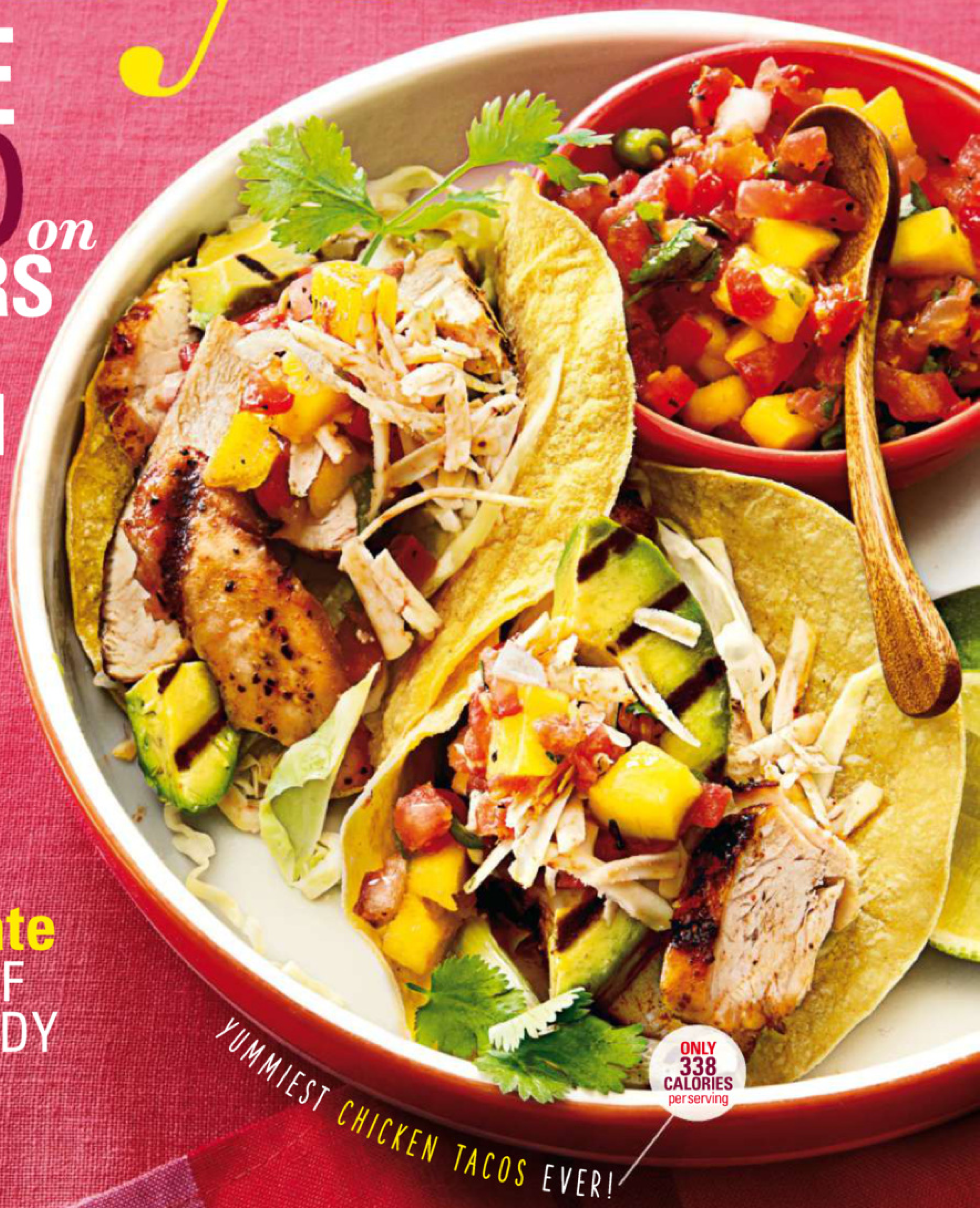
all you

Enjoy life for less!

ISSUE 2, FEBRUARY 20, 2015

THIS MAGAZINE PAYS FOR ITSELF!
BIG SAVINGS INSIDE

SAVE $100 on DINNERS THIS MONTH



SCORE BIG!

Earn EXTRA CASH Working From Home (starting today)

Redecorate WITH STUFF YOU ALREADY HAVE P. 81

YUMMIEST CHICKEN TACOS EVER!

Cut Cable – AND STILL WATCH ALL YOUR FAVORITE SHOWS Starts on P. 88

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all you Contents

FEBRUARY 20, 2015

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11 Your craft
13 Your time
96 Brainteasers
98 Giveaways
100 'My hero'



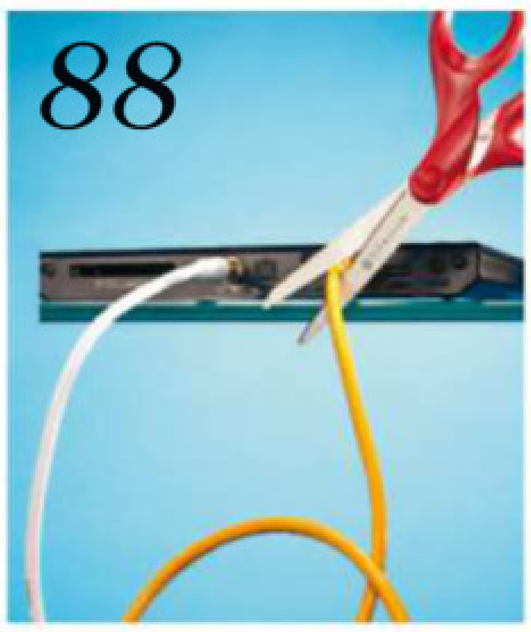
54, 60
48

Fast, easy tacos

Try this delicious twist: Grill chicken and avocado! (A cast-iron grill pan does the trick on cold nights.) Toss sliced chicken, avocado wedges and shredded cheese in corn tortillas and top with mango salsa. Or try All You reader Leslie Barton's Southwestern take on tacos (page 63).

COVER PHOTO: KATE SEARS, FOOD STYLING: PAUL GRIMES, PROP STYLING: GERRI WILLIAMS FOR JAMES REPS







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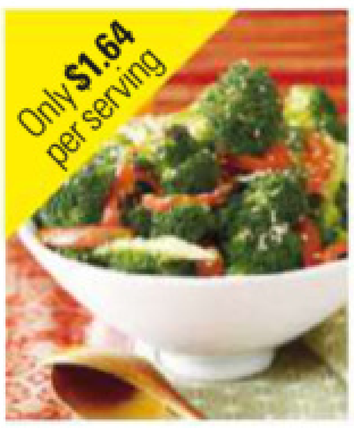


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Great food, great values

KEY
- $ Less than $1.50 per serving
- Make-ahead meal
- 30 minutes or less

APPETIZERS & SALADS



Stir-Fried Broccoli, *p. 40*



Tuna Salad with White Beans, *p. 62*

DESSERTS & DRINKS



Chocolate-Dipped Fortune Cookies, *p. 40*



Yogurt, Honey and Walnut Parfaits, *p. 58*



Chocolate Marble Cake, *p. 71* $



Raspberry–White Chocolate Cheesecake Bars, *p. 73*



Chocolate Pots de Crème, *p. 75* $

ENTRÉES



Baked Egg Rolls, *p. 56* $



Slow-Cooker French Dip Sandwiches, *p. 54*



Sausage-Stuffed Acorn Squash, *p. 55*



Egg and Pepper Pitas, *p. 66*



Chicken Tacos with Corn Salsa, *p. 63*



Baked Gnocchi with Pumpkin-Cheese Sauce, *p. 57* $



Blue Cheese and Spinach Pizza, *p. 61*



Sausages with Peppers and Onions, *p. 64*



Lemon-Garlic Chicken Tenders, *p. 55*



Chinese Roasted Pork, *p. 40*

IF HE WANTED ANYTHING TO DO WITH ANTIBIOTICS,

HE WOULD'VE BEEN A PHARMACIST.

Eat like your ancestors.™



Antibiotic-Free Chicken

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This Month's BIGGEST SAVINGS *and* SCORES

All You is your home for savings, in print and online.

DOLE® Canned Fruit
$0.75_____ *p. 76*

Kikkoman®
$0.55_____ *p. 76*

Minute® Rice
$0.50_____ *p. 76*

Pearls® Olives to Go!® 4-pack or larger
$1.00_____ *p. 65*

StarKist® Gourmet Selects® Pouch
$0.75_____ *p. 59*

Tai Pei® Appetizers (16 oz.—28 oz.)
$1.50_____ *p. 36*

Tai Pei® Single Serve Entrées or Appetizers (up to 14.2 oz.)
$1.00_____ *p. 36*

All You bonus savings

Cooking Light Diet
20% off the first month or quarter of a Cooking Light Diet subscription____ *p. 58*

Dollargeneral.com
$5 off a $25 pretax purchase_____ *p. 15*

Lekueusa.com
25% off a citrus sprayer set_____ *p. 87*

Overstock.com
15% off a Sivan Health and Fitness hollow foam roller_____ *p. 32*

Planttherapy.com
$10 off a purchase of $25 or more, plus free shipping____ *p. 21*

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It's easy to prepare budget-friendly meals and buy products featured in All You. Use your smartphone to scan product photos on specially marked pages to purchase items you like. You also can scan recipe photos, then organize menus, create a shopping list and find local bargains on ingredients.

1 Download the free **Digimarc Discover app** (available at Google Play and iTunes). Launch the app, then hover your phone 4 to 7 inches above the picture (line it up in the on-screen crosshairs).

2 Your phone will signal when the app recognizes the image. **If you've scanned a product photo,** your browser will open to a page where you can comparison-shop, buy an item or sign up to receive price-drop alerts.

3 **If you've scanned a recipe photo,** your browser will open to our sister site myrecipes.com. Save the recipe to your MyRecipes account, then make menus, shopping lists and more. Don't have an account? Sign up on the spot.



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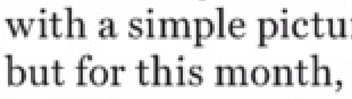
just between *us*



from the *EDITOR*

IN 2012, ALL YOU LAUNCHED A feature in which we asked you for your best affordable family dishes. "Readers' Favorite Recipes Under $10" has become one of the most popular sections in the magazine, and I understand why: You know the recipes will work! I'm with you. The brownies that my neighbor drops on my doorstep are not only delicious, I feel that I could make them, too. My neighbor and I have similarly sized (narrow) kitchens, and we both have young children. Most magazines rely exclusively on recipes that come out of a stainless-steel, fully outfitted test kitchen; we'd much rather rely on you. Women have been connecting over food forever, and I believe that one of the most important things we can do at ALL YOU is to bring you all to a communal table, to talk and to swap tasty ideas. In this issue, we've pulled up a few more chairs and invited five home cooks back to share their quick weeknight dinner suggestions (page 60).

Normally we run your recipes with a simple picture and quote, but for this month, we invited you to tell us more about your families, your kitchen routines—in short, your lives. After all, once you've shared your most cherished recipe with a friend, the connection can be as irresistible as...well, as reader Cris Martin's recipe for sausage with peppers and onions.



Nina Willdorf, editor
nina@allyou.com

ALEX BEAUCHESNE, HAIR AND MAKEUP: ANGELA HUFF (WILLDORF)

This month's reader experts



Amy tested the most fantastic—and cheerful!—sponge you've probably ever seen.
PAGE 86

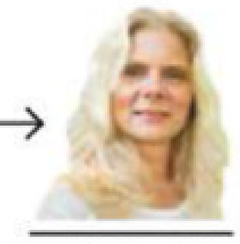


Ellen turned her career as a teacher into an at-home tutoring business.
PAGE 50



If you need a little pep talk to get life back on track, you might want to check in with Tasha.
PAGE 37

Leslie Barton
35, OCOEE, FLA.
Christine Connallon
45, ROCKVILLE CENTRE, N.Y.
Amy Garrett
31, NORCROSS, GA.
Janet Gorman
60, QUINCY, MASS.
Amy Gupton
45, CHASE CITY, VA.
Lee Ann Hall
43, GREENWOOD, IND.
Angela Irizarry
30, BELLEAIR BLUFFS, FLA.
Ellen Kaplan
47, CLARKSVILLE, MD.
Rebecca Kersen
29, POTTSVILLE, ARK.
Barrie MacLauchlin
47, DANVILLE, KY.
Cris Martin
46, GLEN BURNIE, MD.
Jennifer Uhl Maurry
47, REDWOOD SHORES, CALIF.
Rachel D. Fahrig McGowan
40, AUSTIN, TEXAS
Courtney McKeon
33, TROY, N.Y.
Jenn Powell
40, COCHECTON, N.Y.
Rachel Rogers
27, ENID, OKLA.
Lynn Sims
54, ABERDEEN, MD.
Michele Steinke
45, CEDAR RAPIDS, IOWA
Maureen Sullivan
29, BROOKLYN, N.Y.
Tasha Sumo
28, MOORESTOWN, N.J.
Stephanie Tait
42, BRISTOW, VA.
Millisa Thomason
36, BATTLE CREEK, MICH.
Sharon Naylor Toris
45, MORRISTOWN, N.J.
Lora Whitfield
54, BROKEN ARROW, OKLA.
Laura Parisio Wood
35, FREEHOLD, N.J.
Liisa Vexler
41, TAMARINDO, COSTA RICA



With four kids to feed, Leslie has found a great quick dish: chicken tacos with corn salsa.
PAGE 63



When it comes to inspiring women, Rachel's basketball-playing grandmother is hard to beat.
PAGE 100



What's extra delicious about Laura's pizza? It takes only 13 minutes to make.
PAGE 61

Great prizes for you! Check out this month's sweeps on page 98.



$50 VALUE
A Teleflora e-gift card



$85 VALUE
A Google Play gift pack



$129 VALUE
A Waring digital wine chiller/warmer





From May 2005.
Find the recipe at allyou.com/snickerdoodle-bars.

'I made it!'

SNICKERDOODLE BARS



"As a full-time art teacher and mother of four, I'm always looking for delicious new recipes I can make at a moment's notice for a potluck or school function."

—Jenn Powell, 40, Cochecton, N.Y., everafterinthewoods.com

'MY TIP'

"I made this recipe with butter that was at room temperature—which was helpful in creating a light, fluffy mixture. The batter is very thick after you mix it, so be sure to even it out with a spatula in the pan before you start baking."

'MY TWEAK'

"The only change I made was to include an additional teaspoon of cinnamon to the batter. And next time, I'll probably prepare two batches at once. Trust me, they go fast!"

'MY REVIEW'

"My whole family loved how the Snickerdoodle Bars turned out—my youngest child couldn't stop eating them! I also loved that I already had most of the ingredients in my pantry."

BEHIND THE SCENES

on Instagram

What went into making this issue? This shot should give you a taste. For more inspiring snaps, follow **@allyoumag** on Instagram.



Our home editors got crafty working on "Make Your Own Cards." Turn to page 13 for easy tutorials to help you create beautiful cards for Valentine's Day.

ALL YOU SAVINGS STARS

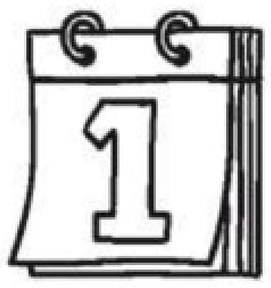
THE BEST NEW TIPS FROM OUR FAVORITE SMART-SHOPPING BLOGGERS



COOKING

"Making beans in your slow-cooker can cost a fraction of the canned varieties. Grab dry beans for $1 to $2 per pound and cook them all day. A bag of beans will produce the equivalent of four to five cans. That can add up to quite a bit of savings."

—Crystal Paine, moneysavingmom.com



FAMILY

"It can be hard to create a schedule the whole family will follow. I find it helps to print my calendar every month and keep it in a central location. You also can use Google Calendar or Cozi, which includes a shared shopping-list tool. Set aside a regular time, like Sunday evenings, to go over everything together."

—Tracie Fobes, pennypinchinmom.com

GETTY IMAGES (ILLUSTRATIONS)

Valentine's Day DIY

Download these cute card designs, add a few personal touches and start spreading the love



COST: 64¢ A CARD

Heart of Gold Valentine

STUFF YOU HAVE

Printer · Scissors · Double-sided tape

STUFF YOU NEED

You Have a Heart of Gold valentine printable (download at allyou.com/heart-valentine)

Cardstock printer paper (4¢; amazon.com)

Gold chocolate hearts (60¢ for 3; amazon.com)

❶ Download PDF and print onto cardstock.

❷ Cut out card. Apply a strip of tape along bottom of card and press three chocolate hearts onto tape.

From Jennifer Banham, delightfullynoted.blogspot.com

Funny Mustache Cards

STUFF YOU HAVE

Printer

Scissors

Scotch tape

STUFF YOU NEED

Funny mustache printable (download at allyou.com/mustache-valentine)

Cardstock printer paper (4¢; amazon.com)

Lollipop (15¢; amazon.com)

Red tissue paper (5¢; partycity.com)

❶ Download PDF and print onto cardstock. Cut out card.

❷ Wrap lollipop with red tissue paper.

❸ Tape lollipop stick to back of card so that it is positioned at center of mustache, like a nose.

From Erin Williams, strawberrymommycakes.com



COST: 24¢ A CARD

BRIAN HENN, SHUTTERSTOCK (ICONS)

SCAN THE TOP PHOTO TO BUY THE PRODUCTS ON THIS PAGE. See page 4.

SHARE LOVE



from the heart with ***DOVE® PROMISES® Chocolate*** in your candy dish this Valentine's Day.



facebook.com/dovechocolate

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Enjoy those quiet moments

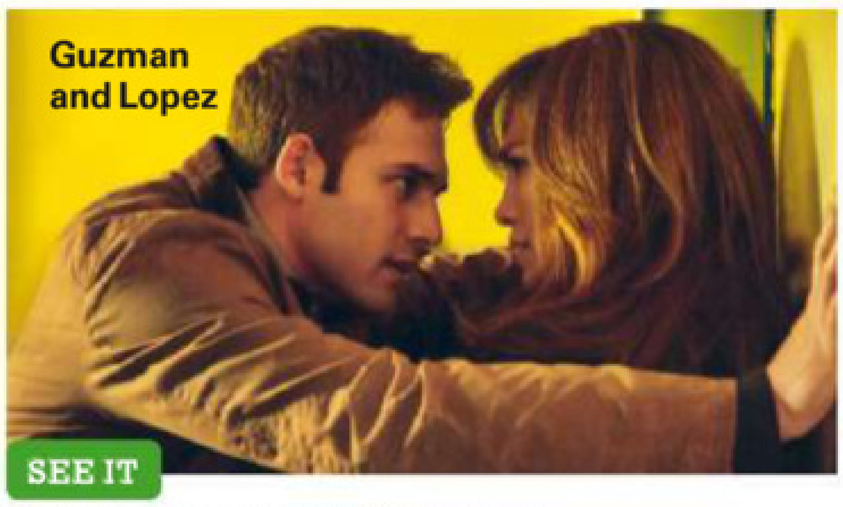
USE IT

▶ BEADED BUNGEE BOOKMARKS



These bead-and-pewter placeholders are made in America, largely by women and young adults with mental illness who can work only at home. The bookmarks make great Valentine's Day gifts for anyone whose true love is the printed word—and by that we mean physical books. (And if your favorite bibliophile is really *you*, go ahead and celebrate yourself. Walt Whitman would certainly approve.)

Themed bookmarks: $20 for set of 4; twincottageindustries.com.



SEE IT

▲ *THE BOY NEXT DOOR*

Claire (Jennifer Lopez), who is estranged from her cheating husband (John Corbett), is raising their teenage son and getting lots of "you deserve some fun!" advice from her BFF (Kristin Chenoweth). After handsome, attentive Noah (Ryan Guzman) moves in next door, Claire decides to have a fling—only to discover later that he goes to high school with her son. She aims to end the affair, but Noah has other ideas. (Rated R; opens Jan. 23)



SEE IT

▲ *THE LAST FIVE YEARS*

Based on an off-Broadway show, this musical chronicles the courtship, marriage and breakup of a young novelist (Jeremy Jordan) and a struggling actress (Anna Kendrick). The twist? They tell—sing, actually—their stories in chronologically opposite ways: His begins at the start of their relationship; she starts at the end. (Not yet rated; opens Feb. 14)

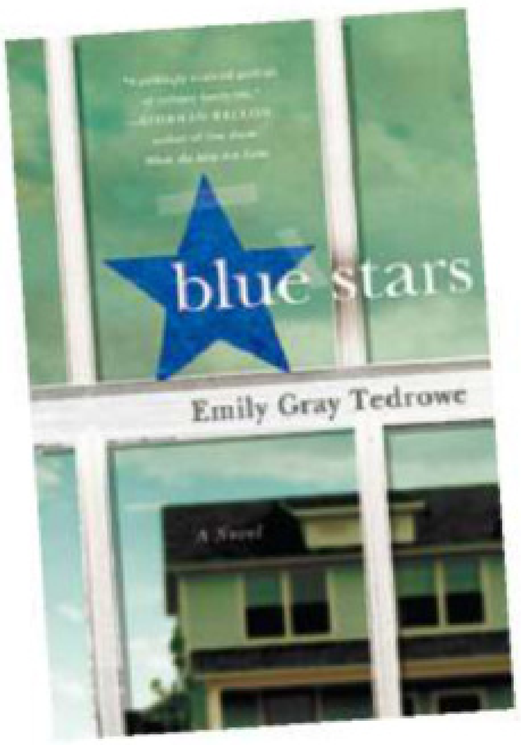
USE IT

▶ FIRE LOG

So many things in life are mobile these days, why not have a portable campfire? The OneLogFire is an 8-inch-tall piece of timber that has been hollowed out, dried in a kiln and fitted with a long wick, so it burns only from the inside. The flame can last two hours, great for s'mores building at the beach, in your driveway or anywhere else outside that is safe.

$13; onelogfire.com.





READ IT

▲ *BLUE STARS* BY EMILY GRAY TEDROWE

"An unflinching look at the emotional and physical cost to soldiers on the front lines of war, viewed through the eyes of the women holding things together at home. Whether their loved ones are still deployed, home on leave or rehabilitating at the Walter Reed Army Hospital, these strong ladies share a powerful bond."



—Christine Connallon, 45, Rockville Centre, N.Y.

READ IT

▼ *LOST & FOUND* BY BROOKE DAVIS

Three months after the death of her father, 7-year-old Millie is abandoned by her mother in a department store. Through an odd series of events, Millie joins former shut-in Agatha, 82, and nursing-home escapee Karl, 87, on a road trip in search of her mom. This debut novel—a best-seller in the author's native Australia—is funny and buoyant.





WATCH IT

◀ *BETTER CALL SAUL*

This *Breaking Bad* prequel is set six years before hilariously sleazy lawyer Saul Goodman (Bob Odenkirk) first helps meth king Walter White launder his drug money. The darkly comic AMC drama follows Saul's transformation from small-time Jimmy McGill to the guy who boasts in his commercials that he will defend anything "from parking tickets to mass murder!" The series premieres Feb. 8.

SCAN THE LOG TO BUY THE PRODUCTS ON THIS PAGE. See page 4.

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$5 OFF
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CODE: 34898
EXPIRES: 3/31/15

SUBTLE AND SEXY
Sofia by Sofia Vergara, $23, sizes S–XL; kmart.com.

JEFFREY WESTBROOK, PROP STYLIST; WENDY SCHELAH FOR HALLEY RESOURCES (PANTS); JAY MIRANDA (STREET)



"BEING COMFORTABLE MAKES ME FEEL CONFIDENT!"
—JAY MIRANDA

Comfy Pants

The new generation of elastic-waist and drawstring bottoms is polished enough to wear every day. Dress-casual never felt so good

TRENDING NOW

↑ Sales of yoga pants and other activewear bottoms
UP 10 PERCENT*

↓ Sales of jeans
DOWN 8 PERCENT*

*Latest figures as of press time. Source: NPD Group



YOU SAID IT...
"Two words: stretchy waist! Classic jeans feel too restrictive."
—Michele Steinke, 45, Cedar Rapids, Iowa

GO FIGURE!

66
PERCENT OF ALL YOU READERS WEAR ELASTIC-WAIST OR DRAWSTRING PANTS AT LEAST THREE TIMES PER WEEK

ONE SERIOUSLY CHIC OUTFIT

Jay Miranda blogs about plus-size fashion at jaymiranda.com. Check out her tips for styling black harem pants:

1 *Look for joggers* that are slightly oversize and that work with light layers to keep the silhouette sleek.

2 *Add a feminine touch* with a chiffon blouse, or choose an embellished sweatshirt. Miranda found this top at Macy's—it's actually all one piece, made to look like two layers. So easy! And remember: Always wear your shirt untucked.

3 *Wear 2- or 3-inch heels or fancy flats* to ensure that your outfit looks more Parisian than pajama.

4 *Use accessories,* such as a statement necklace and a large handbag, to instantly dress things up.

SCAN THE BOTTOM PAIR OF PANTS TO PURCHASE THE PRODUCTS ON THIS PAGE. See page 4.

NO, YOU DON'T NEED A MAGIC WAND. TURN BACK THE CLOCK USING THESE SIMPLE FASHION AND BEAUTY TRICKS

By Hilary Sterne

LOOK YOUNGER in an INSTANT!



GETTY IMAGES (WOMAN), ISTOCK (STARS)



GO EASY ON THE FACE POWDER

It can settle into fine lines and produce a flat, lifeless look. In fact, consider skipping it altogether and using a BB cream to deliver color and dewiness to your skin.

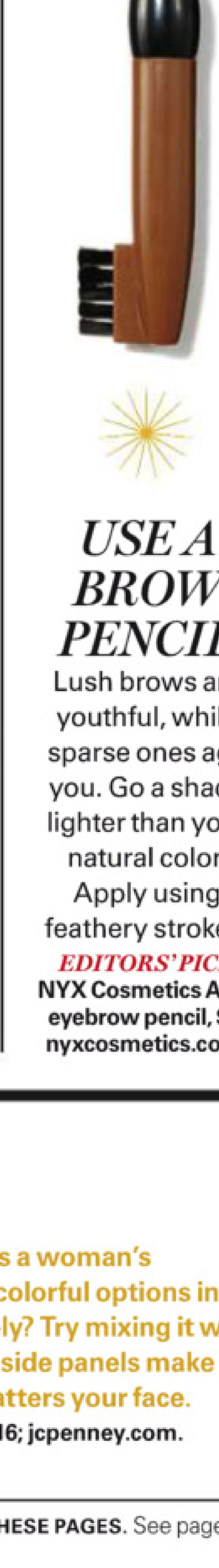
EDITORS' PICK **L'Oréal Magic Skin Beautifier BB cream, $11; at mass retailers.**



ADD A TOUCH OF COLOR TO YOUR WARDROBE

Basic black is wonderfully slimming, but it rarely does a woman's complexion any favors. To perk up your skin, include colorful options in your wardrobe. Don't want to give up black completely? Try mixing it with bright hues. Or opt for a color-block dress—the black side panels make you look more svelte, and the color (especially red) flatters your face.

EDITORS' PICK **Color-block dress, Bisou Bisou, $60, sizes 4–16; jcpenney.com.**



USE A BROW PENCIL

Lush brows are youthful, while sparse ones age you. Go a shade lighter than your natural color. Apply using feathery strokes.

EDITORS' PICK **NYX Cosmetics Auto eyebrow pencil, $5; nyxcosmetics.com.**

SCAN THE DRESS TO BUY THE PRODUCTS ON THESE PAGES. See page 4.



THROW ON A PRINTED SCARF

Lend an easy, inexpensive dash to any outfit—and help hide neck or décolletage issues. To give a cotton blouse a bohemian vibe, circle a long cotton scarf around your neck once and tie loosely.

EDITORS' PICK **Wavy stripe oblong scarf, Apt. 9, $28; kohls.com.**



GIVE EYES A LIFT

To counteract any sagging, draw eyeliner so that it creates a slight "wing" up and out past the end of the lid. Also, try stippling the line rather than drawing heavily; you'll achieve a subtler effect.

EDITORS' PICK **Rimmel ScandalEyes Waterproof gel eyeliner in Black, $6; at mass retailers.**

49%

OF READERS SAY A WOMAN IS NEVER TOO OLD TO WEAR A CAT-EYE



REACH FOR A WRAP

When you want to look great without a lot of fuss, a wrap dress is the answer. It's one of those throw-on pieces that always looks right and can be dressed up or down depending on the occasion.

EDITORS' PICK **Matte jersey solid wrap dress, Calvin Klein, $65, sizes 4–12; 6pm.com.**



51% OF READERS SAY A WOMAN IS NEVER TOO OLD TO WEAR A **BIKINI**

LEND LUSTER TO YOUR LOCKS

Try rubbing a couple of drops of argan oil between your palms, then running hands through wet or dry hair. You'll get shine without any weight or greasy residue. Tip: Cut down on heat styling to prevent dryness.

EDITORS' PICK **Garnier Fructis Sleek and Shine Moroccan Sleek oil treatment, $6; at mass retailers.**



BANISH DARK CIRCLES

Pat on a creamy concealer two shades lighter than your skin to wake up tired eyes. A yellow-based one can help to diminish hollows.

EDITORS' PICK
CoverGirl Ready Set Gorgeous concealer, $8; at mass retailers.





UPDATE YOUR EYEWEAR

One style to try is this two-tone updated classic. The shades make your eye color pop, and a round frame flatters most face shapes.

EDITORS' PICK **Cheyenne reading glasses, $24; icueyewear.com.**



ADD A LITTLE COLOR TO YOUR LIPS

Instead of nude, try something bright. Creamy rose and berry hues tend to be universally flattering.

EDITORS' PICKS
From top: Essence Longlasting lipstick in Natural Beauty, $3; ulta.com. Maybelline Creamy Matte lipstick by Color Sensational in Lust for Blush, $8; at mass retailers.

31% OF READERS SAY A WOMAN IS NEVER TOO OLD TO WEAR A **CROP TOP**

ASK YOUR STYLIST TO CUT IN A FEW LONG, SIDESWEPT BANGS

They help camouflage any forehead wrinkles you have (who needs Retin-A?). Tousle them for a wispy effect, which looks less severe than straight-across Bettie Page bangs do.

WEAR CLOTHES THAT FIT

It might sound obvious, but the truth is that many women focus on a particular size rather than on what actually flatters them. Whether something is too tight or too loose, the result is the same: You can look larger than you really are.

87% OF READERS SAY A WOMAN IS NEVER TOO OLD TO WEAR A **PONYTAIL OR BRAID**

SCAN THE WRAP DRESS TO BUY THE PRODUCTS ON THESE PAGES. See page 4.

Behold,
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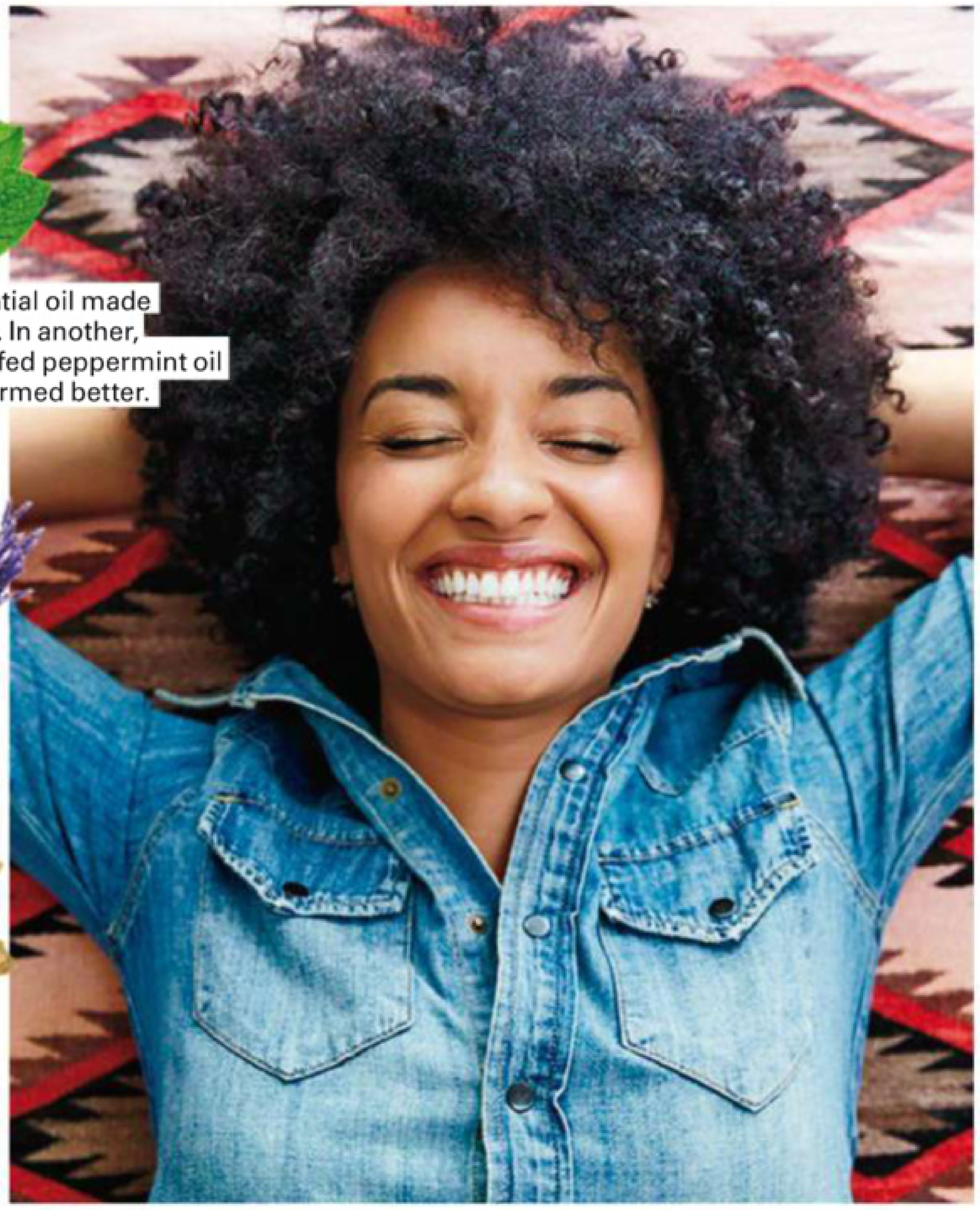
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Essential Oils

Can't fall asleep? Feeling queasy?
Need a pick-me-up?
Take a whiff of one of these



SCENTS THAT HEAL

IF YOU WANT TO...
feel alert
PEPPERMINT
Smelling peppermint essential oil made drivers perkier in one study. In another, basketball players who sniffed peppermint oil had more energy and performed better.

IF YOU WANT TO...
sleep better
LAVENDER
Research shows it increases brain alpha waves associated with relaxation and might also alleviate PMS symptoms.

IF YOU WANT TO...
ease nausea
GINGER
It reduces queasiness of all kinds. Cancer centers use it for patients who've had radiation.

IF YOU WANT TO...
curb appetite
GRAPEFRUIT
One study found that inhaling grapefruit oil aroma inhibited a key gastric nerve, dulling hunger pangs.

IF YOU WANT TO...
stop sniffles
EUCALYPTUS
A study suggests it diminishes nasal congestion in people with sinusitis.
TRY: Organic Eucalyptus Globulus essential oil, $7 for 10 milliliters; planttherapy.com.

$10 OFF* a purchase of $25 or more at planttherapy.com CODE: **ALLYOU10** EXPIRES: **2/20/15**

*Includes free shipping for U.S. customers. Excludes gift certificates.

"I use lavender on my toddler's sheets to help her sleep better."
—Amy Garrett, 31, Norcross, Ga.





BUYING GUIDE

DO **check the label for the Latin name of the oil's parent plant. That indicates the oil is pure. If the label states only "lavender essential oil," the product could contain fillers.**

DON'T **go by claims that an oil is premium-, clinical- or therapeutic-grade—they're often mere marketing ploys. One label term you *can* trust is the U.S. Department of Agriculture organic certification, which indicates that the oil is pesticide-free.**

DO **look for oils in an amber or dark blue glass container, which protects against oxidation.**

DON'T **purchase a brand that charges the same price for every type of oil. Companies that do could be using synthetic substances in their products.**

TO INHALE AN ESSENTIAL OIL, use a special machine, a diffuser, which costs $30 to $40. After you add water and a few drops of oil, a fan emits a scented mist. Turn it off within an hour; you won't get any extra benefit after that time. NEVER DRINK any essential oil without medical supervision. DON'T USE essential oils if you have asthma. Pregnant? Check with your doctor.

Source: Jade Shutes, clinical aromatherapist and president of the National Association for Holistic Aromatherapy

TRINETTE REED/STOCKSY (WOMAN), SHUTTER STOCK (PEPPERMINT, LAVENDER, GRAPEFRUIT), VEER (BOTTLE), GETTY IMAGES (GINGER)

SCAN THE LARGE PHOTO TO BUY THE PRODUCT ON THIS PAGE. See page 4.

10 WAYS TO GET happy EVERY DAY

Don't wait for bliss to come to you. You can actually make joy happen—simply by planning for it

BY ELLEN SEIDMAN



COLINEA RENTMEESTER/TRUNK ARCHIVE

SOMETIME THIS MORNING, during your shower or at work, you probably did a mental run-through of your day. You decided when you'd fit in errands. Maybe you vowed to skip lunch and hit the gym. Perhaps you plotted how to get out of something (sorry, PTA meeting). The one thing you forgot to schedule? Happiness.

Remember: Happiness doesn't just show up on the doorstep, like a pizza. You have to make it happen—and you can. Splashy events and expensive toys are not the ultimate bliss bringers, researchers have found. As people get older, they tend to find ordinary treats, like a latte and a manicure, just as joy-inducing as extraordinary ones. How can you amp up your everyday elation? We asked top psychologists for their tips, which we gladly pass along to you. (And, as you'll see, sharing the love is one way to make yourself feel good, too.)

take *charge*

90%

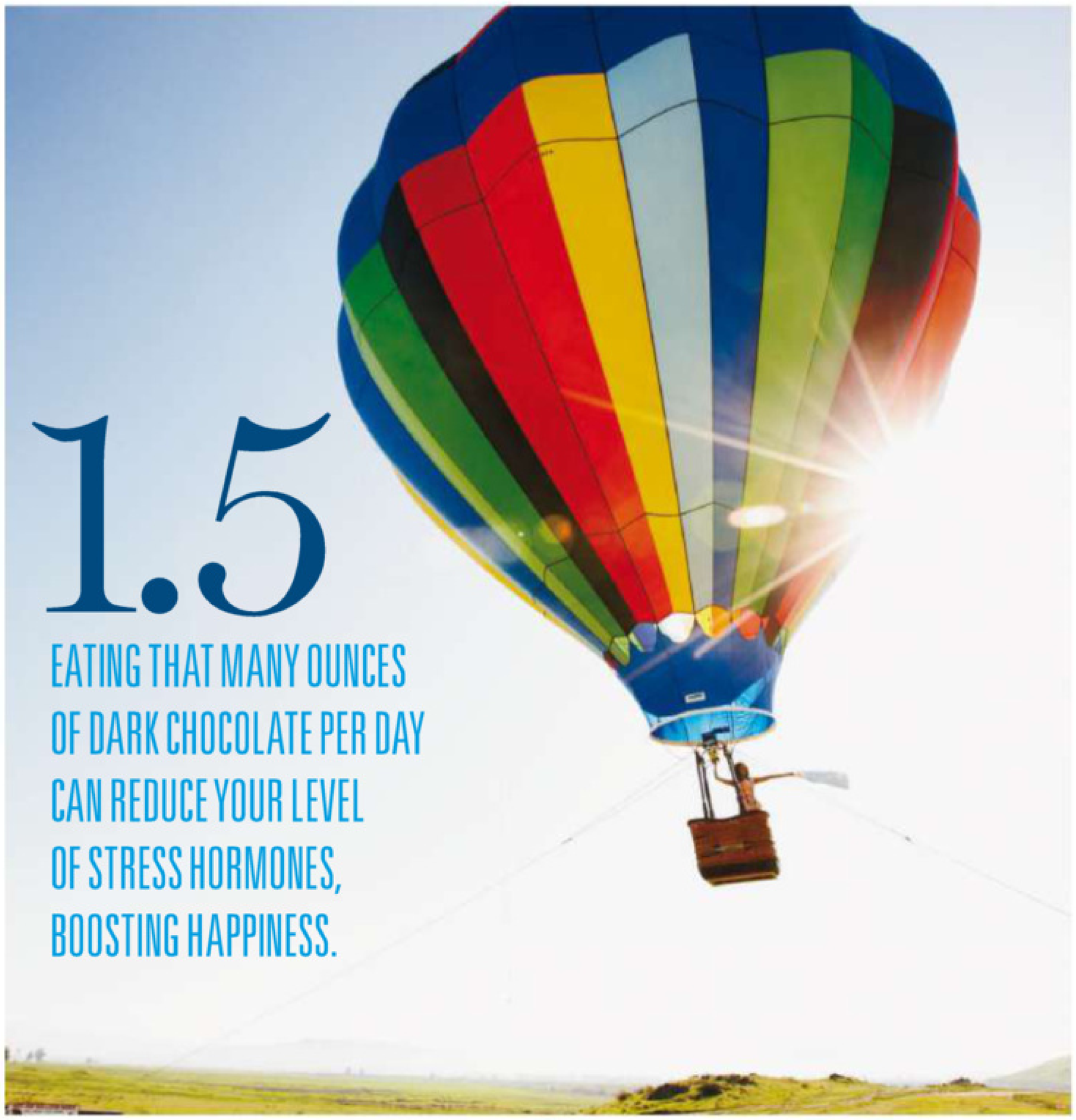
THE PERCENTAGE OF PEOPLE WHO SAY THAT IN FIVE YEARS THEIR LIFE WILL BE AS GOOD OR BETTER THAN IT IS NOW

Source: Gallup

1| MAKE IT YOUR GOAL

Consciously increasing your happiness shouldn't feel like work—that would be counterproductive, wouldn't it? But a can-do mind-set comes in handy. In a study published in *The Journal of Positive Psychology*, people who were told to listen to music with an ear toward how it made them happy had a greater boost in bliss than those instructed only to relax as they listened to the same upbeat tunes.

TRY THIS Decide to be a glass-half-full type. It comes down to motivation. Researchers say they believe genetics is behind about 50 percent of the variation in happiness levels, and that everyday circumstances account for maybe 10 percent. You are fully in charge of the rest.



2| WAKE UP AND SMELL THE SHOWER GEL

The act of savoring—mining pleasant moments for their joy—is a proven happiness booster. In a study published in *The Journal of Positive Psychology*, 101 adults kept diaries for a month, noting how much they did or didn't savor activities that were supposed to make them feel positive. Those who tended to enjoy a good thing—and share their delight with others—maintained high levels of happiness no matter what the day brought. Those who did not needed additional positive events to get into a good mood.

TRY THIS Just tune in to your senses—it's a no-brainer. Inhale that pinot grigio bouquet. Feel the plush rug under your bare feet. Enjoy the sweet scent of your shower gel. You can even find ways to relish more mundane tasks. Try turning on YouTube while you're deleting your junk e-mail, for instance. (Why haven't there been more studies on the happiness-inducing powers of panda videos?!)

3| THINK PERKY THOUGHTS

On days when you have no time to breathe, recalling something that made you happy can give you a boost. In one study, bus drivers who smiled after thinking about a positive event, such as a child's recital, were more upbeat than workers who fake-smiled.

TRY THIS **Say *cheese*. A full-on grin that involves muscles around the eyes sparks a change in brain activity related to a good mood, science suggests.**

CHRIS CRAYMER/TRUNK ARCHIVE

4| GO OFF THE GRID, BIG-TIME

Weekend getaways can be great, but for a deeper feeling of joy, you can't beat a long trip. That's because when you take only a quick journey, the elation spikes: You're high on the way there but return home (and to reality) almost as fast. An extended vacation—even to somewhere familiar, like a beach town three hours from home—might create more lasting memories. And having a bank of them to tap into can add to happiness, research shows.

TRY THIS Budget for a two-week trip. Even the planning gives you a boost: The findings of one Dutch study indicated that the bliss of a trip can start months before it begins, owing to the anticipation.

5| PRIORITIZE YOUR PLEASURE

Sigh if this sounds familiar: You make a major effort to avoid stress—staying up late, say, to finish laundry so tomorrow will be easier—only to suck your evening dry of all fun. In a get-stuff-done-now world, that's hard to avoid.

TRY THIS Don't fit joyful activities into your days—build your *days* around *them*. You'll never hear a devoted churchgoer say, "Can we reschedule the weekend services because something came up?" Have that church mentality about whatever gives you pleasure, and protect your sacred time from "nibblers" by announcing to everyone when you need time to recharge your batteries.

6| MAKE 'WE' TIME

Sunny people have one thing in common that has nothing to do with their paycheck, IQ or gender: They have a variety of social relationships. That includes interactions that psychologists call *social snacking*—little ways of connecting with others including strangers. In one study last year, participants heading to work by train either refrained from engaging with fellow passengers or made conversation; the chatty commuters—introverts and extroverts alike—reported having the most pleasant commute. In another study, researchers at the University of British Columbia found that it doesn't really matter if you interact with people you know well or only casually. Folks feel more chipper when they mingle than on days when they keep more to themselves, the researchers discovered.

TRY THIS Talk to a stranger (or two). Camaraderie—that feeling that we're all in this crazy world together—is comforting.

7| BUY THE RIGHT KIND OF HAPPY

As anyone who has ever bought a trendy, overpriced accessory knows, the kick we get out of purchases wears off fast. However, research shows that spending on experiences (tickets to a show, for example) rather than things (another black sweater) creates lasting contentment—with one caveat. People fail to get pleasure from objects or experiences meant to give them bragging rights, a recent study at San Francisco State University found. So if you're a burger-joint gal who plans a birthday blowout at Le Fancy Schmancy Bistro, you might get likes on Facebook but miss out on personal delight.

TRY THIS Follow your bliss, not someone else's.

get appy!

THESE FREE APPS DELIVER THE HAPPY—OR JUST HELP YOU FIND MORE TIME FOR IT

HAPPIER

(Google Play, iTunes)
It's your daily dose of the warm and fuzzies: Share joyful thoughts, quotes and photos with Happier friends and browse theirs, like the picture one user uploaded of her 90-year-old grandparents slow-dancing.

EASILYDO

(Google Play, iTunes)
Like a personal assistant in your pocket, this app searches accounts and e-mail to remind you of upcoming events and bills, tracks packages and even texts friends if you're running late. Then you can focus on enjoying life rather than managing it.

HAPPIFY

(iTunes)
Quizzes gauge happiness weak spots; the app then delivers programs with activities to help, such as a guided relaxation or a prompt to jot down three good things that happened to you that day.

—Chloe Metzger

8| MAKE SUNDAY FUTURE-FUN DAY

One thing you should do every weekend is make plans for the next one. Not only does the anticipation power you through the workweek, but the tactic also helps you avoid making passive, meh plans such as accepting a Saturday dinner invitation from a couple whom you don't really like just because you've got nothing better to do.

TRY THIS **Adopt a PEP (physical, escape, people) strategy. That is, try to put together a mix of physical activities that energize you, escapist activities that relax you and people you find inspiring. PEP is a framework for leaving you happier each weekend—not to mention during the week.**

9| BE NICER

Nobody is calling you evil, but committing to a few do-good gestures every day can increase your level of contentment. Researchers have found that when people are told to attempt doing three to five acts of kindness per week, they get happier.

TRY THIS At the store, let someone get in line ahead of you. Give a compliment. Smile at someone. No need for grand deeds. Or, simply do something thoughtful for your significant other. (C'mon—it won't kill you!)

TURN TO PAGE 29 FOR MORE.

PLOT YOUR PLEASURE

To see if your life is organized to maximize your happiness, chart a typical week's activities on this matrix. You'll get a picture of what's lacking in your world—or taking it over. If things feel off-balance, you might not have enough going on in the "fun and purpose" department.



123RF.COM (BASKETBALL), SHUTTER STOCK (BICYCLE, SKIS, GLOVES, LAUNDRY, MOWER), GETTY IMAGES (TICKETS, COOKIES, VIOLIN), ISTOCK (ZUMBA, MAILBOX, FORMS)



VAMPIRES

Three types of people who wear you out, and how to deal



The eternal complainer

Happiness killer: **Listening to this friend talk your ear off about everything wrong in her world brings you down.**

Put a stake in 'em! **You can't change negative people, so don't even try. Instead, limit your time with them. If you don't engage, they might find someone else to suck dry.**



The 'I don't have a life' boss

Happiness killer: **She dumps work on you right up until you're trying to head out the door…then e-mails you all evening long.**

Put a stake in 'em! **Have a talk with her. Try saying, "If you e-mail me at night, do you want an instant reply or is the morning good?" Most of the time, bosses who e-mail after hours don't expect immediate responses.**



The overly opinionated relative

Happiness killer: **She offers unwanted advice on such topics as how to discipline your kids and what belongs on your LinkedIn profile.**

Put a stake in 'em! **Give neutral responses to acknowledge that you've heard her. If she says, "I use only vinegar to wash my floors. It's natural!" reply, "Oh, you do?" That way she can't get a hook in you.**

HARRY MALT/DÉBUT ART

10| RATION WHAT GETS YOUR ATTENTION

What do gold, petroleum and your spare time have in common? They're all scarce resources. Allocate time to maximize your moments of pleasure. Do you *need* to be on social media every second? A study in the journal *Plos One* found that the more people went on Facebook, the more their overall life satisfaction levels declined.

TRY THIS Shut off your phone for a couple of hours each night, or carve out e-mail-free Saturdays or Sundays. Electronic time-outs are lifesavers. You also want to dump any activity that "should" make you happy but really doesn't, like a book club that picks lousy reads or a class with an overly earnest yoga teacher. It might be hard to walk away, but remember: Lost happy time is lost forever.

Sources: Robert Biswas-Diener, PhD, founder and managing director of the consulting firm Positive Acorn in Milwaukie, Ore.; Paul Dolan, PhD, author of Happiness by Design; *Elizabeth Dunn, PhD, associate professor of psychology at the University of British Columbia; Nicholas Epley, PhD, professor of behavioral science at the University of Chicago Booth School of Business and author of* Mindwise: How We Understand What Others Think, Believe, Feel and Want; *Ryan T. Howell, PhD, associate professor of psychology at San Francisco State University and director of its Personality and Well-Being Lab; Sonja Lyubomirsky, PhD, professor of psychology at the University of California at Riverside and author of* The Myths of Happiness; *Julie Morgenstern, author of* Time Management from the Inside Out

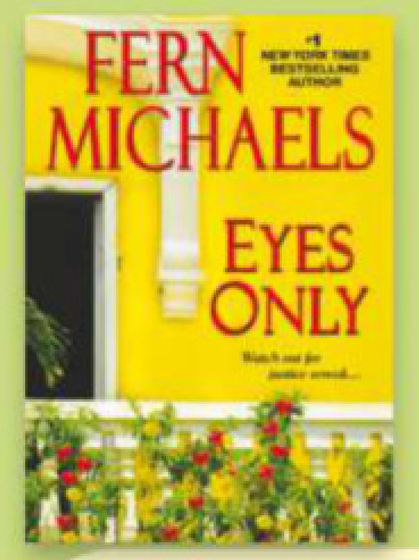
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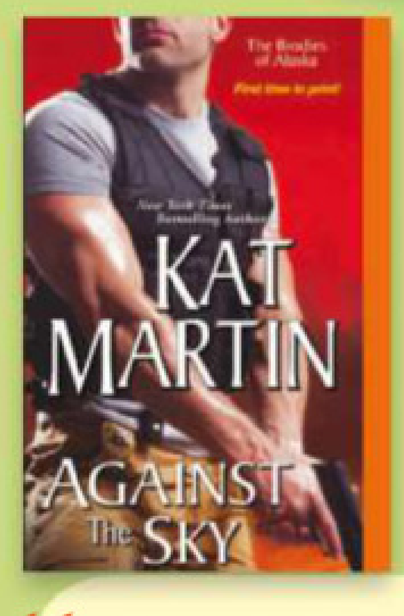
Check Out This Month's Picks!



The newest Sisterhood novel is the vengeful friends' most emotional story yet as they take on a sinister villain targeting his own grandchildren.

"A fabulous 'Go-Girl' book you don't want to put down!"

– Bonnie S., New Oxford PA
All You Book Club Reader



Kat Martin's red-hot romantic suspense turns up the heat on the cold streets of Anchorage, Alaska…

"A sexy adventure with a sizzling hot hero. Who doesn't love an ex-military man capable of rescuing his woman from the Russian mob, but who really just wants a home and family?"

– Eva L., Fort Leavenworth KS
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Read Along & Join the Conversation
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Upgrade Your At-Home Workout

Maybe you've seen them in the fitness section: spiky, stretchy, rolling gizmos that look like newfangled torture devices. In fact, these exercise tools can really amp up your routine. Bonus! Some even give you a great massage.

By Leslie Barrie



THE GADGET

Yoga block

WHAT IT'S FOR If you're reaching for the floor but can't quite get there, this lightweight, sturdy foam block can give your hands a place to rest so that you feel more stable in the pose. You can use it for non-yoga moves, too. For example, sit on a block when you're doing light stretching after a workout (reaching for your toes, say); it should make the stretch easier.

INSIDER TIP Standard blocks come in about a 4-inch depth. Avoid 3-inch blocks, which are less stable.

TRY THIS MOVE

Butterfly stretch

Your hip and groin area can get tight, especially if you've added hills to your walking routine or if you sit all day. Find relief with this pose: Sit with your legs straight in front of you; bend your knees, pull your heels toward your pelvis as close as feels comfortable, then drop knees out to the sides. Press the soles of your feet together, place a block under each knee and rest them on the blocks for one minute. Never force your knees down—which could lead to an injury.

BONUS USE! Crunch with squeeze

For a twist on a crunch that also firms your thighs, lie on your back with your knees bent and your feet flat on the floor. Place a block between your thighs. Squeeze thighs together while you curl your body up so that your head, neck and shoulder blades lift off the floor. Do 15 crunches; rest for 30 seconds; repeat.



Yoga Essentials block, Gaiam, $11; kohls.com.

OFFSET (WOMAN), BRIAN HENN (EQUIPMENT)

SCAN THE BLOCK TO PURCHASE IT. See page 4.

real life *fitness*



Stretch bands, Valeo, $17 for 3; amazon.com.

THE GADGET

Resistance bands

WHAT THEY'RE FOR Use these rubber ribbons (about 4 feet long and 5 inches wide) to get deeper stretches. They also work as strength-training tools. They're more versatile than dumbbells—and cheaper ($17 for three bands compared with $20 for a pair of dumbbells). The tighter the resistance strength, the harder the exercise.

INSIDER TIP Skip bands with special handgrips. They cost more and provide only minimal benefit.

TRY THIS MOVE **Hamstring helper**

Even if you can't touch your toes, you can stretch your hamstrings with a band. Sit on the floor, extend right leg and bend left leg, placing left foot on the inside of the right leg. Wrap a band around right foot, holding one strap end in each hand. Keeping your back straight, gently pull on the band until you feel the stretch along your right leg. Hold for 30 seconds. Repeat on your left side.

YOU SAID IT

"I like to use the bands while watching TV. During a commercial break, I'll do arm curls. I've found that even when the show resumes, I don't want to stop, so I'll just finish one area and start with another. By the time Criminal Minds *is over, so is my workout."*



Lynn Sims, 54, Aberdeen, Md.



Hollow foam roller, Sivan Health and Fitness, $26; overstock.com.

15% OFF this roller at overstock.com CODE: 237271 EXPIRES: 2/20/15



Training balance ball, NordicTrack, $70; sears.com.

THE GADGET

Massage balls

WHAT THEY'RE FOR These balls can hit pressure points around the spine, shoulder blades, hips, legs, neck and base of skull. Simply lie on a ball and let it press in on you (or roll around to work the tight spot a bit more). You can use a bigger ball for larger areas. The spongier the ball, the gentler the massage.

INSIDER TIP Start by leaning against a wall rather than lying down on a ball; applying too much body weight on one spot might feel too intense at first.

TRY THIS MOVE **Pressure point therapy**

Nix that knot by standing with a ball between your back and a wall. Move until you find the sore spot, then press so the spikes give you that "hurts so good" feeling.

BONUS USE! **Relief for your achin' feet**

Sit on a bed or chair. Place a firm ball under one foot (squishy balls can't get at the knots). Roll ball back and forth and around until the soreness eases.



Mini massage balls, J/Fit, $23 for 3; amazon.com.

THE GADGET

Foam roller

WHAT IT'S FOR A foam roller can work out tight spots and improve circulation. Put it on the floor and lie on it, then roll back and forth; your body weight helps it dig into your muscles.

INSIDER TIP The firmer and smaller in diameter the roller is, the more intensely you feel the massage.

TRY THIS MOVE **IT band stretch**

The gadget can help reduce knee pain caused by a tight IT band, the ligament on the outside of each leg, running from hip to knee. To target it, lie on your left side on the roller, supporting your body on your left forearm. Cross right leg in front of left leg and place right foot on the ground. Roll up and down on left leg from hip to knee. Found a spot that hurts? Stay there for three or four deep breaths as your body weight digs in. Then switch sides.

BONUS USE! **Ab toner**

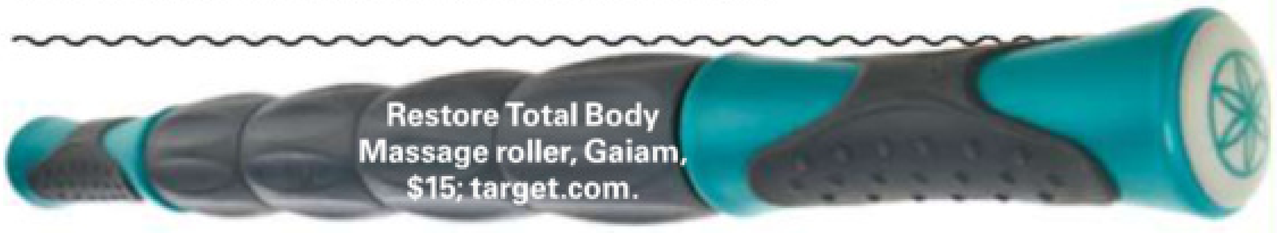
Get a core workout by sitting on the roller with your knees bent, your feet on the floor and your hands on the ground behind you. Keeping your abs tight, lift your feet an inch or two off the ground and roll your butt back and forth on the roller, for a total of 10 reps.

YOU SAID IT

"A foam roller is terrific when I don't have time or money for a back massage—just roll it along your spine. Plus, you're working other muscles. Double duty!"



Rachel D. Fahrig McGowan, 40, Austin, Texas



Restore Total Body Massage roller, Gaiam, $15; target.com.

THE GADGET

Fitness wand

WHAT IT'S FOR Imagine you're the dough and the wand is a rolling pin that kneads your sore spots. The narrow shape even gets into the crevices behind your knees and below your hips. Also, because the wand is just 18 inches long, you can pack it for an extended drive or flight. (You should be able to take it on a plane.)

INSIDER TIP Relaxing your muscles as you roll lets you really get into the painful areas. But avoid rolling it directly over bones (oof!).

TRY THIS MOVE **After-workout rehab**

Give your calves or hamstrings a little TLC after your Zumba session. Apply 10 seconds of firm, focused rolls where you feel sore, rest for 30 seconds, then do 2 more sets. Great for a pre-class warm-up, too.

BONUS USE! **Stress tamer**

Keep the wand by your desk to release any tension that creeps up at work. Roll over your neck and shoulders, which are likely to tighten up the most.

THE GADGET

Balance trainer

WHAT IT'S FOR This half-dome ball (about 2 feet wide) makes cardio and strength training harder—and better. The irregular shape helps you focus on keeping yourself stable. That in turn works your core muscles extra effectively.

INSIDER TIP Beginners should use the ball with the dome side up; you can flip it over once you're used to it, making a wobbly surface for a greater challenge.

TRY THIS MOVE **Allover strengthener**

The goal is to make your back as straight as a plank. Put forearms on the ball, rest knees on the floor (and on a towel, if the floor is too hard for you) and keep your back flat and abs tight. Hold for 30 seconds, rest for another 30, then repeat.

BONUS USE! **Cardio march**

Ramp up your heart rate: March in place on top of the dome for 30 seconds—the squishiness makes you work harder than if you were just on the floor, helping you burn more calories. Or hop up with both feet, jump down on the other side, run around to the start and continue for 15 to 20 reps.

Sources: Ramona Braganza, celebrity fitness trainer and creator of the 321 Training Method and the Ramona321Pro fitness app; and Chris Freytag, fitness instructor in Minneapolis, the star of dozens of workout DVDs and founder of GetHealthyU.com

SCAN THE FOAM ROLLER TO BUY THE PRODUCTS ON THIS PAGE. See page 4.

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New Always Discreet. Now bladder leaks can feel like no big deal.

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These Two Little Tests Could Save Your Life

You probably know that heart disease is the No. 1 killer of women. What you might not know: You could have high cholesterol and high blood pressure—two of the biggest risk factors—and not even realize it. Protect yourself with these simple tests *By Hallie Levine*

TEST 1

BLOOD PRESSURE CHECK

HOW IT WORKS A cuff is inflated around your arm. The attached dial or digital monitor measures the pressure in the arteries as your heart pumps.

WHY YOU NEED IT
Over time, high blood pressure can make your arteries less flexible, so blood has more difficulty flowing through them. Hypertension (the medical term for high blood pressure) also can damage blood vessels, possibly leading to kidney failure or blindness, or triggering the formation of plaque in the arteries that can cause a heart attack or stroke. Most often, people can't tell they have high blood pressure, but if you feel dizzy, have blurry vision or get frequent headaches, see your doctor.

About half of women older than 45 have hypertension, but experts say it's showing up in younger women, because more of them are overweight (extra pounds put strain on all body parts, including the arteries). Being sedentary, eating too much sodium and having a family history or a condition such as diabetes can also put you at risk. Did you develop high blood pressure while pregnant? Even if it went back down after delivery, you're at higher risk of getting the condition again.

WHEN TO GET IT Every two years as part of a routine checkup; once per year or more if your pressure is elevated.

WHAT THE NUMBERS MEAN The optimal reading is less than 120/80 mmHg (millimeters of mercury). The top, or first, number—the systolic—is the pressure in your arteries when your heart beats. The bottom—diastolic—number is the pressure between beats.

NEXT STEPS If your blood pressure is borderline high (130/80), get rechecked a few weeks later. Lifestyle tweaks such as losing weight, sticking to less than 1,200 milligrams of sodium a day, exercising and managing stress might lower your pressure in just three months, if you're borderline. If your pressure is high (greater than 140/90), your doctor might prescribe diuretics, ACE inhibitors or beta-blockers to reduce it, in addition to recommending the lifestyle changes above.

TEST 2

CHOLESTEROL TEST

HOW IT WORKS This exam, also known as a *lipid panel* or *lipid profile,* details the fat content that is found in your blood.

WHY YOU NEED IT
The test measures three components:

Low-density lipoprotein (LDL), also known as *bad cholesterol,* can form plaque in your arteries that puts you at risk of a heart attack or stroke. LDL particles come in different sizes; smaller, denser particles seem more likely to create plaque than larger ones.

High-density lipoprotein (HDL) is known as *good cholesterol* because it carries excess cholesterol away from your arteries.

Triglycerides are fats, made by your body, that can clog your arteries.

About one-third of women have high total cholesterol. Being overweight or inactive and eating a fatty diet can raise total cholesterol levels. So can a genetic predisposition and even menopause (as estrogen levels drop, we make less HDL and more LDL and triglycerides). High levels of total cholesterol, LDL and triglycerides raise your risk of heart disease and stroke.

WHEN TO GET IT
Get screened by your primary care physician. If your levels are normal, get retested every five years—and annually after menopause. Got a borderline or high reading? Your doctor might suggest more frequent screenings.

WHAT THE NUMBERS MEAN Total cholesterol should be less than 200 milligrams per deciliter of blood (mg/dL); LDL should be less than 100 mg/dL. HDL should be *greater* than 60 mg/dL. Triglycerides should be less than 150 mg/dL.

NEXT STEPS If your blood cholesterol is high, exercise can help. The American Heart Association recommends 40 minutes of moderate to vigorous activity three or four times per week. Diet is important, too (see "Your Healthy Plate," right). If those tweaks don't work within 12 weeks, you might need to take a cholesterol-lowering drug such as a statin.

ISTOCK

3 MORE RISK FACTORS YOU SHOULDN'T IGNORE

✳ ***DIABETES*** Adults with diabetes are two to four times more likely to have heart disease. Over time, high blood-glucose levels can cause blood vessels to clog and harden.

✳ ***SMOKING*** Yet another reason to quit: Smokers have a two- to fourfold higher risk of developing heart disease, thanks to cigarettes' effects on blood pressure and cholesterol levels.

✳ ***BELLY FAT*** People with a normal body mass index but excess tummy girth have almost three times the risk of dying from heart disease as those with a normal waist size.

FREE BLOOD PRESSURE TEST AT MANY PHARMACIES AND CLINICS.

NO EXCUSES! YOU CAN GET A



YOUR HEALTHY PLATE

Eat more produce and whole grains—and limit fat to less than 25 percent of your daily calories (saturated fat to less than 7 percent). These superstar foods help the most.









BEST BREAKFAST	BEST PANTRY STAPLE	BEST COOKING OIL	BEST DINING-OUT DISH
OATMEAL This morning staple is the gold standard for heart health. Tons of research shows that eating any variety (but especially steel-cut) can reduce your LDL cholesterol, thanks to oatmeal's high soluble-fiber content.	**BEANS** (red, black or white) The National Health and Nutrition Examination Survey found that people who had beans four times per week had a 22 percent lower risk of developing heart disease. That's because eating them can drop cholesterol levels.	**OLIVE OIL** A Spanish study found that just 2 tablespoons per day almost halves the risk of heart disease. Why? It's high in fat, but the fat is the monounsaturated kind, which has been shown to lower cholesterol and prevent blood clotting.	**SALMON OR TUNA** Both fish are filled with omega-3 fatty acids, which help lower cholesterol, pressure and triglycerides in the blood. Eat them at least twice a week, the AHA suggests.

GETTY IMAGES (STETHOSCOPE), JESS LEVINSON (ILLUSTRATIONS)

Sources: Janet Brill, RD, author of Cholesterol Down; *Leslie Cho, MD, director of the Women's Cardiovascular Center at the Cleveland Clinic; Nieca Goldberg, MD, medical director of the NYU Langone Medical Center Women's Heart Program; Jennifer H. Mieres, MD, associate professor, Hofstra North Shore–LIJ School of Medicine in Hempstead, N.Y., and spokeswoman for the American Heart Association*

31%

OF WOMEN HAVE HIGH LDL CHOLESTEROL

Source: U.S. Centers for Disease Control and Prevention



MANUFACTURER COUPON OFFER EXPIRES 3/31/15

SAVE $1.50

ON ANY ONE (1) TAI PEI® APPETIZER

(16 OZ TO 24 OZ)



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SAVE $1.00

ON ANY ONE (1) TAI PEI® SINGLE SERVE ENTRÉE OR APPETIZER

(UP TO 14.2 OZ)



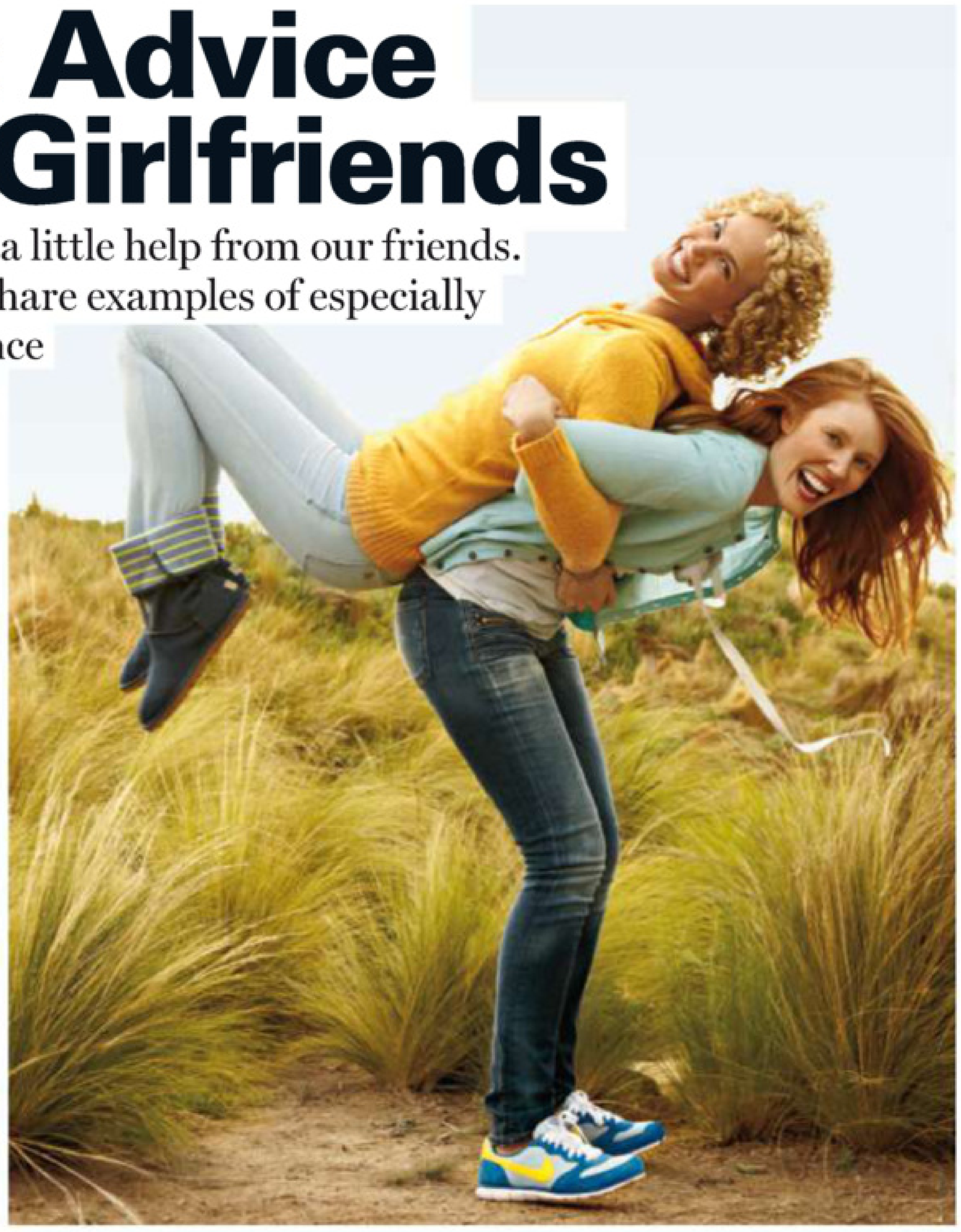
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Great Advice from Girlfriends

We all get by with a little help from our friends. ALL YOU readers share examples of especially useful BFF guidance



THE ADVICE

What may feel tough now could open the door to something really great.

"I told my friend this after her breakup. She thought the guy had great potential, but we could all see the relationship wasn't right for her. I just kept repeating my advice in different ways until she grew comfortable with letting go of the fairy tale."



—Sharon Naylor Toris, 45, Morristown, N.J.



'TALK TO EACH OTHER'

That's the best advice to give a newlywed, according to couples married for 10 years or more who were interviewed for an Australian study. *"COMPROMISE"* **and** *"KEEP GOING"* **finished second and third.**

THE ADVICE

Rejection is just a stepping-stone toward the bigger picture.

"That's what I told my friend after she got turned down for a job. I wanted to boost her spirits and let her know that it was not really a setback but a way to move forward. She felt confident after the advice and agreed that in the end not getting it was for the best."



—Tasha Sumo, 28, Moorestown, N.J.

HELP OUT A SICK FRIEND

Of course you want to be there for a chronically ill pal, but you don't want to intrude or somehow embarrass her, and she might feel like she's being a burden by asking for regular assistance. The **StandWith** app (free, Apple) allows a patient to post requests ("I need a ride to the doctor next week") to a private billboard, where a pre-invited group of supporters can sign up to lend a hand.

GO FIGURE!

22%

People with *LARGE CIRCLES OF FRIENDS* were that much less likely to die over a 10-year period, compared with those who had few pals. Why might that be? *CLOSE FRIENDS GIVE YOU SUPPORT* and discourage unhealthy habits.

Source: Journal of Epidemiology and Community Health

THE ADVICE

Speak up for yourself, just as you would for a friend who was mistreated.

"My friend's supervisor bullied her, finding fault with everything. She was miserable, but she did nothing about it. So one night I brought up a similar scenario, only with me in her type of position. Then I asked for her advice. She jumped right in: 'Stand up and get it straightened out!' So then I asked her why she wouldn't do that for *herself*. It completely surprised her, but it got her to talk to her boss."



—Lee Ann Hall, 43, Greenwood, Ind.

THAYER ALLYSON GOWDY/AUGUST (FRIENDS), ISTOCK (ICONS)

Celebrate Chinese

Two New Years are definitely better than one. Grab your best red and gold

Test your knowledge of Chinese customs

How many days do Chinese New Year celebrations last?
(a) 1, **(b)** 5, **(c)** up to 15, **(d)** 30
Answer: (c) up to 15. The holiday ends with a festival, when everyone hangs red lanterns and goes to a parade.

Which fruit symbolizes wealth and good fortune?
(a) bananas, **(b)** oranges, **(c)** apples, **(d)** grapes
Answer: (b) oranges. In Mandarin, the words for *orange* and *gold* sound alike.

NIROOT SAMPAN/GETTY IMAGES

New Year

decorations for the Feb. 19 party *By Judy Dutton*



Make a candy-filled *FIRECRACKER*

MATERIALS

Scissors
Empty toilet paper roll
Ruler
Yellow tissue paper, cut into 2 8" x 4" rectangles
Red wrapping paper, cut into an 8" x 4" rectangle
Wrapped candies
Transparent tape
Gold ribbon
Paint or glitter, optional

1. Cut a 2" slit along seam on one side of toilet paper roll. (This will make it easier to twist roll open later.)

2. Layer both rectangles of yellow tissue paper on top of piece of red wrapping paper. Stand toilet paper roll on one end and fill it with candy. Lay filled roll, centered, aligned with a long edge of paper.

3. Tape paper to roll and roll up until it's covered. Twist ends to close; secure them with gold ribbon.

4. Decorate outside with paint or glitter, if you like; let dry. Kids will enjoy twisting it open.

Source: Stephanie Chan, founder of SillyPearl.com



Hang a festive *PAPER LANTERN*

MATERIALS

Scissors
Ruler
Construction paper, 9" x 12"
Glue
2 strips of patterned paper, ½" x 12"
Stapler or tape

1. Cut a 1"-wide strip off one short side of construction paper for handle.

2. Fold remaining construction paper in half lengthwise. Starting at folded edge, cut slits—about 1" apart—that stop 1" from other side of paper. Glue a strip of patterned paper along top and bottom edge of construction paper.

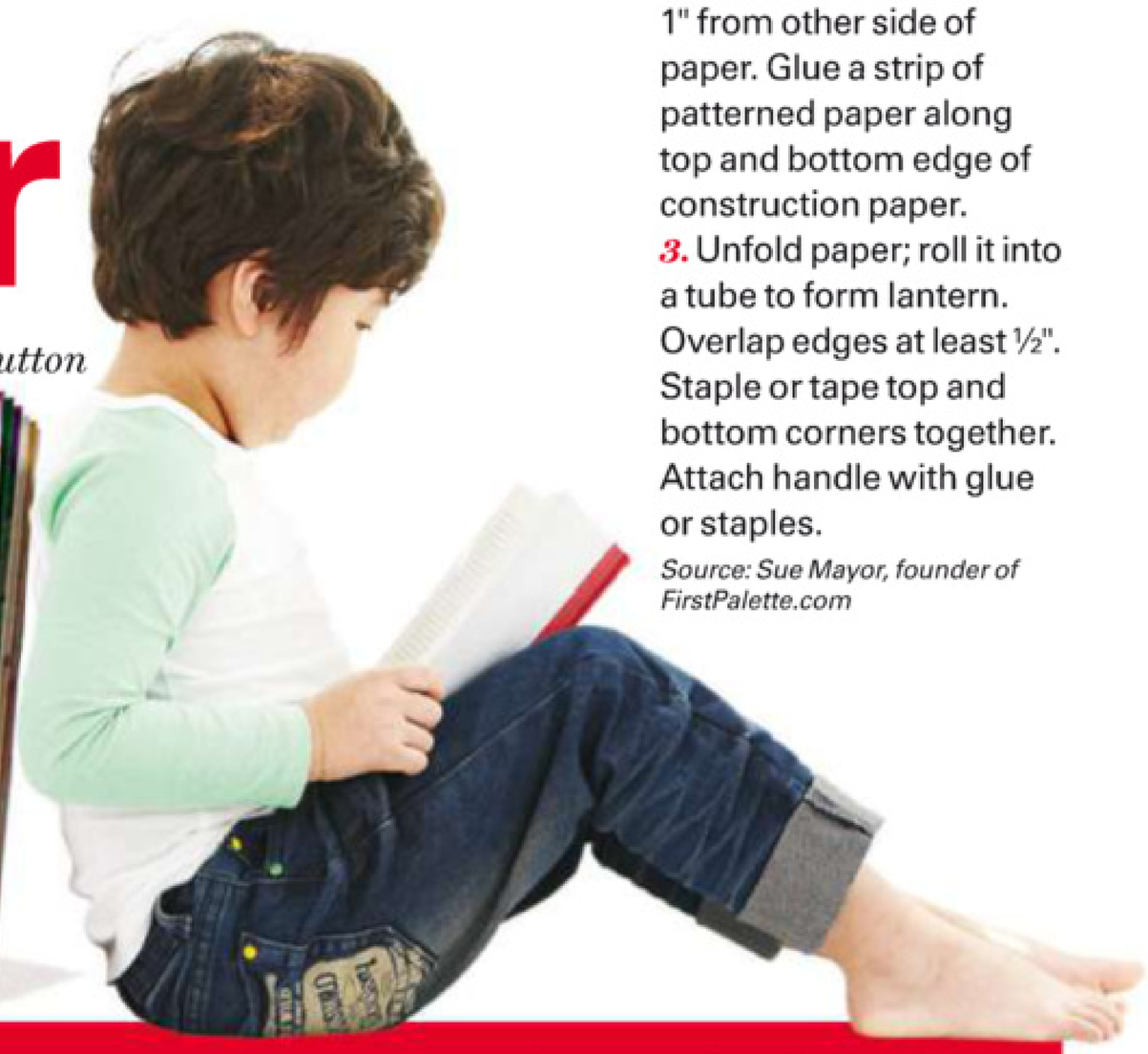
3. Unfold paper; roll it into a tube to form lantern. Overlap edges at least ½". Staple or tape top and bottom corners together. Attach handle with glue or staples.

Source: Sue Mayor, founder of FirstPalette.com

Read a *RHYMING TALE*

*Drums, firecrackers and a dragon float—*The Dancing Dragon *brings the excitement of Chinese New Year to life. The story literally unfolds—the entire book becomes a long, colorful dragon like the one in the parade. (For ages 4–8.)* **$7; amazon.com.**





Why are firecrackers set off to start the year?
(a) They scare away a mythical beast.
(b) They bring good luck.
(c) They mark the start of dinner.
(d) They're used for every Chinese holiday.
Answer: (a) The loud sound of firecrackers is supposed to scare away Nian, a mythical beast that comes out of hiding for the holiday.

Which animal represents 2015 in the Chinese zodiac?
(a) cat, **(b)** snake, **(c)** lion, **(d)** sheep
Answer: (d) sheep. According to Chinese astrology, every year is represented by one of 12 animal signs. People born in the year of the sheep—also known as the year of the ram or year of the goat—are said to be calm and kindhearted.

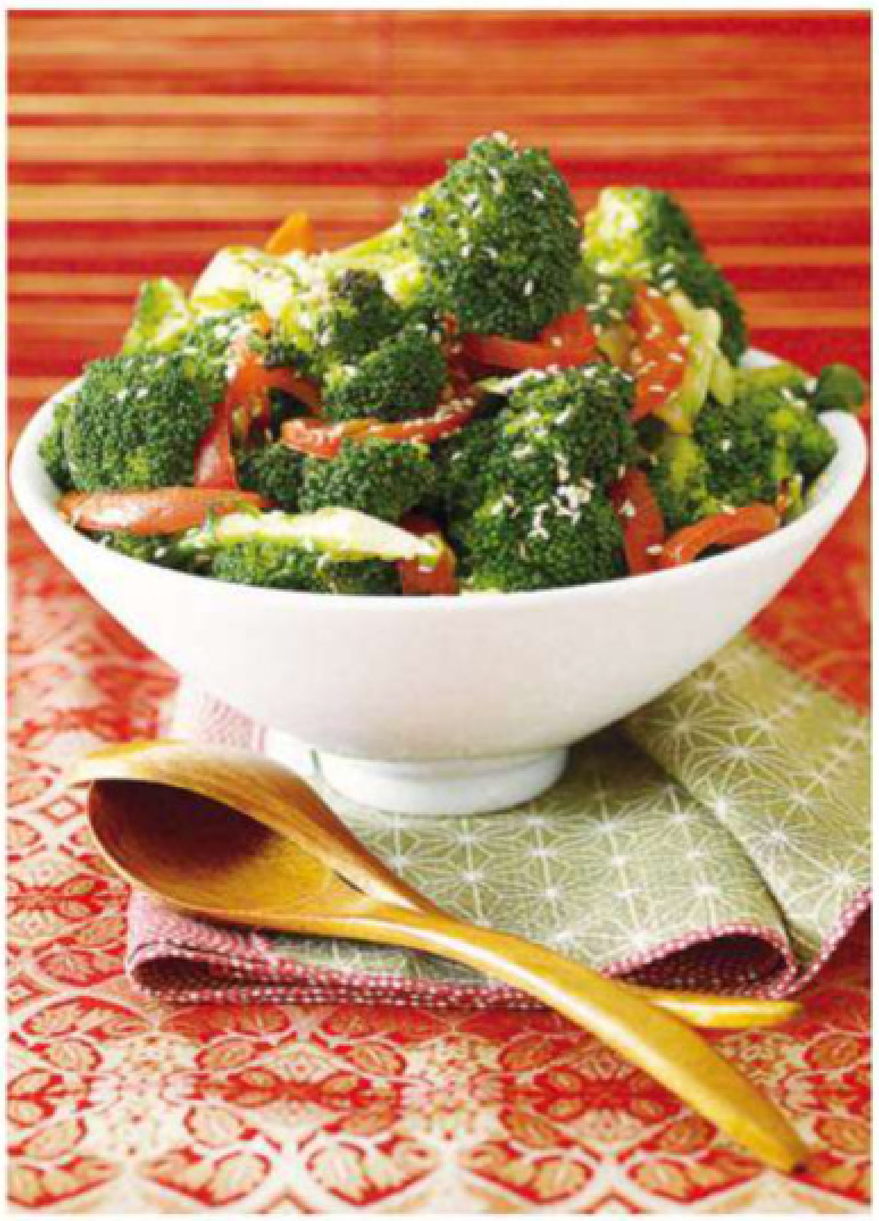
Source: Suzanne Ma, author of Meet Me in Venice: A Chinese Immigrant's Journey from the Far East to the Faraway West

GETTY IMAGES (BOY), BRIAN HENN (BOOK)

SCAN THE BOOK TO PURCHASE IT. See page 4.

Start *THE FEAST*

Kick off the new year with these traditional dishes.



Stir-Fried Broccoli

COST PER SERVING $1.64 / **PREP** 10 min. / **COOK** 15 min.
SERVES 8

- **2 Tbsp. sesame seeds**
- **2 Tbsp. vegetable oil**
- **1 Tbsp. sesame oil**
- **2 cloves garlic, minced**
- **½ red bell pepper, cored, seeded and thinly sliced**
- **2 lbs. broccoli florets, cut into bite-size pieces (about 12 cups)**
- **1 cup low-sodium chicken broth**
- **Salt and pepper**

❶ Spread sesame seeds in a small skillet over medium-high heat and cook, stirring constantly, until lightly toasted and beginning to release oil, about 1 minute. Remove to a plate to cool.
❷ Warm vegetable oil with sesame oil in a large skillet over medium-high heat. Add garlic and sauté until fragrant, about 1 minute. Stir in bell pepper. Add broccoli and stir well until coated in oil. Cook, stirring, until broccoli is slightly softened, 2 to 3 minutes.
❸ Pour in broth; bring to a simmer. Reduce heat to low, cover and cook, stirring once or twice, until broccoli is tender, about 5 minutes. Add sesame seeds. Season with salt and pepper. Serve warm.

PER SERVING 103 Cal., 7g Fat (1g Sat.), 0mg Chol., 3g Fiber, 4g Pro., 7g Carb., 187mg Sod.

Chinese Roasted Pork

COST PER SERVING $2.47
PREP 10 min. / **COOK** 6 hr. / **SERVES** 8

- **1 3-lb. boneless pork loin**
- **Salt and pepper**
- **2 Tbsp. vegetable oil**
- **1 onion, chopped**
- **2 cloves garlic, minced**
- **1 3-inch piece fresh ginger, peeled and chopped**
- **½ cup low-sodium soy sauce**
- **2 Tbsp. packed dark brown sugar**
- **2 tsp. Chinese 5-spice powder**

❶ Trim excess fat from pork; season with salt and pepper. Warm oil in a large skillet over medium-high heat. Add pork and brown on all sides, 5 to 7 minutes.
❷ Transfer pork to slow cooker. Pour off all but 1 Tbsp. fat from skillet and add onion, garlic and ginger. Cook, stirring, until softened, about 3 minutes. Add soy sauce, brown sugar and 5-spice powder. Cook, stirring, until sugar has dissolved, about 1 minute. Pour over pork.
❸ Cover; cook on low until meat is very tender, about 6 hours. Remove pork to a cutting board, tent with foil and let stand 10 minutes. Slice thinly against the grain and serve.

PER SERVING 252 Cal., 8g Fat (2g Sat.), 111mg Chol., 1g Fiber, 37g Pro., 7g Carb., 832mg Sod.





Chocolate-Dipped Fortune Cookies

COST PER SERVING 52¢
PREP 10 min. / **COOK** 2 min.
YIELD 16 cookies

- **1 11-oz. bag semisweet chocolate chips**
- **2 Tbsp. unsalted butter**
- **16 fortune cookies**

❶ Line a large baking sheet with waxed paper. Place chocolate and butter in a bowl set over a pan of gently simmering water and allow to melt, stirring occasionally, about 2 minutes. Stir until smooth, then remove from heat.
❷ Dip rounded ends of cookies in chocolate mixture, allowing excess to drip off. Arrange dipped cookies on baking sheet and refrigerate until chocolate has hardened, at least 10 minutes.

PER SERVING (2 COOKIES) 270 Cal., 15g Fat (9g Sat.), 8mg Chol., 3g Fiber, 2g Pro., 38g Carb., 48mg Sod.

Three holiday *CUSTOMS*

Try these simple ways to enjoy the holiday.

1. **Grab a broom. The Chinese say a clean sweeping clears away any bad luck.**
2. **Give kids money in red envelopes—and in even denominations. It's for good luck.**
3. **Try to say *"Gong xi fa cai"* (*goong-shee-fa-tsai*) (*May you be prosperous*).**

ANTONIS ACHILLEOS, FOOD STYLING: STEPHANA BOTTOM

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.



OUR SAUSAGE TURNS THEM INTO MMMMEATBALLS

Jimmy Dean

INGREDIENTS:

1 pkg. Jimmy Dean® Premium Pork Italian or Regular Roll Sausage
1/3 cup plain dry bread crumbs
1/4 cup finely chopped onion
1/4 cup grated Parmesan cheese
1 egg, lightly beaten
1/4 teaspoon ground black pepper

DIRECTIONS:

1. **PREHEAT** oven to 375°F. Mix ingredients just until blended.
2. **SHAPE** into 12 (2-inch) meatballs; place in single layer in a lightly greased shallow baking pan.
3. **BAKE** 15 minutes or until done (160°F).

PREP TIME: 15 min. **COOK TIME:** 15 min.
COOK'S TIP: Stir cooked meatballs into sauce. Serve over pasta.

TRY OUR ITALIAN MEATBALLS – IF ANYONE ASKS, WE WON'T MIND IF YOU CALL IT YOUR OWN.

JIMMYDEAN.COM

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TIP

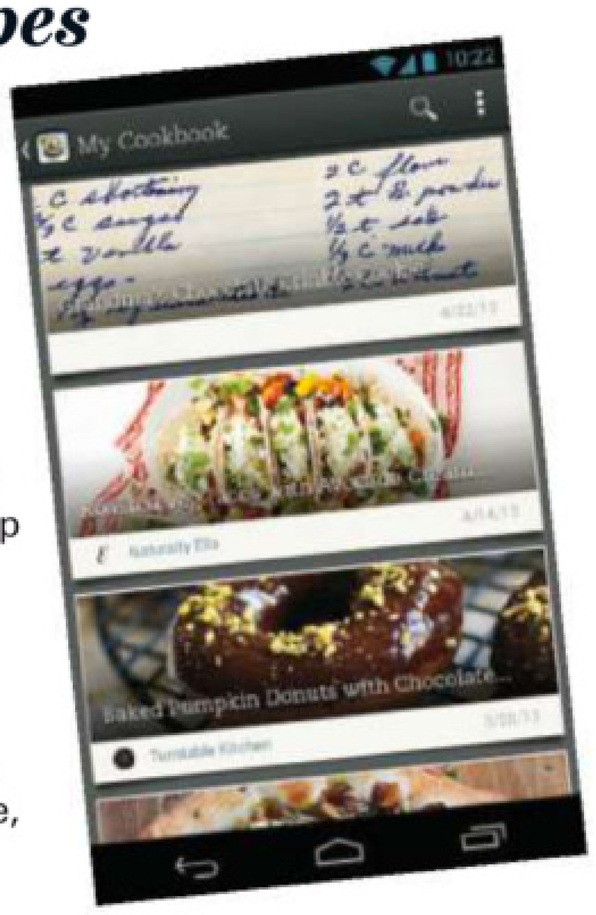
Having a tablet in the kitchen comes with the added risk of drops and spills. Cover your screen with plastic wrap or thin clear vinyl (from $3 per yard; at Jo-Ann Fabric and Craft Stores) to continue swiping without risking smears or stickiness.

Use Tech to Cook Smarter

Soup up your time in the kitchen with these handy tools and tricks

By Jessie Van Amburg

Digitize your favorite recipes



Is your recipe file a sauce-splattered mess? You can take those precious papers and compile them along with recipes from other digital sources, using the **Evernote Food app** (free, Android, Apple). Type in your favorite dishes, snap a shot using your phone or clip recipes from your favorite websites with a few taps. Best of all, Evernote Food syncs to all your devices, so you can access the same recipes on your smartphone, tablet or desktop.

TOP: GALLERYSTOCK.COM





Get spoiler alerts

SmarTrack storage containers (from $4; cuisinart.com) can help you preserve leftovers before they go bad. Simply scan a container's built-in QR code and program into the free app what type of food you're storing (raw or cooked, meat or produce, for example). It calculates the food's expiration date and sends a phone alert when the spoil-by day is approaching. The BPA-free containers are dishwasher- and microwave-safe.

Multitask in a snap

Free yourself from baby-sitting the oven with a Bluetooth-enabled thermometer such as the **Kitchen Thermometer Mini** ($40; idevicesinc.com). It sends a push notification to your phone after your food reaches the correct temperature. Great for any oven or stovetop cooking.





Let there be lights

Can't quite see what you're chopping on the counter? **Mr. Beams wireless LED slim lights** ($25 for a set of 2; mrbeams.com) mount onto any surface, are battery-operated—no complicated wiring!—and have built-in motion sensors, so you won't have to fumble for the switch. They're ideal for





Follow along with a pro

The free **SideChef** app (Android, Apple) provides step-by-step narrated instructions for thousands of blogger-submitted recipes. It also sets a timer for any relevant part of the meal prep. It can alert you when to stop sautéing onions, for example. It even responds to voice commands—which spares your device from being smeared by sticky fingers.

GETTY IMAGES (CIRCLE)

SCAN THE PHOTO AT RIGHT TO BUY PRODUCTS IN THIS



Margaux and Hugh at their 2010 wedding with their blended family

'We Got a Second Chance at LOVE'

Like the heroine of many a romance novel, these three women were given a do-over with someone they thought they'd lost forever. Make yourself a mug of hot cocoa and settle in to read their heartwarming stories. (Spoiler alert: The endings are all happy) *By Alison Gwinn*

The summer lovers

MARGAUX THOMANN BARNES, 52, AND HUGH BARNES, 51, WINCHESTER, MASS.

Sometimes, brothers know best.

In 2009, Margaux Thomann was a 47-year-old single mom at the tail end of yet another romance that "just wasn't going anywhere" and asking herself: "What now?"

"I was talking to my brother Mark one day, and he said, 'You know who the perfect guy for you was? The one who treated you the best? Hugh Barnes.'"

It had been more than two decades since Margaux had spoken to Hugh, but the memories of their college-era

romance were still vivid: The two had met in 1983 while working one idyllic summer on Cape Cod. "We just fell for each other," Margaux says. "It was a beautiful friendship that developed into a romance." But when that summer ended, Margaux and Hugh returned to their old lives—she to her junior year at Purdue University in Indiana and Hugh to his last year at a university in Norwich, England. "That school year, we wrote a lot," Margaux recalls. "The letters took a week to arrive, but there was something so romantic about that letter writing." The two were reunited in 1984 when Margaux decided to spend her senior year in France. "It was a quick trip back and forth to England," Hugh says, "so we picked up right where we had left off."

The two talked about getting married, and Hugh even gave Margaux a "promise" ring. "We were very serious about each other, but we were still young, didn't have any money and had careers to pursue," Hugh recalls. So, in 1986, Margaux returned to the United States. A few months later, when Hugh wrote Margaux and mentioned a woman he had met, she thought, "Well, that's it—this wasn't meant to be," she says. "I sent the ring back in an envelope!" Margaux moved to Chicago, built a career in the hotel business, married and had a daughter. Hugh also married and had two daughters.

It was two decades later, in 2009, when Margaux had that fateful conversation with her brother. She was curious about Hugh, so she went online to track him down. What she found was an obituary for Hugh's wife of 18 years, Pauline, who had recently died of cancer. "I just felt so sad for him," Margaux says, "so I sent him a condolence e-mail." Hugh was surprised—and "quite touched"—to hear from Margaux, and the two revived their epistolary friendship, this time online. "It was as if 20 years had never gone by," Hugh says. But there was still that vast ocean between them. Says Margaux, "I was living with my daughter, Lauren, in Boston, and I thought I could never move to England—and he couldn't move to the States, either."

But when she had a wedding to attend in Boston, Margaux asked Hugh to be her date. He eagerly flew in to join her. "The day after the wedding, we were having lunch, and Hugh said, 'I want to marry you.' I was shocked. But I knew him so well as a person—and I thought, Well, somehow we will make this work." Explains Hugh, "I was incredibly confident about us. I knew I loved her very much." The two got engaged in spring 2010 and were married that September, surrounded by their new family—Lauren, now 14, and Hugh's two daughters, Charlotte, 21, and Sophie, 19. They spent the first year living in England before moving back to the States and buying a vacation home right where they first met: on Cape Cod.

"IT WAS AS IF 20 YEARS HAD NEVER GONE BY."



On vacation in Venice, Italy, in 1985, a year before they broke up

THINKING OF REACHING OUT TO A FORMER FLAME?

Nancy Kalish, PhD, professor emeritus of psychology at California State University at Sacramento and author of *Lost and Found Lovers: Facts and Fantasies of Rekindled Romances,* has studied thousands of "rekindlers." She offers this advice for anyone considering reaching out to a long-lost love.

❶ Don't make contact if you are married, even if you believe that you would never act on any feelings you might have for an ex. Reaching out to someone—even a former love—via the Internet can feel ordinary. You think, Well, I've contacted lots of my former classmates; how is this different? But it *is* different, and it can lead you into an accidental affair. Just don't do it unless you are single, divorced or widowed.

❷ Consider what your relationship was like the first time. Personalities don't change very much. If the relationship was troubled, it's not going to work the second time around, either. The reunions that fare the best are those in which something situational happened—parents didn't approve, he went off to war, she moved away—to cause the initial breakup, and now those situations don't exist.

❸ Before you contact someone, think about what might happen. How will you feel if he never responds? What if he answers you but is kind of cool in his response? Alternatively, how will you feel if he wants to have only an affair? And finally, what if you restart a relationship but then he breaks up with you? Be prepared. You might have the notion of a fairy-tale romance, and if that doesn't occur, you don't want to be devastated.

❹ Be low-key in your initial contact. Don't show up at someone's door, send a gift or call at home. And don't say something like, "How are you? I've loved you all these years." Instead, send a message as if you were reaching out to any friend you haven't seen in a while, along the lines of, "How are you? Did you ever live out your dream and become a doctor?" Remember: friendly—but not obsessed!



The high school sweethearts

PATTI MILLER GARD, 71, AND DON GARD, 71, DEXTER, MO.



Patti and Don at home last year, and back in high school in 1959 (left)

Patti Miller and Don Gard met in English class in 1959, their junior year of high school in Dexter, Mo. "I was new to the school," Don says, "and Patti sat in front of me. She had this long blond ponytail that kept dropping onto the middle of my textbook, and that's how we met. I think she made an A that first semester, and I got a D."

They dated for six months. "It was an innocent era in a Mayberry RFD town," Patti says. "Don and I went to sock hops, to the drive-in, to a Dairy Queen–like place that had carhops in bobby socks." Then, one day, an old beau of Patti's showed up in his military uniform. Patti felt torn, so Don decided for her. "I told Patti, 'When you get tired of him, call me,' and 52 years later, she still hadn't," Don recalls. Patti went on to marry that serviceman, move to Texas and have a daughter. Don remained in Dexter, where he and his wife raised two sons.

Flash-forward five decades. When their big 50th reunion arrived in 2011, Don, whose wife had been suffering from Alzheimer's disease for eight years, attended. Patti was divorced but taking care of her ailing mother in Dallas. Still, Don found her in the reunion booklet of classmates' updates and e-mail addresses. "It said that Patti wrote a book, "*I Saw Heaven!*" [a religious memoir based on Patti's conversations with her brother about his near-death experience], so I ordered it and wrote her a short e-mail," he says. "I told her I had missed her at the reunion but had bought her book and would critique it and get back to her!"

"WHEN I SAW THE NAME *DON GARD* IN MY IN-BOX, I BROKE OUT IN GOOSE BUMPS."

"Honestly," Patti says, "when I saw the name *Don Gard* in my in-box, I broke out in goose bumps. We literally hadn't spoken since we broke up."

The two continued to e-mail—as it turned out, Don loved Patti's book. "Right after I read it, my wife died," he says. "That book was probably more help to me than anything I had seen. Patti made me realize I didn't have to carry my burdens alone."

After a couple of months, Don suggested they telephone. "We talked for an hour, and she hadn't changed a bit—same giggle and everything." Soon they were talking every night, then Skyping. "We Skyped every night for three or four months," Don says. "I couldn't wait to get home from work and get on that computer."

They traveled to see each other during the next year, before Patti moved back to Dexter. They married in March 2013. "When we were 16, we were in love but didn't know it," Don says. "I think it was meant to be for us to wait, to live our lives and get a little wisdom. Now, in our later years, I realize it was all worth it."

FLASHSTOCK (2014 PHOTO)

The great debaters

SAMANTHA GUNDERSON, 33, AND DAVID GUNDERSON, 33, ANDOVER, MINN.

Samantha and David Gunderson love a good fight—with each other. "We're like fire and gasoline," David says. They met in 1998, in their 10th-grade multicultural studies class in Blaine, Minn. "I was very opinionated, and I didn't back down," Samantha says. Just what did they argue about? It might be easier to ask, What *didn't* they argue about? "We disagreed on politics. Religion. Social issues," Samantha says. "Pretty much everything," David adds, laughing. "But the more we argued, the more attracted we were to each other."

The two couldn't even agree on whether to be a couple. "He would be dating someone, and that's when I would decide I liked him," Samantha says. "Then Dave would be interested in me, and I would not like him back." The relationship yo-yoed through high school and for a couple of years beyond before they finally decided to go their separate ways. "I think we both knew, even then, that we were going to marry each other someday," Samantha says, "but neither of us was ready."

Samantha went to college, got married at age 22 and had two kids in the next five years. "I figured never in my life would I talk to Sam again," David says. "But there was never a time when I wasn't thinking, I wonder what Samantha is doing right now." David even kept a photo of the two of them, taken during their senior all-night party at the Mermaid Center in nearby Mounds View. "I am not big on keeping cards and mementos," says David, who spent much of his 20s traveling. "The only thing I ever held on to was that photo. I just knew I was not ready to get rid of it."



With Noah, 8, and Hannah, 5, in their backyard

By 2009, Samantha's marriage was over—which David learned after she friended him on Facebook. "When I saw her friend request, my heart just started pounding," David says. Fairly quickly, the two began Facebook messaging and texting back and forth. So quickly, in fact, that Samantha got cold feet—again—and unfriended David after a couple of months. "I kind of freaked out," she says. "I had two young kids, I was working on my master's degree, and given everything we had gone through in high school, I didn't want to go down that path again." But, just like when they were in high school, the two couldn't stay away from each other. They decided to meet for the first time in years at a sushi restaurant. "Sitting there, I remember, I just wanted to reach out and touch him—like, is this for real?" Samantha says. "It felt like I hadn't seen him in forever. But it was weird to have the same level of feeling after such a long time."

Nine months later, David met her kids, Noah, now 8, and Hannah, 5. "The kids love and adore him," Samantha says. "And it's a two-way street." In September 2012, the couple married. They held their reception at—you guessed it—the Mermaid Center. Both say they have mellowed and matured, but the old "opposites attract" thing remains in full force.

"It's still like the first day we met," David says. "There's a lot of fight, make up, can't get enough of each other, then fight, make up, can't get enough of each other. I wouldn't say it's fierce, exactly, but it's passionate. There's not a lot of holding back." Adds Samantha, "From either of us."



FLASHSTOCK

Samantha and David enjoy a quiet moment in their kitchen.

Work *from* Home

Jobs that Pay

They do exist! The key is to think creatively about adapting your skills for them. To narrow the field, ALL YOU asked employment experts for the most in-demand professions, especially those that allow for flexible hours. Then we added tips on how to tailor your experience to a job that works for you.

By Karen Cheney







BOOKKEEPER

Are you an ace at organizing the family finances? Keeping a company's books could be the thing for you. Every small business needs an able bookkeeper to track accounts receivable and expenditures. Cloud-based platforms such as FreshBooks, QuickBooks and Xero make it easier than ever to work with clients' financial information remotely from your home office.

WHAT YOU'LL NEED Strong knowledge of basic math and a willingness to learn accounting software. There are several free accounting programs, including TurboCash (turbocash.net) and Wave (waveapps.com). Or go with a paid service such as QuickBooks, which costs as little as $13 per month but is widely used and comes with a variety of support tools. As with every job on our list, your own computer and a high-speed Internet connection are necessary.

FIND WORK When you are up to speed using cloud-based software, list your services on free websites such as odesk.com and elance.com, which specialize in work for independent contractors and freelancers. Create a profile, then submit job proposals to potential clients. Elance adds an 8.75 percent charge to your rate; oDesk takes 10 percent of your agreed-upon fee. Set rates low and raise them once you have earned great reviews.

EXPECT TO EARN **About $17 per hour, but pros can get up to $40 for tax prep.**

CHRIS SILAS NEAL (ALL ILLUSTRATIONS)



SOCIAL MEDIA MARKET CONSULTANT

Not only has social media changed how friends engage, it also has transformed the way businesses reach customers and build brand loyalty. Companies need people for whom Facebook, Google Plus, Instagram and Twitter are second nature. Sound like you?

WHAT YOU'LL NEED A marketing degree isn't essential, but experience in communications, journalism, public relations or marketing gives you a leg up. What's most important is a facility with social media so that you can communicate with consumers to build brand awareness and drive traffic to a company's website, tweet about special deals and keep a company's Facebook page current. For $25 per month, you can access courses in social media marketing at lynda.com. Work full time or just a few hours a week—you decide how many clients to take on.

FIND WORK Show potential bosses your Web skills by including links to your Facebook, LinkedIn and Twitter accounts on your resumé. Maintain active, creative social accounts. If there is a cause you support, highlight it on your Facebook page and Twitter feed. Show how you created links to relevant stories and gained followers. Submit your resumé to sites such as jobsinsocialmedia.com and elance.com.

EXPECT TO EARN **$10 to $25 per hour. But some pros get as much as $75.**

'I SCORED A WORK-FROM-HOME JOB!'

POSITION **Integrated marketing specialist**

HOURLY RATE **$75**

STRATEGY **"I was working long hours—with a lengthy commute—as an assistant property manager, and I couldn't give my son the childhood he deserved. I've always had a passion for marketing and was taking care of the social media at my job, so I created an oDesk profile with that focus. I gradually built a client base and have transitioned to full-time online work at more than triple my previous salary."**



Angela Irizarry, 30, Belleair Bluffs, Fla.

ONLINE TEACHER OR TUTOR

Tutoring centers have been around for years, but many busy families prefer the convenience of online coaching. That makes this field a great work-from-home option, especially if you love a particular subject—math, say, or reading—and have a gift for imparting that knowledge.

WHAT YOU'LL NEED Most tutoring firms want you to have a college degree or at least two years of completed study in the subject you wish to teach. But you typically don't need to have experience as an instructor.

FIND WORK Create an ad or flier with your credentials and contact information and put it up in libraries and grocery stores and on community bulletin boards. Ask the administrative assistants at schools in your area if they will place your flier in teachers' mailboxes. Once you pick up a couple of clients, encourage them to spread the word. You also can register with a company such as Tutor.com, which assigns students to you based on your schedule; you even can log on and grab an unscheduled session, if you have a free hour or two. Keep in mind that most of the work will occur in the afternoon or evening, when pupils are out of school.

EXPECT TO EARN **$9 to $40 per hour. Certified teachers and those with expertise in advanced math or science might command more.**

'I SCORED A WORK-FROM-HOME JOB!'

POSITION **Academic tutor**

HOURLY RATE **$65**

STRATEGY **"I'd been a special-ed teacher, but when my second and third kids (twins!) joined their older brother, a full-time job was out of the question. Using my network of resources in the school system where I'd taught, I got on the school board's 'approved tutor' list and passed my name to my teacher friends. I also asked my pediatrician if I could leave my brochures in her office. Word of mouth spread, and today I'm able to tutor students around my family's schedule in my home office."**



Ellen Kaplan, 47, Clarksville, Md.

VIRTUAL ASSISTANT

Someone who juggles her family calendar without breaking a sweat might have what it takes to become a virtual assistant. Clients could include a business owner looking for someone to handle e-mail, scheduling and travel arrangements or a busy executive who wants you to schedule her children's doctors appointments.

WHAT YOU'LL NEED Besides having a knack for organizing and communicating, it helps if you know Microsoft Office. Some agencies require you to have a smartphone, too.

FIND WORK Contact businesses in your area or advertise on Craigslist. Or register with an agency such as eaHelp.com or Zirtual.com, which assign clients to you.

EXPECT TO EARN **$10 to $30 per hour. Top VAs earn $60 an hour.**

'I SCORED A WORK-FROM-HOME JOB!'

POSITION **Virtual assistant**

HOURLY RATE **$12.50**

STRATEGY **"We're a military family and move a lot—which is a huge challenge to working a traditional job. One of my kids has learning challenges I need to stay on top of. I've worked in staffing and human resources, so I applied to a virtual-assistant agency I found on FlexJobs. The awesome thing is the flexibility. I can take on as many clients as I want. One of them owns a business in Australia; he's dyslexic and needs me to handle his business correspondence. Another is a mom with a special-needs kid; I'm helping run her personal life. I've made so many friends while working from home!"**



Stephanie Tait, 42, Bristow, Va.

MEDICAL CASE MANAGER

This fast-growing field employs people to evaluate clients' health, record family histories, make referrals to doctors, set up home care and specialist visits, serve as advocates for clients and document patient progress. Most of the job is conducted over the phone during business hours. Plan to log about 20 hours per week. Those hiring include care coordination agencies, health insurers and workers' comp and disability management companies.

WHAT YOU'LL NEED Off-site case managers (also called *telephonic case managers*) typically have an RN degree and a strong clinical background. Those best suited to the job enjoy assisting people and work well with patients in stressful situations.

FIND WORK Visit glassdoor.com and other major job sources, as well as specialty websites such as healthcareers.com. Also check out the sites of health-care providers.

EXPECT TO EARN **$20 to $29 per hour**



GRAPHIC DESIGNER

If you love to communicate visually and have fashioned your own great business logo or website, this could be for you.

WHAT YOU'LL NEED A bachelor's or associate's degree in graphic design is helpful, but potential clients are likely to be most interested in your portfolio. Have you designed a school poster? Put together a brochure for a nonprofit? Showcase your skills by creating a website and uploading images of your work. (Skilledup.com offers a range of classes—some for free—on website creation and graphic design.)

FIND WORK Get a list of small businesses from your chamber of commerce and send your resumé along with samples of your work. Also look for job postings on aiga.org and on more general job boards such as indeed.com, monster.com and simplyhired.com.

EXPECT TO EARN **$20 to $30 per hour. A top designer can pull in $100 an hour.**

'I SCORED A WORK-FROM-HOME JOB!'

POSITION Graphic designer

HOURLY RATE $125

STRATEGY "I had worked in graphic design for 10 years at Oracle. After I had my first child, I went into business with my sister, who lives next door. We started 2sistersdesign.com. That was 11 years ago. The best part of working from home is being able to set your own schedule. I can sign up to volunteer at my kids' schools, and I can stop working when they get home and get them started on homework."

Jennifer Uhl Maurry, 47, Redwood Shores, Calif.

TRANSLATOR

As businesses expand globally, they need to communicate in more languages. That's great news for bilingual people who are interested in entering this flexible, fast-growing profession. From a virtual office (using Skype to join conference calls, say), people in this field participate in live conversations and translate documents and recordings. Spanish is the most in-demand tongue, followed by Japanese, Korean, Chinese and French. Deadlines are tight at times, but you are free to turn down anything. Gengo and similar agencies have a global client base—which means you can work in the middle of the night if that suits you.

WHAT YOU'LL NEED Native-level fluency in English and another language. Most online translation companies require you to pass a language assessment test. To gauge your knowledge, search online for a legal document or news article in your second language. If you can translate it, you're probably good to go.

FIND WORK Translatorscafe.com contains a free online directory of translators and translation jobs. Just upload your resumé and list your rates and services. Jobs, which are posted daily, might include translating a tourism brochure or subtitling a movie. You apply directly to the hiring company. Or enlist an online agency such as the ones at gengo.com and verbalizeit.com. You select projects that fit your calendar and abilities.

EXPECT TO EARN **About $12 per hour. Translators working with technical or scientific content can earn up to $40.**



FRAUDS TO LOOK OUT FOR It seems that for every real at-home job, there are 100 scams. Fake recruiters might contact you via social media, for instance, so verify a recruiter's credentials through the company's HR department. Beware of these five red flags.

1 **The application requests financial data for a background check.** No legitimate company will ever ask for your bank account number or credit card information.

2 **You need to pay for a kit, training materials or other supplies.** If you are hit up for money, it probably means the scammers are after your credit card number and maybe other personal data.

3 **The job offer directs you to a fake Web address.** The listing might appear to be from a reputable company. One tip-off that the offer is bogus is if the URL ends in *in* (ge.com.in, for example).

4 **The potential employer demands an immediate response.** If a recruiter pressures you to act without thinking, steer clear.

5 **The job interview is to take place via instant messenger.** If a potential recruiter invites you through LinkedIn to chat over IM, don't bite. Bona fide employers don't generally conduct business that way.

WRITER

You might be surprised by the demand for wordsmiths. New tech products are hitting the market every second, and someone needs to explain how they work in plain English. Technical writers put together operating instructions, how-to manuals and FAQ pages for consumers. Not much of a techie? Almost every business needs a website, but few have staff to write the content.

WHAT YOU'LL NEED As long as you possess an eye and ear for the written word, strong grammar and solid research skills, you can get paid for putting pen to paper (or fingers to keyboard). Expertise in a particular area such as travel or medicine can open doors. To brush up on your writing skills, consider taking one of the free, noncredit courses offered by colleges through OpenCourseWare.

FIND WORK Consider joining the Society for Technical Communication, which provides educational webinars and a job listing board to members. If you think you'd be a perfect fit for a particular company, e-mail a cover letter, your resumé and writing samples or links to published material. Look for content writing gigs at mediabistro.com and blog writing work at problogger.net. Don't forget the major sites including indeed.com and monster.com.

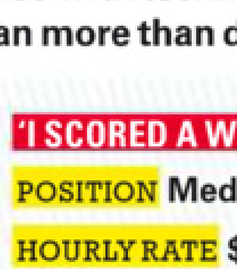
EXPECT TO EARN **$17 to $32 per hour. Pros with technical writing experience can more than double those rates.**

'I SCORED A WORK-FROM-HOME JOB!'

POSITION **Medical writer**

HOURLY RATE **$80**

STRATEGY **"When I worked for someone else—in health-care research and communications—I felt guilty about either not spending enough time in the office or not enough time with my family. By researching freelancer marketplaces, like oDesk, I saw what was in demand. A friend who is a medical writer gave me my first assignment. From there, I created a website on Weebly and my own profile on oDesk."**



Liisa Vexler, 41, Tamarindo, Costa Rica



TECHNICAL SUPPORT REPRESENTATIVE

Do your friends often turn to you for assistance with their cell phones, computers and video game systems? Then you are clearly a whiz at navigating—and explaining—technology. Tech support reps help customers find and use the right product for their needs (laptop or desktop?) via phone, e-mail and online chats. Most support pros log 20 hours or more each week, much of the time on weekends.

WHAT YOU'LL NEED Patience to deal with frustrated consumers who want to toss their new devices out the window is important, as is the ability to explain solutions to customers' problems. Hiring firms often provide training. Apple's at-home advisers, for instance, take a four- to six-week online class.

FIND WORK Scan the websites of computer manufacturers such as Apple and Dell. Consider signing on with a customer management company, like Cloud 10 or Convergys. Such companies help businesses handle their customer-support issues.

EXPECT TO EARN **$11 to $21 per hour**

79% Percentage of American employees who say that they would like to work from home, at least part time.

Source: Global Workplace Analytics

LOWER YOUR TAXES WITH A HOME-OFFICE DEDUCTION

A nice perk of working from home is the chance to slash your tax tab with a home-office deduction. Last year the paperwork became significantly easier when the IRS introduced a standard write-off that lets you claim $5 per square foot of your office space up to 300 square feet. That standard deduction is capped at $1,500 a year, but you no longer need to fill out a separate form calculating your office costs.

If you use a larger work space or if your rent or mortgage is very high, you still might want to use the traditional, longer method, found on IRS Form 8829. Either way, to qualify, your office must be a separate, identifiable area that is used regularly and exclusively as your principal place of business. If you are an employee, you also must prove that you are working remotely at your employer's convenience (your employer could be a virtual company that maintains little or no office space, for instance). Ask your boss to provide a letter stating that you work from home and why, in the event that the IRS audits you.

MEDICAL TRANSCRIPTIONIST

Electronic medical records, patient medical histories, referral letters and physical exam reports often start out as audio files that physicians and other health-care professionals have dictated into a recorder. That means someone—possibly you—is needed to convert the words into secure written files. Most employers want someone who will work a minimum of 20 hours per week, including some weekends.

WHAT YOU'LL NEED Great typing and knowledge of grammar are important, as is a solid understanding of medical terminology. Those with little or no experience can get a foot in the door by taking a self-paced, online course on medical terminology and documentation methods, such as the one offered for $50 at universalclass.com.

FIND WORK Contact the doctor's offices in your area to tell them about your services. You also might want to sign on with an agency such as the ones found at medscribe.com and mtjobs.com.

EXPECT TO EARN **$10 to $21 per hour**

Additional reporting by Margaret Magnarelli of Money *magazine*

Sources: Jaleh Bisharat, senior vice president of marketing, Elance-oDesk; Cherie Hennig, PhD, instructor of taxation and accounting at Wake Forest University in North Carolina; Kate Lister, president, Global Workplace Analytics; Brie Reynolds, director of online content, FlexJobs.com; Sara Sutton Fell, founder and CEO of FlexJobs



THIS WEEK'S MENU



SLOW-COOKER FRENCH DIP SANDWICHES



SAUSAGE-STUFFED ACORN SQUASH



LEMON-GARLIC CHICKEN TENDERS



BAKED EGG ROLLS



BAKED GNOCCHI WITH PUMPKIN-CHEESE SAUCE

FEEDING A FAMILY OF FOUR?

Sandwich	$12.92
Squash	$8.96
Chicken	$7.72
Egg rolls	$3.72
Gnocchi	$5.60
TOTAL	**$38.92**

1 WEEK, 5 EASY MEALS

Take the stress out of dinner with simple, wholesome recipes and a one-stop shopping list

FAMILY FAVORITE HIGH IN PROTEIN

M Tu W Th F

Slow-Cooker French Dip Sandwiches

COST PER SERVING $3.23
PREP 15 min. / **COOK** 7 hr.
SERVES 8

- ⅓ cup low-sodium soy sauce
- 2 tsp. Worcestershire sauce
- 1 tsp. dried rosemary
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. dried thyme
- 3 lbs. eye of round beef roast, trimmed of excess fat
- 1 bay leaf
- 8 crusty sandwich rolls
- 3 Tbsp. unsalted butter

1. Whisk first 6 ingredients in a large slow cooker. Add roast; turn to coat. Add 1 cup water and bay leaf. Cover and cook on low until tender, 5 to 7 hours.
2. Remove roast from slow cooker; shred meat. Skim fat from liquid. Strain; pour into 8 small ramekins.
3. Place a rack 5 inches from heat source; preheat broiler. Slice rolls in half, butter insides and place on a baking sheet. Toast until light golden, 30 seconds to 1 minute. Pile beef on bottom halves of rolls, cover with top halves and serve with sauce.

PER SERVING 498 Cal., 21g Fat (9g Sat.), 127mg Chol., 2g Fiber, 43g Pro., 32g Carb., 776mg Sod.

M Tu W Th F

Sausage-Stuffed Acorn Squash

COST PER SERVING $2.24 / **PREP** 20 min.
COOK 45 min. / **SERVES** 4

- 2 medium acorn squash (about 2 lbs. each), halved, seeds removed
- 3 Tbsp. olive oil
- Salt
- 1 onion, finely chopped
- 8 oz. turkey sausage, casings removed
- 2 cloves garlic, minced
- 1 10-oz. package chopped frozen spinach, thawed and squeezed dry
- ¼ cup grated Parmesan
- ¼ cup panko

❶ Place an oven rack in middle position; preheat to 400°F. Line a baking sheet with foil. Brush insides of squash with 1 Tbsp. olive oil. Sprinkle with salt. Place, cut side down, on baking sheet; bake until tender, 30 to 45 minutes.
❷ Warm 1 Tbsp. oil in a large skillet over medium heat. Cook onion, stirring, until softened, about 3 minutes. Add sausage; cook, breaking into small pieces, until lightly browned, 5 to 6 minutes. Stir in garlic and spinach; sauté until heated through, 1 to 2 minutes.
❸ Preheat broiler to high. Flip squash halves over and fill with sausage mixture. In a small bowl, mix Parmesan, panko and remaining 1 Tbsp. oil. Sprinkle over squash. Broil until topping is golden, 1 to 2 minutes. Serve.

PER SERVING 361 Cal., 18g Fat (2g Sat.), 38mg Chol., 7g Fiber, 17g Pro., 38g Carb., 656mg Sod.



DIABETES-FRIENDLY ONE-DISH MEAL RICH IN ANTIOXIDANTS



HEART-HEALTHY KID-FRIENDLY

ANNABELLE BREAKEY, FOOD STYLIST: GEORGE DOLESE; PROP STYLIST: EMMA STAR JENSEN

M Tu W Th F

Lemon-Garlic Chicken Tenders

COST PER SERVING $1.93 / **PREP** 20 min. / **COOK** 12 min. / **SERVES** 6

- 1½ lbs. chicken tenders
- Salt and pepper
- 1 cup panko
- 1 clove garlic, minced
- Zest of 1 lemon, finely grated
- 2 Tbsp. finely chopped fresh parsley
- ⅓ cup all-purpose flour
- 2 large eggs, beaten
- 2 Tbsp. unsalted butter
- ¼ cup canola oil

❶ Season chicken with salt and pepper. Mix panko, garlic, lemon zest and parsley in a shallow bowl. Place flour in a separate shallow bowl. Place eggs in a third shallow bowl.
❷ Dip chicken in flour, then in egg, then in panko mixture, shaking off excess. Place chicken on a plate or tray in a single layer.
❸ Melt 1 Tbsp. butter with 2 Tbsp. oil in a large skillet over medium-high heat until foaming. Add half of chicken pieces and cook, turning once, until golden on both sides and cooked through, 5 to 6 minutes total. Transfer to a clean plate or serving platter. Wipe out skillet with paper towel. Repeat with remaining butter, oil and chicken. Serve immediately.

PER SERVING 513 Cal., 33g Fat (7g Sat.), 119mg Chol., 2g Fiber, 21g Pro., 33g Carb., 655mg Sod.

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.

KITCHEN TIP

Take a dip. *Serve with duck sauce and mustard, or make a simple sauce with 1 part rice vinegar, 2 parts soy sauce and a bit of crushed red pepper.*

KID FAVORITE MEAT-FREE DISH LOW-FAT

M Tu W **Th** F

Baked Egg Rolls

COST PER SERVING 93¢ / **PREP** 25 min. / **COOK** 20 min. / **SERVES** 8

- **1 Tbsp. cornstarch**
- **2 Tbsp. low-sodium soy sauce**
- **1 tsp. sugar**
- **1 Tbsp. canola oil**
- **1 12- to 14-oz. bag coleslaw mix (about 5 cups)**
- **½ cup finely chopped water chestnuts**
- **2 small scallions, finely chopped (about ¼ cup)**
- **2 cloves garlic, minced**
- **1 14-oz. package extra-firm tofu, drained and cut into ¼-inch dice**
- **16 egg roll wrappers**

1 Preheat oven to 425°F. Mist a baking sheet with cooking spray. Whisk cornstarch, 1 Tbsp. water, soy sauce and sugar.

2 Warm oil in a skillet over medium heat. Sauté coleslaw mix, water chestnuts, scallions and garlic until slaw has wilted, about 3 minutes. Stir in tofu; cook until hot and most of liquid has evaporated, about 3 minutes. Re-whisk cornstarch mixture and add to skillet. Cook, stirring, until thickened, 1 to 2 minutes. Remove from heat.

3 Lay 1 wrapper on a flat surface, a long edge facing you. Spoon ¼ cup tofu mixture on bottom third. Fold sides in toward center; roll tightly away from you, enclosing filling. Place, seam side down, on baking sheet. Repeat with remaining wrappers and filling. Mist tops of egg rolls with cooking spray.

4 Bake until golden, 10 to 15 minutes. Serve immediately.

PER SERVING (2 ROLLS) 272 Cal., 6g Fat (1g Sat.), 6mg Chol., 3g Fiber, 12g Pro., 44g Carb., 514mg Sod.

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.

M Tu W Th F

Baked Gnocchi with Pumpkin-Cheese Sauce

COST PER SERVING $1.40 / **PREP** 25 min. / **COOK** 25 min. / **SERVES** 4

- **1 16-oz. package fresh or frozen gnocchi**
- **1 Tbsp. unsalted butter**
- **1 Tbsp. all-purpose flour**
- **¾ cup canned pumpkin puree**
- **½ cup whole milk**
- **1 loosely packed cup shredded Gruyère (about 2 oz.)**
- **Salt and pepper**

❶ Preheat oven to 375°F. Mist an 8-inch-square baking dish with cooking spray. Cook gnocchi as package label directs. Drain well and spread in prepared baking dish.

❷ Melt butter in a small saucepan over medium heat. Stir in flour; cook, stirring, 1 minute. Whisk in pumpkin and milk. Cook, whisking, until very thick, about 5 minutes.

❸ Whisk in cheese until smooth. Season with salt and pepper and pour over gnocchi. Bake until bubbling, 20 to 25 minutes.

PER SERVING 410 Cal., 14g Fat (9g Sat.), 49mg Chol., 4g Fiber, 17g Pro., 53g Carb., 749mg Sod.

KITCHEN TIP

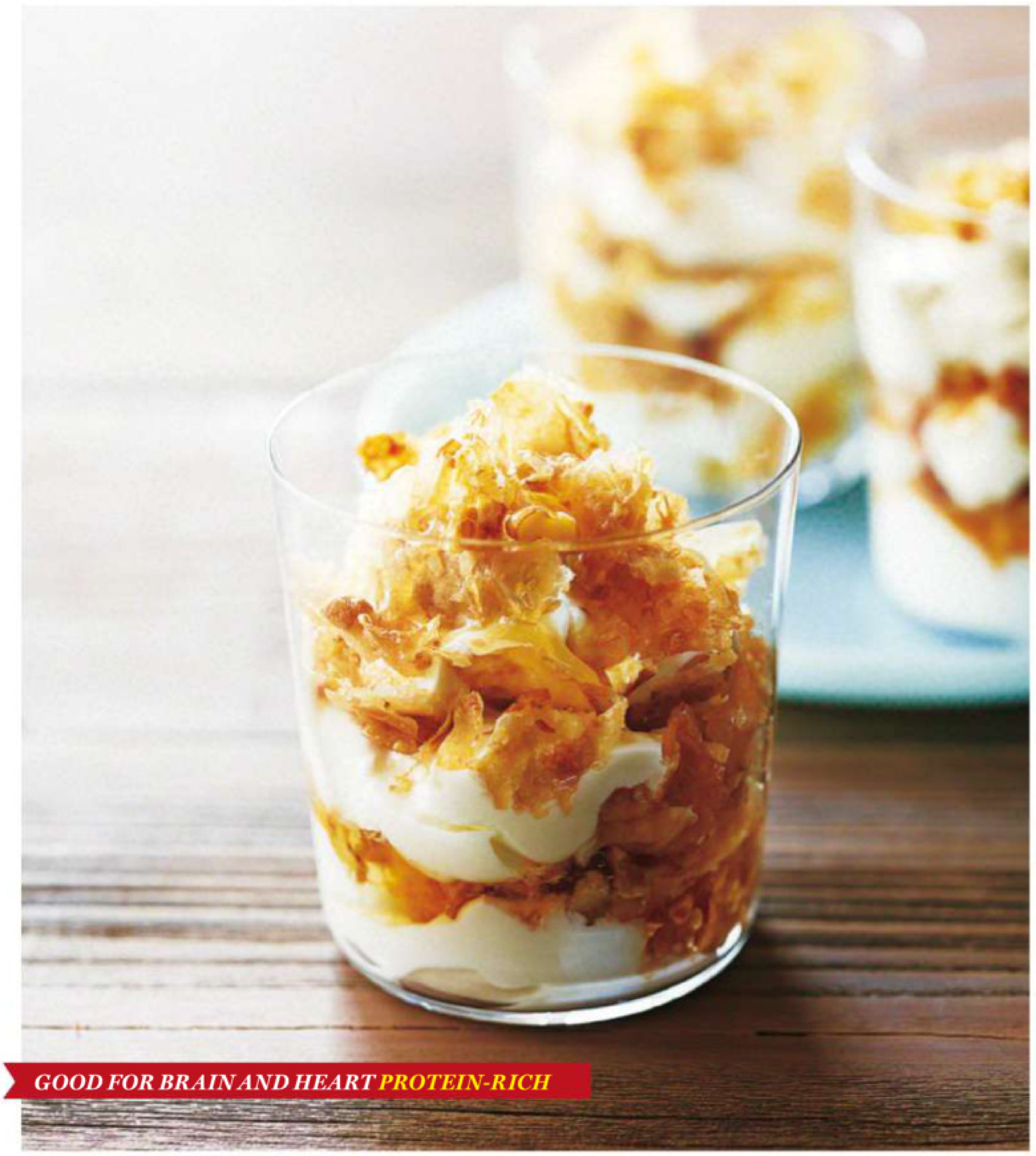
Change cheeses.
Replace the Gruyère with Cheddar, Jack or fontina if you prefer.

KITCHEN TIP

Finish it off.
For a bit of color, place the dish under a preheated broiler until top starts to brown, 1 to 2 minutes.

FAMILY FAVORITE

CREDIT



Yogurt, Honey and Walnut Parfaits

COST PER SERVING $1.83 / **PREP** 25 min. / **COOK** 15 min. / **SERVES** 6

- **3 Tbsp. unsalted butter, melted**
- **4 sheets phyllo, thawed if frozen**
- **⅓ cup sugar**
- **1 cup walnuts, toasted and chopped**
- **3 cups Greek-style plain yogurt (not nonfat)**
- **½ tsp. vanilla extract**
- **½ cup honey**

❶ Preheat oven to 375°F. Brush a rimmed baking sheet with melted butter. Lay a pastry sheet on top. Brush with more butter, then sprinkle with sugar and nuts. Repeat with remaining pastry sheets, butter, sugar and nuts, ending with sugar and nuts. (Each layer should have approximately 1 heaping Tbsp. sugar as well as ¼ cup nuts.) Bake until golden brown and crisp, 10 to 15 minutes. Allow to cool on baking sheet on a wire rack. Break pastry into pieces.

❷ In a bowl, mix together yogurt and vanilla. In 4 glasses, alternate layers of yogurt, honey and phyllo pieces. Serve immediately.

PER SERVING 420 Cal., 22g Fat (7g Sat.), 23mg Chol., 2g Fiber, 14g Pro., 48g Carb., 101mg Sod.

Cooking Light DIET
Eat the foods you love and lose weight (it's possible!) with the new diet from our sister title Cooking Light (diet.cookinglight.com/slimdown20). Every week you get a personalized meal plan, with calorie counts, based on your weight-loss goals and foods you like. So long, diet guesswork. Hello, delicious grub!

20% OFF
a Cooking Light Diet monthly ($4.75/week) or quarterly ($3.75/week) subscription
CODE: **SLIMDOWN20**
EXPIRES: **4/30/15**
Discount applies to first month or quarter only.

all you Weekly meals shopping list

MEAT AND POULTRY
- ☐ 3 lbs. eye of round beef roast
- ☐ 8 oz. turkey sausage
- ☐ 1½ lbs. chicken tenders

FRUITS AND VEGETABLES
- ☐ 1 lemon
- ☐ 1 12- to 14-oz. bag coleslaw mix (about 5 cups)
- ☐ 1 onion
- ☐ 2 small scallions
- ☐ 2 medium acorn squash (about 2 lbs. each)
- ☐ 5 cloves garlic
- ☐ 2 Tbsp. finely chopped fresh parsley

DAIRY
- ☐ ½ cup whole milk
- ☐ 1 loosely packed cup shredded Gruyère (about 2 oz.)
- ☐ ¼ cup grated Parmesan
- ☐ 9 Tbsp. unsalted butter
- ☐ 3 cups Greek-style plain yogurt (not nonfat)
- ☐ 2 large eggs

OTHER
- ☐ 1 bay leaf
- ☐ 8 crusty sandwich rolls
- ☐ 1 10-oz. package chopped frozen spinach
- ☐ 1 16-oz. package fresh or frozen gnocchi
- ☐ 1¼ cups panko
- ☐ ¾ cup canned pumpkin puree
- ☐ 4 sheets phyllo
- ☐ 1 cup walnuts
- ☐ ½ cup finely chopped water chestnuts
- ☐ 1 14-oz. package extra-firm tofu
- ☐ 16 egg roll wrappers

You also will need these items from your pantry

all-purpose flour, canola oil, cornstarch, dried rosemary, dried thyme, garlic powder, honey, low-sodium soy sauce, olive oil, onion powder, pepper, salt, sugar, vanilla extract, Worcestershire sauce

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.

CATCH of the DAY

DISCOVER A NEW WORLD of FLAVOR

Experience international flavor with our **StarKist® Gourmet Selects® Pouch**,
featuring *100% wild-caught*, premium tuna with *real*, diced vegetables.
Try all three exciting flavors in an eat-anywhere pouch.

NEW

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Gourmet Selects
Mediterranean Style Tuna
Premium Tuna with Sundried Tomatoes in Extra Virgin Olive Oil
NET WT 2.5 OZ (71g)

StarKist
Gourmet Selects
MEXICAN STYLE TUNA
Premium Tuna with Jalapeño Peppers in Sunflower Oil

StarKist
Gourmet Selects
Thai Style Tuna
Premium Tuna with Chili Peppers in Sunflower Oil

StarKist
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make it *special*

Readers' FAVORITE Quickie (in 20 Minutes or Less!) Dinners















We've rounded up the fastest, most delicious recipes submitted straight from All You readers' kitchens

GETTY IMAGES (FOLDERS, TIMER, BOWL, CHILD, OPENER, COLANDER, SPATULA, ALL WOOD), ISTOCK (RECIPE FILE)



TIP
Swap in pecans if you don't have walnuts on hand.

MY RECIPE

NAME Laura Parisio Wood

AGE 35 **JOB** Equine veterinarian

HOMETOWN Freehold, N.J.

APPEARED IN ALL YOU July 26, 2013

Blue Cheese and Spinach Pizza

PREP 2 min. / **COOK** 11 min. / **SERVES** 4
COST PER SERVING $1.58

- 2 Tbsp. olive oil
- 1 lb. refrigerated whole-wheat pizza dough
- 3 oz. baby spinach (4 lightly packed cups)
- ½ cup crumbled blue cheese
- ¼ cup coarsely chopped walnuts
- 1 Tbsp. grated Parmesan
- Pepper

❶ Place a rack in bottom third of oven and preheat to 450°F. Brush bottom of an 11-by-16-inch baking sheet with 1 Tbsp. olive oil. Gently stretch or roll dough to cover sheet. Bake crust until lightly browned, about 4 minutes.
❷ Scatter spinach leaves evenly over crust, leaving a 1-inch border. Sprinkle with blue cheese, walnuts and Parmesan. Season with pepper, then drizzle with remaining 1 Tbsp. olive oil.
❸ Bake until cheese has melted and spinach has wilted, about 7 minutes. Slice and serve.

PER SERVING 437 Cal., 20g Fat (5g Sat.), 14mg Chol., 7g Fiber, 14g Pro., 50g Carb., 750mg Sod.

Also at my table:
My husband, Tom, and our 6-month-old son, Geoffrey.

My secret to eating as a family:
I try to keep meals simple during the week so we can spend more time eating and less time prepping.

My grocery savings tip:
I plan meals for the week in advance so I don't have to do any last-minute shopping.

Dinner is served at:
7 or 8 p.m.

My biggest dinner challenge is:
Trying not to have dinner start too late during the week.

I learned to cook from:
My grandma and my mom [far right]. I was helping out in the kitchen from the time I was 10 years old.



ANTONIS ACHILLEOS, FOOD STYLING: PAUL GRIMES, PROP STYLING: GERRI WILLIAMS FOR JAMES REPS (PIZZA); GETTY (OVEN MITT); ISTOCK (CLOCK)

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.



MY RECIPE

NAME Maureen Sullivan

AGE 29 **JOB** Sales director

HOMETOWN Brooklyn, N.Y.

APPEARED IN ALL YOU March 28, 2014



Tuna Salad with White Beans

PREP 10 min. / **SERVES** 4
COST PER SERVING $1.59

- 2 Tbsp. lemon juice
- 2 Tsp. Dijon mustard
- 1 clove garlic, minced
- ¼ cup olive oil
- Salt and pepper
- 1 15-oz. can white beans, drained and rinsed
- 2 5-oz. cans water-packed chunk light tuna, drained and flaked
- 1 large tomato, cored, seeded and chopped
- ½ small red onion, finely chopped
- ¼ cup chopped fresh parsley
- 6 oz. mixed greens, optional

❶ In a small bowl, whisk juice, mustard and garlic. Add oil in a thin stream, whisking constantly. Taste and season with pepper.

❷ Mix beans, tuna, tomato, onion and parsley in a large bowl. Add dressing and toss to coat. Taste and adjust seasoning. Serve over mixed greens, if desired.

PER SERVING 353 Cal., 28g Fat (2g Sat.), 38mg Chol., 6g Fiber, 28g Pro., 28g Carb., 736mg Sod.

Also at my table:



My boyfriend, Derek.

My secret to eating as a family:

Get everyone involved. We split up tasks and prep work so that, when the meal is done, we can proudly eat what we've made together. When you're involved in the process, you won't want to miss the results.





My grocery savings tip:

Make a list and stick to it. My eyes tend to wander toward snacks and other goodies, but a list keeps me on track.

Dinner is served at:

Around 7 p.m.



I've been making my recipe for:

Seven years. It was inspired by a friend. I started making it as a quick dish to bring on picnics and day trips.

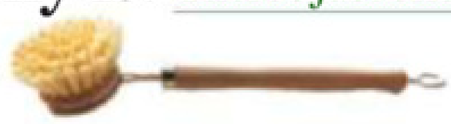


I learned to cook from:

My mom. I've been cooking with her since I was 6. I started with mixing and measuring and moved up to baking, braising and roasting. I still make quite a few of the recipes she taught me when I was a child.

The dish-doer in my family is:

There's just one rule in my house, and that's if I cook, you clean.



KATE SEARS, FOOD STYLING: CARRIE PURCELL, PROP STYLING: GERRI WILLIAMS FOR JAMES REPS (SALAD); GETTY (ONIONS, PAD, CLOCK); ISTOCK (SCRUBBER)





MY RECIPE

NAME Leslie Barton

AGE 35 **JOB** Homeschooling mom

HOMETOWN Ocoee, Fla.

APPEARED IN ALL YOU June 21, 2013

Chicken Tacos with Corn Salsa

PREP 6 min. / **COOK** 10 min. / **SERVES** 4
COST PER SERVING $2.49

- 1 15-oz. can black beans, drained and rinsed
- 1 10-oz. can diced tomatoes with green chiles, drained
- 3 Tbsp. chopped cilantro, plus extra for garnish
- 1 Tbsp. chili powder
- 1 tsp. garlic powder
- Salt and pepper
- 4 boneless, skinless chicken breast halves
- 2 Tbsp. olive oil
- 2 large ears corn, shucked
- 8 taco-size soft flour tortillas, warmed

❶ Preheat a gas grill to medium. Mix beans, tomatoes and cilantro in a medium bowl.
❷ In a small bowl, mix chili and garlic powders, ½ tsp. salt and ¼ tsp. pepper. Drizzle chicken with 1 Tbsp. olive oil; rub with spice blend. Drizzle corn with remaining 1 Tbsp. olive oil. Season with salt and pepper. Grill chicken until cooked through, 9 to 10 minutes, flipping once. Grill corn until lightly charred, 5 to 6 minutes, turning twice. Remove chicken and corn to a plate. Slice chicken into strips.
❸ Once corn has cooled slightly, slice off kernels and stir into bean-tomato mixture. Taste and season with salt and pepper.
❹ Divide salsa and chicken among tortillas. Serve immediately.

PER SERVING 549 Cal., 14g Fat (3g Sat.), 82mg Chol., 10g Fiber, 45g Pro., 64g Carb., 1,479mg Sod.

Also at my table:
My husband, Bill, and our four children, Chandler, 16, Carissa, 15, Caleigh, 11, and Cathryn, 9.

My secret to eating as a family:
We all make dinner a priority, whether that means missing an extracurricular activity or waiting until 8 p.m. so everyone can eat together.

My grocery savings tip:

I shop at multiple stores, starting at the one with the best prices, then matching sales and coupons to get better deals at more expensive stores. I also do a "pantry challenge" the last week of the month; I make meals using what we already have on hand.

This recipe is a favorite because:
It's very versatile to individual tastes. If a few want it spicier, they can add diced jalapeños.

Or someone else can add cheese to mix things up.

My biggest dinner challenge is:
Making sure I'm prepared. Did I get what I need at the store? Did I take the meat out in time to defrost? Tons of questions run through my head.


I use leftovers for:
Weekly lunches. My kids are homeschooled, and my husband works from home, so we eat homemade lunches every day.

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.

RYAN BENYI, FOOD STYLING: LYNN MILLER, PROP STYLING: GERRI WILLIAMS FOR JAMES REPS (TACOS); GETTY (BASKET); ISTOCK (PEPPER, FROZEN FOOD)



MY RECIPE

NAME Cris Martin **AGE** 46

JOB Customer service adviser

HOMETOWN Glen Burnie, Md.

APPEARED IN ALL YOU Nov. 14, 2014



Sausages with Peppers and Onions

PREP 8 min. / **COOK** 12 min. / **SERVES** 4
COST PER SERVING $1.55

- **1 onion, sliced into ½-inch-thick rings**
- **1 large red bell pepper, seeded, quartered**
- **1 Tbsp. olive oil**
- **Salt and pepper**
- **4 links fully cooked sausage with Cheddar**
- **4 hot dog buns**
- **Spicy mustard for serving, optional**

❶ Preheat grill to medium. Thread onion pieces, from end to end, onto metal or soaked wooden skewers. Brush onion rings and bell pepper with oil; season with salt and pepper. Place sausages and vegetables on grill. If using a gas grill, close cover. Cook, turning occasionally, until vegetables are slightly charred and tender and meat has browned, 6 to 8 minutes for peppers and sausages and 8 to 12 minutes for onions. Remove to a cutting board.
❷ During last minute of cooking, place buns on grill and cook until toasted, turning once, about 1 minute total. Slide onion pieces off skewers and chop with peppers. Line each bun with chopped vegetables; top with sausages. Serve with mustard, if desired.

PER SERVING 369 Cal., 22g Fat (7g Sat.), 40mg Chol., 2g Fiber, 13g Pro., 28g Carb., 982mg Sod.

Also at my table:
My husband, Todd, and our two kids, Kathleen, 22, and Ryan, 21.

My grocery savings tip:
I use Walmart's Savings Catcher app to shop. It promises the cheapest prices in town and, if not, you get the difference on a Walmart Rewards eGift card.

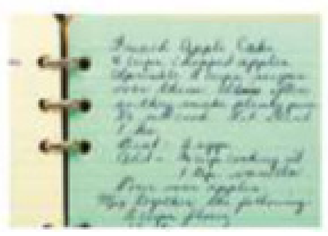
Dinner is served at:
5:30 p.m.



This recipe is a favorite because:
We love using the Cheddar sausages, and the meal takes about 20 minutes to make.

My biggest dinner challenge is:
Having the meal ready at a time when everyone's schedules line up. This is why fast meals are my favorite recipes.

I learned to cook from:
Trial and error in my early 20s. If a recipe was good, I added it to my binder. If not, I tossed it.





The dish-doer in my house is:
Our trusty dishwasher.

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.

KAT TEUTSCH, FOOD STYLING: PAUL GRIMES, PROP STYLING: GERRI WILLIAMS FOR JAMES REPS (SAUSAGES); GETTY (TIMER, DISHWASHER); ISTOCK (RECIPE)

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0072999-050858



TIP
Wear gloves when cutting hot peppers, and avoid touching your eyes.



MY RECIPE

NAME Janet Gorman **AGE** 60

JOB Longarm and custom quilter

HOMETOWN Quincy, Mass.

APPEARED IN ALL YOU Feb. 21, 2014

Also at my table:
My partner, Bob  . We've been together 22 years and counting.



My grocery savings tip:
We belong to a CSA [community-supported agriculture] program, which saves us money on high-quality, fresh produce.

I spark conversation at the dinner table by:
Bringing up a topic, like history, politics, art or civics. I think it's important to discuss current world events at the table.





I've been making my recipe for:
10 years. The avocado and salsa take plain eggs to another level.

My biggest dinner challenge is:
I don't like to cook. My big hurdle is starting the meal, because it can be hard to tear myself away from work.





We eat at home:
Six nights a week.

Egg and Pepper Pitas

PREP 5 min. / **COOK** 6 min. / **SERVES** 2
COST PER SERVING $1.77

- **1 7-inch whole-wheat pita, halved, pockets opened**
- **1 Tbsp. olive oil**
- **1 small green or red bell pepper, seeded and thinly sliced**
- **1 Tbsp. seeded, minced jalapeño**
- **4 large eggs, lightly beaten**
- **Salt and pepper**
- **¼ cup chopped cilantro**
- **½ avocado, thinly sliced**
- **¼ cup salsa**

❶ Preheat oven to 300°F. Wrap pita in foil and place in oven to warm. Warm oil in a small nonstick skillet over medium heat. Add bell pepper and jalapeño and cook, stirring occasionally, until tender, 3 to 4 minutes.

❷ Season eggs with salt and pepper. Reduce heat to medium-low. Add eggs to skillet and cook, stirring, until eggs are mostly cooked but still slightly soft, 1 to 2 minutes. Remove skillet from heat and stir in cilantro. Remove pita from oven, unwrap, spoon egg mixture into pockets, top with avocado and salsa and serve.

PER SERVING 383 Cal., 18g Fat (4g Sat.), 423mg Chol., 6g Fiber, 19g Pro., 37g Carb., 1,281mg Sod.

DOMINIC PERRY, FOOD STYLING: JAMIE KIMM, PROP STYLING: GERRI WILLIAMS FOR JAMES REPS (PITA); GETTY (GREENS, BULL HORN, AVOCADO, SIGN); ISTOCK (POT)

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.

Go on, *indulge*.

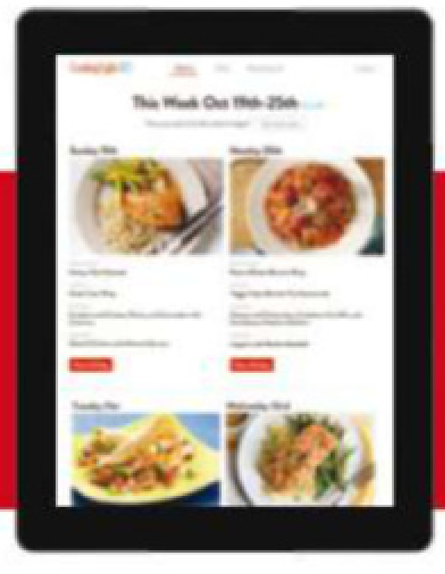


INTRODUCING

Cooking Light DIET

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HOME ECONOMICS

allyou

The Ultimate Guide to CHOCOLATE

It's king of the dessert world, an expression of love and, in recent years, a new entry to the list of superfoods (yay!). But choosing the right chocolate can be overwhelming—and expensive. The price of cocoa recently hit a three-year high, and many major chocolate companies have raised their prices. Just in time for Valentine's Day, we've compiled everything you need to find the best values on your favorite types, so you can relax and focus on the fun part.

By Julia Warren and Jessie Van Amburg

USA.STOCKFOOD.COM

A FLAVOR-BY-FLAVOR GUIDE

IT TAKES 400 CACAO BEANS TO MAKE 1 POUND OF CHOCOLATE.

BITTERSWEET

Usually the darkest of the dark chocolates, it generally contains more than 50 percent cacao.

USE IT

for eating and baking. When baking, a bar with 65 percent to 72 percent cacao provides strong chocolate taste but no bitterness.

PRICE: 64¢ an ounce

BIG-BOX BARGAIN: 25% LESS THAN AT GROCERY STORES

MILK

This worldwide favorite is sweeter, softer and lighter in color than dark chocolate because of its higher cocoa butter and sugar content—up to 90 percent (the U.S. Food and Drug Administration requires only 10 percent cacao in milk chocolate).

USE IT

to eat and bake. Because of its mild flavor, milk chocolate is rarely used in baking. However, milk and white chocolate usually can be substituted for each other in a recipe.

PRICE: 43¢ an ounce

LEAST EXPENSIVE: 33% CHEAPER THAN BITTERSWEET

UNSWEETENED

Before companies add sugar, vanilla and milk solids to create palatable chocolate, they start with a bitter bar made from the centers of shelled, roasted cocoa beans. The centers are ground into chocolate liquor, a nonalcoholic liquid, then formed into this type of chocolate.

USE IT

only to bake, never alone as an afternoon snack. Best in recipes with added sugar because of its intense bitterness.

PRICE: 63¢ an ounce

SEMISWEET

This type usually has 35 percent to 50 percent cacao. But the FDA doesn't regulate the terms *semisweet* and *bittersweet*, so the percentage of cacao can vary quite a bit among brands.

USE IT

for eating and baking. Semisweet is a popular choice for dessert recipes (hello, chocolate chip cookies) because it has rich flavor but still tastes sweet and mild.

PRICE: 46¢ an ounce

63%

THE PERCENTAGE OF ALL YOU READERS WHO CONSIDER SEMISWEET THEIR GO-TO TYPE

What to know about cacao

Cacao is the name of the tree and the beans that are made into chocolate. The percentage of cacao on a chocolate label indicates the amount of ingredients that come from a processed bean. The higher the percentage, the less sugar—and the stronger the flavor. If you see *100 percent,* that means it's unsweetened.

JAMES WORRELL, FOOD STYLING: SUSAN OTTAVIANO, PROP STYLING: JEN EVERETT (ALL CHOCOLATE)

PSST! SEMISWEET CHIPS ARE 45% CHEAPER THAN SEMISWEET BARS

What about chocolate chips. . .

Although cheaper than bar chocolate, chips aren't right for every recipe. In order for them to keep their shape during baking, chips contain less cocoa butter. For the best melting results, opt for bars and chop them up. If you must use chips, create a smoother texture by adding 1 to 2 tablespoons of vegetable oil for every cup of chips.

PRICE: 21¢ an ounce



WHITE

Yes, it's real chocolate, because it contains at least 20 percent cocoa butter, according to government standards. If you don't see *chocolate* on the label (if it says *white baking bar* or *white morsels*, for example), check the ingredients. It might be full of vegetable oils instead of cocoa butter, and it won't taste nearly as good.

USE IT

to eat and bake. Never substitute white chocolate for darker chocolates, because it can affect the texture and flavor.

PRICE: 61¢ an ounce

. . . and cocoa powder?

To create this favorite ingredient of bakers and hot chocolate lovers, companies press ground cocoa beans to separate the cocoa butter from the solids. They then grind the solids into the powder that you find in stores.

PRICE: 37¢ an ounce



CHOCOLATE MARBLE CAKE

COST PER SERVING 60¢
PREP 25 min. / **BAKE** 50 min.
SERVES 8

- 1¾ cups cake flour
- 2 tsp. baking powder
- ¼ tsp. salt
- ⅔ cup plain, whole-milk yogurt
- 2 Tbsp. whole milk
- ½ tsp. vanilla extract
- 8 Tbsp. unsalted butter, at room temperature
- ¾ cup sugar
- 3 large eggs, at room temperature
- ¼ cup unsweetened cocoa powder
- 1 tsp. instant-coffee powder
- ¼ cup heavy cream
- ½ cup semisweet chocolate chips
- Sprinkles, optional

❶ Preheat oven to 325°F. Grease a 9-by-5-inch loaf pan. In a small bowl, whisk together flour, baking powder and salt. In a separate small bowl, whisk yogurt, milk and vanilla.

❷ In a large bowl, using an electric mixer on medium-high speed, beat butter with sugar until fluffy, about 3 minutes. Beat in eggs one at a time, beating well after each and scraping down side of bowl. Reduce speed to low. Add half of flour mixture, then yogurt mixture; repeat, beating after each addition until nearly combined. Remove ⅓ of batter to a bowl.

❸ Pour ¼ cup boiling water into a small bowl. Whisk in cocoa and coffee powder until smooth; let cool slightly. Add to batter in medium bowl; stir to combine.

❹ Alternate spoonfuls of vanilla and chocolate batters in loaf pan. Draw a knife through for a marble effect. Bake until a toothpick inserted into center comes out clean, about 50 minutes. Cool on rack for 15 minutes. Remove from pan; let cool.

❺ Place cream in a bowl. Microwave until hot, about 25 seconds. Add chocolate chips. Let stand for 2 minutes; stir until smooth. Cool to warm room temperature; drizzle over cake. Top with sprinkles, if desired.

PER SERVING: 419 Cal., 22g Fat (13g Sat.), 113mg Chol., 3g Fiber, 8g Pro., 53g Carb., 206mg Sod.

RYAN BENYI, FOOD STYLING: KAREN TACK (ALL RECIPES)

SHOP LIKE A PRO

Eating chocolate is easy—it's the idea of spending $5 for a 3½-ounce bar that can be hard to swallow. Check out our dos and don'ts to help you get the most out of your money.



On average, each American eats 12 pounds of chocolate per year.

Source: International Cocoa Organization

DON'T

SKIP THE GROCERY STORE

Even though it's the most expensive source—on average, semisweet bars there cost almost twice what they do at big-box stores—it offers **the best variety.** We found eight different brands at various chains around the country; other types of stores generally carry only one or two.

SHOP HERE	NOT HERE
IN THE CANDY AISLE SEMISWEET BARS ARE	IN THE BAKING AISLE SEMISWEET BARS ARE
15% CHEAPER	**12.5%** SMALLER

Although it might be labeled slightly differently, the chocolate you find in the baking aisle is the same as what's in the candy section—except for the price.



GETTY IMAGES (ICONS)

DO

HIT THE BIG-BOX STORES

Bar-chocolate prices there were almost always the lowest for the types we surveyed. Warehouse stores have the best prices on chocolate chips and cocoa powder, but you need to be willing to purchase in bulk. See below for storage tips.

SAVE 11%

ON AVERAGE BY PURCHASING CHOCOLATE AT BIG-BOX STORES

CHOCOLATE STORAGE HOW-TO



WRAP IT **Chocolate can absorb unpleasant odors from surrounding foods, like onions and garlic, so keep it in a heavy-duty freezer bag.**

CHILL IT **Keep chocolate in a freezer bag in the refrigerator. Let it warm up before eating. For baking, you can use it cold.**

SHELF LIFE **Chocolate retains its health benefits indefinitely, but the flavor is affected—differently for milk and dark.**

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.

NEED A NEW EXCUSE TO INDULGE? THE NEW ENGLAND JOURNAL OF MEDICINE *FOUND A CORRELATION BETWEEN A COUNTRY'S OVERALL CHOCOLATE CONSUMPTION AND ITS SHARE OF NOBEL PRIZES.*

DO

SHOP AFTER-HOLIDAY SALES

Valentine's Day, Halloween, Christmas and Easter are chocolate-heavy holidays that you can use to your advantage when scouring the aisles. Buy chocolate in bulk when prices drop the day afterward and get amazing savings. Darker chocolate keeps well, so don't be afraid to stock up.

SAVE **50%**

OR MORE ON SEASONAL CHOCOLATE THE DAY AFTER A BIG HOLIDAY



*Source: Nielsen

DO

PASS ON THE DOLLAR STORE

We found chocolate in only a few locations, and there were limited selections available. Not worth the gas it takes to get there!

▶ **MILK:** 6 months
After half a year, milk chocolate develops a stale taste, almost like cardboard.

▶ **DARK:** Indefinite
After about nine months, it will be harder and won't melt as well in your mouth, but it's still fine for eating and baking.

WHY DOES DARK CHOCOLATE TURN WHITE?
Blooming (a cloudy haze or white streak) is caused by cocoa butter crystallizing on the chocolate's surface. It's totally safe to eat and disappears once the chocolate melts.



RASPBERRY–WHITE CHOCOLATE CHEESECAKE BARS

COST PER SERVING $1.82 / **PREP** 35 min.
BAKE 1 hr. 20 min. / **CHILL** 2 hr. / **YIELDS** 9 bars

- 1 9-oz. box chocolate wafer cookies
- 5 Tbsp. unsalted butter, melted
- 1 cup frozen raspberries, thawed
- ¼ cup plus 2 Tbsp. sugar
- 2 8-oz. packages cream cheese, at room temperature
- 2 large eggs plus 2 large yolks
- 1 Tbsp. all-purpose flour
- 1 tsp. vanilla extract
- 4 oz. white chocolate, melted and cooled

❶ Preheat oven to 350°F. In a food processor, blend cookies until crushed. Transfer to a bowl. Pour in melted butter; mix until crumbs are evenly moistened. Pour crumbs into a 9-inch-square baking pan; use your fingers to press into an even layer over bottom and about ½ inch up sides of pan. Bake until firm, about 8 minutes. Transfer to a wire rack and let cool completely. Reduce oven temperature to 250°F.
❷ Combine raspberries and 1 Tbsp. sugar in a food processor; blend until smooth. Strain through a fine-mesh sieve into a bowl; discard solids. Using an electric mixer at medium speed, beat cream cheese and ¼ cup plus 1 Tbsp. sugar until smooth. Add eggs and yolks one at a time, beating briefly after each addition. Add flour and vanilla; mix until just combined. Fold in white chocolate.
❸ Pour cheesecake mixture over cooled crust, spreading evenly. Drop spoonfuls of raspberry puree on top and, using a toothpick, drag raspberry puree through cheesecake to create a marbled effect, taking care not to drag in crust. Bake until edges are pale golden and cheesecake is just set in center, 1 hour 15 minutes to 1 hour 20 minutes. Let cool completely on a wire rack, then cover and refrigerate until fully chilled, at least 2 hours. Cut and serve.

PER SERVING: 497 Cal., 34g Fat (20g Sat.), 172mg Chol., 2g Fiber, 9g Pro., 41g Carb., 374mg Sod.

IT'S GOOD FOR YOU, REALLY!

Chocolate can be surprisingly healthy, and the darker the chocolate, the greater the benefits.

Lowers obesity risk

Researchers at the University of Copenhagen in Denmark found that dark chocolate is more filling than milk chocolate and can lower cravings for sweet, salty and fatty foods. Participants in the study who ate DARK CHOCOLATE went on to consume

15%

fewer calories than the milk chocolate eaters after they were tempted with pizza two hours later. Researchers aren't sure why; they say they suspect that the richer cocoa taste sends a stronger signal to the brain. So savor a square before a dinner out or a celebratory event to prevent yourself from polishing off larger portions.



DECREASES INFLAMMATION

You're not the only chocolate lover; your gut's bacteria gobble it up, too. They then produce anti-inflammatory compounds that can help reduce your long-term risk of stroke.

SCAN THE HEART-SHAPED BOX TO BUY THE PRODUCTS ON THE NEXT PAGE. See page 4.



ONE SQUARE

(or about ¼ oz.) of dark chocolate a day might lower your blood pressure and reduce your heart-attack risk, according to the European Society of Cardiology. Those heart-saving benefits are mostly due to flavanols, antioxidant compounds that protect the cardiovascular system.

IMPROVES HEART HEALTH

REDUCES ANXIETY

Chocolate is the ultimate comfort food: Eating 1½ ounces of dark chocolate daily can reduce stress-hormone levels, research shows. Enjoy some—guilt-free—after a hard day.

Boosts memory

Flavanols in cocoa have been found to increase blood flow to the brain. The catch? You would need to eat at least seven dark chocolate bars per day to see significant benefits.

EXPERTS RECOMMEND CHOCOLATE WITH AT LEAST 60% CACAO TO REAP THESE BENEFITS.

3 WAYS TO SAY 'I LOVE YOU' FOR $10 OR LESS



THEO DARK CHOCOLATE PEANUT BUTTER CUPS
$3; at grocery stores.



DOVE SILKY SMOOTH MILK CHOCOLATE TRUFFLE HEARTS TIN
$10; at grocery stores.



BE MINE BOX
$8; sees.com.

Blogger-reporters: Liza Ford, addictedtosaving.com; Alex and Cassie Michael, thethriftycouple.com; Michelle Murray, moneysaving madness.com; Crystal Paine, moneysavingmom.com. The stores: Aldi, Associated, Comet Foods, Costco, D'Agostino, Dollar General, Dollar Tree, Family Dollar, Foodland, Giant Eagle, Hannaford, Harris Teeter, Kmart, Kroger, Publix, Sam's Club, Save-a-Lot, Smith's, Stop and Shop, Target, Walmart, Wegmans, WinCo Foods, Winn-Dixie

Sources: John W. Finley, PhD, professor of food science at Louisiana State University; Ian Macdonald, professor of metabolic physiology at the University of Nottingham in England; Alice Medrich, cookbook author, dessert chef and chocolatier; Ed Seguine, president of Seguine Cacao Cocoa and Chocolate Advisors; Lone B. Sorensen, researcher in the human nutrition department at the University of Copenhagen in Denmark; Susan Whiteside, spokeswoman for the National Confectioners Association Chocolate Council



Uses bittersweet chocolate

CHOCOLATE POTS DE CRÈME

COST PER SERVING $1.43
PREP 10 min. / **BAKE** 35 min.
CHILL 1 hr. / **SERVES** 8

- **8 oz. bittersweet chocolate, finely chopped**
- **2½ cups heavy cream**
- **⅔ cup whole milk**
- **½ cup sugar**
- **2 tsp. vanilla extract**
- **6 large egg yolks**

❶ Preheat oven to 300°F. Put 8 6-oz. ramekins into a large roasting pan (they should fit without touching).
❷ Put chocolate in a heatproof bowl. In a pan over medium heat, warm cream, milk and ¼ cup sugar, whisking often, until sugar is dissolved and mixture is just simmering. Remove from heat, stir in vanilla and pour over chocolate. Let stand 3 minutes to melt chocolate; whisk until smooth.
❸ In a second bowl, whisk remaining sugar and egg yolks until well combined and pale yellow. Whisking yolk mixture vigorously, slowly pour in about 1 cup chocolate mixture. Pour in remaining chocolate mixture, whisking well. Strain mixture through a fine-mesh sieve into a large measuring cup.
❹ Pour mixture from measuring cup evenly into ramekins. Pour enough hot water into roasting pan to come halfway up sides of ramekins. Carefully transfer pan to oven and bake until custards are just set (they will jiggle slightly in center), 25 to 35 minutes. Remove ramekins from water bath and let cool to room temperature on a wire rack. Cover loosely with plastic wrap and chill until cold, at least 1 hour. Serve topped with dollops of whipped cream, if desired.

PER SERVING: 503 Cal., 44g Fat (25g Sat.), 261mg Chol., 2g Fiber, 6g Pro., 31g Carb., 43mg Sod.

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.

WOK YOUR WORLD

Great Food. Great Times.



2015

YEAR OF THE RAM: CELEBRATE CHINESE NEW YEAR



Honey Cashew Chicken

Prep: 10 min. Cook: 9 min. Makes: 4 servings

1 can (20 oz.) **DOLE® Pineapple Chunks**
2 cups **MINUTE® Brown Rice**, uncooked
2 (6 oz. each) skinless, boneless chicken breast halves, cut into 1-inch cubes
2 tablespoons cornstarch
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup honey
2 tablespoons **KIKKOMAN® Less Sodium Soy Sauce**
1 tablespoon **KIKKOMAN Rice Vinegar**
1 to 2 teaspoons **KIKKOMAN Sriracha Hot Chili Sauce** (optional)
2 tablespoons vegetable oil
2 large garlic cloves, minced (about 1 tablespoon)
1 red bell pepper, sliced
1 cup frozen shelled edamame or peas, thawed
1/2 cup dry-roasted cashew pieces, unsalted and chopped

Drain pineapple chunks; reserve juice. Combine juice with water to equal 1-3/4 cups. Prepare rice according to package directions, using juice mixture. Combine chicken, cornstarch, salt and pepper in bowl; toss to coat.

Whisk together honey, soy sauce, vinegar and sriracha in small bowl; set aside.

Heat oil in large skillet over medium-high heat. Add chicken mixture and cook for 4 minutes or until lightly browned. Increase heat to high, add garlic, red pepper, pineapple chunks and edamame. Cook for 5 minutes or until vegetables are crisp-tender and chicken is done, stirring frequently; stir in cashews.

Add honey sauce mixture to chicken mixture; toss to coat until heated through. Serve over rice.

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OUR EXPERT
BETH LIPTON

Smart Food Advice

Helpful tips from our food director to make your life easier and tastier

QUICKEST BREAKFAST EVER

If the morning rush prevents you from even boiling water for a quick bowl of oatmeal, we have good news: There's something even faster than instant. The night before, mix ⅓ cup rolled oats with ½ cup milk (or ¼ cup milk and ¼ cup yogurt). Cover and refrigerate. In the morning, it's ready to eat, no cooking required. (You can give it a quick zap in the microwave to take off the chill, if you like.) Eat it as is, or top it with a spoonful of jam, a drizzle of honey and some nuts, dried fruit or granola—anything you enjoy. Mix up the oats in a jar rather than a bowl and you can just grab it as you run out the door.



41%

of American women regularly skip breakfast. That often leads to overeating later in the day.

Source: NPD Group's Morning MealScape study



EASY HOMEMADE BROTH

I love to cook dried beans in my pressure cooker, and when I do I get a great by-product: tasty vegetable broth. Try this: Soak dry beans in salted water—covered and refrigerated—overnight. (I do that before I leave for work and then cook the beans when I get home.) Drain. Put the beans in the cooker; cover them with 1 inch of water and add 1 tsp. salt and 2 bay leaves. I add a piece of kombu, a dried seaweed sold in health-food stores; it doesn't impart a strong flavor, but it's rich in minerals and can help soften the beans. Pressure-cook as you would normally. Drain the beans, reserving and then straining the liquid. I like to drink a cup right out of the cooker and save the rest to use in recipes that call for broth.

Revive your spices

Who hasn't bought a bottle of turmeric, marjoram or some other dried spice for a particular recipe and then not needed it again for six months, a year or longer? If the spice is faded in color but still has a slight fragrance, you might be able to eke out another use. To test its freshness, measure the spice into your hand and crush it with your fingers. If it becomes fragrant again, you're good to go. If not, put the spice in a dry skillet over low heat and cook, stirring constantly, until it just becomes fragrant, 1 to 2 minutes (you want to lightly toast it, not burn it). Immediately transfer it to a bowl and stir it to stop the cooking, then add it to your recipe.

CLOCKWISE FROM TOP LEFT: NO CREDIT, GETTY IMAGES (3)

2015 P&G

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IAMS Leading Brands



Iams MiniChunks vs. best-selling adult formula of leading brands.



IAMS
KEEP LOVE STRONG™

TRY THESE CLEVER DECORATING IDEAS

STORE KITCHEN STAPLES

Why buy a paper-towel or parchment holder? Instead, untwist the neck of a wire hanger, cut off the bent portion and bend the end into a simple hook. Slide the roll over the open end, then hook it closed.





Get more hang for the buck

The right hanger can work wonders, in and out of the closet

STOW MAGAZINES

This trick works for almost any type of publication, including newspapers and books. Drape your reading material over the lower rung of a wooden hanger. Make the look living room–worthy with vintage touches or decorative knobs.



SHOWCASE ART

Turn any wall into a gallery: Simply place a piece of art in a clamp hanger and suspend it from the wall with a nail or hook. The best part: Changing the artwork is a snap—literally.

40

"I invested in a set of sturdy, velvet-flocked hangers but allowed myself only 40 of them. Then I pared down my clothes. Although my wardrobe is smaller, it feels bigger because nothing is hidden anymore. And it is much easier to keep in order, too!"

—Ruth Soukup, blogger, livingwellspendingless.com



CHOOSE *THE RIGHT ONE* FOR THE JOB



1. WOODEN Coats and blazers need support. To keep your garments' shoulders in shape, choose a style that is at least ¾ of an inch wide.

Premium natural-wood coat and shirt hanger, $3; containerstore.com.



2. SLIM-PROFILE VELVET-FLOCKED This nonslip style is the go-to hanger for shirts, light jackets and dresses.

AmazonBasics velvet suit hanger, $30 for a set of 50; amazon.com.



3. CLAMP Use this type for pants (hang the garment from the cuffs) and skirts.

Bumerang pants hanger, $1; at Ikea.

DID YOU KNOW?

YOUR CLOSET WILL LOOK MORE ORGANIZED IF YOU USE HANGERS WITH NECKS OF THE SAME LENGTH.

TIMEINCUKCONTENT.COM (WALL ARRANGEMENTS)

SCAN THE PHOTO WITH THE SCISSORS TO BUY THE PRODUCTS ON THIS PAGE. See page 4.

ADVERTISEMENT



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Life happens outside the kitchen. So why are all the crucial details at home on the fridge? Get Cozi—the must-have app for the family.

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Make Over Your Mantel

Transform your fireplace into the hottest spot in your home with our easy, step-by-step guidelines. Don't worry: You probably already have most of what you need!

RECYCLE IT!

Before you head out to a store, shop your house. Do you have a large mirror or piece of framed art that would work as a focal point? Gather an assortment of items such as books, statuettes, bowls, candles —variety keeps things interesting, and you won't know what works until you've tried a few arrangements. Use our product suggestions to fill in any gaps.

1 ALL ABOUT THE WALL



STYLE IT

START
with a grouping of framed art—the interplay of an arrangement like this has a more enduring appeal than a single piece.

ADD
a pair of sconces to illuminate the area and offer a warm glow, even when the fire is not lit.

FILL IN
with a few small objects on the mantel, to give the arrangement dimension. A pair of horses and a cluster of decanters introduce pleasing curves to play off the rectangles.

Tip
Be sure to leave 6 to 8 inches of space between the bottom of the frames and the ledge, so objects don't block the art.

GET THE LOOK

Incorporate feminine touches and a bit of whimsy.



SCONCE
Wakefield Daisies plug-in wall lamp in ivory, $70; lampsplus.com.



PRETTY PRINT
Botanical I (18" x 24"), Jacob Dietrich, $42; art.com.



CONVERSATION PIECE
Whitewashed wood rocking horse (9" H), $20; worldmarket.com.

TIMEINCUKCONTENT.COM (ROOM)

SCAN THE ROOM PHOTO TO BUY THE PRODUCTS ON THIS PAGE. See page 4.

2 SWEET SYMMETRY

STYLE IT

START
by centering the focal point. Arrange twin items (such as these lamps) on either side, near the ends of the ledge, to create just the right balance.

ADD
objects of differing shapes, but combine them in a way that suggests symmetry. The urn and the flower print are about the same size, and the two small vases occupy roughly the same amount of space as the goblet.

FILL IN
with a few random objects (the pillar candle on the left, the postcard on the right) to loosen up the arrangement and give it depth.

Tip
When you mix objects made of different materials (the rough-hewn mirror frame, the opaque ceramic urn, the transparent vases), the result shows each off to its best advantage.



GET THE LOOK

Keep this arrangement simple and uncluttered.



MIRROR
Shiloh raw stained-wood mirror (31½" diameter), $170; lampsplus.com.



VASE
Sweet Olive ceramic pitcher (9" H), $15; kirklands.com.



TALL LAMP
Januari table-lamp base (14" H) and Hemsta shade (6"H), $10 each; at Ikea.

TIMEINCUKCONTENT.COM (ROOM)

SCAN THE ROOM PHOTO TO BUY THE PRODUCTS ON THIS PAGE. See page 4.

Scan here for more Clorox tips

Don't leave your wood to fend for itself against germs.

Gentle on wood, hard on germs.

visit us at clorox.com ©2014 The Clorox Company.

Use as directed. Suitable for use on polyurethane treated wood. Test a small area first.

3 PLEASINGLY OFF-BALANCE

STYLE IT

START
with a large horizontal piece, and lean or hang it to the left (or right) of center.

ADD
a medium-size piece, such as this lantern, to balance things out a bit. If the main piece stretches to the left, place this piece slightly to the right.

FILL IN
by arranging the remaining pieces in two groups, one large and one slightly smaller. Although this is an asymmetrical display, don't be afraid to use pairs (or near pairs). Here, a cloche adds some heft to the pumpkin sculpture on the left, so it nearly matches the size of the larger gourd on the far right.

Tip
Choosing related objects makes the arrangement more cohesive, so if you're unsure which items look best together, a motif—like this earthy vibe—provides some ready-made direction.



Sources: interior designers Wendy Generes of Dallas and Robin Henry of Westport, Conn.

GET THE LOOK

Bring some luster to outdoorsy items.



GOLD FRAME
Haven View wood frame (5" x 7"), $10; 55downingstreet.com.



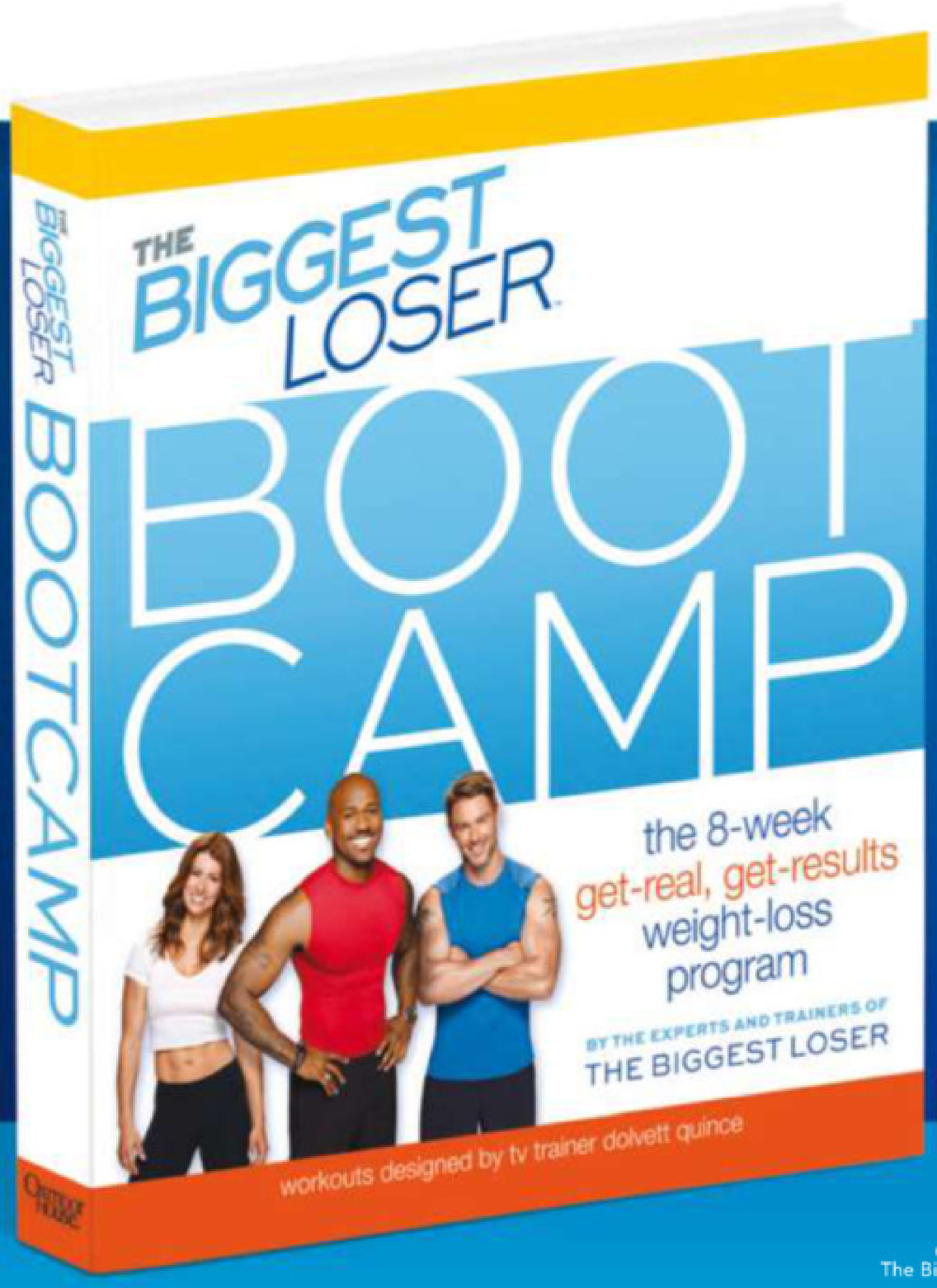
DIY FORM
Red River grapevine wreath (18" diameter), $5; joann.com.



GARDEN COVER
Glass cloches, $20 (7½"), and $25 (11"); worldmarket.com.

LAURA PUTNAM/FINDINGHOMEONLINE.COM (ROOM)

SCAN THE ROOM PHOTO TO BUY THE PRODUCTS ON THIS PAGE. See page 4.



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PT005

Save $725 this year with smart new kitchen gadgets

Put these nifty, eco-friendly tools and appliances to work—and watch your grocery bill shrink *By Sara Morrow*



Make your own foam

Treat yourself to a barista-quality coffee, chai tea or hot cocoa—at home. This battery-powered frother can whip up a splash of milk in less than a minute. It comes with a chrome stand for storage and works equally well for mixing sauces, vinaigrettes and eggs.
Barista milk frother, $20; bonjourproducts.com.

ANNUAL SAVINGS
$148.44 if you replace one caffe latte a week with an at-home brew.

Nearly 4 *billion* juice boxes are used (and trashed) annually, and those tiny containers can take 300 years to decompose.



Fill reusable juice boxes

Why send kids to school with expensive boxed drinks? These dishwasher-safe (on the top rack) boxes are made of Tritan, a durable plastic, and hold up to 8 ounces of liquid. The spill-proof lid guards against sticky lunch-box messes. Available in five colors.
Boxes, Precidio Design, $12 each; juiceinthebox.com.

ANNUAL SAVINGS
$19.49 if your child drinks one juice box each school day. (Store-bought apple juice boxes cost nearly $80 during the course of a year!)

Churn fresh butter

No need to bring out your grandmother's ceramic crock. This clever jar lets you take one cup of heavy whipping cream and turn it into about ¾ cup of fresh butter—with only three minutes of shaking. The built-in strainer makes it easy to drain out the buttermilk once it's separated and to rinse the butter.
Buttercup, Chef'n, $15; amazon.com.

ANNUAL SAVINGS
$17.37 if you make butter once a week rather than getting store-bought sticks.

Mix in cinnamon sugar, honey or roasted garlic for delectable flavored butter.



Put on a happy face

Dish washing is (a little) more fun with this scrubbing wonder. Thanks to a special polymer material, the sponge turns soft in warm water, rigid (for scratch-free scouring) in cold water. Its aerated design means food particles won't cling to the surface, and it dries completely in two hours, keeping the sponge odor-free for eight weeks or more.
Scrub Daddy, $4; at Bed Bath and Beyond.

ANNUAL SAVINGS
$20.40 if you use one Scrub Daddy every month, rather than using a new sponge each week.



YOU SAID IT

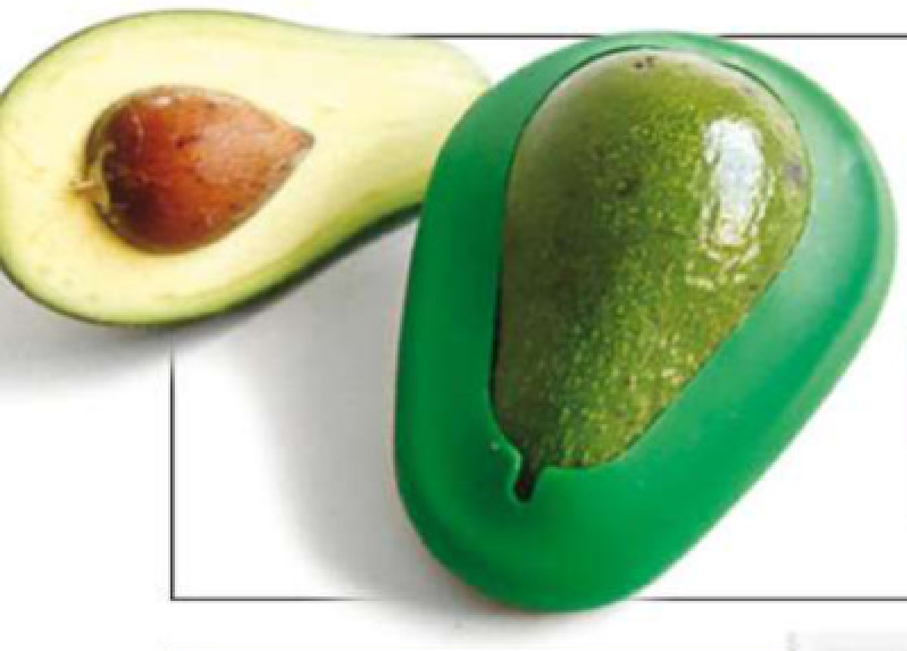
"The real advantage of this product is its shape. I put my fingers in the two holes—which makes it a lot easier to grip when I'm scrubbing."

Amy Gupton, 45, Chase City, Va.



BRIAN HENN (SPONGE)

SCAN THE SPONGE TO BUY THE PRODUCTS IN THIS STORY. See page 4.



Keep avocados perfectly green

Is there anything yuckier than splurging on a gorgeous avocado, storing half of it in the fridge—and removing a mushy brown blob the next day? These dishwasher-safe sleeves hug the cut side of the avocado to keep it fresh longer. The set comes with two sizes, so you can save those buttery Hass beauties as well as the big, round Reeds. **Avocado Hugger, $10 for 2; foodhuggers.com.**

ANNUAL SAVINGS
$20.06
if you buy three avocados a month and part of each had gone bad.

Zip up reusable baggies

These BPA-free sandwich and snack bags are freezer-safe and easily hand-washed. Just hang over a cup or drying rack to allow the inside to dry completely. **(Re)zip seal starter kit, $20 for 5 pieces; blueavocado.com.**

ANNUAL SAVINGS
$12.40
if you pack a sandwich and snack bag for two kids each school day (replacing 720 baggies per year).



The easiest way to store leftovers

It's a little bit like magic: Charles Viancin silicone lids can grip any smooth, rimmed pot or bowl, including hot casserole dishes and wooden bowls. They can replace plastic wrap for leftovers and aluminum foil when you're toting a dish to a party. **Small (7") Hibiscus lid, Charles Viancin, $9; binkdavies.com.**

ANNUAL SAVINGS
$1.62
if you use a lid in place of plastic wrap or foil (American families use 3.3 rolls of wrap per year on average).

Say goodbye to freezer burn

Bag your berries, beans and beef (or whatever you've got), run them through the FoodSaver sealing machine and toss them into the freezer. Air-free sealing keeps any food freezer-burn-free five times longer than storing it in a plastic container. What's more, the current generation of FoodSaver uses 40 percent less bag material than older models. **FM2100 Series vacuum sealer, $120; foodsaver.com.**

ANNUAL SAVINGS
$480
if you freeze excess groceries rather than let them go to waste.



Spray your citrus

No more squeezing! No more seeds! Just insert this citrus sprayer into the trimmed end of a lemon or lime (even an orange or grapefruit!) and start spritzing. Great for salads, seafood and sautéed vegetables, this nifty dishwasher-safe device is a great way to cut down on half-used lemons shriveling up in your crisper. **Citrus sprayer, $15 for a set of 2; lekueusa.com.**

ANNUAL SAVINGS
$5.54
if you buy one lemon per week and half of it typically dries up in the fridge.



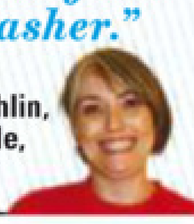


THE ESTIMATED VALUE OF FOOD WASTED IN AMERICA: $161 BILLION.

YOU SAID IT

"I just place the lid on a bowl or pan and the suction is immediate! And cleanup is a snap: You can wash it by hand or throw it in the top rack of the dishwasher."

Barrie MacLauchlin, 47, Danville, Ky.



BRIAN HENN (AVOCADOS, LEFTOVER LID)

Ready to CUT CABLE?

On average, American families pay $64 each month to watch television—and that doesn't include taxes, fees or the fancy premium channels. Our step-by-step guide makes it easy to save money without losing access to your favorite shows.

By Amanda Kelly

THE THREE THINGS YOU'LL NEED

SERVICES AND APPS

Start with a high-speed Internet connection (which you likely have already). Next, get subscriptions to such services as Amazon Prime and iTunes, which offer apps for streaming movies, TV shows and other programs to a set-top box. To replicate what you had on cable, you'll likely want a combination of two or more services.

A SET-TOP BOX

This small device connects your TV to the Internet so you can watch Hulu, Netflix and the like. (The largest boxes fit in the palm of your hand; the smallest are the size of a flash drive.) Not all boxes work with all services, so you might need two or more. All have a one-time fee; the boxes on our list range from $35 to $100.

AN HDTV

Because you're streaming digital content, you need a high-definition television. Check the front of your TV or its manual; if either says *HD-ready,* you're good to go. (The majority of households today have an HDTV.) One exception: The antennas we mention work with any TV.

JEFFREY WESTBROOK, PROP STYLING: WENDY SCHELAH FOR HALLEY RESOURCES

1 TO BEGIN CHOOSE YOUR SERVICES AND APPS

hulu

WHAT YOU GET Hulu has deals with most major TV networks—which means that with a paid subscription you can access shows from the current season (for example, *New Girl, The Biggest Loser, Top Chef, The Bachelor*) soon after they air—sometimes within a day—along with reruns from past seasons. You also can keep up with offerings from Bravo, Oxygen, SyFy, USA and others. Just be prepared to sit through a few ads per episode.

WHAT'S MISSING A wide selection of movies. This is primarily a destination for TV shows.

COST $8 per month for Hulu Plus.

Feeln

WHAT YOU GET There are about 1,000 family-friendly movies on Feeln—a division of Hallmark. Think: *Babe, Ferris Bueller's Day Off* and *Footloose*. The menu also includes more than 80 short films produced specifically for the service.

WHAT'S MISSING Variety. This highly curated selection of titles is ideal for family movie night—not necessarily date night.

COST $5 per month



NETFLIX

WHAT YOU GET For pure volume, Netflix can't be beat. The service has thousands of films in a wide range of genres. A subscription also includes such Netflix-produced water-cooler favorites as *Orange Is the New Black* and *House of Cards*. (The company also plans to co-produce its own movies, including a sequel to *Crouching Tiger, Hidden Dragon* and four films with Adam Sandler.) But the inventory is always changing, so if you can't find something one day, check back a few weeks later. (That also means a title you put off viewing last month might no longer be available.)

WHAT'S MISSING New movies can take months longer to arrive than from other sources. For example, *The Fault in Our Stars* was available on DVD, Amazon Instant Video and iTunes in September 2014, but by December, Netflix still wasn't streaming it.

COST $8 per month



amazon Prime instant video

WHAT YOU GET Access to a huge selection of newer films, often the same day they're released on DVD (such as *Boyhood, Maleficent* and *Transformers: Age of Extinction*). It's free to sign up (you just need an amazon.com account), after which you purchase or rent movies and TV shows à la carte.

WHAT'S MISSING For current TV shows, you're probably better off with a Hulu Plus membership. That service has a huge inventory of current shows for a flat $8 per month; one season of the same show on Amazon Instant Video would cost you $30.

COST Two-day rentals start at $3.

NBA · NHL · MLB.TV

WHAT YOU GET All three streaming apps—for pro basketball, hockey and baseball—broadcast out-of-market contests: games played by out-of-state teams (some restrictions might apply).

WHAT'S MISSING No home games. But if you're willing to head to a bar or a pal's house—or buy an antenna (most local games are broadcast on network TV)—you're set.

COST Per season: MLB .TV Premium, $130; NHL GameCenter Live, $170; NBA Game Time, $199. All together, that comes to about $42 per month.



'I CUT THE CORD'

SWITCHED TO Local channels, Netflix and Hulu

SAVINGS Approximately $100 per month

UPSHOT "The only thing that I miss is the ability to record shows, but that is why I subscribe to Hulu."

RECOMMEND IT? "With all the other less expensive options, most people could get rid of their cable and not miss it."

Lora Whitfield, 54, Broken Arrow, Okla.



'I CUT THE CORD'

SWITCHED TO "I still subscribe to very basic cable, because our area is out of reach to pick up local news stations via antenna. We also subscribe to Amazon Prime, Netflix and Hulu Plus."

SAVINGS Roughly $70 per month.

UPSHOT "I miss having a DVR. That's handy with a little one. I can't watch certain shows with little eyes present."

RECOMMEND IT? "Yes, the savings is worth it."

Rebecca Kersen, 29, Pottsville, Ark.



EVERETT COLLECTION (PIG), GETTY IMAGES (FOOTBALL PLAYERS)

SCAN THE SCISSORS TO BUY THE PRODUCTS ON THESE PAGES. See page 4.

amazon Prime

WHAT YOU GET Access to older HBO shows, like *The Sopranos* and *The Wire,* free two-day shipping on items ordered through amazon.com and free streaming of more than half a million books from the Kindle lending library (via the Amazon Instant Video app). Prime also offers exclusive series including *Transparent,* starring Jeffrey Tambor and Gaby Hoffmann.

WHAT'S MISSING Brand-new movies and episodes of TV shows. The offerings can feel random. For instance, you can find Seasons 1 and 4 of *Parenthood,* but you have to pay for Seasons 2 and 3 on Amazon Instant Video.

COST $9 per month

HBO

Can't imagine life without *Game of Thrones*? This year, HBO plans to offer an Internet subscription—no cable required. While you're waiting for its launch, you can watch the channel's full range of shows with the HBO Go app. But to use it, you need to subscribe to HBO—which means keeping a little cable. One option is to call your cable company and ask for its most pared-down Web and cable package. Comcast's Internet Plus package offers Internet service as well as its most basic menu of 25 channels, including HBO, for about $40 per month. Compare that to its comprehensive cable and Web package at around $90 monthly. Time Warner Cable offers Starter TV with HBO, plus its most basic Internet package, for about $45—half the price of the Preferred TV bundle, which features up to 200 channels plus Internet. For $39 per month, AT&T offers a bundle that includes Internet, HBO and one free year of Amazon Prime.

Before you subscribe to any service or purchase any set-top box, check out **canistreamit.com** to see where your must-see shows are available.

'I CUT THE CORD'

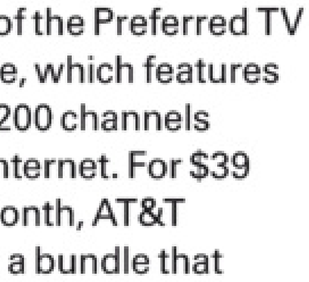
SWITCHED TO "I haven't had cable in many years because of its high cost. For local channels, I use an antenna. I use free websites to view shows on networks not available with the antenna and Netflix for movies, cartoons and TV shows."

SAVINGS "Over $50 a month, easily."

UPSHOT "I still get all the shows I used to see, but I watch them a day later, or I wait till they're on Netflix."

RECOMMEND IT? "Absolutely! Cable is a waste of money."

Millisa Thomason, 36, Battle Creek, Mich.



2 NEXT SELECT YOUR BOX

Roku

WHY IT'S GREAT The Roku 3 is equipped with just about every major app (Amazon Instant Video, HBO Go, Hulu Plus, Netflix—more than 1,000 in all), so if a show is available online, you can watch it. Cool feature: The remote control has a built-in headphone jack, so you can watch television without disturbing anyone.

ROOM FOR IMPROVEMENT Typing in titles can get tedious. There's no voice search, so you have to use the remote to select each letter individually from an on-screen alphabet. But there is a workaround: Download the Roku app to your smartphone or tablet, which then acts as a remote control so you can type more quickly.

COST $100



amazon fireTV

WHY IT'S GREAT In addition to streaming Amazon Instant Video, this box lets you access Hulu Plus, Netflix, YouTube and more. Cool feature: It has voice search for Amazon's entire video, game and app catalog (and for additional apps soon), which means you won't have to type *How to Lose a Guy in 10 Days.*

ROOM FOR IMPROVEMENT Currently, the voice-search option brings up only Amazon results. Say you search for *How to Get Away with Murder.* The box will pull up episodes to purchase from Amazon but won't tell you that you could stream the show for free on Hulu.

COST $99

Try a two-in-one

A new crop of televisions combines set-top boxes with screens. That means you can access Amazon Instant Video, Hulu Plus and other services straight from the TV—no extra box required. Although this option is pricier than a set-top box, it's worth considering if you're buying a new TV anyway. We like Roku smart TVs (starting around $350), which are easy to use and equipped with all the features of the Roku set-top box.

123RF.COM (AUDIO ICON)

SCAN THE ROKU TO PURCHASE THE PRODUCTS ON THESE PAGES. See page 4.



chromecast

WHY IT'S GREAT You can't beat the price. This Google HDMI stick—about the size of a pack of gum—costs one third less than most players. It lacks the extra ports of set-top boxes (an Ethernet port helps if your Wi-Fi connection is poor), but it has good apps. Cool feature: Chromecast can project what's on your Android device's screen to your television.
ROOM FOR IMPROVEMENT It's the only player on our list without a remote, so you need to download the app to your phone or tablet to make selections on-screen.
COST $35



tv

WHY IT'S GREAT Use the Apple TV box—the only one that works with iTunes—to watch TV shows and movies you bought on iTunes. It also lets you access programming through Hulu Plus, Netflix and other content channels. Cool feature: With a swipe of the AirPlay function, your TV displays content from your Apple phone or tablet, such as photos and YouTube videos.
ROOM FOR IMPROVEMENT Like Amazon Fire TV's voice-search option, Apple TV prioritizes iTunes shows and movies over content on your other apps. There's also no Amazon Instant Video app.
COST $99

ANTENNAS

WHY THEY'RE GREAT According to Nielsen, 94 of the 100 most popular TV shows are broadcast over the air—which means you can watch them free with an HD indoor antenna. Think of the antennas as modern versions of old-time rabbit ears—only better-looking! Most are slim and discreet enough to fit your surroundings. We like the Mohu Curve 50 (left) and the RCA Ultra-Thin indoor HDTV antenna (shown on window), which also can be mounted on a wall and painted to blend in. A great budget option is the RCA Basic indoor antenna (not shown), which isn't as pretty or powerful but can get the job done.
ROOM FOR IMPROVEMENT The Mohu Curve 50 can get signals from towers up to 50 miles from your house, and the RCA Ultra-Thin will get a signal from 60 miles away. The signal locator at tvfool.com can tell you which broadcast signals are available in your area, how strong the signal should be and what you can do to improve reception. But remember: There's no DVR, so you have to tune in live—just like in the old days.
COST Mohu Curve 50, $80; RCA Ultra-Thin indoor HDTV antenna, $70; RCA Basic indoor antenna, $10. All are available online and in most electronics stores.

'I CUT THE CORD'

SWITCHED TO "We have subscriptions to Netflix and Hulu Plus."
SAVINGS More than $50 per month.
UPSHOT "We watch so very little TV now, and my 1-year-old and 4-year-old are happy using their imaginations and playing with the toys that were so often ignored! We can use the money we save for outings and vacations."
RECOMMEND IT? "The only thing I miss is football! But it's a great excuse to get together with family and friends: If I bring food, they don't mind a little extra company on Sundays."



Courtney McKeon, 33, Troy, N.Y.

3 LAST GET IT ALL CONNECTED



PLUG THE SET-TOP BOX INTO AN HDMI JACK on the back of your television using an HDMI cable (not included; you can buy one at Radio Shack or Walmart for about $7). Then plug the set-top box into a power source using the cable provided. Note: With Google Chromecast, you simply plug the device into an HDMI port on the back or side of your TV—no cord required.

TURN ON YOUR TV and follow a few quick on-screen instructions to connect your set-top box to your home Wi-Fi. Once it hooks up, you're ready to start watching.

DON'T HAVE WI-FI? You can still use a set-top box—just hook it up directly to your modem using an Ethernet cable. (Your modem needs to be close to your television.)

ANTENNAS ARE ALSO SIMPLE TO SET UP. Use the included coaxial cable to connect the antenna to your TV (the port should be marked AIR/CABLE on the back of the TV), select the SOURCE button on your TV remote to toggle to antenna or air mode, then use the channel up and down buttons to find out which stations are coming in. Move your antenna around the room—you're likely to get better reception if it's placed near a window or high in the room—to see whether you can access more channels.

WHAT KIND OF VIEWER ARE YOU?

YOU'RE A REALITY-TV LOVER

BUY the Chromecast.
SUBSCRIBE TO Hulu Plus and Hulu. (Hulu is a free version of Hulu Plus; although it has a smaller selection, it carries some programming, including episodes of HGTV series, that Hulu Plus does not.)
WHAT YOU'LL GET The two services give you access to a huge selection of episodes both new and old—including *Bachelor in Paradise* and *Cupcake Wars.*
COST PER MONTH $8 for a Hulu Plus membership



Catch the latest *Bachelor in Paradise.*

YOU'RE A NEWS JUNKIE

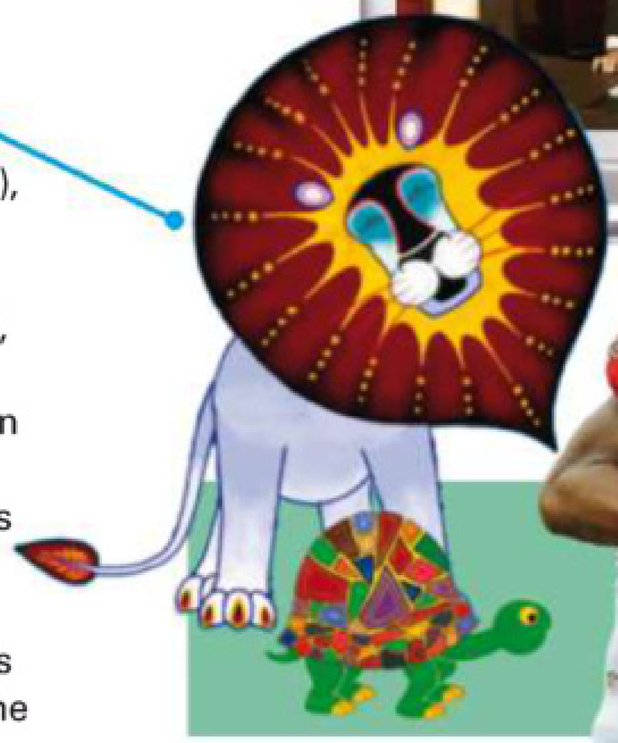
BUY the Roku 3 and an antenna.
SUBSCRIBE TO NBC News and Fox News channels (both free).
WHAT YOU'LL GET The antenna can pick up network news programs and talk shows for free. The NBC News app gets highlights from shows such as *Today, Morning Joe* and *NBC Nightly News.* The Fox News Channel app streams news and clips from recent episodes of *Hannity* and other shows.
COST PER MONTH None



Brian Williams anchors *NBC Nightly News.*

YOU'RE A FAMILY WHO WANTS IT ALL

BUY Amazon Fire TV (or Apple TV), plus the Roku 3 and an antenna.
SUBSCRIBE TO Netflix, Feeln, Amazon Instant Video (or iTunes), Disney TV and HBO Go.
WHAT YOU'LL GET The antenna can bring you network fare such as *Modern Family,* plus the Olympics and other major events. Netflix and Feeln have tons of family-friendly flicks. Amazon and iTunes offer newer ones. Keep faves via the Disney app and HBO Go.
COST PER MONTH About $20 ($8 for Netflix HD and $12 for four movie rentals from Amazon Instant Video or iTunes)



Watch *Tinga Tinga Tales* on Feeln.

Sources: Chris Heinonen, tech expert at the Wirecutter; and Eric Ravenscraft of Lifehacker

YOU'RE A SPORTS FAN

BUY the Roku 3 and an antenna.
SUBSCRIBE TO MLB.TV Premium, NHL GameCenter Live and NBA League Pass.
WHAT YOU'LL GET The antenna receives live network games, including *Sunday Night Football* and local team games. The apps offer out-of-network games.
COST PER MONTH About $42 for all three sports subscriptions



Sundays wouldn't be the same without football.

ISTOCK (TV), GETTY IMAGES (CABLE, FOOTBALL PLAYER)

SCAN THE FOOTBALL PLAYER TO PURCHASE THE PRODUCTS ON THESE PAGES. See page 4.

PROMOTION

all you

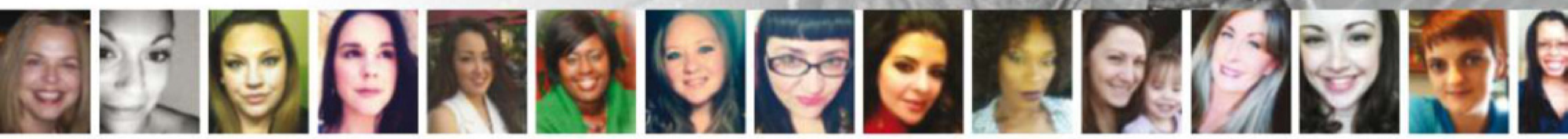
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OUR EXPERT
MARGARET MAGNARELLI, assistant managing editor, **Money**

Smart Money Advice

Sock away more savings with our savvy finance tips

The retirement plan you might not want to miss

Half of employers now offer a Roth 401(k) in addition to the more traditional 401(k), but only approximately 10 percent of eligible participants save in one. With a regular 401(k), you put in pretax dollars and pay income tax when withdrawing in retirement. With a Roth 401(k), you put in after-tax dollars and withdraw money tax-free in retirement. It's similar to a Roth IRA, but you can contribute a lot more—$18,000 this year, compared with $5,500—and there are no income restrictions. Is a Roth 401(k) the right place for your hard-earned money? It is if you expect your income to be greater (and thus taxed at a higher rate) in retirement than it is now—which is likely to be the case if you're in your 20s or 30s, as you probably have not hit your peak earning years. But you should skip the Roth 401(k) if you think your income will drop significantly when you're no longer working. If you're not sure, lean toward investing in the Roth.



USE YOUR MILES FOR SPRING BREAK NOW

It's not too late to book an end-of-winter trip using frequent-flier miles. In fact, your procrastination could be rewarded. With business travel picking up during the past two years, airlines are waiting longer to release seats to the awards programs, because they want to hold out for paying customers. Now the ideal time to find so-called saver fares—which require the fewest miles—is 25 to 60 days before you plan to go. You might find even more availability within three weeks of your departure, but those seats usually come at an extra cost; several airlines charge fees (often $75) for such "close-in" booking.



DON'T FIGHT OVER MONEY

Our Valentine's Day gift to you and your spouse: tips to reduce your disagreements about spending. Option 1: Set limits—$50 at a time, say, or $150 per month—above which you both need to clear any purchases. Below that, you may buy what you wish. That way no one feels micromanaged. Option 2: Create "yours," "mine" and "ours" bank accounts. "Ours" includes joint checking for expenses and joint savings for goals and emergencies. Those accounts get funded first; the rest of your income gets divided between "yours" and "mine" checking that may be spent as each of you pleases. Just be sure to find a bank with free checking (visit money.com/matchmaker), so you don't end up paying maintenance fees if your balances run low.

2.62%

Average penalty colleges charge for paying tuition with a credit card. That's a $262 fee on a $10,000 payment. (No rewards card pays enough to make that worth it!)

Source: creditcards.com

GETTY IMAGES (WOMAN), SHUTTERSTOCK (AIRPLANE)

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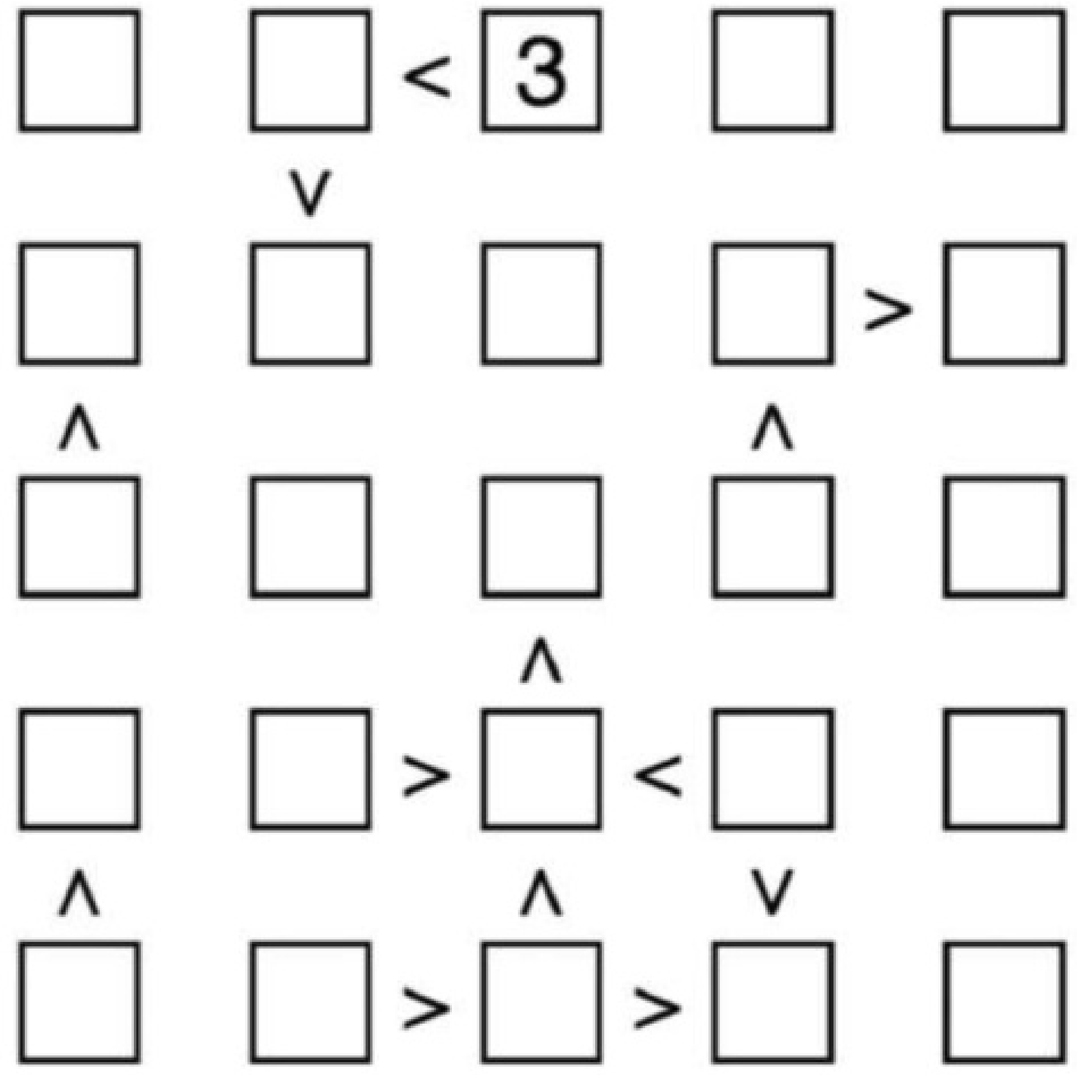
Coffee-Break Fun

Sip a cup of joe and enjoy these brainteasers

Sudoku Complete the grid by placing a number in each box. Your goal is to make each row, column and small nine-box square contain the numbers one through nine exactly once.

						5		
7				5	3	8		
	5		9				7	4
	9			4	7	2		
		3				4		
		4	5	9			8	
1	8				6		4	
		7	8	2				6
		9						

Futoshiki Each column and row must contain the numbers one through five. The values of adjacent boxes must obey the given greater-than (>) and less-than (<) signs.



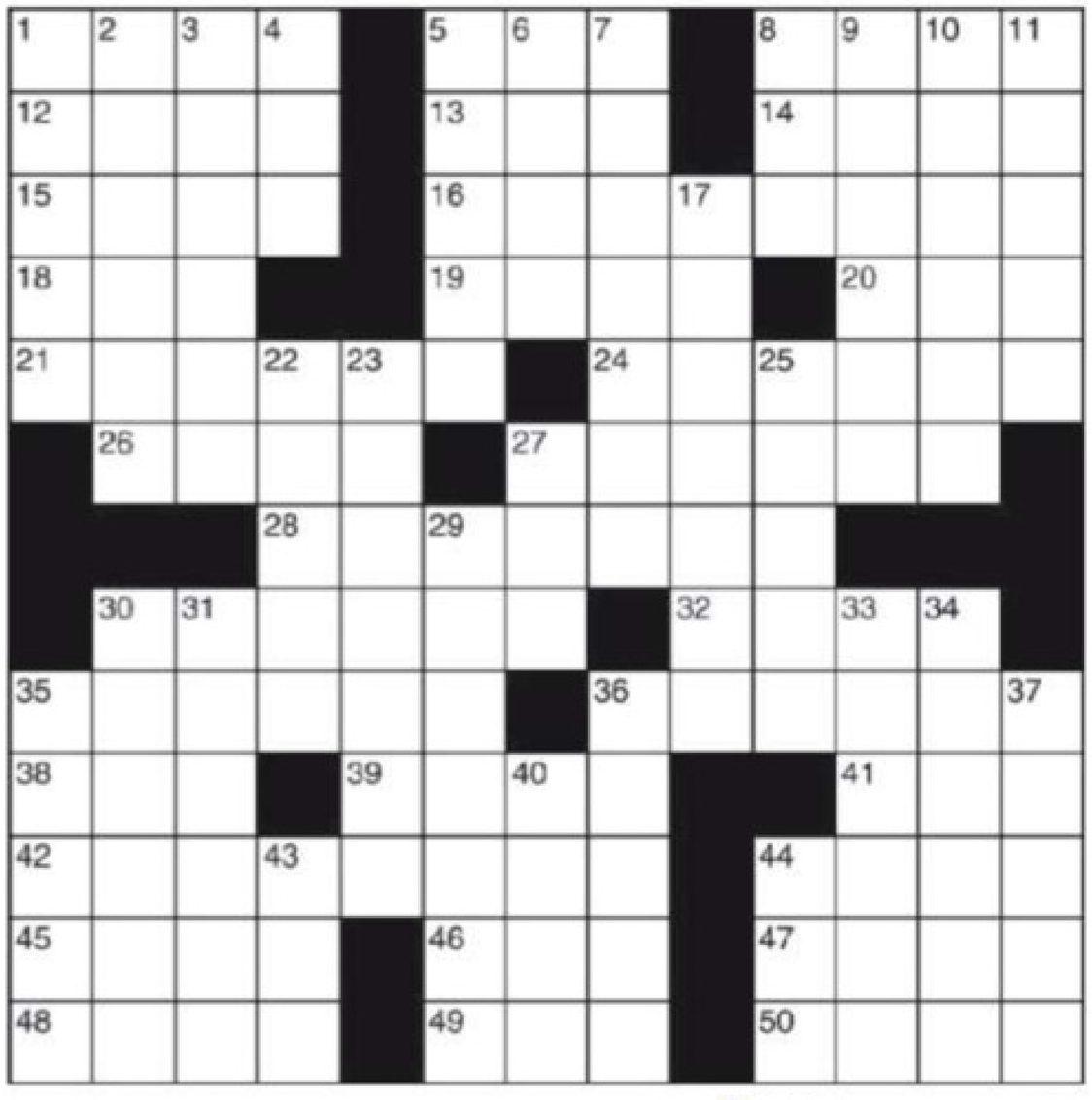
Crossword

ACROSS

1. Prenuptial party
5. ___ *Fall Down*
8. Drop heavily
12. African tree
13. Boot end
14. Pervasive quality
15. In the thick of
16. Broadcast
18. *Romper Room* game
19. Data
20. Casino play
21. Pertaining to a culture
24. Prayer
26. Of the ear
27. Arid land
28. Enormous weight
30. Captured
32. Manner of doing
35. Wound
36. Just
38. Away from home
39. Sedan, e.g.
41. 2.0 GPA
42. Volcanic burst
44. Prima donna
45. Surfeit
46. Pecan or cashew
47. *Caesar and Cleopatra* time
48. Smote
49. Poetic preposition
50. Shut in

DOWN

1. Emulate Peggy Fleming
2. Salad fruit
3. Touch ground
4. Ramble
5. Cockloft
6. Forsaken
7. Circular
8. Dance step
9. Kind of support
10. Familiarize a freshman
11. Burger shape
17. Offensive
22. Halos
23. Winter vessel
25. Choir voice
27. Father
29. Sincere
30. Of the nervous system
31. Intelligent
33. Make up one's mind
34. Soccer-team number
35. Loamy deposit
36. Card game
37. Bread riser
40. Guided trip
43. Wedding party seat
44. Quick swim



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* Solutions on page 98

Picture Puzzle

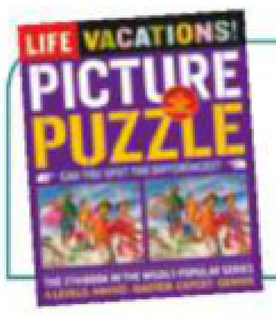
DASHING THROUGH THE SNOW Quickly find the 13 differences in the pictures below so you can slip inside and warm yourself by the fire.



A B C D E

1 | 2 | 3 | 4 | 5

JOHNER/GETTY



WANT MORE PUZZLES? LIFE picture puzzle books are available at bookstores and online retailers. Check out life.com/books/puzzle and collect the entire series.

* Solution on page 98

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12

READERS WILL WIN...

a Google Play gift pack

$85 VALUE



Snuggle up with your sweetheart and your favorite rom-com this Valentine's Day, with the help of a $50 Google Play gift card and a thumb-size media-streaming Chromecast device. Choose from the thousands of movies in the Google Play library.

7

READERS WILL WIN...

a Waring digital wine chiller/warmer

$129 VALUE



Toast to love with this combination chiller/warmer, which quickly brings red or white wine to the right temperature using its library of presets for 33 vino varieties.

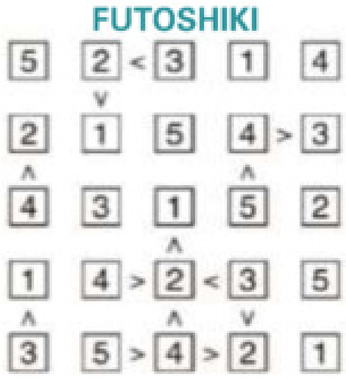
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"Coffee-Break Fun," p. 96

SUDOKU

9	1	8	6	7	4	5	2	3
7	4	6	2	5	3	8	1	9
3	5	2	9	8	1	6	7	4
8	9	1	3	4	7	2	6	5
5	2	3	1	6	8	4	9	7
6	7	4	5	9	2	3	8	1
1	8	5	7	3	6	9	4	2
4	3	7	8	2	9	1	5	6
2	6	9	4	1	5	7	3	8

FUTOSHIKI



CROSSWORD



PICTURE PUZZLE, **p. 97**

No. 1 (A3): The chimney smoke is rising higher in the sky. Nos. 2 and 3 (B2): One chimney is missing, and the middle window has slid to the left. Nos. 4 and 5 (B3): There is a weather vane on the house, and two windows are now one. No. 6 (B4): This chimney is a little taller than it was before. No. 7 (C1): There is a new pine tree in the yard. No. 8 (C2): A diagonal piece of the fence is now shorter. No. 9 (C4): The downspout on the house is gone. No. 10 (C5): There is a hole in the fence. No. 11 (D2): One of the skier's poles is missing. No. 12 (D5 to E5): A rabbit has left tracks in the snow. No. 13 (E3 to E4): A skier also has left some tracks in the snow.

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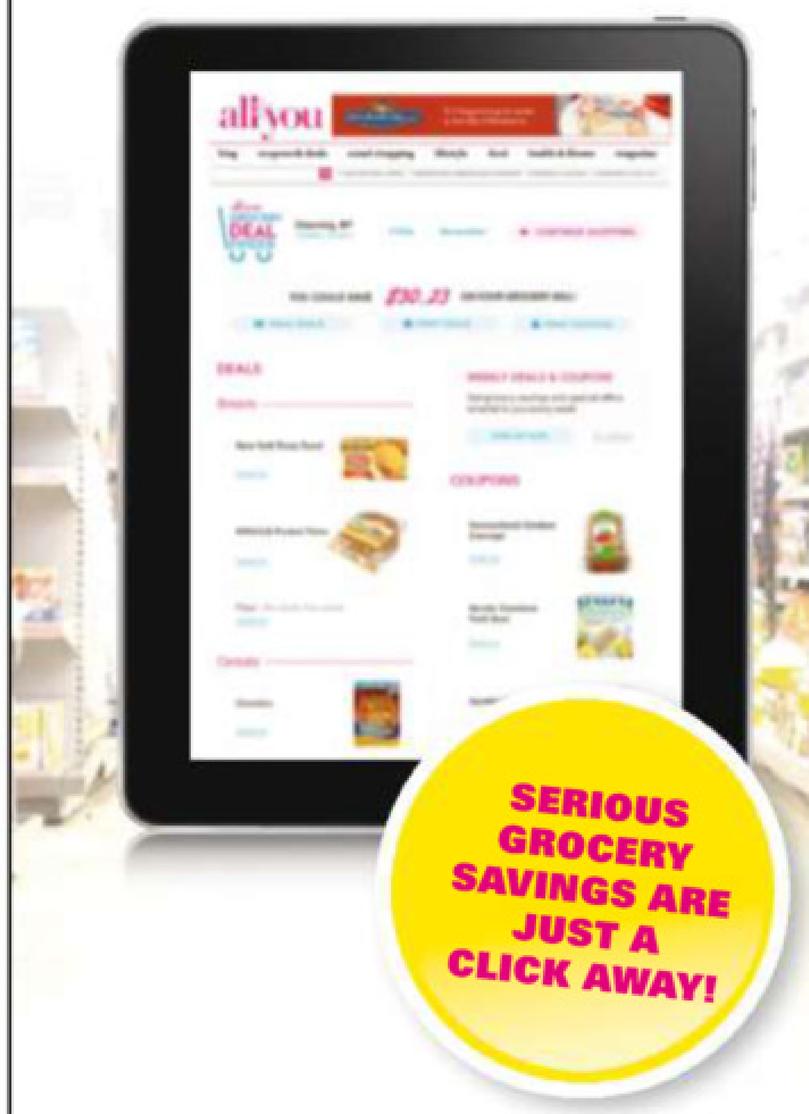


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my *hero*

NAME

Valenda Mauck

AGE
73

HOME
Ames, Okla.

NOMINATED BY
Her granddaughter
Rachel Rogers, 27

REASON FOR NOMINATION

"My loving grandmother made it possible for my grandfather Larry to live for more than 16 years after a horseback-riding accident left him paralyzed. She was his rock and took care of him almost completely herself."



Valenda (in light brown dress) with Larry at a family wedding in 1997

She's a dedicated caregiver

"My grandfather became a quadriplegic after he was thrown from a horse in 1986. My grandmother did everything for him, like dress him and feed him. She made it her mission to improve his quality of life as much as she could, and he was always grateful."



Valenda (left) at home with Rachel

She knows how to keep me grounded

"My grandmother never lets me get away with complaining. She says that while we all have things going on in our lives, there's always someone worse off. She always says to keep God first."



She's always on the move

"Even at her age, my grandmother still loves sports. For three years now she has competed weekly in a putt-putt-golf league and has even won several trophies. She'll also play basketball with my brother for hours, showing off her skills!"



She's a prize-winning cook

"She's an incredible baker. My grandfather was my grandmother's taste tester, and he was the one who encouraged her to enter baking contests. She pretty much wins the pie contest every year at the Ames Day celebration. She has quit to give others a chance. Now she says it's her grandkids' turn to win!"

WHO'S YOUR HERO?

Is there someone in your life who inspires you to be a better person? We'd love to know. Send a paragraph about the one you'd like to nominate as your hero to **livewell@allyou.com** and we might feature you both in an upcoming issue.

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