.”

—Melissa Knific, Associate Food Editor

(Chick-fil-A, Wendy's, Taco Bell) is a dinner “treat,” while space, the next frontier, inspires food marketers. French cooking (thanks, Julia Child) and “international” entertaining demonstrate



culinary sophistication.

PRODUCTS Instant mashed potatoes, imitation bacon bits, freeze-dried coffee, Cool Whip, Tang, taco seasoning mix, frozen bread dough
RECIPES Boeuf



Bourguignon, Chop Suey, Grasshopper Pie

1970s

Inflation requires housewives to stretch their food dollars, while Frances Moore Lappé's *Diet for a Small Planet* prompts the nation's natural food

movement. Vegetarianism is the new culinary religion (*The Moosewood Cookbook* is its bible), and shopping at health food stores gives consumers a taste for buying in bulk. TV cooking shows (hosted by male chefs) trigger the Cajun and international trends.

\$20 (& Under) Weeknight Dinners

Beef Ragù

MAKES 4 servings, plus leftovers for another meal
PREP 10 minutes **SLOW COOK** on HIGH for 6 hours

■ Heat 2 tsp **olive oil** in a large saucepan. Add 1 thinly sliced **large sweet onion**, 1 grated **carrot**, 4 minced **garlic cloves** and 2 tsp **Italian seasoning**. Cook, stirring frequently until vegetables soften, 5 minutes. Transfer mixture to a 5- to 6-quart slow cooker. Add 2 lbs trimmed **boneless beef chuck roast**. Sprinkle with ½ tsp *each* **kosher salt** and **black pepper**. Add 1 can (28 oz) **whole plum tomatoes in puree** and ¾ cup **reduced-sodium beef broth**. Cover and slow cook on HIGH until beef is fork-tender, 6 hours. Transfer beef to a cutting board and shred using 2 forks. Mash tomato mixture and stir beef back into slow cooker. Stir in 1 tbsp **red-wine vinegar**. Spoon half the beef mixture into a freezer container and reserve for a second meal. Cook 1 pkg (12 oz) **gluten-free or regular pasta** according to package directions. Divide pasta and ragù among serving bowls. Top each with 1 dollop **part-skim ricotta** and chopped **basil**.

\$3 / serving



Herb-Crusted Pork Tenderloin

MAKES 4 servings
PREP 12 minutes **ROAST** at 400° for 25 minutes

■ Heat oven to 400°. In a small bowl, combine ¼ cup **fresh bread crumbs**, 2 tsp chopped **thyme**, 1 tsp **garlic powder**, 1 tsp **smoked paprika** and ¼ tsp **kosher salt**. Brush pork tenderloin (1¼ lbs) with 1 tbsp **Dijon mustard**. Pat bread crumb mixture evenly on tenderloin. Place tenderloin on a baking sheet.

■ In a bowl, toss 1 lb **small red new potatoes** and 1 thinly sliced **shallot** with 1 tbsp **olive oil**, ¼ tsp **kosher salt** and ¼ tsp **black pepper**. Place on a separate baking sheet. In a bowl, toss 1 lb trimmed **asparagus** with 2 tsp **olive oil** and a pinch of **salt**.

■ Roast pork and potatoes at 400° for 25 minutes or until pork registers 145°. After 15 minutes of roasting, move potatoes to one side of baking sheet. Add asparagus and continue roasting until potatoes are fork-tender. Let pork rest 5 minutes. Slice and serve with potatoes and asparagus.

\$3.50 / serving



Lemon-Tarragon Scallops

MAKES 4 servings
PREP 10 minutes **COOK** 13 minutes

■ In a large skillet, heat 1 tbsp **olive oil** over medium heat. Finely chop 1 **shallot** and add half; cook, stirring constantly, until translucent, 2 minutes. Add 1 minced **garlic clove** and 1 bag (13.25 oz) **baby kale and spinach blend**. Cook, stirring frequently until greens soften, 4 minutes. Transfer to a bowl, sprinkle with ¼ tsp **kosher salt** and keep warm.

■ Combine ½ cup **white wine**, 2 tbsp fresh **lemon juice**, 1 tbsp **flour** and 2 tsp chopped **tarragon**. In the same skillet, heat 2 tsp **olive oil** over medium heat. Add remaining ½ shallot and 1 minced **garlic clove**. Cook, stirring, 2 minutes. Add 1 lb **frozen bay scallops**, defrosted. Cook 2 minutes. Turn scallops over and cook 1 minute. Stir wine mixture into pan; cook, stirring constantly, until sauce thickens, about 2 minutes. Stir in 1 tbsp **unsalted butter** and a pinch of **kosher salt**. Serve scallops with greens and 2 cups cooked **whole wheat couscous**.

\$5 / serving



PRODUCTS Hamburger Helper, Stove Top Stuffing Mix
RECIPES Ziti Casserole, Pasta Primavera, Swiss Cheese and Mushroom Quiche, Carrot Cake

1980s

A robust economy (for



some) leads to the rise of casual gourmet: nouvelle cuisine, wine-and-cheese parties, upscale pizza and authentic ethnic. Record numbers of women flood the workplace: Skillet dishes, casseroles and pasta are lifesavers.
PRODUCTS Boboli



pre-made pizza crust, prewashed bagged salad greens
RECIPES Chicken Marbella, Pasta Salad, Enchiladas

1990s

Culinary cred grows and everyone is an expert thanks to TV's Food Network. Restaurants are the new nightclubs, chefs the new rock stars. Classic recipes are revisited and decadent desserts reign. Healthy

\$4 / serving



Chicken Saltimbocca

MAKES 4 servings
PREP 5 minutes **COOK** 20 minutes

■ Peel and cube 1½ lbs **large russet potatoes**. In a medium pot, combine potatoes with enough cool salted water to cover by an inch. Bring to a boil over high heat. Cook until potatoes are tender, about 12 minutes. Drain well. Mash potatoes with ½ cup **2% milk**, 2 tbsp **butter** and ½ tsp **salt**. Set aside; keep warm.

■ Sprinkle ¼ tsp **black pepper** on 4 **boneless, skinless chicken breasts** (about 5 oz each), slightly pounded. Top each breast with 2 **sage leaves**. Wrap 1 slice **prosciutto** over each breast. Heat 1 tbsp **olive oil** in a large nonstick skillet. Place chicken, prosciutto side down, in skillet; cook until prosciutto is nicely seared, 2 minutes. Turn chicken over; cook until internal temperature registers 170° on an instant-read thermometer, about 3 minutes. Remove to a warm plate. Add ½ cup **sweet vermouth** to skillet. Scrape any browned bits from bottom of skillet; cook 1 minute. In a small bowl, stir ½ cup **chicken broth** and 1 tsp **cornstarch**. Add to skillet. Simmer, stirring until thickened, 1 to 2 minutes. Remove from heat and stir in 1 tbsp **butter**. Pour over chicken and serve with **mashed potatoes** and **steamed green beans**.

\$4.50 / serving



Lemon-Fennel Roasted Chicken and Vegetables

MAKES 4 servings **PREP** 25 minutes
ROAST at 450° for 1 hour **LET REST** 10 minutes

■ Heat oven to 450°. Remove giblets from cavity of a **whole chicken** (3½ to 4 lbs). Gently lift skin from breast and legs; season with ½ tsp *each* **kosher salt** and **black pepper**. Place 2 sliced **cloves garlic** and frond leaves from 1 **fennel bulb** (reserve bulb for later) under the skin. Place trimmed ends of fennel and ½ sliced **lemon** in cavity of chicken. Place chicken on a rack in a large roasting pan. Pour 1 cup **chicken broth** into bottom of pan. Roast at 450° for 50 to 60 minutes or until internal temperature reaches 170° on an instant-read thermometer. Let rest 10 minutes.

■ Meanwhile, toss 2 **carrots**, cut diagonally into slices, 2 **sweet potatoes**, peeled and cut into chunks, 1 small **red onion**, cut into wedges, 1 **red bell pepper**, seeded and cut into thick pieces, and trimmed fennel bulb, halved and sliced, in a large bowl with 2 tbsp **olive oil**, 1 tbsp chopped **thyme leaves** and ½ tsp *each* **kosher salt** and **black pepper**. Place on a baking sheet and roast with chicken for 35 minutes, until browned and fork-tender.

\$4.25 / serving



Sirloin Kabobs

MAKES 4 serving (2 skewers each) **PREP** 10 minutes
REFRIGERATE 30 minutes **GRILL** 6 minutes

■ Soak eight 10-inch **bamboo skewers** in warm water. Combine 1 lb **sirloin**, cut into 16 pieces, ¼ cup bottled **balsamic vinaigrette** and 1 tbsp **reduced-sodium soy sauce** in a resealable plastic bag. Refrigerate 30 minutes.

■ Heat gas grill to medium-high or coals in charcoal grill to medium hot. On a skewer, thread 1 **baby bella mushroom**, 1 beef cube, 1 wedge **red onion** and 1 **grape tomato**, and repeat to fill skewer. Continue threading to fill 8 skewers. Grill kabobs 3 to 4 minutes per side, until cooked through. Serve with **corn on the cob** and **rice**.

TIME-SAVING TIP

“Every week, I prepare a big batch of both beans and grains to use for soups, salads and sides.”

—Regina Ragone,
Food Director



Photo: (eggs) iStockphoto.

cooking grows up and supermarket shelves stock all things fat-free (cookies, salad dressing).

PRODUCTS SnackWell's cookies, turkey bacon



RECIPES Un-Fried Chicken, Southwestern Meatloaf, Mississippi Mud Cake

2000s With home as a haven from an

uncertain world, the new millennium strengthens a comfort food comeback. It's the decade of extremes as developing technology produces fortified fare and *The Omnivore's Dilemma* exposes a problematic

food system. *Super Size Me* criticizes fast food portions while “home cooking” becomes meal assembly. The Slow Food, artisan, organic and farm-to-table movements are alternatives to industrial agriculture.

PRODUCTS Omega-3 eggs, turkey Spam, tuna and brown rice in pouches
RECIPES Mac and Cheese, Chicken Pot Pie, Roasted Beets, Kale Salad

For more fun foodie facts, go to familycircle.com/dinnertime.



Oh, Sheet!

One-dish dinners—
one quick cleanup

Hoisin Shrimp with Bok Choy, Shiitakes and Peppers

MAKES 4 servings PREP 20 minutes
ROAST at 450° for 20 minutes

- ¼ cup hoisin sauce
- 2 tbsp reduced-sodium soy sauce, plus more for serving (optional)
- 1 tbsp rice wine vinegar
- 2 tsp sesame oil
- 1 tsp sriracha
- 1 large bok choy, cut into 3-inch pieces
- 2 sweet red peppers, seeded and cut into ½-inch strips
- 1 lb small shiitake mushrooms, stems removed
- 2 tbsp canola oil
- 1½ lbs jumbo shrimp, peeled and deveined
- 2 tsp toasted sesame seeds
- Chopped scallions (optional)

- Heat oven to 450°. Line a 13 x 9-inch rimmed sheet pan with nonstick foil.
- In a small bowl, combine hoisin, soy sauce, vinegar, sesame oil and sriracha. Set aside.
- Place bok choy, peppers and shiitakes on prepared sheet pan. Combine 3 tbsp of the hoisin mixture with canola oil. Pour over vegetables and toss to coat.
- Toss shrimp with remaining hoisin mixture. Place shrimp over vegetables.
- Roast at 450° for 20 minutes. Garnish with sesame seeds and, if using, scallions. Serve with additional soy sauce if desired.

For Best Results

Use a rimmed pan and line with nonstick foil or parchment.

More to try

Garam Masala Pork and Apples

MAKES 4 servings **PREP** 20 minutes
ROAST at 450° for 18 minutes **BROIL** 2 minutes

Combine 3 tbsp **canola oil**, $\frac{3}{4}$ tsp *each* **salt** and **pepper**, and $\frac{1}{4}$ tsp *each* **ground ginger** and **cumin**. In prepared sheet pan, combine 2 sliced **Honeycrisp apples**, 1 sliced **red onion** and 1 can (15 oz) **garbanzo beans**, drained and rinsed. Toss with 2 tbsp of the oil mixture. Combine 2 tsp **garam masala** with remaining oil mixture and brush over 4 **bone-in pork chops** (8 oz each). Arrange chops over vegetables and roast at 450° for 18 minutes. Broil 2 minutes.

Maple-Mustard Chicken with Fingerlings and Brussels Sprouts

MAKES 4 servings **PREP** 20 minutes
ROAST at 450° for 35 minutes

Combine 3 tbsp **canola oil**, 1 tsp *each* **salt** and **dried thyme** and $\frac{1}{4}$ tsp **black pepper**. In prepared sheet pan, combine 1½ lbs **fingerling potatoes** and 1 lb **Brussels sprouts** with 2 tbsp of the oil mixture. Combine remaining oil mixture, 3 tbsp **maple syrup** and 1 tbsp **coarse-grain mustard**; spoon over 8 small **chicken thighs** (5 oz each). Place on sheet pan and roast at 450° for 35 minutes.

Lamb Meatballs, Greek Potatoes and Broccoli Rabe

MAKES 4 servings **PREP** 25 minutes
ROAST at 450° for 30 minutes **BROIL** 1 minute

Combine 1¼ lbs **ground lamb**, $\frac{1}{3}$ cup plain **bread crumbs**, 1 lightly beaten **egg**, 2 tbsp chopped fresh **mint**, 1 tsp *each* **garlic salt**, **onion powder** and **dried oregano**, and $\frac{1}{4}$ tsp *each* **cinnamon** and **black pepper**. Form into 28 meatballs. In prepared sheet pan, toss 1½ lbs peeled **potato wedges** ($\frac{1}{2}$ inch thick) with 2 tbsp **olive oil** and $\frac{1}{2}$ tsp *each* **salt** and **pepper**. Scatter $\frac{1}{2}$ lb trimmed **broccoli rabe** over potatoes. Arrange meatballs on top. Roast at 450° for 30 minutes. Broil 1 minute. Serve with yogurt sauce: Combine 2 containers (5.3 oz each) **plain Greek yogurt**, $\frac{1}{2}$ peeled and diced **cucumber**, $\frac{1}{8}$ tsp *each* **salt** and **pepper**, and $\frac{1}{2}$ tsp **lemon juice**.



Pass (on) the Salt

If you're like most Americans, you're consuming twice the daily recommended amount of sodium. Here are some creative, salt-free ways to infuse more flavor into your everyday meals.

FRESH HERBS

These are best added at the end of cooking to finish and brighten a dish, for example, chopped parsley for soup or ribbons of basil for pizza or pasta. *Note:* Dried herbs are more concentrated, so when using fresh, triple the amount called for in the recipe.

DRIED HERBS

- Use when fresh are not available and food needs to simmer for any length of time—giving flavors time to develop. Crush herbs in the palm of your hand before adding to food to release their aromatic oils.
- Create ethnic flavor profiles with pre-made, salt-free seasoning blends, or prepare your own by mixing a medley of the items within each of the groups below.

ASIAN Bay leaves, chiles, cilantro, coriander seeds, curry powder, five-spice powder, garlic, ginger, kaffir lime leaves, lemongrass, lime, mint, red pepper flakes, turmeric

CHINESE Five-spice powder, fresh ginger, garlic, low-sodium tamari, mirin or sweet rice wine, rice vinegar

FRENCH Basil, garlic, marjoram, rosemary, sage, thyme. You can also buy herbs de Provence, which is a combination of these herbs and, sometimes, lavender.

GREEK Bay leaves, citrus (such as lemon), rosemary, thyme

INDIAN Cardamom seeds, chiles,

cilantro, cinnamon, cloves, coriander seeds, cumin seeds, curry powder, garlic, ginger, mint, mustard seeds, nutmeg, red pepper flakes, saffron, sesame seeds, turmeric

ITALIAN Basil, marjoram, oregano, parsley, tarragon

LATIN Chiles, cilantro, cinnamon, cumin seeds, oregano, sesame seeds

MIDDLE EASTERN Allspice, cilantro, cinnamon, coriander seeds, cumin seeds, garlic, marjoram, mint, oregano, sesame seeds

MOROCCAN Cilantro, cinnamon, coriander seeds, cumin seeds, garlic, ginger, mint, red pepper flakes, saffron, turmeric

** Substitute the equivalent amount of kosher salt for iodized—it has 25% less sodium.*

HOW TO

SMASH GARLIC

Faster and easier than chopping, it delivers the same great flavor. Place a peeled clove under the flat side of a knife, with the blade facing away from you. Place the heel of your palm down on the knife until the clove flattens.





Sausage and Spinach Quesadillas

MAKES 6 servings
PREP 10 minutes **COOK** 5 minutes **BROIL** 2 minutes

Heat 1 tbsp vegetable oil in a large nonstick skillet over medium-high heat. Crumble in 4 mild fresh **chicken** or **turkey sausages** and cook, breaking apart with a silicone spatula, 3 minutes. Add 1 bag (8 oz) **baby spinach** and cook 2 minutes, until wilted. Place 4 **fajita-size flour tortillas** on a large baking sheet. Shred 8 oz **pepper Jack cheese** and top each tortilla with ¼ cup of the shredded cheese. Divide sausage mixture among tortillas and top each with another ¼ cup cheese. Stack with 4 more **tortillas** and spritz with **nonstick cooking spray**. Broil 3 inches from heat for 1 minute. Flip over and spray tortillas again. Broil 1 additional minute. Serve with **jarred salsa** on the side.

Take Five

You can count on these easy meals—all you need is a handful of ingredients

Chunky Beef Chili

MAKES 6 servings **PREP** 5 minutes
COOK 4 minutes **SLOW COOK** on HIGH for 5 hours or LOW for 7 hours

Season 2¼ lbs **beef chuck** for stew with 1 tbsp **McCormick chili seasoning mix** (from a 1.25 oz pkg), ¼ tsp **salt** and ¼ tsp **pepper**. Sear in 2 tbsp **vegetable oil** 4 minutes over medium-high heat. Transfer beef to a slow cooker and add 1 can (10 oz) **red enchilada sauce** and remaining seasoning mix. Cover and slow cook on HIGH for 5 hours or LOW for 7 hours. Drain and rinse 2 cans (14.5 oz each) **low-sodium kidney beans**. Stir into chili. Serve with 1 diced **avocado** on top.

Rigatoni with Chicken

MAKES 6 servings
PREP 10 minutes **COOK** 15 minutes

Bring a large pot of lightly salted water to a boil. Add ½ lb trimmed **green beans** and 1 thinly sliced **sweet red pepper** and cook 3 minutes.

Remove to a bowl with a slotted spoon. Return water to a boil and add 1 lb **rigatoni pasta**. Boil 12 minutes. While rigatoni cooks, heat 2 tbsp **oil** in a large skillet over medium-high heat. Add 1 lb thinly sliced **boneless chicken breasts** and sauté 3 minutes. Stir green beans and pepper into skillet; cook 2 minutes. Season with ½ tsp **salt** and ¼ tsp **pepper**. Crumble in ¾ cup **Alouette garlic and herb cheese**. Drain rigatoni, reserving ½ cup pasta water. Toss rigatoni in a large bowl with chicken mixture, adding a little pasta water to thin sauce, if desired.

Pulled Turkey Sandwiches

MAKES 6 servings
PREP 10 minutes **SLOW COOK** on HIGH for 3 hours or LOW for 6 hours

Place a **boneless, skinless turkey breast** (2½ lbs) in a slow cooker. In a medium bowl, whisk 1 cup **bottled barbecue sauce** and 1 cored and grated **Gala apple**. Pour

over turkey in slow cooker; cover and slow cook on HIGH for 3 hours or LOW for 6 hours. Remove turkey breast to a cutting board and shred with 2 forks. Return to sauce and stir to coat. Toast 6 **kaiser rolls** and spread each with a little barbecue sauce. Core another **Gala apple** and slice into ¼-inch-thick slices. Place ¾ cup of the turkey mixture and a few apple slices on each roll. Serve with **deli coleslaw** on the side.

Grilled Steak Caesar

MAKES 4 servings
PREP 10 minutes **GRILL** 10 minutes

Season 1¼ lbs **skirt steak** with ½ tsp **salt** and ¼ tsp **ground pepper**. Heat a grill or grill pan to medium-high heat. Grill steak 8 minutes, turning once. Let rest 5 minutes. Meanwhile, split 2 **romaine hearts** in half lengthwise and rinse. Grill romaine, cut side down, 2 minutes. Place romaine hearts, cut side up, on a platter. Add 1 cup halved **red and yellow cherry tomatoes**. Slice steak across the grain and scatter over lettuce and tomatoes. Top with ½ cup **croutons** and drizzle with **Brianna's Asiago Caesar salad dressing**.

HOW TO

MASTER THE ART OF SEARING



Searing is a technique used by chefs to lock natural juices and flavor into a piece of meat, chicken or fish. Start with a heavy, quality cast-iron or stainless steel skillet. Make sure the skillet is big enough; otherwise the protein may steam instead of brown. Just before cooking, pat dry all foods to be seared with a paper towel. Heat enough oil to coat the bottom of the skillet over medium-high heat. When oil shimmers, add protein to skillet. Cook until the meat or fish releases easily from the pan, then turn over. You'll also need tongs, not a fork, to turn the food so you don't pierce the surface and lose juices.

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backyard.
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VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

- 1.5 lbs. ground sirloin
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 1 can (10 oz.) RO*TEL® Diced Tomatoes & Green Chilies, undrained
- 6 hamburger buns
- 6 pieces leaf lettuce
- 1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat. Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit VELVEETA.com



Cracking the Code

A staple for breakfast, eggs can double as a go-to dinner

Southwestern Burritos

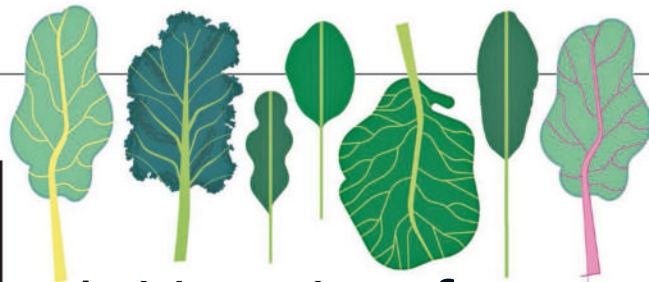
In a large nonstick skillet, heat 1 tbsp **olive oil** over medium heat. Stir in 1 pkg (5 oz) **baby spinach** and cook 2 minutes, until wilted. Whisk 6 **eggs** in a bowl with 2 sliced **scallions**, ½ cup chopped **cilantro**, ½ tsp **chili powder**, and ¼ tsp *each* **salt** and **pepper**. Pour into skillet with spinach and stir 2 minutes, until cooked. Heat 1 can (15 oz) **black beans**, drained and rinsed, in microwave for 1 minute. Distribute eggs, beans, 1 cup shredded **Monterey Jack** and ¼ cup **salsa** among 4 large warmed **whole wheat tortillas**. Roll burrito-style and serve immediately.

Bacon, Potato and Onion Frittata

In an ovenproof nonstick skillet, cook 4 slices diced **bacon** over medium heat 5 minutes. Transfer to a paper towel with a slotted spoon. Reduce heat to medium-low, add 1 lb thinly sliced **red potatoes**, 1 small diced **red onion** and 1 tbsp chopped **rosemary**. Cover and cook 10 minutes, until potatoes are tender. Whisk 6 **eggs**, ¼ cup **milk**, ½ tsp **salt** and ¼ tsp **black pepper** in a bowl. Pour over potatoes and stir in bacon. Bake uncovered at 350° for 10 minutes, until set. Slice and serve with an **arugula salad**.

Italian Baked Eggs

In a deep skillet, heat 1 tbsp **olive oil** over medium heat. Stir in 1 small diced **onion** and 3 cloves **garlic**; cook 3 minutes. Pour in 1 can (28 oz) **crushed tomatoes**, ¼ cup chopped **basil**, ¼ tsp **salt** and ½ tsp **black pepper**. Reduce heat to low and simmer 5 minutes. Crack 8 **eggs** into sauce and scatter 4 oz **mozzarella** on top. Bake at 400° for 8 minutes, until egg whites are set. Sprinkle another ¼ cup chopped basil on top. Serve with **crusty bread**.



A New Leaf

Dark greens 5 ways

Creamed Collard Greens

In a pot of salted boiling water, cook 1¼ lbs stemmed and chopped **collard greens** 3 minutes. Drain and press out most of the liquid. In a large skillet, melt 2 tbsp **butter**; add ½ cup chopped **shallots** and 3 cloves chopped **garlic**. Stir in 2 tbsp **flour**; cook 1 minute. Whisk in ½ cups **whole milk**, ½ tsp **salt** and ¼ tsp *each* **ground nutmeg** and **black pepper**. Bring to a simmer and cook 2 minutes, until thickened. Stir in collards.

Sesame Mustard Greens and Shiitake Mushrooms

In a skillet, heat 2 tbsp **olive oil** over medium-high heat. Add ½ lb stemmed and sliced **shiitake mushrooms**; sauté 7 minutes. Add 2 bunches (about 1 lb) **mustard greens**, roughly chopped, ¼ cup **water** and another 1 tbsp oil; sauté 3 more minutes. Stir in 1 tbsp toasted **sesame seeds**, 2 tsp **rice wine vinegar**, 1 tsp **sesame oil**, ¼ tsp **salt** and ½ tsp **black pepper**.

Rainbow Chard and Bacon Flatbread

Remove stems from 1 bunch (about 1¼ lbs) **rainbow chard** and slice into ½-inch pieces; roughly chop leaves. In a sauté pan, heat 1 tbsp **olive oil** over medium-high heat; add stems and sauté 4 minutes. Stir in leaves and 2 cloves sliced **garlic**; cook another 4 minutes, until tender. Season with ¼ tsp **salt**. Scatter on a **Stonefire garlic naan**, along with 2 pieces chopped, cooked **bacon** and ¼ cup **Fontina cheese**. Bake at 400° for 10 minutes, until Fontina is melted.

Wilted Kale Pasta

In a pot of salted boiling water, cook ½ lb **whole wheat spaghetti** per package directions. During the last 2 minutes of cooking, add 1 bunch (about ¾ lb) stemmed and roughly chopped **dinosaur kale**. Drain, saving ¼ cup of the pasta water, and return to pot with ½ cup chopped **walnuts**, 2 tbsp **extra-virgin olive oil**, 1 tbsp **lemon juice**, ½ tsp **lemon zest**, and ¼ tsp *each* **salt** and freshly cracked **black pepper**. Garnish with grated **Pecorino-Romano cheese**.

Spinach and Avocado Salad

In a large bowl, whisk 3 tbsp **white wine vinegar**, 2 tbsp **extra-virgin olive oil**, 1 tbsp **honey** and ¼ tsp *each* **salt** and **black pepper**. Gently toss in 1 pkg (5 oz) **baby spinach** with 1 diced **avocado**, ½ cup **golden raisins**, ½ cup crumbled **feta cheese** and ¼ cup **sunflower seeds**.

MADE WITH

- | | |
|-----|---------------------------|
| 6% | Patent leather rain boots |
| 94% | What paws are for |



MADE WITH

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



Sometimes life can get complicated.
Your sandwich doesn't have to be.

#sanewich

It's Deli Quality Every Time. It's Oscar Mayer.

Three Fast Desserts



Grilled Piña Colada

MAKES 4 servings
PREP 4 minutes **GRILL** 3 minutes

Place four ¾-inch-thick slices **pineapple** on a hot grill; sear 1 to 1½ minutes on each side. Transfer to plates and top each with a scoop of **coconut sorbet** and 1 tsp **caramel sauce**.

Adult option: Add 1 tbsp dark rum to caramel sauce before drizzling over sorbet.

Dirty Snowballs

MAKES 12 treats **PREP** 15 minutes

Place 1 cup toasted **sweetened flaked coconut** on a sheet of wax paper. Place 1 cup **crushed chocolate wafers** on second sheet of wax paper. Line a baking sheet with foil; place in freezer. From 1 pint **frozen vanilla yogurt**, roll a scoop of yogurt (about 1¼ inches) in either coconut or wafer coating and place on chilled baking sheet. Repeat to make 12 balls; freeze on sheet for at least 2 hours. Store in airtight container in freezer for up to 2 weeks.

Peach-and-Blueberry Fools

MAKES 4 servings **PREP** 7 minutes

In a bowl, whip ½ cup **heavy cream** until stiff peaks form. Fold in 1 container (6 oz) **plain, nonfat Greek yogurt** and 1 tsp **confectioners' sugar**. In a large bowl, combine 3 ripe **peaches**, peeled, pitted and sliced, 1½ cups **blueberries** and 2 tsp **apricot preserves**. In 6 oz glasses, alternate layers of fruit and yogurt mixture.

side show

Hearty and healthy ways to round out any meal

Buffalo Broccoli and Cauliflower

MAKES 4 servings

Add 4 cups **cauliflower florets** to a large pot of boiling water; cook 4 minutes. After 2 minutes add 4 cups **broccoli florets**. Drain. Combine ½ cup **Frank's Buffalo Wing Sauce**, 2 tbsp **melted butter** and 1 tbsp **lemon juice**; toss with vegetables. Stir ½ cup **chunky blue cheese dressing**, ¼ cup **sour cream** and 2 tbsp **milk**. Serve veggies with dressing.

MAKE IT A MEAL Grill 1½ lbs **boneless, skinless chicken breasts**. Brush with **balsamic vinegar** and slice. Stir into broccoli and cauliflower.

Nutty Roasted Asparagus

MAKES 4 servings

On a large rimmed baking sheet, toss 1 lb **asparagus** and ¼ cup sliced **shallots** with 1 tbsp **olive oil**; season with

¼ tsp **salt** and ½ tsp **black pepper**. Roast at 400° for 15 minutes. Sprinkle ½ cup skinless, toasted **hazelnuts** over the top.

MAKE IT A MEAL Toss 8 cups **baby lettuces** with 2 tbsp **olive oil**, 1 tbsp **red wine vinegar** and ½ tsp each **salt** and **pepper**. Serve **asparagus** on top and sprinkle with 1 cup each drained and rinsed **butter beans** and **crumbled feta**.

Carrot-Zucchini Cheese "Fries"

MAKES 4 servings

Cut 1 lb peeled **carrots** and 1 lb **zucchini** into 3½ x ½-inch sticks. Place on 2 rimmed baking pans. Toss each with 2 tsp **vegetable oil**, ¼ tsp **salt**, and ½ tsp each **black pepper** and **Old Bay Seasoning**. Roast at 425° for 20 minutes, turning after 10 minutes. Combine ¼ cup each **shredded mozzarella** and **American cheese** and sprinkle over vegetables. Broil 2 minutes. Serve immediately.

MAKE IT A MEAL Season 1½ lbs **London broil** with **salt** and **pepper**. Broil until medium-rare, 12 minutes, turning once. Season with

2 tsp **Worcestershire sauce** and slice thin. Place steak on a large platter. With large spatula, slide "fries" on top.

Wild Rice with Mango and Cucumber

MAKES 4 servings

Prepare 2 cups **wild and brown rice blend** as per package instructions and cool to room temperature. Stir in 1 diced **mango**, 1 peeled and diced **cucumber**, 4 sliced **scallions**, and ¼ cup chopped **cilantro**. Combine ¼ cup **orange juice**, 2 tsp **orange zest**, 3 tbsp **olive oil**, 1 tsp **salt** and ½ tsp **cayenne**. Fold into rice mixture.

MAKE IT A MEAL Grill 4 **mango and jalapeño chicken sausages** and slice. Stir into rice mixture.

Teriyaki Green Beans and Cashews

MAKES 4 servings

Heat 2 tbsp **canola oil** in a large nonstick skillet. Add 1¼ lbs **green beans** and sauté 6 minutes. Add 1 bunch **scallions**, cut into 1-inch pieces; cook 6 more minutes. Stir in ½ cup **cashews**, 2 tbsp **reduced-sodium teriyaki sauce** and 2 tsp **sesame oil**. Garnish with 2 tsp toasted **sesame seeds**.

MAKE IT A MEAL Toss ½ lb ½-inch **firm tofu cubes** with 2 tbsp **teriyaki sauce**. Sauté in 2 tbsp **vegetable oil** 2 minutes per side. Toss with green beans.



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CABLE GUY
ACTUAL USER



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- #1 Doctor[†] & Pharmacist^{^^} recommended, and
- #1 Selling^{**} frequent heartburn medicine for 9 straight years.



ONE PILL EACH MORNING. 24 HOURS.



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

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

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almonds,
cranberries
and peanuts
walk into
a bar.



(a very special bar)



NEW Special K Chewy Nut Bars are chock-full of whole almonds, oven-roasted peanuts, sun-ripened cranberries and sweet raisins. Whole ingredients come together in one deliciously chewy snack bar.

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Protein Power!

Snacks that stave off hunger till supper

Twisted Trail Mix

MAKES 6 servings
PREP 5 minutes **BAKE** at 325° for 15 minutes

Heat oven to 325°. Line a sheet pan with foil. Chop 4 oz **soft beef or turkey jerky** (such as Boar's Head or Krave). Toss in a bowl with $\frac{3}{4}$ cup **dried cherries** and $\frac{2}{3}$ cup **whole almonds**. Drizzle with 2 tsp **olive oil** and season with 1 tbsp packed **dark brown sugar**, $\frac{1}{2}$ tsp **ground cinnamon** and $\frac{1}{8}$ tsp **cayenne**. Combine mixture with your hands to evenly distribute brown sugar. Spread onto prepared pan and bake at 325° for 15 minutes. Let cool, then divide into $\frac{1}{3}$ -cup servings.



Bacon Deviled Eggs

MAKES 12 servings
PREP 5 minutes **COOK** 10 minutes

Hard cook 12 **large eggs**. Drain and rinse in cold water until cool to the touch. Peel eggs. Line a mini muffin pan with paper liners. Cut a thin piece from tapered end of egg. Slice the top third off the bottom to expose yolk. Pop yolk out into a bowl and place white in muffin pan. Repeat with all eggs. Mash yolks with $\frac{1}{3}$ cup **light mayo**, 1 tbsp **Dijon mustard**, 1 tbsp **water or milk** and $\frac{1}{4}$ tsp **each salt and pepper**. Stir in 1 tbsp **cooked bacon crumbles**. Spoon mixture into egg whites. Garnish with additional bacon crumbles.



Banana Cashew Smoothie

MAKES 2 servings **PREP** 5 minutes

In a blender, combine 1 cut-up **frozen banana**, $\frac{1}{2}$ cup **ice**, 1 tbsp **caramel sauce or maple syrup**, 1 cup **vanilla almond milk**, 2 tbsp **cashew butter** and a pinch of **ground cinnamon**. Blend until ice is crushed, banana is smooth and all ingredients are well blended. Divide between 2 glasses. For an added protein hit, swap in milk for the almond milk and add 2 tbsp Greek yogurt.



Mini Turkey Sliders

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

Peel and shred 1 medium **zucchini**. Mix with 1 lb **ground chicken or turkey**, $\frac{1}{2}$ cup **shredded cheddar cheese**, $\frac{1}{2}$ tsp **salt** and $\frac{1}{4}$ tsp **pepper**. Shape into 12 mini patties, a scant $\frac{1}{4}$ cup mixture for each. Heat 1 tbsp **oil** in a large nonstick skillet over medium-high heat. Pan-fry 6 patties for 6 minutes, flipping halfway through. Repeat with remaining patties. Split 12 **dinner rolls** and place a patty on each. Top patties with slices of **plum tomato**. Kids can microwave slider patties for 30 seconds on 70% power to reheat.



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Get Hooked!

Kid-friendly fish dishes

Grilled Tuna Salad

Whisk $\frac{1}{2}$ cup **light mayonnaise**, 3 tbsp **red wine vinegar**, 2 tbsp **capers**, $\frac{1}{2}$ tsp each **Dijon mustard**, **grated garlic** and **anchovy paste** (optional), and $\frac{1}{4}$ tsp **black pepper**. Toss $\frac{1}{2}$ cup of the dressing with 1 pkg (5 oz) **baby spinach**, 1 pint **cherry tomatoes** and $\frac{1}{3}$ cup sliced **shallots**. Season 4 **tuna fillets** (5 oz each) with $\frac{1}{4}$ tsp each **salt** and **pepper**. Grill on medium-high heat for 4 minutes, until medium. Slice on the diagonal and serve over salad with remaining dressing on the side.

VARIATION Swap in swordfish, adding grilled red peppers. Toss with mixed greens, Kalamata olives, red onion and a white wine vinaigrette.



Olive Oil-Poached Salmon with White Beans

In a large, deep sauté pan, heat 4 cups **olive oil**, 2 cloves smashed **garlic**, 1 sprig **rosemary** and 1 large **lemon peel** until temperature reaches 180°. Season 4 skinless **salmon fillets** (5 oz each) with $\frac{1}{2}$ tsp **salt** and $\frac{1}{4}$ tsp **black pepper**; add to oil and cook 12 minutes or until fish reaches desired temperature. Meanwhile, in a pot over medium heat, combine 2 cans (15 oz each) **cannellini beans**, drained and rinsed, 2 tbsp each of the hot oil and **lemon juice**, 1 tsp **lemon zest**, $\frac{1}{2}$ tsp chopped **rosemary** and $\frac{1}{8}$ tsp each **salt** and **pepper**. Stir until heated and serve salmon on top.

VARIATION Poach shrimp in olive oil, and serve over black beans with a cilantro-lime sauce.



Curried Flounder with Coconut Sweet Potatoes

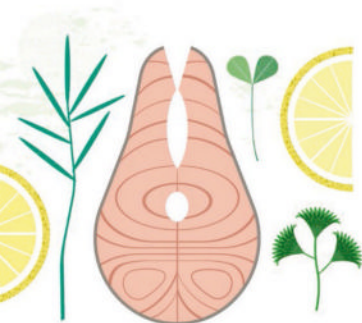
Pierce 2 lbs **sweet potatoes** several times with a fork and place in a microwave-safe baking dish. Microwave 8 to 10 minutes (depending on size), until flesh is soft. Cool slightly, then scoop flesh into a pot with $\frac{1}{2}$ cup **coconut milk** and $\frac{1}{4}$ tsp **salt**. Mix well over medium-low heat; cover to keep warm. Combine 1 tbsp **Madras curry powder** and $\frac{1}{8}$ tsp each **salt** and **cayenne**. Rub spices on $1\frac{1}{4}$ lbs **flounder**. Place on a foil-lined nonstick baking sheet and bake at 375° for 7 to 9 minutes, until cooked. Serve over sweet potatoes and garnish with **cilantro**.

VARIATION Rub sole fillets with a mixture of lemon zest, chopped parsley, chopped garlic and salt. Bake, then serve with herb mashed potatoes.



HAVE A HEART

The American Heart Association recommends eating fish—especially fatty fish, like salmon—at least two times per week. It even tastes great just with fresh herbs, lemon and spices.





Chocolate Cherry Love

- 8 Tbsp Almased
- 8 oz unsweetened coconut milk
- 5 oz water
- ¾ tsp cocoa powder
- ¼ tsp cherry extract
- ½ tsp coconut extract
- ½ tsp ground flaxseeds
- ½ tsp chia seeds
- 1 tsp stevia (optional)
- Ice cubes (optional)

TRY ANY OF THE DELICIOUS SMOOTHIES TO GET YOUR DIET STARTED

Strawberry Flaxtini

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



Coco Cocktail

- 8 Tbsp Almased
- 5 oz coconut water
- 3.5 oz club soda
- 3.5 oz low fat milk



Orange Creamsicle

- 8 Tbsp Almased
- 4 oz 100% orange juice
- 6 oz water
- ½ tsp vanilla extract



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FOOD / WHAT'S FOR DINNER?



Go-To Dinners from the Pros

Top chefs and bloggers share their favorite family-friendly weekday meals, from fried rice to fish tacos.



ALEX GUARNASCHELLI

Chef, owner of Butter Restaurant, Iron Chef and judge on *Chopped*.
Mother of Ava Simone, 8.

...

My mother always made homemade BBQ sauce and we slathered it all over chicken and shrimp, so I've kept that tradition alive. Lately we've been whipping up my Ultimate Woodbridge BBQ Shrimp recipe. It's the perfect dish to pop on the grill for a quick, easy supper.



CURTIS STONE

Chef-owner of Maude restaurant in Beverly Hills and author of *Good Food, Good Life*.
Father of Hudson, 3, and Emerson, 11 months.

...

A super-quick but seriously tasty and comforting penne dish with sausage and broccoli rabe or kale—it just depends on what's in the garden or the fridge. I'm a sucker for all the delicious ingredients...the silky tomato sauce, sweet Italian sausages and sprinkling of pecorino cheese. It takes just minutes to make and should be enjoyed as soon as it comes together. My little guy, Hudson, loves it!



MING TSAI

James Beard Award-winning chef, author and host of PBS's *Simply Ming*.
Father of David, 15, and Henry, 13.

...

That's a no-brainer. It's fried rice made with basically whatever meats and vegetables are in the refrigerator. We always have rice available, so I make a 50/50 blend of both the white and brown varieties. It adds more nutrition, yet satisfies the "discerning" palates of young boys. A particularly delicious and surprising flavor addition is sliced smoked turkey lunch meat. It adds an incredible richness to the dish.



JAMIE OLIVER

Celebrity chef and author of the forthcoming *Everyday Super Food*.
Father of Poppy Honey, 13,
Daisy Boo, 12, Petal Blossom, 6,
and Buddy Bear, 5.

...

There isn't one dinner simply because we like to vary it around, but I'll knock up something delicious and healthy. At the moment, it's the fish tacos from my book.



JENNY ROSENSTRACH

Author of *Dinner: A Love Story*, a book inspired by her blog of the same name, and *Dinner: The Playbook*.
Mother of Phoebe, 13, and Abby, 11.

...

This time of year, it's anything that doesn't require turning on the oven and that barely even feels like cooking. We'll often grill some good-quality chicken sausages

Illustrations by Joel Kimmel



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bought at our farmers' market and serve them with a shredded kale salad or cucumber, mint and yogurt raita and some olive oil-brushed grilled bread.



DEB PERELMAN

Blogger at SmittenKitchen.com and author of *The Smitten Kitchen Cookbook*. Mother of Jacob, 5.

...

My sizzling chicken fajitas.



GINA HOMOLKA

Blogger at Skinnytaste.com and author of *The Skinnytaste Cookbook*. Mother of Karina, 21, and Madison, 5.

...

My family loves picadillo, a quick, flavorful Cuban dish made with sautéed ground beef simmered with olives in a flavorful tomato sauce, served over rice. It's a dish I grew up eating as a kid.



CAT CORA

Celebrity chef and author of the forthcoming memoir *Cooking as Fast as I Can*. Mother of Zoran, 11, Caje, 8, and Thatcher and Nash, both 6.

...

We usually go to the harbor to our local fishmonger and get the fresh catch of the day and grill fish tacos. It's easy, local, and everyone can customize their own!

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Coral-Peach ‘Coral Charm’ (1986)



Blushed White ‘Moonstone’ (1959)

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Spicy Beef Tacos

MAKES 4 servings
PREP 10 minutes **COOK** 8 minutes
BAKE at 350° for 2 hours
MICROWAVE 1 minute

1½ lbs boneless chuck pot roast

1 tsp chili powder

1 tsp garlic powder

½ tsp salt

¼ tsp black pepper

2 tbsp oil

1 medium onion, sliced

1 can (10 oz) mild enchilada sauce

1 sweet red pepper, cored and thinly sliced

1 poblano pepper, cored and thinly sliced

1 ear of corn, kernels cut from cob

1 jalapeño, seeded and diced

8 thick corn tortillas (such as La Tortilla Factory)

1 avocado, pitted, peeled and sliced

Farmer’s cheese, crumbled (optional)

■ Heat oven to 350°. Season pot roast with chili powder, garlic powder, salt and pepper. Heat oil in an oven-proof lidded pot over medium-high heat. Brown pot roast on both sides, 5 minutes total. Transfer meat to a cutting board, reduce heat to medium and add onion to pot. Cook 3 minutes. Add enchilada sauce and **½ cup water** and return meat to pot. Cover and transfer to oven.

■ Bake at 350° for 1½ hours. Remove from oven and stir in peppers, corn and jalapeño. Cover and bake an additional 30 minutes. Uncover and shred beef, discarding fat and tough pieces. Stir back into pot. Microwave tortillas 1 minute, until heated through.

■ Fill tortillas with beef mixture and sliced avocado. Top with farmer’s cheese, if using.

PER TACO 349 **CAL**; 19 g **FAT** (5 g **SAT**); 18 g **PRO**; 26 g **CARB**; 4 g **FIBER**; 596 mg **SODIUM**; 53 mg **CHOL**



Cajun Shrimp Tacos

MAKES 4 servings
PREP 10 minutes **COOK** 3 minutes
MICROWAVE 1 minute

- 1 bag (8 oz) shredded red cabbage
- ½ cup grated carrot (1 large)
- 2 scallions, sliced
- ¼ cup light mayonnaise
- 2 tbsp cider vinegar
- 1 tsp Dijon mustard
- 1 tsp sugar
- ½ tsp salt
- ½ tsp black pepper
- 1¼ lbs raw medium shrimp, peeled and deveined
- 1½ tsp Old Bay Seasoning
- 3 tbsp olive oil
- 1 tbsp fresh lemon juice
- 8 corn tortillas

■ Combine cabbage, grated carrot and scallions in a medium-large bowl. In a small bowl, whisk mayonnaise, vinegar, mustard, sugar, salt and pepper until smooth. Pour

over cabbage mixture and toss to combine. Set aside until assembling tacos.

■ In a medium bowl, toss shrimp with Old Bay Seasoning. Heat oil in a large stainless skillet over high heat. Add shrimp and cook, stirring frequently, 3 minutes, until cooked through. Remove from heat and toss with lemon juice.

■ Wrap tortillas in damp paper towels and microwave 1 minute, until heated through. Spoon a scant ½ cup slaw onto each tortilla and top with 4 to 5 shrimp.

PER TACO 187 CAL; 8 g FAT (1 g SAT); 16 g PRO; 13 g CARB; 2 g FIBER; 322 mg SODIUM; 117 mg CHOL

Chicken and Mango Tacos

MAKES 4 servings
PREP 20 minutes **GRILL** 12 minutes
MICROWAVE 1 minute

- 1 lb boneless, skinless chicken breasts

- 2½ tsp salt-free jerk seasoning
- ½ tsp salt
- 2 tsp fresh lime juice
- 8 flour tortillas
- 1 small romaine lettuce heart, shredded and washed
- 1 mango, peeled, pitted and cut into thin slices
- ½ cup diced red onion
- ¾ cup cherry or grape tomatoes, quartered
- Hot sauce (optional)

■ Heat grill or grill pan to medium-high heat. Season chicken breasts with jerk seasoning and ¼ tsp of the salt.

■ Spritz chicken with **nonstick cooking spray** and add to heated grill. Cook 6 minutes and spritz again with **nonstick cooking spray**. Flip over and grill an additional 6 minutes, or until cooked through. Transfer to a cutting board and cut into

thin strips. Toss with lime juice and remaining ¼ tsp salt.

■ Wrap tortillas in damp paper towels and microwave 1 minute, until heated through. In one tortilla, layer lettuce, mango, chicken, red onion and tomatoes. Repeat with remaining ingredients. Serve with hot sauce, if using.

PER TACO 196 CAL; 4 g FAT (1 g SAT); 15 g PRO; 25 g CARB; 2 g FIBER; 467 mg SODIUM; 31 mg CHOL

TIME-SAVING TIP

“Place garlic cloves in very hot water for a few minutes while you’re doing other prepping. The skin will be much easier to remove.”

—Michael Tyrrell, Associate Food Editor



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Hot Competition!

Things are really heating up on the hit show *MasterChef*—on July 15, fashion designer-contestant **Tommy Walton**, lower right, won the *Family Circle* Picture Perfect Challenge with a spicy sriracha-laced jambalaya. (The prize was being featured in our magazine.) Don't miss *MasterChef* on Wednesdays at 8 p.m. ET/PT on Fox.



Bamboo Rice Jambalaya with Roasted Red Pepper Sauce

- 2 tsp olive oil
- 1 yellow onion, diced small
- 1 green bell pepper, diced small
- 1 yellow bell pepper, diced small
- ½ cup fennel, diced small
- 4 cloves garlic, minced
- 2 bay leaves
- 1 cup bamboo rice (short-grain rice infused with bamboo juice)
- Salt to taste
- ½ cup slab bacon, diced small
- 1 tsp Cajun seasoning
- 1 tsp Italian seasoning
- ½ lb chicken boneless, skinless thighs, cut into medium cubes
- 4 tbsp grapeseed oil
- ½ lb mahi mahi, skin removed and cut into 1-inch cubes
- 8 head-on spot prawns
- 1 whole quail, semi-deboned
- 1 tsp harissa powder
- ½ tsp dried red pepper flakes

BY JONNA GALLO WEPPLER

- 1 tsp paprika
- Fennel fronds and scallion “flowers,” for garnish (see Note)

ROASTED RED PEPPER SAUCE

- 3 red bell peppers
- 1 tbsp sriracha sauce
- 1 tsp red wine vinegar
- ½ tsp lemon juice
- Salt to taste

- In a medium cast-iron skillet, heat olive oil over medium heat. Add onion, green and yellow bell peppers, fennel and garlic. Sauté until lightly browned. Add bay leaves, rice and **1½ cups water** and season with salt. Bring to a boil, then reduce heat to a low simmer. Cover with a lid and continue to cook until water is absorbed and rice is fully cooked, 15 to 20 minutes.
- Heat a medium sauté pan over medium heat. Add bacon and cook until fat has rendered and bacon becomes crispy. With a slotted spoon, remove bacon to a paper-towel-lined plate or tray and reserve.
- In a small bowl, blend Cajun seasoning and Italian seasoning.
- Season chicken thighs with salt and a sprinkle of Cajun-Italian seasoning mixture. Add chicken to pan with bacon fat. Sauté until browned and cooked through. Remove chicken from pan and reserve.
- Season mahi mahi with a sprinkle of Cajun-Italian seasoning mixture. In a medium nonstick sauté pan, heat 2 tbsp of the grapeseed oil over medium heat. Add mahi mahi and cook until lightly browned on both sides and cooked through. Remove from pan and reserve.
- Prepare spot prawns by removing the heads and peeling the tails. Season with salt.
- Prepare quail by breaking it down into two breast halves, thighs and drumsticks, keeping the skin on. Remove bones from breasts, thighs and drumsticks. Season with salt.
- In a medium sauté pan, heat remaining 2 tbsp grapeseed oil over medium heat. Cook quail pieces skin side down until skin is golden brown and crispy. Turn and cook an additional 2 to 3 minutes, until cooked through. Remove from pan and reserve.
- To the same pan add shrimp heads and cook about 3 minutes on each side. Remove from pan and reserve. Add tails to pan and cook 2 to 3 minutes on each side. Remove from pan and roughly chop.
- Heat a large nonstick sauté pan over medium heat. Add cooked rice mixture, mahi mahi, chicken, quail and chopped shrimp tails; toss to combine. Add harissa, red pepper flakes and paprika; toss to combine. Adjust seasoning if needed.
- **Roasted Red Pepper Sauce.** Roast red bell peppers over a stovetop burner until skin is black and blistered. Immediately remove from heat into a bowl and cover tightly with plastic wrap or foil. Let stand 5 minutes. Peel and seed peppers and rinse under cold water. Add peppers, sriracha, lemon juice and vinegar to blender and puree until smooth. Season with salt.
- Mound jambalaya onto plates and top each with 2 shrimp heads and some bacon. Garnish with scallion “flowers” and fennel fronds. Add a dollop of red pepper sauce on the side.



Note: To create scallion “flowers”: Make thin cuts partway into both ends of 5-inch pieces of scallion (use only the trimmed root end). Plug in ice water for 5 minutes; cut ends will curl up.

Serves 4.

PHOTOGRAPHY BY DAVID PRINCE

Food styling: Adrienne Anderson. Photo: (Walton) Greg Gayne/FOX. *Family Circle* (ISSN 0014-7206); September 2015, Volume 128, No. 9, is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA, and at additional mailing offices. Subscription prices: \$19.98 per year in the U.S.; \$41.98 (U.S. dollars) in Canada; \$53 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 50715.12) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Family Circle, P.O. Box 37506, Boone, IA 50037-0506, or call 800-627-4444. In Canada: Mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to Family Circle, 2835 Kew D, Windsor, ON, N8T 3B7. © Meredith Corporation 2015. All rights reserved. Printed in the U.S.A.

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