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Special but Simple

**THANKSGIVING
SIDES**

**FUN HOLIDAY
DESSERTS!**
*Cake in a Jar, Mini
Pumpkins, Whoopie
Pies, Macarons*
PAGE 152



**Festive & Easy
Fall Decorating**



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**OUR FRESH,
CITRUSY TAKE
ON CRANBERRY
SAUCE**
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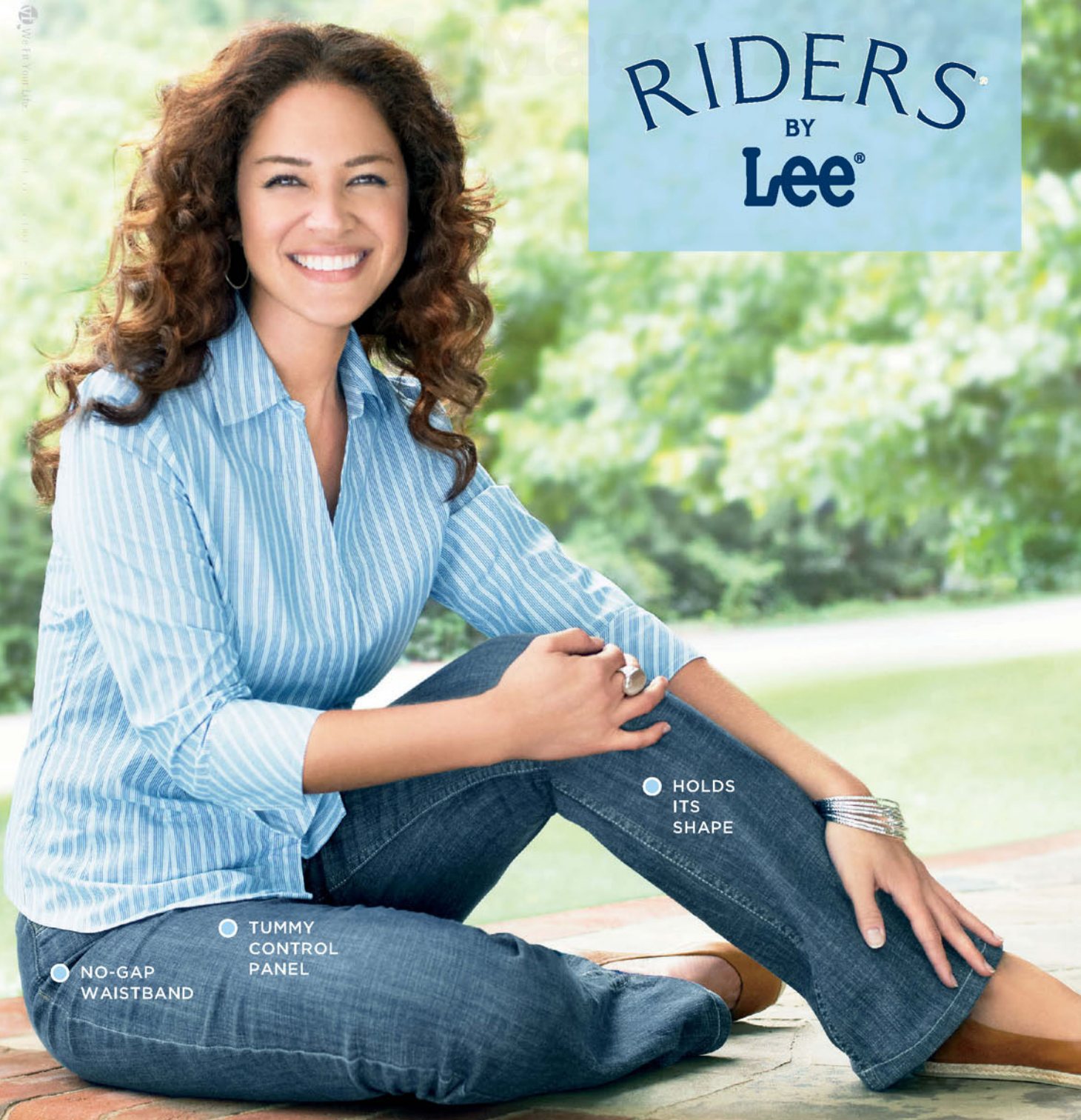
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from the **editor**



This month's issue is focused on Thanksgiving—a favorite family holiday for most of us—and we've included plenty of creative side dishes and delicious desserts, as well as pretty fall decorating ideas to dress up the house. However, since turkey day is just one day, I wanted to spotlight a few other stories that I guarantee will help you feel great all month long: "Anti-Aging All-Stars" (page 49) is full of smart advice for super-looking skin, "How Healthy Is Your Home?" (page 98) teaches you to identify and eliminate potential germ magnets, and "Eat to Beat

Diabetes" (page 108) is loaded with nutritional info that everyone should follow. The very same foods that can ward off diabetes also lower your weight, blood pressure and cholesterol and have anti-inflammatory properties. (Chronic low-level inflammation plays a role in so many illnesses, including heart and pulmonary diseases, cancer, arthritis and Alzheimer's.) It's easy to include anti-inflammatory foods in your family's diet. In fact, a handful of them are in our holiday dishes—kale, sweet potatoes, carrots and Brussels sprouts. Maybe we really should be treating every day like it's Thanksgiving—minus the portion sizes but always with a serving of gratitude.

Linda

Linda Fears, Editor in Chief
linda@familycircle.com

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➔ For a delicious alternative to leftover turkey sandwiches, try this slow cooker soup.

Asian Turkey and Rice Soup

MAKES 6 serving **PREP** 25 minutes
SLOW COOK on HIGH for 4 hours or LOW for 8 hours



- 2 cans (14 oz each) reduced-sodium chicken broth**
 - 2 cups sliced fresh mushrooms (such as shiitake or button)**
 - 2 medium carrots, cut into bite-size pieces (1 cup)**
 - ½ cup chopped onion (1 medium)**
 - 2 tbsp reduced-sodium soy sauce**
 - 2 tsp grated fresh ginger**
 - 4 cloves garlic, minced**
 - 3 cups cooked, cubed turkey**
 - 1½ cups sliced bok choy**
 - 1 cup instant brown rice**
 - Crispy chow mein noodles (optional)**
- In a 3½- or 4-quart slow cooker, stir together chicken broth, mushrooms, 1½ cups water, carrots, onion, soy sauce, ginger and garlic.
 - Cover and cook on HIGH for 4 hours or LOW for 8 hours.
 - If using LOW setting, turn to HIGH. Stir in turkey, bok choy and uncooked rice. Cover and cook 10 to 15 minutes more or until rice is tender. Ladle into bowls. Top with chow mein noodles, if desired.
- PER SERVING** 166 CAL; 2 g FAT (0 g SAT); 22 g PRO; 15 g CARB; 2 g FIBER; 572 mg SODIUM; 45 mg CHOL

A FEW OF MY FAVES



Garrett Gingerbread CaramelCrisp Popcorn I've been a fan of this gourmet popcorn since I first tasted it several years ago. My favorite was CaramelCrisp until I tried Gingerbread CaramelCrisp, which is available for a limited time this holiday season. Sooooo good, and an ideal gift for the popcorn fans in your life. **GarrettPopcorn.com, \$31 for 1 gallon**



Bobbi Brown's Bobbi & Katie Palette

I was intrigued when I read about Brown's collaboration with Katie Holmes on a new makeup palette, so I gave it a try. It's a versatile day-to-dinner combo of pretty neutrals for eyes, cheeks and lips, perfect for travel or to stash in a work tote. It's also a great value: Bobbi shadows normally retail for \$22 each. **BobbiBrownCosmetics.com, \$68**



Allrecipes Magazine The world's largest online recipe community is now a bimonthly magazine! Published by Meredith (the same company that publishes Family Circle), Allrecipes gives readers the best recipes from America's most experienced home cooks, plus lots of practical advice. Look for it on newsstands, or subscribe at **armagazine.com/subscribe**.

Photos: (soup) Blaine Meats, (Fears) Tom Corbett. Hair: Rosa Miranda for Christy Fifth Avenue Salon. Makeup: Viktorija Bowers for Benefit Cosmetics at Kate Ryan Inc. Styling: Kelly Mealia for Creative Kouture & Co. Dress: Elle Tahari from Bloomingdale's. Necklace: OLLIE & BOO.

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MEET THESE MODELS OF COURAGE: Carol, Cheryl, and Nicole, three women from different cities whose ages span three decades, but who all have one thing in common—they are all breast cancer survivors with stories that inspire. We asked them to share the one thing they wish they had known at the start of their battle that could help those who now face breast cancer.



“ I wish I had known that I'd emerge a stronger, more giving, loving, and thankful person than I was before. Out of something bad, comes something good!”

Carol, 60, lives in Youngsville, NC, with her husband. She has two daughters, enjoys Thai boxing and conditioning on her time off, and has been a breast cancer survivor for 13 years.



“ Find the one thing that empowers you to keep fighting. Trust your instincts first, and always take someone with you to your appointments.”

Cheryl, 45, is a mother to four beautiful girls and lives in Detroit, MI. She is a registered nurse and has been a breast cancer survivor for eight and a half years.

“ Remember that you're not alone. Let family and friends comfort you on bad days, and celebrate on good days. Reach out to support groups—they are an invaluable source of support!”

Nicole, 35, lives in Charlotte, NC. She works in the banking industry, enjoys keeping up with her breast cancer blog, is busy planning her October wedding to fiancé Andrew, and has been a survivor for two and a half years.



Shop fordcares.com to purchase Ford Warriors in Pink apparel. 100% of the net proceeds go towards fighting breast cancer.



Scan to watch **Courage Talks**, a new video series featuring the Models of Courage as they share their experience of living through breast cancer.*

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IDEAS FOR LIVING SMARTER, HEALTHIER AND HAPPIER

THE FIG IDEA

Looking for some party food that will wow your guests? Golden figs transform flatbread into a sweet and salty app that's truly sublime.



FIG, SALAMI AND PROVOLONE FLATBREAD

Heat oven to 450°. Place a prepared 10.5 oz **flatbread** (such as Stonefire) on a baking sheet and brush with 1 tbsp **olive oil**. Cut 2 oz sliced **provolone**, 1 oz sliced **salami** and 1 oz sliced **mortadella** into ribbons and scatter on the bread. Slice 8 dried **golden figs** and arrange over the top. Bake at 450° for 13 to 15 minutes, until crisp. To serve, cut into 6 squares and garnish with **arugula**.

Food styling: Sara Neumeier. Prop styling: Megan Hedgcoth.

ROOM SERVICE

There's no need to remodel to give your bathroom a fresh look. A few easy pieces is all it takes to contain the clutter and create a serene space.

1 / Even when filled, decorative glass apothecary jars are still pretty enough to show off. **Bliss Acrylic Canisters**, containerstore.com, \$8 to \$17 each

2 / This catchall fits into tight corners so toiletries are always handy. **Ikea Råskog Cart in Dark Gray**, ikea.com, \$50

3 / Floral towels add a bright burst of color. **Kate Spade New York Morningside Heights Bath Towels**, bedbathandbeyond.com, \$8 to \$20 each



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Dress, Plenty by Tracy Reese. See Buyer's Guide, page 158.

Hair: Katsumi Matsuo at Art Mix. Makeup: Thora at Kate Ryan Inc. Manicure: Yoko Wada at Mark Edward Inc. Wardrobe styling: Don Sumata at BA-reps.com.

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what's your healthy?

We set out to find the answer. The findings of a three-part study of Americans, 25-64, by Harris Interactive for Aetna, revealed the pulse of the nation's healthy including how they define their healthy and what they do to achieve a healthy lifestyle. Now, they tell us about the measures they take to finance their health and wellness.

health highlights

Family Circle® magazine encourages its readers to live a healthy lifestyle and brings you the very latest information on wellness. Check out these stories in this issue.

91

Animal Sanctuary

Our four-legged friends are good for more than just catching a Frisbee. They may also lower your risk of heart disease.

Doctor 2.0

Smart online strategies for strengthening your relationship with your M.D. and, consequently, improving your health.

On Your Mind

Just in time for Thanksgiving, *Family Circle* Advisory Board Member Janet Taylor, M.D., reminds readers about the importance of giving thanks.

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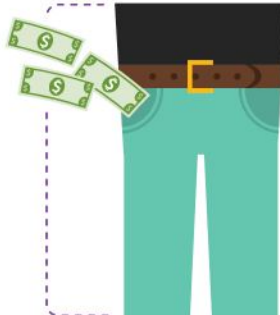
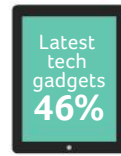


FINANCIAL CHECKUP

- ★ 58% of Americans are more concerned than they were five years ago with affording out-of-pocket healthcare expenses and 51% with their share of health insurance premiums.
- ★ Parents are more concerned than non-parents about the affordability of fitness/sports lessons.

CHECKS & BALANCES

- ★ To fund healthy habits, Americans would be willing to spend less on:
- ★ Parents are more likely than non-parents to be willing to spend less on tech gadgets



A REMEDY FOR SATISFACTION

- ★ Americans rank out-of-pocket costs #1 in importance when choosing a health insurance company.*
- ★ And when it comes to insurance coverage satisfaction, 73% of those who are dissatisfied say they would be more satisfied if total out-of-pocket expenses were reduced.

*Ranked #1 in importance out of 9 items

HEALTHY PERKS AT WORK

Americans consider various employer-offered health initiatives to be important, including:

- ★ Flexible work hours (62%)
- ★ Parental leave for men and women (42%)
- ★ Free or reduced gym membership (39%)



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your time

SLOW DOWN, BREATHE, BE HAPPY

Creative Perk

Think coffeehouse, not coffee, when trying to power through your holiday to-do list.

Research shows that the white noise typical of cafés keeps you focused and productive. But if you don't have time to hit your favorite java joint, try coffitivity.com, a website that streams a nonstop sound track of beans grinding, espressos brewing and caffeinated patrons chatting. The only downside: It sounds so real, you may forget there's no barista around to whip you up a latte.



SLICE OF LIFE

"The one small habit I've changed that has had a huge impact on my life is giving up toast in the morning. Now I have my poached egg with cottage cheese instead, and it's made all the difference in my waistline."

—TOP CHEF'S Padma Lakshmi

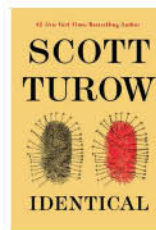


GOOD HUMOR WOMEN

We can't get enough of the wickedly hilarious Amy Schumer on Comedy Central, who skewers everything from the gasp-worthy sexting of 20-somethings to relationships to the nightmare perms of our pasts. She's the latest funny lady to catch fire, but how does she compare to her peers? **Our breakdown:**



READING ROOM



IDENTICAL

by Scott Turow
(Grand Central Publishing)

Turow, the best-selling author of *Presumed Innocent*, weaves a tantalizingly tangled web of betrayal, deception and familial love in this tale of twins and the DNA ties that bind. Like a Greek myth—it is inspired by the story of Castor and Pollux—this twisty who's-who whodunit packs plenty of drama.

Photos: (coffee) iStockphoto; (Lakshmi) Gregg DeGuire/WireImage; (DeGeneres) Jason Merritt/Getty Images; (Poehler) D Dipasup/FilmMagic; (Fey) Mike Coppola/Getty Images; (Lynch) Amanda Edwards/WireImage; (McCarthy) Rob Kim/Getty Images; (Schumer) NBCU Photobank via Getty Images.

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WorldMags.net November



sunday

monday

tuesday

wednesday

thursday

friday

saturday



3

Daylight Savings ends at 2 a.m. (Hope you enjoy the extra hour of sleep!)

4

5

Election Day is every American's chance to help choose public officials. Take your kids into the voting booth if you can.

6



7

8

Thor: The Dark World, starring Chris Hemsworth, hits the big screen.

9



10

"Sunny day, sweepin' the clouds away..." **Sesame Street** premiered in 1969.

11

Veterans Day
To support our country's heroes, go to wounded warrior project.org.



13



14

15

Sort that paper and plastic with a smile for **America Recycles Day**. Visit americarecyclesday.org.

16

24



18

19

22

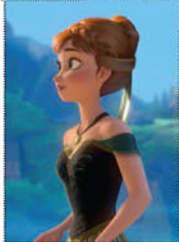
May the odds be ever in your favor if you didn't buy tickets in advance. **The Hunger Games: Catching Fire** opens.

23

Step up to help sick kids: 5Ks take place in more than 75 cities to raise money for **St. Jude Children's Research Hospital**. Go to giventhankswalk.org for info.

27

Disney's **Frozen**, loosely inspired by Hans Christian Andersen's *The Snow Queen* and starring Kristen Bell and Idina Menzel, debuts.



28

Thanksgiving
Don't miss the 87th Annual Macy's Thanksgiving Day Parade. It airs on NBC from 9 a.m. to 12 p.m. EST.

29

Shopping today? Check out many major retailers' published ads at **theblackfriday.com**.



OH HANUKKAH!

➔ For the first time since 1888, the first full day of the Festival of Lights falls on Thanksgiving. Scope out our best recipes at familycircle.com/hanukkah.

IT'S AMERICAN DIABETES MONTH. TO LEARN MORE, TURN TO PAGE 108 AND VISIT DIABETES.ORG.

Curious George[®]

A HALLOWEEN! BOO FEST!



**A PBS KIDS
Movie Event!**



Monday October 28th

IMAGINE™

WGBH

UNIVERSAL
1440 ENTERTAINMENT

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pbskids.org/curiousgeorge

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Based on 10'x10' kitchen.

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LIDINGÖ kitchen starting at \$1899* Based on a 10'x10' kitchen. LIDINGÖ doors have stylish details and a tempered glass door with panels and crossbars that accentuate its classic character. Painted finish. 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'x10' layout details. Valid in US IKEA stores only.



The Life Improvement Store™

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GILT TRIP



Set the gold standard for fall with furniture and decorative accessories that shine. “Brass and gilded items aren’t just for the holidays—they bring a touch of sophistication to a space year-round,” says designer and author Nate Berkus, whose latest collection for Target features metallic ceramics and accent pieces. He suggests grouping a few glitzy vases on any mantel, or kicking a room up a notch with a golden mirror or table. For information, see Buyer’s Guide on page 158.

Photo: Peter Ardito.



NESTING

SEASON

*Snuggle up to velvet pillows,
cozy throws and a wealth of
warm shades from cinnamon and
copper to golden yellow.*



Photography by Wendell Webber

Produced by Christopher White



WELL ROUNDED

Jewel tones, fresh botanicals and velvet accents are great ways to usher in the holidays, says designer and do-it-yourself expert Christopher White. Make a striking statement over the mantel or on the front door with a wreath of red sumac.

HERE'S HOW Use a wire form as a base. Snip bunches of sumac, leaving 6-inch stems. Push them firmly into wire form, moving from left to right. Work your way around, layering and securing branches with wire until completely full. Don't worry about perfection: You can always fill in small gaps later using a hot glue gun. Tie a velvet ribbon to hang.

SOFT TOUCH

Give your sofa a plush upgrade by switching out everyday cotton pillows for velvet. To personalize the fabric, make sun-dyed prints.

HERE'S HOW Treat a piece of velvet in cyanotype solution or buy pretreated fabric (see blueprints on fabric.com/instructions.php for details). Pin velvet flat to a piece of foam core or cardboard. Arrange and pin desired greenery or leaves onto fabric and place outside in direct sunlight. Once an image appears—in 10 to 30 minutes—bring fabric indoors, remove greenery and rinse in plain water until the water runs clear. Lay flat, out of direct sunlight, until dry. Use for pillows or as desired.





BLOOM SERVICE

Chrysanthemums combined with wild plants like golden amaranth, sorghum, green foxtail and bittersweet bring in color and nature-inspired beauty.

CENTER OF ATTENTION

Create an inviting setting for guests with golden accessories and simple floral arrangements of plum branches, coleus and dahlias, says White. Tie flatware with ribbon and lay a velvet runner down the center of the table. A variety of napkin patterns keeps it casual.

Doyle side chair with upholstered seat, roomandboard.com.
Woodware ceramic vase and plate, mamekennedyceramics.com.

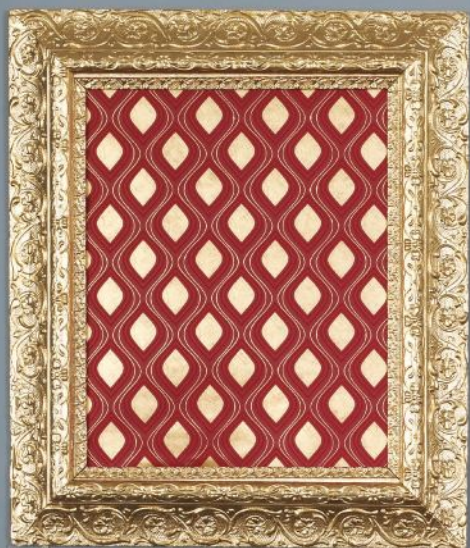
familycircle.com

For more holiday decorating ideas, go to familycircle.com/thanksgivingdecor.



WARM WELCOME

Set a festive mood in the entryway with a wall collage, says White. Mix in decorative vintage plates and natural elements like pinecones or a bunch of bayberry branches tied with velvet ribbon. Later in the season, display holiday cards or ornaments in the frames, he suggests.



HERE'S HOW Buy a variety of wood frames from the flea market or thrift store. Spray with metallic gold paint. Line frames with decorative flocked paper or wrapping paper backed with foam core.



Behold, the Chocolate Walnut Crinkle Cookie.

It's just a cookie, right? Maybe. Or, maybe when you add Diamond Walnuts, this confectionary concoction has the power to make your fantasies come true. Like that fantasy where your child says, "Thanks, you're my most favorite mom!"



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The Family Circle Roundtable

As a member of this free, exclusive online community of fellow Family Circle readers, you'll have an opportunity to:

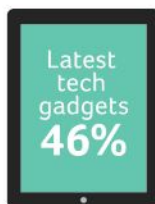
- Share your opinions and ideas in reader interest surveys
- Enter sweepstakes and contests for a chance to win great prizes
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ROUNDTABLE

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CHECKS AND BALANCES

In order to fund healthy habits, Americans would be willing to spend less on:



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Join the conversation at
WhatsYourHealthy.com

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Source: Online survey among 1,801 Adults 25-64 conducted by Harris Interactive; June 2013

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No purchase necessary. See Official Rules at www.betteryourmorning.com. Begins 12:01 a.m. ET 10/1/13 and ends 11:59 p.m. ET 12/31/13. Open to residents of the 50 U.S. and D.C., age 21 or older. Void where prohibited. Sponsor: Meredith Corporation

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THE **RIGHT** INGREDIENTS

Mom of three Lesli DeVito dishes out her savvy strategies for creating a family kitchen that really cooks.

When the DeVitos moved into their 1880s brick farmhouse, the kitchen could best be described as a dated disaster with avocado wall ovens and builder-grade blond wood cupboards. “The room was bringing me down daily, so I needed something fresh,” says Lesli. Since a total gut renovation was not in the budget, Lesli decided to keep the existing footprint and DIY as much as possible. First, she hung new cabinet doors to create an airy, all-white scheme. By shopping sales, clipping coupons and getting stores to price match, Lesli scored new appliances, fancy lighting and a designer bridge faucet on the cheap. She hand-painted the vinyl floor in a stylish herringbone pattern and placed a few fun flea market finds throughout. Now the entire family, including husband Damon, sons Tate, 17, and Cooper, 13, and daughter Phoebe, 15, actually enjoys spending time there. “Before, cooking felt like punishment,” says Lesli. “But now we bake brownies and make pancakes together.”

BY DANIELLE BLUNDELL

PHOTOGRAPHY BY DAVID A. LAND

● storage overhaul

Instead of splurging on new cabinetry, Lesli updated her cabinet boxes with Shaker-style door and drawer fronts purchased from a custom fabricator on eBay. After painting the finished pieces with Benjamin Moore Mountain Peak White, Lesli recruited the kids to help install them.

● bright idea

Shiny drum pendants from Lowe's add design drama over the island and illuminate the area for meal prep.

● details count

The DeVitos topped the existing bulkhead with crown molding. Painted to match the rest of the room, this addition gives the small space an illusion of height.



GET THE LOOK



Glass Hand Soap in Basil Blue Sage, caldrea.com, \$18



Aqua Stainless Steel Colander, worldmarket.com, \$10



Glacier Bay Lyndhurst 2-Handle Bridge Kitchen Faucet in Chrome, homedepot.com, \$104

● classic charm

Lesli chose a stainless steel undermount sink with a deep, wide basin to make cleanup easy. Clever use of paneling hides the kitchen's dated scalloped wood valance, while a schoolhouse-style glass pendant hits the right vintage note.



What It Cost:

- CABINET DOOR AND DRAWER REPLACEMENT AND HARDWARE \$2,500
- FAUX-MARBLE COUNTERTOPS \$800
- ALL NEW APPLIANCES \$5,500
- SINK AND BRIDGE FAUCET .. \$1,000
- DIY KITCHEN ISLAND \$50
- SUPPLIES FOR PAINTED CHEVRON FLOOR \$100
- SUBWAY TILE BACKSPASH \$150

\$10,100



GET THE LOOK



Keurig K10 MINI Plus Brewer in Turquoise, kohls.com, \$125



Fiesta Dinnerware Large Disc Pitcher in Flamingo, homerlaughlin.com, \$35



Retro Bread Box, williams-sonoma.com, \$50



● **pastel palette**

Lesli borrowed her contractor's tile cutter and installed the subway-style backsplash herself. She saved a bundle on her countertops by using Formica—a durable dead ringer for Calacatta marble. Glass-front doors put colorful dishware on display.

● **island living**

A quick makeover with blue paint and a Formica top turned the boys' castoff desk into a work surface. Lesli attached casters to the legs, making the island easy to move about. Paint: Benjamin Moore Gossamer Blue (island) and Coventry Gray and Tucker Gray (floor)

familycircle.com

For more stunning transformations, go to familycircle.com/homemakeovers.

GET THE LOOK



● **open house**

To create a light and airy feel, Lesli ditched the lower cabinet doors, making cookbooks, linens and casserole dishes super easy to grab. Old-fashioned bin pulls and handles look modern in a polished nickel finish.



Portfolio 17-inch W Chrome Pendant Light with Textured Shade, lowes.com, \$109



Fiesta Dinnerware Utility Jam Jar in Sunflower, homerlaughlin.com, \$17



Gilmore Pull in polished nickel, restorationhardware.com, \$10 to \$16



Calacatta Marble 180fx by Formica Group, formica.com, \$2.50 to \$3 per square foot, uninstalled



American Olean 3 x 6-inch Bright Ice White Ceramic Wall Tile, lowes.com, \$4.82 per square foot

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ALL-STAR APPLIANCES

The latest faucets, fridges and more come fully loaded with snazzy features and cool ideas.

FAUCETS



A curvy pull-down design switches water flow on and off with a light tap of the spout, hub or handle. **Delta Cassidy Pull-Down faucet with Touch20 Technology in Chrome**, deltafaucet.com for stores, \$570



This model operates hands-free and has a special finish that resists fingerprints. **Brantford Pull-Down Faucet with MotionSense in Spot Resist Stainless**, moen.com for stores, \$680

DISHWASHERS



The flexible third rack means lots more loading area despite the unit's small footprint. **Bosch 800 Series Dishwasher**, bosch-home.com/us, \$899 to \$999



Messy pans are no match for this machine's spray jets and Ultra Wash HE System. **Kenmore Elite 360° PowerWash Plus Dishwasher**, kenmore.com, \$1,650

REFRIGERATORS



A money-saver with bells and whistles—exterior water dispenser and FreshFlow air filter to zap odors. **Whirlpool Gold Top Freezer Refrigerator**, whirlpool.com for stores, \$1,449



This French door fridge has a hot-water dispenser with temperature settings to make tea, soup and oatmeal instantly. **GE Café Refrigerator**, geappliances.com for stores, \$3,099

DOUBLE OVENS



A basic model that gets the job done, whether broiling meats or browning pastries. **Ikea FRAMTID Double Oven**, ikea.com, \$1,499



This duo's convection system circulates hot air evenly for precise baking. **KitchenAid 30-inch Convection Double Wall Oven**, Pro Line Series, kitchenaid.com for stores, \$3,499

RANGES



Forget harsh cleaners—spray with water, push the button and in minutes the gunk is gone. **LG LDE3037 Electric Double Oven Range with EasyClean**, lg.com for stores, \$1,700



Holiday meals are a snap with an oven that can be split into two separate temperature zones. **Samsung Slide-In Range with Flex Duo Oven**, samsung.com for stores, \$2,399

SINKS



Cut down on countertop clutter with a sleek double bowl model that has a perch for sponges and soap. **Moen 2000 Series Stainless Steel 20 Gauge Double Bowl Drop In Sink**, moen.com for stores, \$250



A farmhouse style with enameled cast-iron basin that resists chipping and cracking. **Kohler Whitehaven Apron-Front Sink with Smart Divide**, kohler.com for stores, from \$1,249

“Shadow loves the taste. I love the ingredients.
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Love them like family.
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Strength in Numbers



It was definitely a case of the more, the merrier on June 6 when dozens of *Family Circle* staffers joined hundreds of our Meredith Corporation colleagues to spiff up a Brooklyn neighborhood still struggling after Hurricane Sandy. To learn more about our partner organization, the national nonprofit Rebuilding Together, go to werebuild.com.



Gerritsen Beach—a small, tight-knit coastal community in Brooklyn, New York—was particularly pummeled by Superstorm Sandy last October.

A beloved oasis since 1997, the Community Gardens were mostly ruined when they were flooded with ocean water. *Family Circle* editor in chief Linda Fears, right, happily got her hands dirty with a motivated work crew that dug, mulched and replanted lush greenery and beautiful blooms.



Talk about high-fives all around—coworkers ditched their desks for a day and made a difference in the lives of others.



BOO AT THE ZOO

Join Family Circle
at the Bronx Zoo on
OCTOBER 19TH & 20TH
for a fun-filled
Halloween experience
AND receive 20% off
Bronx Zoo tickets!



SPONSORS

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THIS FALL, THE LEGENDARY BRONX ZOO ONCE AGAIN TRANSFORMS the New York-area landmark into Boo at the Zoo—a haunted, not-so-scary Halloween destination—and Family Circle will be a part of the fun!

PUMPKIN CARVING DEMO & CRAFTS

- Stop by the **Family Circle** booth to see an amazing pumpkin carving artist at work and participate in a hands-on activity.

MORE BOO AT THE ZOO ACTIVITIES & EXHIBITS

- Jaw-dropping Dinosaur Safari ● Halloween Hay Maze ● Costume Parade
- Extinct & Endangered Species Graveyard ● Thrilling Magic Shows ● Treat Stations

SPOOKTACULAR SAVINGS!

Family Circle readers can enjoy **20% off** tickets* to the Bronx Zoo. Visit BronxZoo.com/familycircle and enter promotion code **familycircle**.

*Offer valid from October 1, 2012 – November 3, 2013. Valid for up to six (6) tickets per customer. Cannot be duplicated or combined with any other offer. Discount does not apply to parking, merchandise, food or attractions. Valid for online Total Experience tickets only at BronxZoo.com/familycircle when you enter promotion code **familycircle**.



CAN'T MAKE IT TO THE EVENT? Create a haunted habitat of your own with these fun party ideas. Check out <http://pinterest.com/familycirclemag/halloween> for more ideas and inspirations!



NATURE'S CREEPY CRAWLERS

The season's spookiest critters can be found in your own backyard—think spiders, bats and black birds to enhance your party décor.



PUMP UP THE PUMPKIN

Break away from the basic jack-o-lantern and give your gourd the VIP treatment with your family monogram or other personalized design.



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Spin a web of icing on your cookies or cupcakes for a spooktacular sweet!

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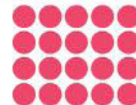
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looking good



ANIMAL INSTINCT



Staying toasty as the temperature dips need not mean wearing bulky, unflattering layers. Coats now come in super-sleek silhouettes, like this one. Stylewise, a modern animal print further ups the ante. Purr-fect!

Coat, Ann Taylor, \$278.
Turtleneck, Uniqlo, \$40.
Pants, Old Navy, \$35.
Bag, Vince Camuto, \$168.
See Buyer's Guide, page 158.

Hair: Katsumi Matsuo at Art Mix. Makeup: Thora at Kate Ryan Inc. Manicure: Yuko Wada at Mark Edward Inc. Wardrobe styling: Don Sumada at BA-reps.com.

*Go ahead, be fabulous.
Just protect yourself.*





When you're out in the sun be sure to protect your skin. Shade, sunscreen, and a cover-up can go a long way to helping your natural beauty shine through.



Go with your own glow™

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A close-up photograph of a woman with a radiant complexion, looking directly at the camera. She is leaning on a laboratory table with several glass beakers and flasks. The background is a bright, clean laboratory setting.

ANTI-AGING ALL-STARS

Introducing the power players—skin care MVPs that turn back time with high-tech science.

BY DORI KATZ PHOTOGRAPHY BY GRACE HUANG

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SHOP SMART

Before you buy a new product, check the label. Ingredients are listed in order of their concentration, so make sure the ones you are looking for are high on the list.

OUR EXPERTS



JEANNETTE GRAF, M.D.

ASSISTANT CLINICAL PROFESSOR OF DERMATOLOGY, MOUNT SINAI MEDICAL CENTER, NEW YORK

HEATHER WOOLERY-LLOYD, M.D.

VOLUNTARY PROFESSOR, UNIVERSITY OF MIAMI SCHOOL OF MEDICINE, FLORIDA



RETINOIDS	ALPHA HYDROXY ACIDS
TARGET	
Fine lines and wrinkles	Pigmentation and uneven tone and texture
HOW THEY WORK	
Inhibit enzymes that break down collagen.	Exfoliate and remove dead cells to uncover a fresh, smooth layer of skin.
LABEL DECODER	
Retinol, retinaldehyde and retinyl palmitate are found in OTC versions. Tretinoin is the prescription-level option.	Glycolic acid is the most intense and best used in twice-weekly peels. Lactic, malic and citric are gentle enough for daily cleansing.
YOU'LL SEE A DIFFERENCE	
In two months	Immediately
WINNING TIP	
Use a lower percentage daily (or every other day) instead of a higher percentage once a week. If you experience peeling or dryness, mix with your moisturizer before applying.	Smooth on peels before bed—skin repairs itself while you sleep.
HEAVY HITTERS	
	
<p>Neutrogena Rapid Wrinkle Repair Serum, \$22. Avène Retrianal + 0.05 Cream, \$61.</p>	<p>Nuance Daily Resurfacing Pads, \$20. Glytone Mini Peel Gel, \$57.</p>

ANTIOXIDANTS	HUMECTANTS	PIGMENT BLOCKERS	SUNSCREENS
TARGET			
Inflammation	Dryness	Dark spots	Photoaging
HOW THEY WORK			
Stabilize free radicals to reduce harm from pollution and other environmental factors.	Draw water from the environment into skin to help plump and nourish.	Stop tyrosinase, the enzyme that makes melanin. (Too much of it can cause discoloration.)	Natural sunscreens (zinc oxide, titanium dioxide) reflect the sun like a mirror, while chemical ones (avobenzone, oxybenzone) absorb ultraviolet rays.
LABEL DECODER			
Vitamin C (which has an additional brightening effect), vitamin E, green tea, idebenone, coenzyme Q10 and pomegranate extract are great options.	Hyaluronic acid (sometimes listed as hyaluronan or sodium hyaluronate) and glycerin are two top contenders.	Licorice extract, kojic acid, soy, arbutin and bearberry all pack a punch.	Look for “broad spectrum,” which includes both UVA and UVB protection. And SPF 30, at a minimum.
YOU’LL SEE A DIFFERENCE			
Gradually	In a few days, depending on severity.	In four weeks	There’s no exact time frame; daily use equals less long-term damage.
WINNING TIP			
Vitamin C is very unstable and loses power when exposed to air. Bottles with pumps and dark or colored containers are ideal.	They can be combined with all other anti-aging products.	The more, the merrier. These ingredients work synergistically for a stronger treatment.	UVB rays burn your skin, while UVA rays destroy collagen and exacerbate aging—that’s why you need to protect from both. UVB blockers last two hours at most, so reapply that often or more if you are outdoors all day.
HEAVY HITTERS			
			
<p>Paula’s Choice Resist C15 Super Booster, \$45. Dr. Brandt XYY Eye Cream, \$45.</p>	<p>Clinique Dramatically Different Moisturizing Lotion+, \$26. RoC Multi Correxion 5 in 1 Daily Moisturizer with SPF 30, \$29.</p>	<p>First Aid Beauty Facial Radiance Serum, \$44. L’Oréal Paris Age Perfect Glow Renewal Day/Night Cream, \$25.</p>	<p>Aveeno Protect + Hydrate SPF 50, \$10. La Roche-Posay Anthelios 50 Mineral Ultra Light Sunscreen Fluid, \$33.50.</p>

Hair: Katsumi Matsuo at Art Mix. Makeup: Thora at Kate Ryan Inc. Manicure: Yuko Wada at Mark Edward Inc. Photos: (still) Bryan McCay.



Heads Up

Decked out with dozens of grommets, this hat brims with '70s glamour and sophistication.

Hat, BCBG Maz Azria, \$68.
Turtleneck, Ann Taylor, \$70.

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THE CONTENTS OF YOUR CLOSET

BY NICOLE MCGOVERN

PHOTOGRAPHY BY AMBER GRAY

In a Word

Talk about making a statement: A scripted sentiment plays perfectly off bold baubles.

Top, Vince Camuto, \$99.
Necklace, Zara, \$36.



Hands On

Ladylike and chic, ruffled gloves elevate any winter outfit.

Top, Zara, \$80. Gloves, Echo, \$115. Earrings, Margaret Elizabeth, \$88.



Carried Away

Just for fun, corral your phone, wallet and other essentials in a fuzzy faux-fur clutch.

Coat, H&M, \$129. Sweater, Uniqlo, \$30. Clutch, Banana Republic, \$98. Earrings, Sorrelli, \$40.



Silver Lining

Kick back in high-shine oxfords. On-trend metallic flats turn heads and comfort the sole.

Pants and shoes, Zara, \$80 and \$90. Socks, Hot Sox, \$10.



Wild Side

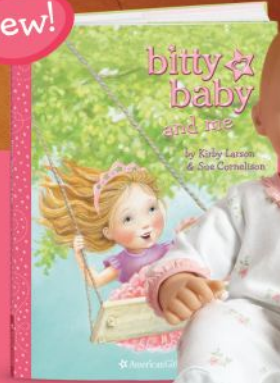
Feline fine day and night—this cat belt can cinch a sweater for work or a dress for dinner out.

Cardigan and belt, Chico's, \$129 and \$69.
Turtleneck, Uniqlo, \$90. Earrings, OK1984, \$12.

A new story — a whole
new world of imagination



new!



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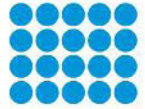
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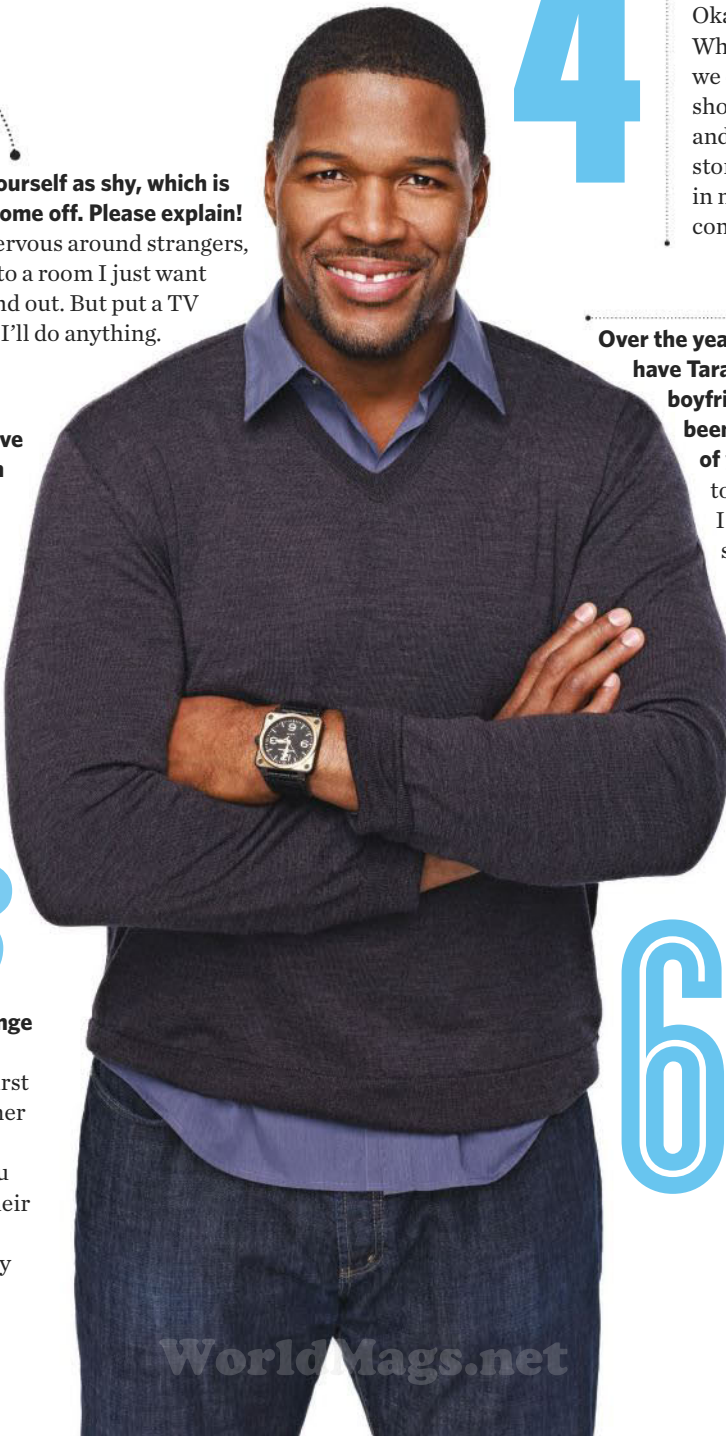
FIRST DOWN TOGETHER

Crisp fall weather is an excellent excuse to call an audible on lazing around the living room. Instead, huddle up outdoors for an energizing game of touch football. No equipment beyond a ball is required—and if you're a little rusty on the rules, consider ehow.com your playbook. Just go to the site and type "touch football" in the search bar. Score!

Photo: Kevin Dodge/Masterfile.

Michael Strahan

The Super Bowl champ turned talk show host is at the top of his game. That includes being superdad to kids Tara-Tanita, 21, Michael Jr., 18, and twins Isabella and Sophia, 8.



1

You've described yourself as shy, which is not at all how you come off. Please explain!

I'm reserved and nervous around strangers, and when I walk into a room I just want to blend in, not stand out. But put a TV camera on me, and I'll do anything.

2

That's for sure. You've dressed up as Oprah and done a *Magic Mike* striptease on *Live with Kelly and Michael*. Where do you draw the line?

We had swimmer Ryan Lochte in a dunk tank, and the producers wanted me to wear a Speedo. I told them that was definitely not happening.

3

When you and fiancée Nicole Murphy (Eddie Murphy's ex) get married, you'll have nine kids. It must be a challenge blending such big families.

You have to stick with it. At first it's hard to connect to the other person's kids, because they intuitively feel that liking you means they're cheating on their other parent. But show them you love them, and eventually they'll love you back.

4

Are you a softy when it comes to Isabella and Sophia?

I hold my own. I'm mush when it's time to be mush. Okay, I'm mush. Whatever they want, we do. I take them shopping, to nail salons and the American Girl store. There's no shame in my game when it comes to my girls.

5

Over the years, have Tara-Tanita's boyfriends been scared

of you? I do my best to intimidate. When I meet someone she's dating, I'm like, "This is my daughter, and if you don't take care of her, I will take care of you." Just to make sure the respect is there.

6

Both *Live* and your other show, *Fox NFL Sunday*, have been rated number one in their respective categories.

What will you conquer next? I'd like to be the first athlete to make it to the moon!



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As a military wife and mom, Terry Dougherty is on a mission to give back to America's children.

Class Act

In honor of our country's youngest heroes, **TERRY DOUGHERTY** and her organization provide free tutoring to military kids.



When Terry Dougherty's son, Tom, began fourth grade in a new school district 15 years ago, he struggled with multiplication and division because his previous school hadn't covered those subjects. Similarly, her daughter, Laura, grappled with vocabulary. "I hated feeling that I had sent my children to school unprepared," says Terry. "I could have worked with them ahead of time had I known."

A military wife for 30 years, Terry, who is now 53, witnessed firsthand how frequent transfers can play havoc with a child's education. Terry's husband, Tom, 53, served in the Coast Guard, resulting in nine transfers. They moved about every three years. Laura attended seven schools, and Tom five. "Academically, it was a challenge," says Terry. "Places have different curriculums—children can easily lag behind if they haven't learned a subject in their old school."

To smooth the transitions, Terry began preparing her kids for each transfer by filling in the gaps. Prior to each move, she logged on to the new district's website to learn its curriculum requirements. (Before information was available online, she'd ask the school's guidance counselor to send the details.) She then met with the current teachers to decide what areas required remedial work. Over the summer she helped her kids with reading comprehension, math and anything else they needed.

When Terry began teaching third grade in Galloway Township, New Jersey, she noticed students from military families were grappling with the same issues as her own kids. The success she had with her children, along with her interest in education, inspired Terry to reach out to other military kids. In 2007 she began volunteering to tutor neighborhood children in her home.

The following year brought more free time—Tom had retired and their kids



Terry and her husband, Tom, have made They Are Heroes Too! a family effort.

were in college—and Terry realized she wanted to make a bigger impact. So she founded They Are Heroes Too! (TAHT), a one-on-one all-volunteer tutoring program free to children with parents in any branch of the armed forces, National Guard and Reserve.

The program focuses on identifying each child's educational problems and helping newcomers get up to speed, as well as assisting students moving out of the area by obtaining their new school's curriculum. "The children transfer for the sake of our country," Terry says. "The least we can do is make sure they have the same opportunities as everyone else."

To get started, Terry contacted her coworkers and a local Coast Guard base to offer academic assistance to any military children who needed it. Initially, she worked with three students in the public library. Within the next two years there was an influx of military families who found out

about TAHT from newsletters sent by local bases. She also started receiving requests from other districts.

By 2011 Terry knew she couldn't do it alone, so she appealed to her alma mater, Richard Stockton College of New Jersey in Galloway, which donated a classroom and asked for student volunteers. Her own kids pitch in as well. Laura, now 27, helps set up the classroom, and Tom, 25, maintains the technology equipment. They're glad that others may avoid some of the difficulties that they encountered.

Students at area colleges and local teachers—currently 25 volunteers—mentor 37 children from kindergarten through eighth grade from four districts, with some of the kids traveling an hour or more to attend the weekly hour-long sessions. Now families hear about the program through e-newsletters and housing officers at the bases, publicity in local papers and word of mouth. Most of the sessions take place during the summer, when military transfers usually occur, although some children also receive tutoring during the school year.

Terry envisions TAHT expanding further into New Jersey and to other states, and broadening the curriculum to eventually include free SAT prep. In the meantime, the best way to grow, she says, is to have others model TAHT. "Military kids are extremely resilient," says Terry. "My goal is to help as many children as possible, and it's thrilling that it's actually happening."

In 2011 Terry won The Great American Teach-Off, a nationwide competition to identify America's best teachers. She put the \$10,000 award grant toward the construction of a mobile technology lab. An additional prize was a special tour of the White House for Terry and her family. At her school, Terry met with military kids and told them that people now understand the sacrifices they are making. "They all cried because they're no longer invisible," she recalls. "It was an incredible moment."

To learn more, visit freemilitarychildtutoring.org.



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GO YOU 

SOCIAL INSECURITY

Cell phones, texting and Facebook are hot new tools in the classroom, but there's growing concern that tech has brought students and teachers too close for comfort.

BY RICHARD LALIBERTE
PHOTO ILLUSTRATIONS BY WILLIAM DUKE



It was the end of a long day when high school teacher Larry Liu turned on his computer during final period to review the work his students had submitted for a recent assignment. He had asked the seniors in his AP psychology course to find true-life examples of positive or negative reinforcement, capture them with photographs, video or audio on their smartphones, and then upload them on a Facebook page he'd created for the class using a school email address. The account was set up in a way that required the teens to "friend" him, which meant he could see

everything they posted on their own accounts. Liu didn't know about the unrestricted access; he had simply set up the page the best way he knew how at the time. No sooner had he logged on than he spotted something alarming: "I feel like ending my life," a student had posted. Liu, then a teacher in Northville, Michigan, said he remembered that "this boy had seemed depressed and withdrawn lately, so it was a huge red flag." Within minutes, he phoned an assistant principal and a school guidance counselor, who then contacted the student's family.

It turned out the senior wasn't really suicidal—his comment was a joke, expressing his frustration over not having received any college acceptance letters. But the incident clearly illustrates how deeply social media and mobile devices have infiltrated our schools—and how they are blurring the boundaries between students and instructors, the personal and the private. These days teachers routinely send text messages about everything from exams to projects and homework. Kids use cell phones to vote in polls, post their academic work online, and go on Facebook to discuss study topics with one another and their instructors. In other words, teachers and teens are able to connect

The majority of inappropriate relationships between teachers and students now involve cell phones, texting or social media.

anytime, anywhere. "It's allowing them direct, unsupervised contact beyond the classroom," says Doug Phillips, director of Educator Investigations of the Texas Education Agency, which looks into allegations of educator misconduct. "And that's a very slippery slope."

The downside is evident in the slew of tech-related scandals over the past year. Last October a Pennsylvania math instructor pleaded guilty to texting a 16-year-old student and asking for naked photos, promising extra credit if he was "turned on." In Texas, a high school teacher was sentenced to five years in prison after exchanging hundreds of pages of texts with an 18-year-old student before inviting him to her home and having sex with him and four other students. "The vast majority





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1 in 10
middle and high school students have posted on Twitter about an academic topic, while **46%** of high schoolers have used Facebook to collaborate on schoolwork.

of inappropriate teacher-student relationships now involve cell phones, texting or social media,” says Phillips. But most transgressions are not nearly so lurid, he adds. Many occur when someone makes a misstep and breaks the rules of decorum and propriety—the instructor who sends a late-night text or makes a wisecrack, or the teen who friends her teacher and starts treating him like a confidant by sharing too much. “It’s complicated for everyone—educators, students and their parents,” says Gwenn Schurgin O’Keeffe, M.D., author of *CyberSafe*. “But children are the most vulnerable, and they need to be protected.”

BOUNDARY ISSUES

Our kids are a wired generation, and many educators—especially those under 30—view texting and Facebook as not only the easiest, quickest way to connect with students, but also as valuable tools to engage, motivate and even excite them. “Teachers can send or post thought-provoking questions about what they’re going to be discussing and let kids respond,” says public school educator Lisa Nielsen, co-author, with Willyn Webb, of *Teaching Generation Text*:

Using Cell Phones to Enhance Learning. It’s an opportunity for everyone in class—not just the eager beavers who always raise their hands—to participate in the discussion and for kids to bounce ideas off one another. “Say we’re studying *Romeo and Juliet*,” says Webb, who teaches 9th- to 12th-graders at Delta

Social media and mobile devices allow direct contact between teachers and teens beyond the classroom. And that’s a very slippery slope.

Opportunity School in Delta, Colorado. “I’ll text a question like, ‘What was Romeo’s motivation for pursuing Juliet?’ By the time class meets, the kids have texted in their ideas, which are shared on a screen, and everyone can start writing an essay the minute they sit down. It makes class time much more effective.”

But with all that instant interaction, adults and adolescents can find themselves suddenly

➔ PARENTAL CONTROLS

Virtual communication between teachers and students can be a minefield. Help your kids steer clear of problems by following these expert tips.

Learn school policy. If administrators plan to use texting and social media, you should receive written notification. Make sure individual instructors establish ground rules that all students agree to, and ask for a copy. Also request to be a member or have viewing rights of any online platform.

Talk with your teen. Review the class rules with your child and make sure she understands what constitutes unacceptable behavior—a “friend” request from her teacher or vice versa—and why. Explain that discussing anything personal with teachers is strictly out of bounds.

Check logs. Let your teen know in advance that you’ll be monitoring his cell phone records and computer history. Ask for his Facebook password so you can see what’s happening on your child’s page even if you don’t friend each other. If you are friends, check the privacy controls and ask him to set them so that you can see everything. Find out if your child is on Twitter or Instagram (you can type in his phone number or name, though he might use a different one), since kids often migrate there to avoid parents lurking on Facebook.

Remain aware. Your child may not tell you straight out that a teacher’s behavior is making her feel annoyed, confused or uncomfortable. Stay alert for subtle clues and attempt to get her to open up. Watch out for signs of favoritism or special treatment: Late-night texts, one-on-one study sessions and rides home are all potential red flags.

Voice your concerns. If you suspect something improper but really aren’t sure, talk with a school counselor. In cases where you have clear evidence of inappropriate behavior, arrange a meeting with the principal or other high-level administrators.

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Cats everywhere are having a hard time smelling their litter boxes.



freshstep.com



Texting is the mode of communication teens prefer. They exchange

60 messages a day, a **20%** increase since 2009.

in dangerous territory. According to a Canadian program, students who were issued cell phones by their school to improve communication with teachers did better academically, but they also discussed personal matters with their instructors more often. “Problems typically start with concern for a child,” Phillips explains. “A grown-up says, ‘If you need help or somebody to talk to, call or text me.’ That can develop into a relationship, emotions get involved, and the situation evolves into something inappropriate.”

Social media have their own kinds of hazards. Despite being tech-savvy, teens often don’t realize that once they “friend” a teacher on Facebook, he can see everything they post on the site—party videos, snarky comments, soul-baring confessions. And that can place educators in an awkward position. An instructor, for example, might find it impossible to judge a student fairly after reading profane comments or viewing compromising photos. Teachers also have a legal obligation to report suspected abuse. “There’s a misperception

that caring, supportive teachers are the ones most involved with students’ personal lives, girlfriend/boyfriend troubles or problems at home,” says Charol Shakeshaft, Ph.D., professor of the Department of Educational Leadership at Virginia Commonwealth University in Richmond. “Wrong. The best teachers urge kids to talk to a professional counselor or a parent.”

DRAWING THE LINE

As more educators embrace mobile and social media as teaching tools, states and school districts have been scrambling to develop or revise their tech policies. Some have prohibited texting on private cell phones, while others have attempted to outlaw student-teacher Facebook friendships or online interactions altogether. On the other hand, organizations like the American Association of School Administrators argue that stringent banning mandates—what Nielsen refers to as “ban-dates”—aren’t the answer. In fact, they’ve been shot down in states that tried to implement them on the grounds of violating free speech, or because of pushback from parents and educators. “We don’t want to over-regulate,” says Patrick Larkin, assistant superintendent of schools in Burlington, Massachusetts. “That’s the problem with a black-and-white approach, which throws out resources for great communication.”

Seeking a middle ground, many schools now emphasize “responsible use” policies that educate students and teachers about appropriate conduct. But they can be maddeningly vague, recommending only that everyone exercise “good judgment” and treat others in “a respectful, positive and considerate manner.” To some experts, maintaining boundaries in the digital world is no more difficult than in any other setting. “If the conversation is about school, and the medium is transparent and open, there’s no problem,” says Shakeshaft. That would mean teachers connecting with kids only on social media accounts on school servers, which are public and policed by administrators, or through group texts, never private ones.

Some educators, however, take a broader view. “We need guidelines that teach safety, etiquette and respect, with students and teachers not only collaborating on the language but also bringing parents into the conversation,” says Nielsen. “Let’s face it, texting and social media are here to stay. We need to help everyone be smart about them.”

➔ SHARING TIPS

Parents should know how to take advantage of tools that allow kids and teachers to communicate and collaborate without compromising safety.

Advocates of e-communication and social media in the classroom like to point out that people, not technology, are to blame for any inappropriate student-teacher interactions. And when they occur, it’s easy to identify those who’ve crossed the line. “In the past, incidents took place entirely out of view, but now everyone leaves a trail,” says Patrick Larkin. Cell phones and websites record every call, text or post, and any kind of message, sent or received, can be forwarded to others. But there are ways to maximize social media’s benefits while minimizing the risks. For example, instead of setting up a class page on a regular Facebook account that lets users see other people’s personal pages, teachers can create one that students and parents subscribe to by “liking” it; everyone is able to view the teacher’s posts—and add their own—without revealing private information. There are also middleman texting services designed for classrooms available free on the Internet, like Remind 101 (remind101.com), which enables teachers to text students and parents on their subscriber list while blocking phone numbers.

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PET PHILANTHROPY

'Tis the season to be charitable to furry friends in need.

With hundreds of worthy pet organizations that could use your help, it can be tempting to just give to the last one that ran a heart-wrenching commercial. But with a little research, you can reward a group that you truly find meaningful. “Pick a charity that reflects your values and delivers on promises,” says Carri Harte of Maguire/Maguire, an association management firm that screens groups for the nonprofit Animal Charities of America. Harte offers her tips on finding a pet-friendly foundation.

ASK FOR OPINIONS

Talk to fellow pet lovers—such as owners, kennel operators, veterinarians and groomers—and have them share their experiences with donating to various organizations. They can also be a great resource for learning about less well-known charities.

FIND A CAUSE

“Do some research to choose the group that particularly speaks to you,” says Harte. While national organizations frequently work on big-picture issues, such as animal rights legislation and awareness campaigns, local ones are more likely to serve a niche need in their community. Ultimately, what

matters most is that you believe in the mission. Check websites like animalcharitiesofamerica.org, a nonprofit federation of national groups, and localanimalcharities.org, which lists community-focused organizations that rescue, nurture and rehabilitate animals.

TRACK YOUR DONATION

Ideally, the majority of a charity’s budget—70% or more—should be going toward programs, not fundraising costs or staff salaries, says Harte. The IRS requires tax-exempt organizations to file a 990 form, which details their purpose, programs and finances. It should be posted on the group’s

website or on charitynavigator.org and guidestar.org. “If something on the form raises questions, call the charity,” says Harte. “Any reputable company will be happy to explain where their funds go.”

PLAY FAVORITES

Every donation involves a processing fee, so giving a larger amount to a single group rather than a small sum to several may have a greater impact. Some organizations may even allow a monthly payment plan. Consider pooling your resources with like-minded friends for an agreed-upon cause or even hosting a neighborhood fundraising event, like a bake sale.

HELPING CATS AND DOGS

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ACR sterilizes and vaccinates stray cats through the trap-neuter-return (TNR) program.

Angel Canines for Wounded Warriors

ANGELCANINESFOR WOUNDEDWARRIORS.ORG

Through a partnership with American Airlines, this organization provides wounded war veterans with free flights to special facilities so they can train and acquire a service dog.

Labs4Rescue LABS4RESCUE.ORG

The mission of this nonprofit is to rescue Labrador retrievers and Lab mixes from shelters throughout the Northeast and South and place them in loving homes.

Noah's Wish NOAHSWISH.ORG

During natural disasters, the foundation sets up shelters for displaced animals. It also offers nationwide training courses on the skills needed during an emergency.

Puppies Behind Bars PUPPIESBEHINDBARS.COM

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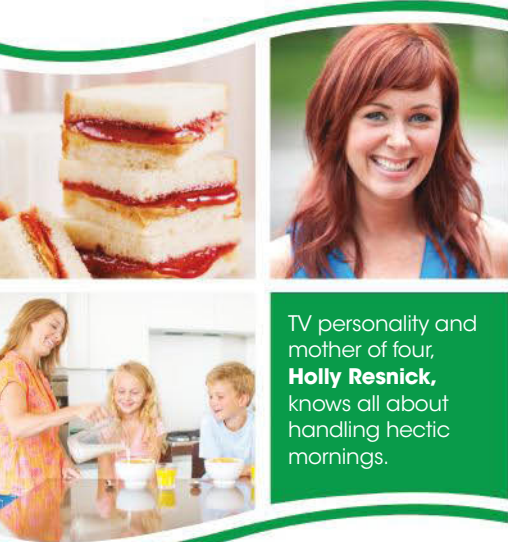


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TRAVEL CHEAPER WITH HELP FROM THE WEB.

By MaryAnn Barone

The Internet can be a treasure trove when it comes to getting the most for your money—but only if you know where to look. Denise Winston, author of Money Starts Here! Your Practical Guide to Survive and Thrive in Any Economy, and money-saving expert Andrea Woroch recommend the best sites to bookmark for bargains on food, fun and more.

➔ **COUPONBLENDER.COM**

At this gateway to savings, you'll see dozens of deals at a glance from the top couponing destinations (the homepage is constantly updated with a slew of news feeds). Each of the featured sites includes a range of shopping categories, so you can snag coupons for groceries as well as your teen's favorite mall store from the same page.

➔ **PRICEGRABBER.COM**

Got your eye on a leather handbag or that space-saving coffeemaker? Find product details, where-to-buy info and current sales prices for everything on your wish list and shave costs by an average of 20% to 25% on

clothing, appliances, electronics and home goods. Set up an alert so you'll be notified when a certain item hits the price you've named.

➔ **MYGROCERYDEALS.COM**

Pocket some dough while filling your food cart. Make a shopping list and then search locally for those products with the "Quick Shop" option, which can save you up to 50% by culling rock-bottom prices from various stores.

➔ **TRAVELZOO.COM**

If you need some inspiration for a budget getaway, Travelzoo's e-newsletter, *This Week's Top 20*, gleans great deals on flights, hotels, trip packages and cruises

with the help of more than 2,000 travel and entertainment companies. All recommendations have been expert-tested to ensure they're first-rate.

➔ **RESTAURANT.COM**

Buy certificates at reduced prices to more than 18,000 restaurants nationwide and you can enjoy more family dinners out (and date nights too) without groaning over the tab. Search by name, location or cuisine to find exactly what you're craving.

➔ **GIFTCARDGRANNY.COM**

We've all been given gift cards we'll never use. Sell them to Granny and then buy discounted ones (most are more than 10% cheaper

than current value) for the stores you love. Sign up to be alerted when a card at one of your preferred vendors becomes available.

➔ **DEALERY.COM**

No time to skim local daily deal sites? No problem. Let a newsletter do the work. Create one by choosing your favorite sites from the many offered here (LivingSocial, Groupon and Woot, for example) and you'll be sent a list of bargains. Discounts are available in more than 200 cities.

➔ **RETAILMENOT.COM**

It's the place to go for printable coupons and online promotional codes. On average you can save about \$20 per transaction with discounts for chains like Macy's and Target as well as local boutiques.

➔ **MRFREESTUFF.COM**

Subscribers receive information on samples and giveaway contests in addition to deals and coupons several times a week. What's not to love?

96.8 MILLION

adults will use digital coupons this year.

SOURCE: MARKET RESEARCH COMPANY EMARKETER



MY BODY, MYSELF

I want to make peace with my body. I want to love it.

I don't mean that I want to improve my body and then love it. I don't want to weight train it into submission or lotion away my cellulite or train for a triathlon. I know these efforts are healthy for some people, but to me, too much improvement just feels like more war.

I'm nearing 40 and that seems about time to get over believing that I'm not good enough yet. It's probably time to accept that the people telling me I'm not good enough are all trying to sell me something. A revolutionary workout! Miraculous cream! A new juicer! Improved

cross-trainers! I have a friend who's always running. Running, running, running like she's trying to escape from something. Aging, maybe? Death? She runs for the same reasons I write, I guess. She tried to get me to jog with her recently by saying, "G, every mile you run adds 5 minutes to your life." No thank you, I said. I'm not a mathematician, but I'd rather have 12 more minutes now than 5 extra minutes when I'm 90.

By making it to 40, we've earned the right to laugh at that "improve yourself!" advice and tune into a message that actually interests us. Forty is when we start running out of folks we

have to impress, thank God. It may also be the year that I finally give myself permission to start thinking more about what I'm looking at instead of what I'm looking like.

So when I say I want to love my body, what I mean is that I want to learn to appreciate and honor this part of me—my body—that helps me do what I do and know what I know. Without it, I wouldn't be able to lose myself in some of my life's most astonishing moments: the smell of my little one's neck after a bath, the reassuring touch of my eldest's tweeny arms wrapped around me, the velvety sensation of warm ocean water lapping my toes, and the weight of my puppies on my legs at night making me feel so safe and grounded. It's amazing how wisdom sometimes starts on the surface of our skin and then settles so deeply into our minds and hearts.

It's been good to me, this body. And so I want to take some time to make intentional peace with it, because I've not honored it in the past. As a matter of fact, I've abused, ridiculed and taken it for granted for decades. I need to make amends. My body is owed an apology.

When I was 8, my body started dragging me down like a piece of awkwardly shaped, oversize carry-on luggage. I felt oafish compared to all the wispy girls. I was never wispy. They flitted; I trudged. My spirit was light and ambitious but my body embarrassed me. So I dragged it into hiding. I became bulimic and stayed that way for decades. When I

got my period at 12, I kept it a secret because I was ashamed. I felt messy and inappropriate. Then, in my late teens, sex started happening to me and honestly, it still feels like something I let happen to my body while my mind thinks of other things and my soul feels confused—unconnected to my body or my spirit. And as a mom to three, I've been either pregnant or breast-feeding (or both) for 7 of the past 10 years. It seems like for as long as I can remember, my body has existed to make people and to serve people.

Now I'm 37. I'm not bulimic anymore. My kids are growing up and away a little. I figure I have 15 years until I head into menopause and my body reinvents itself yet again. And so it's time—now—to make friends with her. It's time to get to know her before it's too late.

When you're trying to get acquainted with someone, it's best to spend some one-on-one time together. So, first, my body and I, we're heading to yoga. I don't know much about yoga yet, but it seems like a peaceful, loving way for my body and me to get to know each other.

I was also thinking that nothing hurts a new friendship like mistrust—I will do my best to avoid talking behind my body's back. No more put-downs about height, no more jokes about leftover baby belly. There will just be gentleness and appreciation for all we've been through together.

Here's hoping that this is the beginning of a beautiful friendship. It's about time.

✉ GLENNON DOYLE MELTON is the author of the New York Times best-selling memoir *Carry On, Warrior*, and founder of the online community *Momastery.com*.

WorldMags.net

this is big.

this is the start of something new.

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

Special K Nourish™



nurturing yourself

WHAT WILL YOU *gain* WHEN YOU LOSE?®

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healthy living



ANIMAL SANCTUARY

Pets don't just make great company—they may also reduce your risk of heart disease, according to a new report from the American Heart Association. People who own four-legged friends (especially dogs) tend to exercise more regularly and have lower blood pressure and cholesterol levels. Thinking of adopting an animal? Go to familycircle.com/bestpet to find the right addition to your family.

WorldMags.net

“I have osteoporosis.

I also play many roles in life,
including active grandmother.

I take Prolia® to help
strengthen my bones.”

Blythe Danner

Blythe Danner
Award winning actress



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

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



Important Safety Information

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

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

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

Prolia® can cause serious side effects:

Low blood calcium (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have

low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.

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


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

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

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

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

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

 **prolia® is different: It's 2 shots a year.**
**It's proven to help
strengthen bones.**

Prolia® is also proven to:

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

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

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.

Before taking Prolia®, tell your doctor if you:

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin
- 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.



2 shots a year proven to help strengthen bones.

www.prolia.com

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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:

• Low calcium levels in your blood (hypocalcemia).

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

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

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

• Serious allergic reactions.

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

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

• Serious infections.

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

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

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

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

• Skin problems.

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

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

• Severe jaw bone problems (osteonecrosis).

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

• Unusual thigh bone fractures.

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

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

What is Prolia?

Prolia is a prescription medicine used to:

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

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

Who should not take Prolia?

Do not take Prolia if you:

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

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

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

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

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

How will I receive Prolia?

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

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

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

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

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

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

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

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

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

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

Keep Prolia and all medicines out of reach of children.

General information about Prolia

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

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

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

What are the ingredients in Prolia?

Active ingredient: denosumab

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

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BY MARIA MASTERS



FIGHT THE FLU

It's hard to say what's more widespread this season: the influenza virus or misconceptions about the vaccine. We asked Pedro Piedra, M.D., professor of molecular virology, microbiology and pediatrics at Baylor College of Medicine in Houston, to set the record straight.

MYTH #1 "MOST KIDS DON'T NEED TO GET VACCINATED BECAUSE THEY'RE YOUNG AND HEALTHY."

Not only can influenza hospitalize (or even kill) healthy children, but school-age kids are also more likely to catch the flu than any other group. Plus, if your child isn't immunized, she might sicken others, including family members, the elderly or people with underlying health problems, like asthma. "Many parents also don't vaccinate their children if it isn't specifically recommended to them by their doctors," says Piedra. "But sometimes physicians are just busy and may have forgotten to mention it during the appointment."

MYTH #2 "ONCE FLU SEASON STARTS, IT'S TOO LATE."

Ideally, the best time to opt for the vaccine is when it's first made available; children age 9 and older need about two weeks to build up protective antibodies. But influenza can begin circulating as early as October and stick around until May. In addition, "there can be several different strains each season, with different peaks and start dates," says Piedra.

MYTH #3 "THE SHOT IS THE ONLY OPTION."

This year the nasal spray vaccine, FluMist Quadrivalent, will comprise all four circulating influenza strains, says Piedra. (Most flu shots will consist of three.) The spray contains a live, weakened virus but won't cause an illness. Side effects can include a runny nose and fever, and it may not be recommended for those with chronic health issues.



CHILDREN WHO SUFFER FROM A CONCUSSION TAKE AN AVERAGE OF **13 DAYS** TO RECOVER. BUT IF THEY'VE HAD MORE THAN ONE CONCUSSION, IT CAN TAKE **24 DAYS** BEFORE THEY FEEL BETTER.

"Even though kids may no longer exhibit symptoms from their first injury, their brain cells may not have fully recovered, making them more susceptible to a second injury," explains study author Matthew Eisenberg, M.D.

SOURCE: BOSTON CHILDREN'S HOSPITAL

Q&A

My child is diabetic. Does that increase his odds of developing other health conditions?

According to new research, type 2 diabetes may progress more rapidly in kids than in adults. Scientists tracked overweight youths with type 2 diabetes and found that:

- After 3 years, about 10% of them needed cholesterol medication.
- After 4 years, approximately 35% developed high blood pressure.
- After 5 years, almost 15% experienced some eye damage.

Parents need to work with doctors to develop a personalized treatment plan for their child, say the study's authors.



24%

If you wear sunscreen every day, that's how much you'll reduce lines and other signs of aging after nearly five years compared with those who use it only occasionally. Consider this your reminder to apply SPF daily.

Source: QIMR Berghofer Medical Research Institute

Fresh Starts

RISE AND DINE

Eating breakfast doesn't just energize you in the morning—it also has lasting benefits for your heart and weight. Having a morning meal can...



Protect your heart.

Breakfast eaters may be less likely to develop metabolic syndrome—a cluster of risk factors that increase your odds of heart disease and stroke—than those who have only an occasional a.m. meal.



Keep you slim.

Women who eat in the morning have lower body mass indexes and consume fewer calories during the day.



Stabilize your blood sugar levels. One study found that when overweight women skipped breakfast, their insulin and glucose levels spiked significantly.

Find nutritious recipes at familycircle.com/healthybreakfast.

VIRTUAL HEALTH

The Internet can bring everything to your fingertips—including

the local doctor's office. New technology is helping patients get quicker responses from primary care physicians and pediatricians and empowering them to feel more in control of their health, says Bradley Crotty, M.D., a medical researcher at Harvard University. Give these three digital tools a try.

➔ **SMARTPHONE APPS**

Monitoring and tracking your vitals, like blood pressure and blood sugar levels, can help you determine if your Rx's are working or reveal a potential health problem, says Crotty. We like Glucose Buddy (iTunes and GooglePlay, free), for diabetics who want to track their carbs and medications, and Sleep Cycle (iTunes, \$2), which analyzes your sleep patterns and determines the best time to wake you up. Before you hit "download," check the online reviews and run the app past your physician.

➔ **PERSONAL HEALTH RECORDS (PHRs)**

Some doctors have electronic health records that permit their patients to view medical files online, but you can also opt for a DIY version, like Microsoft HealthVault. A free PHR, it lets you record medications, lab results, immunization histories and X-rays on your computer. If you want to share the data with a physician, you may have to print it out, but the PHR can connect you with apps that make it easier to order prescription refills and set health goals.

➔ **VIDEOCONFERENCING WITH YOUR DOCTOR**

It may be possible to save time—and a trip to the physician's office—by discussing a minor illness, such as a sinus infection, with your M.D. via a videoconference, says Crotty. (One note: Sometimes an in-person visit is warranted, he says.) Talk to your doctor about whether this is an option and if the primary care practice has a program that complies with HIPAA (the Health Insurance Portability and Accountability Act). If not, your conversation isn't privacy-protected.

**Nutrition has never
had a tastier disguise.**



Moms know they're made
with 8 grams of whole grain
and are a good source of fiber.
All kids know is they taste great.

L' Eggo my Eggo



HOW healthy is your home?

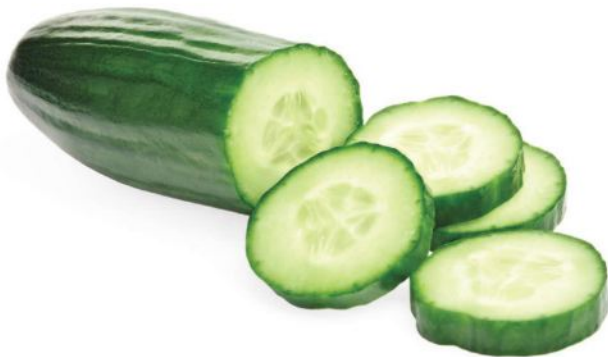


A clean house is a lot like a fortress protecting your family from colds, flus, allergies, pests and more. Take our quiz (answers on page 104) to learn whether yours is a safe haven or a roost in need of a wellness boost. **BY GINA ROBERTS-GREY**

1

TRUE OR FALSE?

Cross-contamination with salmonella, E. coli and other bacteria isn't only a worry when handling meat. It can occur when preparing fruits or vegetables too.



(2)

You just put fresh sheets on the bed. How soon should you replace them with new ones?

- A) After 1 month B) After 1 week C) If someone gets sick D) If you have overnight guests**



3/

What poses the biggest risk for staph or MRSA?



A) A cutting board



B) A toothbrush holder



C) A pet toy

**REAL LIFE
TESTED**

**PINNACLE®
Hip Replacements.**
Real Life Tested for
more than **10 years.**¹



John,
Cyclist, Charity volunteer,
PINNACLE Hip patient



As an avid cyclist, riding in charity events has become one of John's greatest passions. When joint disease threatened to take that away from him, he turned to surgery for help. His orthopaedic surgeon recommended a PINNACLE® Hip from DePuy Synthes Joint Reconstruction to get him back in the race. In fact, DePuy Synthes Joint Reconstruction is the worldwide leader in hip replacement technology.¹

To find out more about PINNACLE Hips and how a new surgical approach can accelerate your recovery time, visit RealLifeTested.com.

Important Safety Information: Hip replacement is not for everyone. There are potential risks. Recovery takes time, and success depends on factors like age, weight, and activity level. Only an orthopaedic surgeon can tell if hip replacement is right for you.

Reference: 1. Data on file at DePuy Synthes Joint Reconstruction, Inc.

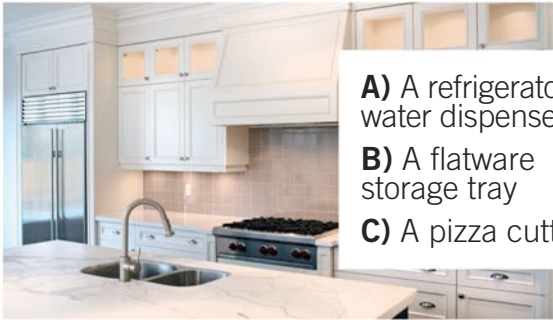
4

TRUE OR FALSE?

It's okay to save a few bucks by skipping flea and tick prevention for the family pet during winter months.



5 / Which of these is one of the germiest items in the kitchen?



- A) A refrigerator water dispenser
- B) A flatware storage tray
- C) A pizza cutter



(6)

How much dust can collect in your home's HVAC ducts in a year?

- A) One cup
- B) One pound
- C) 10 pounds
- D) 40 pounds
- E) None, because of air flow when the system is on

(7)

Most air purifiers can purge which of these pollutants from your home?



- A) Secondhand and/or thirdhand smoke



- B) Pet dander



- C) Pollen



- D) Offensive odors wafting from the garbage can, litter box and more

- E) All of the above



8 /

How often should you clean your kitchen sponge?

- A) Once a week
- B) Once a day
- C) Once a month
- D) When it smells funky



What's the best tool for cleaning ceiling fan blades?

- A) A dust rag or cloth
- B) A fan-blade cleaning tool (which slips over the blade)
- C) Damp paper towels or cleaning rags
- D) A pillowcase



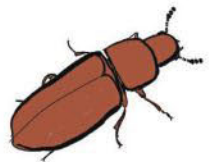
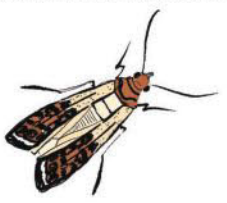
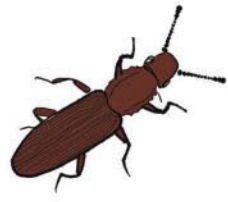
(10)

Second- and thirdhand smoke can get into your home via...

- A) Bathroom and kitchen vents
- B) Your clothing
- C) Your pet
- D) All of the above

11/

Can you name these pantry pests?

- A) 
- B) 
- C) 

12/ The best time to run the dishwasher is...

- A) Overnight, so you'll wake up to clean dishes
- B) First thing in the morning, so you'll come home to clean dishes
- C) When you have time to empty it soon after it shuts off



13

There's a musty smell in your laundry room—but there are no dirty clothes. What's the likely source?

- A) The hamper
- B) The washing machine
- C) The dryer lint trap



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answers

1. True The grocery store's misting system can contaminate produce with dirt and bacteria that grow in the spouts, says biotechnology scientist Stuart Reeves, Ph.D., director of research and development at Embria Health Sciences. One study found that only 17% of consumers wash cutting boards after slicing each vegetable, upping the odds of items becoming tainted and your family getting food poisoning. Wash your hands, cutting board and knives with a Lysol No-Touch Kitchen System (major retailers, starter kit \$10).

2. Anything but A "Bed linens—including blankets and quilts—should be washed once a week to reduce exposure to germs, grime and allergens, particularly during cold and flu season," says Kevin Ronneberg, M.D., associate medical director at Target. "Wash and dry linens at the hottest temperature setting, since most bacteria need extreme heat to be killed."

3. C A study by NSF International found that pet toys were a big source of staph and antibiotic-resistant staph, as well as coliform, yeast and mold. And playing with the dog's squeakers and ropes can leave your family at risk for illnesses. Hard pet toys should be cleaned monthly with hot soapy water, rinsed, disinfected with a mild bleach solution and then thoroughly rinsed again to remove any residue. "Soft toys can be sanitized with other laundry on the hot water cycle," says Lisa Yakas, manager of NSF International's Home Product Certification Program.

4. False While they love warm, humid weather, fleas and ticks can survive if the mercury doesn't dip below 32 degrees. A late winter or early spring increases the chances of their hitching a ride into your home on your dog or cat. "Fleas can cause itching, rashes and hives in humans," says Liz Hanson, a veterinarian at Corona del Mar Animal Hospital in California. A monthly application of VetGuard Plus (major retailers, \$25 for a four-month supply) kills ticks, fleas and other pests.

5. A An NSF study found that refrigerator ice and water dispensers were loaded with yeast and mold, which can wreak havoc on allergies. Clean the ice dispenser monthly, says Yakas. Turn off the ice maker and wash the ice bin with dish soap and warm water, then wipe dry with a clean towel. Once or twice a year, pour three to four cups of distilled white vinegar into the water supply tube and let it run through to sanitize the water dispenser. Once a week, wipe the water spout with a clean cotton swab and dry cloth.

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6. D (in a 1,500-square-foot home) “That dust is likely to contain dirt, allergens, bacteria, fungi, mold and approximately 40,000 dust mites per ounce,” says Richard Lantz, an Air Systems Cleaning Specialist and a director at the National Air Duct Cleaners Association (NADCA). Every time you use your heating or cooling system, these allergens circulate in your home, which can lead to fatigue, sinus complications and asthma. A professional cleaning by a NADCA-certified company is recommended at least every two years.

7. D Gaseous pollutants like smoke are too small for most air purifiers to trap. While they may get rid of smells, they don’t offer lung protection. Also, pet dander and pollen settle on floors and tables, where it’s tough for a purifier to suck them up, explains James L. Sublett, M.D., vice president of the American College of Allergy, Asthma & Immunology. If unpleasant scents (like your son’s sports gear) are the issue, try the Honeywell HHT-081 HEPAClean Tower Air Purifier with ionizer (major retailers, \$140). For a more powerful impact, step up to the Airocide Air Purifier (airocide.com, \$799), a filterless machine that uses NASA technology to eliminate bacteria, mold and more.

8. B If not properly disinfected, sponges can become a prime spot for germ growth and can easily spread salmonella and other sources of illness around the kitchen. “Clean your completely wet, nonmetallic kitchen sponge by placing it in the microwave on high for two minutes,” says Yakas, who also suggests tossing sponges at least every two weeks. “Better options are dishcloths, towels and rags, which can be sanitized in the washing machine’s hot water cycle with bleach.”

9. D Ceiling fan blades are often overlooked as a place where dust mites can move in. Not only are fans home to mites, but they’re also good at circulating them, and the allergens they produce, all around a room! “These pests bring wheezing, tight chests and coughing to allergy sufferers and asthmatics,” says Reeves. “Put a pillowcase around the blade and pull it off, wiping all the dust into it. Empty the case outside, then launder it inside out on your washer’s and dryer’s hottest settings.”

10. D They’re often odorless, so you might not know they’re clinging to your clothing after being near a smoker or sneaking in through doors, open windows or vents. Smoke can linger in dog and cat fur too, causing allergic and respiratory reactions in people and allergic skin inflammation in pets, according to Hanson. Seal foundation and wall cracks, plug unused electrical outlets, and install weather stripping around doors and windows to keep smoke and other allergens to a minimum. Rover, as well as his toys and bedding, should be washed monthly.

11. A) Flour beetle B) Indian meal moth C) Merchant grain beetle Missy Henriksen, vice president of public affairs for the National Pest Management Association, says these insects can live in *opened* packages of flour, cereal, cookies, seeds, nuts and dried vegetables, but they may also make their way into your home in *unopened* foods infested during the packaging process or while in the store, where the bugs can slip in through a box’s seams. Protect your pantry by inspecting items for damage before tossing them into the cart and checking dry goods once a month. Henriksen also suggests adding a bay leaf to canisters and packages of dry goods. Its pungent smell may repel pantry pests.

12. C Mold can form when moisture lingers in the dishwasher after the heat cycle has run. “When the door is closed for several hours, it’s the perfect environment for mold to grow,” explains Robin Wilson, the president and CEO of Robin Wilson Home in New York City and an ambassador for the Asthma and Allergy Foundation of America.

13. A or B Mold and staph can grow in the washer, particularly a front-loading one. Jim Rago, Ph.D., a microbiologist and an associate professor of biology at Lewis University in Romeoville, Illinois, recommends running the machine’s self-clean cycle once a month and leaving the washer door open when not in use. “Or run a cup of bleach in an empty machine on the hottest setting,” says Rago. Hampers that have been home to damp clothes can also develop mold or mildew. Wash your cloth hamper or wipe down a plastic one with a water/bleach mixture.

SCORING 0–4: Oops. It’s time to revamp your routine. **5–9:** Your home is on its way to a clean bill of health. **10–12:** Nice job. Your abode is abundant with hygienic habits. **13:** Congrats! Your shelter is a healthy sanctuary.

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PLEASURE PRINCIPLE

The simplest way to experience more happiness in your life is by deciding you can have it. Just making a choice to see the glass as half full can bring you joy. Engaging in (perhaps forgotten) activities that have delighted you in the past also works. Try creating a bliss list and checking off the good times one by one.

ATTITUDES OF GRATITUDE

We teach our children to say thank you but don't always lead by example. Sometimes we skip it entirely—and often meet an offered “thanks” with only a simple nod or even stony silence. And that’s a shame. A sincere expression of gratitude models for kids that showing appreciation is just as important as receiving it. Being truly grateful is about more than common decency. Research shows it may increase optimism and enhance physical well-being.

The key to being thankful is noting the significance of the action that brought on the feeling—whether it was a door held open for you or an unexpected gift. Return the favor with a sensory connection such as a gentle touch or eye contact. It’s like money in the bank to many.

A perfect way to inspire gratefulness in your kids is to have them identify what they are thankful for. We can also demonstrate gratitude by acknowledging their

accomplishments with enthusiasm and verbal accolades. Letting them know we appreciate the effort it took to complete a task can trump paying them off with clothes or a video game.

And if reading this has caused your conscience to gnaw at you a bit, now’s a great time to give overdue thanks to someone. It’s never too late to show your appreciation with a call, a note or even a video. When you give to others, you get back much more. The earlier we can impart and embrace that lesson, the better.

Q&A

Last year my younger sister brought me to tears by picking fights about how I was handling my oldest daughter’s wedding. She never apologized and we stopped speaking. I’m sure to see her over the holidays. My plan is to be civil and ignore her when possible. Any advice?

You certainly have a right to be upset by your sister’s intentionally hurtful antics. Walking away was a good tactic to gather your thoughts and emotions. Now may be an ideal time to reflect on your early relationship (both good and bad memories) and identify old conflicts that may have caused your sister to develop a defensive posture toward you. Sometimes we carry childlike thoughts and past hurts into our adult life. As the older sister, consider extending an olive branch by saying: “I realize we’ve had our differences recently, but I would like to both understand and work out our relationship as sisters. Can we discuss our feelings and think about how to make our relationship better? I want you back in my life.” The conversation may clarify her frustration and allow both of you to develop a new way of communicating. Reach out and see what happens. Good luck.

familycircle.com

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

➔ JANET TAYLOR, M.D., M.P.H. A mother of four, Dr. Janet is a psychiatrist in New York City. Follow her on Twitter @drjanet.

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EAT TO BEAT DIABETES

Uncover the hidden power of what you put on your plate and you can outsmart a condition that strikes nearly one in 10 Americans.

By Leslie Goldman

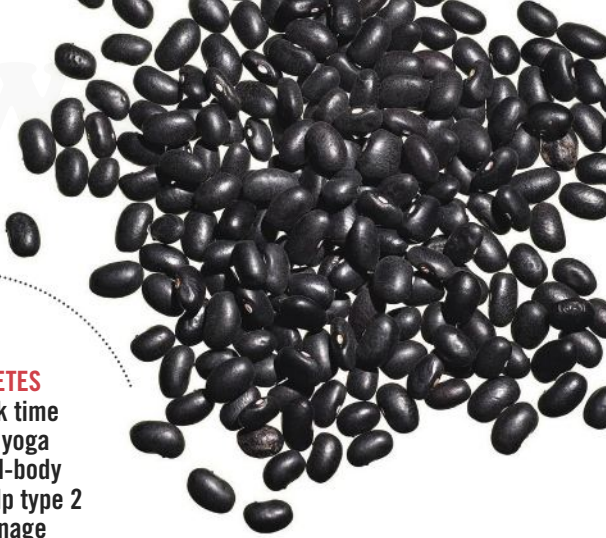
The numbers are shocking. At the rate our country is going, more than half of us will be diabetic or pre-diabetic by the year 2020. But the good news is that help may be as close as your kitchen. "Food is an extremely effective tool for preventing and managing diabetes," says Barbara Allan, R.D., a Vancouver-based certified diabetes educator and co-author of *The Diabetes Prevention & Management Cookbook*. From high-fiber beans for supporting weight control to sugar-purging buckwheat, we've created the ultimate shopping list with delicious recipe suggestions to boot!

PHOTOGRAPHY
BY LISA SHIN



TIP #1
WALK THIS WAY
A brisk 15-minute walk after each meal helps control blood sugar and might reduce your risk of developing type 2 diabetes, says a new study.





TIP #2
DOWN, DIABETES
 Use your break time to do a quick yoga pose. The mind-body practice may help type 2 diabetics manage their blood sugar.

ALMOND OIL

GET SIMILAR BENEFITS FROM \ Olive, avocado and peanut oil.

SCIENCE BEHIND IT \ A little oil a day can keep diabetes away—so long as it's the unsaturated kind. Monounsaturated oils like those pressed from almonds, olives and avocados help lower total and LDL ("bad") cholesterol levels without negatively impacting your HDL ("good") levels. "Two out of three people with diabetes will die from a heart attack or stroke," says Allan. "So it's smart to choose oils that support a healthy heart." Since these oils are bursting with flavor, a little goes a long way; aim for a 2-teaspoon serving.

YOU'LL WANT TO AVOID \ Saturated and trans fats and anything with "hydrogenated" or "partially hydrogenated" oil on the label.

GET COOKING Prepare homemade salad dressing by combining 3 tablespoons **almond oil** with 1 tablespoon citrus-flavored vinegar or juice. Stir in ¼ to ½ teaspoon Dijon mustard, and add a pinch of minced onion.



BLACK BEANS

GET SIMILAR BENEFITS FROM \ Chickpeas, lentils, peas.

SCIENCE BEHIND IT \ In a recent study, type 2 diabetics who added a cup of beans, lentils or chickpeas to their diet daily saw improvements in their blood sugar levels and blood pressure. The theory is that fiber slows your body's absorption of sugar, improving your insulin sensitivity and keeping you fuller longer. One cup of black beans contains nearly 5 grams of soluble fiber, which reduces the absorption of cholesterol and fats into your blood.

YOU'LL WANT TO AVOID \ Overcooking. "Too much heat destroys the fiber," says Rasa Kazlauskaitė, M.D., an endocrinologist at Rush University Medical Center in Chicago. Shoot for an al dente texture.

GET COOKING In a covered pot, soak dried **beans** overnight in fridge. Then simmer about an hour with garlic, onion, celery and veggie broth. Serve with brown rice. This dish is full of magnesium, which fuels several enzymes necessary for processing glucose and which diabetics are often deficient in.



TYPE 2 DIABETES 101

Your pancreas churns out a hormone called insulin, which helps cells turn glucose (the digested and broken-down carbs you eat) into energy. But excess weight, inactivity and a host of other factors can cause insulin resistance, where cells are unable to properly respond to the hormone. The result: Your pancreas pumps out more and more insulin. Eventually, as the insulin-producing cells fail to keep pace and glucose builds up in the bloodstream, this leads to type 2 diabetes. Improving your insulin sensitivity's a good thing. It means blood sugar levels are decreasing and insulin resistance is being reversed.



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BUCKWHEAT

SCIENCE BEHIND IT \ Often associated with pancakes, this nutty whole grain has a “secret diabetes weapon” called D-chiro-inositol (DCI), a chemical compound that enhances insulin’s sugar-lowering effects, Kazlauskaitė says. Buckwheat also has fiber and magnesium and is low in calories. DCI is rarely found in other foods, but whole grains like amaranth and farro are diabetes-friendly carbohydrate alternatives.

YOU’LL WANT TO AVOID \ Buckwheat pancakes doused in butter and syrup. Sorry!

GET COOKING Substitute Japanese **soba noodles** for your regular pasta; they’re made with buckwheat. When baking muffins or bread, replace half of your recipe’s white flour with buckwheat flour, or use it instead of bread crumbs to coat chicken or fish.

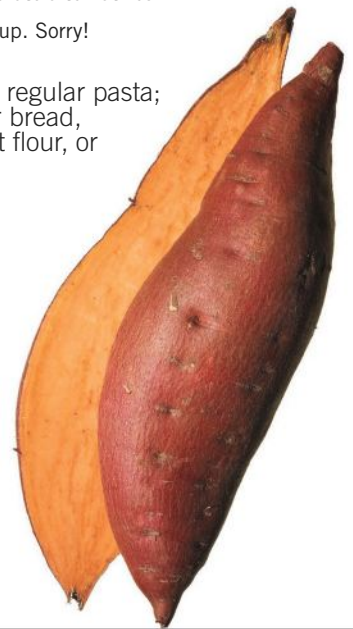
SWEET POTATOES

GET SIMILAR BENEFITS FROM \ Broccoli, whole-grain cereals and breads, nuts, whole eggs.

SCIENCE BEHIND IT \ “Sweet potatoes contain chromium, which stabilizes blood sugar,” explains Cleveland Clinic endocrinologist Betul Hatipoglu, M.D. “It may also improve diabetes by helping your pancreas regulate the amount of insulin it releases.” Hatipoglu says the majority of overweight Americans are chromium-deficient, leaving them prone to high blood sugar and elevated cholesterol and triglyceride levels, increasing their risk for diabetes and heart disease. Low chromium levels are also often behind sugar cravings, so you can satisfy your sweet tooth while doing some good for your body.

YOU’LL WANT TO AVOID \ Corn and cheese. Both are rich in chromium, but corn is high in sugar and cheese has too much saturated fat and cholesterol. (Cheese is the number one source of saturated fat in most Americans’ diets.)

GET COOKING Try Allan’s **Sweet Potato Oven Fries**: Slice peeled potatoes into strips, toss with olive oil and rosemary or sage, arrange in a single layer on a cookie sheet and bake at 425° for 30 to 35 minutes or until golden and crispy.



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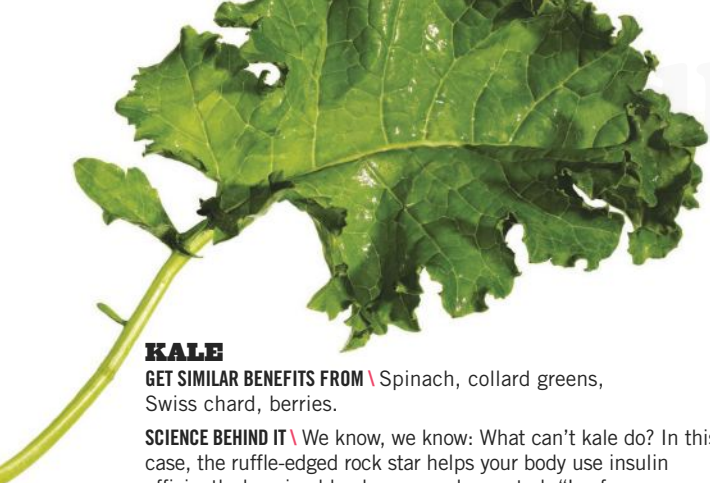


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KALE

GET SIMILAR BENEFITS FROM \ Spinach, collard greens, Swiss chard, berries.

SCIENCE BEHIND IT \ We know, we know: What can't kale do? In this case, the ruffle-edged rock star helps your body use insulin efficiently, keeping blood sugar under control. "Leafy greens are nutrient-packed while being low in calories, plus they are rich in anti-inflammatories," Hatipoglu says. Anti-inflammatory diets are heavy on dark, colorful produce, beans, oily fish and nuts, and steer clear of dairy, red meat and sugar. Greens promote insulin sensitivity and may offset chronic low-level inflammation in the body, which might otherwise pave the way toward type 2 diabetes, as well as diabetes complications.

YOU'LL WANT TO AVOID \ Sautéing them in pools of butter or walnut oil, which negate some of their benefits. Try canola, olive or almond oil instead.

GET COOKING Ditch the potato chips for our delicious **kale** chip recipe instead: In a large bowl, toss 10 cups kale leaves (stems removed, torn into small pieces) with 1 tablespoon olive oil and 1/8 teaspoon salt. Place on baking sheets in a single layer and bake at 300° for 25 minutes or until crispy. Remove from baking sheets with a metal spatula, toss with 2 tablespoons Parmesan (optional) and serve.

Mags.r



WILD SALMON

GET SIMILAR BENEFITS FROM \ Wild mackerel, sea bass and halibut.

SCIENCE BEHIND IT \ Not only is wild-caught fish an excellent source of protein, but its unsaturated, anti-inflammatory oils fight insulin resistance. Wild fish also contain more omega-3s than farm-raised fish. The former eat sea plants and smaller fish; the latter are fed corn, which adversely affects the ratio of omega-3s to omega-6s. Some experts believe this imbalance causes inflammation, opening the door for heart disease and diabetes.

YOU'LL WANT TO AVOID \ Atlantic salmon; most is farmed. Some chinook and coho salmon are farm-raised too.

GET COOKING Celebrity chef Art Smith, who recently lost more than 100 pounds after being diagnosed with type 2 diabetes, seasons **wild salmon** with "a little pepper, a pinch of salt and a spray of olive oil. Place in a very hot skillet and sear for 6 or 7 minutes per side." He then drizzles on fig or cherry balsamic vinegar and lemon juice and serves on top of raw spinach. (The heat wilts it.) Find more of his recipes at TakingDiabetes toHeart.com.

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**TIP #3
LIFT TO LOWER**

“A single session of resistance exercise like lifting weights improves insulin sensitivity for 24 hours,” Hatipoglu says. “It’s the single best thing you can do.”



KEFIR

GET SIMILAR BENEFITS FROM \ Greek yogurt, sunflower seeds, edamame.

SCIENCE BEHIND IT \ Whether you pronounce it “KEE-fer” or “keh-FEER,” 8 ounces of this tangy, cultured, yogurt-like drink are brimming with more than one-third of your daily requirement of phosphorus, a mineral that helps the body convert food into energy rather than store it as fat. “Loss of phosphate inhibits your cells’ ability to turn glucose into energy,” says Kazlauskaite. “The phosphate in kefir can protect against that.” Kefir pulls double duty as a major source of probiotics—the “good” bacteria that line your gut. Research suggests they may enhance your ability to regulate blood sugar and reduce your risk of diabetes.

YOU’LL WANT TO AVOID \ Flavored versions of kefir and Greek yogurt (they can be high in sugar) and full-fat versions (which contain too much artery-clogging saturated fat and cholesterol).

GET COOKING Substitute **kefir** for buttermilk, or blend with fruit for a smoothie.

CABBAGE

GET SIMILAR BENEFITS FROM \ Brussels sprouts, broccoli.

SCIENCE BEHIND IT \ Cruciferous veggies contain diabetes-fighting vitamins B, A, C and K, so Kazlauskaite teaches her patients the acronym BACK. All four are needed for proper hormonal functioning, and they work similarly to phosphorus, helping manage your metabolism. In addition, vitamin C is anti-inflammatory and vitamin K reduces blood clotting—a common complication.

YOU’LL WANT TO AVOID \ Boiling or stir-frying these vegetables. Vitamins B and C are water-soluble, meaning they leach out into cooking water. Boiling broccoli actually slashes its vitamin C content by 33%; stir-frying by 24%. Instead, steam, blanch, roast, quickly sauté or enjoy those greens raw.

GET COOKING Combine shredded **cabbage** with grated carrot, sliced green onions, thin strips of red pepper and bean sprouts, then toss with a little peanut sauce. Allan recommends adding this filling to sandwiches, wraps, burgers and spring rolls, or having as a side salad.

TIP #4 GET UP!

People who sit for more than six hours per day are significantly more likely to report having diabetes. Set an hourly alarm on your phone, reminding you to stroll around the office.



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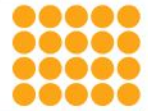


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what's cooking



SO BERRY GOOD

Come the holidays, jellied cranberry sauce wins for nostalgia—but ideally there's room on the table for a fresh take too. Citrus fruit plays perfectly off tart berries for a refreshing no-cook relish that's sure to become a new family favorite. In a food processor, combine 1 bag (12 oz) fresh **cranberries** with 1 cup sweet **grapefruit** segments; pulse until roughly chopped. Transfer to a bowl and stir in $\frac{3}{4}$ cup **sugar**; chill for 30 minutes. Garnish with fresh **mint**. Frozen berries can also cleverly double as ice cubes, as in our Cranberry-Hibiscus Spritzer (page 138).

Food styling: Chelsea Zimmer. Prop styling: Michelle Wong.

A MONTH OF HEALTHY WEEKNIGHT DINNERS

WEEK

MONDAY

TUESDAY

WEDNESDAY

1



ROASTED CARROTS WITH CHESTNUTS AND GOLDEN RAISINS

Page 134

Serve with: Baked Chicken Drumsticks. Dip 16 chicken drumsticks in a mixture of 2 beaten eggs and ¼ cup milk. Coat with a mixture of ¾ cup **each** seasoned bread crumbs and Parmesan. Bake at 375° for 50 minutes.



●● **RED LENTIL SOUP**

Page 128

Serve with: Roasted Chickpeas. Combine 2 cups chickpeas, 1 T **each** lemon juice and olive oil, 1½ tsp ground cumin, 1 tsp brown sugar, ½ tsp **each** ground coriander and salt, ¼ tsp ground cinnamon and a dash **each** black and cayenne pepper. Bake at 425° for 20 minutes.



CREAMED KALE

Page 138

Serve with: Sweet-and-Spicy Pork Chops. Combine 1 cup hot-and-spicy ketchup and 6 T honey. Pour over 6 pork loin chops arranged in a baking dish. Top each pork chop with a slice of lemon. Bake, uncovered, at 350° for 1 hour.

2



● **NUTTY TURKEY TENDERLOINS**

Split 2 turkey breast tenderloins in half horizontally. Brush with ¼ cup creamy Dijonnaise.

Dip turkey into 1 cup crushed cornbread stuffing mix combined with ½ cup finely chopped pecans. Drizzle with 2 T melted butter. Bake at 375° for 20 minutes.



● **BEEF BURGUNDY**

Page 128

Serve with: Quick Rolls. Divide one 16 oz loaf thawed frozen bread dough into 30 pieces. Shape into small balls and let rise for 30 minutes. Brush rolls with 1 beaten egg white and sprinkle with fennel, mustard and/or dill seeds. Bake at 350° for 15 minutes.



MAPLE-BACON BRUSSELS SPROUTS

Page 136

Serve with: Herb Chicken. Rub ½ cup chopped fresh mint, 2 T sesame seeds, 2 tsp crushed fennel seeds, 2 tsp dried thyme, 1 tsp salt and ⅛ tsp black pepper over 4 boneless, skinless chicken breasts. Cook in olive oil over medium heat for 12 minutes.

3



● **SAUSAGE AND VEGGIE LASAGNA**

Page 130

Serve with: Fennel, Bibb and Pea Salad. Stir together ¼ cup **each** red wine vinegar and olive oil, 2 tsp snipped fennel fronds, ½ tsp **each** sugar and crushed anise seeds and ⅛ tsp **each** salt and pepper. Toss with 3 cups sugar snap peas, 2 cups sliced fennel and 8 cups Bibb lettuce.



GREEN BEANS WITH CRISPY GARLIC

Page 138

Serve with: Teriyaki Tuna. Marinate 4 tuna steaks in a mixture of ½ cup soy sauce, 2 T orange juice, 1 T **each** vegetable oil and dry sherry and 1 tsp grated fresh ginger for 30 minutes at room temperature. Broil 4 inches from heat for 8 minutes or until fish flakes with a fork.



● **BAKED PORK CHOPS AND POTATOES**

Dip 4 pork loin chops in a mixture of 1 beaten egg and 2 T milk. Coat with 1 cup crushed cornbread stuffing mix. Place pork chops on one side of a 15 x 10-inch baking pan. Add one 20 oz package frozen roasted potatoes to other side of pan. Bake at 425° for 25 to 30 minutes.

4



● **ROASTED TURKEY BREAST**

Page 126

Serve with: Mashed Maple Sweet Potatoes. Cook 2 medium peeled sweet potatoes in boiling water for 30 minutes. Mash with ¼ cup maple syrup, 2 T butter, ¼ tsp salt and ¼ cup half-and-half until light and fluffy.



● **ROAST BEEF ON CIABATTA**

Combine ¼ cup mayonnaise, 2 T Dijon mustard and 2 tsp horseradish. Spread on bottoms

of 6 ciabatta rolls. Top with 2 cups fresh spinach, 12 oz thinly sliced roast beef, 6 oz thinly sliced Monterey Jack cheese, 1 cup chopped red pepper, 1 cup watercress and roll tops.



● **TUNA AND PASTA ALFREDO**

Cook 3 cups mini lasagna noodles according to package directions, adding 2 cups broccoli florets and 1 cup sliced red pepper in last 5 minutes of cooking. Drain. Stir in one 10 oz container light Alfredo sauce, one 9.5 oz can tuna, ¾ tsp dried dill and 2 T milk.

● **Slow Cooker**

● **Vegetarian**

● **Quick Meals**



THURSDAY



● MEATBALL HOAGIES

Pour one-third of a 32 oz jar spaghetti sauce into a 13 x 9 x 2-inch baking dish. Top with two 32 oz

packages frozen meatballs. Pour remaining sauce over meatballs. Sprinkle with 1/4 tsp crushed red pepper flakes and 3 cups shredded mozzarella. Bake at 350° for 35 minutes. Serve in hoagie buns.

FRIDAY



● TURKEY SHEPHERD'S PIE

Combine 12 oz sliced turkey breast tenderloin, 2 1/2 cups frozen mixed vegetables, one 12 oz jar turkey

gravy and 1 tsp dried thyme in a slow cooker. Cook on LOW for 6 hours. Turn to HIGH. Top with 3 cups mashed potatoes. Cook for 30 minutes more.



● SAUSAGE AND CABBAGE CASSEROLE

Brown 1 1/2 lbs pork sausage; drain. Add 1 cup chopped onion and 10 cups chopped cabbage. Cook 10

minutes. Combine with 1 1/2 cups light sour cream and 1 cup shredded light American cheese in a casserole dish. Top with 1 1/2 cups bread crumbs mixed with 2 T melted butter. Bake at 375° for 20 minutes.



CHILE-CHEDDAR MASHED POTATOES

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Serve with: Beef Roast. Brush a 3 lb

beef tenderloin roast with olive oil. Sprinkle with 1 tsp **each** kosher salt and pepper. Roast at 425° for 35 minutes. Let stand 15 minutes. Serve with 1 cup sour cream mixed with 3 T horseradish.



● HAM AND SWISS QUESADILLAS

Sprinkle 3/4 cup shredded Swiss cheese over left half of four 8-inch tortillas. Top with

3 oz thinly sliced cooked ham, 2/3 cup chopped tomato and 2 T sliced green onion. Fold tortillas in half over filling. Cook over medium heat for 2 minutes per side, until cheese melts. Serve with salsa.



● PASTA WITH LENTIL SAUCE

Combine one 26 oz jar marinara sauce, 2 cups vegetable broth, 1/2 cup water, 1 cup **each**

brown lentils, chopped carrot and chopped celery and 1/4 tsp crushed red pepper in a slow cooker. Cook on LOW for 12 hours. Serve over penne pasta with Parmesan cheese.



● ASIAN PORK WRAPS

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Serve with: Dessert: Roasted Mangoes. Combine 2 T **each** brown

sugar and flaked coconut and 2 tsp **each** orange zest and candied ginger. Sprinkle over 4 mango halves. Bake at 425° for 10 minutes. Top with low-fat vanilla ice cream or frozen yogurt.



● BEANS, BARLEY AND TOMATOES

Simmer 1 cup frozen edamame and 3/4 cup quick-cook barley in 2 cups vegetable broth and

1 tsp Greek seasoning for 12 minutes. Stir in 1/2 cup shredded carrot. Top 4 cups fresh spinach leaves with 4 small sliced tomatoes and cooked barley mixture.

Souper Stars

Soup—especially homemade—is a smart way to get superfoods like vegetables, grains and beans into your diet. Here are some of my favorite time-saving products.



Pacific Foods' Vietnamese-inspired pho starter (available in chicken, beef and vegetarian varieties) is a test-kitchen staff favorite. Just add vegetables, noodles and some protein for an easy meal in a bowl. **Supermarkets, \$3.50**



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Carla Hall's bringing casseroles center stage

Try these one-dish wonders the whole family will love!

These three recipes took gold in the **Country Crock Stars** casserole competition!



VEGGIE CHICKEN LASAGNA
by Edwina from Idaho



COUNTRY TUNA NOODLE
by Katie from Illinois

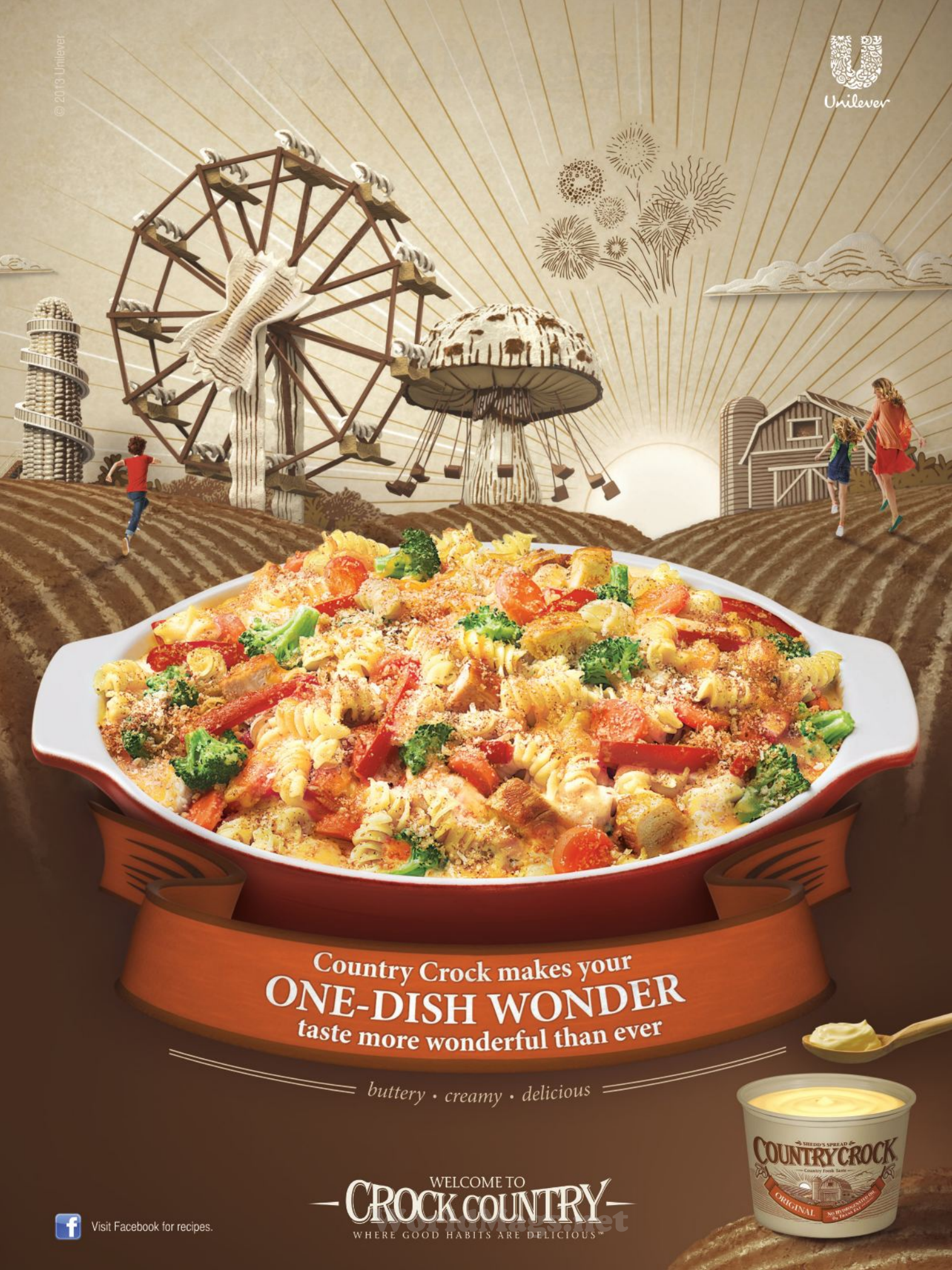


SOUTHWESTERN FISH ENCHILADA
by Josee from Florida

Check out these chart-toppers and more delicious recipes at [Facebook.com/CountryCrock](https://www.facebook.com/CountryCrock)



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ROASTING A TURKEY

Carefully rinse and pat dry a 19 lb **turkey** (thawed if frozen). Remove neck and giblets and save for another use. Heat oven to 375°. Cut an **onion** into quarters and place in cavity along with 2 cloves smashed **garlic** and 1 **lemon**, cut into quarters. Season turkey with 1 tsp **salt** and ½ tsp **pepper** (add your favorite herbs, if desired). Tuck legs under natural flap of skin or tie together. Fold wings under. Place turkey on a rack in a large roasting pan. Roast at 375° for 35 minutes. Reduce oven temperature to 325° and continue to roast turkey (cover with foil if it's browning too quickly) for 1 hour, 50 minutes, or until a thermometer registers 165° in thickest part of thigh (without touching bone). Remove turkey to a platter, garnish with herbs and orange and lemon slices, and let rest for 20 to 30 minutes before carving.

SIZE	THAWING TIME*	COOK TIME (until 165°)
12 lbs	3 days	At 375° for 25 minutes, then at 325° for 1 hour, 20 minutes
15 lbs	3 to 4 days	At 375° for 30 minutes, then at 325° for 1 hour, 25 minutes
18 lbs	4 to 5 days	At 375° for 35 minutes, then at 325° for 1 hour, 50 minutes

*refrigerated

WING TIPS

Fold under breast at joint or cover with foil halfway through.



EASY PAN GRAVY



Strain solids from pan drippings. Heat 3 tbsp of the **turkey fat** in a roasting pan set over 2 burners on stovetop. Whisk in 2 tbsp **all-purpose flour**. Whisk in 2 cups of the **turkey broth** from pan until smooth (or use chicken broth if you do not have enough drippings). Simmer, whisking occasionally, for 3 minutes. Strain again, if desired, to remove any lumps.

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LASAGNA, LENTIL SOUP AND MORE DELICIOUS FALL RECIPES



**Sausage and
Veggie Lasagna**

page 130

BY JULIE MILTENBERGER · PHOTOGRAPHY BY LINDA PUGLIESE

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Asian Pork Wraps

MAKES 8 servings
PREP 15 minutes **COOK** 12 minutes
SLOW COOK on HIGH for 4½ hours or LOW for 6 hours
MICROWAVE 30 seconds

PORK WRAPS

- 1 **tsp onion powder**
- 1 **tsp ground ginger**
- 1 **tsp sugar**
- ½ **tsp ground cumin**
- ½ **tsp ground allspice**
- ¼ **tsp cayenne pepper**
- ¼ **tsp salt**
- 2½ **lbs boneless pork loin roast**
- 1 **tsp toasted sesame oil**
- 1 **tbsp canola oil**
- ¾ **cup hoisin sauce, plus more for serving (optional)**
- 8 **large flour tortillas**

SLAW

- 2 **tbsp rice vinegar**
- 1 **tsp sugar**
- ½ **tsp salt**
- ½ **tsp black pepper**
- 3 **tbsp canola oil**
- 1 **tsp toasted sesame oil**
- 1 **bag (14 oz) coleslaw mix**

▪ **Pork.** In a small bowl, combine onion powder, ginger, sugar, cumin, allspice,

cayenne pepper and salt. Rub pork with sesame oil, then rub spice mixture into pork.

▪ Heat canola oil in a large stainless steel skillet over medium-high heat. Brown pork on all sides, about 3 minutes per side. Transfer to slow cooker. Whisk ¼ cup of the hoisin sauce with **1 cup water**. Pour around pork in slow cooker. Cover and slow cook on HIGH for 4½ hours or LOW for 6 hours.

▪ Remove pork to a large bowl. Shred with 2 forks into large pieces and toss with remaining ½ cup hoisin sauce.

▪ **Slaw.** In a large bowl, combine rice vinegar, sugar, salt and pepper. Whisk in canola oil and sesame oil. Toss with coleslaw mix.

▪ To serve, microwave tortillas for 30 seconds or until heated through. Spread each tortilla with a little additional hoisin sauce, if desired. Top with slaw and shredded pork. Fold up and serve.

PER SERVING 443 CAL; 20 g FAT (4 g SAT); 31 g PRO; 39 g CARB; 4 g FIBER; 737 mg SODIUM; 70 mg CHOL



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Slow cooking a turkey breast guarantees plenty of leftovers for sandwiches.

Roasted Turkey Breast

MAKES 6 servings **PREP** 5 minutes
SLOW COOK on LOW for 5 hours
LET REST 10 minutes

- 1 **bone-in turkey breast (5 to 5½ lbs), thawed if frozen**
- 1 **medium onion, sliced**
- 1 **cup chicken broth**
- 2 **tsp dried Italian seasoning**
- ½ **tsp salt**
- ½ **tsp ground black pepper**

▪ Place turkey breast on a cutting board and pat dry with paper towels. Spread onion slices on bottom of slow cooker and pour in chicken

broth. Rub Italian seasoning, salt and pepper on and under skin of turkey breast.

▪ Place turkey breast in slow cooker on top of onion and broth. Cover and slow cook on LOW for 5 hours or until an instant-read thermometer inserted in breast registers 165°.

▪ Remove turkey to a clean cutting board. Cover and let rest 10 minutes. Remove and discard skin; slice breast meat from bones. Cut meat crosswise into slices.

PER SERVING 334 CAL; 2 g FAT (1 g SAT); 71 g PRO; 3 g CARB; 1 g FIBER; 473 mg SODIUM; 196 mg CHOL

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Red Lentil Soup

MAKES 8 servings

PREP 15 minutes

SLOW COOK on HIGH for 4 hours or LOW for 6 hours

- ¾ cup blanched almonds, plus more for garnish (optional)**
- 2 large carrots, peeled and sliced into 2-inch pieces**
- 1 medium onion, peeled and quartered**
- 2 ribs celery, finely diced**
- 1 bag (16 oz) red lentils**
- 2 large vegetable bouillon cubes, crumbled**
- 1 tbsp curry powder**
- ½ tsp salt**
- 2 cloves garlic, halved**
- ¾ cup heavy cream**
- Chopped cilantro for garnish (optional)**

- Combine blanched almonds, carrots, onion and celery in slow cooker. Pick through lentils and rinse. Add lentils to slow cooker along with bouillon cubes, curry powder, salt, garlic and **7 cups water**.

- Cover and slow cook on HIGH for 4 hours or LOW for 6 hours. Uncover and puree with an immersion blender until smooth (alternately, transfer soup in batches to a blender and puree until smooth). Stir in heavy cream and heat through. Garnish with cilantro and additional blanched almonds, if desired.

PER SERVING 370 CAL; 16 g FAT (6 g SAT); 18 g PRO; 40 g CARB; 6 g FIBER; 675 mg SODIUM; 31 mg CHOL

Beef Burgundy

MAKES 6 servings

PREP 15 minutes **COOK** 7 minutes

SLOW COOK on HIGH for 5 hours or LOW for 6½ hours

- 2 lbs beef chuck for stew, cut into 1½- to 2-inch chunks**
- 5 tbsp all-purpose flour**
- ½ tsp salt**
- ½ tsp black pepper**
- 1 tbsp unsalted butter**
- 1 tbsp canola oil**
- 1 can (14.5 oz) low-sodium beef broth**
- 4 large carrots, peeled and cut on the diagonal into 1½-inch pieces**
- 1 pkg (10 oz) brown mushrooms, cleaned (halved or quartered if large)**
- 2 cloves garlic, sliced**
- 1 cup red wine**
- 1 bag (14.4 oz) frozen pearl onions, thawed**
- Mashed potatoes or hot buttered noodles (optional)**

- Combine beef in a large resealable plastic bag with 2 tbsp of the flour, ¼ tsp of the salt and the pepper. Shake to coat. Melt butter and oil in a large stainless steel skillet

over medium-high heat. Add beef and brown for 5 minutes, stirring to sear all sides (cook in 2 batches, if needed). Spoon into slow cooker. Reduce heat under pan to medium and add 1 cup of the broth. Cook for 2 minutes, stirring up any brown bits on bottom of pan. Pour into slow cooker along with carrots, mushrooms, garlic, red wine and remaining beef broth. Scatter onions over top of vegetables.

- Cover and slow cook on HIGH for 5 hours or LOW for 6½ hours. With a slotted spoon, remove beef and vegetables to a large serving bowl.

- Whisk together remaining 3 tbsp flour with 3 tbsp water in a small bowl. Strain hot liquid from slow cooker into a medium saucepan. Whisk in flour mixture and bring to a boil over medium-high heat. Boil 3 minutes, until thickened, then stir into stew with remaining ¼ tsp salt. Serve stew over mashed potatoes or noodles, if desired.

PER SERVING 500 CAL; 12 g FAT (4 g SAT); 39 g PRO; 51 g CARB; 6 g FIBER; 797 mg SODIUM; 69 mg CHOL



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Sausage and Veggie Lasagna

MAKES 8 servings

PREP 25 minutes **COOK** 6 minutes

SLOW COOK on LOW for 4 hours

COOL 30 minutes

- 1 **lb chicken sausage, casings removed**
- 1 **pkg (8 oz) sliced mushrooms**
- 2 **large carrots, peeled and grated**
- 1 **zucchini (8 oz), trimmed and grated**
- 1 **jar (24 oz) marinara sauce**
- 1 **container (15 oz) part-skim ricotta cheese**
- 1 **bag (7 oz) 2% shredded Italian cheese blend (such as Kraft)**
- $\frac{1}{2}$ **cup fresh basil, chopped**
- 12 **traditional lasagna noodles (not no-boil)**

Line a 5-quart slow cooker with a slow cooker liner. Coat liner with **nonstick cooking spray**. Crumble sausage into a nonstick skillet and cook over medium to medium-high heat for 6 minutes, breaking apart with a wooden spoon.

Meanwhile, in a large bowl, combine mushrooms, carrots, zucchini and 1 cup of the marinara sauce. Stir remaining sauce into the sausage.

In a medium bowl, stir together ricotta, 1 cup of the shredded cheese and the basil.

Begin layering: Break 3 noodles into thirds and spread on bottom of slow cooker. Top with half the vegetable mixture, spreading level, and 3 more noodles, broken into thirds. Spread noodles with sausage sauce and top with 3 more noodles, broken into thirds. Spread noodles with ricotta mixture and remaining 3 noodles (in thirds). Top noodles with remaining vegetable mixture and remaining shredded cheese. Cover and slow cook on LOW for 4 hours.

Remove crock insert from slow cooker and cool for 30 minutes. Uncover and use liner bag to lift lasagna from crock. Remove slow cooker liner and cut lasagna into pieces.

PER SERVING 487 CAL; 20 g FAT (9 g SAT); 33 g PRO; 45 g CARB; 4 g FIBER; 1,083 mg SODIUM; 91 mg CHOL



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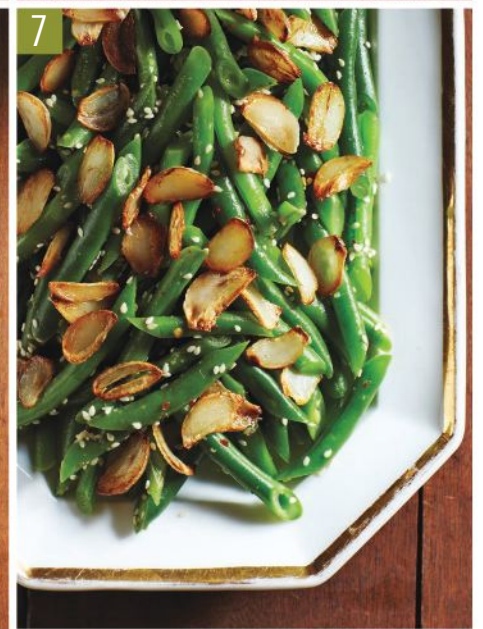
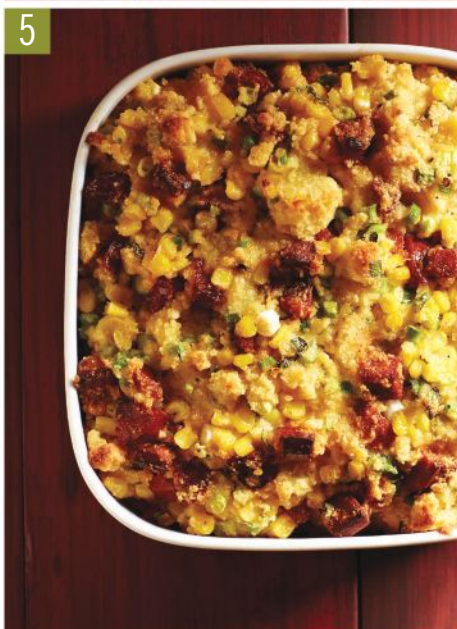
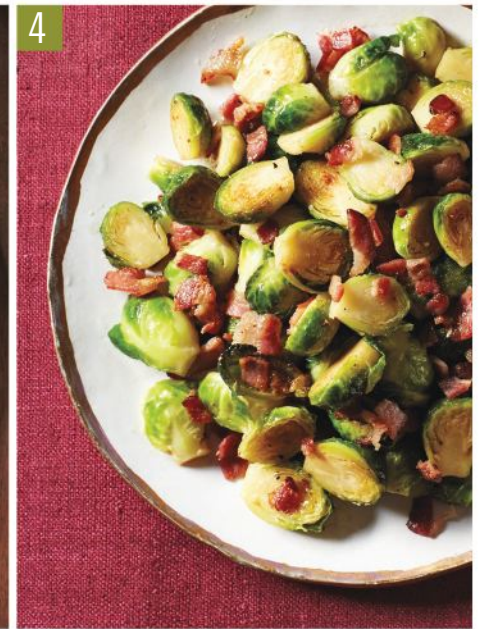
BY MELISSA KNIFIC PHOTOGRAPHY BY KATE MATHIS



1

**BUTTERNUT
SQUASH-GOAT
CHEESE BITES**

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2. Chile-Cheddar Mashed Potatoes

MAKES 8 servings

PREP 15 minutes COOK 10 minutes

- 2½ lbs** baking potatoes, peeled and cut into 1-inch chunks
- 2** large cloves garlic, peeled and halved
- 1** cup 2% milk, heated
- 3** tbsp unsalted butter
- 4** oz sharp white cheddar cheese, shredded
- 1** can (4 oz) diced mild green chiles
- 1** tsp salt

- Place diced potatoes and garlic in a lidded pot. Fill with cold water until potatoes are covered by 1 inch. Cover pot and bring to a boil. Reduce heat to a simmer and cook 10 minutes, until fork-tender.

- Drain potatoes and immediately return to pot. Stir in milk and butter; mash until smooth. Stir in cheese, chiles and salt.

PER SERVING 216 CAL; 9 g FAT (6 g SAT); 7 g PRO; 27 g CARB; 2 g FIBER; 451 mg SODIUM; 29 mg CHOL

3. Roasted Carrots with Chestnuts and Golden Raisins

MAKES 8 servings

PREP 10 minutes ROAST at 400° for 30 minutes

- 2** lbs carrots (about ½- to ¾-inch thick), peeled and tops trimmed
- 2** tbsp olive oil
- ½** tsp salt
- ¼** tsp pepper
- 1** cup peeled and roasted chestnuts, roughly chopped
- ½** cup golden raisins
- 1** tbsp honey

- Heat oven to 400°. On a rimmed baking sheet, toss carrots with olive oil, ¼ tsp of the salt and the pepper. Roast at 400° for 15 minutes. Stir in chestnuts, raisins and honey. Roast another 10 to 15 minutes, until fork-tender. Gently toss carrots with remaining ¼ tsp salt.

PER SERVING 156 CAL; 4 g FAT (0 g SAT); 2 g PRO; 30 g CARB; 4 g FIBER; 235 mg SODIUM; 0 mg CHOL



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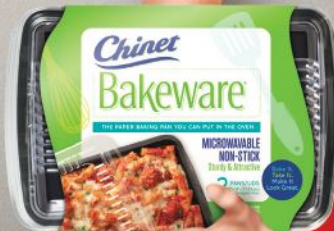
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4. Maple-Bacon Brussels Sprouts

MAKES 8 servings

PREP 15 minutes COOK 23 minutes

- 8 oz maple bacon, diced**
- 2 lbs Brussels sprouts, trimmed and halved**
- ½ cup heavy cream**
- ¼ cup pure maple syrup**
- ¾ tsp salt**
- ¼ tsp black pepper**

- Heat a large skillet over medium heat. Cook bacon until crispy, about 8 minutes. Remove with a slotted spoon to a paper-towel-lined plate.
- In the same pan, pour off all but 3 tbsp of the bacon fat (if not enough fat, add canola oil to compensate). Add Brussels sprouts and cook 10 minutes, stirring occasionally. Pour in heavy cream; reduce by half, about 3 minutes. Stir in cooked bacon, maple syrup, salt and pepper. Cook 2 more minutes, until Brussels sprouts are tender and sauce has thickened.

PER SERVING 215 CAL; 15 g FAT (7g SAT); 7 g PRO; 16 g CARB; 4 g FIBER; 473 mg SODIUM; 35 mg CHOL

5. Chorizo-Cornbread Stuffing

MAKES 10 servings PREP 15 minutes

COOK 10 minutes BAKE at 350° for 30 minutes

- 6 oz dried chorizo, diced into ¼-inch pieces**
- 1 tbsp unsalted butter**
- 3 cloves garlic, chopped**
- 1½ cups frozen corn**
- 1 tbsp chopped fresh oregano**
- ¾ tsp salt**
- ¾ tsp plus ⅓ tsp black pepper**
- 2 eggs, beaten**
- 1½ cups chicken broth**
- 1 cup sliced scallions**
- 7 cups day-old cornbread, diced into ¾-inch cubes**

- Heat oven to 350°. Heat a large skillet over medium heat. Add chorizo; sauté 5 minutes, stirring occasionally. Add butter; melt. Stir in garlic; cook 2 minutes. Raise heat to medium-high and stir in corn; sauté 3 minutes. Mix in oregano and ¼ tsp each of the salt and pepper. Set aside.
- In a large bowl, beat eggs, chicken broth, remaining ½ tsp salt and remaining ⅓ tsp pepper. Stir in scallions and chorizo-corn mixture. Gently fold in cornbread until just combined.
- Coat an 8 x 8-inch baking dish with **nonstick cooking spray**. Transfer mixture to dish and bake, uncovered, at 350° for 30 minutes, until top is toasted.

PER SERVING 258 CAL; 13 g FAT (5 g SAT); 10 g PRO; 26 g CARB; 2 g FIBER; 929 mg SODIUM; 78 mg CHOL



6. Crab Toasts

MAKES 16 toasts PREP 15 minutes

BAKE at 400° for 12 minutes COOK 5 minutes

- 1 French baguette (about 12 oz), cut on the bias into sixteen ½-inch-thick slices**
- 2 tbsp olive oil**
- 2 tbsp unsalted butter**
- 1 cup cleaned and sliced leeks**
- ¾ tsp crushed red pepper flakes**
- ¾ cup light mayonnaise**
- ¾ cup fresh chopped parsley, plus more for garnish**
- 1 tbsp fresh lemon juice, plus 1 tsp zest**
- 1 tsp Dijon mustard**
- ¾ tsp salt**
- 1 lb lump crabmeat, drained**

- Heat oven to 400°. Brush baguette slices on both sides with olive oil. Place on a baking sheet. Bake at 400° for 7 minutes; flip and bake another 5 minutes.
- Melt butter in a skillet. Add leeks and red pepper flakes; sauté on medium heat for 5 minutes, until soft. Cool.
- In a bowl, mix sautéed leeks with mayonnaise, parsley, lemon juice and zest, mustard and salt. Gently fold in crabmeat. Evenly spoon mixture onto toasts. Garnish with parsley. Chill in refrigerator until serving.

PER TOAST 134 CAL; 5 g FAT (2 g SAT); 8 g PRO; 13 g CARB; 1 g FIBER; 290 mg SODIUM; 30 mg CHOL



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7. Green Beans with Crispy Garlic

MAKES 8 servings

PREP 15 minutes COOK 8 minutes, 30 seconds

- ¼ cup canola oil
- 8 large cloves garlic, thinly sliced
- 1½ lbs green beans, trimmed and cut on the bias
- 1 tsp salt
- 3 tbsp rice vinegar
- 1 tbsp grated ginger
- 2 tbsp sesame seeds
- 1 tsp sesame oil

▪ In a small skillet, heat canola oil until shimmering. Fry garlic cloves for 15 to 30 seconds, until golden. (Be careful not to burn.) Remove garlic with a slotted spoon to a paper-towel-lined plate. Carefully pour 2 tbsp of the oil into a large skillet and place on medium heat.

▪ Add beans, ⅔ cup water and ½ tsp of the salt. Increase heat to medium-high. Bring to a boil and cook 5 to 7 minutes, until liquid evaporates and beans are tender-crisp. Add rice vinegar and ginger; cook 1 minute. Stir in sesame seeds, sesame oil and remaining ½ tsp salt. Transfer to a serving platter and garnish with crispy garlic.

PER SERVING 67 CAL; 4 g FAT (1 g SAT); 2 g PRO; 8 g CARB; 3 g FIBER; 293 mg SODIUM; 0 mg CHOL



8. Creamed Kale

MAKES 8 servings

PREP 20 minutes COOK 12 minutes

- 2 lbs kale, tough stems discarded, roughly chopped
- 3 tbsp unsalted butter
- ½ cup finely diced shallots
- 2 cloves garlic, chopped
- 3 tbsp all-purpose flour
- 2 cups whole milk
- ¾ tsp salt
- ⅛ tsp nutmeg
- ⅛ tsp black pepper

▪ Bring a large pot of lightly salted water to a boil. Add chopped kale. Return to a boil and cook 2 minutes. Drain and press out most of the liquid.

▪ Meanwhile, melt butter in a large skillet over medium heat. Add shallots and sauté 3 minutes, until softened. Add garlic; cook 1 minute. Stir in flour; cook 1 minute. Whisk in milk. Bring to a low simmer and cook 3 to 5 minutes, until thickened. Stir in salt, nutmeg and pepper. Fold in kale until well coated with sauce.

PER SERVING 122 CAL; 7 g FAT (4 g SAT); 4 g PRO; 13 g CARB; 1 g FIBER; 267 mg SODIUM; 17 mg CHOL

9. Cranberry-Hibiscus Spritzer

MAKES 8 servings

PREP 5 minutes STEEP 4 minutes

- ¾ cup plus 2 tbsp sugar
- 2 hibiscus tea bags
- 1 cup chilled unsweetened cranberry juice (such as R.W. Knudsen Just Cranberry)
- 1 bottle (750 ml) dry sparkling wine, chilled
- 2 cups ice
- 1 cup frozen cranberries (for garnish and to keep punch cold)



▪ In a small, lidded pot, bring 2½ cups water and sugar to a boil. Turn off heat. Add tea bags; cover and steep 4 minutes. Cool.

▪ In a medium punch bowl, combine cooled tea, cranberry juice, sparkling wine and ice. Stir. Pour in frozen cranberries. Serve cold.

PER SERVING 107 CAL; 0 g FAT (0 g SAT); 0 g PRO; 11 g CARB; 0 g FIBER; 1 mg SODIUM; 0 mg CHOL

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[†] Source Healthcare Analytics ProVoice™ Survey, Jan 2005 – Mar 2013. [^] Symphony Health ProVoice™ Survey, Jan 2005 – Mar 2013.
[‡] Pharmacy Times Surveys, Acid Reducer/Heartburn Categories, 2006 – 2013. ** P&G calculation based on Nielsen ScanTrack FD+, 2004 – 2013.

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A+ Lunch with NEW RANCH Tuna Creations

TUNA RANCH SALAD

INGREDIENTS:

- 1 pouch (2.6 oz.) StarKist Tuna Creations® Ranch
- 3 cups bibb lettuce, washed and trimmed
- ¼ cup matchstick carrots
- 6 - 10 thinly sliced cucumber slices
- 10 grape tomatoes

DIRECTIONS:

1. Place lettuce on plate.
2. Top with tuna, carrots, cucumber and tomatoes.
3. Toss and enjoy!

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10. Sweet Potato Gratin

MAKES 12 servings

PREP 30 minutes BAKE at 400° for 55 minutes

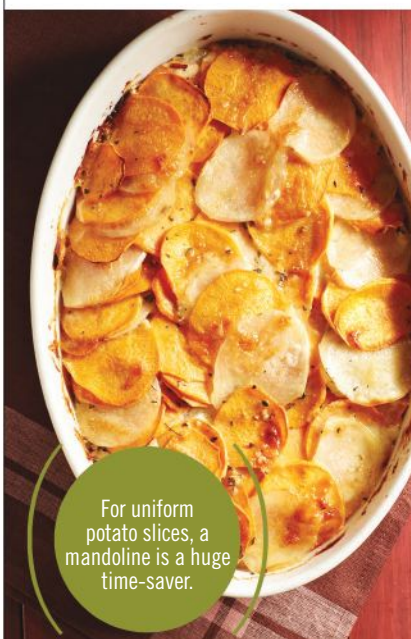
COOL 15 minutes

- 3 cloves garlic, chopped
- 1 tbsp chopped fresh rosemary
- 1 tbsp chopped fresh thyme
- 2 lbs sweet potatoes, peeled and sliced ½ inch thick
- 1 lb baking potatoes, peeled and sliced ½ inch thick
- 1¼ tsp salt
- ¾ tsp plus ¼ tsp black pepper
- 5 oz Gruyère cheese, grated
- 1 cup heavy cream, heated

▪ Heat oven to 400°. In a small bowl, mix together chopped garlic, rosemary and thyme. In a 2-quart baking dish, layer one-third of the sweet potato and baking potato slices, slightly overlapping some of the edges. Sprinkle with ¼ tsp of the salt, ⅛ tsp of the pepper, half the garlic-herb mixture and one-third of the shredded cheese. Repeat layering a second and third time. Mix remaining ½ tsp salt with heavy cream; pour over potatoes.

▪ Place baking dish on a rimmed baking sheet. Cover with aluminum foil. Bake at 400° for 30 minutes. Uncover and bake another 25 minutes, until bubbling and top is golden-brown. Cool 15 minutes before serving.

PER SERVING 178 CAL; 11 g FAT (7 g SAT); 5 g PRO; 15 g CARB; 2 g FIBER; 310 mg SODIUM; 40 mg CHOL



For uniform potato slices, a mandoline is a huge time-saver.



Butternut Squash-Goat Cheese Bites

MAKES 30 bites PREP 20 minutes

BAKE at 350° for 10 minutes FRY 30 seconds

- 1 cup frozen cooked winter squash puree, thawed (such as Birds Eye, from a 12 oz package)
- 2 tbsp heavy cream
- 4 oz soft goat cheese, at room temperature
- 1 egg yolk
- ¾ tsp salt
- ½ tsp ground white pepper
- 2 boxes (1.9 oz each) Athens Mini Fillo Shells
- ½ cup canola oil
- 30 sage leaves

▪ Heat oven to 350°. In a small pot, whisk together butternut squash and heavy cream over medium-low heat. When hot, whisk in goat cheese until melted. Remove from heat and stir in yolk, ½ tsp of the salt and the pepper. Cool slightly.

▪ Place pastry shells on a baking sheet. Transfer squash mixture into a resealable plastic bag; snip corner. Pipe into pastry shells. Bake at 350° for 8 to 10 minutes, until set.

▪ In a small skillet, heat canola oil until shimmering. Fry sage leaves (in 2 batches) for 30 seconds, until crisp. Remove to a paper towel and sprinkle with remaining ¼ tsp salt. Garnish bites with fried sage leaves.

PER BITE 37 CAL; 2 g FAT (1 g SAT); 1 g PRO; 3 g CARB; 0 g FIBER; 81 mg SODIUM; 10 mg CHOL

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Savor Life's Sweetness



Entertaining expert **Ereka Vetrini*** shares smart & delicious ideas for changing up classic favorites without sacrificing taste or enjoyment.



1 Rise and Shine

Be sure to eat breakfast. Oatmeal topped with blueberries and nuts is a quick and convenient breakfast option. Add some sweetness by using SLENDA® No Calorie Sweetener in place of sugar.

2 Cooking Right

How you cook can be as important as what you cook. Switching from frying to roasting or from sautéing to steaming are simple changes that can help reduce fat and calories.

3 Sweet Treats

Bite-size treats like Individual Chocolate Crusted Cheesecakes are a great way to control portion size. Substituting margarine for butter and SLENDA® No Calorie Sweetener for sugar are two healthy changes you can make in your recipes.



4 A Healthy Twist

Incorporate fruit into everyday dishes. Enjoy banana walnut pancakes, add crushed pineapple to coleslaw, and toss strawberries and orange segments into a savory salad.

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allrecipes.com/healthy-recipes



Replacing sugar with SLENDA® Sweetener Products is a smart and delicious way to reduce those extra calories from sugar in your diet.

*Ereka Vetrini was compensated for her participation. © McNeil Nutritionals, LLC 2013



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SWEET ON DESSERT

Fresh twists on classic fall flavors

BY JULIE MILTENBERGER
PHOTOGRAPHY BY KANA OKADA

Pear Upside-
Down Cake
page 151



Pumpkin Cake Roll

MAKES 12 servings

PREP 20 minutes COOK 5 minutes

BAKE at 375° for 12 minutes COOL 1 hour

REFRIGERATE 20 minutes

CAKE

- 1 cup all-purpose flour
- 1½ tsp baking powder
- 1 tsp pumpkin pie spice, plus more for serving (optional)
- ¼ tsp salt
- 4 eggs, at room temperature
- ¾ cup granulated sugar
- ¾ cup canned pumpkin puree
- ½ cup confectioners' sugar

FILLING AND FROSTING

- ¾ cup canned pumpkin puree
- 1 large egg yolk
- 6 tbsp granulated sugar
- 1½ cups heavy cream

▪ **Cake.** Heat oven to 375°. Coat a 15 x 10 x 1-inch pan with **nonstick cooking spray**. Line pan with wax paper; coat paper with spray.

▪ In a medium bowl, whisk flour, baking powder, pumpkin pie spice and salt.

▪ In a large bowl or in a stand mixer, whip eggs at medium speed until slightly thickened, about 2 minutes. On high speed, beat in granulated sugar 1 tbsp at a time until thick and lemon-colored, about 5 to 7 minutes. On low, beat in pumpkin puree. Fold in flour mixture in 2 batches. Spread evenly in prepared pan.

▪ Bake at 375° for 10 to 12 minutes, until cake springs back slightly when pressed. Meanwhile, sift ¼ cup of the confectioners' sugar over a clean kitchen towel. When cake is done, loosen edges and immediately invert onto prepared towel. Remove pan and wax paper. Sift remaining ¼ cup confectioners' sugar over cake. From a

short end, roll up cake with towel, jelly roll fashion. Cool completely on a wire rack for at least an hour.

▪ **Filling.** In a small saucepan, whisk pumpkin puree, egg yolk and 3 tbsp of the granulated sugar. Cook for 5 minutes over medium heat, stirring frequently (mixture should reach 160°). Transfer to a medium bowl. Refrigerate for 20 minutes.

▪ Once cake is cool, gently unroll. Whip ¼ cup of the heavy cream with 1 tbsp of the remaining granulated sugar to stiff peaks. Fold into filling and spread over cake. Re-roll without towel.

▪ **Frosting.** Whip remaining 1¼ cups cream with remaining 2 tbsp sugar to stiff peaks. Spread over cake roll. Dust with a little pumpkin pie spice, if desired. Refrigerate until serving.

PER SERVING 271 CAL; 13 g FAT (8 g SAT); 5 g PRO; 35 g CARB; 2 g FIBER; 135 mg SODIUM; 128 mg CHOL

Sadly, there won't be any leftovers.



PHILADELPHIA Pumpkin, Caramel & Pecan Cheesecake

PREP TIME: 15 min. | **TOTAL TIME:** 6 hours (incl. refrigerating) | **MAKES:** 16 servings

- | | |
|---|----------------------------------|
| 1/2 cup chopped PLANTERS Pecans, divided | 1 Tbsp. pumpkin pie spice |
| 38 NABISCO Ginger Snaps, finely crushed (about 1 1/2 cups) | 1 tsp. vanilla |
| 1/4 cup butter or margarine, melted | 4 eggs |
| 4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened | 25 KRAFT Caramels |
| 1 cup sugar | 1/4 cup milk |
| 1 can (15 oz.) pumpkin | |

HEAT oven to 325°F.

CHOP 1/4 cup nuts finely; place in medium bowl. Add ginger snap crumbs and butter; mix well. Press onto bottom of 13x9-inch pan.

BEAT cream cheese and sugar in large bowl with mixer until blended. Add pumpkin, spice and vanilla; mix well.

Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

BAKE 45 min. or until center is almost set. Cool completely. Refrigerate 4 hours.

MICROWAVE caramels and milk in microwavable bowl on HIGH 1 1/2 min. or until caramels are completely melted, stirring every 30 sec.; spoon over individual servings of cheesecake.

Sprinkle with remaining nuts.

SERVE with whipped cream.



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Maple Pudding with Quick Praline

MAKES 6 servings PREP 10 minutes
COOK 11 minutes REFRIGERATE 4 hours

- 3 cups whole milk
- 3 large egg yolks
- 3 tbsp plus 1 tsp cornstarch
- $\frac{2}{3}$ cup maple syrup
- $\frac{1}{2}$ tsp maple flavoring
- $\frac{1}{4}$ tsp salt

Quick Praline (recipe follows)

- In a medium bowl, whisk together 1 cup of the milk, the egg yolks and cornstarch.
- In a medium saucepan, combine remaining 2 cups milk, the maple syrup, maple flavoring and salt. Cook over medium heat until just steaming, about 6 minutes.
- Whisk about 1½ cups of the hot milk mixture into the egg yolk mixture. Whisk egg-milk mixture back into saucepan. Cook, stirring constantly with a wooden spoon, to a bare simmer, until thick and large bubbles break the surface, about 5 minutes. Strain into 6 dessert cups or

glasses. Place plastic wrap directly on surface of puddings and refrigerate at least 4 hours. Just before serving, remove plastic wrap and sprinkle each pudding with a little Quick Praline. Reserve any extra praline for snacking.

PER SERVING 320 CAL; 13 g FAT (4 g SAT); 6 g PRO;
47 g CARB; 1 g FIBER; 190 mg SODIUM; 115 mg CHOL

Quick Praline

MAKES 8 servings PREP 5 minutes
TOAST at 350° for 10 minutes
COOK 5 minutes COOL 30 minutes

- Spread $\frac{2}{3}$ cup pecans on a baking sheet. Toast at 350° for 10 minutes. Line a large baking sheet with nonstick foil.
- In a small saucepan, combine $\frac{1}{2}$ cup sugar, 2 tbsp water and a pinch of salt. Cook over medium-high heat until bubbly, then cook at a low boil without stirring until light amber, about 5 minutes. Stir in pecans until coated and quickly spread onto foil-lined sheet.
- Cool 30 minutes, then chop into pieces.

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Apple Granola Pie

MAKES 8 servings PREP 25 minutes

BAKE at 400° for 25 minutes, then at 325° for 25 minutes COOL 30 minutes

1 refrigerated rolled piecrust (from a 14.1 oz pkg)

FILLING

4 Granny Smith apples (about 2 lbs), peeled, cored and thinly sliced

½ cup golden raisins

⅓ cup plus 2 tbsp granulated sugar

2 tbsp lemon juice

½ tsp ground cinnamon

2 tbsp cornstarch

TOPPING

¾ cup all-purpose flour

½ cup old-fashioned oats (not quick-cooking)

¼ cup packed light brown sugar

¼ tsp ground cinnamon

Pinch of salt

7 tbsp cold unsalted butter, cut into small pieces

¼ cup sliced almonds

▪ Heat oven to 400°. Unroll crust and fit into a standard 9-inch pie plate. Flute

edge as desired and refrigerate while preparing filling and topping.

▪ **Filling.** In a large bowl, combine apples, golden raisins, ⅓ cup of the granulated sugar, the lemon juice and ground cinnamon. Toss to coat and let stand for 10 minutes.

▪ **Topping.** In a medium bowl, whisk together flour, oats, brown sugar, cinnamon and salt. Cut butter into mixture with a pastry blender or rub between your fingers until crumbly. Stir in sliced almonds.

▪ In a small bowl, combine remaining 2 tbsp granulated sugar and the cornstarch. Sprinkle over apple mixture and toss to combine. Pour mixture into crust, mounding slightly in center. Cover with topping and transfer to oven.

▪ Bake at 400° for 25 minutes. Cover pie with foil, reduce oven temperature to 325° and continue baking for 20 to 25 minutes, until apples can be easily pierced with a small knife. Cool at least 30 minutes before slicing.

PER SERVING 447 CAL; 19 g FAT (9 g SAT); 4 g PRO; 69 g CARB; 4 g FIBER; 143 mg SODIUM; 31 mg CHOL



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Let Betty do the measuring and get a headstart on homemade cookies.



POUR.
MIX.
LOVE.

Pear Upside-Down Cake

MAKES 16 servings PREP 30 minutes
BAKE at 350° for 60 minutes COOL 5 minutes

- 2 **tbps cold unsalted butter**
- ½ **cup packed dark brown sugar**
- 2 **Bartlett pears (about 1 lb),
peeled, cored and thinly sliced**
- 2 **cups all-purpose flour**
- 1 **tbps ground ginger**
- 2 **tsp baking powder**
- ½ **tsp salt**
- ½ **tsp ground cardamom**
- ½ **cup (1 stick) unsalted
butter, softened**
- 1 **cup granulated sugar**
- 2 **large eggs**
- 1 **tsp vanilla extract**
- ⅔ **cup milk**
- Vanilla or brown sugar
ice cream (optional)**

- Heat oven to 350°.
- Add cold butter to a 10-inch springform pan. Heat in oven until melted, about 3 minutes. Swirl pan to coat bottom with melted butter. Sprinkle evenly with brown sugar.

- Fan slices of pear over sugar, with pointed ends toward center of pan, overlapping slightly. Set aside.
- In a small bowl, whisk together flour, ginger, baking powder, salt and cardamom. With a stand mixer, beat softened butter in a large bowl until smooth. Add granulated sugar and beat 2 minutes, until creamy. Beat in eggs, one at a time, beating well after each addition. Beat in vanilla.
- On low speed, beat in flour mixture, alternating with milk, beginning and ending with flour mixture. Spoon batter over pears and spread to pan edge with a spatula. Wrap bottom of pan with foil and bake at 350° for 55 to 60 minutes. Test center of cake with a toothpick; if pick tests clean, remove to a wire rack. Cool 5 minutes.

- Invert cake onto plate; remove side of pan. Carefully lift off pan bottom and cool cake to room temperature. Serve slightly warm with ice cream, if desired.

PER SERVING 302 CAL; 11 g FAT (7 g SAT); 4 g PRO;
48 g CARB; 2 g FIBER; 186 mg SODIUM; 62 mg CHOL



Food styling: Sara Neumeier. Prop styling: Megan Hedgcoth.



CAKE BATTER PANCAKES

PANCAKES

- 1 cup Original Bisquick® mix
- 1 cup Betty Crocker® yellow cake mix
- 3 tablespoons candy sprinkles
- 1 cup milk
- 1 teaspoon vanilla
- 2 eggs

GLAZE

- 2 ½ cups powdered sugar
- 3 tablespoons + 2 teaspoons milk
- 1 teaspoon vanilla

1. Mix pancake ingredients.
2. Pour ¼ cupfuls onto heated skillet. Cook until golden brown.
3. Mix glaze ingredients until smooth. Drizzle over pancakes.

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Bisquick



Carrot Cake in a Jar

MAKES 8 desserts PREP 25 minutes
BAKE at 350° for 18 minutes

CAKE

- 1 box (18.25 oz) spice cake mix
- ½ cup vegetable oil
- 3 eggs
- 1 cup grated fresh carrot

FILLING

- 1 pkg (8 oz) Neufchâtel cheese, softened
- 1 cup heavy cream
- ¼ cup plus 1 tsp sugar
- 1 tsp vanilla extract
- 8 Weck canning jars (9 oz each; see Tool Time, page 154)
- ¾ cup glazed walnuts, coarsely chopped

▪ **Cake.** Heat oven to 350°. Coat two 13 x 9 x 2-inch baking pans with **nonstick cooking spray**. Line pan bottoms with wax paper; coat paper with spray.

▪ Prepare cake mix according to package directions with oil, eggs and **1½ cups water**. Fold in grated carrot. Divide evenly between prepared pans and spread level. Bake at 350° for 18 minutes or until dry to the touch and cakes have pulled slightly away from edges of pans. Cool in

pans for 10 minutes, then invert onto wire racks and remove wax paper.

- **Filling.** In a medium bowl, beat Neufchâtel, ¾ cup of the cream and ¼ cup of the sugar until smooth and fluffy. Beat in vanilla extract.
- In a separate bowl, beat remaining ¼ cup cream and remaining 1 tsp sugar to medium-stiff peaks.
- Cut 16 rounds of cake with a 2½-inch cookie cutter. Cut 8 rounds with a 2¾-inch cutter (keep cuts close together in order to fit). Place one 2½-inch round into bottom of a jar, compressing with fingers to fit. Spread with 2 tbsp of the cream cheese filling and 2 tsp of the coarsely chopped nuts. Repeat layering with a second 2½-inch cake layer, 2 tbsp of the cream cheese and 2 tsp of the nuts. Top with one 2¾-inch cake layer. Repeat process in other jars with remaining cake rounds and most of the remaining cream cheese filling and nuts. Fold remaining cream cheese filling (about ⅓ cup) into whipped cream. Top each jar with 2 tbsp of the whipped cream mixture and sprinkle with a few nuts to garnish.

PER JAR (1 TO 2 SERVINGS) 644 CAL; 38 g FAT (14 g SAT); 9 g PRO; 68 g CARB; 1 g FIBER; 650 mg SODIUM; 140 mg CHOL

Caramel Apple Cake in a Jar

MAKES 12 desserts PREP 25 minutes
BAKE at 325° for 28 minutes COOK 8 minutes

CAKE

- 1 box (18.25 oz) yellow cake mix
- ⅓ cup vegetable oil
- 3 eggs
- 1 Gala apple, peeled, cored and coarsely grated
- 1 tsp ground cinnamon

FILLING

- 2 tbsp unsalted butter
- Pinch of salt
- 3 Gala apples, peeled, cored and diced into ¼-inch pieces
- ⅓ tsp ground cinnamon
- 1¼ cups heavy cream
- 1 tbsp sugar
- 12 Weck canning jars (9 oz each; see Tool Time, page 154)
- 1½ cups jarred caramel, plus more for drizzling

▪ **Cake.** Heat oven to 325°. Coat 12 cups of a jumbo muffin tin with **nonstick cooking spray**. (Note: Cake can alternately be baked in a 15 x 10 x 1-inch jelly roll pan; follow baking and layering instructions for Chocolate Tiramisu in a Jar on page 154.)

▪ Prepare cake mix as per package directions with oil, eggs and **1 cup water**. Fold in grated apple and cinnamon. Divide evenly among prepared muffin cups. Bake at 325° for 25 to 28 minutes, until crowned slightly and dry to the touch.

▪ Cool in pans for 10 minutes, then run a thin knife or spatula around edge and remove cakes directly to a wire rack; cool completely.

▪ **Filling.** Melt butter in a large nonstick skillet over medium heat. Add salt, diced apples and cinnamon. Cook 7 to 8 minutes, until slightly tender. Set aside.

▪ Whip heavy cream and sugar to medium-stiff peaks.

▪ Once cakes have cooled, slice each in half horizontally. Fit 1 cake round into a jar, pressing with fingers until flush with bottom of jar. Top with 1 tbsp of the caramel, 1 tbsp of the apple mixture and 2 tbsp of the whipped cream. Repeat layers of cake, 1 tbsp of the caramel and 1 tbsp of the apple mixture. Repeat

Pulled perfect!



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Puerto Rican Shredded Pork SERVES 4-6

2-3 lb. pork boneless sirloin roast, trimmed and tied with kitchen twine if necessary*

1 tbsp. vegetable oil

4-5 cloves garlic, skins removed, crushed

1 tbsp. cumin

½ tsp. coarse salt

1 tsp. dried oregano

4 oranges, juiced or 1 c. freshly squeezed orange juice

4 limes, juiced

Poke 3-5 holes in pork with sharp knife; stuff with half the crushed garlic. Warm oil in large skillet over medium-high heat. Add pork and brown on all sides, 6-8 minutes.

Combine remaining ingredients in blender and blend 3-5 seconds until evenly combined. Place pork in slow cooker, pour liquid mixture over pork and let marinate about 10 minutes on each side.

Turn slow cooker on low; set timer for 8 hours. After 8 hours, remove pork and shred using two forks on large cutting board. Remove all liquid from slow cooker except 1 c. and add pork back to pot. Let cook another 15-30 minutes.

Serve shredded pork in lettuce wraps or in corn tortillas. Top with pico de gallo, chopped cilantro and avocado.

*If unfamiliar with tying a roast, ask your butcher to pre-tie the roast in the store.



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This message funded by America's Pork Producers and the Pork Checkoff.

process in remaining jars. Refrigerate, then top with a dollop of whipped cream and drizzle with a little of the remaining caramel just before serving.

PER JAR (1 TO 2 SERVINGS) 477 CAL; 24 g FAT (9 g SAT); 5 g PRO; 65 g CARB; 2 g FIBER; 430 mg SODIUM; 93 mg CHOL

Chocolate Tiramisu in a Jar

MAKES 8 desserts

PREP 25 minutes BAKE at 350° for 22 minutes

CAKE

- 1 **box (18.25 oz) French vanilla cake mix**
- 1½ **cups brewed coffee, cooled slightly**
- ⅓ **cup vegetable oil**
- 3 **eggs**
- 3 **tblsp unsweetened cocoa powder**
- ¼ **tsp ground cinnamon**

FILLING

- 1 **pkg (8 oz) Neufchâtel cheese, softened**
- 1¾ **cups heavy cream**
- 1 **container (6 oz) low-fat French vanilla yogurt**
- 5 **tblsp sugar**
- 8 **Weck canning jars (9 oz each; see Tool Time, at right)**
- 1 **cup brewed coffee**
- 2 **oz semisweet chocolate**

▪ **Cake.** Heat oven to 350°. Coat a 15 x 10 x 1-inch jelly roll pan with **nonstick cooking spray**. Line pan with wax paper; coat paper with spray. (Note: Cake can alternately be baked in a jumbo muffin tin; follow baking and layering instructions for Caramel Apple Cake in a Jar on page 152.)

▪ Prepare cake mix according to package directions, substituting coffee for water and using oil, eggs, cocoa powder and cinnamon. Spread into prepared pan. Bake at 350° for 22 minutes or until dry to the touch. Cool in pan on a wire rack for 10 minutes, then invert onto rack and remove wax paper. Cool completely.

▪ **Filling.** In a medium bowl, beat together Neufchâtel, ½ cup of the heavy cream, the yogurt and ¼ cup of the sugar on medium speed until blended and fluffy. Beat remaining ¾ cup heavy cream with remaining 1 tblsp sugar.

▪ Use a 2¾-inch cookie cutter to cut 8 cake rounds. Cut 8 more rounds with a 2½-inch cookie cutter. Trim cakes level.

▪ Use the back of a spoon to spread 2 tblsp of the whipped cream in bottom of a jar. Grate

½ tblsp semisweet chocolate over whipped cream (a Microplane grater works well for this). Top with 1 of the 2½-inch cake layers, compressing with fingers to fit. Spoon 1 tblsp of the brewed coffee over cake layer and allow to soak into cake. Top cake with another 2 tblsp of the Neufchâtel mixture and ½ tblsp grated chocolate. Place a 2¾-inch cake layer over chocolate and spoon 1 tblsp of the brewed coffee over cake. Let soak. Top with another 2 tblsp of the Neufchâtel mixture and ½ tblsp grated chocolate. Dollop with whipped cream and more grated chocolate. Repeat process in remaining jars, using all cake layers and filling. Refrigerate until serving.

PER JAR (1 TO 2 SERVINGS) 498 CAL; 33 g FAT (16 g SAT); 7 g PRO; 45 g CARB; 1 g FIBER; 378 mg SODIUM; 113 mg CHOL

Macarons

MAKES 36 servings

PREP 8 minutes LET STAND 20 minutes

BAKE at 350° for 30 minutes

COOKIES

- 1½ **cups sifted confectioners' sugar**
- ¾ **cup sifted almond flour (such as Bob's Red Mill)**
- 3 **egg whites**
- Pinch of salt**
- 3 **tblsp granulated sugar**
- 3 **drops orange gel food coloring**

GANACHE

- 4 **oz bittersweet chocolate, chopped**
 - ½ **cup heavy cream**
- FILLING
- 1 **stick (½ cup) unsalted butter, softened**
 - 2 **cups confectioners' sugar**
 - Pinch of salt**
 - 2 **to 3 tblsp heavy cream**
 - Orange gel food coloring**

▪ **Cookies.** Combine confectioners' sugar and almond flour in a food processor. Pulse until blended and finely ground. Line 2 large baking sheets with parchment paper. Heat oven to 350°.

▪ Whip egg whites and salt in a stand mixer on medium-high speed until frothy. Gradually beat in granulated sugar, 1 tblsp at a time, until stiff peaks form, about 2 minutes.

▪ Fold one-third of the confectioners' sugar mixture into beaten whites. Fold

in remaining confectioners' sugar mixture and the food coloring. Transfer to a large piping bag (use half the batter so bag is not overfilled) and snip off a ½-inch opening.

▪ Pipe batter in 1¼-inch circles onto parchment paper. Let stand at room temperature for 15 to 20 minutes.

▪ Bake cookies, 1 sheet at a time, at 350° for 15 minutes. Cool completely on paper on wire racks.

▪ **Ganache.** Place chopped chocolate in a small bowl. In a small saucepan, heat cream just until steaming. Pour over chocolate and stir until smooth. Refrigerate until good spreading consistency.

▪ **Filling.** Beat butter until smooth. Add confectioners' sugar and salt; beat on low speed until blended. Add heavy cream and beat until good spreading consistency. Divide in half; tint half orange with gel food coloring.

▪ Carefully remove cookies from parchment. Spread ganache or white or orange filling onto flat side of a cookie. Sandwich with a second cookie. Repeat with all cookies.

PER SERVING 117 CAL; 7 g FAT (3 g SAT); 1 g PRO; 15 g CARB; 0 g FIBER; 8 mg SODIUM; 13 mg CHOL

TOOL TIME

Straight-sided jars and a whoopie pie pan help to create picture-perfect holiday desserts.



Weck 9 oz canning jars, Crate & Barrel stores or crateandbarrel.com, \$3.50 each



Wilton nonstick whoopie pie pan, Kmart stores or wilton.com, \$12

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WELL WORTH

THE 364-DAY
wait.

McCormick[®] Savory Herb Rub Roasted Turkey

INGREDIENTS

- 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
- ¾ 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. Sprinkle 1 tbsp. of the seasonings inside turkey. Spread remaining seasonings over entire surface and under skin of turkey. Place onion and bay leaves inside turkey. Add ½ cup water to pan. Cover loosely with heavy-duty foil.

ROAST in preheated 325°F oven 1 hour. Remove foil. Roast 2 to 2 ½ 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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Whoopie Pies

MAKES 12 servings

PREP 20 minutes BAKE at 350° for 13 minutes

COOKIES

- 1½ cups all-purpose flour
- ½ cup unsweetened cocoa powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup (1 stick) unsalted butter, softened
- ¾ cup packed light brown sugar
- 1 large egg
- 1 tsp vanilla extract
- 1 cup buttermilk or sour milk

FILLING

- ¼ cup (½ stick) unsalted butter, softened
- 4 oz (½ pkg) cream cheese, softened
- 1 jar (7 oz) marshmallow crème
- Orange gel food coloring

• **Cookies.** Heat oven to 350°. Have 2 whoopie pie pans (see Tool Time, page 154) ready. In a medium bowl, whisk flour, cocoa powder, baking soda and salt.

• In a large bowl, beat butter with an electric mixer for 30 seconds, until creamy. Beat in brown sugar for 1 minute, until fluffy, and beat in egg for 1 minute. Beat in vanilla. On low speed, beat in flour mixture, alternating with buttermilk, beginning and ending with flour. Divide evenly between pans, spreading batter slightly until level.

• Bake at 350° for 11 to 13 minutes or until dry to the touch. Remove from pans to a wire rack to cool.

• **Filling.** In a medium bowl, beat butter and cream cheese until smooth. Fold in marshmallow crème and tint with food coloring to desired color. Spread 1 to 2 tbsp of the filling onto flat side of a cookie. Sandwich with a second cookie. Repeat; refrigerate pies in an airtight container up to 4 days. Let stand at room temperature before serving.

PER SERVING 338 CAL; 16 g FAT (10 g SAT); 4 g PRO; 46 g CARB; 1 g FIBER; 178 mg SODIUM; 59 mg CHOL

Frosted Pumpkins

MAKES 12 servings

PREP 25 minutes BAKE at 350° for 36 minutes

CAKE

- 1 pkg (16 oz) pound cake mix
- ¼ cup (½ stick) unsalted butter, softened
- 2 large eggs
- ⅔ cup milk or water
- 2 tsp pumpkin pie spice

FROSTING

- ¼ cup (1½ sticks) unsalted butter, softened
- 4 cups confectioners' sugar
- 6 tbsp milk
- 1 tsp vanilla extract
- Orange gel or paste food coloring
- Assorted brown paper cupcake liners
- Pretzel rods

• **Cake.** Heat oven to 350°. Generously coat 1 mini Bundt pan (or 2 pans if you have them) with nonstick cooking spray.

• Prepare cake mix as per package directions, with butter, eggs, milk and pumpkin pie spice. Spoon batter into Bundt cups, filling each halfway. Bake at 350° for 15 to 18 minutes or until dry to the touch. Cool cakes in pan on a wire rack for 5 minutes, then turn out directly onto rack.

• Clean pan, coat again with spray and make a second batch of cakes. Let cakes cool completely.

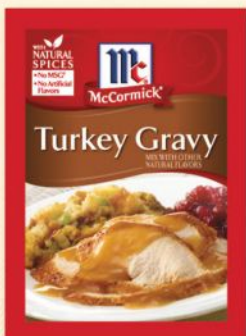
• **Frosting.** Beat butter in a large bowl until creamy. Gradually add confectioners' sugar and milk. Beat on low speed until good spreading consistency, adding more milk as needed. Beat in vanilla and divide frosting into thirds. Tint varying shades of orange with food coloring.

• Trim cakes level and sandwich 2 of them with a little frosting. Spread frosting on sandwiched cakes, starting at the bottom and spreading toward top in lines to resemble the ridges on a pumpkin. Place pumpkin in a paper liner. Top with a pretzel piece trimmed to look like a stem. Repeat with all cakes, frosting and pretzels, varying the frosting color for variety.

PER SERVING 489 CAL; 22 g FAT 12 g SAT; 3 g PRO; 70 g CARB; 1 g FIBER; 234 mg SODIUM; 77 mg CHOL



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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 or turkey broth

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.) Makes 15 servings.



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Buyer's Guide

GET INSPIRED

Hot Spots

PAGE 16: Dress, **Plenty by Tracy Reese**, \$268, 413-528-3388 to purchase. Earrings (\$40) and bangles (\$45), **R.J. Graziano**. Ring, **Kevia**, \$100, kevia.biz. Tights, **Hanes Hosiery**, \$10, haneshosiery.com for stores.

HOME LIFE

Items pictured but not listed below are from private collections.

Home Life

PAGE 25: Clockwise from right: **The Land of Nod** Between a Rock and a Lamp Base in Gold, landofnod.com, \$79. **Nate Berkus** Burnished Brass and Antique Mirror Accent Table, Target stores and target.com, \$80. **CB2** 2-Piece Dahlia Candleholder Set, cb2.com, \$20. **Crate & Barrel** Mingle Bar Glass, crateandbarrel.com, \$10. **Nate Berkus** Stoneware Drip Vases, Target stores and target.com, \$13 to \$18 each. **Nate Berkus** Double Finish Mirror in Gold, Target stores and target.com, \$35.

Nesting Season

PAGE 27: **West Elm** Glass Jugs, westelm.com, \$19 to \$29 each. **West Elm** Sculptural Spheres, \$29 to \$39. Ivory and Grey Cattail Balls, lillianaugust.com for availability.

PAGE 28: **West Elm** Ironwork Flocked Curtains in Regal Blue, westelm.com, \$89 to \$119. **West Elm** Studded Velvet Pillow Cover in Regal Blue (20" x 20"), westelm.com, \$39.

PAGE 30: **Room & Board** Doyle Side Chair with Upholstered Seat, roomandboard.com. **Canvas** Shell Bisque Handmade Plate In Neutral, canvashomestore.com.

West Elm Green Vase, westelm.com. **Mame Kennedy Ceramics**, Woodware Vase and Plate, mamekennedyceramics.com.

PAGE 32: **West Elm** Studded Velvet Pillow Cover in Iron (12" x 12"), westelm.com, \$34. **The Container Store** Tree Hook, containerstore.com, \$10. **Room & Board** Hansen Walnut Bench, roomandboard.com.

LOOKING GOOD

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

Looking Good

PAGE 47: Coat, **Ann Taylor**, anntaylor.com,

\$278. Turtleneck, **Uniqlo**, uniqlo.com, \$40. Jeans, **Old Navy**, oldnavy.com, \$34.50. Bag, **Vince Camuto**, vincecamuto.com, \$168.

Anti-Aging All-Stars

PAGES 50-51: **Paula's Choice** Resist C15 Super Booster, paulaschoice.com, \$45. **Dr. Brandt** XYY Eye Cream, Sephora, \$45. **Clinique** Dramatically Different Lotion +, Clinique counters and clinique.com, \$26. **First Aid** Beauty Facial Radiance Serum, sephora.com, \$44. **La Roche-Posay** Anthelios 50 Mineral Ultra Light Sunscreen Fluid, laroche-posay.us, \$33.50. **Avène** Rétinal+ 0.05 Cream, dermstore.com, \$61. **Glytone** Mini Peel Gel, dermstore.com, \$57.

Special Additions

PAGE 52: Hat, **BCBG Max Azria**, bcbg.com, \$68. Turtleneck, **Ann Taylor**, anntaylor.com, \$69.50.

PAGE 53: Top, **Vince Camuto**, vincecamuto.com, \$99. Necklace, **Zara**, zara.com, \$36.

PAGE 54: Top, **Zara**, zara.com, \$80. Earrings, **Margaret Elizabeth**, margaretelizabeth.com, \$88. Gloves, **Echo**, echodesign.com, \$115.

PAGE 55: Coat, **H&M**, hm.com, \$129.

Sweater, **Uniqlo**, uniqlo.com, \$30. Clutch, **Banana Republic**, bananarepublic.com. Earrings, **Sorrelli**, sorrelli.com, \$40.

PAGE 56: Pants (\$80) and shoes (\$90), **Zara**, zara.com. Socks, **Hot Sox**, hotsox.com, \$10.

PAGE 57: Cardigan (\$129) and belt (\$69), **Chico's**, chicos.com. Turtleneck, **Uniqlo**, uniqlo.com, \$90. Earrings, **OK1984**, ok1984.com, \$12.

WHAT'S COOKING

Family Circle Cover Recipe Sweepstakes

PAGE 157: No purchase necessary to enter or win. Subject to Official Rules at familycircle.com/recipe. The **Family Circle Cover Recipe Sweepstakes** begins at 12:01 a.m. CT on 12/4/12 and ends at 11:59 p.m. CT on 12/02/13. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address per day. Data rates may apply for wireless entry. Void where prohibited. Sponsor: Meredith Corporation.

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Jessica Seinfeld



Great-tasting meals are no laughing matter for funnyman Jerry Seinfeld's wife—in fact, she's written two *New York Times* best-selling cookbooks filled with family-friendly recipes. With her third kitchen tome due out this month, Jessica is happy to dish on her ideal fast fix for ravenous kids (hers are 13, 10 and 8). “Cacio e pepe always comes through,” she says. “It's so easy, and I don't even have to run to the store. The hardest part is remembering to take the butter out of the fridge to let it soften.” Dig in!

Cacio e Pepe

- 3 **tbsp unsalted butter**
- 1 **to 2 tsp whole black peppercorns**
- 1 **cup grated pecorino**
- ½ **cup grated Parmesan**
- 1 **box (16 oz) spaghetti**

- About an hour ahead, remove butter from the refrigerator and let it come to room temperature.
- Fill a large pot with water. Place on high heat to bring to a boil. Meanwhile, pour peppercorns onto your cutting board. Using the rounded edge around the bottom of a small skillet, firmly press down to crack peppercorns. Make sure

QUICK TRICK

For a healthier take, use whole wheat spaghetti.

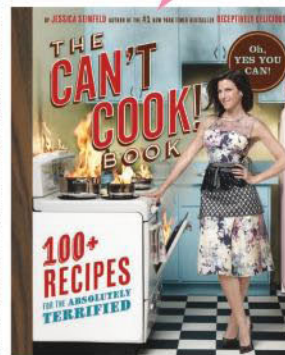


they are all cracked before you add to the recipe or you might break a tooth!

- In a large bowl, using a silicone spatula, combine pecorino, Parmesan, butter and cracked pepper until mixture is crumbly.
- After water comes to a boil, add pasta and cook according to package directions. When pasta is al dente, use a liquid measuring cup to remove ½ cup of the pasta water from pot; set aside. Drain pasta. Immediately add pasta and ¼ cup of the pasta water to bowl containing cheese mixture. Stir to combine until cheeses have melted. Add more pasta water, if necessary, for a creamier consistency.

Makes 4 to 6 servings.

Jessica Seinfeld's latest cookbook, on sale October 8, contains a ton of helpful how-to's and links to step-by-step videos. Amazon.com, \$28



familycircle.com

Cause a stir this weekend with Jessica's simple, from-scratch Lemon Ricotta Pancakes. (“They make it worth getting out of bed.”) Go to familycircle.com/jessicaseinfeld.

Food styling: Chelsea Zimmer. Prop styling: Michelle Wong. Copyright © 2013 by Jessica Seinfeld from *The Can't Cook Book*. Published by Atria Books, a division of Simon & Schuster Inc. *Family Circle* (ISSN 0014-7206), November 2013, Volume 126, No. 11, is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: \$19.98 per year in the U.S., \$41.98 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMW 707-4-12.5.) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Family Circle, P.O. Box 37508, Boone, IA 50037-0508. In Canada: Mailed under Publications Mail Sales Product Agreement No. 40089223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to Family Circle, 2835 New Dr., Windsor, ON, N8T 3B7. © Meredith Corporation 2013. All rights reserved. Printed in the U.S.A.

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