

FamilyCircle

All New!

Holiday Recipes

**The Surprising Diet Mistake
Most Women Make**

**5 Healthiest
Cooking
Techniques**

**SPEND LESS
ON GLASSES
AND CONTACTS**

**Rebuild a
Broken
Friendship**
PAGE 76

One Mom's Medical Mystery

NOVEMBER 2014
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92



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ON THE COVER

- 32** | BEST FALL ACCESSORIES
- 76** | REBUILD A BROKEN FRIENDSHIP
- 90** | SPEND LESS ON GLASSES AND CONTACTS
- 97** | THE SURPRISING DIET MISTAKE MOST WOMEN MAKE
- 108** | ONE MOM'S MEDICAL MYSTERY
- 135** | ALL-NEW HOLIDAY RECIPES
- 160** | 5 HEALTHIEST COOKING TECHNIQUES

CONTENTS

IN EVERY ISSUE

- 6** | FROM THE EDITOR
- 9** | SOCIAL CIRCLE
- 10** | BEST OF NOVEMBER
- 175** | BUYER'S GUIDE

WHAT'S NEW

- 13** | **THE SCOOP**
Ben & Jerry's new *Saturday Night Live*-inspired ice cream.
- 14** | **SOMETHING TO WINE ABOUT**
Custom-selected vino by mail.
- 16** | **TWICE AS NICE**
A handy trick for runway-worthy eyes.
- 18** | **SPREAD THE LOVE**
Six easy-to-make compound butters.
- 20** | **LOOSEN UP**
Harem pants offer comfort and style.
- 22** | **PLAY HOUSE**
The duo behind design firm Madcap Cottage share their go-to decorating ideas.
- 24** | **STAR TURN: LUKE BRYAN**
The country singer dishes about bad habits, secret skills and a fan favorite.
- 26** | **ENGLISH LESSON**
Campaign-style furniture.



47

STYLE

- 29** | **CLEAN SWEEP**
Give your makeup new life with must-have brushes.
- 32** | **EXTRA CREDIT**
From peep-toe booties to an armful of bangles, the season's best accessories take your look to another level.
- 38** | **MADE IN THE SHADES**
How to choose the perfect hair color, plus a roundup of the best new products.

HOME

- 47** | **CHEER BLISS**
Author Jennifer Blecher's home is filled with whimsical patterns, fun fixtures and kid-friendly furnishings.
- 60** | **A NEW LEAF**
DIY decorated place cards provide just the right amount of glitz for the holiday table.
- 62** | **FRESH INGREDIENTS**
Tips that will get your kitchen cooking—whether you're whipping up a total redo or just adding a pinch of spice.

CONTENTS

FAMILY

- 71 | MODERN LIFE**
Devoted dads Chris and Bob Osner-Hackett on raising two daughters with strong (and distinct) personalities.
- 76 | LOST AND FOUND**
Reaching out, reconnecting and rebooting friendships is easier than you think.
- 78 | GOBBLE, GOBBLE**
Pet-inclusive Thanksgiving meals, plus a renowned chef turns his talents to cat food.
- 82 | SEA CHANGE**
It took a watery leap of faith for this grandfather to connect with his grandson.
- 86 | GLOBAL GUIDANCE**
Amy Stokes founded Infinite Family to pair orphans in South Africa with mentors from around the world.
- 90 | EYEGLASSES ON THE CHEAP**
Save big on specs and contacts at these websites.
- 92 | PURCHASING POWER**
Eight great holiday gifts—all with a charitable “buy one, give one” guarantee.



HEALTH

- 97 | FAT VS. FICTION**
It's time to rethink the conventional wisdom about fat, health and weight loss.
- 102 | WELL-BEING**
Protecting your child's eyesight, bedtime procrastination and more.
- 108 | OUR NEW NORMAL**
Solving her son's medical mystery was just the first step of this mom's arduous journey.
- 118 | ASK DR. JANET**
Dr. Janet Taylor on managing moods, relationships and life.
- 124 | REPEAT OFFENDERS**
Six ways old injuries can impact your health.

FOOD

- 135 | BEAT-THE-CLOCK THANKSGIVING**
Time is on your side with our two-, four- and six-hour menu options.
- 156 | ON THE COVER**
Pumpkin Cakes, Candy-Coated Pretzels, Acorns and Owl Cupcakes.
- 160 | HEALTHY FAMILY DINNERS**
Five cooking techniques that are big on taste but light on fat and calories.
- 168 | LATEST DISH**
A delicious new power breakfast, our guide to choosing your Thanksgiving turkey and more.
- 176 | LAST BITE**
Ina Garten's Parmesan Kale Chips.

76



71



29



138

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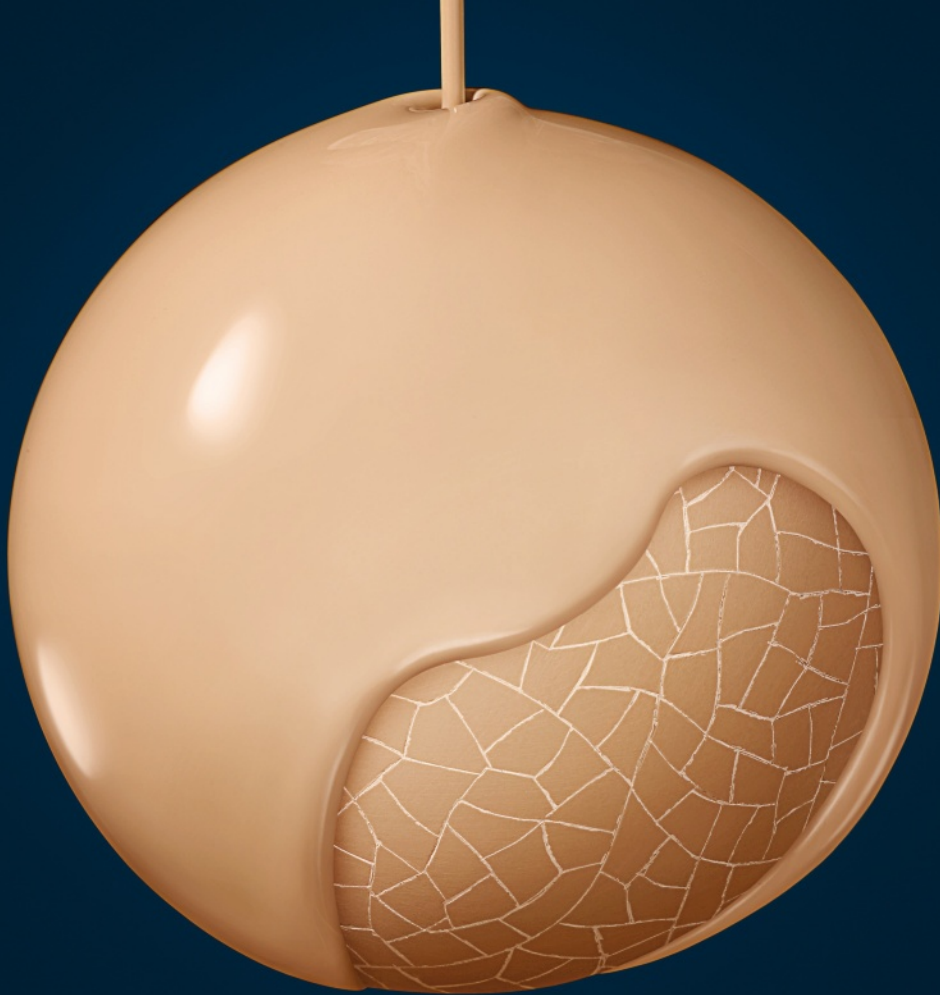
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S ometime in the 1960s, fatty foods—like beef, bacon, butter—were deemed the bad guys and grains became the favored child. The American Heart Association announced that high-fat diets led to obesity and heart disease and low-fat diets were healthy. My dad is a cardiologist, so while my family didn’t avoid meat and dairy, we did switch to low-fat milk and margarine and the cereal cabinet was full of oat bran. I remember in college the girls trying to lose weight would pull off the cheese from their pizza and just eat the saucy crust. Lately, however, an increasing number of experts believe it’s better to eat the cheese and toss the crust. The newest thinking is that dietary fat does not make you fat or more prone to a heart attack—the real culprits are carbs. I first learned about this reversal last May while reading “The Questionable Link Between Saturated Fat and Heart Disease” in *The Wall Street Journal*. The author, Nina Teicholz (who also penned “Fat vs. Fiction,” page 97), spent nearly 10 years researching dietary fat and disease for her fascinating new book, *The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet*. What she uncovered is that government dietary guidelines encouraging the public to eat low-fat diets may have actually caused people to become fatter and sicker. In September, the results of a yearlong clinical trial financed by the National Institutes of Health provided further proof: Low-carb diets are more effective for weight loss and heart health than low-fat diets. I know what you’re thinking: It seems that every other week there’s conflicting advice about what to eat. But the new info is compelling. I’ve cut way back on bread, grains, potatoes and dessert, but I’ll make an exception on Thanksgiving!

Contributors



INA GARTEN

The Food Network star has won two Emmys for her show, and her ninth cookbook, *Make It Ahead*, is on sale October 28. All 90 recipes have do-it-ahead tips for simple, stress-free entertaining. Her Parmesan Kale Chips, on page 176, will disappear at your next party.



PAUL CUCINELLO

This celebrity stylist and colorist is also creative director of the Chris Chase salon in New York City. He’s featured in top beauty and lifestyle magazines, including *Allure* and *Vanity Fair*, and works on shows such as *Project Runway* and MTV’s *Made*. Paul contributed to “Made in the Shades,” on page 38.



JENNIFER BLECHER

A freelance writer and the author of the Star Sisters children’s chapter books, Jennifer lives in New England with her husband and three daughters. She wrote the books in her first “grown-up house”—featured on page 47—and used it as her design lab for the ideas she admired in magazines and on blogs.



Linda

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



Great-looking, well-priced furniture can be found in unlikely places. Our sharp-eyed home editors spotted a campaign-style desk in the children’s catalog from Land of Nod and repurposed it as a chic entry table (page 26).

It’s better to give—and give. The items on page 92 make great gifts for family, friends or yourself, and all come with a charitable “buy one, give one” guarantee.

Sometimes style and comfort can coexist—case in point, the slouchy pants trend we’ve highlighted on page 20.

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SOCIAL CIRCLE

What we're talking about on the web

MADE-IT MONDAY



Instagram user @hilaryfrye re-created our Creamy Lemon Chicken with Bacon.

Upload photos of your *Family Circle* food masterpieces on Instagram by tagging @FAMILYCIRCLEMAG and #FCMADEIT or email us at social@familycircle.com! Visit familycircle.com/madeit to see past entries.

YOU TOLD US!

What's the last thing your child did to make you proud?

Our Facebook page was flooded with boast-worthy moments. A few of our favorites:

“My 14-year-old son and his 11-year-old cousin helped an elderly couple carry their things to the car.”

—Kelly Beck-Boersma

“She collected 594 coats and donated them to a homeless shelter.”

—Karen Hoefler-Vollmer

“Donated 15 inches of her hair to Locks of Love because she wanted to help other children.”

—Iolanda Spruhde

“Got her driver's license.”

—Marta Figueroa

“Ran a 5K for charity.”

—Pam Niesner

POLL POSITION

What's your favorite fall outing?

47%

Football Games

23%

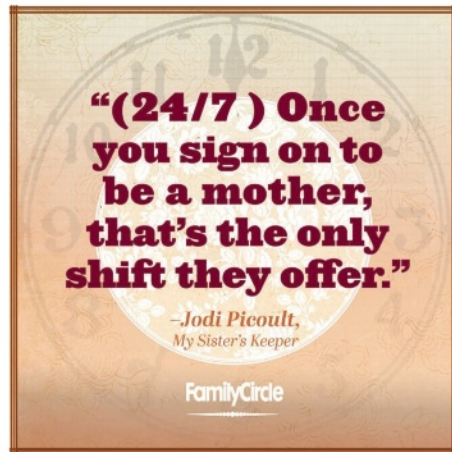
Apple Picking

23%

Pumpkin Carving

7%

Other



Over 20,000 of you shared this inspirational quote.

For more gems like these, go to familycircle.com/wednesdaywisdom.

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



2 best of NOVEMBER

Over 50,000 athletes will pound the pavement for 26.2 miles in the **TCS New York City Marathon**. Inspired to start a running regimen? See how to "Turn Your Walk into a Run" at familycircle.com/run.



7 Grand Master flash: The **FIDE World Chess Championship Match** takes place in Sochi, Russia, through the 28th.

14 The 50th-anniversary model of the **Hess truck** rolls into town in time for the holidays, with an integrated space cruiser and a scout plane. Visit hesstoytruck.com.

15 

Sort your cans and paper with a smile in honor of **America Recycles Day**, sponsored in part by Keep America Beautiful. Visit americarecyclesday.org.



10

Sesame Street debuted 45 years ago. Since then, Big Bird, Cookie Monster and the rest of the gang have charmed and educated kids in 120 countries.



Bull's-eye: **TOMS** for Target debuts a line of awesome home goods, apparel and shoes, at target.com and in stores. To learn about other companies with give-back initiatives, turn to page 92.

16

Jennifer Lawrence as Katniss Everdeen is the face of the revolution against the corrupt Capitol when **The Hunger Games: Mockingjay, Part 1** premieres.



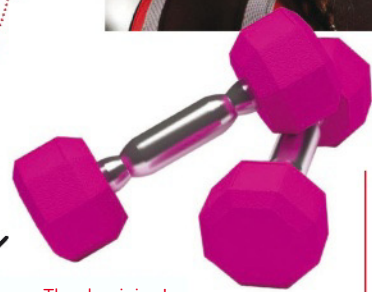
21

22

Gobble, gobble, Flay-style: **Thanksgiving at Bobby's** premieres at noon ET/PT on Food Network.

Dates
TO REMEMBER

- * 2 Daylight saving time ends
- * 4 Election Day
- * 11 Veterans Day



28

Burn off some of yesterday's potatoes and pie at any **Gold's Gym** nationwide—nonmembers are welcome for Trim-the-Fat Friday. For locations, go to goldsgym.com.



27

Happy Thanksgiving! For three delicious—and extremely doable—menus, go to page 135 or visit familycircle.com/thanksgiving.

Photos: (Stockphoto (3)) (*Hunger Games*) courtesy of Everett Collection, (*Sesame Street*) *Sesame Street*, celebrating season 25, 1993-1994, © CTW, courtesy of Everett Collection, (Flay) Getty Images.

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WHAT'S NEW



The Scoop

Ben & Jerry's, purveyor of creative ice cream combos with fanciful names, is at it again, this time with flavors inspired by *Saturday Night Live* sketches. At scoop shops across the country, get a taste of **Two Wild & Crazy Pies**: coconut cream and chocolate cream pie ice creams with a chocolate cookie swirl. Based on the recurring 1970s sketch featuring Czech brothers played by Steve Martin and Dan Aykroyd, this flavor is sure to please as much as the original wild and crazies. Other offerings in the *SNL* lineup include Gilly's Catastrophic Crunch and Lazy Sunday. Sweet.

JUST WANG IT

Those with designer tastes (but less-than-stellar budgets) will rejoice at H&M's latest collaboration with the ever-so-cool **Alexander Wang**. On November 6, look for versatile performance wear and accessories—think gym to street—with affordable flair. See the collection at hm.com.

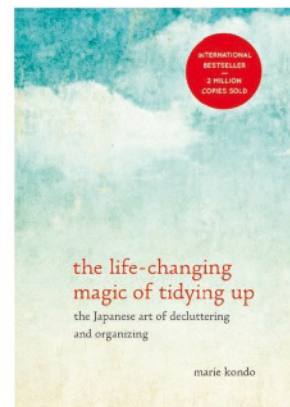


something to WINE about

Skip the trip to the liquor store and let the vino come to you. Club W lets you create a palate profile of your favorite flavors, then get curated recommendations and receive monthly wine shipments based on those preferences. To learn more about your selections, including a video, scan the barcode on the bottle using the free Club W app. “Your wine is in the mail” has a nice ring to it. Clubw.com, from \$45 for 3 bottles per month

clean up, daddy-o

Apparently, when fathers participate equally in household duties, like doing dishes and laundry, their daughters tend to aspire to less gender-stereotypical careers. A recent study, conducted at the University of British Columbia, found that parents’ division of labor at home plays a key role in shaping their children’s aspirations. This was especially true for girls, who, when they see a balance of domestic duties at home, are inspired to pursue more ambitious goals for themselves. Pass the mop to pop. Or pass along this book:



The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing by Marie Kondo is a very Zen guide to keeping tidy, with both practical and curious pieces of wisdom, for instance, never store your socks balled up—fold them instead. According to the author, “The time they spend in your drawer is their only chance to rest.” Okay...



VET AID » The season of carving and roasting is here, and with it a few more scrapes and burns. Be prepared: Pick up a box of Band-Aid’s Our Veteran Heroes designs. For each purchase, the company will make a donation to Team Red, White & Blue, an organization that helps America’s veterans. Drugstores, \$3 for 20 bandages

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Twice as Nice

Get runway-worthy eyes with this of-the-moment trick. First line your upper lid, then draw along the inner water line—just above the edges of the lashes on your lower lid. Celebrity makeup artist Albee Franson suggests using a smudge-proof gel liner for the easiest application. Three we like: L'Oréal Paris Silkissime Eyeliner in Black, \$9, Urban Decay 24/7 Glide-On Eye Pencil in Zero, \$20, and Benefit They're Real Push-Up Liner, \$24.

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SPREAD THE LOVE

Compound butter—merely a mixture of butter and other sweet and savory ingredients—is a simple but sublime way to elevate any meal. Each recipe below begins with one softened stick of the unsalted variety. Poke around your pantry, then churn up something special.

SRIRACHA-SCALLION

Add some heat to sautéed shrimp: $\frac{1}{3}$ cup sliced scallions + 4 tsp sriracha + $\frac{1}{4}$ tsp salt.

HERB Parsley, sage, rosemary and thyme are poultry's best friend. See page 144 for recipe.

BLUEBERRY-MAPLE Pancake-perfect topping: $\frac{1}{4}$ cup thawed wild blueberries + 2 tbsp maple syrup + 1 tbsp blueberry preserves + $\frac{1}{8}$ tsp salt.

CURRY Spread some joy on a chicken sandwich: 1 tsp fresh grated ginger + 1 tsp curry powder + $\frac{1}{2}$ tsp salt + $\frac{1}{4}$ tsp turmeric. (Toast curry powder and turmeric in a skillet for 2 minutes.)

HONEY-CARDAMOM Ratchet up a basic biscuit: 2 tbsp honey + 1 tsp lemon zest + $\frac{1}{2}$ tsp cardamom + $\frac{1}{8}$ tsp salt.

SMOKY BACON Build a better BLT: $\frac{1}{3}$ cup chopped cooked smoked bacon + 2 tsp brown sugar + 1 tsp cider vinegar + $\frac{1}{2}$ tsp **each** smoked paprika, sweet paprika and chili powder (toasted 2 minutes in a skillet) + $\frac{1}{2}$ tsp **each** mustard powder and salt.




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MIGRAINE.com**

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Loosen Up

Sometimes it's good to be a slouch—especially if you are one of the season's hottest trends. Casual-chic harem pants are the perfect hybrid of comfort and style. Pair with a chiffon blouse and pumps for a relaxed, yet sleek, look.

Top, Ann Taylor, \$90. Pants, Burlington, \$20. Pumps, Maiden Lane exclusively for Gilt, \$89. Clutch, JustFab, \$40. Earrings, Kendra Scott, \$65. Necklace, Victoria Bekerman, \$85. See Buyer's Guide, page 175.

SAY GOOD MORNING TO A

GOOD

DAY

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ESTABLISHED IN 1892

Play House

Jason Oliver Nixon and John Loecke quickly made a name for themselves as **MADCAP COTTAGE**, a design firm keen on pattern mixing and quirky vintage details. Now that they've partnered with HSN on an exclusive bedding and window treatment line, their brand of whimsy can be yours for a song. Here, the decorating duo share a few thoughts on how to amp up any space.

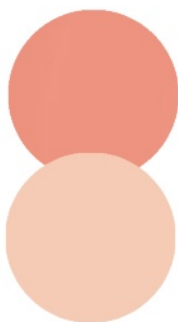


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MADCAP COTTAGE'S FAVES

1/ Create instant drama with splurge-worthy overhead lighting—the bolder, the better. At home, this pagoda-shaped chandelier is our show-stopper.

2/ We're loving the wax-printed, African-inspired fabrics from the Dutch heritage brand Vlisco. Try out these vibrant patterns on a throw pillow. Bull's Eye African Wax Print Pillow Cover, osxnasozi.com, \$60

3/ For a fuss-free centerpiece, arrange yellow peonies stripped of their leaves in a clear glass vase.

4/ Peachy-pink walls create a warm glow. Sherwin-Williams Animated Coral (SW6878) and Cosmetic Peach (SW6618)

5/ Add artwork to your shelves to pump up the personality of a plain bookcase.

6/ Our Meadow Flowers duvet brings the outdoors in, while the reverse side's colorful chevron is an instant pick-me-up. Madcap Cottage 6-Piece Meadow Flowers Comforter Set, hsn.com, \$260



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Luke Bryan

The country singer dishes about his bad habits, his secret skill and—ahem!—that famous booty.

When it comes to dogs, I'm a real softie.

We have Mona, a French bulldog, and Pappy, a Lagotto Romagnolo. And yes, I cried while watching *Marley & Me*.

I'm not afraid to admit

I love Justin Bieber's "Boyfriend." It's the song that gave me Bieber fever.

I hope my sons—Bo, 6, and Tate, 4—inher
my love of fishing, camping and the great outdoors, but not my passion for blackjack. That could get them into trouble!

My fans have set up Twitter accounts dedicated to my butt. I think it's flattering—and a good laugh.

I'm a slob, but I can't help it. I throw my clothes on the floor, and my wife, Caroline, is always after me to pick them up. I'm getting better, though.

My hidden talent is moonwalking. I can't do it as well as when I was a kid, but I'm still pretty good.



familycircle.com

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

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ENGLISH LESSON

Set an elegant tone in your entry with a campaign-style console inspired by portable pieces once carried by British military officers. Proof that history repeats itself, even in furniture design trends.



Campaign Desk
in White,
landofnod.com,
\$399

Prop styling: Megan Hedgpeth.



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CLEAN SWEEP

Give your makeup new life with must-have brushes that smooth, buff and blend. By Syden Abrenica

For Tinted Moisturizer

MAC 187 DUO FIBRE FACE BRUSH, \$42

Loose, flexible hairs ensure that the lightweight formula ends up on your skin, not buried in the bristles. Squeeze a nickel-size drop of product onto the back of your hand and dip the brush into it. Twirl it in firm, outward strokes all over your face.

For Liquid and Cream Foundation

TARTE THE BUFFER BRUSH, \$32

These densely packed hairs were made to buff. Place a dime-size amount of foundation on your brush and blend in small circular motions. The result? Flawless.

For Eye Shadow

E.L.F. STUDIO EYESHADOW "C" BRUSH, \$3

This versatile brush is perfect for both quick swipes of color or more intense smoky eyes. For the latter, lightly draw a line using a darker color from the inner corner to the outer edge along the crease, then blend.

power
WASH

Clean makeup tools once a month to eliminate bacteria and oils. Mix two parts baby wash (removes product buildup) with one part olive oil (reconditions bristles). Swirl the brush in the mixture, then spin in your palm under water until it runs clear. Dry overnight on a clean towel.

For Bronzer

SONIA KASHUK MULTIPURPOSE BRUSH NO. 16, \$19

Streaks are a non-issue thanks to light, plush hairs. Sweep all over for a sun-kissed glow or achieve a slimming effect by swiping below your cheekbones, at the hairline and along the jawline.

For Concealer

B-LEVE LIP/ CONCEALER BRUSH, \$5

Say goodbye to imperfections. The precise tip covers pimples, dark spots and those hard-to-reach areas around the nose, lips and eyes. Bonus: It also works as a lip brush. Just give it a quick clean before double dipping.

For Blush

ECOTOOLS TAPERED BLUSH BRUSH, \$7

Apply blush before powder for a natural-looking flush, says celebrity makeup artist Albee Franson. If the shade is too intense, soften by blending finishing powder over the color.

For Powder

BOBBI BROWN POWDER BRUSH, \$62

Fluffy, satiny bristles are the key to an even, sheer finish. Gently dust powder onto skin in a windshield-wiping motion for seamless coverage.



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UNDERWARENESS.COM

FAUX SHOW

As temperatures drop, cozy up in a sophisticated snood. It's a cinch to wear and adds instant elegance, so just slip on and go.

Snood, American Eagle, \$40. Jacket, H&M, \$70. Dress, Maggy London, \$138. Earrings, Cynthia Rybakoff, \$58. Ring, JustFab, \$7.

Extra Credit

THE SECRET TO STANDOUT STYLE? IT'S ALL IN THE DETAILS. FROM PEEP-TOE BOOTIES TO AN ARMFUL OF BANGLES, THE SEASON'S BEST ACCESSORIES TAKE YOUR LOOK TO ANOTHER LEVEL. BY NICOLE MGGVERN
PHOTOGRAPHY BY AMBER GRAY



STACKED IN YOUR FAVOR

Mix and match a little sparkle with some matte black pieces for a fun (but still refined) arm party.

From top: Cuff, Rebecca Minkoff, \$88. Bangle, ShopDesignSpark, \$18. Watch, Anne Klein, \$125. Bangle, ShopDesignSpark, \$24. Bracelet, T+J Designs, \$64. Vest, Two by Vince Camuto, \$199. Blouse, CAbi, \$89. Bag, H&M, \$50.

KICK IT UP

The peep-toe bootie is getting a cold-weather update. Pair with opaque tights in a rich shade like burgundy or olive and wear all winter long.

Booties, Vince Camuto, \$118.
Tights, Hanes, \$12. Skirt,
Forever 21, \$18.



CHAIN REACTION

This bold pendant necklace has some serious fringe benefits. Worn alone or layered with delicate strands, it modernizes everything from laid-back separates to sleek dresses.

Necklace, K & R Collection for Silpada, \$79. Top, Elie Tahari for DesigNation, \$64. Ring, Cynthia Rybakoff, \$34.



DOUBLE PLAY

Two-sided earrings are edgier than the average stud and make a statement without weighing you down. These updated pearls are all-around cool.

Earrings, Baublebar, \$32.
Turtleneck Sweater,
L.L.Bean, \$79.



Hair: Jeanie Syfu, Makeup: Albee Franson, Wardrobe styling: Megan Hungerford, Manicure: Kim Chiu at Mark Edward Inc.

MICRO MANAGE

Time to downsize and ditch the huge tote. Mini handbags are equal parts utility and style in a compact package.

Bag, Rebecca Minkoff, \$195. Top, Lulu's, \$42. Pants, Jessica Simpson Collection, \$49. Necklace, Dogeared, \$48. Right hand: Ring, House of Harlow 1960, \$42. Left hand: Ring, Dogeared, \$54. Midi Rings, Dogeared, \$24 each.



Made in the
SHADES

Choosing the right hair color can be daunting, but don't worry your pretty little head. We have quick tips for picking the perfect hue, a cheat sheet for deciphering the buzzwords, and a highlight reel of the best new products. BY DORI KATZ
PHOTOGRAPHY BY WENDY HOPE



HUE KNEW?

Finding your ideal color starts with your skin tone. Paul Cucinello, celebrity colorist and creative director at Chris Chase salon in New York City, breaks it down.

STEP ONE: Determine your coloring.

COOL

Your skin has blue or violet undertones and you look best in royal blue, scarlet, fuchsia and teal.

WARM

Your skin has yellow or peach undertones and you look best in brown, gold, khaki and purple.

NEUTRAL

Your skin has olive undertones and you look best in coral, periwinkle, pale pink, gray and seafoam green.

STEP TWO: Select your shade.

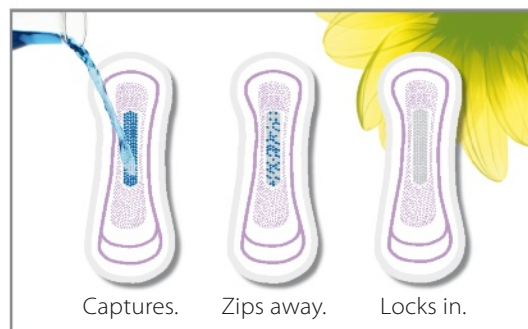
	COOL	WARM	NEUTRAL
BLONDE	Look for the words “ash” or “pearl blonde” on the box. If you’re daring, try platinum.	Buttery tones, including golden or copper blonde, create a perfect balance.	“Sandy” and “sun-kissed” are box buzzwords. Ombré (hair gradually going from dark to light) works well, since it’s more flattering not to be bright blonde near the roots.
REDHEAD	Violet-based colors, including cherry, fire-engine red and strawberry blonde, complement similar skin tones.	Try cinnamon, auburn or titian red—an orangey shade that really pops.	A red-brown combo like amber blends nicely with an olive complexion.
BRUNETTE	Both chestnut and cocoa are good choices. You also can’t go wrong with an ash brown.	Light-reflective shades, such as caramel, espresso and honey, have an overall brightening effect.	Rich, dark tones are ideal. Try chocolate, nutmeg or hazelnut.



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HAIR TALK *with L'Oréal Paris consulting celebrity colorist Kari Hill.*

LIFT VS. DEPOSIT

Lift is to lighten and brighten; deposit means to maintain or darken.

SINGLE PROCESS VS. DOUBLE PROCESS

When one shade is applied directly on the scalp to cover grays or enhance overall color, it is a single process. Add highlights and it becomes a double.

HIGHLIGHTS VS. LOWLIGHTS

Highlights are small pieces of hair (usually near the hairline) that are a lighter shade than the base color. Lowlights are the opposite—darkened sections of hair.

SEMI-PERMANENT VS. DEMI-PERMANENT VS. PERMANENT

How do these differ? It comes down to duration and lightening ability. Semi lasts about 8 washes and can only darken; demi lasts up to 25 washes and can lift color slightly under heat. Permanent can completely lift color.

GLOSS VS. GLAZE

It's a wash. These similar-sounding terms actually have the same meaning: a "topcoat" for your color that brightens, adds shine and lasts up to 20 washes.

TOOLS OF THE TRADE



Revlon Luxurious Colorsilk Buttercream, \$6

A permanent cream formula with a powerful blend of butters—mango, shea and coconut—that moisturizes and smooths strands.



John Frieda Colour Refreshing Gloss, \$13

Use weekly between colorings to prevent dullness and brassiness. With six shades for both warm and cool skin tones, this shine booster has everyone covered.



Nexxus Color Assure Pre-Wash Primer, \$18

Showering can cause gradual fading. Protect your color by applying this light treatment from roots to tips before cleansing.



Garnier Color Styler Intense Wash-Out Color, \$8

Try fun shades—like this bold bronze—with no commitment. The temporary color is super easy to apply and washes out after two to three shampoos.



L'Oréal Paris Superior Preference Ombre Touch, \$13

Brighten up your look with subtle streaks at the ends of strands. The kit lets you experience the ombre trend with less extreme results.



Color Wow Root Cover Up, \$35

The name truly says it all—the water-resistant powder adheres easily to roots for complete and natural-looking gray coverage, until your next wash. Plus, no mess!

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

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

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EXCLUSIVELY AT



Jennifer Blecher, hanging out in her home office with, from left, daughters Ella, Olivia and Aven.



Cheer BLISS

WHIMSICAL PATTERNS, FUN FIXTURES AND KID-FRIENDLY FURNISHINGS—IN AUTHOR JENNIFER BLECHER'S FAMILY HOME, EVERY ROOM'S A PLAYROOM.

By Danielle Blundell • photography by Annie Schlechter

W

hen Jennifer Blecher first saw her New England colonial in 2011, she knew she'd found the perfect house for her growing family—and an inspiring place to write. “The sunny windows and gorgeous moldings were the total opposite of our dark, cramped city apartment,” says Jennifer. “But the space had no personality otherwise.” So, while working on her *Star Sisters* children’s chapter books, she slowly began another project: decorating with a young, happy vibe just right for her husband, Jeffrey, and their daughters, Ella, Olivia and Aven, now 7, 4 and 2. The couple splurged on custom drapery and carpeting to establish a soothing palette of creams, grays and purples. New cushy sofas and ottomans from their favorite decor stores made the open floor plan feel homey, while bold artwork and printed pillows added quick hits of color and punch. Jennifer tackled her last major room rehab about a year ago, as she turned a stuffy formal study into an inviting office where her girls often find her writing each morning. “Fancy just doesn’t work here,” says Jennifer. “Nothing is too precious, and no area is off-limits to our kids.”



A foo-dog lamp presides over the entry console, a designated drop-off spot for keys and mail.





"We all hang out in the living room at the end of the day, so an extra-deep long sectional fits all five of us comfortably," says Jennifer. She defined the seating area with a zebra-stripe rug and piled on graphic-patterned pillows to spice up the beige upholstery.

A woman with long brown hair, wearing a grey sweater, is kissing a young child with curly blonde hair on the cheek. They are in a bright, modern kitchen. The kitchen features white Shaker-style cabinets with glass-paned upper doors, a white subway tile backsplash, and a granite countertop island. Two large, silver, globe-shaped pendant lights hang from the ceiling. On the island, there is a loaf of bread, a plate of pastries, and three glasses of orange juice. A vase of yellow sunflowers sits on the counter. The overall atmosphere is warm and domestic.

The kitchen's all-white simplicity and classic Shaker-style cabinets reflect Jennifer's traditional taste. To personalize the space, she swapped builder-grade lights, knobs and pulls for oil-rubbed bronze hardware and installed globe pendants above the granite-top island.

“Ornate finishes can be flashy,” says Jennifer. “I’m a fan of an understated subway tile backsplash and beadboard paneling.”

Jennifer chose a funky Ikea paper chandelier for the dining room's focal point. "We host family meals here, so I didn't want anything too serious," she says. Paired with a dark wood table, gray-and-white faux bois chairs provide a nice contrast.





Designer Erin Gates (elementsofstyleblog.com) masterminded the sophisticated decor scheme that's suitable for Ella now and will still work when she's a teen. Bold floral drapes frame the street-facing window. A solid upholstered bed provides a neutral backdrop for patterned pillows.

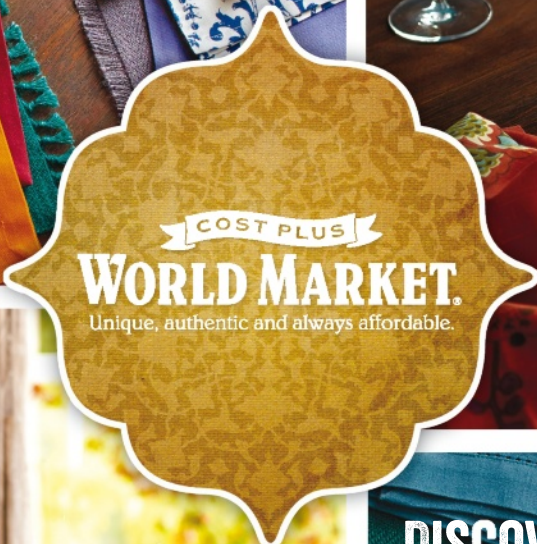
“Dark walls aren’t textbook little girl,” says Jennifer. “But Erin and I balanced them out with light linens and carpeting.”

The pagoda-shaped wardrobe was a vintage find. “I love how the white pops against the deep-purple paint,” says Jennifer.





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“The girls are always coloring at the table or making friendship bracelets, so the furniture’s scaled down to their size,” says Jennifer.



The reading room has a plush lilac rug, which hides marker stains, and a sofa with a washable slipcover. A red faux bamboo chandelier and black-and-white birch-tree-print curtains provide a sophisticated counterpart.



Every month Jennifer updates this adjustable-height, three-frame display.



JENNIFER'S *tricks*



1/ Homemade artwork is the cure for blank walls. Jennifer painted and hung her own canvases—and her daughters' sketches—throughout the house. "You don't even have to frame them," she says. Ella's drawings are even featured in Jennifer's latest book.

2/ Make a statement with splashy lighting. Swap basic ceiling flush mounts for something that's a unique shape, material or finish.

3/ A potted tree adds life to any area. "They're also great for filling empty corners," says Jennifer. Check your local nursery to find a species that will thrive in your space.

4/ De-clutter with double-duty furniture and pretty catchalls. Pieces with built-in shelving—a desk or console with an extra perch on the bottom—have handy spots for books and objects. Sneak in storage with decorative boxes, trays and woven bins.

5/ Designer flooring and drapery can pull a room together. Choose colors and prints that work with your palette. If you can't afford a professional decorator, etsy.com often stocks popular "to the trade" textiles.



A NEW LEAF

This touch of sparkle is just the right amount of glitz for the holiday table. All you need to create unique place cards is a can of metallic spray paint and some fall leaves.

MATERIALS

- Fresh or preserved leaves
- Metallic spray paint
- Card stock
- Rotary cutter and cutting mat
- Ribbon
- Adhesive dots (optional)

HOW TO

1/ You'll need two leaves per place setting. Press leaves under a few books until flat—this makes them easier to paint. Place half the leaves on a piece of scrap paper and spray lightly with metallic spray paint. For best results, hold the paint can about a foot away from leaves and spray in short, light bursts. This technique allows the leaf veins to show through. Set aside to dry. Repeat on the reverse side, if desired.

2/ While paint is drying, print or write guest names on a piece of card stock. Using a rotary cutter and cutting mat, trim cards (ours are 2¼" x 3½"), leaving space to the left of each name.

3/ Place one metallic leaf over one unpainted leaf. Tie the stems together with a thin piece of ribbon. Lay a leaf cluster over each card. If desired, use an adhesive dot to attach each cluster to a card.



Suzonne Stirling blogs at urbancomfort.typepad.com. For more craft projects, visit familycircle.com/crafts. See Buyer's Guide, page 175.

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Fresh Ingredients



Inspired ideas that really get your kitchen cooking—whether you're whipping up a total redo or just adding a pinch of spice

BY JUDY PROUTY

TRADITIONAL WITH A TWIST

A gray-and-white color combo updates a classic kitchen. “Two tones create a modern, clean feeling,” says Katie Reynolds, Ace Design Expert. She suggests painting an accent piece, such as an island, in a contrasting neutral. “Another trend is to personalize your space with furniture like a hutch or cupboard,” says Reynolds. Dark flooring, chrome hardware and a large-scale light fixture over the island give the space extra flair. “Brass, gold and black finishes are hot now,” says Reynolds. “Kitchen design is all about finding your own style with a mix of materials.”



This design features both germ- and spot-fighting coatings. Moen Indi Pull Down Kitchen Faucet, homedepot.com, \$228



Powerful, yes, but also practical: The ceramic-glass cooktop makes for easy cleanup. GE Profile Series 36" Built-In Electric Cooktop in Slate, geappliances.com for stores, \$1,199



Shed some light on a prep area with an industrial-look fixture. Foto 20" Pendant Lamp in Aluminum, ikea.com, \$30



The scratch-resistant surface means this stainless-steel beauty will never lose its sheen. Kohler Undertone Preserve Sink, kohler.com, from \$849

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AKURUM kitchen with ORSA birch doors and drawer fronts. Clear lacquered birch and birch veneer. Requires assembly. *The total price includes cabinets, fronts, interior shelving, drawer and door dampers, hinges, toe-kicks, legs, visible moldings and panels. Your choice of countertop, sink, faucet, handles, appliances and lighting are sold separately. See IKEA store for limited warranty, country of origin, and 10' x 10' layout details. Valid in US IKEA stores only.



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HOME



CLEAN AND CONTEMPORARY

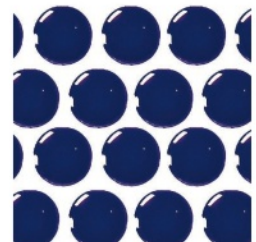
Touches of vibrant yellow give a ho-hum space a happy boost. “It’s a popular kitchen color kicked up a notch,” says DIY Network’s Alison Victoria. To get a custom look for cabinets without the steep price, buy or rent a pro paint sprayer or apply laminate. “A textured backsplash, like one made of blue penny round tiles, provides graphic punch,” Victoria says. And a butcher-block counter not only warms up a modern space, it makes a practical prep surface. Open shelving is another versatile feature for a kitchen. “You can display what’s useful, like cookbooks and dishes,” she says, “and also have fun with objects you love, like candles, glass jars and collectibles.”



With the EasyClean function, wipe away baked-on messes after just 20 minutes. LG Single-Oven Gas Range with EasyClean (model LRG3085ST), lg.com for stores, \$1,500



Chop, dice and slice to your heart’s content on this durable butcher block. Ikea Numerär Countertop in Birch, ikea.com, \$195



Porcelain tiles turn a backsplash into a work of art. Daltile Retro Rounds in Cobalt Circle, daltile.com for locations, from \$15 per square foot

“The first ingredient in Barney’s ‘big name’ dog food wasn’t even real meat. So I switched him to BLUE.”

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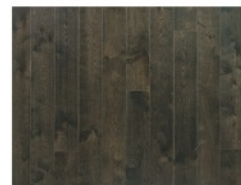
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DRESSED FOR DINNER Dark-stained cabinetry and floors play well with crisp white walls and counters. “The scheme is rich and sophisticated,” says Jule Eller, Lowe’s Trend & Design Director. “When deciding what materials to work with, remember natural wood grains and clean lines never go out of fashion.” The glass-front cupboards lighten the room while offering an inside peek. A wine rack and shelves for cookbooks make the most of a tight space and add character. “As the hub of the home, the kitchen should fit the personality of the family using it,” says Eller. “Creative storage solutions, artwork, decorative lighting, even unique hardware are all ideas to consider when designing a cooking space.”



A compact machine that’s big enough to hold up to 14 place settings. Bosch 24” Bar Handle Dishwasher Ascenta in Stainless Steel, bosch-home.com, \$699



Get the custom look of oak without the hefty hardwood price. Carlisle Wide Plank Floors Sawyer’s Reserve in Seclusion, store.wideplankflooring.com, \$9 per square foot



Two’s a charm—both induction and convection technology in one model. Kenmore Elite 6.1-cubic-foot True Convection Range with Induction Cooktop, kenmore.com \$1,700



An exterior compartment lets you grab snacks without opening the main door. Samsung 22-cubic-foot Capacity Counter Depth Side-by-Side Food ShowCase Refrigerator, samsung.com, \$2,999



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FAMILY

YOUR CONNECTIONS, YOUR STORIES, YOUR CIRCLE



MODERN LIFE

by Suzanne Rust

PHOTOGRAPHY BY DAVID A. LAND

Mornings that begin with a big family hug are a sweet way to start the day for Chris Osner-Hackett, his husband, Bob Osner-Hackett, and daughters Cai and Ava. Their busy schedules are tempered by calm weekend activities like Friday movie night, long walks with their two dogs, and jaunts to the Kalamazoo Farmers' Market.

FROM LEFT: **CHRIS OSNER-HACKETT**, 45, KELLOGG EXECUTIVE, **CAI OSNER-HACKETT**, 8, **AVA OSNER-HACKETT**, 3½, **BOB OSNER-HACKETT**, 42, STAY-AT-HOME DAD

KALAMAZOO COUNTY, MICHIGAN

“Our biggest challenge? Finding time to have a sit-down dinner together!”



Bob and I have felt welcome wherever we have lived—Ohio, New Jersey and Michigan. We like to think that once people get to know our family, it doesn't matter that we are gay dads. Sure, there's the occasional stare, where you know someone is thinking, What is the dynamic there?, but it doesn't faze us or the girls.

What Matters

Cai and Ava are well aware that they were adopted, and while there is no official mom in their lives, Bob and I have surrounded them with strong female role models; they have grandmothers, godmothers and many aunts. As long as kids are shown love every day and have committed people in their lives dedicated to providing them a safe, loving environment, gender shouldn't matter. In the end, love makes a family.

Ladies of the House

We marvel at how two children brought up in the same home could be so different! We have a serious and logical 8-year-old with a dry sense of humor, and a three-and-a-half-year-old who is animated, boisterous and keeps us both laughing.



Rock Solid

The three words that best describe our family: loving, grateful and supportive.

familycircle.com

For more on the Osner-Hackett family, go to familycircle.com/modernlife.

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Lost and Found

It's easy to drift apart from people, even those you were close to. But reaching out, reconnecting and rebooting friendships isn't as hard as you think. **By Melissa Walker**

"Start by making friend requests on Facebook. It's like dipping your toe in the relationship waters. Plus you can get a sense of who they are now—marriage and divorce, kids, career ups and downs—and how they've changed. I recently friended someone from my college days, when we were both quite liberal, and now he's very conservative. It's a low-key approach that gives you a glimpse of what a reunion would really be like."

—**JULIE KLAM**, author of *Friendkeeping: A Field Guide to the People You Love, Hate, and Can't Live Without*

"Once you've tried to rekindle a relationship, let go of the outcome. If you don't get a reply, one follow-up is okay, but make it brief and neutral: 'I'm not sure if you got my message, and I figured I'd try one more time.' Or you might meet and find you no longer have anything in common. Either way, it's not a reflection on you. The other person might be busy with family, work obligations or who knows what."

I repeat—it's not about you."

—**ANDREA BONIOR, PhD**, author of *The Friendship Fix*

SUCCESS STORY

"A few years ago I got back in touch with a funny, brilliant friend from college. I'm grateful to have her in my life again because I've found that as I get older, I really value the people I knew in my youth. There's a sense of connectedness to the past that's very meaningful." —*Amy Ryan, 44, Fort Collins, CO*



*tips

"Humor always helps. I reconnected with a friend—the first boy I ever kissed—at a memorial service for one of our high school teachers. I had a broken ankle and he asked how it happened. 'Football injury,' I said. He laughed and the years fell away just like that. We email regularly now—I follow his dating adventures and he listens to me talk about my family. All these years later, friends first and friends at last is a wonderful thing."

—**HUNTLEY FITZPATRICK**, author of *My Life Next Door*, a YA novel about family and friendship

Keep it simple. No matter what your parting situation was, say something like, "I've been thinking about you, and I'd really like to be in touch again." Even if there was drama in the past, this approach is a sincere request for a fresh start.

Stay flexible. Once you connect, try to accommodate your friend's expectations as well as your own. You may think, "Cool, we're Facebook friends," while she wants regular coffee dates. Remember, you're starting a new relationship that will likely be different from your old one.



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Gobble, Gobble

Don't forget to set out an extra plate for your dogs and cats—a little turkey is fine as long as it's unseasoned. Our Facebook readers shared a few ways their pets join in the festive meal.

Each dog has a plate with a slice of turkey and a dollop of both regular and sweet potatoes.

—Ashley Brown

My Pomeranian Marley gets a turkey leg—it's bigger than she is!

—Jacqueline Morton

A few pieces might fall on the floor—the dogs always know to wait for those.

—Deborah Den Herder

Our cat doesn't like 'people food,' so we serve him canned turkey to feel included.

—Dorothy Deschane

We roast the giblets and extra pieces separately in a foil pack for our pooch—a ritual I grew up watching my grandmother do for her pups.

—Heidi Lott Page



THE CAT'S MEOW



Top Chef: All-Stars winner Richard Blais has plenty of experience cooking for tough critics. Now he's going one step further—Blais recently paired up with Fancy Feast to create a new line of seafood- and veggie-filled broths. The San Diego-based restaurateur and dad of two chats with us about his latest culinary cat-venture.



WHAT'S NEW, PUSSYCAT?

Grumpy Cat, America's favorite feline, doles out her disgruntled opinions on life, love and friendship in *The Grumpy Guide to Life*.

→ Felines are notoriously finicky. How'd you create these meals?

I figured that cats would appreciate real, recognizable seafood. So far, they've gone crazy for the little shrimp. Aroma's also important, so the broths trigger hunger, like they would for us.

→ Where does this rank in terms of your most unusual jobs?

I've cooked on an island by myself and in some pretty insane situations, so an adorable kitty—even a high-maintenance one—isn't too bad.

→ Cats or kids—who's more difficult to cook for?

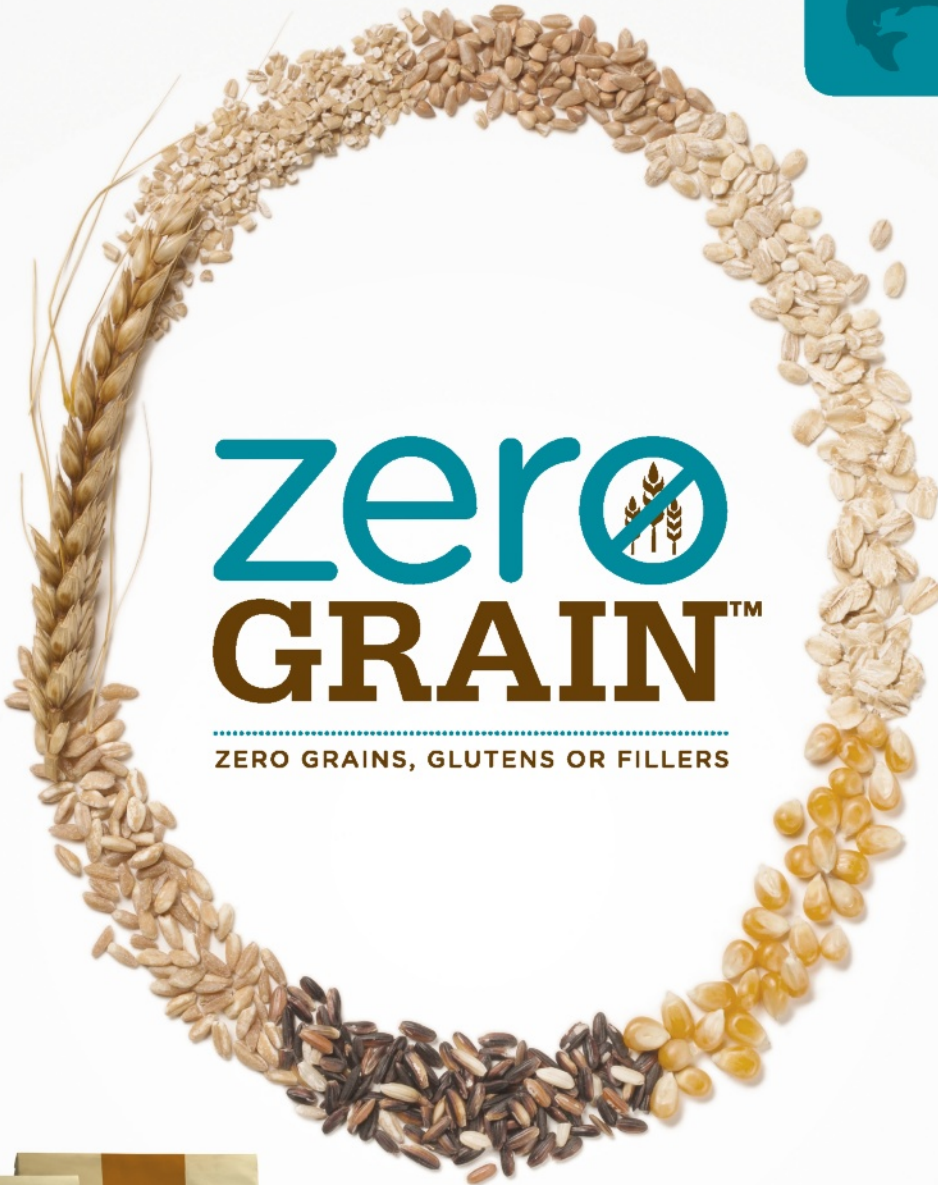
Let's just say they're both definitely not afraid to let you know immediately if something doesn't taste good.

→ We hear your family's in the market for a pet.

We're toying with finding an exotic shorthair. Stay tuned!



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Sea Change

It took a watery leap of faith to forever connect grandfather and grandson.

WE STAND HIP-DEEP IN WHAT we call The River. In truth it's just a minor stream, and we shouldn't be standing in it at all, let alone hip-deep: The calendar reads April, and the Pennsylvania weather isn't yet mild enough for outdoor aquatics. But Jordan is here now, in from Vegas, where he lives with Jenn—his mom and my stepdaughter. Given the uncertainties of family life in an era when kids are flung to the far corners, you can't let these opportunities pass. Besides, The River is where we go to become that magical tandem entity that all grandfathers and grandsons are, at their best.

I like to think I taught this 8-year-old boy to love—to accept it, to trust it. Six years ago Jenn fled home to my wife Kathy and me, needing a respite from her disintegrating relationship with Jordan's father. Before that I had seen our grandson exactly once. He arrived here angry on some visceral level, having been thrust, innocent and unplanned, into the daily upheaval of his parents' uncoupling. I couldn't help noticing this odd pointing thing he'd do, most often when disciplined, but sometimes when voices were raised. His face would redden; he'd bow his neck, tighten his lips into an expression midway between a cry and a snarl, thrust his right arm forward and jab his index finger at you in silence. Every youngster throws the occasional tantrum, but Jordan was far too inclined toward this idiosyncratic behavior. And anyway, a tantrum releases the feelings. Jordan seemed trapped inside his.

Nor would he accept the comfort I tried to give. He'd strain against my embrace, which he must have interpreted as added emotional confinement. He was equally stingy with hugs, seldom initiating affection, even with Jenn.

I tried all the customary approaches to grandfatherly bonding. Given Jordan's love of toy dinosaurs, we spent hours growling our way through impromptu dino wars. I introduced him to baseball, a familial rite of passage. It was pleasant enough—certainly more so than my long-ago endeavors with my son, Graig, where shared activities quickly devolved into extended periods with no shared activities. But Jordan still got too angry. Still did the pointing thing.

We limped along that way, me thinking up new things to do, hoping one would click, until the final spring of his Pennsylvania sojourn. That was when we discovered The River.

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In a room full of people who love him, I am the one he will seek out first when troubled.

It was an unseasonably warm day, and propelled by some juvenile impulse I can't explain, I strode to the edge and jumped in, jeans and all. Jordan smiled tentatively, retreated a few paces and took a running leap of his own. He landed in a depression in the creek bed, went briefly under and emerged coughing and sputtering—with a maniacal grin. When I sloshed over to rescue him, he high-fived me, a gesture I hadn't known existed in his youthful repertoire.

At dinner that night Jenn asked him if he'd had fun. He blurted, "Well, first I drowned-ed, and then...!" Jenn eyed me skeptically. "Oh, first he drowned-ed, eh, Grandpa?" But she was joyous over his joy.

We began trekking there at least twice a week. Some days were spent digging, some wading, some cataloging the ecosystem that filled the water around us: trout, geese, eels, even a now-and-then muskrat. Gradually a sensitive child learned to relax and just...be. At day's end he'd approach in exhaustion with outstretched arms, and I'd carry him to the car. He also began accepting, and giving, affection.

Photo: Alexander Nicholson/Getty Images.



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Somewhere along the line, the finger-pointing stopped.

On the day of their flight back to Vegas, we were all saying our teary goodbyes just beyond the security area when Jordan suddenly slid the car seat from Jenn's grasp and held it at his side. With the other hand, he gripped mine with every ounce of little-boy might.

"I'm going home with Papa," he announced.

In the ensuing moments Jenn cycled through every uncomfortable emotion known to womankind. "Jordan, we have to go back to Vegas," she said, glancing about to see who might be watching this unfolding scene. "That's our home."

"No!" Tears streamed down Jordan's cheeks. "I'm staying here."

"Jordan, please." She began nudging him toward the security ropes. Jordan, inconsolable, continued to glance back until we lost sight of each other.

Neither Kathy nor I uttered a word as we walked together to the car.

Three years have passed and in that time Kathy and I have done the flying. Though with money sometimes in shorter supply than desire, those flights have been few and far between.

All of which explains why Jordan and I are making the most of his current visit, spending this afternoon at the one place that has come up in every long-distance conversation since he left. A pair of ducks now quack their way through a wary circumnavigation of my grandson. A muskrat is visible only by its thick tail as it disappears into an alcove, kicking up silt. Jordan chuckles. I can predict how this day will end—with him settled on my shoulder.

We put so much stock in bloodlines: the perpetual continuity of then and now that connects generations in the same way the flow of a river connects source and mouth. Yet this is a closeness I never had with my own son. Jordan counts on me—in that vital sense of knowing what to expect—more than he counts on anyone else. In a room full of people who love him, I am the one he will seek out first when troubled.

Nonetheless, when they return to Vegas this time, there will be no last-minute mutinies. Even as young as Jordan still is, time and experience have already taught him the melancholy impermanence of life. The people you care about come and go, and the key is to get the most out of this temporary togetherness. As he continues to grow up he'll likely retreat again from displays of affection—being male—concealing his emotions behind a veneer of stoicism. His focus will increasingly turn from parents and grandparents to his buddies and, of course, girls.

Still, we have this day, and a small handful of tomorrows. For us, in the here and now, water is truly thicker than blood.

Steve Salerno's essays and memoirs have appeared in numerous publications, including *Harper's*, *The New York Times Magazine*, *Esquire* and *The Wall Street Journal*. He is also the author of *SHAM: How the Self-Help Movement Made America Helpless*.



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GLOBAL GUIDANCE

Determined to give every child opportunities in life, **Amy Stokes** founded **Infinite Family** to pair orphans in South Africa with mentors from around the world. *By Heather Salerno*



After adopting her son from Africa, Amy Stokes wanted to help more kids.

Child care

Amy Stokes knew the numbers: An estimated 43 million children in sub-Saharan Africa had lost parents, mostly to AIDS and other diseases, in 2003. That was the main reason she and her husband, Chris, decided to adopt their son, Calder, from South Africa after their daughter, Maya, was born. Yet Amy wasn't prepared for the region's staggering number of orphans when they arrived in Johannesburg that year. "We saw groups of kids on the streets, on the roads, just wandering around," she says. "It's a quiet tragedy."

Adult supervision

Some of the children were lucky enough to live in orphanages that provide food, shelter and other basic needs, as Calder did. Even so, staffs are limited. "It was absolutely clear that these kids weren't going to have enough role models to help them learn to be self-sufficient, self-reliant adults," Amy says.

Tech crunch

Before Amy, 47, left for her trip, she came across a webcam advertisement. It sparked the idea of using videoconferencing to connect South African youngsters with mentors from

across the globe. When she returned home to New York City, Amy shared her thoughts with a fellow mom whose husband had worked on an Internet-based education network, and he soon signed on as technology manager. Another mother developed a training program to teach mentors about South Africa's history and culture, while a neighbor spearheaded South African-themed fundraising events. In addition, foundations like the Rockefeller Brothers Fund supplied generous grants.

Pair up

Since its launch in 2006, Infinite Family has paired more than 600 children with more than 400 volunteers in 15 countries and 37 U.S. states. Kids spend at least 30 minutes each week with mentors on an Internet platform called EzoMndeni ("everything related to

“What I want for all of Africa’s children is what I want for my own children,” Amy says. “The ability to create their future.”

family” in Zulu) Net from community-based mentoring labs in South Africa. The secure system allows them to do homework together, share photos and discuss school or career goals. Often mentors simply listen. “They’re building a very strong, trusting relationship,” says Amy. “Many of our mentors and teens stay together for years.”

Future perfect

Amy was devoting so much time to Infinite Family that Chris quit his job at a private equity firm in 2007 to

become a stay-at-home dad to Maya, now 14, Calder, 12, and Adia, 7. To cut back on expenses, the family moved to a more affordable suburban community. Amy earns a modest salary but puts much of it back into the nonprofit to help it grow. Although Infinite Family now serves 200 children, for Amy that’s still the beginning. “What I want for all of Africa’s children is what I want for my own children,” she says. “The ability and opportunity to create their future.”

To make a donation or get involved, visit infinitefamily.org.

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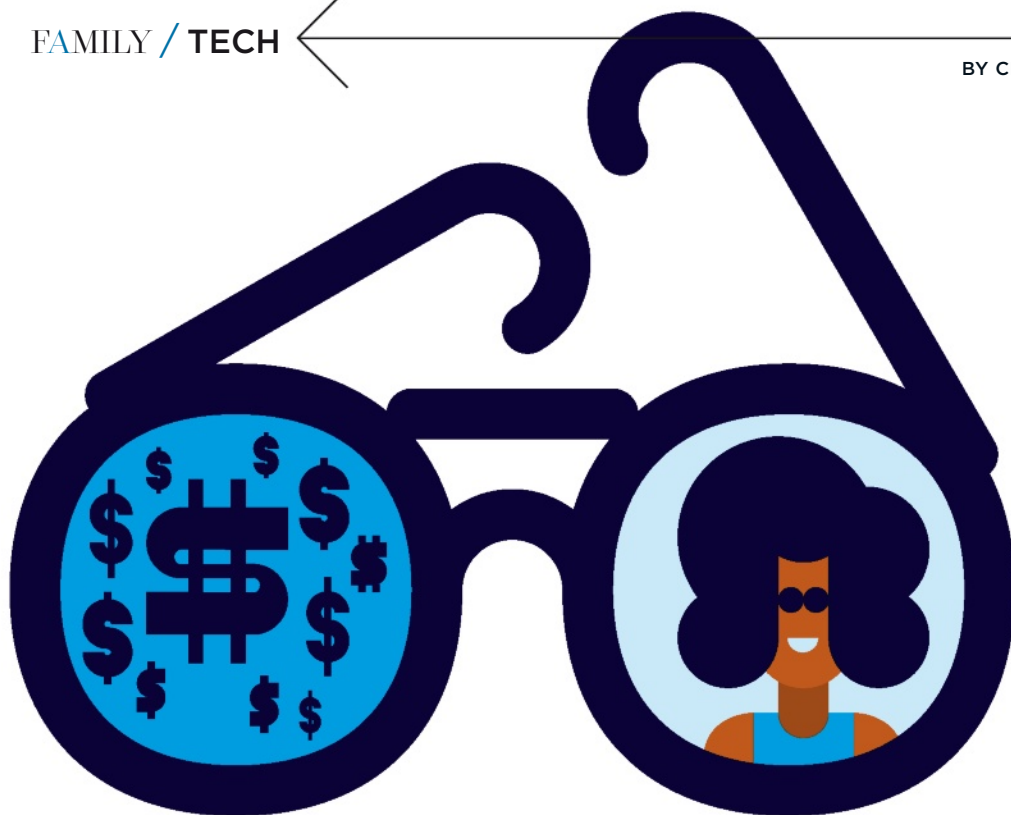
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EYEGASSES ON THE CHEAP

Right after my son Cole got his driver's license, he realized glasses were a must if he wanted to drive after dark. Dutifully, I took him to the eye doctor, and an hour later, he had picked out great-looking frames. Unfortunately, I was down hundreds of dollars. Next time, buying online will be a no-brainer. Should anyone in your family need glasses or contact lenses, take advantage of my research.

WARBY PARKER

warbyparker.com

If you question the whole buying-without-trying thing, Warby Parker's Home Try-On kit is the answer. Choose any five pairs of the company's fun, fashion-forward frames and they'll ship them to you—free—in an easy-to-

return postage-paid package. If something appeals to you, just upload a prescription and order your specs. Most eyeglasses run \$95 per pair. (Progressives cost more.) Plus, through the Buy A Pair, Give A Pair program, glasses are donated to people in need (a million pairs and counting).

EYEBUYDIRECT

eyebuydirect.com

This site boasts a surprisingly large selection of eyeglasses under \$10— from there, you add prescription lenses, special coatings for computer and gaming use and other options. (Also worth noting: There are over 200 frames specifically made for kids.) The nifty EyeTry tool allows you to upload a photo, then virtually play around with and compare frames ad infinitum.

GOGGLES4U.COM

Among the many basic frames are various chichi designer options (hello, Calvin Klein, Nicole Miller, Versace) and any kind of lens you could want: distance, reading, bifocal and progressive. You can get a pair of prescription glasses delivered for

under \$15—at that price, consider stocking up to soften the blow against seemingly inevitable loss or breakage.

GLASSES.COM

When only big-name frames will do, there's a huge selection of more than 90 well-known brands. Ray-Ban, Oakley, Smith Optics and similar high-end picks still don't come cheap, but thanks to the Unbeatable Price Guarantee, you're sure to pay less for them here than anywhere else. With many glasses, you pay only for the frames—prescription lenses are on the house.

READINGGLASSES.COM

For anyone who's struggling to see fine print, this site is the clear choice. Shop more than 50 brands that range in magnification from +0.75 to +4.00.

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2. HAND IN HAND SOAP handinhandsoap.com, \$18/2-pack Bar of soap and one month of clean water to a child in

the developing world.
3. FUZZY POUCH yoobi.com, \$4 School item for a U.S. classroom in need with the help of the Kids In Need Foundation.
4. EVERYDAY MESSENGER BAG oaklifestyle.com, \$40 Cost of a backpack to Neighborhood Kids in

Austin, Texas, or Africa New Life in Rwanda.
5. ONE WORLD FUTBOL oneworldfutbol.com, \$44.50 Soccer ball to a partner organization, including YMCA, Save the Children and the Special Olympics.
6. COASTER SET outofprintclothing.com, \$20/set of 8 Book to an

underprivileged community through Books For Africa.
7. GRAPE JELLY HAT twiceaswarm.com, \$24 New clothing item to a homeless services organization in the U.S.
8. TOMS FOR TARGET WOMEN’S GRAPHIC T-SHIRT target.com, \$22 One week of meals to Feeding America.

SOLUTIONS FOR OVERACTIVE BLADDER

If you run to the bathroom 8 or more times a day, worry that you won't get there in time due to a sudden, strong urge to go or leakage, and wake up more than once a night to urinate, you could have overactive bladder (OAB), a chronic disorder that affects about 17 million American women. Yet fewer than 50 percent of women with OAB (also known as urge incontinence) discuss their symptoms with their doctor, often because they think nothing can be done about their embarrassing condition.



Actually, there's a lot you can do to get that "gotta go" feeling under control—and help you enjoy a full, active life. Try these simple steps:

1 CONSULT YOUR DOCTOR. Since OAB can have several causes, the first step towards relief is a thorough medical evaluation to find out what's wrong. It's often possible to start treatment at the first appointment.



2 KEEP A BLADDER DIARY. Tracking your trips to the bathroom, activities, fluid intake, and urinary issues, such as strong urge to go or accidental leaks, in a bladder diary can help your doctor make an accurate diagnosis.



4 WATCH YOUR WEIGHT. Excessive belly fat increases pressure on your bladder, which can worsen leakage. In a recent study, overweight women who shed an average of 17 pounds through diet and exercise had a 47 percent drop in episodes of incontinence.



3 SIP SOOTHING LIQUIDS. Although women with OAB often cut back on fluids to reduce urination, that tactic can actually worsen bladder problems. Instead, drink 3 to 4 glasses of liquid daily, spaced out during the day, then limit fluid intake 2 to 3 hours before bedtime, advises the Cleveland Clinic.



10 QUESTIONS to ask your doctor

- What's causing my bladder control problems?
- What tests do you recommend and why?
- What are the best treatments?
- What are the risks and benefits of these therapies?
- How quickly can I expect improvement?
- What lifestyle changes do you advise to reduce my symptoms?
- What should I do if my symptoms worsen?
- Are there other specialists I should consult?
- When should I return for a follow-up appointment?



LISA COLLIER COOL is a bestselling author, blogger and winner of 19 awards for health journalism. Her latest book is titled *Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke and Diabetes*.



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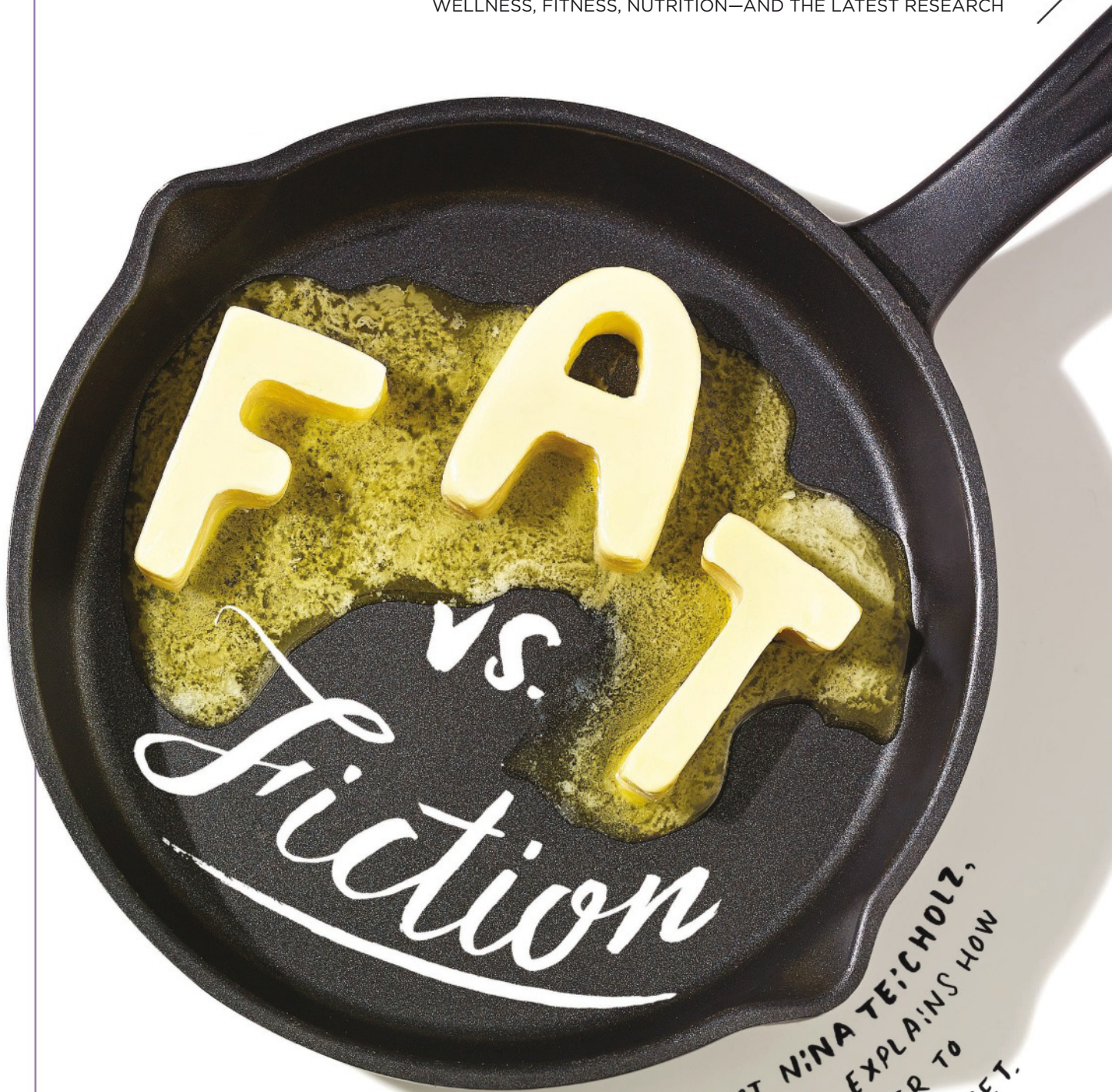
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INVESTIGATIVE JOURNALIST NINA TEICHOLZ,
AUTHOR OF THE BIG FAT SURPRISE, EXPLAINS HOW
SEVERAL SHOCKING DISCOVERIES LED HER TO
RADICALLY CHANGE HER — AND HER FAMILY'S — DIET.

Even years ago. That was the first time I bought a piece of red meat—a flank steak. It sat, accusingly, on my white kitchen countertop asking two opposing questions: *How could you possibly eat me?* And also, paradoxically: *How could you not have eaten me all these years?*

For most of my adult life, I avoided meat, cheese, butter and cream because they are high in saturated fats, which have long been thought to cause heart disease. Moreover, fats generally are supposed to, well, make you fat. So, like many Americans, I minimized these foods while loading up on vegetables, fruits and grains instead. And, like many Americans, I wasn't getting thinner. Despite rigorous daily jogging and biking, I continually struggled with an extra 10 pounds.

Then, about a decade ago, I took a side job reviewing restaurants for a small local paper in Manhattan. Because the outlet didn't pay for meals, I had to accept whatever free dishes the chefs served me. This turned out not to be the chicken breasts and stir-fried veggies I was accustomed to eating but rather pâté, aged red meats and every kind of luscious cheese, from triple crème to chèvre. I found these heaping dishes of fat-laden food rich, earthy, delicious and—to my surprise—slimming. After two months, I effortlessly lost those stubborn 10 pounds. Moreover, at my annual checkup a few months later, my doctor told me that my cholesterol levels looked fine. Here, then, was a mystery: How could these “bad” foods lead to weight loss and good health? As an investigative journalist, I had to find out.

After spending nine years combing my way through stacks of studies so voluminous they couldn't be crammed into a dozen filing cabinets, I realized that these fats weren't nearly as bad as we've been told. And I wasn't alone. Top scientists in the field reviewing all the data have recently come to the same conclusion, namely that saturated fats cannot be linked to heart disease. Yes, you read that right. And it's a stunning

reversal of 50 years of dietary advice.

Our fear of meat, butter and cheese dates back only to the 1950s, when one influential scientist, Ancel Keys, PhD, proposed that consuming saturated fats leads to heart disease. His science, though, was surprisingly weak: It amounted mainly to a study that was large and pioneering in its day but actually poorly assessed the diets of only a tiny subsample of subjects. This and other flaws weren't understood at the time, however, and in 1961 the American Heart Association issued the country's very first anti-saturated-fat guidelines, thereby launching the diet that health officials still recommend today.

As I researched the question of how one dietary wrong turn could have set our country down a path of mistaken health advice for decades, I began changing my own family's eating habits. My first son had been raised mainly on fruits, grains and vegetables, but after reading studies of how children suffered nutritional deficiencies on low-fat diets, I ramped up the fat. Skim milk was out; whole-fat was back in. Without the fat, your body can't digest the fat-soluble vitamins A and D. And without the latter, the minerals in milk cannot be absorbed. Instead of grains and fruit, my family started eating more cheese. We opted for nuts over crackers; I ordered omelettes *with* the yolks in restaurants.

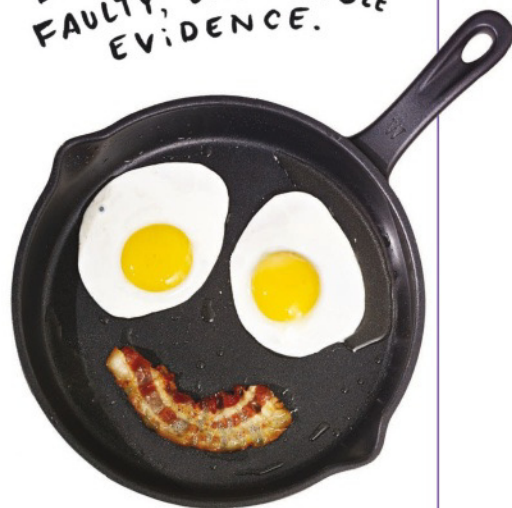
What pushed me to quit being mostly vegetarian, finally, was the realization that all my squeamish feelings about meat and fat were just a reflection of our current anti-meat moment. A look back in time clearly shows that animal foods were far more favored than they are now. In the Arctic, for instance, in the early 1900s, the Inuit were found to prefer eating the fattiest meat they could while feeding the leaner cuts, including the tenderloin, to their dogs. Across the globe, in 1960s Africa, men of the Masai tribe were observed to consume an average of 3 to 5 liters of milk, or more than a pound of butterfat, per day without any signs of heart disease. They also ate meat, but no vegetables. And

while these tribal warriors were definitely more active than an office worker like me, the Masai didn't gain weight upon adopting a more sedentary life in old age.

Inspired partly by these stories, researchers over the past decade have rigorously tested the idea that following a high-fat regimen might actually be healthy. Perhaps, they thought, the pervasive fear that the popular Atkins diet could help people rediscover their waistlines only by sacrificing their arteries wasn't really justified. The results from these recent trials put those cardiovascular worries to rest: They showed not only that a high-fat diet worked best for weight loss, but also that it consistently outperformed a low-fat diet in reducing the risk of diabetes and heart disease. Simply put, I found a high-fat, low-carb diet was healthier.

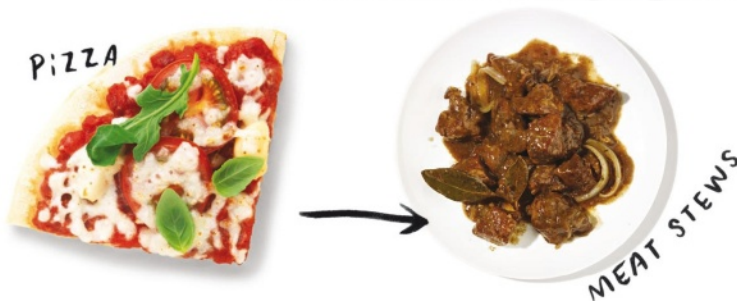
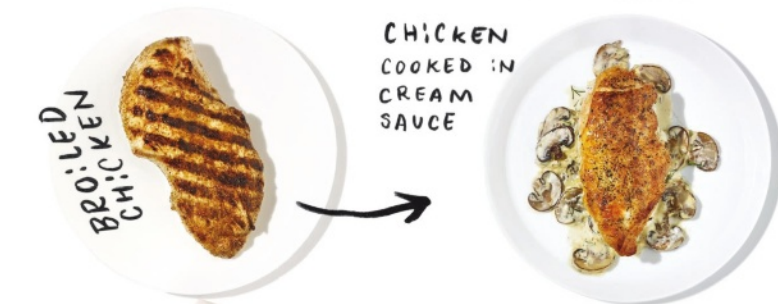
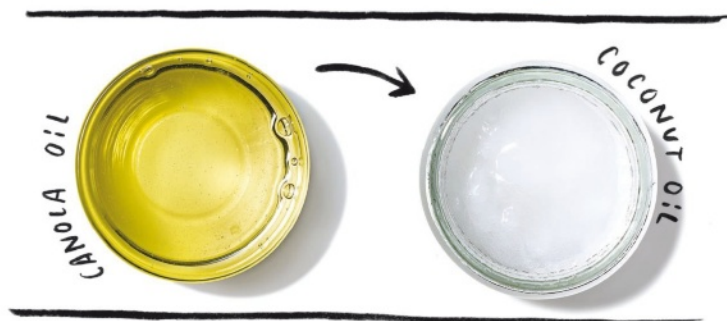
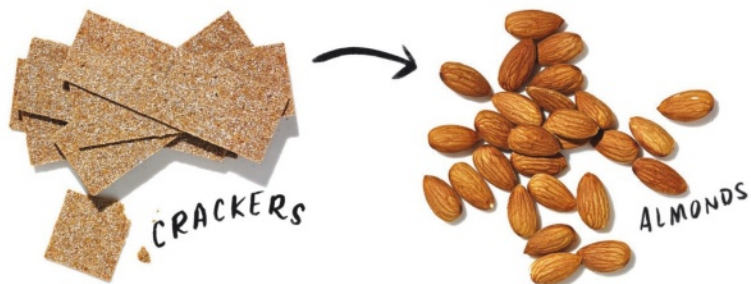
In practical terms, this means that bacon is all-around better for breakfast than oatmeal. Why? It's thought that the carbohydrates in grains, starchy

IT'S SHOCKING THAT MEAT, CHEESE AND EGGS HAVE BEEN UNFAIRLY CONDEMNED FOR SO MANY DECADES BASED ON FAULTY, UNRELIABLE EVIDENCE.



HOW I'M EATING NOW

OUT WITH THE... IN WITH THE...



vegetables, pasta and sugars are uniquely fattening because they cause your body to release insulin, which is the king of all hormones for socking away fat. Meanwhile, the fructose in fruit and high-fructose corn syrup raises triglycerides.

With that kind of solid scientific evidence in hand, I headed to the butcher. One night, I dug up and made my grandmother's brisket recipe. On another, I bought a roast for dinner and browned it in butter—I had learned that butter and lard were the main fats used by American housewives before 1900, long before the epidemics of obesity and diabetes descended upon us.

Soon I felt like a 19th-century housewife myself, with a stewpot continually bubbling on the back burner and a Mason jar full of homemade lard on hand. People used to fry their eggs in the fat left over from cooking bacon, and I did that too. Delicious. And my special low-carb pancakes cooked with lard are exceptionally crispy and light, as my boys, now ages 11 and 7, can happily attest.

It also slowly dawned on me that cooking meat was a more efficient way to get a meal on the table. Making a vegetarian feast for friends, with all the slicing, dicing and roasting, could easily consume the better part of a day. Grilling a steak, by contrast, takes 10 minutes. With a simple green salad, it's not only a complete meal but also one that allows me to enjoy my friends and family. High-fat foods, moreover, tend to be more satiating. While research shows that people can easily consume excessive calories on carbohydrates like pasta and potato chips, it's almost impossible to do so with meat.

It's shocking that meat, cheese and eggs have been unfairly condemned for so many decades based on faulty, unreliable evidence. We are clearly more obese and diabetic for having replaced these foods with high-carb grains and sugar. I don't miss the low-fat life—not the tasteless rice cakes, the salads without dressing, or the dry, skinless chicken breasts. Now I throw two sticks of butter in a pan with a whole chicken, and when all my guests rave about how it's the most delicious bird they've ever tasted, I just smile and tell them, "The secret is not just the butter, but also that it's good for you."



OUT OF SIGHT

School screenings aren't always enough to detect vision problems. That's because most check only for nearsightedness, so if your child is farsighted, his or her condition could slip under the radar, says Mark Jacquot, OD, clinical director for LensCrafters. As much as 80% of learning occurs via sight, but it's not just about seeing: Farsightedness may cause children to skip words while reading or miss math symbols like decimal points. The solution is simple, says Jacquot. Take your child to an optometrist for an annual exam, which can also identify any other eye issues.

—Gabriela Riccardi

The Digital Drugstore



Click here for your medications: PillPack (pillpack.com) is a new online pharmacy and delivery service that saves you a trip to the store and the hassle of juggling multiple Rx bottles. Now available in about 40 states, it's expected to be in all 50 by early 2015. Here's how it works.



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STEP 3 → PillPack coordinates all refills with your doctor and insurance company, and the cycle starts over, with next month's meds arriving at your doorstep.

30%

of flu patients ages 2 to 65 treated during last year's influenza season may have received antibiotics unnecessarily. If you or your child are at high risk—with asthma, obesity or underlying heart disease, for example—you may need to ask instead for antiviral medication, which can be underprescribed by doctors.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION



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THE NIGHTTIME, SNIFFLING, SNEEZING, COUGHING, ACHING, FEVER, **BEST SLEEP WITH A COLD, MEDICINE.**



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THE NEW SLEEP DISORDER?

Finally, researchers have put a name to the bad habit we're all guilty of: bedtime procrastination, otherwise known as surfing the Internet, reading a book or playing Candy Crush while we're supposed to be asleep. Simply put, we have too many things that we'd rather do instead of nodding off. (But you already knew that.) "Many people just lose track of time," says Michael Breus, PhD, of thesleepdoctor.com. Set a bedside alarm clock to go off 15 minutes before lights-out. You'll have to walk into the room to manually turn off the buzzer. Just be sure to leave your cell phone, laptop and tablet out of the bedroom.



Q&A

My husband has low energy and libido. Should he consider testosterone therapy?

What he should consider is testing. Testosterone replacement is recommended only for men whose hormone levels fall below a certain range. (A blood test from your husband's doctor can determine this.) A man's testosterone naturally declines with age, and too-low levels can trigger the symptoms that your husband currently has. But this treatment shouldn't be used by guys with average testosterone—it's not a way to turn back the aging process, says Bradley Anawalt, MD, an endocrinologist at the University of Washington Medical Center. And the jury is still out on the therapy's long-term health effects. Some recent studies have shown a link to heart attack, but these findings have been refuted by other experts. Regardless, your husband should discuss the treatment with his doctor. Approved options include injections, gels and patches. —G.R.

Inactivity

That's the biggest risk factor for heart disease in women ages 30 and up—even more so than high BMI and blood pressure levels. Motivate yourself to be more physically active by wearing a pedometer.

SOURCE: UNIVERSITY OF QUEENSLAND

1
IN
4

Americans have diabetes but don't realize it yet. Some subtler signs of the disease include blurry vision, bruises that heal slowly and fatigue.

SOURCES: CDC, AMERICAN DIABETES ASSOCIATION





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Our New Normal

Solving her son's medical mystery was just the first step. Coming to terms with the emotional fallout made up the rest of this mom's arduous journey.

BY THERESA SULLIVAN BARGER • PHOTOGRAPHY BY REBECCA GREENFIELD

"YOU'RE SHOOTING UP BEFORE MY EYES," I TOLD MY 14-YEAR-OLD SON, Brian, last summer as he sat on the couch petting our cat. His face had thinned out practically overnight, but for weeks he'd been devouring his dinner—and then topping it off with a bowl of cereal or a bagel. That's a growth spurt for you, I thought.

Before heading to bed, he'd gulp down two or three glasses of water. In the morning, he'd be impossible to drag out of bed for weight training with his football team. On car rides Brian seemed half-asleep. Instead of enlightening me with something he'd read about black holes or singing quirky Jonathan Coulton songs, he rarely spoke on the way to practice. Knowing our teen was also building sets eight hours a day for a summer musical, my husband, Glenn, and I chalked up his exhaustion to the July heat wave and too much time with a dumbbell in one hand and a hammer in the other.

Then, toward the end of July, things stopped adding up. We spent a Sunday at the beach with family and I reproached Brian for sitting back and reading instead of tossing a Frisbee with his cousins. "How can you possibly be tired?" I hissed, handing him the sunscreen. "You went to bed early." My sister had another reaction: "Brian's looking awfully thin," she pointed out to me. "Even for a skinny kid." I took her words to heart, yet found another excuse. Brian had seemed sick (perhaps he had a virus,



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I thought) when we returned from the beach. I meant to call the doctor. But I was busy working and helping our daughter Emily shop for her freshman year of college and never got around to it. However, at the end of that week, Brian told me he had been up all night going to the bathroom. We immediately headed to the pediatrician. Maybe it's just a urinary tract infection, I told myself.

After an assistant checked his height and weight, she said he had lost 11 pounds. "His urine test shows high sugar levels," the nurse explained. "With the weight loss and his other symptoms, I think it's diabetes." She instructed us to go directly to the children's hospital. "Why don't you call your husband and have him meet you there," she suggested.

"We haven't had lunch, and my phone battery is on fumes," I said. "Is it okay if I run home first?"

"Better pick up something to eat on the way and go straight to the hospital," she replied. I could tell by her tone this was serious. What I didn't know at the time was that Brian's blood sugar was off the charts. Here's why: Your pancreas makes a hormone called insulin to help your body turn food into energy. Except Brian's pancreas wasn't making enough insulin, so the energy from food (also known as glucose or sugar) wasn't being used by his body. Brian wasn't going to the bathroom a lot because he was drinking so much water. He went because his body was trying to expel excess sugar. Then he'd get dehydrated and thirsty.

Taking so long to get a diagnosis made matters worse. His body thought it was being starved, so it started sucking energy from his fat and in the process produced acids. His urine contained large quantities of acids called ketones, which were building up in his body and poisoning him.

"I kept thinking it seemed like diabetes," I told the certified diabetes educator at the hospital. "But we have no family history, so I didn't pursue it." Turns out I wasn't the first mom—and likely wouldn't be the last—to assume that connection was critical.

"Practically everyone who comes in here says the same thing," she responded. "A lot of kids' diabetes goes undetected to the point that they end up in the ER, so don't beat yourself up."



Brian uses an insulin pen during wrestling season when he can't wear his pump.

Of the 80 people in the U.S. who are diagnosed with type 1 diabetes every day, only 15% have a family history. On the flip side, about 40% of the population carry the genes that predispose them to type 1 diabetes. But those genes need a little push to activate the disease. Environmental factors, such as viruses, can combine with the risk genes to create the push that causes the body's own immune system to attack and destroy insulin-producing beta cells in the pancreas, explains George King, MD, research director at the Joslin Diabetes Center in Boston.

Type 1 diabetes comes on quickly—Brian had been perfectly healthy at his annual checkup three months earlier. And the disease is on the rise: The prevalence of type 1 diabetes in U.S. children has increased 21% over the past eight years, and scientists aren't sure why. While it traditionally affects mostly Caucasian, non-Hispanic kids, the rate of children of color being diagnosed with type 1 is growing.

At the hospital, Julie, the diabetes educator, explained that for the rest of his life, Brian would need a shot of fast-acting insulin with every meal and another shot of long-acting insulin every night (although these days he uses a pump instead to get a slow, steady

infusion of insulin). She taught Brian to check his blood sugar by pricking his finger with a lancet, read nutrition labels in order to count carbohydrates, calculate how much insulin he'd need and handle an insulin pen. As Glenn gave our son his first shot in the hospital, I counted my blessings that Brian wasn't afraid of needles.

When we left about three hours later, the staff sent us home with books, instructions, prescriptions and a diabetes kit with insulin pens, a blood-glucose meter, a log journal and more. I was convinced that if we adhered to the instructions, Brian's diabetes would be no more than an inconvenience.

However, driving home, I wanted to cry for my sweet Brian, the boy who rescued crickets trapped inside the house. Brian, who always ended a phone call with "I love you." He'd have to deal with this disease for the rest of his life. His carefree existence was over. The work of coping with a chronic health issue wasn't starting at 50 with a bad back or 40 with high blood pressure, but at 14.

The months following Brian's diagnosis were the hardest of my life. I threw myself into reading about diabetes and monitoring my son's blood sugar levels. Although Brian had a great attitude and tried to follow instructions,

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

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 **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.

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 **prolia® is different:**
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**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.

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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

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he struggled with an added challenge: absentmindedness. His forgetfulness led the hospital's social worker to recommend that he be evaluated, which resulted in an ADHD diagnosis. The double whammy of dealing with both challenges made it hard for us all.

Even with the most compliant patients, it's nearly impossible to keep blood sugar within the ideal range every day, all day. Exercise, stress, hormones, illness, growth, food and other factors influence blood sugar levels, so daily shots can only do so much. That's why I was vigilant, spending at least an hour a day communicating with teachers who noticed when he was dazed due to low blood sugar, coaches who needed to know he'd be late for practice, the school nurse, the school psychologist, his pediatrician and more. With tuition bills for two kids in college and a chronically ill child at home, the stress was mounting. At one point, my oldest son asked Brian how

one kid with both illnesses was no picnic, they agreed. Just hearing someone else acknowledge that this was really hard reassured me. I wasn't being a drama queen because I was feeling overwhelmed. What we were going through was truly challenging.

After getting sick a third time, I started experimenting with delegating more to Glenn, like leaving it to my husband to make sure Brian checked his blood sugar prior to lights-out. In the spring Brian asked if he could join the 30-Hour Famine, a hunger-awareness movement in which kids fast for 30 hours. During the fast, they'd devote a day to community service and sleep on cardboard on our church lawn under tarps. Did I mention I'd also be out of state at a conference that weekend? You can imagine my reaction. But I was working on trusting more. So I did.

Since Brian needed to eat, he wasn't required to fast. Still, I ran it by the school

The prevalence of type 1 diabetes in U.S. children has increased 21% over the past eight years.

he was doing. "The worst thing about diabetes is Mom," he quipped.

Not only was I nagging my son, I was wearing my own nerves as well. After my second illness in two months, my nurse practitioner suggested talking to a therapist about the guilt, sadness and tension I felt regarding Brian's diabetes. "When?" I asked. I hadn't had time for a haircut in months. How was I going to find time to talk to someone about how I was feeling? By November, in desperation, I called the number for JDRF (a global organization for funding type 1 diabetes research) that I had found in a packet from our first hospital visit. I learned about a local support group for parents of kids with type 1 and immediately began attending monthly meetings. They saved me.

Yes, the other parents confirmed: Being a type A personality mom with a forgetful, disorganized diabetic teen makes for difficult family dynamics. Yes, the daily struggles of diabetes and ADHD would be our new normal—and having

nurse and his medical team. I instructed the event's organizer on signs of trouble and asked his best friend to set an alarm on his phone to remind Brian to take his shot. And I had faith my husband could handle anything that might come up.

When I returned from my conference, I learned that everything had...gone fine. That weekend taught me to let others look out for Brian. I recognized I had to model for my kids how to take time for yourself and lean on people for help. By the time the one-year anniversary of Brian's diagnosis rolled around, he had switched to an insulin pump, a small, computerized device that delivers the hormone continuously through a small tube into his system. His blood sugar lows and highs were not as drastic. I eventually realized that (without nagging) Brian knew what to do before bed so he wouldn't experience symptoms while asleep. Finally, I stopped holding my breath. But in doing so, I wasn't neglecting Brian. I was allowing him the independence he had absolutely earned.

Happy to HOST

Holiday Entertaining Tips from Domestikated Life blogger, Kate Bowler



1 The holidays tend to be the time of year where we throw our biggest dinners, which usually means pushing together a few tables to accommodate larger groups. One way to make folding tables and the dining room table look cohesive is with **matching linens**. Buy **upholstery-weight fabric** and you'll be able to cut your linens to length to cover tables of all sizes.



There's a lot going on during the holiday season—especially if you're hosting friends and family. Kate shares some easy party prep ideas, allowing you to enjoy yourself while entertaining—*because when you're having fun, your guests will too!*



2 A **signature cocktail** is a great way to bring in festive details to your bar. Display them in **drink dispensers** or **carafes**, and make a little sign letting guests know what's inside your delicious concoction. It's also fun to give the drinks a seasonal name like "Sugar Plum Punch" or "Sparkling Holiday Spirits."



For even more entertaining ideas, visit Kate's blog at domestikatedlife.com

3 When preparing a holiday menu for cocktail parties, stick to **bite-sized appetizers**. Serving snacks that are just one bite makes it easier for guests to grab and enjoy with one hand while they're mingling, plus it avoids messy spills.



Holiday Cocktail Photo, Taslim Sidi
Punch Bowl Photo, Brian Samuels



4 Dress up your holiday tablescape with items you can find outside. Use clear vases filled with pine cones for **centerpieces**, use a piece of natural twine to tie fir tree sprigs into small circles for **festive napkin rings**, or use big colorful leaves as **place cards** by writing guests names on them with permanent marker.

5 One of the challenges of entertaining can be serving food at the correct temperature when you're orchestrating several dishes. Let the serveware do the work for you by warming **oven-safe plates** for hot dishes or **chilling dishes** in the freezer that will be used for cold foods.

6 I'm a big fan of using **real glassware** for parties, but I'm not a fan of having to clean champagne glasses after the party! Rent your glassware from a **party rental supply company**—you'll have matching glasses for a big group and when you're done you can pop them back into the crates and they do all of the washing!



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Split Decisions

Breaking up is (especially) hard to do when you're a parent. You may not be hitched to your ex anymore, but you're connected through your kids. Communicate while keeping the peace with these smart strategies.

- 1 → Set talk terms.** If face-to-face is too painful, go with emails, texting or phone calls.
- 2 → Stick to ground rules.** No bringing up past incidents, no cursing and no threatening.
- 3 → Organize your thoughts.** Write down topics that need to be discussed before you pick up the phone, checking each item off as you address it.
- 4 → Put the kids first.** Their welfare is the priority, so avoid placing them in the middle

of situations. When in doubt, ask yourself: What's best for them?

- 5 → Choose words carefully.** Replace phrases like "you always" or "you never" with "I feel" or "maybe we should consider."
- 6 → Listen harder.** Sometimes instead of reacting, just reflect. Consider saying, "Let me think about that and get back to you."
- 7 → Forgive.** Let go of old offenses and accept an "I'm sorry"—or be strong enough to offer one.

HOW TO BE MORE SELF-COMPASSIONATE

Don't linger on your mistakes—embrace them with learned gratitude and a spirit of realization that imperfection is okay. Live in the moment and show loving kindness to yourself. You deserve it!

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

Q I walk on eggshells around my sister-in-law. She's extremely competitive, holds grudges and always remembers situations differently from what happened—in a negative way. Any suggestions?

What you're failing to recognize is that you *don't* have to take responsibility for your sister-in-law's feelings but you do have to take charge of your own. Release the burden of maintaining goodwill and quit engaging in games with her rules. Instead, create a set for yourself. First, think Teflon. Let her comments roll off you when you get heated up. Next, if she makes a statement that you take exception to, try this: "Wow, that's not how I remember it. Tell me more." Or insert a joke and move on. Turn negative remarks into positive ones by saying, "Okay, that's one way to look at it. I prefer this one." Lastly, realize she may occasionally have a valid point. If so, simply agree and change the topic.

familycircle.com

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

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THAT ADHERES DIRECTLY
TO SENSITIVE AREAS. ”**

-LESLIE P.

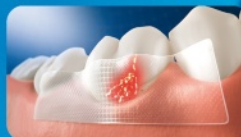


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Repeat OFFENDERS

SIX WAYS OLD INJURIES CAN IMPACT YOUR HEALTH NOW
BY LINDA MELONE



»»» 1. SPRAINED ANKLE

Looking cute can be bad for your health. A stumble in high heels or an awkward step while showing off fancy footwork playing soccer with your kid can result in this injury. It happens when a ligament is overstretched or torn. “The ankle most often rolls inward—but it can also roll outward, spraining or partially tearing ligaments that scar later,” explains Courtney Dawson, MD, orthopedic surgeon at the New England Baptist Outpatient Care Center in Dedham, Massachusetts.

REAPPEARING ACT “Once a sprain occurs, it is much more likely to transpire again,” says Cori Grantham, MD, orthopedic specialist at Texas Health Presbyterian Hospital Dallas. That’s because the injury may leave your ankle less stable later in life, particularly when you miss out on the appropriate treatment. “As you age you may feel awkward doing activities involving quick motions, like cutting or pivoting, which are often difficult,” Grantham adds.





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PROTECTION PLAN Bolster your ankle by working with a physical therapist to fortify surrounding muscles, says Mark Gugliotti, DPT, an assistant professor of physical therapy at New York Institute of Technology in Old Westbury, New York. Invest in active footwear with a supportive sole and adequate arch support if you're flat-footed. Bracing or taping the ankle may be beneficial during sports that require quick turns.

»» 2. TORN ACL

It's not just a hazard for basketball players and skiers. Damage to your anterior cruciate ligament (ACL), one of four main ligaments stabilizing the knee, is often signaled by a popping sound and can happen simply from tripping or landing awkwardly after a jump. "ACL tears usually result from hyperextension, as the knee twists in the opposite direction from which it was designed to move," explains Gugliotti. Unfortunately, women are at greater

that strengthen the knee without stressing it, such as walking, biking, swimming, Pilates and using low-impact cardio machines like elliptical trainers.

»» 3. HERNIATED DISK

"It's one of the most common injuries I see in people under 40," says Michael A. Gleiber, MD, board-certified orthopedic spine surgeon and affiliate assistant professor at The Charles E. Schmidt College of Medicine at Florida Atlantic University in Boca Raton, Florida. Unlike a bulging disk (which usually doesn't hurt), slipped or herniated disks usually cause pain and occur when the disks between the bones of your spinal column break open. A handful of women can trace their back pain to a car accident or frequently picking up a colicky baby. "But about 90% of this damage occurs without knowing the culprit," says Gleiber.

REAPPEARING ACT "A small herniation generally goes undetected and has

**ALWAYS USE PROPER FORM,
WHETHER YOU'RE LIFTING
WEIGHTS, PICKING UP A BAG OF
GROCERIES OR SITTING IN A CHAIR.**

risk for this sidliner, perhaps due to our wider hips or lesser muscular strength, which makes the knee less stable.

REAPPEARING ACT Your knee may become more prone to developing painful arthritis and meniscus tears—splits in the C-shaped cartilage that acts as a shock absorber for the knee, says Dawson. A torn meniscus could lead to pain and swelling, and may even lock out.

PROTECTION PLAN If you have another knee injury, frequently play sports or have a physical job, consider surgery. Otherwise, opt out of activities that require sudden lateral movement (like tennis or soccer), which could irritate the ACL, and those that require pounding (such as running or stair-climbing), which can negatively impact the knee. Instead, commit to exercises

limited impact as you age," says Gleiber. "However, a large herniation, which is determined by a clinical exam and an MRI, can later cause pain when bending, lifting or twisting as well as numbness, tingling and shooting pains that can seem to appear out of nowhere."

PROTECTION PLAN Work your core, suggests fitness expert Ellen Barrett, MA. "Just about all mat Pilates exercises work great," she says. You might also start and finish any workout with one minute in child's pose, where you sit on your heels and lay your chest on your thighs with your arms at your side. In addition, always use proper form, whether you're lifting weights, picking up a bag of groceries or sitting in a chair—no slouching, ladies.



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When Juliet Uzoma-Aguwa discovered she had breast cancer, she had two girls under the age of 4 and her family was thousands of miles away. With many rounds of chemotherapy ahead, she knew she would be in no shape

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THE DOS AND DON'TS OF BOOSTING BONE HEALTH

There's plenty you can do—and a few things you shouldn't—to protect your frame. Getting your daily dose of calcium is just the beginning when it comes to staying strong.

DO: CUT BACK ON SALT

A high-sodium diet can cause kidneys to release calcium, which results in bone loss and an increased risk of breaks, explains Gail Cresci, PhD, RD, in the department of gastroenterology with Cleveland Clinic. The easiest way to keep daily sodium intake under 1,500 milligrams per day is by eliminating processed foods, which contain more than 75% of the sodium we eat.

DON'T: MIX WHEAT BRAN AND CALCIUM PILLS

If you eat wheat

bran cereal or muffins for breakfast, wait at least a couple hours before taking calcium supplements. "The bran contains phytates, which bind with minerals and interfere with calcium absorption," says Cresci.

DO: EAT YOUR FRUITS AND VEGGIES

Oranges and bananas may not sound like bone builders, but their high potassium and micronutrient content makes them particularly important healing foods. Other potassium-rich

foods include tomato products, avocados, spinach, yogurt, prunes and sweet potatoes.

DON'T: OVERDO THE COFFEE

Caffeine may lower your body's ability to absorb calcium, so consider cutting back. The National Osteoporosis Foundation recommends limiting coffee to less than three cups a day.

DO: SOAK THOSE BEANS

Although beans contain calcium, magnesium, fiber and other healthy nutrients, they're also high in calcium-

blocking phytates. Reduce phytate levels by eating sprouted legumes or soaking dry beans in water for several hours before cooking them.

DON'T: SHORTCHANGE YOURSELF

Living in a cold or cloudy climate limits exposure to sunlight, the body's main source of vitamin D, which it needs to absorb calcium. If that sounds like the place you call home, you may want to take a supplement. Cresci recommends 1,200 IU of vitamin D daily.

»»» 4. TORN ROTATOR CUFF

Armchair athletes beware: Something as simple as pulling on a sweater or lifting an object into the trunk of your car can lead to tears in your rotator cuff, a group of four muscles that stabilizes the shoulder. The result is muscular imbalances and pain down the road.

REAPPEARING ACT Even though surrounding muscles and structures will try to compensate for weakness, a small tear will likely become larger. This could eventually lead to bursitis, an inflammation of the bursa sac, which helps provide cushioning and protection for the cuff and surrounding tendons, explains Gugliotti. Another possible complication is shoulder impingement—when soft tissue in the shoulder is compressed by bone. You'll feel a sharp pain and your range of motion (including overhead reach) may be limited. Arthritis could also develop down the line.

PROTECTION PLAN Work with a physical therapist on a conditioning program to strengthen your shoulder, back and arms. Meanwhile, avoid or modify everyday overhead movements and workout activities. "Wall push-ups, for example, are a perfect rotator cuff strengthening exercise once you've healed," says Barrett.

»»» 5. HIP LABRAL TEAR

"When it happens, it feels like a pinching deep inside the hip that usually goes away when lying down," explains Gleiber, who is also a spokesperson for the American Academy of Orthopedic Surgeons. The labrum, a ring of soft tissue that follows the outer rim of the hip socket, acts like a cushion inside the hip joint. "A tear commonly occurs from excessive bending and rotation of the hip, as in skiing, running or doing ballet," he explains. Physical therapy or surgery may be options, depending on the severity of the tear.

REAPPEARING ACT Labral tears often put you at a higher risk of developing arthritis as your body attempts to stabilize the joint. Weakness in the hip muscles will eventually affect the entire lower extremity, causing hip and knee pain and gait problems. For example, weak hips cause a knock-

kneed position, in which the knees turn inward. This creates alignment issues with the kneecap, which can result in pain, ligament and tendon strains and even ACL tears, says Grantham.

PROTECTION PLAN "Always work on strengthening your hips to help prevent any further problems with them or your knees," explains Barrett. A physical therapist can create a program of modified weight-bearing exercises. (You might walk for 10 minutes instead of 30, for example.) A good hip strengthener and stretch is the yoga pose Supta Baddha Konasana, or reclining bound angle pose, in which you lie on your back with feet together and knees pointed outward. "Hold for around one to five minutes post-workout," says Barrett.

»»» 6. TORN WRIST LIGAMENT

It's a basic instinct: As you stumble, you extend your arms to break your fall with your hands. Afterward, you expect some swelling and soreness, but what results may be much worse—a common injury involving a tear of the scapholunate ligament, located near the center of the wrist. "That ligament holds the bones of the wrist in proper alignment," explains Stuart Elkowitz, MD, orthopedic surgeon and hand surgeon with Putnam Hospital Center and Northern Westchester Hospital, in New York. "When it is completely torn, the bones shift."

REAPPEARING ACT A scapholunate ligament tear often seems like a simple strain and goes undiagnosed and untreated. If not addressed at the time it occurs, a predictable pattern of arthritis ensues years later, resulting in pain and limited range of motion.

PROTECTION PLAN "Using hand therapy putty to improve your grip strength helps," says Grantham. In addition, simple stretches increase flexibility. (Try holding up your hand as if stopping traffic and gently pulling back your fingers. Then point your fingers down toward the ground and gently stretch in this opposite direction.) Don't forget to modify exercises, like doing plank pose on your forearms or using your own body weight instead of additional weights, until you get stronger, suggests Barrett.

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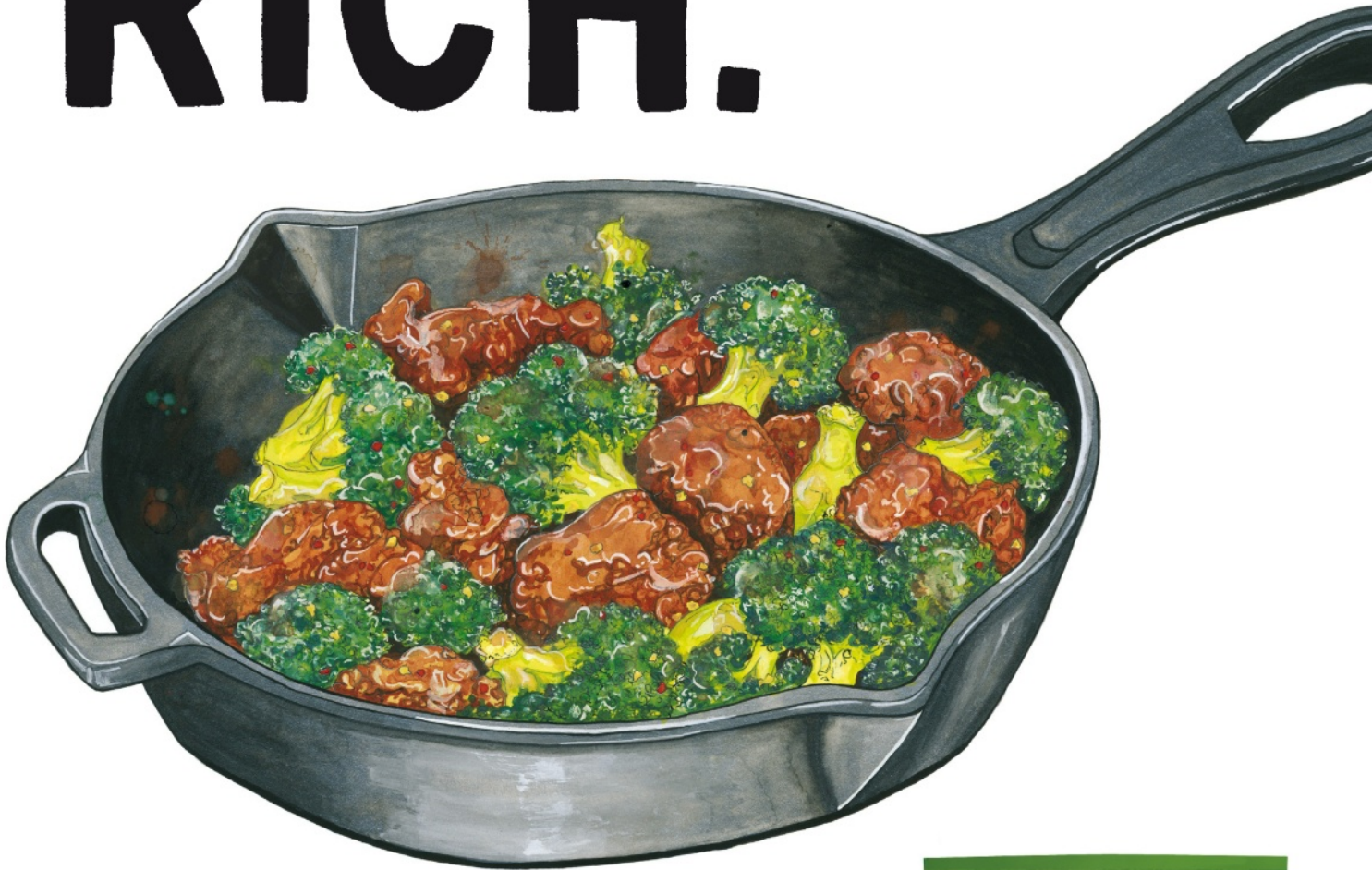
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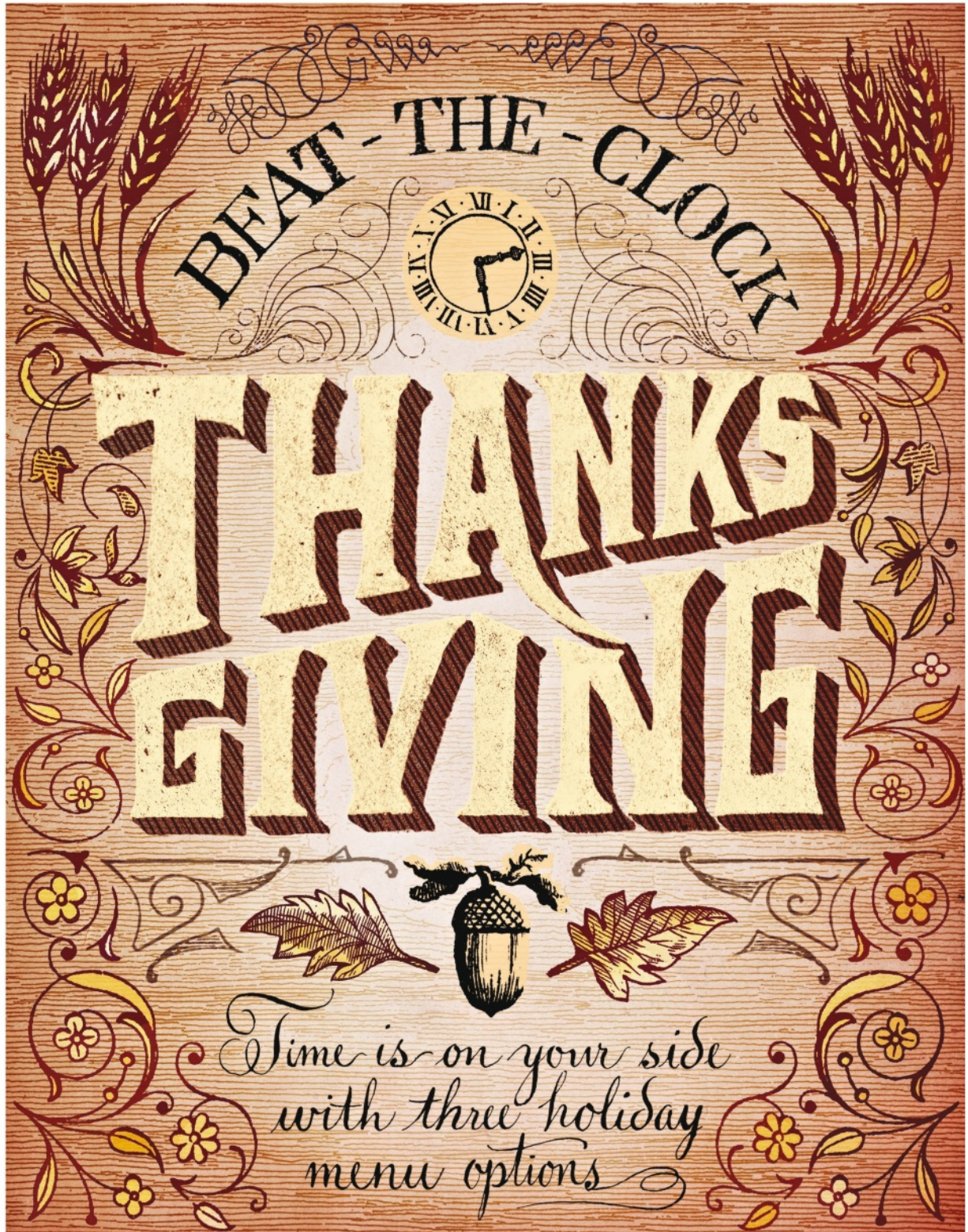
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6-HOUR

*Perked-up classics
for the perfect holiday meal*

BY MELISSA KNIFIC

PHOTOGRAPHY BY KANA OKADA

Herb-Butter-Roasted Turkey • Roasted Cauliflower and Broccoli with Spicy
Yogurt Sauce • Brussels Sprouts, Cherries and Pistachios • Cranberry-
Pomegranate Relish • Prosciutto-Sage Mashed Potatoes • Sausage, Pear
and Pecan Stuffing • Bourbon Sweet Potato Pie





Sausage, Pear and Pecan Stuffing, page 144

Roasted Cauliflower and Broccoli with Spicy Yogurt Sauce, page 146

Brussels Sprouts, Cherries and Pistachios, page 144

Prosciutto-Sage Mashed Potatoes, page 144

Bourbon Sweet Potato Pie, page 146

4-HOUR



*A fried turkey means the oven
is free for sides and desserts.*

BY JULIE MILTENBERGER

PHOTOGRAPHY BY YUNHEE KIM

Roasted Garlic and Sage Fried Turkey

- Honeyed Sweet Potatoes • Sautéed Green Beans with Parmesan • Creamy Corn and Bacon Casserole
- Quick Cranberry Chutney • Smoky Southern Cornbread Dressing • Spiced Olive Oil Cake





**Smoky Southern
Cornbread Dressing,**
page 151

**Sautéed Green Beans
with Parmesan,**
page 149

**Honeyed Sweet
Potatoes,** page 149

**Creamy Corn and
Bacon Casserole,**
page 149

Spiced Olive Oil Cake,
page 151

2-HOUR

Whip up your feast while you watch the Macy's parade.

BY MICHAEL TYRRELL

PHOTOGRAPHY BY LINDA PUGLIESE

Cranberry-Glazed Turkey Breast

- Roasted Fingerlings, Parsnips and Baby Carrots
- Fig and Toasted Pine Nut Dressing
- Mixed Lettuces with Pear and Blue Cheese
- Eggnog Ice Cream Parfaits





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Fig and Toasted Pine Nut Dressing, page 152

Mixed Lettuces with Pear and Blue Cheese, page 152

Roasted Fingerlings, Parsnips and Baby Carrots, page 152

Eggnog Ice Cream Parfaits, page 152





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6-HOUR RECIPES

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5 HOURS BEFORE

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Roast Brussels sprouts, cauliflower and broccoli

3 HOURS BEFORE

Roast turkey and make gravy; finish vegetable dishes; cook mashed potatoes



Herb-Butter-Roasted Turkey

MAKES 12 servings

PREP 25 minutes **ROAST** at 425° for

2½ hours **LET REST** 15 minutes

COOK 7 minutes

- 1 turkey (10-12 lbs), thawed if previously frozen
- ½ cup (1 stick) unsalted butter, at room temperature
- ¼ cup fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh rosemary, chopped
- 1 tsp fresh sage, chopped
- 1¼ tsp salt
- 1 lemon, quartered

- 1 small yellow onion, quartered
- ¼ tsp plus ⅓ tsp black pepper
- 2 tbsp all-purpose flour
- 2 cups unsalted turkey or chicken stock

■ Allow turkey to sit at room temperature for 30 minutes before placing in oven. Remove giblets and neck (add neck to roasting pan, if desired); pat dry with paper towels. Heat oven to 425°.

■ In a bowl, mix butter, parsley, thyme, rosemary, sage and ¼ tsp of the salt until well combined.

■ Place lemon and onion inside turkey. Tie legs and place on a rack in a roasting pan, tucking wings underneath turkey. Season with remaining 1 tsp salt and ¼ tsp of the pepper. Spread 4 tbsp of the herb butter on the turkey (refrigerate remaining butter; 1 more tbsp will be used to make gravy and the rest can be for another use). Roast on bottom rack at 425° for 2 to 2½ hours or until temperature in thigh reaches 165°. (Cover legs with aluminum foil if darkening too quickly, but resist opening the oven too often.) Transfer turkey to a cutting board and allow to rest for 15 minutes before carving.

■ While turkey is resting, make gravy. Place roasting pan over two burners on medium heat. Add 1 tbsp of the herb butter. When melted, whisk in flour. Cook for 2 minutes. Pour in stock and bring to a boil. Reduce to a simmer and cook for 3 to 5 minutes, until thickened. Season with remaining ⅓ tsp pepper. Serve alongside turkey.

PER SERVING 636 CAL; 37 g FAT (23 g SAT); 72 g PRO; 2 g CARB; 0 g FIBER; 352 mg SODIUM; 289 mg CHOL

Sausage, Pear and Pecan Stuffing

MAKES 8 servings

PREP 20 minutes **BAKE** at 400° for

33 minutes **COOK** 12 minutes

1 loaf (about 12 oz) challah, cut into ½-inch cubes

½ lb sweet Italian sausage, casings removed

2 pears (Bosc or Anjou), peeled, cored and diced

1 small yellow onion, diced

2 cloves garlic, minced

1½ cups unsalted turkey or chicken stock

1 cup chopped pecans

1 tbsp chopped fresh thyme

1 tbsp chopped fresh sage

¾ tsp salt

¼ tsp black pepper

■ Heat oven to 400°. Distribute challah cubes in one layer over 2 sided baking sheets. Bake for 8 minutes, until lightly browned. Transfer to a large bowl.

■ Meanwhile, heat a skillet over medium-high heat. Add sausage, breaking apart with a spoon. Cook for 5 to 7 minutes, until browned. Reduce heat to medium. Stir in pears, onion and garlic; cook for 5 minutes. Stir in stock, scraping bottom of pan to release brown bits. Mix in pecans, thyme, sage, salt and pepper. Pour mixture into bowl with challah; stir until well combined. Transfer to a 13 x 9 x 2-inch casserole dish, pressing down a bit with a spatula. Cover dish with aluminum foil and bake at 400° for 20 minutes. Uncover and bake another 5 minutes.

PER SERVING 316 CAL; 18 g FAT (3 g SAT); 10 g PRO; 33 g CARB; 3 g FIBER; 616 mg SODIUM; 53 mg CHOL

Brussels Sprouts with Cherries and Pistachios

MAKES 8 servings

PREP 15 minutes

ROAST at 400° for 25 minutes

2 lbs Brussels sprouts, quartered

2 tbsp olive oil

½ tsp salt

½ tsp black pepper

2 tbsp cherry or regular balsamic vinegar

1 tsp Dijon mustard

½ cup chopped pistachios

½ cup dried sweet cherries

Freshly cracked black pepper (optional)

■ Heat oven to 400°. On a rimmed baking sheet, toss Brussels sprouts with 1 tbsp of the oil, ¼ tsp of the salt and the pepper. Roast at 400° for 15 minutes. Mix and roast another 10 minutes. If roasting at the same time as the cauliflower and broccoli (page 146), swap racks.

■ In a large bowl, whisk vinegar, remaining 1 tbsp oil, the mustard and remaining ¼ tsp salt. Stir in roasted Brussels sprouts, pistachios and cherries. Season with freshly cracked black pepper, if desired.

PER SERVING 136 CAL; 6 g FAT (1 g SAT); 5 g PRO; 18 g CARB; 5 g FIBER; 188 mg SODIUM; 0 mg CHOL

Prosciutto-Sage Mashed Potatoes

MAKES 8 servings

PREP 15 minutes **COOK** 10 minutes

1 cup milk

1 tbsp chopped fresh sage

4 oz prosciutto, diced

3 lbs baking potatoes, peeled and diced into 2-inch cubes

3 tbsp unsalted butter

½ cup mascarpone cheese

1 tsp salt

■ Bring milk and sage to a simmer over medium-low heat in a small, lidded pot. Remove from heat and keep covered. Add prosciutto to a small saucepan over medium heat; cook for 5 minutes, until crispy. Set aside.

■ Meanwhile, add potatoes to a large pot. Cover with cold water by 1 inch. Bring to a boil and cook for 10 minutes, until fork-tender. Drain potatoes and return to pot. Pour in milk-sage mixture, butter and mascarpone. Mash potatoes until everything is well combined. Stir in salt and prosciutto.

PER SERVING 344 CAL; 20 g FAT (11 g SAT); 10 g PRO; 33 g CARB; 3 g FIBER; 672 mg SODIUM; 58 mg CHOL



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Cranberry-Pomegranate Relish

MAKES 8 servings

PREP 5 minutes

1 bag (12 oz) fresh cranberries

1 cup pomegranate arils

⅔ to ¾ cup sugar

1 tbsp lemon juice

Fresh mint (optional garnish)

■ In a food processor, pulse cranberries, pomegranate arils, ⅔ cup of the sugar and the lemon juice until combined and a relish-like consistency. Add more sugar, as needed, for desired level of sweetness.

PER SERVING 79 CAL; 0 g FAT (0 g SAT); 0 g PRO; 22 g CARB; 3 g FIBER; 1 mg SODIUM; 0 mg CHOL

Roasted Cauliflower and Broccoli with Spicy Yogurt Sauce

MAKES 8 servings

PREP 15 minutes **ROAST** at 400° for 25 minutes **COOK** 2 minutes

8 cups cauliflower florets

8 cups broccoli florets

¼ cup olive oil

½ tsp plus ¼ tsp salt

½ tsp black pepper

2 cloves garlic, sliced

½ tsp hot paprika

½ tsp smoked paprika

½ cup plain yogurt

■ Heat oven to 400°. In a large bowl, toss cauliflower and broccoli with 3 tbsp of the olive oil, ½ tsp of the salt and the black pepper. Distribute over 2 rimmed baking sheets in one layer. Roast at 400° for 15 minutes. Stir and roast 10 minutes more. If roasting at the same time as the Brussels sprouts (page 144), swap racks.

■ Meanwhile, heat remaining 1 tbsp olive oil in a sauté pan over medium heat. Stir in garlic and both paprikas; cook for 2 minutes. Scrape into yogurt and season with remaining ½ tsp salt. Drizzle veggies with spicy yogurt sauce.

PER SERVING 116 CAL; 7 g FAT (1 g SAT); 4 g PRO; 11 g CARB; 4 g FIBER; 240 mg SODIUM; 1 mg CHOL

Bourbon Sweet Potato Pie

MAKES 8 servings

PREP 15 minutes **MICROWAVE** 6 minutes

BAKE at 400° for 15 minutes and 350° for 45 minutes **BROIL** 2 minutes

1 refrigerated piecrust (from a 15 oz pkg)

1 lb sweet potatoes (about 2 large)

2 eggs

4 tbsp unsalted butter, melted

⅔ cup packed dark brown sugar

¾ cup heavy cream

¼ cup plus 1 tbsp bourbon

½ tsp cinnamon

½ tsp vanilla extract

¼ tsp nutmeg

4 tsp powdered egg whites

¼ cup granulated sugar

■ Heat oven to 400°. Roll out piecrust and fit into a 9-inch pie plate. Crimp edges. Place a piece of parchment on crust and fill with pie weights or dried beans. Bake at 400° for 15 minutes. Remove parchment and weights or beans. Reduce heat to 350°.

■ Meanwhile, pierce sweet potatoes a few times with a fork and place on a plate. Microwave for 3 minutes. Turn over and cook another 2 to 3 minutes. Let cool slightly, then carefully slice and scoop flesh out into a large bowl. Beat sweet potatoes, whole eggs, butter, brown sugar, heavy cream, ¼ cup of the bourbon, the cinnamon, vanilla and nutmeg until smooth. Transfer to crust and smooth top. Bake at 350° for 40 to 45 minutes, until firm.

■ Combine powdered egg whites and **3 tbsp warm water**. Stir gently until dissolved. Beat in remaining 1 tbsp bourbon until frothy. Gradually add granulated sugar and beat until stiff peaks form, 5 to 7 minutes. Spoon onto warm pie, making sure meringue reaches edge of crust. Broil on HIGH for 1 to 2 minutes, until lightly browned, watching carefully.

PER SERVING 417 CAL; 22 g FAT (12 g SAT); 5 g PRO; 46 g CARB; 1 g FIBER; 160 mg SODIUM; 103 mg CHOL

4-HOUR RECIPES

TIME LINE

4 HOURS BEFORE
Bake cake

3 HOURS BEFORE
Make chutney; prep sweet potatoes; assemble dressing

2 HOURS BEFORE
Heat oil in fryer; trim green beans; assemble corn casserole; inject turkey with seasonings

DURING LAST HOUR
Fry turkey; bake dressing and corn casserole; cook green beans and sweet potatoes; frost cake

Roasted Garlic and Sage Fried Turkey

MAKES 8 servings

PREP 30 minutes **MICROWAVE** 6 minutes

FRY 3 to 4 minutes per pound

Peanut or canola oil

1 turkey fryer (see Toolbox)

1 head garlic

1 tsp olive oil

½ cup low-sodium chicken or turkey broth

1 tbsp fresh sage

1 tsp fresh thyme leaves

¾ tsp salt

½ tsp black pepper

1 turkey (about 11 lbs), thawed if previously frozen

1 injector (see Toolbox)

■ Follow directions on your turkey fryer as to how much

oil you will need (we used a scant 2 gallons). Pour oil into fryer and heat as per manufacturer's directions.

■ Cut off top of head of garlic, so cloves are showing. Place in a small glass bowl and add **3 tbsp water**. Drizzle top of garlic with olive oil. Cover with plastic wrap and microwave at 50% power for 6 minutes, checking halfway through. Remove to a cutting board and let cool slightly. Squeeze cloves from paper skin and transfer to a mini chopper along with broth, sage, thyme and $\frac{1}{4}$ tsp **each** of the salt and pepper. Whirl until smooth and herbs are very finely chopped.

■ Place turkey in a disposable foil pan and remove neck and giblets. Discard or save for another use. Pat turkey dry (inside and out) with paper towels. Pour some of the roasted garlic mixture into the injector and inject into breast meat, thighs and drumsticks of turkey (you should be able to use all the liquid).

■ Place turkey in fryer basket and carefully lower into hot oil as per manufacturer's directions. Cover and fry turkey for 3 to 4 minutes per pound, until meat registers 165° (it's fine if top of turkey is not immersed). Let oil drain from turkey for 10 minutes. Carefully remove turkey from fryer basket and transfer to a serving platter.

PER SERVING 588 CAL; 20 g **FAT** (6 g **SAT**); 95 g **PRO**; 1 g **CARB**; 0 g **FIBER**; 446 mg **SODIUM**; 398 mg **CHOL**

FRIED TURKEY TOOLBOX

■ A wide range of fryers are on the market (\$60–\$150); we tested our bird in the **Butterball Indoor Electric Fryer** (made by Masterbuilt) and used about 2 gallons of oil.

■ If using an outdoor fryer, make sure to place it on level compact ground or cement (not a wooden deck). The fryer should be at least 10 feet away from any structures.

■ You'll need a flavor injector (\$6–\$18) with a solid needle. (A perforated needle can become clogged with herbs in the broth.) Some turkey fryers already come with an injector.



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Honeyed Sweet Potatoes

MAKES 8 servings

PREP 10 minutes COOK 10 minutes

3 lbs sweet potatoes, peeled and cut into 1½-inch pieces

3 tbsp unsalted butter

¼ cup honey

¼ tsp ground cinnamon

⅛ tsp cayenne pepper

¾ tsp salt

¼ tsp black pepper

½ cup toasted pecans

■ Bring a large pot of lightly salted water to a boil (or use water from cooking green beans, below). Add sweet potatoes, return to a boil and cook for 8 minutes. Drain.

■ Melt butter in a large nonstick skillet over medium heat. Add honey, cinnamon and cayenne. Stir in sweet potatoes and season with salt and pepper. Cook, stirring to coat, for 2 minutes. Remove to a platter or bowl and top with toasted pecans.

PER SERVING 222 CAL; 9 g FAT (3 g SAT); 3 g PRO; 33 g CARB; 4 g FIBER; 255 mg SODIUM; 11 mg CHOL

Creamy Corn and Bacon Casserole

MAKES 8 servings PREP 15 minutes

COOK 13 minutes BAKE at 375° for 35 minutes

6 oz (about 7 slices) center-cut bacon, chopped

1 medium red onion, chopped

1 medium sweet red pepper, cored and chopped

1 bag (16 oz) frozen corn kernels, thawed

¼ cup fresh parsley, chopped

2 large eggs plus 1 egg white

½ cup heavy cream

¼ tsp salt

¼ tsp black pepper

¼ tsp ground cumin

1¼ cups shredded sharp cheddar

1 tsp cornstarch

■ Heat oven to 375°. Coat a 1½-quart baking dish with **nonstick cooking spray**. Heat a large skillet over medium-high heat. Add bacon and cook, stirring, for 5 to 6 minutes; remove to a plate with a slotted spoon.

■ Reduce heat to medium and add onion and red pepper to skillet. Cook for 7 minutes, until softened. Remove from heat and stir in corn and parsley.

■ In a large bowl, whisk together eggs, egg white, heavy cream, salt, pepper and cumin. Stir in vegetables and

bacon. In a small bowl, toss together 1 cup of the cheddar and the cornstarch. Fold into corn mixture and transfer to prepared baking dish. Bake at 375° for 25 minutes. Top with remaining ¼ cup cheddar and bake 10 minutes more.

PER SERVING 250 CAL; 17 g FAT (9 g SAT); 11 g PRO; 15 g CARB; 2 g FIBER; 297 mg SODIUM; 99 mg CHOL

Sautéed Green Beans with Parmesan

MAKES 8 servings PREP 10 minutes COOK 9 minutes

1½ lbs green beans, trimmed

2 tbsp unsalted butter

1 pkg (8 oz) sliced baby bella mushrooms

1 tsp fresh thyme, chopped

½ tsp fresh oregano, chopped

½ tsp salt

Freshly ground black pepper

¼ cup shaved Parmesan

■ Bring a large pot of lightly salted water to a boil. Add green beans and cook for 3 minutes. Turn off heat and remove to a bowl with a slotted spoon. Save water for Honeyed Sweet Potatoes, if desired (recipe above).

■ Melt butter in a large nonstick skillet over medium-high heat. Add mushrooms and sauté for 3 to 5 minutes. Stir in green beans, thyme, oregano, salt and a few grinds of fresh black pepper. Cook for 1 minute. Transfer to a platter or bowl and top with shaved Parmesan.

PER SERVING 84 CAL; 4 g FAT (3 g SAT); 4 g PRO; 7 g CARB; 3 g FIBER; 232 mg SODIUM; 12 mg CHOL

Quick Cranberry Chutney

MAKES 8 servings

PREP 5 minutes COOK 10 minutes COOL 1 hour

1 bag (12 oz) fresh or frozen cranberries

¾ cup orange juice

¾ cup sugar

¾ cup golden raisins

¼ tsp ground cardamom (optional)

½ tsp ground ginger

Pinch salt

■ Combine cranberries, juice, sugar, raisins, cardamom and ginger in a saucepan. Bring to a boil over high heat. Reduce heat to medium and simmer 10 minutes, stirring, until cranberries have burst and sauce thickens.

■ Remove pan from heat and stir in salt. Transfer chutney to a serving bowl and cool for at least 1 hour.

PER SERVING 103 CAL; 0 g FAT (0 g SAT); 0 g PRO; 26 g CARB; 2 g FIBER; 37 mg SODIUM; 0 mg CHOL

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WELL WORTH THE 364-DAY WAIT.

McCormick® Savory Herb Rub Roasted Turkey

- 1 whole turkey (12 to 14 lb.), fresh or frozen, thawed
- 1 tbsp. vegetable oil
- 2 tbsp. **McCormick Rubbed Sage**
- 1 tbsp. **McCormick Paprika**
- 1 tbsp. **Lawry's® Seasoned Salt**
- 2 tsp. **McCormick Garlic Powder**
- 1 tsp. **McCormick Ground Black Pepper**
- 3/4 tsp. **McCormick Ground Nutmeg**
- 1 large onion, cut into wedges
- 6 **McCormick Bay Leaves**

PLACE turkey on rack in roasting pan. Brush with oil. Mix seasonings in small bowl. Sprinkle 1 tablespoon of the seasonings inside turkey. Spread remaining seasonings over entire surface and under skin of turkey. Place onion and bay leaves inside turkey. Add 1/2 cup water to pan. Cover loosely with heavy-duty foil.

ROAST in preheated 325°F oven 1 hour. Remove foil. Roast 2 to 2 1/2 hours longer or until internal temperature reaches 165°F (175°F in thigh), basting occasionally with pan juices. Remove turkey from oven. Let stand 20 minutes. Reserve pan juices to make gravy.

Makes 12 servings.



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Smoky Southern Cornbread Dressing

MAKES 8 servings **PREP** 10 minutes
COOK 12 minutes **BAKE** at 375° for 52 minutes

- 1½ lbs purchased cornbread, cut into 1-inch cubes**
- 6 oz bacon (about 7 slices), chopped**
- 1 medium onion, chopped**
- 2 ribs celery, chopped**
- 1½ cups chicken or turkey stock**
- 2 tsp fresh sage**
- ½ tsp salt**
- ¼ tsp cayenne pepper**
- 3 large eggs, lightly beaten**

■ Heat oven to 375°. Spread cornbread onto a large baking sheet. Toast at 375° for 15 to 17 minutes, until lightly browned.

■ Meanwhile, cook bacon in a large skillet over medium-high heat for 5 to 6 minutes, until crisp. Remove to a plate with a slotted spoon. Reduce heat to medium and add onion and celery to skillet. Cook, stirring, for 6 minutes. Stir in 1½ cups of the stock, the sage, salt and cayenne and bring to a simmer.

■ Combine toasted cornbread and bacon in a large bowl. Carefully pour contents of skillet into bowl and gently stir to blend. Fold in eggs. Transfer to a 2-quart baking dish. Bake at 375° for 25 minutes. Drizzle remaining ½ cup stock over dressing and bake an additional 10 minutes.

PER SERVING 250 **CAL**; 9 g **FAT** (3 g **SAT**); 7 g **PRO**; 36 g **CARB**; 2 g **FIBER**; 919 mg **SODIUM**; 92 mg **CHOL**

Spiced Olive Oil Cake

MAKES 12 servings
PREP 25 minutes
BAKE at 350° for 55 minutes

CAKE

- 2 cups cake flour (not self-rising)**
- 1 tsp ground cardamom**
- 1 tsp ground cinnamon**
- 1 tsp ground ginger**
- ½ tsp salt**
- ½ tsp baking powder**
- ½ tsp baking soda**
- 3 large eggs, separated**
- 1¼ cups sugar**
- ½ vanilla bean**
- 1¼ cups milk**
- ¾ cup plus 2 tbsp olive oil**

FROSTING AND TOPPING

- ½ pkg Neufchâtel cheese, softened**
- ¼ cup (½ stick) unsalted butter, softened**



- ¼ cup confectioners' sugar**
- Pinch of salt**
- ¼ cup heavy cream**
- Dried orange slices or fresh lemon peel (optional)**
- Pepitas (optional)**

■ Heat oven to 350°. Coat a 9-inch square baking pan with **nonstick cooking spray**. Line bottom with wax paper; coat paper with nonstick cooking spray.

■ In a large bowl, whisk together cake flour, cardamom, cinnamon, ginger, salt, baking powder and baking soda. In a second large bowl, beat egg whites until frothy. Add ¼ cup of the sugar and beat until stiff, shiny peaks form. Set aside. In a medium bowl, beat egg yolks. Split vanilla bean in half lengthwise and scrape seeds from pod. Add to egg yolks along with ½ cup of the sugar. Beat until pale yellow and fluffy, about 2 minutes. On low speed, beat in milk, olive oil and remaining ½ cup sugar. Whisk egg yolk mixture into flour mixture.

■ Fold whipped egg whites into batter and pour into prepared pan. Bake at 350° for 55 minutes, until cake springs back when gently pressed.

■ Meanwhile, prepare frosting: Beat together Neufchâtel and butter until smooth and no lumps remain. On low speed, beat in confectioners' sugar and salt. Add heavy cream and beat on medium until fluffy and smooth.

■ Cool cake in pan on a wire rack for 10 minutes. Invert cake onto a rack; remove wax paper and turn right-side-up onto rack. Cool completely (about 2 hours) and spread top with frosting. If desired, garnish with dried fruit or lemon peel and pepitas.

PER SERVING 384 **CAL**; 22 g **FAT** (7 g **SAT**); 5 g **PRO**; 43 g **CARB**; 1 g **FIBER**; 236 mg **SODIUM**; 72 mg **CHOL**



THE GRAVY THAT DESERVES ITS OWN HOLIDAY.

McCormick® Perfect Turkey Gravy

- 2 pkgs. McCormick Turkey Gravy Mix**
- ¼ cup flour**
- 3 cups cold water**
- 1 cup turkey pan drippings**

MIX Gravy Mix and flour in large saucepan. Gradually stir in water and turkey drippings with wire whisk until smooth.

COOK on medium-high heat until gravy comes to boil, stirring frequently. Reduce heat to low. Simmer 5 minutes or until thickened, stirring occasionally. (Gravy will continue to thicken upon standing.)

For the gluten-free version of this recipe, visit mccormick.com



For more great-tasting Thanksgiving recipes, visit mccormick.com

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2-HOUR RECIPES

TIME LINE

2 HOURS BEFORE

Simmer cranberry glaze; prep potatoes and vegetables

1½ HOURS BEFORE

Roast turkey breast, potatoes and vegetables

DURING LAST HOUR

Make fig and pine nut dressing; prep salad; whip cream and refrigerate



Cranberry-Glazed Turkey Breast

MAKES 6 servings
PREP 15 minutes **ROAST** at 375° for 60 minutes **COOK** 5 minutes
BROIL 5 minutes—**LET REST** 10 minutes

- 1 large boneless turkey breast half (3–3½ lbs)
- 2 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- 1 can (14 oz) whole cranberry sauce
- 1 can (14 oz) jellied cranberry sauce
- 2 tbsp brown sugar
- 1 tbsp lemon zest
- ½ tsp ground cinnamon

■ Heat oven to 375°. Fit a rack into a roasting pan.

■ Place turkey in prepared roasting pan. Brush oil over turkey and season with salt

and black pepper. Roast at 375° for 60 minutes or until temperature reaches 160°. (Potatoes and vegetables, below, will be roasting at the same time.)

■ Meanwhile, combine cranberry sauces, brown sugar, lemon zest and cinnamon in a medium saucepan and simmer for 5 minutes over medium-high heat. Stir occasionally.

■ After 30 minutes, brush ½ cup of the glaze over turkey; repeat with an additional ½ cup after 45 minutes. Broil 6 inches from heat source for 5 minutes.

■ Allow turkey to rest for 10 minutes before slicing. Serve remaining cranberry glaze with turkey.

PER SERVING 489 CAL; 6 g FAT (1 g SAT); 54 g PRO; 54 g CARB; 2 g FIBER; 317 mg SODIUM; 149 mg CHOL

Roasted Fingerlings, Parsnips and Baby Carrots

MAKES 6 servings
PREP 15 minutes **ROAST** at 375° for 55 minutes **BROIL** 3 minutes

- 1½ lbs fingerling potatoes or small red-skinned potatoes (1 inch in diameter)
- 1 lb parsnips, peeled and cut into 1-inch pieces
- ¾ lb baby carrots
- 2 tbsp olive oil
- 1 tbsp dark brown sugar
- ½ tsp salt
- ½ tsp dried Italian seasoning
- ¼ tsp black pepper

■ In a large bowl, toss potatoes, parsnips and carrots with olive oil. Season with brown sugar, salt, Italian seasoning and black pepper.

Place on a large rimmed baking sheet.

■ Roast at 375° for 55 minutes at the same time as turkey breast. Rotate pan after 30 minutes. Just before serving, broil 6 inches from heat source for 3 minutes.

PER SERVING 233 CAL; 5 g FAT (1 g SAT); 3 g PRO; 46 g CARB; 8 g FIBER; 253 mg SODIUM; 0 mg CHOL

Fig and Toasted Pine Nut Dressing

MAKES 6 servings
PREP 10 minutes
COOK 3 minutes

- 1 tbsp vegetable oil
- 1 cup pre-chopped onion, carrot and celery
- 2 cups turkey or chicken broth
- 6 tbsp unsalted butter
- 4 cups herb-seasoned bread stuffing cubes
- 4 dried Turkish figs, chopped (about ½ cup)
- ¼ cup toasted pine nuts

■ Heat oil in a medium saucepan over medium-high heat; add chopped vegetables and cook for 3 minutes. Add broth, 1 cup water and 4 tbsp of the butter. Bring to a simmer. Stir in stuffing cubes and figs; cover and let stand for 5 minutes.

■ To serve, fluff with a fork and dot with remaining butter. Sprinkle pine nuts over top.

PER SERVING 353 CAL; 19 g FAT (8 g SAT); 6 g PRO; 40 g CARB; 5 g FIBER; 856 mg SODIUM; 30 mg CHOL

Mixed Lettuces with Pear and Blue Cheese

MAKES 6 servings
PREP 10 minutes

- 6 cups mixed baby lettuces
- 2 tbsp grapeseed oil
- 1 tbsp pomegranate balsamic vinegar

- ¼ tsp salt
- ¼ tsp black pepper
- 1 Bosc pear, thinly sliced
- ¼ cup crumbled blue cheese

■ Place baby lettuces in a large salad bowl. Toss with oil and vinegar. Season with salt and pepper. Gently fold in pear slices and blue cheese. Serve immediately.

PER SERVING 105 CAL; 8 g FAT (3 g SAT); 3 g PRO; 6 g CARB; 1 g FIBER; 209 mg SODIUM; 8 mg CHOL

Eggnog Ice Cream Parfaits

MAKES 6 servings
PREP 10 minutes

- ½ cup heavy cream
- 1 tsp sugar
- ¼ tsp vanilla
- 24 ginger snap cookies, crushed
- 3 cups eggnog-flavored ice cream
- 3 cups rum raisin ice cream
- Cinnamon, mint and cherries for garnish

■ In a large bowl, beat heavy cream on medium speed until foamy. Add sugar and vanilla; beat on medium-high until soft peaks form. Refrigerate until serving.

■ In each of six 12 oz dessert glasses, layer 2 tbsp cookie crumbs, one ½-cup scoop eggnog ice cream, 2 tbsp cookie crumbs and one ½-cup scoop rum raisin ice cream. Garnish with whipped cream, cinnamon, mint and cherries. Serve immediately.

PER SERVING 467 CAL; 12 g FAT (6 g SAT); 5 g PRO; 55 g CARB; 0 g FIBER; 102 mg SODIUM; 27 mg CHOL



EASY STOVETOP GRAVY

Heat 2 tbsp butter and 1 tbsp oil in a medium saucepan. Whisk in 2 tbsp all-purpose flour. Whisk in 2 cups turkey broth until smooth (chicken broth can be substituted). Simmer, whisking occasionally, for 3 minutes. Season to taste with salt and pepper.

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HOMEMADE FOR THE HOLIDAYS

The holiday season is the perfect time to whip up a new recipe to share with family and friends. **PAM® Original** cooking spray is an essential ingredient to have in the pantry before you start baking this decadent dessert.



As seen on
[Allrecipes.com](https://www.allrecipes.com)

SOPAPILLA CHEESECAKE PIE

Prep: 15 minutes Cook: 45 minutes Servings: 12

INGREDIENTS

PAM® Original cooking spray

- 2 (8 ounce) packages, softened cream cheese
- 1 cup white sugar
- 1 teaspoon Mexican vanilla extract
- 2 (8 ounce) crescent roll cans, refrigerated
- $\frac{3}{4}$ cup white sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ cup butter, room temperature
- $\frac{1}{4}$ cup honey

DIRECTIONS

1. Preheat an oven to 350° F (175° C). Prepare a 9x13 inch-baking dish with **PAM® Original** cooking spray.
2. Beat the cream cheese with 1 cup of sugar and the vanilla extract in a bowl until smooth.
3. Unroll the cans of crescent roll dough, and use a rolling pin to shape each piece into 9x13 inch rectangles. Press one piece into the bottom of a 9x13 inch-baking dish. Evenly spread the cream cheese mixture into the baking dish, and then cover with the remaining piece of crescent dough. Stir together $\frac{3}{4}$ cup of sugar, cinnamon, and butter. Dot the mixture over the top of the cheesecake.
4. Bake in the preheated oven until the crescent dough has puffed and turned golden brown, about 30 minutes. Remove from the oven and drizzle with honey. Cool completely in the pan before cutting into 12 squares.



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Impossibly Easy Pizza Bake how-to at bisquick.com



FOOD / ON THE COVER



BY JULIE MILTENBERGER



1. Pumpkin Cakes

MAKES 12 mini cakes

PREP 15 minutes

BAKE at 350° for 20 minutes

MICROWAVE 10 seconds per batch

1 box (15.25 oz) spice, vanilla or devil's food cake mix

1 cup buttermilk

3 large eggs

½ cup vegetable oil

1 can (16 oz) vanilla frosting

Orange gel food coloring

Nonpareils or sprinkles

Tootsie Rolls (for stems)

■ Heat oven to 350°. Grease and flour two 12-cup mini Bundt cupcake pans. Prepare cake mix according to package directions, using buttermilk in place of water. Spoon batter into prepared cupcake pans.

■ Bake at 350° until toothpick

inserted in center comes out clean, 15 to 20 minutes. Transfer to a wire rack and cool for 5 minutes. Invert and cool completely. Using a small serrated knife, trim domed tops to make them level.

■ Tint frosting orange with food coloring. Spread a little frosting on cut side of 12 of the cakes. Sandwich with remaining 12 cakes. Microwave remaining frosting for 5 to 10 seconds, until smooth but not too thin. Spoon some frosting on top of a stacked cake, allowing it to drip down the sides. Top with nonpareils or sprinkles. Cut a Tootsie Roll in half diagonally and reshape slightly with your hands. Add to top of cake as stem.

■ Repeat with other flavors of cake mix, if desired.

2. Candy-Coated Pretzels

MAKES 16 servings (about 10 pretzels) **PREP** 25 minutes
MICROWAVE 1½ minutes per batch

1 cup each white, yellow and orange candy melts (such as Wilton)

1½ tsp vegetable oil
6½ cups mini pretzels

Assorted nonpareils and sparkling sugars

■ Place white candy melts in a microwave-safe bowl. Microwave for 30 seconds, then stir. Continue to microwave in 30-second increments until smooth. Stir in ½ tsp of the oil.

■ Using 2 forks, dip a pretzel into melted candy. Tap against side of bowl to allow excess candy to drip off. Slide off fork onto a wire rack set over a rimmed baking sheet. Repeat with 5 more pretzels, then

decorate as desired with nonpareils, sparkling sugar or drizzled candy melts. Repeat with remaining colors of candy melts, pretzels and decorations.

3. Acorns

MAKES 24 servings
PREP 30 minutes **MICROWAVE** at 70% power for 1 minute

¾ cup peanut butter chips

½ tsp vegetable oil (if needed)

24 Nutter Butter Bites cookies (from an 8 oz bag)

48 unwrapped Hershey's Kisses

48 semisweet chocolate chips

■ Place peanut butter chips in a small microwave-safe bowl. Microwave at 70% power as per package directions. Stir in vegetable oil if stiff.

■ Split Nutter Butter Bites. Dip the bottom of one Kiss into melted chips. Secure a Nutter Butter half onto Kiss. Dip flat bottom of a semisweet chip into melted chips and press onto top of Nutter Butter. Place on wax paper to dry. Repeat with remaining ingredients.

4. Owl Cupcakes

MAKES 6 servings
PREP 15 minutes
BAKE as per package directions

6 baked chocolate cupcakes

12 baked mini cupcakes

1 can (16 oz) chocolate frosting

12 Double Stuf Oreo cookies

24 mini Oreo cookies

12 brown and 6 orange M&M's

24 brown and 12 orange mini M&M's

■ Spread all cupcakes with frosting. Separate Double Stuf Oreo cookies by carefully slicing down, leaving filling on one side of each sandwich. Scrape any cookie crumbs off filling. Place 2 cookie halves, filling side up, on each frosted standard-size cupcake. Gently press brown M&M's into Oreos to finish eyes and an orange M&M's into frosting as beak. Cut pointed ears out of leftover cookie halves and tuck into top of each cupcake behind eyes.

■ Repeat process with mini cupcakes, mini cookies and mini M&M's.

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Go to familycircle.com/coverrecipes to watch videos showing how to make these festive treats.

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head start homemade cookies future chef HELP



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BE BACK TO NORMAL. ”

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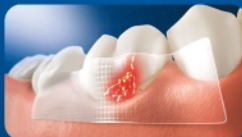
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FLAVOR MAKEOVERS:
5 COOKING TECHNIQUES THAT
ARE BIG ON TASTE BUT
LIGHT ON FAT AND CALORIES

BY MELISSA KNIFIC




1
Grilling

this is big.

this is the start of something wonderful.

this is our first hot cereal.

this is a unique multi-grain blend with

quinoa, oats, wheat & barley. 

this is made with superfoods

that make every calorie count.

this is about eating right, not less.

this is something you deserve.

this is

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nurturing yourself

WHAT WILL YOU *gain* WHEN YOU LOSE?®

2
Cooking in
parchment



Moroccan Shrimp and Couscous

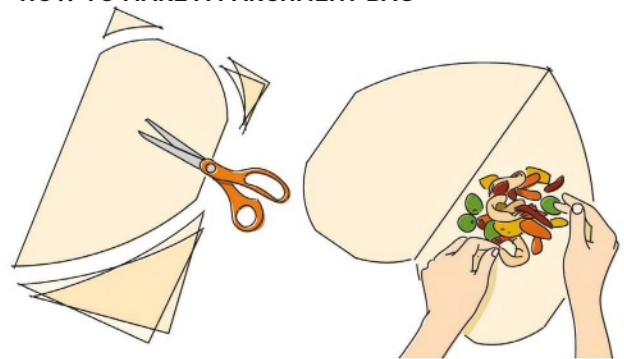
MAKES 4 servings
PREP 20 minutes **COOK** 12 minutes
BAKE at 400° for 12 minutes

- 1 tsp ground cumin
- ½ tsp salt
- ½ tsp ground cinnamon
- ½ tsp ground turmeric
- ¼ tsp ground ginger
- ⅙ tsp ground cayenne
- 1 tbsp olive oil
- ¼ cup minced shallots
- 2 cloves garlic, minced
- 1 cup whole wheat Israeli couscous, halved
- 1¼ lbs peeled and deveined shrimp (tails left on)
- 1 cup dried apricots
- 1 cup pitted dates
- 8 large Italian- or Spanish-style green olives with pits
- 2 tbsp lemon juice, plus 1 tsp zest
- 2 tbsp white wine, chicken broth or water
- ½ cup fresh parsley, chopped
- ½ cup fresh cilantro, chopped
- ¼ cup chopped almonds

- Heat oven to 400°. In a small bowl, combine cumin, salt, cinnamon, turmeric, ginger and cayenne.
- Heat olive oil in a medium pot over medium heat. Add half each of the shallots, garlic and spice mixture. Cook for 2 minutes, until soft. Stir in couscous and 1¼ cups water; cover and bring to a boil. Reduce to a simmer and cook for 8 to 10 minutes. Set aside, covered.
- In a large bowl, toss shrimp with apricots, dates, olives, lemon juice and zest, wine and remaining shallots, garlic and spice mixture. Transfer to 2 large parchment cooking bags (such as PaperChef) and seal per package directions. (To make your own, see “How to Make a Parchment Bag,” above.) Place bags on a rimmed baking sheet. Bake at 400° for 10 to 12 minutes. Carefully open to release steam; toss in a bowl with parsley, cilantro and almonds. Serve shrimp over couscous.

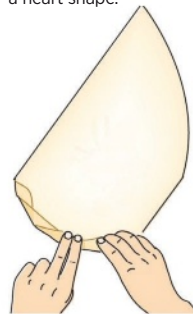
PER SERVING 550 **CAL**; 10 g **FAT** (1 g SAT); 30 g **PRO**; 88 g **CARB**; 10 g **FIBER**; 882 mg **SODIUM**; 211 mg **CHOL**

HOW TO MAKE A PARCHMENT BAG



1 Fold a piece of parchment paper in half lengthwise. With scissors, cut paper into a heart shape.

2 Place ingredients on one side of heart.



3 Fold over loose side of paper. Begin to make long creases, beginning at the top of heart, following its shape.



4 Once you get to the end, twist to close. Place bag on a sheet pan and bake.

Wheat Berries with Grilled Mushrooms and Kale

MAKES 4 servings
PREP 20 minutes **COOK** 15 minutes
GRILL 16 minutes

- 1¼ cups quick-cook wheat berries
- 5 tbsp balsamic vinegar
- 3 tbsp extra-virgin olive oil
- ½ tsp Dijon mustard
- 1 tsp salt
- ¼ tsp plus ⅙ tsp black pepper
- 12 oz kale, trimmed
- 10 oz cremini mushrooms
- 7 oz shiitake mushrooms, stems removed and discarded
- ⅓ cup walnuts, toasted and chopped
- 4 poached eggs (optional)

■ Add wheat berries to a medium pot and fill with water. Cover and bring to a boil. Reduce to a simmer and

cook for 15 minutes, until tender. Drain.

■ Meanwhile, heat a grill or grill pan to medium-high. Whisk 3 tbsp of the vinegar, 2 tbsp of the oil, the mustard, ¼ tsp of the salt and ⅙ tsp of the pepper. Pour half the vinaigrette over kale leaves and toss well. Brush remaining vinaigrette over mushrooms (skewer cremini, if desired). Grill cremini for 4 minutes per side and shiitakes for 2 minutes per side, turning each once. Grill kale for 2 minutes per side, in 2 batches. Quarter cremini, slice shiitakes and chop kale, discarding stems on the latter. Stir into cooked wheat berries with walnuts and remaining 2 tbsp vinegar, 1 tbsp oil, ¼ tsp salt and ¼ tsp pepper. Top each serving with a poached egg, if desired.

PER SERVING 434 **CAL**; 18 g **FAT** (2 g SAT); 15 g **PRO**; 55 g **CARB**; 9 g **FIBER**; 630 mg **SODIUM**; 0 mg **CHOL**

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Beer-Braised Beef with Potatoes and Cabbage

MAKES 4 servings

PREP 15 minutes

COOK 1 hour, 10 minutes

- 1½ lbs beef chuck, cut into 1-inch pieces
- 1 cup thinly sliced onion
- 2 cloves garlic, sliced
- 2 tsp chopped thyme
- 2 tbsp all-purpose flour
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp tomato paste
- 1 cup unsalted beef broth
- 1 cup Guinness beer
- 1½ lbs red-skinned potatoes, cut into 2-inch pieces (do not peel)
- 3 cups chopped green cabbage
- ½ cup plain nonfat yogurt
- ½ cup buttermilk
- Parsley (for garnish)

■ In a Dutch oven or heavy-bottomed pot, toss beef cubes with onion, garlic, thyme, flour, ½ tsp of the salt and ¼ tsp of the pepper. Add tomato paste, broth and beer. Cover and bring to a boil. Reduce to a low simmer and cook for 1 hour, until beef is tender. With a slotted spoon, remove beef to a bowl. Increase heat to high, and bring sauce to a boil. Simmer for 10 minutes, until thickened. Stir beef back into sauce, cover and remove from heat.

■ Meanwhile, add potatoes to a pot and fill with cold water. Bring to a boil and cook for 9 minutes. Stir in cabbage; cook another 3 minutes. Drain and return to pot. Add yogurt and buttermilk. Mash and stir in remaining ½ tsp salt and ¼ tsp pepper. Serve beef over potato-cabbage mash. Garnish with parsley.

PER SERVING 432 CAL; 8 g FAT (3 g SAT); 43 g PRO; 43 g CARB; 5 g FIBER; 769 mg SODIUM; 73 mg CHOL



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Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

~~5 chicken breast halves, cubed~~

~~2 tbsps. butter, divided~~

~~2 cloves garlic, minced, divided~~

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

~~1 1/2 tps. Italian seasoning~~

~~1/2 onion, diced~~

~~1 1/2 tps. salt~~

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

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

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

Sauté sausage for 5 minutes.

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

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

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



More 15 minute sensations at sausagesosimple.com



4
Steaming

Ginger and Scallion Steamed Sea Bass

MAKES 4 servings **PREP** 20 minutes

MARINATE 15 minutes

COOK 15 minutes **STEAM** 8 minutes

¼ cup low-sodium soy sauce

3 tbsp rice vinegar

2 tbsp light brown sugar

1 tsp sesame oil

½ tsp five-spice powder

1 cup thinly sliced scallions

4 tbsp julienned ginger

**1¼ lbs sea bass or cod
(4 fillets)**

1¼ cups jasmine rice

1 lb baby bok choy

**½ cup unsalted chicken
stock (such as Swanson)**

1 tsp cornstarch

■ Mix soy sauce, vinegar, brown sugar, sesame oil and five-spice powder in a bowl. Pour ¼ cup of the soy mixture into a small saucepan and set aside. Stir ½ cup of the scallions and 3 tbsp of the ginger into remaining ¼ cup soy mixture. Pour half over fillets in a

resealable plastic bag. Marinate for 15 minutes. Toss bok choy with remaining marinade.

■ Meanwhile, bring **2½ cups water** to a boil in a small lidded pot. Add rice, cover and return to a boil. Reduce heat and cook 15 minutes, until water is absorbed. Keep covered, but remove from heat.

■ Fill a large skillet with **½ inch water**. Stack 2 bamboo steamer baskets on top with lid. Bring water to a boil. Place fish fillets in bottom basket and bok choy in top basket. Cover with lid; steam for 6 to 8 minutes, until fish flakes easily with a fork.

■ While fish and bok choy are cooking, add stock and cornstarch to contents in saucepan; bring to a boil. Cook for 2 minutes, until thickened. Fluff rice. Serve fish and bok choy over rice, spoon sauce on top and garnish with remaining ½ cup scallions.

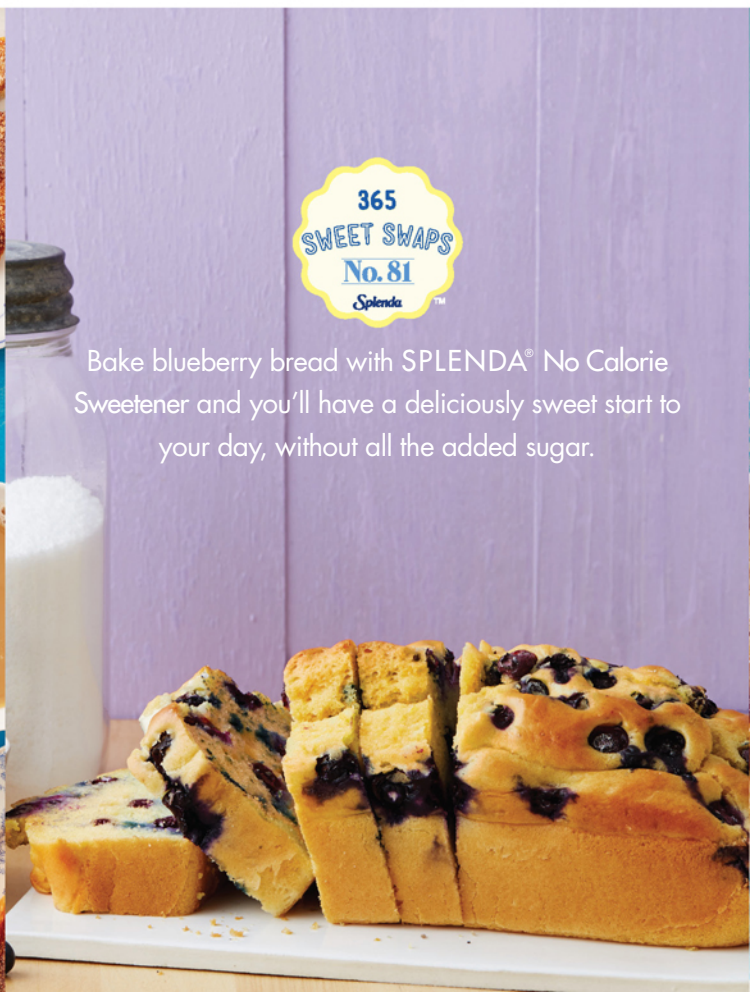
PER SERVING 313 **CAL**; 4 g **FAT** (1 g SAT); 33 g **PRO**; 34 g **CARB**; 2 g **FIBER**; 788 mg **SODIUM**; 62 mg **CHOL**

Food styling: Frances Boswell, Prop. styling: Megan Hedgpeth.



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5
Poaching



Orecchiette with Chicken and Creamy Rosemary Sauce

MAKES 6 servings
PREP 15 minutes **COOK** 21 minutes

- 1 medium onion, diced**
 - 4 cloves garlic, sliced**
 - 2 whole sprigs rosemary plus 1 tbsp chopped**
 - 2 whole sprigs thyme plus 1 tbsp chopped**
 - 1 lb boneless, skinless chicken breasts**
 - 1 lb orecchiette pasta**
 - 2 tbsp olive oil**
 - 2 tbsp all-purpose flour**
 - 2½ cups skim milk**
 - 4 oz plain goat cheese**
 - ¾ tsp salt**
 - ¼ tsp black pepper**
 - Chopped pistachios (optional)**
- Add half the onion, 2 cloves of the garlic, the rosemary and thyme sprigs to a pot of lightly salted water. Bring to a boil. Reduce heat to a simmer and add chicken. Simmer for 10 to 12 minutes, until cooked through. Using tongs, remove chicken to a cutting board and keep warm.
 - Return water to a boil. Add orecchiette. Cook for 9 minutes. Drain, removing rosemary and thyme stems.
 - Meanwhile, heat oil in a large skillet over medium heat. Add remaining onion; cook for 3 minutes. Add remaining 2 cloves garlic and 1 tbsp **each** chopped rosemary and thyme; cook for 2 minutes. Stir in flour; cook for 1 more minute. Slowly whisk in milk; bring to a simmer and cook for 5 minutes, until thickened. Stir in goat cheese, salt and pepper.
 - Thinly slice chicken. Add to sauce with cooked orecchiette; stir well. Serve with chopped pistachios, if desired.
- PER SERVING** 505 **CAL**; 11 g **FAT** (4 g **SAT**); 35 g **PRO**; 66 g **CARB**; 3 g **FIBER**; 457 mg **SODIUM**; 55 mg **CHOL**



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Bowled Over

First spotted on the beaches of Brazil, this power breakfast features a thick smoothie made with frozen açai (the little berry that's big on antioxidants) served in a bowl and topped with fresh fruit and granola. It's one of my favorite ways to start the day, and so good that I enjoy it as a snack too. And I'm not the only one—even New York food trucks are selling açai bowls. I've shared the basic recipe, but feel free to experiment with different fruit toppings.

—Regina Ragone, Food Director

Açai bowl

2 frozen açai smoothie packs
(such as Sambazon;
available at Whole Foods
and Costco)

¼ cup apple juice

½ banana, sliced

1 cup sliced strawberries

½ cup granola

■ Mix frozen açai and apple juice in a blender until smooth. Scoop into 2 bowls and top with banana and strawberry slices and granola.

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Talking Turkey



Don't be a one-hit turkey wonder—especially when there are so many varieties out there to choose from! We asked Theo Weening from Whole Foods Market to break it down for us.

Heritage

The heritage turkey line dates back to the 1800s and is as close to a wild turkey as you can get, which also makes it a great conversation starter. These old-world breeds have a more robust flavor and are typically a bit smaller (usually under 14 pounds) than classic antibiotic-free or organic birds. They are also single-breasted, so if you're feeding a large group or want leftovers, pick up an extra turkey breast.

Heirloom

Tracing its origins to the early 1920s or '30s, the heirloom turkey has a robust flavor but is slightly less wild-tasting than the heritage breeds. Since it's a double-breasted bird,

the heirloom strikes a balance between having plenty of white meat and a consistent flavor profile.

Traditional

These broad- or double-breasted turkeys have been selectively bred to produce larger breasts, with a 2-to-1 white-to-dark-meat ratio.

Antibiotic-Free

These classic birds offer a trifecta of flavor, quality and value and are raised the way nature intended, without antibiotics.

Organic

In addition to being antibiotic-free, these birds are raised on organic-certified farms according to USDA Organic Standards (only certified

organic feed, processing and packaging).

Brined

If you want an ultra-moist turkey with the rich, deep taste that comes from brining (but without the work of doing it yourself), buy a hand-brined bird that's ready for roasting. **TIP:** Remember not to stuff a brined bird—the stuffing will be too salty!

Kosher

Specially trained rabbinic inspectors check each bird, ensuring that it is of the highest quality and processed in accordance with kosher standards of cleanliness. **TIP:** Kosher turkeys have already been salted, so avoid brining them or you'll have an overly salty bird.

Flavors of the season

I love holiday foods, so I'm happy to see that they've found their way into some unexpected places! A few of my favorites:



Alouette Cranberry Apple Spice Soft Spreadable Cheese is a creamy blend of fruit and cinnamon. The smooth texture makes it ideal for frosting cakes and cookies or topping pancakes. Supermarkets, \$5



Thomas' Limited Edition Pumpkin Spice and Cranberry English Muffins and Bagels have been selling out since being introduced three years ago, and for good reason—they can take a ho-hum breakfast and turn it into yum! Supermarkets, \$5

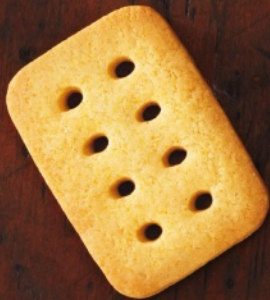


A Thanksgiving Popcorn Feast includes nine classic flavors: turkey, mashed potatoes, gravy, cranberry sauce, stuffing, sweet potatoes, apple pie, pumpkin pie and berry cheesecake. Kingofpop.com, \$35



Noosa Finest Pumpkin Yoghurt is a sweet and spicy alternative to my favorite pie. Whole Foods, Target, Safeway and Kroger, \$2.50 —Regina Ragone

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Jenny on HEALTH

"Every Valentine's Day I make all of my yearly doctor appointments — gyno, boob check, physical. It's my gift to myself. I also love the new Zantrex SkinnyStix. I can

Jenny on HEALTH

"Every Valentine's Day I make all of my yearly doctor appointments — gyno, boob check, physical. It's my gift to myself. I also love the new Zantrex SkinnyStix. I can mix them in water and drink them all day long to stay energized and curb cravings. They're great before a workout. And sleep is essential, I try to get eight to nine hours a night."



**Jenny
McCarthy**



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WHAT'S NEW

TWICE AS NICE

PAGE 16: Urban Decay 24/7 Glide-On Eye Pencil in Zero, urbandecay.com, \$20.

LOOSEN UP

PAGE 20: Top, **Ann Taylor**, anntaylor.com, \$90. Pants, **Burlington**, burlingtonstores.com, \$20. Pumps, **Maiden Lane exclusively for Gilt**, gilt.com, \$89. Clutch, **JustFab**, justfab.com, \$40. Earrings, **Kendra Scott**, kendrascott.com, \$65. Necklace, **Victoria Bekerman**, victoriabekerman.com, \$85.

STYLE

Products not listed are available at mass retailers.

CLEAN SWEEP

PAGE 30: Bobbi Brown Powder Brush, bobbirowncosmetics.com, \$62. **Tarte** The Buffer Brush, sephora.com, \$32. **MAC** 187 Duo Fibre Face Brush, maccosmetics.com, \$42.

EXTRA CREDIT

PAGE 32: Faux Show: Dress, **Maggy London**, maggylondon.com, \$138. Jacket, **H&M**, hm.com, \$70. Snood, **American Eagle**, ae.com, \$40. Earrings, **Cynthia Rybakoff**, cynthiaribakoff.com, \$58. Ring, **JustFab**, justfab.com, \$7.
PAGE 33: Stacked in Your Favor: Cuff, **Rebecca Minkoff**, rebeccaminkoff.com, \$88. Bangle, **ShopDesignSpark**, shopdesignspark.com, \$18. Watch, **Anne Klein**, nordstrom.com, \$125. Bangle, **ShopDesignSpark**, shopdesignspark.com, \$24. Bracelet, **T+J Designs**, tandjdesigns.com, \$64. Vest, **Two by Vince Camuto**, vincecamuto.com, \$199. Blouse, **Cabi**, cabionline.com, \$89. Bag, **H&M**, hm.com, \$50.
PAGE 34: Kick It Up: Tights, **Hanes**, hanes.com, \$12. Shoes, **Vince Camuto**, vincecamuto.com, \$118. Skirt, **Forever 21**, forever21.com, \$18.
PAGE 35: Chain Reaction: Top, **Elie Tahari for DesignNation**, kohls.com, \$64. Necklace, **K & R Collection for Silpada**, silpada.com, \$79. Ring, **Cynthia Rybakoff**, cynthiaribakoff.com, \$34.
PAGE 36: Double Play: Earrings, **Baublebar**, baublebar.com, \$32. Top, **L.L.Bean**, llbean.com, \$79.
PAGE 37: Micro Manage: Right hand: Ring, **House of Harlow 1960**, revolveclothing.com, \$42. Left hand: Ring, **Dogeared**, \$54. Midi Rings, **Dogeared**, dogeared.com, \$24 each. Bag, **Rebecca Minkoff**, 866-838-6991, \$195. Top, **Lulu's**, lulus.com, \$42. Pants, **Jessica Simpson Colletion**, dillard.com, \$49. Necklace, **Dogeared**, dogeared.com, \$48.

MADE IN THE SHADES

PAGE 42: Color Wow Root Cover Up, ulta.com, \$35.

HOME

Supplies not listed or listed without shopping info are available at craft stores and mass retailers.

CHEER BLISS

For more information on Jen and to purchase Star Sisters books, visit star-sisters.com. Design consultant:

Katie Rosenfeld of Katie Rosenfeld Interior Design, katirosenfelddesign.com.
PAGE 47: Office: **Ballard Designs** Durham Desk, ballarddesigns.com. **Jayson Home** Wire Ottomans, jaysonhome.com. **Foyer:** **Jayson Home** console, jaysonhome.com. **Barbara Cosgrove** Mini Foo Dog Lamps, barbaracosgrovelamps.com for stores.
PAGES 48-49: Living Room: **Crate & Barrel** Axis II Sectional Sofa, crateandbarrel.com. **Mitchell Gold + Bob Williams** Ottoman, mgbwhome.com. **Restoration Hardware** sofa table, restorationhardware.com. **Benjamin Moore** Barren Plain (2111-60) wall paint, benjaminmoore.com for stores.
PAGE 50: Kitchen: **Thomas O'Brien for Visual Comfort** Large Hicks Pendant Light in Polished Nickel, circaighting.com. **Ballard Designs** Marcello Counter Stool with Pewter Nailhead Trim, ballarddesigns.com.
PAGE 51: Dining Room: **Ikea** PS Maskros, ikea.com. **Arhaus** Leighton Small Mocha Dining Table, arhaus.com. **Crate & Barrel** Sasha Side Chair with Leather Welt, crateandbarrel.com, upholstered in **Duralee** Highland Court, London Plane in Nickel, duralee.com for information. **Stark** Natura Rug in Platinum, starkcarpet.com for information. **Celerie Kemble for Schumacher** Glimmer Fabric in Mineral, sewn into drapes, fschumacher.com for information.
PAGE 52: Ella's Room: Design consultant: **Erin Gates of Erin Gates Design**, [eringatesdesign.com. **Serena & Lily** Fillmore Bed, \[serenaandlily.com\]\(http://serenaandlily.com\). **Osborne & Little** Maharani Fabric in F6110-02, sewn into drapes, \[osborneandlittle.com\]\(http://osborneandlittle.com\) for information. **Kravit XU** Garden Fabric in Orkid, sewn into pillow sham covers, \[kravit.com\]\(http://kravit.com\) for information. **Duralee** Paragon Fabric in Lilac, sewn into throw pillow covers, \[duralee.com\]\(http://duralee.com\) for information. **Benjamin Moore** Tempest \(AF-590\) wall paint, \[benjaminmoore.com\]\(http://benjaminmoore.com\) for stores.
PAGES 54-55: Reading Room: **Pottery Barn Kids** Carolina Small Table and 2 Chairs Set in Simply White and Antique Red, \[potterybarnkids.com\]\(http://potterybarnkids.com\). **Pottery Barn Kids** Madison 4-Shelf Bookrack in White, \[potterybarnkids.com\]\(http://potterybarnkids.com\). **Lee Jofa** Woods Brocatelle in Onyx, \[leejofa.com\]\(http://leejofa.com\) for information. **Shades of Light** Bamboo Tower 6-Light Chandelier in Red, \[shadesoflight.com\]\(http://shadesoflight.com\). **Stark** Plages et Dunes Rug in Amethyste, \[starkcarpet.com\]\(http://starkcarpet.com\) for information. **Benjamin Moore** China White \(PM-20\) wall paint, \[benjaminmoore.com\]\(http://benjaminmoore.com\) for stores. **Pottery Barn Studio** Wall Easel, \[potterybarn.com\]\(http://potterybarn.com\).](http://eringatesdesign.com)

DIY

PAGE 60: Save On Crafts Preserved Oak Leaves, save-on-crafts.com.

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Ina Garten

While working as a White House budget analyst, Ina Garten longed for a more creative career. Buying a specialty food shop was the ticket to a life she adores. Since then, the beloved Barefoot Contessa has written nine cookbooks and won two Emmys for her Food Network show. Next time you invite friends over, serve a light bite from her latest book, *Make It Ahead*. “Kale seems to be everywhere now,” says Ina. “And of course, freshly grated Parmesan cheese makes everything taste better.”



Parmesan Kale Chips

1 large bunch flat-leaf kale (sometimes labeled cavalo nero, Dinosaur kale or lacinato)

Good olive oil

Kosher salt

Freshly grated Parmesan

■ Heat oven to 350°. Line 2 sheet pans with parchment paper.

■ With a sharp knife, remove and discard hard rib from center of each leaf, leaving kale as intact as possible. Place kale on prepared sheet pans, drizzle or brush with olive oil and toss to coat lightly. Sprinkle generously with salt and bake for 10 minutes, until crispy. Sprinkle lightly with Parmesan and bake another 5 minutes. Cool and serve.

MAKE IT AHEAD Prepare and cool to room temperature. Wrap tightly and store at room temp for up to 4 days.

MAKES 6 SERVINGS.

Years of getting asked the same question over and over—“Can I make it ahead?”—inspired Ina Garten to write this easy-to-follow, beautiful recipe reference. Entertaining is a pleasure, thanks to her crowd-pleasing menus and invaluable tips. (So say good-bye to scrambling around in the kitchen while your guests talk among themselves.)



Bn.com, \$35

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