

**DO DIFFERENT DAILY!** (find out how on page 4)

# FamilyCircle

# FRESH START

**The  
Makeover  
Issue...**

**> Upgrade your dinners**

**> Conquer your closet**

**> Be a better negotiator**

**> Get a great night's sleep**

**> Plan your best year**



(actual size)

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# FC.Jan.18

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Cover photograph by **Johnny Miller** Food styling by **Rebecca Jurkevich**  
Prop styling by **Christina Lane**

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# #DoDifferentDaily

**We found the secret** to making life easier—and we’re going to share it with you all year long as part of our latest initiative: Do Different Daily. The trick? Doing small things more efficiently. The payoff? Feeling happier, getting healthier and having more time for your family (or for just kicking your feet up on the couch). We joined forces with experts in all areas that matter most to you—family, health, home, work, community—to create a road map to better living. We’ll give you the tools to improve your routine in unexpected ways, hopefully replacing daily stress and distractions with clarity and control. Our promise to you? Getting you through the daily grind so you can put your energies toward dreaming big and having fun.

To make sure you don’t miss any of our awesome Do Different Daily content, we designed a logo (that’s it on the left!) so you can easily spot it. The articles will cover practical things like smarter dinner prep and streamlining your cleaning routine, as well as more personal topics like ways to strengthen your marriage or your relationship with your kids. We’ll be doing frequent Facebook Lives with some of our experts, so you can ask them your own questions directly. We’ll be posting new #DoDifferentDaily tips on social media, and asking followers to share what *they’ve* learned to do differently and how it improved their routine.

Here’s to a spectacular year of doing things better, smarter and, well, differently every day.

Cheryl E. Brown, Editor in Chief  
cheryl@familycircle.com



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GET THE NEW YEAR OFF TO A FRESH START WITH A

## Citrus Tart



Stir together 1 lb **mascarpone** and ½ cup **confectioners’ sugar**. Stir in zest of an **orange**, a **Meyer lemon** and a **clementine**. Spread in a **9-inch baked pie shell**. Cut top and bottom from orange, lemon and clementine and from a **ruby red grapefruit**. Peel all fruits, thinly slice and arrange on top of filling. Chill at least 2 hours. **Makes 8 servings.**

Photos: (clockwise from top left) Johnny Miller, Abby Ratzlaff via @abbyratzlafl, Young House Love, David Prince. (top left) Food styling: Cyd McDowell. Prop styling: Christina Lane. (tart) Food styling: Jamie Kimm. Prop styling: Courtney De Wet.



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#worklife

# Just for You

Downtime

Cool Stuff

Celebrities

From left,  
gap.com, \$55;  
Babaton for  
Aritzia,  
aritzia.com, \$125;  
zara.com, \$70.



## Night for Day

Pajamas for daywear? Well, not exactly, but chic PJ-inspired tops are a fun wardrobe addition. Pair with sleek pants or a fitted skirt to avoid looking like you just rolled out of bed.

Photo: Levi Brown. Prop styling: Sharon Ryan.

Edited by Suzanne Rust

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Just for You

# A (Virtual) Room of One's Own

How will that yellow Strandmon wing chair look in your living room? IKEA Place, the design store's free augmented reality (AR) app, lets people see how a piece of furniture can transform their spaces by virtually placing true-to-scale 3D images of products in a room. You can even capture the setting on the app and share with friends. iOS, free

## 1. SCAN ROOM

Scan the room where you would like to place your item of choice.



## 2. CHOOSE ITEM



## 3. PLACE ITEM



# Game Face

Tap into a little video game nostalgia. Super Mario Bros. and Shu Uemura have paired up to help boost your beauty routine. With Fire Flowers growing on lip balms and the like, level up with retro vibes and good skin care.

Shu-uemura-usa.com, from \$21



# Orange Is the New Rosé

Restaurants are adding orange wines to their menus. Essentially, these are white wines produced like reds: White-fleshed grapes (like Pinot Gris) are left in contact with the skins to macerate for weeks to months, and the longer the skins are in contact with the juice, the more orange the wine gets. The results are more full-bodied, which helps them play well with red meat and other more complex dishes.



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Just for You

# Pods of Wisdom

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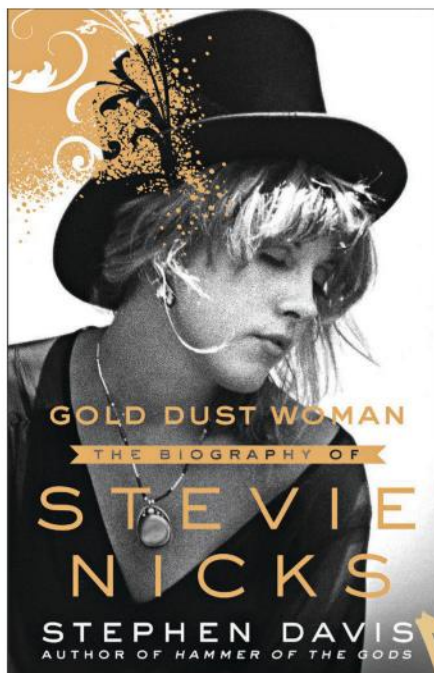
**1. Hear some life advice** *Dear Sugars*  
wbur.org/dearsugar

**2. Get a sunnier disposition** *Happier with Gretchen Rubin*  
gretchenrubin.com/podcasts

**3. Find unique conversation starters**  
*Freakonomics Radio*  
freakonomics.com/archive

**4. Revamp your mom squad**  
*One Bad Mother*  
maximumfun.org/shows/one-bad-mother

**5. Navigate that corporate ladder**  
*Girlboss Radio*  
girlboss.com/podcast



## Rock Goddess

The music. The relationships. The drugs. It's all here. Drawing on interviews with family, friends and industry associates, author Stephen Davis' *Gold Dust Woman: The Biography of Stevie Nicks* explores how the legendary singer brought Fleetwood Mac to life and became a rock icon for the ages.

## The Fast Track

Fitness means more than counting steps. Take your health up a notch with one of these new tricked-out trackers.



**TomTom Spark 3 Cardio**  
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**Samsung Gear Fit2 Pro**  
This swim-proof band and the Speedo On app make counting laps a cinch. Ditch your phone for runs with wireless earbuds and Spotify Premium. [Samsung.com](http://Samsung.com), \$200



**Garmin Vivomove HR**  
Here's a great marriage of fashion and functionality. Enjoy tons of fitness feedback and breathe easy with stress tracking and guided relaxation. [Garmin.com](http://Garmin.com), \$300



**Polar M430**  
Heart rate sensors, built-in GPS and race-training programs make this the ultimate running buddy. The Flow app even calculates recovery time. [Polar.com](http://Polar.com), \$230



# Negotiate Your Salary, Fearlessly

*Whether you're switching to a new job or seeking a raise at your current one, don't get hung up on the usual fears. Speaking up is the way to go.* BY TIFFANY DUFU

● **Growing up** in the church, I was often told, “Ask and you shall receive.” But I was always terrified to ask. I was concerned that I might fall out of favor with whoever had offered me something that I should be grateful for. And I wanted to come across as having it all together, not as someone who needed help. While those feelings are quite common, that doesn't mean the church folks were wrong. Being silent won't help you negotiate a higher salary. According to the 2016 Ellevest Network Impact Survey, 63% of women surveyed didn't ask for a raise, but 75% of women who did ask received one.

## **FEAR #1 I don't know how much to ask for.**

This is a legitimate concern that you can address by doing your homework so you have the necessary data to be a fierce, well-informed negotiator. “If you're grounded in objective data, you'll be confident that what you're asking for is fair,” says compensation and negotiation expert Kim Keating. Whether you're a business executive, a counter person at a fast-food

chain or a sales associate at a big retailer, you still work for a corporation and a certain structure comes with the territory. Enter information such as job title and location into websites like [payscale.com](http://payscale.com), [salary.com](http://salary.com) and [glassdoor.com](http://glassdoor.com), and you'll be able to get a general sense of salaries for your position.

## **FEAR #2 If I negotiate, I'm going to be perceived as ungrateful or too aggressive.**

The most effective way to bypass negative perception is to make the driving factor in your negotiation the company's goals, not your own. You might have a mortgage to pay off or a vacation to save for, but that's not your boss's or hiring manager's priority. Start by demonstrating that you've fully embraced the larger vision. For example, “I'm excited about ABC becoming the market leader in our industry.” Then explain how your contribution will help achieve that outcome. As in, “My experience and track record in XYZ will better position us to be number one.” (If you're seeking an increase at a current job, this is the perfect time to cite any accomplishments that have helped the company achieve its goals.) Next, connect the dots: “I'd love to have a conversation about how my compensation can match my contribution.” Then be quiet! Too often women undermine their case by overexplaining.

## **FEAR #3 By negotiating, I'm risking losing my job or having my offer rescinded.**

First, try shifting your mind-set to manage your emotions. The likelihood of getting fired or having an offer rescinded simply because you negotiated is very small. Keep in mind that 75% of women who asked for more money received it. And chances are the remaining 25% weren't out of a job as a result of their advocacy. According to the National Women's Law Center, the average American woman will be paid nearly \$419,000 less than a man over a 40-year career, so you're risking far more by not asking for a higher wage. The best strategy for pushing back against this fear is to know your value and imagine a Plan B. With freelancing on the rise and more and more women starting businesses, women have more options than ever before and exceptional talent is difficult to recruit and retain. You're far more valuable than you think. Even if you're happily employed, be open to new opportunities and occasionally interview with other companies. Although you may decide to stay with your current employer, you'll feel more confident when negotiating an increase because you'll have a stronger sense of your own market value.



**Tiffany Dufu** is the chief leadership officer at Levo and author of *Drop the Ball*.

Just for You

#worklife

## WELL-SUITED

Liverpool Denim's navy pinstripe jacket and pants look structured and boardroom-ready. But with a touch of Lycra, they're practically loungewear comfy, the better to help you lean in—or lean back (liverpooljeans.com; blazer, \$98; pants, \$89). Add a feminine touch with silver pumps and a sleek lavender laptop case.



Laptop case, thedailyedited.com, \$120. Pumps, ninashoes.com, \$148.



### Take a hike...

at the office. Afternoon slump? As little as 10 minutes of climbing stairs gets the blood flowing and is a better energy booster than a hit of caffeine.

Source: University of Georgia

## Q&A

*How do I answer the classic interview question "What are your weaknesses?"*

Don't say "I'm a perfectionist" or "I work too hard." Too easy. Interview coach Carole Martin suggests this formula: Begin with a positive statement, transition into something about yourself that could use improvement, then finish with a declaration of how you are addressing that weakness. For example, "I'm always trying to improve my communication skills to be a more effective presenter. I recently joined Toastmasters, which I find very helpful." Never cite anything that's a job requirement as a weakness, Martin adds, and be sure to finish with a positive spin.

Photos: (suit) Levi Brown, (shoes and laptop case) Peter Ardito. Prop styling: (suit) Sharon Ryan.

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Go  
Places

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*“Learning music is like a gym for the brain.”*

—Marco Chelo of the New York Jazz Workshop

## Make time for PLAYING AN INSTRUMENT

*Whether your parents had you take piano lessons as a kid or you picked up the guitar in college, it may be time to try it again: The wellness benefits of music hit all the right notes.*

### WHY YOU SHOULD DO IT

To reduce stress, maintain mental sharpness and nurture social interactions. “Music is a new visual language—you must coordinate vision, hearing, movement and emotional communication, all at the same time,” explains Jessica Grahn, PhD, a professor of music neuroscience at Western University’s Brain and Mind Institute. Playing impacts the brain, especially when it comes to improving executive function and memory.

Also, being absorbed in an enjoyable activity that produces measurable progress can be a great stress reliever. We’re more likely to stick with music,

unlike other difficult pursuits, because it stimulates our reward centers, particularly when we share it with others. According to neuroscientists, just listening to music is beneficial. Multiple areas of the brain fire up at once as they process different elements of sound and then bring them all together.

### HOW TO MAKE IT HAPPEN

Time is the biggest obstacle to any hobby, but you can shoehorn music in. Marco Chelo, cofounder of the New York Jazz Workshop, a school that teaches music to adults, suggests starting small. Begin with 15 to 20 focused minutes of practice per day, and build from there. But first you’ll need a class,

whether you’re reacquainting yourself with an instrument or discovering a new one. If you can’t find anything local, go virtual. There are lots of online classes, covering all types of instruments and musical styles, in a range of price points. Some are live and others are Skype courses that you can take at your own pace—a plus for those with very busy schedules:

- [artistworks.com](http://artistworks.com)
- [udemy.com](http://udemy.com) (search for “playing” X instrument)
- [newyorkjazzworkshop.com/skype-music-lessons](http://newyorkjazzworkshop.com/skype-music-lessons)
- [fender.com/play](http://fender.com/play)
- [online.berklee.edu](http://online.berklee.edu)

Eventually, you may want to find a buddy to play with or join a musical group—social pressure and engagement are more likely to keep you committed.

Readjusting your thinking is important too. “The idea that it’s harder for older people to take up an instrument is a misconception,” says Chelo. “In fact, they often know exactly what they hope to achieve, making them more motivated and focused.”

### WHAT YOU’LL NEED

First and foremost, patience! Music can be challenging for adults who strive to do things perfectly, or at least well—and because others can actually hear it when you mess up.

If you’re resuming a musical practice, dust off that old instrument and have it checked and tuned. Newbies are better off renting in the beginning. If you’re not sure how, Google “rent musical instruments near me.”

Most classes will provide sheet music, but keep in mind that study at any level will involve varying degrees of cost. In addition to classes, there’s the rental, purchase and upkeep of your instrument. Or, says Chelo, you could try singing. “Your voice is an instrument too!”

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# Neil Patrick Harris

He's a master of disguise, a puppetry fanboy and father of twins Harper and Gideon, 7, with husband David Burtka. The former TV teen doctor (Doogie!), author and host of the upcoming *Genius Junior* knows how to bring the fun. **BY LAURA MORGAN**

*"Someday, when I have copious sweet time, I will be making puppets. That's my end game."*



## Switching Gears

"The hardest part of parenting is constantly keeping up with your children. Just when you feel like you've wrapped your mind around a stage, they move on to another one!"

## Quiet, Please

"The kids don't like it when I talk in my characters' voices, like Count Olaf from *Lemony Snicket's A Series of Unfortunate Events*. They ask me to stop pretty quickly."

## #RelationshipGoals

"My parents have been married for 49 years. So stability is what I've always known. I feel that they instilled in me an appreciation for longevity in relationships. Last year David and I celebrated 13 great years together."

## Transformer

"In the Broadway musical *Hedwig and the Angry Inch*, I was in giant gold high-heeled boots and a blond wig. The kids came to watch the whole transformation process, so they wouldn't just walk in and be shocked to see their papa dressed like that!"



"I believe in magic as a hobby for kids. The skills behind the tricks are historic and it's a great thing to encourage. In my book *The Magic Misfits*, children who feel like outcasts come together through the love of magic."



"I'm crazy about roller coasters. Gideon is more tentative, but Harper is a coaster nut—she will ride anything."

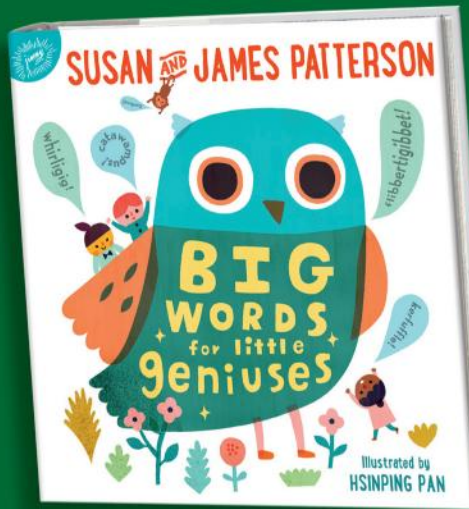


"*Big Brother* and *Survivor* are massive time sucks...and I just can't stop."



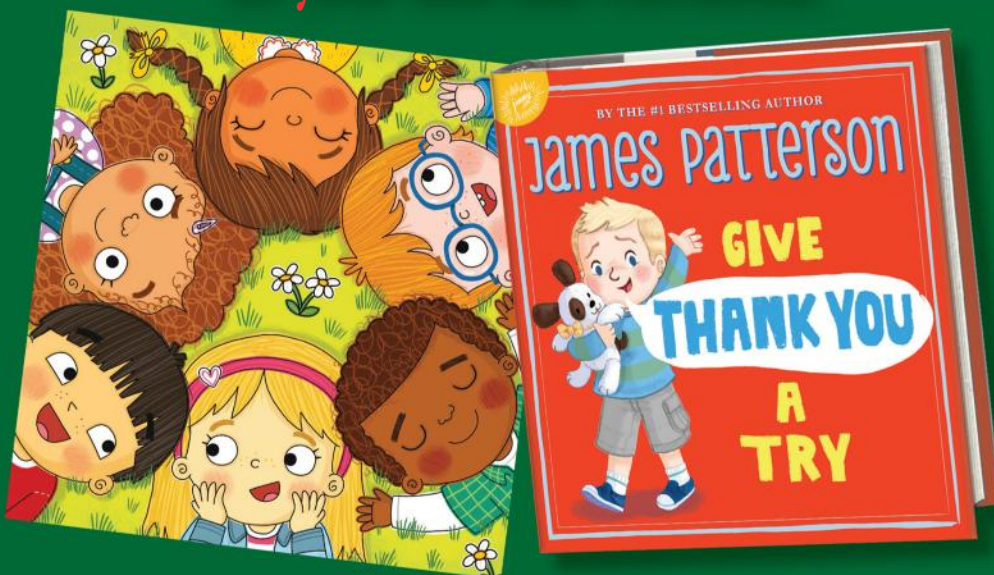
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# To Dye For

*What do JLo, Beyoncé and Jessica Simpson have in common? Their amazing hair colorist, Rita Hazan. She shares her secrets for making home hair color less of a chore and getting salon-worthy results.*

BY DORI PRICE

Photo: Ari Michelson.

## PREP

**1** When choosing your color, stay within two shades of your current hair color, lighter or darker.

**2** Learn the lingo. Semi-permanent lasts 6 to 12 washes and is best for a subtle shade change. Demi-permanent is a more opaque formula—it stays in hair for 12 to 24 washes and is a good choice for going darker. Permanent color can lighten or darken hair and grows out.

**3** Buy two boxes of hair color if you have thick or long hair, but open only one. If you end up not needing both, you have hair color for the next time.

**4** **Before starting, have everything you need ready: clips, a comb, an old dark towel and a timer.** Always apply in the bathroom and wear a button-front shirt or robe so that you won't have to lift a top over your head when it's time to rinse.

**5** To avoid staining skin, **apply a thin layer of petroleum jelly along hairline and ears** (or use a clear solid lip balm).

## PROCESS

**6** If you have a sensitive scalp, color hair when it's a little dirty (one or two days post-shampoo). The skin's natural oils will prevent irritation.

**7** Separate hair into four sections: front, back and sides. Start with the back section to avoid getting the front pieces too dark.

**8** Use a lot of product to completely cover and saturate each area—this will ensure better coverage.

**9** When touching up roots, apply color just on that area. There's no need to cover the entire strand unless you're doing a complete color change.

**10** Stick with shampoos that are safe for color-treated hair. Once a week, apply an in-shower gloss treatment—like Rita Hazan True Color Ultimate Shine Gloss (ritahazan.com, \$26)—to boost shine.

## 5 must-haves for the perfect at-home color



To prevent skin staining, apply a thin layer of petroleum jelly along your hairline and ears.

clips

an old dark towel

## BOXED IN

The latest and greatest formulas, all in drugstores.



→ Calling all sensitive scalps! This dye reduces the risk of allergic reaction. Bonus: the sweet floral scent. Clairol Nice'n Easy Color Care, \$8



→ A mega-moisturizing formula with a blend of three butters: mango, shea and coconut. Revlon ColorSilk ButterCream, \$6.50



→ New blonde shades have rosy undertones to add even more dimension. L'Oréal Paris Superior Preference Color of The Year Rose Blonde, \$10

**\* Looking for even more details? Watch our step-by-step tutorial on [familycircle.com/at-home-hair-color](http://familycircle.com/at-home-hair-color).**

a comb

a timer



**Click for Color!** Check out [esalon.com](http://esalon.com) and [madison-reed.com](http://madison-reed.com) to find your perfect shade with expert guidance, then have it shipped directly to your doorstep.



**QUICK FIX**

**These new touch-up tools really get to the root of the matter. Each will last until your next shampoo, so pick your preferred formula and cover up.**



**Comb** eSalon Color Kiss Temporary Root Touch-Up, [esalon.com](http://esalon.com), \$15

Ten color options let you find your perfect match.

**Spray** Oribe Airbrush Root Touch-Up Spray, [oribe.com](http://oribe.com), \$32

The precise nozzle hits the right spots. Spray strands from 8 to 10 inches away for a natural look.

**Gel** Madison Reed Root Reboot, [madison-reed.com](http://madison-reed.com), \$25

A longer-lasting fix, this concealer is as easy as 1, 2, 3. Mix the liquid color with the activator, shake and swipe it on.

**Powder** John Frieda Root Blur, [ulta.com](http://ulta.com), \$20

Customize your shade with two complementary tones.



**Rita Hazan** is a salon owner, celebrity colorist and hair care brand founder.



→ **Stubborn grays—no matter how wild or wry—are no match for this full-coverage hair color.**

Garnier Nutrisse Ultra Coverage Nourishing Color Creme, \$9



→ **Say goodbye to breakage, thanks to this color and deep treatment hybrid.**


Schwarzkopf Keratin Color Anti-Age Haircolor, \$10

Photos: (counter) David Prince, (products) Peter Ardito, Prop styling: (counter) Courtney De Wet.

# Stroke of Genius

*Get an A+ in makeup application with tools that help you make the grade. Extra credit—cleaning tips, bristle types and more.*

BY DALEY QUINN  
PHOTOGRAPHY BY YASU + JUNKO



Wash brushes weekly, advises makeup artist Daniel Martin. Dip in dish detergent or baby shampoo and swirl in the palm of your hand under warm water. Squeeze out any remaining bubbles and lay flat to dry.

For the occasional quick cleaning, spray brushes with PureBrush ([pure-brush.com](http://pure-brush.com), \$20) and wipe off residue with a tissue.

# Bare Essentials

Honest Beauty creative color consultant Daniel Martin shares the seven must-have makeup brushes.

## Bristles 101

Brush up on your bristle knowledge with Chanel makeup artist Angela Levin.

**SYNTHETIC** versions last longer and are ideal for liquid formulas, like foundation, lipstick and cream shadow.

**NATURAL** fiber brushes can be pricier but are gentler on skin. They're perfect for powders—blushes, eye shadows and bronzers.

## Editor's Pick

The ultimate eye multitasker. This innovative tool clicks to transform into four different brushes.



It Cosmetics Heavenly Luxe Superhero 4-in-1 Eye-Transforming Super Shadow and Liner Brush, itcosmetics.com, \$24

### Type

#### LIQUID FOUNDATION BRUSH

Flower Beauty Ultimate Liquid Foundation Brush, flowerbeauty.com, \$12



#### CONCEALER BRUSH

Trish McEvoy's Brush 66 Cream Blender, trishmcevoy.com, \$34



#### MEDIUM EYE SHADOW BRUSH

Marc Jacobs Beauty The Shadow Brush, marcjacobsbeauty.com, \$34



#### SMALL DOME BRUSH

Urban Decay Pro The Finger Brush, urbandecay.com, \$26



#### ANGLED BRUSH

E.l.f. Beautifully Precise Dual-Sided Eyebrow Brush, elfcosmetics.com, \$5



#### BLUSH BRUSH

EcoTools Precision Blush Brush, drugstores, \$8



#### LIP BRUSH

Sephora Collection Pro Angled Lip #84, sephora.com, \$15



### Best Use

→ **LIQUID FOUNDATION**  
**Bonus Use** Primer and color-correcting concealer



→ **CONCEALER**  
**Bonus Use** Cream eye shadows



→ **EYE SHADOW**  
**Bonus Use** Highlighter



→ **EYELID CREAM**  
**Bonus Use** Contouring



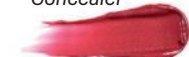
→ **BROWS**  
**Bonus Use** Eyeliner



→ **BLUSH**  
**Bonus Use** Bronzer and face powder



→ **LIPSTICK**  
**Bonus Use** Concealer



### The 411

Densely packed bristles make for smooth and even application. Use downward strokes and blend outward.

Cover dark circles and blemishes easily thanks to this precise brush.

Swipe the short but loosely packed bristles across lid for perfectly blended shadow.

Blend a darker shade into crease of lid to create a smoky eye.

Fill brows with sharp, even strokes and groom into place with the spoolie on the other end.

The soft, fluffy bristles make for a natural-looking flush.

Outline lips, then fill in with the same color for a precise application.

Photos: (brushes) Peter Ardito, (smears from top) Avery Powell, Peter Ardito, Studio 504/Getty Images, Peter Ardito, imagehub88/Getty Images, Claire Benoist, Erica McCartney.



# TOTAL CLOSET MAKEOVER

what to keep, what to toss, what to add and how to organize it all. getting dressed is about to get a whole lot easier.

BY ZOË ROSCOE • PHOTOGRAPHY BY DAVID A. LAND



## CAPSULE WARDROBE

*Pieces 1-9 of your collection*

**LBD**, cottonon.com, \$25. **White tee**, americanmadesupplyco.com, \$24.

**Trousers**, liverpooljeans.com, \$89. **Blazer**, kennethcole.com, \$135. **Midi skirt**, lulus.com, \$48. **Moto jacket**, American Eagle Outfitters, ae.com, \$100. **Crew neck sweater**, everlane.com, \$100. **Long cardigan**, oldnavy.com, \$50.

**Chambray shirt**, mott50.com, \$78.

## NO. 1

### detox your closet

“Start by thinking about a week of outfits and what you typically wear,” says Anuschka Rees, author of *The Curated Closet*. As you sort through your clothes, ask yourself these questions:

- **Is it good quality?**
- **Is it flattering?**
- **Do I wear it often?**

If you answered yes to any of the above, keep it! If not, it's time to start sorting.

#### 🔍 **fit matters**

Try on anything you're unsure of to make sure it actually fits and isn't too tight, stretched out or baggy.

#### 🔍 **time to go?**

You've probably heard this before, but if you haven't worn it in a year, you probably never will. If something is new or gently worn, bag it up to donate or sell.

## NO. 2

### create a capsule wardrobe

These 15 pieces should reflect your style and lifestyle. Keep the color palette neutral to make it easy to incorporate statement and special-occasion pieces. Each versatile piece can be dressed up or down and layered for any occasion.

**\*A FEW OF OUR FAVORITE WAYS TO ROCK THE CAPSULE WARDROBE**

MIDISKIRT ⊕ TURTLENECK ⊕ SNEAKERS

LONG CARDIGAN ⊕ LBD ⊕ PUMPS

CHAMBRAY SHIRT ⊕ JEANS ⊕ BOOTIES

CREW NECK SWEATER ⊕ TROUSERS ⊕ SNEAKERS

MOTO JACKET ⊕ WHITE TEE ⊕ JEANS ⊕ PUMPS

Turn the pages to see the rest of your capsule wardrobe.

NO. 3

get organized

Jessica Grabler, fashion stylist and organizing expert, shares how to design the most functional—and pretty!—closet.



Always fold sweaters—hanging stretches them out.

Hang accessories like belts, scarves and necklaces on adhesive hooks.

Command.com for a retailer near you, \$13 each



Fold and stack jeans, then organize by cut or wash.



Hang tops and dresses on skinny velvet hangers to save space and to keep them from slipping and falling on the floor.

Joy Mangano, hsn.com, \$24 for 24

Separate clothing by style to simplify finding what you need.



CAPSULE WARDROBE

Pieces 10-12 of your collection

Trench coat, londonfog.com, \$165. Booties, thursdayboots.com, \$169. Pumps, mgemi.com, \$278.

If you have the space, dedicate a shelf to the shoes you wear most often. Otherwise, store in clear shoe boxes—they're stackable and won't collect dust.

Containerstore.com, \$2 each



organizing solutions

Want more ways to maximize your space? IKEA, California Closets and The Container Store are a few companies that can help you create the closet of your dreams.

For more info on designing your custom closet, visit familycircle.com/custom-closets.



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\*May temporarily relieve common mild snoring in otherwise healthy adults. Partner Snore™ technology is available with Split King and FlexTop® King mattresses on FlexFit™ adjustable bases. †2-Year Limited Warranty on SleepIQ® technology. Warranties available at [sleepnumber.com](http://sleepnumber.com). ‡Results from a 2015 Sleep Number survey of 1,797 customers asked about their likelihood to recommend Sleep Number to a friend, family member, or colleague. SLEEP NUMBER, SELECT COMFORT, SLEEP IQ, IT and the Double Arrow Design are registered trademarks and SLEEP NUMBER 360 is a trademark of Sleep Number Corporation. ©2017 Sleep Number Corporation

# Style

## NO. 4

### keep it fresh

“Update your closet at least twice a year,” says Rachel Parcell, founder of the style blog Pink Peonies. Spring and fall are good times to evaluate what you have and what you’re missing. At the start of each season, identify two or three trendy items that you love and would be a good addition to your wardrobe.

## NO. 5

### know when to splurge

“People tend to splurge on special-occasion attire that they rarely wear,” says Rees. Get more bang for your buck by investing in the everyday items you know you’ll wear again and again, such as flattering jeans, a cozy sweater and classic black pumps.

### worth it!

The b(air) jeans from 7FAM have the look of denim and the comfort of leggings. Like a second skin, these perfect pants are sleek and slimming.



**CAPSULE WARDROBE**

*Pieces 13-15 of your collection*

**Turtleneck,** landsend.com, \$30. **Jeans,** 7forallmankind.com, \$179. **Sneakers,** keds.com, \$70.

Learn how to style our 15 essentials at [familycircle.com/wardrobe-essentials](http://familycircle.com/wardrobe-essentials).

### Your Castoffs May Be Someone Else’s Treasure

After a closet cleanup, it’s time to get rid of the excess. You have two options: Donate to a local charity or sell your items through a website or app. Here are some of our faves. →

### SELL

Tradesy, Poshmark, ThredUP, Crossroads

### DONATE

Dress For Success, Goodwill, The Salvation Army

### style solutions

Solve last-minute wardrobe mishaps with these quick fixes.

#### Black+Decker Handheld Steamer

heats up quickly to smooth deep wrinkles in a pinch.

Walmart.com, \$60



#### Hollywood Fashion Secrets Temporary Hem Tape

is a quick fix for pants that are just a few inches too long.

Bedbathandbeyond.com, \$8



#### The Laundress Sweater Stone

removes pilling from sweaters.

Thelaudress.com, \$18



#### Miss Oops’ Deodorant Removing Sponge

instantly wipes away white streaks and spots.

Missoops.com, \$10



Decorating Ideas

Budget Buys

Organizing Tips

DIY

# Home



For more **DIY deets** on the projects featured here, go to [younghouselove.com](http://younghouselove.com) and use the Search bar.

DIY doyenne **Sherry Petersik** crowned this wall her “favorite project ever” but then admitted she says that to herself every month or two.

## Change for the Better!

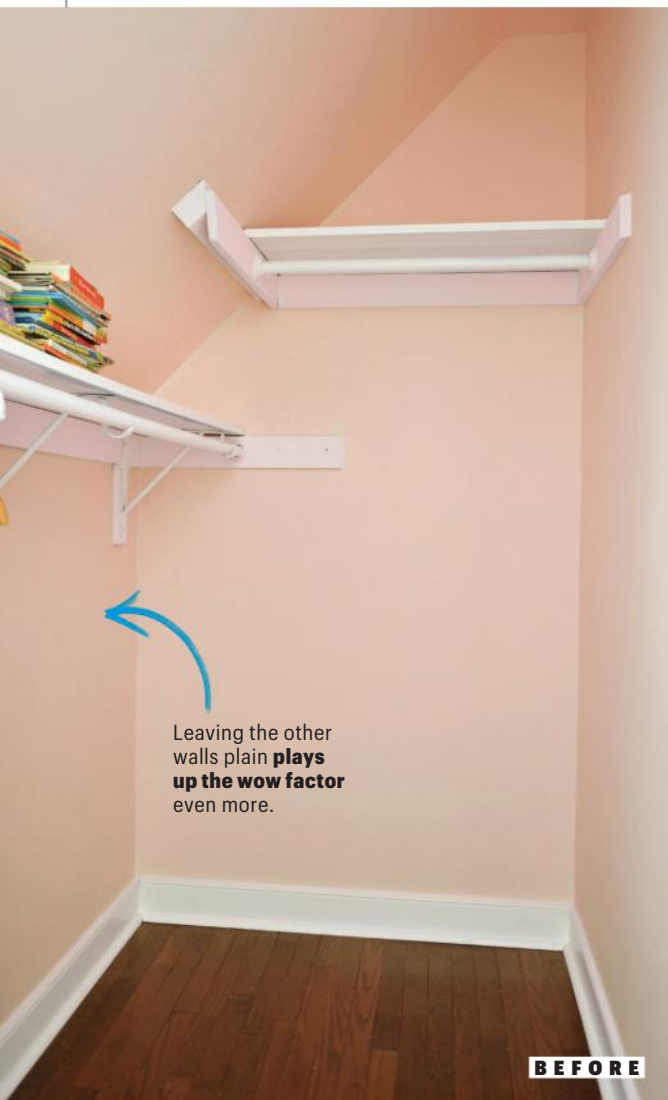
*A cool closet turned kid hideaway, a beautified bathroom and three more makeovers by the serial renovators behind the Young House Love blog.*

BY SHERRY AND JOHN PETERSIK

Watch out, world—trusty **electric staple gun** in hand, Sherry is a force to be reckoned with.



## c l o s e t



Leaving the other walls plain **plays up the wow factor** even more.

BEFORE



AFTER

**“YAY! YOU MADE INSIDE MY CLOSET SO PRETTY!” —CLARA**

Soon after we moved in, our daughter Clara announced that this closet was her favorite spot in the entire house. It's over 6 feet deep and 4 feet wide—great dimensions for a hideaway since we keep most of her clothes in her dresser. I really wanted to cover the back wall with something fun, and when I spotted this fabric (Peaceful Perch in Sherbert by Dena Designs) I knew she would love it. Three yards was enough to go from floor to ceiling. I cannot overemphasize how easy it was! It only took about three hours to neatly staple the fabric to the wall, cut away the excess material with an X-acto knife and trim with ribbon. Years later, it's still holding up perfectly.

***Fabric Finds***



**Fret Butter**, Robert Allen@Home Best Print Fabric, \$20/yard  
**Confetti Flying Colors**, Kelly Ripa Home Upholstery Fabric, \$45/yard  
**Retweet Fruit Cocktail**, Waverly Outdoor Print Fabric, \$22/yard  
**Katia Adriatic**, Waverly Upholstery Fabric, \$35/yard  
 All fabrics available at joann.com.

## living room



**AFTER**

### FROM BLAH TO BEAUTIFUL

My best friend just wasn't feeling it for her beige and basic living room—but with three kids, and their potential to make messes, she thought it wise to wait a few years before a spendy redo. I jumped at the chance to help her with a strategic makeover. This is their formal living room, so the TV and lounge-y sectional live elsewhere, but the room still sees plenty of action. A key element was inexpensively DIYing a matching set of display shelves to flank the couch. These are \$50 Vittsjö units from IKEA, covered with Universal Metallic Spray Paint in Pure Gold by Rust-Oleum, definitely the best gold we've found. To further up the ante, we covered the shelves with marble contact paper. Other big-payoff projects included adding France-inspired art (the couple travels there once a year) from Minted above the sofa and on the side wall, and bringing in a pair of acrylic ghost chairs (\$68 apiece on Amazon) to help the seating area feel more complete without making the room feel overcrowded. That side table is actually a basket she already owned, turned upside down. All in all, a huge win.



**BEFORE**

If these walls could talk, they'd say,  
**"We need some art."**



### Gray Zone

This room started with a great, safe backdrop color that doesn't skew too dark or too warm.

Repose Gray by Sherwin-Williams [sherwin-williams.com](http://sherwin-williams.com)

For a lighter, softer alternative, consider a pick that reads more as a soft, cool tan or taupe.

Edgecomb Gray by Benjamin Moore [benjaminmoore.com](http://benjaminmoore.com)

To go slightly darker, we like a very true warm gray tone. This one doesn't have much blue in it at all.

Revere Pewter by Benjamin Moore [benjaminmoore.com](http://benjaminmoore.com)

closet vanity



**TOTALLY FLOORED**

When ripping out ugly carpet in our master closet and vanity left us with a subfloor nightmare, a stencil and paint came to the rescue. We didn't use an outdoor formula, as one usually might for this, because they can be fume-y. Instead, we opted for good primer, semi-gloss paint and a nice, thick coat of sealer. Four years later, it still looks new.



**Pattern Play**

Stencil: **Suzani Silk Road**, Royal Design Studio, royaldesignstudio.com, \$50.  
 Paint: **Benjamin Moore Revere Pewter** (lighter) and **Gargoyle** (darker), color matched to no-VOC **Olympic Icon**.

bathroom

**BRIGHTEN UP!**

When all was said and done, totally transforming our small bathroom had a huge payoff. First, we removed the dated glass shower door and replaced it with a simple white shower curtain. Next up: a full-scale attack on the wallpaper. We painted the ceiling light blue (Benjamin Moore Spring Mint) to balance the floor, extending the color about 8 inches down from the ceiling and trimming it out with lattice strips and 1.25-inch brad nails. Caulk along the edges and in the nail holes sealed the deal.



## bedroom



Our kids keep growing!  
The **gallery wall** could use  
some updating.

For **bedskirts**, try  
HomeGoods, Bed  
Bath & Beyond  
and Pottery Barn.

### More Statement Fixtures

Lit or not, this casts  
the coolest shadows.  
IKEA PS Maskros,  
ikea.com, \$90



**John and Sherry  
Petersik** have  
blogged through  
three houses  
since 2007.



Love the classic  
honeycomb pattern.  
Young House Love Large  
Mercury Prism Pendant,  
shadesoflight.com, \$225



Five milk glass orbs = lots of drama.  
Bautista 5-Light Sputnik Chandelier, wayfair.com, \$399

### **THE STUFF OF DREAMS**

Gradual evolution is the name of the game in our house. No room is exempt, but our bedrooms seem especially prone to never-ending tweaking.

Over our first few years in this space, we laid down hardwood floors, painted the room dark blue, added a frame gallery and repainted it greige.

But to our surprise, two relatively small updates ended up having a major impact. We swapped out a somewhat undersized iron-and-glass light fixture for this showstopping capiz chandelier from West Elm, snagged for \$250 during the holiday sale. (We're not lying when we say that looking at this fixture floods our bodies with serotonin.) Also, we switched our platform bed with the boxspring-style bed frame in the guest room, adding a bed skirt to the mix in here. Right away, the skirt made the bed feel substantial and grounded the space in a way we hadn't realized was missing. Two thumbs up!

# In Good Spirits

*It's party time! Think beyond a bunch of bottles on the kitchen counter: Stock a beautiful bar cart. Cocktail writer Robert Simonson—author of 3-Ingredient Cocktails—offers top-to-bottom tips.*

BY CAROLINE MULLEN

## GO FOR HAWTHORNE

"This strainer is most common and works for both stirred and shaken cocktails."

## COUPES DO DOUBLE DUTY

"Certainly these can be used for martinis, but also for a variety of other drinks, like Manhattans or Daiquiris."

→ "The art of the bar cart is simplicity—it's like going on a road trip in a compact car. Focus on economy and convenience."

## weapons of choice

Equip your cart with this set of basic tools:

- cocktail shaker
- ice bucket
- wine key
- Hawthorne strainer
- jigger
- citrus peeler
- bar spoon

→ "A bar cart is not complete without a beautiful cocktail shaker." It's a standout piece, so go ahead and splurge.

## booze on the move

Here's what Simonson suggests for starters:

- vodka
- London dry gin
- bourbon, rye and Irish whiskey
- blended Scotch silver tequila
- white rum

→ "If you need to choose one whiskey, bourbon is the most versatile."

## mix 'em up

Once you've rounded up the liquor, it's time to fill in with a few additional items.

- club soda
- simple syrup
- tonic
- ginger ale
- olives
- Angostura bitters
- dry and sweet vermouth
- orange bitters
- lemons, limes and oranges

→ "People appreciate drinks made with fresh-squeezed juices as opposed to something like sour mix. It's a little bit of effort that goes a long way."



## step it up

To achieve master mixologist status, bear in mind:

- For killer Moscow Mules, you'll need ginger beer, copper mugs and stirring rods.
- Refreshing spritzers require Campari, Aperol and Prosecco.
- When only a Cosmo or Margarita will do, reach for Cointreau or Triple Sec.

## glass menagerie

These three options will cover your bases nicely.

- rocks glasses
- coupe glasses
- highball glasses

### ICE ICE BABY

Invest in double-walled construction so no condensation collects on the outside. A lid keeps cold air trapped inside.

### THE CART

Gold Cole 3-Tier Rolling Bar Cart, worldmarket.com, \$170

**THE GOODS** Fishes Eddy Charley Harper Pitcher, westelm.com, \$18. Gold Bar Spoon with Muddler, crateandbarrel.com, \$9. Japanese Style Jigger 1 oz/2 oz, cocktailkingdom.com, \$25. Bar Knife/Peeler (part of Benson 4-Piece Bar Set), bloomingdales.com, \$200. Double Knot Brass Bottle Opener, cb2.com, \$20. Stainless Steel Straws, crateandbarrel.com, \$7/set of 4. Plum Cocktail Shaker, tomixon.net, \$145. Pop Highball Glass in White, jonathanadler.com, \$18 each. Root7 Geo Glass Tumbler in Gold, amazon.com, \$43/set of 2. Marie Coupe Smoke Grey Cocktail Glass, cb2.com, \$5 each. Orb Sapphire Blue Glass Ice Bucket, crateandbarrel.com, \$50.

## A La Cart



### INDUSTRIAL

Libations Carbon Bar Cart, crateandbarrel.com, \$599



### STOWAWAY

Barrister's Butler Tray Table, wayfair.com, \$440



### COLORFUL

Bennett Bar Cart in Teal, wayfair.com, \$129



### ECLECTIC

Roar + Rabbit Bar Cart, westelm.com, \$499



### MODERN

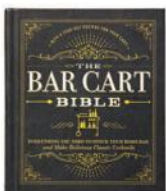
Acrylic Bar Cart, worldmarket.com, \$200

# bottoms up!

Here's to tips, tricks and drink recipes to help with whatever festivities you're planning.

## by the book

A toast to three recent releases



### *The Art of the Bar Cart* by Vanessa Dina

Packed with stunning style inspo for differing decor and drink preferences.

### *The Bar Cart Bible* from Adams Media

A comprehensive guide, true to its "biblical" title. You'll find recipes, facts and figures that will elevate your highbrow alcohol knowledge.

### *3-Ingredient Cocktails* by Robert Simonson

Simonson makes mixology totally foolproof, thanks to the three-ingredient max. Plus, learn a little history about each drink along the way.

Consider putting out a sign that suggests a few easily made cocktails. It's a gentle way of encouraging guests to keep their drink orders simple. The less messy and complicated, the better, says Simonson.

## finishing touches



Certain garnishes elevate cocktails in an instant. A few to keep in mind:

- **Raw Sugar Cubes**  
FOR A TRADITIONAL OLD-FASHIONED
- **Cocktail Onions**  
FOR A GIN MARTINI TURNED GIBSON
- **Blue Cheese–Stuffed Olives**  
FOR A LAVISH MARTINI\*

\*Making them is a cinch. Simply fill pitted queen-size Spanish olives with any blue cheese. For a less-salty take, stuff pitted dates with cheese instead.

## sipping in style



A Moscow Mule in a gorgeous copper mug? Yes, please! Trendy initially, now very much here to stay.



**RECIPE** → In a copper mug, stir 1½ oz vodka, ½ cup ginger beer and ½ oz fresh lime juice over ice. Garnish with a lime wedge and a mint sprig. Leave in the stirring rod for a decorative touch.

## DIY cocktail cherries



Homemade are night-and-day different from the jarred variety. Making them from scratch connotes connoisseur-type class yet requires minimal effort. (Besides being cocktail-worthy, these are AMAZING on ice cream.)



**RECIPE** → In a small pot, stir 1 cup each sugar and water and bring to a simmer. Reduce heat to medium and cook about 2 minutes, until sugar is completely dissolved. Stir in ¼ cup brandy. Add 12 oz pitted sour cherries and simmer 6 minutes. Pour cherries and liquid into a lidded jar. Cool completely and seal. Store in the fridge for up to 2 months.

## coasting through

Yes, they're merely a buffer between sweaty glass and tabletop—but these coasters also add a luxe Art Deco touch to any party.

Linear Gold Coasters, westelm.com, \$39/set of 4



## stirred, not shaken

Glamorous stirring rods are the ticket to expertly whirl stirred drinks like the Moscow Mule (see recipe below).

Dazzle Swizzle Sticks, crateandbarrel.com, \$20/set of 4

## shake it up!

There's a method to shaken cocktail madness. For best results:

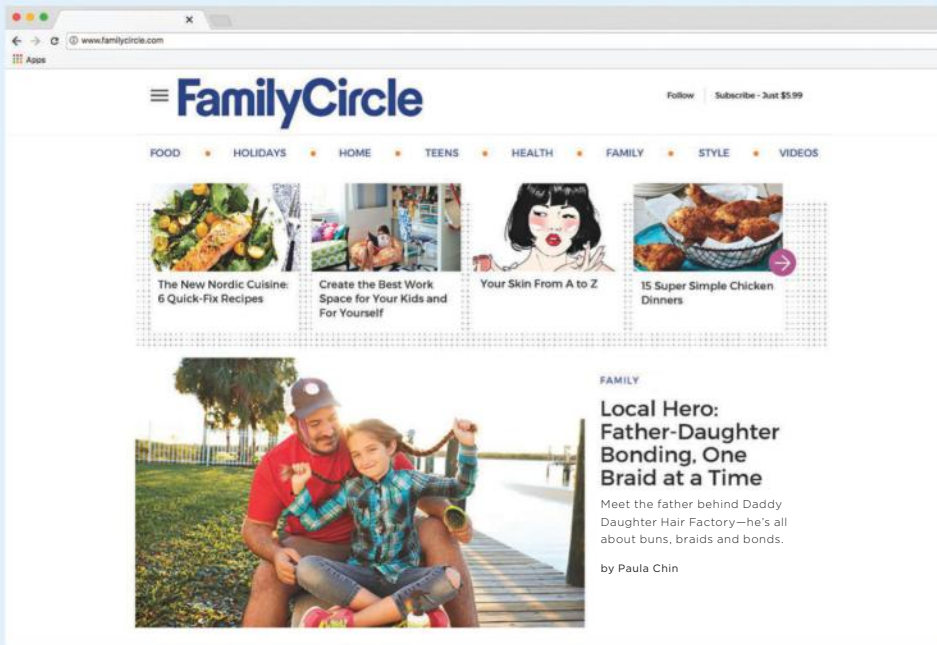
- 1 measure alcohol and mixers into shaker cup
- 2 fill with ice
- 3 secure lid, grip with one hand on the bottom and the other on the top, then shake vigorously over your shoulder for a count of 10 or until shaker frosts up
- 4 strain and serve

# CHECK OUT FAMILY CIRCLE ONLINE!



### Coming soon!

So here's some exciting news—FamilyCircle.com is getting a major makeover! Not only will it be significantly easier to find our awesome content and web-only exclusives online, but it'll also be a breeze to access us on your smartphone. We'll roll out improvements throughout 2018, with one of the biggest being a customized homepage experience so you can see content that matters most to you personally—whether that's lightning-fast weeknight recipes, home organization tips or smart advice for demystifying and dealing with tweens and teens. Come check it out!



This January the place to be on Pinterest is our weight-loss-related boards, including All Things Fitness, Quickie Workouts and Healthy Living.



Join us for frequent Facebook Lives—one of our upcoming topics is sound therapy, led by Health Director Lynya Floyd. Tune in to feel calmer. And be sure to like and follow our Facebook page for updates on more great videos.



### #DoDifferentDaily

Our New Year's resolution is to make your life easier. You'll find awesome advice in our pages and on our social platforms, where we'll be busting out smart little life tweaks every single day—365 tips in all. Get ready, people!



### #NationalCleanOffYourDeskDay

If de-cluttering tops your to-do list, you'll want to honor #NationalCleanOffYourDeskDay on January 8 by reading "Organizing Your Home Office" at familycircle.com/office-organization.



“Bye, bye, frequent heartburn.”

BECKY LONDON, ACTUAL PRILLOSEC OTC USER



#1

**DOCTOR<sup>†</sup> RECOMMENDED**  
**FOR 12 STRAIGHT YEARS AND**  
**IT'S STILL RECOMMENDED TODAY**

**ONE PILL EACH MORNING. 24 HOURS. ZERO HEARTBURN\***

\*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. May take 1-4 days for full effect. <sup>†</sup>QuintilesIMS ProVoice™ Survey, Jan 2005 - Mar 2017. © Procter & Gamble, Inc., 2018

# Food

Easy Entertaining    Weeknight Cooking    Test-Kitchen Secrets    Healthy Eating



## Healthy Family Dinners<sup>®</sup>

*Hello, self-checkout lane!  
Six delicious meals with  
only 6 ingredients each.*

BY JULIE MILTENBERGER

Food styling: Jamie Kimm. Prop styling: Courtney De Wet.



To make this dish a little heartier, add a middle layer of cooked crumbled sausage to each mac and cheese.

## 1 Makeover Mac and Cheese

Makes 6 servings  
Prep 20 minutes Cook 8 minutes  
Bake at 375° for 15 minutes  
Broil 3 minutes

### Staples

- 3 tbsp unsalted butter
- 3 tbsp all-purpose flour
- $\frac{3}{4}$  tsp salt
- $\frac{1}{2}$  tsp ground black pepper

### Ingredients

- 1 box (16 oz) medium shell-shaped pasta
- 6 tbsp seasoned panko bread crumbs
- 2 tbsp chopped parsley
- $2\frac{1}{2}$  cups 1% milk
- 3 tbsp dried minced onion
- 8 oz extra-sharp cheddar, shredded

• Heat oven to 375°. Bring a large pot of lightly salted water to a boil.

Add pasta. Cook according to package directions, about 8 minutes. Drain.

• Meanwhile, melt 1 tbsp butter in a small skillet. Add bread crumbs and cook, stirring, 3 minutes.

Remove from heat; stir in parsley.

• In a saucepan, melt 2 tbsp butter over medium. Whisk in flour; cook 1 minute. While whisking, add milk, onion, salt and pepper. Bring to a simmer and simmer 3 minutes.

• Stir  $\frac{1}{2}$  cups cheddar into milk mixture, then stir pasta into cheese sauce. Divide among 6 individual skillets or small pots. Sprinkle with remaining cheddar and the bread crumbs.

• Bake 15 minutes. Increase heat to broil. Broil 3 minutes and serve.

PER SERVING 599 Cal • 22 g Fat (12 g Sat) •  
25 g Pro • 73 g Carb • 9 g Sugars •  
0 g Fiber • 794 mg Sodium



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## SAUSAGE QUICHE

### INGREDIENTS:

1 16-oz. pkg. Jimmy Dean® Regular Premium Pork Sausage, cooked, crumbled, drained

4 green onions, sliced

1 cup shredded cheddar cheese

4 eggs

2 cups half-and-half or milk

1 cup all-purpose baking mix

Suggested toppings: sour cream, chopped tomatoes, chopped fresh parsley

### DIRECTIONS:

1. Preheat oven to 400°F. Place sausage in lightly greased 2-quart round casserole dish. Top with onions and cheese.

2. Beat eggs, half-and-half and baking mix with wire whisk until well blended. Pour over cheese.

3. Bake 45-50 minutes or until knife inserted in center comes out clean. Cool 5 minutes. Cut into 8 wedges. Add toppings.

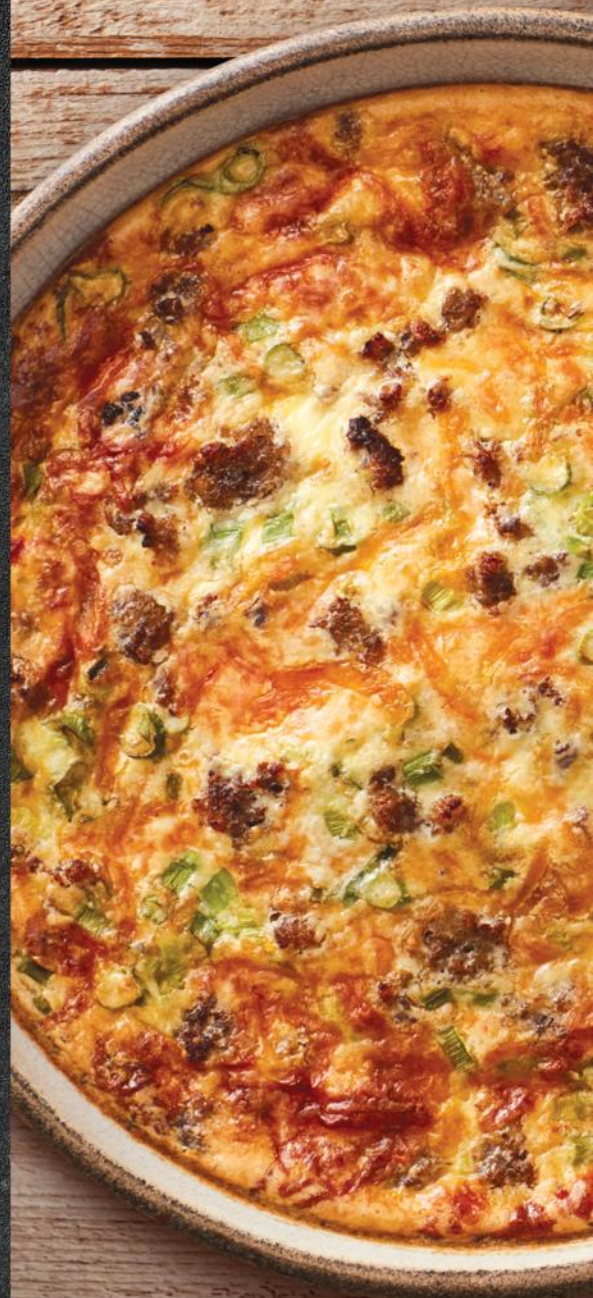
**PREP TIME:** 15 min. **COOK TIME:** 45 min.

**VARIATION:** Substitute a 13x9-inch baking pan for 2-quart round casserole dish. Bake 20-25 minutes or until knife inserted in center comes out clean.

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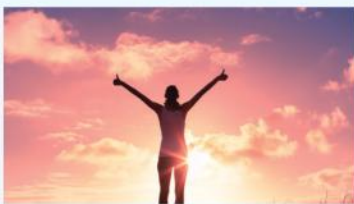
## Confidence 101

Blogger Julie Bonner shares tips to help you feel confident and polished in any situation.



[MomFabulous.com](http://MomFabulous.com)

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Replace the negative thoughts in your head with positive ones.



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## Food



## 2 Chicken Pesto Linguine

Makes 6 servings  
Prep 15 minutes Cook 15 minutes

### Staples

- 1 tsp salt
- ¾ tsp freshly ground black pepper
- 3 tbsp olive oil

### Ingredients

- 2 lemons
- 1 lb linguine
- 1¼ lbs boneless, skinless chicken breasts
- ½ cup plus 2 tbsp basil pesto
- 1 pint grape or cherry tomatoes, halved
- 1 cup frozen peas, thawed
- Juice 1 lemon to yield 3 tbsp lemon juice. Cut remaining lemon into wedges. Bring a large pot of lightly salted water to a boil. Add linguine and cook according to package

directions, about 12 minutes. Drain.

- Meanwhile, toss chicken with 2 tbsp pesto, ½ tsp salt and ¼ tsp pepper.
- In a large lidded skillet, heat 2 tbsp oil over medium-high. Add chicken, partially cover and cook 6 minutes. Flip chicken and cook 5 minutes. Uncover and add 1 tbsp oil, tomatoes and peas to skillet.
- Reduce heat to medium. Cover and cook 4 minutes or until chicken is cooked through.
- Transfer chicken to a cutting board and slice on the bias. Toss linguine in skillet with veggies, ½ cup pesto, lemon juice and ½ tsp each salt and pepper. Add sliced chicken and toss to coat. Serve with lemon wedges.

PER SERVING 553 Cal • 19 g Fat (3 g Sat) • 33 g Pro • 62 g Carb • 5 g Sugars • 1 g Fiber • 703 mg Sodium



### 3 BBQ Chicken Sammies

Makes 6 servings Prep 20 minutes  
Broil 11 minutes Cook 10 minutes

#### Staples

- ½ tsp freshly ground black pepper
- 1 tbsp olive oil
- ¼ tsp salt

#### Ingredients

- 3 large boneless, skinless chicken breast halves (about 1¼ lbs total)
- ¾ cup bottled barbecue sauce
- 1 large red bell pepper, cut into strips
- 1 medium yellow onion, halved and sliced
- 6 thin slices cheddar
- 6 seeded hamburger buns

- Heat broiler. Cut each breast half in half crosswise and pound lightly to ½-inch thickness. Spread out onto a foil-lined rimmed baking sheet and spread 1 tbsp barbecue sauce over each. Season with ¼ tsp black pepper and broil, 3 inches from heat, for 10 minutes.

- Meanwhile, heat oil in a large nonstick skillet over medium. Add bell pepper and onion and sauté 10 minutes. Stir in ¼ cup plus 2 tbsp barbecue sauce and season with salt and ¼ tsp black pepper.

- Remove baking sheet from broiler and divide veggie mixture among chicken pieces. Top each with a slice of cheddar and broil 1 minute to melt cheese. Transfer to buns and serve.

PER SERVING 554 Cal • 20 g Fat (7 g Sat) •  
39 g Pro • 46 g Carb • 18 g Sugars •  
1 g Fiber • 771 mg Sodium



### 4 Pork and Fried Rice

Makes 4 servings  
Prep 20 minutes Cook 13 minutes  
Bake at 425° for 20 minutes  
Microwave 90 seconds

#### Staples

- ¼ tsp freshly ground black pepper
- ¼ tsp salt
- 3 tbsp vegetable oil

#### Ingredients

- 1 pork tenderloin (about 1¼ lbs)
- 4 tbsp low-sodium soy sauce
- 1 medium onion, halved and sliced
- 1 bag (14.4 oz) frozen broccoli stir-fry vegetables (do not thaw)
- 2 pkg (8.8 oz each) fully cooked white rice
- 3 large eggs, beaten

- Heat oven to 425°. Rub pork with pepper and salt. Heat 1 tbsp oil in a large skillet over medium-high. Brown pork, about 6 minutes.

- Spoon 1 tbsp soy sauce over pork and place on a small rimmed pan. Bake 20 minutes, until temp is 145°.

- Meanwhile, reduce heat under skillet to medium. Add 2 tbsp oil, onion and frozen veggies. Sauté 4 to 5 minutes, until crisp-tender.

- Microwave rice as per package directions, 90 seconds. Stir rice and 3 tbsp soy sauce into skillet.

- Push mixture to one side of pan and add eggs. Cook, scrambling, 2 minutes. Stir egg and rice mixture together.

- Divide rice among 4 bowls. Slice pork and fan over rice.

PER SERVING 562 Cal • 21 g Fat (3 g Sat) •  
41 g Pro • 49 g Carb • 6 g Sugars •  
3 g Fiber • 808 mg Sodium

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WHEAT.

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“YEP, STILL CRUNCHY!”



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CRUNCHY  
WHEAT.

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## Food



**Try This!**  
Feel free to use flavored hummus, such as roasted red pepper or roasted garlic.

### 5 Shrimp Pita Pizzas

Makes 4 servings Prep 15 minutes  
Warm at 350° for 10 minutes  
Cook 4 minutes

#### Staples

- 3 tbsp olive oil
- ¼ tsp freshly ground black pepper
- ½ tsp salt

#### Ingredients

- 4 large pitas (6 to 7 inches across)
- ¼ cup plain Greek yogurt
- 3 tbsp red wine vinegar
- 1 lb cleaned shrimp (20–24 count)
- 4 cups loosely packed baby spinach, chopped
- 1 cup classic hummus

- Wrap pitas in foil and warm in 350° oven while cooking shrimp.
- Make a dressing: Combine yogurt, oil, vinegar, ½ tsp pepper

and the salt in a small bowl. Whisk until smooth.

- In a medium bowl, toss shrimp with 3 tbsp dressing. In a second bowl, toss spinach with ¼ cup dressing.
- Heat a grill pan or large cast-iron skillet over medium-high. Add shrimp and cook 1 to 2 minutes. Flip and cook 1 to 2 minutes more, until cooked through. Remove to a clean bowl and toss with remaining dressing.
- Spread hummus on warm pitas. Top with spinach and shrimp. Sprinkle with ½ tsp pepper.

PER SERVING 504 Cal • 18 g Fat (3 g Sat) •  
39 g Pro • 47 g Carb • 4 g Sugars •  
1 g Fiber • 801 mg Sodium



### Try This!

Speed swap: Trade your slow cooker for an Instant Pot. Prepare first step of recipe. Add beef to pot along with tomatoes, water and  $\frac{3}{4}$  tsp salt. Pressure cook on HIGH for 20 minutes. Open and add potatoes and carrots. Reseal and cook 5 minutes.

## 6 Slow Cooker Beef Stew

Makes 6 servings Prep 25 minutes  
Cook 9 minutes Slow cook on HIGH for 6 hours or LOW for 8½ hours

### Staples

- ¼ cup all-purpose flour
- 1¼ tsp salt
- ½ tsp freshly ground black pepper
- ¼ cup canola oil

### Ingredients

- 2¼ lbs beef chuck stew meat, cut into 1- to 2-inch pieces
- 1 pkg (10 oz) white or brown mushrooms, trimmed and cut into wedges
- 1 cup red wine
- 1½ lbs russet potatoes, peeled and cut into 1-inch pieces
- 1 can (14.5 oz) diced tomatoes with garlic and onions
- 5 medium carrots, peeled and sliced into ½-inch rounds

- In a large bowl, toss beef with flour,  $\frac{1}{2}$  tsp salt and the pepper. Heat 2 tbsp oil in a large stainless skillet over medium-high. Add half the beef and brown, 4 minutes. Remove to a 5-quart slow cooker. Repeat with remaining oil and beef and transfer second batch to slow cooker. Reduce heat under skillet to medium and add mushrooms and wine. Cook 1 minute, scraping up brown bits.

- Stir skillet contents plus potatoes, tomatoes, carrots,  $\frac{3}{4}$  tsp salt and 1 cup water into slow cooker. Cover and cook on HIGH for 6 hours or LOW for 8½ hours.

PER SERVING 599 Cal • 21 g Fat (5 g Sat) • 61 g Pro • 37 g Carb • 8 g Sugars • 4 g Fiber • 789 mg Sodium

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# Leeks

*Meet the onion's sweeter, mellow cousin.*

BY SARAH WHARTON

Use only the white and light-green parts of the leek. To clean, slice in half lengthwise, leaving the root end intact. Submerge in water several times to wash away all dirt.

## 1 Leek and Cauliflower Soup

Makes 4 servings  
Prep 10 minutes  
Cook 27 minutes

In a large pot, cook 4 cups thinly sliced leeks in 1 tbsp each **unsalted butter** and **olive oil** until softened, 5 minutes. Transfer to a bowl. Add another 1 tbsp each

**unsalted butter** and **olive oil** to pot and cook 1 head thinly sliced **cauliflower** until browned, about 7 minutes. Add 6 cups **unsalted chicken stock**, ½ tbsp chopped **fresh dill** and cooked leeks. Bring to a boil, then simmer, covered, 15 minutes. Cool 3 minutes; blend with an immersion blender until smooth. Stir in 2 tsp **salt**, ¼ tsp **freshly ground black pepper**, 1 tsp finely chopped **fresh dill** and 1 tsp **white wine vinegar**. Top with shredded **cheddar**.

## 2 Frizzled Leeks

Makes 4 servings  
Prep 10 minutes  
Cook 5 minutes

Split 1 large **leek** lengthwise and cut into 2-inch matchsticks. Heat 1 cup **vegetable oil** in a deep skillet over medium; working in 2 batches, fry leeks until golden brown, 2½ minutes. Transfer to a paper-towel-lined baking sheet; sprinkle with a pinch of **salt** after each batch. Serve over mashed celery root or potatoes.

## 3 Leek Vinaigrette

Makes 4 servings  
Prep 5 minutes

Finely dice half a **leek**. Mix with ¼ cup **white wine vinegar**, 1 tsp **Dijon mustard** and ⅛ tsp each **salt** and **freshly ground black pepper**. Whisk in 6 tbsp **extra-virgin olive oil**. Fold in 1 tsp chopped **fresh tarragon**. Drizzle over roast chicken or baked fish.

## 4 Leek Tart

Makes 6 servings  
Prep 15 minutes Cook 7 minutes  
Bake at 400° for 30 minutes

Form 2 pieces thawed **puff pastry** into 1 long rectangle, overlapping by 1 inch; press together. Fold edges inward and press to create a 1-inch border. Brush edges with 1 large beaten **egg**. Beat another large **egg** with 4 oz each **goat cheese** and **blue cheese**; spread inside border. Cut 2 **leeks** into 1-inch half-moons, and cook with 1 thinly sliced **shallot** in 1 tbsp **unsalted butter** over medium-low for 7 minutes. Spoon over cheese; top with ½ tsp **fresh thyme** and **freshly ground black pepper**. Bake at 400° for 30 minutes.

FRIZZLED

SOUP

VINAIGRETTE

TART

For nutrition info and more recipes, visit [familycircle.com/leek-recipes](http://familycircle.com/leek-recipes).



# Basics

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# Done

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# Better

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MELISSA CLARK—MOM, COOKBOOK  
AUTHOR AND *NEW YORK TIMES* FOOD  
COLUMNIST—TAKES YOUR EVERYDAY  
(YAWN) DINNERS TO THE NEXT LEVEL  
WITH A FEW SIMPLE SWAPS.

PHOTOGRAPHY BY JOHNNY MILLER

BASIC  
Salmon  
DO IT BETTER  
Caramel  
Glaze



BASIC  
Stir-Fry  
DO IT BETTER  
Cashews & Dates



BASIC  
Meatballs  
DO IT BETTER  
Chicken &  
Chile Sauce



BASIC  
Turkey Breast  
DO IT BETTER  
Anchovy-  
Rosemary Rub



BASIC  
Veggie Chili  
DO IT BETTER  
Pickled  
Onion



## basic 1

## Meatballs

These relatively mild, cumin-flecked chicken meatballs are a gentle foil to the vibrant, fiery green chile sauce served with them. Chile pepper avoiders (i.e., my daughter, Dahlia) will happily eat the meatballs plain, while heat seekers (i.e., the adults, such as my husband and me) can slather them in sauce. If you love garlicky, spicy, herbal flavors, keep this sauce recipe handy. It's excellent on pretty much everything, from roast chicken and fish to grilled steaks, to burgers, to plain rice, and will keep for a week in the refrigerator. It's also nice cooled down with a drizzle of plain yogurt, which makes it appealingly creamy too. You can use either white- or dark-meat chicken to make the meatballs; the white meat will be milder, the dark meat more tender. Or substitute ground pork or turkey.

### Cumin-Chicken Meatballs with Green Chile Sauce

Makes 4 servings Prep 20 minutes  
Cook 2½ minutes Broil 7 minutes

#### Meatballs

- 1 or 2 large slices white sandwich bread (or use ½ cup fluffy pulled-out center of any bread, such as a baguette or a country loaf)
- 2 tbsp milk, preferably whole
- ¾ tsp cumin seeds
- ¼ tsp red chile flakes
- ¼ tsp ground cumin
- 1 lb ground chicken
- 1 large egg, lightly beaten
- 2 cloves garlic, grated on a Microplane or minced  
Finely grated zest of 1 lemon
- 2 tsp Worcestershire sauce
- 1¼ tsp kosher salt, plus more for sprinkling
- ½ tsp freshly ground black pepper  
Extra-virgin olive oil, for drizzling  
Rice or mashed potatoes, for serving

#### Sauce

- 2 to 3 jalapeños, seeded
- ¼ cup fresh parsley leaves
- ¼ cup fresh cilantro or basil leaves
- 2 garlic cloves, grated on a Microplane or minced
- ¼ tsp kosher salt, plus more to taste
- 2 tbsp extra-virgin olive oil
- 1 tsp lemon juice, plus more to taste

• Make the meatballs: Combine bread and milk in a large bowl, and set aside for bread to soak while you toast cumin seeds.

- In a small, dry skillet over medium, toast cumin seeds until fragrant, about 2 minutes. Add chile flakes and toast 30 seconds. Stir in ground cumin and set aside.
- To bowl containing bread and milk, add chicken, egg, garlic, lemon zest, Worcestershire, salt, pepper and toasted spices. Mix with your hands—mixture will be wet—until just combined and form into 1-inch balls. (At this point you can wrap meatballs well and refrigerate overnight before cooking.)
- Heat broiler. Set rack at least 4 inches from heat source.
- Arrange meatballs in a single layer, not touching, on 1 or 2 rimmed baking sheets. Drizzle with olive oil and broil, checking often and shaking baking sheet occasionally to help meatballs brown all over, 4 to 7 minutes.
- While meatballs are cooking, make the sauce: In a blender, combine jalapeños, parsley leaves, cilantro or basil leaves, garlic, salt, olive oil and lemon juice with just enough water to make mixture move in the blender (about 1 to 2 tbsp). Blend until smooth and add more salt if needed (you might need up to another ¼ tsp). Serve sauce alongside meatballs. These work well served with either hot white rice or mashed potatoes.

PER SERVING 310 Cal • 21 g Fat (5 g Sat) •  
23 g Pro • 7 g Carb • 1 g Sugars •  
1 g Fiber • 892 mg Sodium

## basic 2

## Veggie Chili

This is my version of vegetarian chili, which I simmer in a shallow skillet instead of a deep pot so that it comes together quickly enough for any given weeknight (wider pan = quicker evaporation = dinner on the table faster). I like to serve this with quick-pickled onions—red onions soaked in lime juice, salt and sugar—to add a tangy bite to the beans, contrasting with their starchy softness. There's also a lime crema in this recipe, which may feel like one step too many on a weeknight, in which case you can absolutely skip it. Or substitute a dollop of yogurt straight from the container to add a little creaminess. But do make the pickles; they're worth the extra 3 minutes it takes to throw them together.

**Melissa Clark** is a food writer, cookbook author and staff reporter for *The New York Times*.



Recipes reprinted from *Dinner: Changing the Game*. Copyright © 2017 by Melissa Clark; \$35.

### Black Bean Skillet Dinner

Makes 4 servings  
Prep 10 minutes Cook 34 minutes

#### Crema

- Finely grated zest of 1 lime
- 1 clove garlic, grated on a Microplane or minced
- 1 cup sour cream or Greek yogurt
- Pinch of kosher salt

#### Pickled Onion

- Juice of 1 lime
- 1 small red onion, very thinly sliced
- 1 tsp sugar
- ¼ tsp kosher salt

#### Beans

- 1½ tbsp extra-virgin olive oil
- 1 small yellow onion, diced
- 3 medium Cubanelle peppers, seeded and diced (about 1 cup)
- 1 small jalapeño, seeded and finely chopped
- 1 clove garlic, grated on a Microplane or minced
- 2 tsp dried oregano
- 1 tsp chili powder
- 3 cups canned black beans, drained and rinsed
- 1 can (15 oz) diced tomatoes, with their juices
- 1 tsp kosher salt
- Diced avocado
- Fresh cilantro leaves

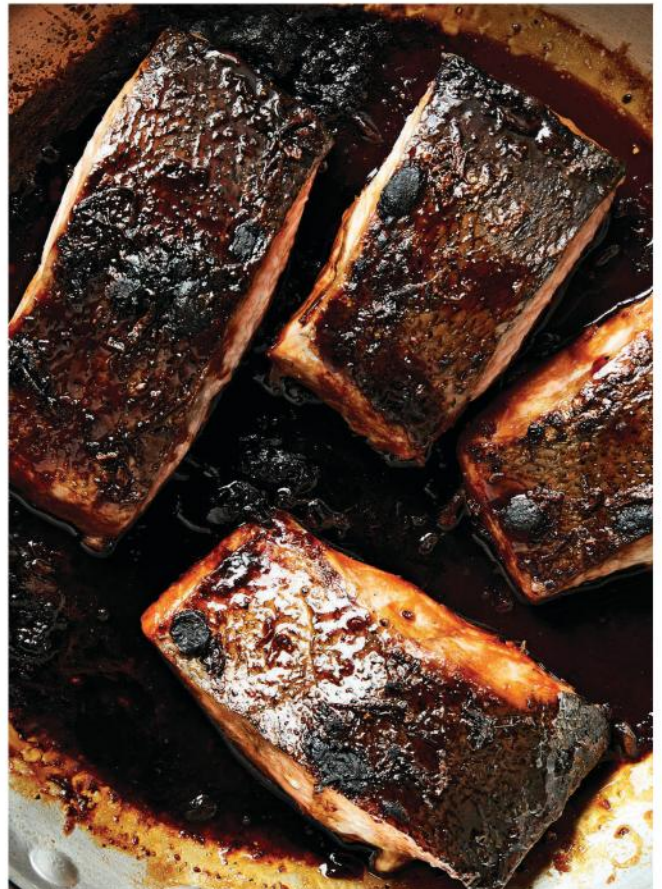
• Make the crema: In a small bowl, combine lime zest, garlic and sour cream. Season with salt.

• Make the pickled onion: In another small bowl, combine lime juice, onion, sugar and salt. Let stand while you prepare beans.

• Cook the beans: Heat oil in a large skillet over medium-high. Add onion, peppers and jalapeño. Cook, stirring frequently, until vegetables are softened and browned at edges, 10 to 12 minutes. Stir in garlic, oregano and chili powder, and sauté until mixture smells garlicky, 1 to 2 minutes. Stir in beans, tomatoes and juices, ½ cup water and the salt. Reduce heat to medium and simmer until mixture has thickened, about 20 minutes. Taste and add more salt if needed.

• Spoon beans into individual warmed bowls. Top with avocado, dollops of crema, pickled onions and cilantro.

PER SERVING 451 Cal • 22 g Fat (9 g Sat) •  
16 g Pro • 52 g Carb • 9 g Sugars •  
20 g Fiber • 1,164 mg Sodium





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## basic 3

## Salmon

In Vietnam, thick bone-in catfish steaks are simmered in a dark and highly peppery caramel for upwards of an hour, until the fish practically falls apart in its bittersweet, pungent sauce. Here,

I've replaced catfish with salmon. And by using brown sugar instead of making my own caramel, I've also speeded up the process so that the whole thing is ready in less than 30 minutes.

The salmon still has time to absorb all the intense flavors of the caramel, but it doesn't overcook.

## Vietnamese Caramel Salmon

Makes 4 servings Prep 15 minutes  
Cook 6 minutes Broil 5 minutes

- 4 skin-on salmon fillets, preferably center cut (6 to 8 oz each)
- 1 tbsp coconut or extra-virgin olive oil
- Fine sea salt to taste
- ½ cup packed light brown sugar
- 3 tbsp Asian fish sauce
- 2 tbsp soy sauce
- 1 tsp grated peeled fresh ginger
- Finely grated zest of 1 lime
- Juice of ½ lime
- ½ tsp freshly ground black pepper
- Sliced scallions (white and green parts), for garnish
- Thinly sliced jalapeño, for garnish
- Fresh cilantro leaves, for garnish

- Set an oven rack 6 inches from heat source (usually the second rack position, not the one closest to heat source) and turn on broiler.

- Brush salmon all over with oil and season lightly with salt.

- In a 12-inch oven-safe skillet set over medium-high, combine brown sugar, fish sauce, soy sauce, ginger, lime zest and juice, black pepper and 1 tbsp water. Bring to a simmer.

- Place fish, skin side up, in skillet. Reduce heat to low and simmer, without moving fillets, until fish is halfway cooked, 4 to 6 minutes.

- Spoon pan juices over fish and transfer skillet to oven. Broil until fish is just cooked through and skin is caramelized in spots, 2 to 5 minutes for medium-rare, depending on thickness of fish.

- Transfer fish to a plate and garnish with scallions, jalapeño and cilantro. Drizzle with pan sauce.

PER SERVING 393 Cal • 16 g Fat (5 g Sat) • 41 g Pro • 19 g Carb • 18 g Sugars • 0 g Fiber • 1,440 mg Sodium

## Sesame Chicken with Cashews and Dates

Makes 4 to 6 servings  
Prep 15 minutes Cook 17 minutes

- 4 tbsp toasted sesame oil
- 1 2-inch piece fresh ginger, peeled and sliced into 12 thin coins
- 8 cloves garlic, smashed and peeled
- 1 bunch (about 8) scallions (white and green parts), cut into 2-inch lengths
- 3 to 4 dried red chiles, or ½ tsp red chile flakes
- ½ cup unsalted roasted cashews
- 6 boneless chicken thighs (about 2 lbs; preferably with skin on, but off is okay), cut into 2-inch chunks
- ½ cup rice wine or dry sherry
- 3 tbsp dark soy sauce or tamari
- 4 pitted dates, thinly sliced
- 3 cups fresh basil or cilantro leaves, or a combination
- Rice vinegar or fresh lime juice to taste, for serving
- Cooked rice, for serving

- Heat a 12-inch skillet or wok over high until very hot, at least 2 minutes. Add 2 tbsp sesame oil to wok and swirl it around; oil should thin on contact. When oil is hot, add ginger, garlic, scallions and chiles. Stir-fry until garlic is golden at edges, 2 to 3 minutes.

- Add 2 tbsp sesame oil, the cashews and chicken; stir-fry until chicken starts to brown, 4 to 5 minutes (reduce heat if cashews are browning too quickly). Add rice wine, soy sauce and dates; simmer until sauce has reduced to a syrupy consistency and chicken is cooked through, 5 to 7 minutes.

- Stir in basil, sprinkle with rice vinegar and serve over rice.

PER SERVING 515 Cal • 21 g Fat (4 g Sat) • 38 g Pro • 43 g Carb • 5 g Sugars • 2 g Fiber • 643 mg Sodium

## basic 4

## Turkey Breast

If it's not Thanksgiving or Christmas, people tend to forget about turkey beyond a club sandwich or a substitute for ground beef in burgers and the like. Turkey parts, either legs or breast, make robust meals any time of the year. Here, I roast a boneless whole turkey breast that's been rubbed down with a potent paste of anchovies, garlic, rosemary and lime zest, then plopped right on top of a thicket of rosemary needles for roasting. The breast emerges moist and very fragrant, ready to be sliced and served hot. Leftovers are excellent, of course, in sandwiches.

## basic 5

## Stir-Fry

In the classic Taiwanese dish—called Three Cups Chicken—a sauce of toasted sesame oil, dark soy sauce and honeyed rice wine gives pieces of chicken and scallions an extraordinary depth of flavor, while chiles and fresh ginger add verve. In my version, I also toss in slivers of dates and roasted cashews to add both a sugary depth and a substantial crunch. It makes a great dish ever so slightly more interesting, both texturally and flavor-wise.

## Roasted Turkey Breast with Rosemary and Anchovies

Makes 6 servings Prep 20 minutes  
Marinate 30 minutes or up to 24 hours  
Roast at 400° for 25 minutes, then at 350° for 30 minutes Rest 10 minutes

- 1 boneless turkey breast (about 2½ lbs)
- 1 bunch fresh rosemary (about 8 large sprigs)
- 8 to 12 oil-packed anchovies
- 2 large cloves garlic, finely chopped
- Finely grated zest of 1 lime
- 1 tsp kosher salt
- 1 tsp freshly ground black pepper
- 2 tbsp extra-virgin olive oil

- If turkey breast is pre-tied, untie it. Pat dry with paper towels. Finely chop enough rosemary leaves to yield 1 tbsp; reserve remaining rosemary.

- Using a mortar and pestle, or a bowl and the back of a wooden spoon, mash together anchovies, chopped rosemary, garlic, lime zest, salt and pepper. Stir in oil. Spread mixture all over turkey, place in a bowl and cover loosely with plastic wrap. Marinate at room temperature for at least 30 minutes, or refrigerate for up to 24 hours.

- Heat oven to 400°.

- Place reserved rosemary sprigs on a small rimmed baking sheet. Roll turkey breast up into a nice, even roast and tie it with kitchen twine so it keeps its shape and doesn't unroll as it cooks. Put turkey, skin side up, on top of rosemary.

- Roast turkey for 25 minutes. Reduce heat to 350° and continue roasting until a thermometer inserted in thickest part of meat registers 160°, another 20 to 30 minutes. Allow meat to rest for 10 minutes before untying and slicing.

PER SERVING 274 Cal • 8 g Fat (2 g Sat) • 42 g Pro • 2 g Carb • 0 g Sugars • 0 g Fiber • 732 mg Sodium



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Our services are free.  
Let's work together.**

**Call our toll-free helpline,  
1-855-DRUGFREE.  
Or visit us at [drugfree.org](http://drugfree.org).**



# Health

Latest News

Diet Advice

Everyday Wellness

Body & Mind



## #2018Goals

*We've converted some of the top New Year's resolutions into real promises you can make to yourself—and not break.*

BY BARBARA BRODY

● The new year feels like a fresh start—a chance to wipe the slate clean. In reality...it's not. We can't snap our fingers and expect our habit of stopping by the drive-through on the way home to magically disappear. But come January 1st, a bunch of us try. "Many people confuse a resolution with a wish," says John C. Norcross, PhD, a psychologist and distinguished professor at the University of Scranton. "It's fine to wish for something, but what are you going to do to make it real?"

To help you sort out that very issue, we've taken four common New Year's wishes and transformed them into rock-solid resolutions. The most crucial part of that process: making sure the goals are realistic and specific. Once you've picked your resolution(s), write it down—along with a list of reasons why it's important to you and how you'll track your progress. (That's another success-boosting strategy.) Say goodbye to fading dreams and hello to an awesome reality!



Your Desire

## Mindfulness for Busy Moms

Books to help you tame the chaos and quiet your mind

→ **Breathe, Mama, Breathe** by Shonda Moralis With 65 different 5-minute mindfulness exercises, one (or more) is sure to help you find your center.

→ **The Tiny Book of Tiny Pleasures** by Irene Smit and Astrid van der Hulst Toss this diminutive gratitude guide in your purse and thumb through it when you need a reminder of all that's good.

→ **You Have 4 Minutes to Change Your Life** by Rebekah Borucki Quick practical techniques from a certified yoga and meditation instructor who's also a mom of five. Yeah.

# "I Want to Live More Mindfully"

Maybe mindfulness sounds like something other people do, or that you would do—if only you could find the time. It's easier than you think.

### This year I will... find a tangible item that reminds me to stay grounded daily.

Snow globes work for Andrea Brandt, PhD, the author of *Mindful Aging*. "At my workshops, I shake one up and explain that those snowflakes represent all the thoughts going on in your head at any moment, and how that blizzard is distracting you from living in the present," Brandt says. "Breathe slowly as the flakes gently settle to the ground, until you're left with the stillness and beauty at the end

of a fresh snowfall." You might also try carrying a worry stone or wearing jewelry with a peace symbol or mandala.

### This year I will... do a quick de-stressor every time I start to feel frazzled.

As soon as you feel the pressure building, take one hand and grab the other and start massaging it with your thumb. Find any tender points as you breathe slowly. "I'm trained in Oriental medicine, but you don't need to know acupressure points to do this," says Pedram Shojai, author of *The Art of Stopping Time: Practical Mindfulness for Busy People*. "Poke around, find the tender spots and massage them. That's it."

### This year I will... meditate for just 5 minutes a day.

All you have to do is sit quietly and listen to your breath while trying to be non-judgmental about whatever pops into your head. "Just breathe," says Brandt. "Focus on your chest heaving and your tummy expanding." Or use an app to guide you, like Insight Timer, The Mindfulness or Headspace.

### This year I will... take at least one contemplative walk every week.

Maybe sitting still with your thoughts just isn't for you. That's OK. Go outside and take a few deep breaths as you pay attention to the sensations throughout

your body. Then go for a stroll. "When you practice walking meditation, you simply walk with awareness," says yoga and Ayurveda expert Micah Mortali, director of the Kripalu Schools. "Focus on the sensations in your body: Feel your feet in contact with the earth. Take in the sights, smells and sounds of walking."



Learn more ways to chill in an instant: [familycircle.com/instant-stress-relief](http://familycircle.com/instant-stress-relief).



*Your  
Desire*

## “I Need to Exercise More”

Whether you're stuck at a desk, in a car or both for most of the day, you can kick your sedentary habits to the curb.

**This year I will... take at least one seated activity and find a way to make it active.**

Walk around your cubicle while listening in on a weekly conference call. If you shuttle kids to sports practices, chat with the other parents for a few minutes, then walk the field or do a strength training routine, says Pete McCall, CSCS, a spokesperson for the American Council on Exercise (ACE). Hit the floor for crunches and stretches during the commercials of your favorite shows. Or try walking or biking for part of your commute.

**This year I will... explore new activities until I find something I love.**

Once a month or once a week, try something different. Take a hot yoga class, explore CrossFit, find a group to snowshoe with. Keep at it until you find a workout so fun you'll make time for it—no matter what pops up in your day.

**This year I will... be active for at least 30 minutes a day, 3 times a week.**

Get your calendar right now and figure out when this will happen. Block off 30 minutes every Wednesday to walk during your lunch break or commit to Zumba every Thursday night. The options are endless, but doing the

pre-planning is crucial, says McCall, who is also host of the *All About Fitness* podcast.

**This year I will... find a buddy or app that will keep me accountable.**

You're more likely to succeed when you have to answer to someone besides yourself, says Michael Dansinger, MD, a medical director of lifestyle programs and former nutrition expert for *The Biggest Loser*. Find a willing friend or family member to meet you at the gym, or download an app that will push you. We like StickK (which makes you sign a commitment contract to yourself) or Fitocracy (which offers check-ins from a coach for a fee).

### *How Fit Are You?*

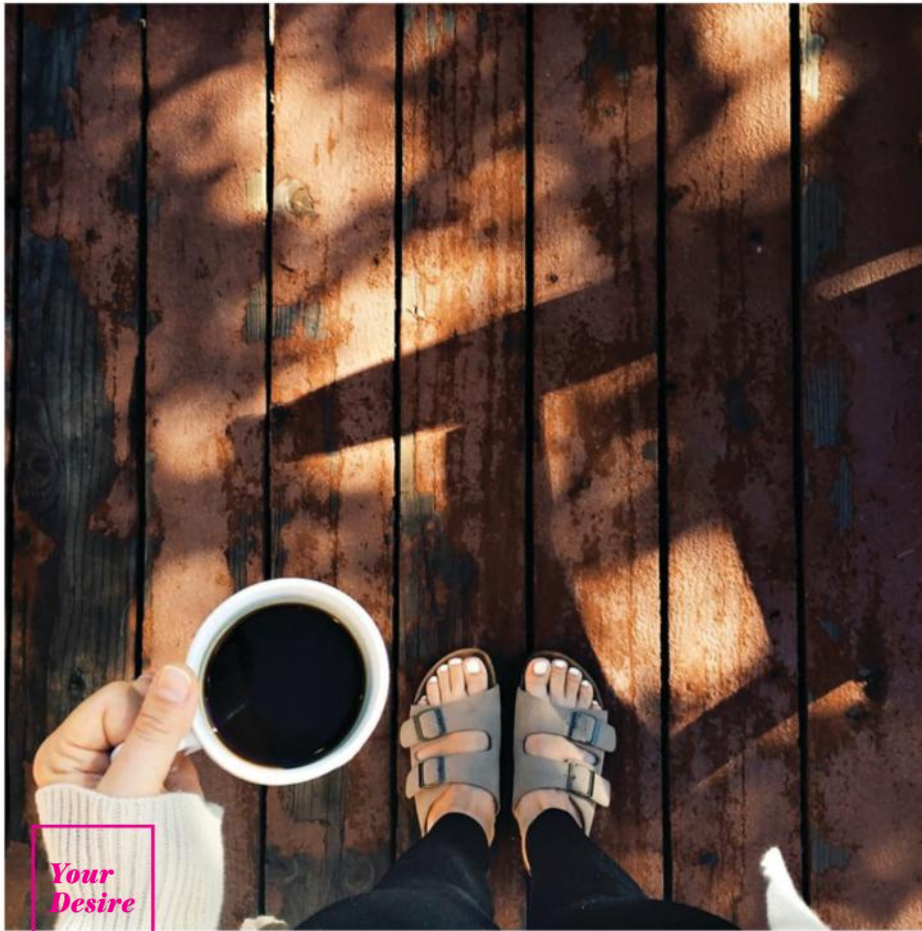
You might not even break a sweat with this quick test, but you will find out where you stand. Can you...

- **Hold a plank** (with your hips and shoulders level) for 1 minute?
- **Do 12** full-body push-ups or 20 modified ones?
- **Balance** while standing on one leg for 1 minute? Try it on both sides.

If you're not quite there yet that's OK, but these are good goals to strive for. "Each test demonstrates that multiple muscle groups are able to work together to generate and control force," says McCall. "Being able to work up to these numbers will indicate a healthy level of strength and, more important, coordination."



**Get your #fitspo right here with our list of hot new classes to try: [familycircle.com/new-workout-classes](https://familycircle.com/new-workout-classes).**



Your  
Desire

## “I Need More Energy”

If you can barely drag yourself out of bed in the morning, it's time to make sleep a priority.

### This year I will... stop hitting the snooze button.

“The average snooze cycle is seven to nine minutes—not long enough for your brain to get back into a deep state of sleep,” explains clinical sleep specialist Michael Breus, PhD. So it's not restorative sleep. Instead, just set the alarm for when you must get up and get on with your day. As with bedtime, keep your wake time consistent so that your body gets into a rhythm. After a few weeks you should find that you're naturally more alert (not desperately seeking caffeine) when your alarm goes off.

### This year I will... get out of bed if I can't sleep.

Quit counting sheep into the hundreds. “You don't want your bed to become a stressful place,” says Rebecca Robbins, PhD, a sleep researcher at NYU School of Medicine. “Read a few pages of a book in another room, and come back when you're tired again.”

### This year I will... refresh my bedroom to evoke relaxation.

Return whatever Christmas gift you don't want and buy a comfortable pillow, a lusciously soft comforter or anything else for your bedroom that screams—or rather whispers—zen, says Robbins, who is also co-author of *Sleep for Success!* And it's

worth taking a moment to rid your room of electronic gadgets that are emitting too much light, which interferes with your body's get-sleepy signals.

### This year I will... set a cut-off time for my daily to-do list.

You can't go from tidying up the house and packing lunches to drifting off to sleep in an instant, says Robbins. Do the math: Take your desired bedtime and subtract one hour. That's when you need to start the wind-down process. Next, establish a relaxing nightly ritual—perhaps something as simple as taking a warm shower—that will eventually signal to your body that it's power-down time.

## A.M. Alert

As soon as you open your eyes, check for these symptoms of health problems that could be tied to a bad night's sleep.

→ **Achy jaw** You may have a temporomandibular joint (TMJ) disorder. “Jaw clenching or teeth grinding can lead to both soreness and headaches,” says Shilpi Agarwal, MD, a family medicine and integrative physician in Washington, DC. See your internist or dentist.

→ **Sore throat** Talk to an allergist. A chronic sore throat in the a.m. often indicates post-nasal drip, because mucus has been irritating it all night long.

→ **Sour taste in your mouth** GERD (chronic reflux) could be causing a backflow of acid. See your MD or a gastroenterologist.

→ **Exhaustion** If you're still tired after getting plenty of rest, ask your doctor or a sleep specialist if you have sleep apnea and aren't getting enough oxygen during the night.



Find out how to create the bedroom of your dreams: [familycircle.com/bedroom-decor-ideas](http://familycircle.com/bedroom-decor-ideas).



**Your  
Desire**

## “I Want to Eat Better”

Improving your diet can help you lose weight, boost your mood and avoid getting sick.

### **This year I will... keep junk foods out of the house.**

If you were serious about quitting smoking, you wouldn't carry around a pack of cigarettes. Then why put bags of chips in your shopping cart? If you're buying snacks for the kids, OK. But then leave them for the kids: Store them in a cabinet you'll mark as off-limits for yourself.

### **This year I will... give my snacks a healthy makeover.**

You're quitting the carb-heavy snack club. Those kinds of snacks don't have much staying power and are easy to

overdo. “You want something with both protein and fiber so that you'll be satisfied longer,” says Lyssie Lakatos, RDN, a dietitian, personal trainer and co-author of *The Nutrition Twins' Veggie Cure*. Try some edamame, a stick of string cheese with a piece of whole fruit, a hard-boiled egg with some baby carrots or a handful of whole-grain crackers with a little hummus.

### **This year I will... fully immerse myself in the experience of eating at least once a day.**

“Your brain needs to register smell, texture, flavor and consistency, otherwise it'll keep sending signals to eat more even after your stomach

is full,” says Shojai. Be extra mindful during at least one meal—smell what's on your plate for 20 seconds, chew at least 20 times before swallowing and put down your utensils between bites to savor the taste.

### **This year I will... aim for at least 8 glasses of water and 25 grams of fiber per day.**

The cure for feeling deprived? “I always ask people to focus on what they can do more of instead of taking something away,” says Rachele Dependahl, RDN, at Cedars-Sinai Medical Group in Beverly Hills, CA. Water should top the list, since it's easy to confuse thirst signals with hunger. If you're having

## 3 Apps That Make Healthy Eating Easier

### → Fooducate

Scan food product bar codes and get a quick nutrition grade along with suggestions for healthier alternatives.

Android and iOS, free

### → Lifesum

Tracking habits isn't such a drag when the app feels like a game. A premium subscription offers a variety of diet plans and lots of recipes with detailed nutritional info.

Android and iOS, from \$22/3 months

### → Rise

Get paired with your own nutrition coach, snap photos of your meals and receive real-time feedback and support.

iOS, from \$48/month

trouble fitting in 8 cups, pace yourself so you get in a few cups first thing, then by noon, by 3 p.m.—you get the picture. You'll also want to fill half your plate at each meal with veggies, swap refined carbs (like white bread and pasta) for whole-grain varieties and exchange fruit juice for fresh fruit to up your fiber intake. People who add more of this nutrient to their diet lose weight—even if they don't deliberately make any other changes.



**Check out our RD-approved list of 25+ healthy store-bought snacks at [familycircle.com/healthy-snacks](http://familycircle.com/healthy-snacks).**

# A strong FINISH requires a strong START

Photographed by Denton Taylor

**Meet:** *Patricia F. age 68*

**Eating Quaker® Oats Since:** *1964*

**Known As:** *Artist, Interior Designer, Skin Care Expert, Fitness Enthusiast, Style Collaborator*

**Goals for a Strong Day:** *Energy! I need to pack in a challenging workout, eat well balanced meals, plan an organized work day, provide support for another person, challenge my mind, and have fun.*

**Today's Accomplishments:** *I jogged my longest distance ever without losing my breath or having to stop (and managed that daunting hill gracefully). I also helped another person accomplish their own personal goals—nothing's more invigorating than that.*

**Can't Start the Day Without:** *A healthy breakfast—it's the most important meal of my day. I choose Quaker® Oats because of the nutritional punch it packs, the simplicity of preparation, and how it's so easy to add my favorite sliced fruits and nuts.*



**Andrea Metcalf**

*Fitness and nutrition expert shares smart ways to start the day with energy.*

**"In order to start strong, a great daily ritual is key!"**

## **Rise and Shine With Breakfast**

The fuel you put in your body in the morning is key to a successful day of good nutrition. A hearty breakfast can be as simple as a large bowl of oats, fresh berries, and a handful of nuts or seeds. Foods with fiber will help keep you full and sustain your energy throughout the morning.

## **Take a Walk**

It's the simplest form of exercise and everyone has time for 10 minutes! Incremental exercise throughout the day helps improve blood pressure, promotes circulation, and increases your energy level.

## **Just Breathe**

Stress ages the body and taking even one minute to concentrate on your breath can help lower heart rate and allow you time to reflect on self-care. Breathe in through your nose and out through your mouth, allowing your shoulders to drop, and your heart and mind to be lifted.

## **Oats Support a Healthy and Energetic Lifestyle**

When whole grains break down into energy, it's absorbed slowly, providing energy that lasts. With the added nutritional bonus of thiamin, phosphorous, and magnesium, Quaker® Oats help support a healthy and energetic lifestyle so you can be prepared for all that lies ahead.

**Find them at your local retailer so you can start your morning off strong.**

**QUAKER®  
OATS**



Oats are powerful whole grains. Whole grains break down slowly and become energy. And that's good, because energy that's absorbed slowly, is energy that lasts. Go oats!

**QUAKER®  
OATS**



# Find Your Happy

*Happiness isn't about the next thing you need to buy or project you finish. It's about changing your mind-set. Life coach and author Susie Moore explains five ways to do just that.*

## 1. Highlight what's right

No matter what tough situation you find yourself in—conflicts with your teen, job worries—focus on what's going right in your life. Perhaps it's that your children are healthy or you own the comfiest chair in the world. Doing so causes an emotional chain reaction. When we focus on what's wrong, we can fall into a downward spiral of negativity. But thinking about what's working can trend you upward.

## 2. Set up a transition

Sometimes it's difficult to switch from a busy, stressed brain to a relaxed, happy one. Try developing a ritual that allows you to flow from crazed to calm. One of my clients looks forward to her favorite hibiscus tea at 8:30 every night. It's how she punctuates being off the clock. When her partner asks for the hundredth time, "Where's my charger?" she smiles and holds up her teacup as if to say, "Not now!" Perhaps you can try putting on headphones and pressing play on your favorite Spotify station or doing yoga poses before you slip into your pajamas.

## 3. Affirm, affirm, affirm!

Find a power mantra or affirmation you love—stay with me!—but don't save it just for meditating. Program it as a random alarm on your phone. Put it on sticky notes around your home. Say it just as you are falling asleep at night. Need some ideas? If you want to quit your job, repeat, "New work opportunities are on the way." If you're hoping to shed those holiday pounds, try, "I treat my body with care. I am healthy." You'll see that repetition can spark a revolution.

## 4. Make an ask

So often we don't request things of others because we don't want to burden anyone or we think what we want is impossible. But in holding back, we're not just stealing our own joy; we're also making uninformed

assumptions: that there's no budget for a raise or that the other person won't scoot over on the train so you can sit down. As a result, we lose before we begin. Because it's so hard for us to do, I often describe asking for what you want as a superpower. But you can take small steps toward putting on your cape: Ask your boss about working from home one morning or see if a friend can introduce you to a mentor. The more you ask, the easier it gets—and the more great things will flow to you!

## 5. Just do it

Nothing in life can replace the momentum and magic of taking action. Even when we act in the smallest ways, our life can begin to transform. So check out that new local yoga studio you've always driven by. Send an email to that person you've thought about having coffee with. Research how to start a blog or a side gig. Then get busy! It's entirely within your power to make the commitment to take one small action every single day that puts you on track toward actualizing your goals and finding more joy. By this time next year, you'll be amazed how those 365 little actions have added up to transform your life.



**Susie Moore** is a life and career coach and author of *What If It Does Work Out?*

By Kaitlyn Pirie

# Transition Period

Tampons and pads have fierce new competitors that promise to be more comfy, eco-friendly and cost-effective. We deliver the intimate details.

## Lunette

One medical-grade silicone cup can get you through your period...for years. Insert it into your vagina and go on with your day—a light suction holds it in place. Three to four times daily, remove, empty, rinse and re-insert. At the end of your cycle, sterilize in boiling water.

[Store.lunette.com](http://Store.lunette.com), \$40



## Flex

Lying flat at the base of your cervix—like a diaphragm—the disposable disc catches menstrual blood for up to 12 hours but leaves your vaginal canal empty. (That means you can get busy with the disc in place for mess-free period sex.) [Flexfits.com](http://Flexfits.com), \$15/3-month supply (24 discs) to start, then \$45/3 months

## Thinx

The absorbent layers in these panties keep you dry all day long while antimicrobial technology fights bacteria—and they can be reworn. Just rinse immediately after wearing, then launder in cold water and hang dry. Nine styles, from boyshorts to thongs (really!). [Shethinx.com](http://Shethinx.com), \$24 to \$39



## Rethink Everything

What would you do with \$50 million? Turns out, a lot of the same things you could do without it. Find out why that is—and explore 53 other thought-provoking prompts that can change your perspective—in *Wake Up! A Handbook to Living in the Here and Now* by Chris Baréz-Brown. Thanks to the author's insights, you'll add more fun, time and passion to every day.

A  
&  
Q

## Is oil pulling good for your teeth?

Maybe, but don't chuck your toothbrush and floss. In some studies, the ancient Ayurvedic practice of swishing a tablespoon of sunflower, sesame or coconut oil around the mouth for 20 minutes (yeah, we know), then spitting it out reduced plaque buildup. The oil acts like a magnet for bacteria. "However, oil pulling doesn't remove enough bacteria to prevent gum disease," says Steven Daniel, DDS, president of the American Academy of Periodontology. If you have the time, oil pulling won't hurt, but twice-daily brushing, daily flossing and regular visits to a periodontist or dentist are non-negotiable.



## Health Screening

Apps that improve your kids' minds and bodies—  
not just their selfie skills.



### SworKit Kids (ages 7 to 14)

Even kids who aren't into sports will find a fun exercise here (think crab crawls or one-footed hops). They can pick a category (strength, agility, flexibility or balance) or create their own workout—each move has a video tutorial.

Android and iOS, free



### Stop, Breathe & Think Kids (ages 5 to 10)

Thanks to adorable animation and calming guided

meditation, this app helps kids develop mindfulness and get in touch with their emotions. (In fact, the app suggests missions based on how they're feeling.) There's also an SBT for teens and adults.

iOS and web, free for 15+ activities, \$10/month or \$60/year for an extra 25+ activities



### Zombies, Run! (ages 13+)

Your teen may seem like a zombie sometimes, but this will get them running from the walking dead. With headphones on and phone in hand, they're on a mission to escape and the app is their guide to safety, telling them

when to speed up or take it easy.

Android and iOS, free for one mission each week, \$4/month or \$25/year for 250+ missions



### Mind Yeti (ages 5 to 12)

This meditation app can help your child focus on schoolwork, manage anxiety or fall asleep. It's packed with kid-friendly guided sessions, colorful graphics and relatable themes (like "get along," "reset" or "plant kindness").

iOS, free for 15 sessions, \$10/month or \$72/year for full library



# 53%

That's the percentage of American adults who would support their teen's request to transition to a different gender, according to a Harris Poll by the American Osteopathic Association. "Parental support at school and with extended family is crucial to the child's well-being," says Laura Arrowsmith, DO, who practices at a transgender clinic in Tulsa, OK. For info on how we all can help, go to [familycircle.com/teen-gender](http://familycircle.com/teen-gender).

## Change of Heart

A large new Swedish study found that heart attacks happen more often in winter (and on Mondays—another reason to dislike the start of the week!). Holiday stress and cold temps can raise your risk of having a cardiac episode (especially when you're shoveling snow). While chest pain is the number one sign of a heart attack, women are more likely to experience less obvious symptoms like breathing trouble, nausea or jaw or back pain without chest discomfort. Call 911 if you notice any of the following.

- Uncomfortable chest pressure
- Pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- A cold sweat, nausea or light-headedness



“Does your bladder leak  
underwear fit this beautifully?”

NEW



Depend Silhouette Always Discreet Boutique

Always Discreet Boutique. Fits closer. Keeps you drier, too.\*

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# Discover the fast(ing) way to weight loss...



**Dr. Charles Shively**

Registered pharmacist in multiple states  
with 50 years of healthcare experience

**The constantly increasing number of different diets has become overwhelming for many people who want to lose weight. What should they eat, how much, and at what time of the day? Is it calories, carbs, or fat that matter? Should they follow the latest trend or rely on old-fashioned approaches? In addition, the effectiveness and success of any diet not only depends on the program itself, but mainly on the individual user.**

Faced with this dilemma, more and more people decide to lose weight by fasting. Fasting is not only uncomplicated, it also works – always. Not consuming any solid food for several days or weeks leads to quick weight loss. There is no pressure to eat the right foods in the right amount and at the right time. Additionally, the well-known “fasting euphoria” helps those on a fast to feel more joyful and balanced. Moreover, fasting is not only good for the waistline and psyche, it has a positive influence on the entire organism. For instance, fasting has been shown to improve inflammation levels, blood sugar and blood pressure.

However, despite its many positives, the traditional fast also comes with some unwanted side effects. The body slows down the metabolism and takes the energy it needs from mus-

cle protein instead of fat deposits because the former is easier to utilize. As a result, most people gain the lost weight back after the fast. The quick success is not one that’s permanent. The risk of deficiencies also increases, especially during a longer fasting period, and people often feel tired, hungry and less productive.

All this can be counteracted by optimizing a liquid fast with Almased. To do so, supplement the traditional vegetable broth and water with three Almased shakes daily. They provide all the important nutrients the body needs, activate the metabolism naturally and keep it at an optimal level during the fast. Additionally, the high-quality protein in Almased protects the muscles. The result: The body burns fat instead of muscle mass, weight and inches decrease and the yoyo-effect can be avoided. Almased also keeps the hunger that is common during a fast at bay, because it is filling and keeps blood sugar levels balanced – energy and mood remain elevated. The quick and noticeable weight loss results and the increased feeling of overall well-being give motivation to continue.



But what exactly differentiates Almased from other similar products? The positive effects of Almased have been proven in a number of studies at independent institutes. The unique manufacturing process, the recipe that was developed 25 years ago as a “metabolism booster” by a holistic therapist, as well as the high-quality raw ingredients result in an especially high bio-availability. Many have tried to copy Almased, all have failed. That is one of the many reasons it was voted “Most Trusted Brand” in Germany consecutively in 2016 and 2017.

To enjoy the positive effects and especially the weight loss results of a fast without worrying about negative consequences, the Almased-modified fast is ideal. The unique, scientifically proven formula optimizes results, helps to avoid muscle loss and hunger, and leads to easy, quick and, even more importantly, healthy and sustainable weight loss.

## GET THE ALMASED GLOW!

The exclusive Almased formula with its valuable natural raw ingredients, combined in a unique fermentation process, activates your metabolism and the high-quality protein in Almased helps to keep you full and to retain muscle mass during the Almased Diet. And Almased is so much more than weight loss.

### BEAUTY FROM THE INSIDE OUT

Hair, skin and nails show on the outside what you put in the inside of your body. Many customers report that their hair, skin and nails improve when taking Almased. Almased provides the various amino acids necessary to produce keratin, which makes hair and nails look and feel stronger. These help to protect keratinocytes (cells found in your hair, skin and nails) and help to soften your skin and add shine to your hair. We call it the Almased Glow.

### BETTER MOOD, MORE ENERGY

Almased supports restful sleep and nightly cell regeneration. You will wake up feeling refreshed and awake in the morning, leaving you full of energy. Your performance at daily tasks and ability to concentrate will increase. One specific amino acid that Almased provides is tryptophan, which is needed to produce serotonin. Serotonin helps promote happiness. Almased offers 400mg of L Tryptophan in one serving, which can help replenish the body with tryptophan and improve your mood.

## When you want a quick fix: The Bikini-Emergency-Plan

If you want to lose some pounds quickly for a special event or a trip to the beach, the Almased Bikini-Emergency-Plan can help.



### 1. Week:

#### Morning – Noon – Evening

During the first week, replace all 3 meals with an Almased shake and drink about 20-40 oz of home-made vegetable broth as well as plenty of water throughout the day.



### 2. Week:

#### Morning and Evening

In the morning and evening enjoy an Almased shake. At lunchtime enjoy plenty of vegetables and/or salad with lean chicken, fish or tofu. It is important to drink plenty of water.

10-12 oz of liquid, 1-2 tsp oil and Almased – that's all it takes. Mix in a blender bottle or use an electric blender and enjoy. Almased is neutral-tasting and you can flavor it any way you like, with simple ingredients like cinnamon, unsweetened cocoa powder or even tabasco.



**CVS** Walgreens  
pharmacy AVAILABLE IN THE DIABETES SECTION

**GNC** Available at  
LIVE WELL amazon

Start your Almased Journey today at [figureplan.com](http://figureplan.com) (enter code **FC01B**) and discover the Almased Weight Loss Phenomenon™. Call toll-free for more information: **1-877-256-2733**. Find Almased in **CVS Pharmacy, Walgreens (in the diabetes section), GNC, Rite Aid**, and many other **supplement and health food stores** as well as **online**.



*...simply because it works*



**No Artificial  
Preservatives,  
Flavors, or Colors**

**No  
Added Hormones\***

**USDA  
Organic**

\*Federal regulations prohibit the use of hormones in pork.

Your Circle

Staying Connected

# Family

Giving Back

Good Times

*“Motherhood and winemaking are very rewarding—both recharge me and invigorate my soul.”*



From left: Sean Foster, 48, wine industry consultant and winemaker/proprietor of Vintone Wines; Fynn, 14; Owyn, 7; Chloe, 5; Faith Armstrong Foster, 43, winemaker/proprietor of Onward Wines & Farmstrong Vineyards; and Morgan, 12, Napa, California

## Modern Life

*For this Northern California couple, winemaking is a family affair.*

BY SUZANNE RUST

“I spend a lot of time paying attention to my wines and keeping a watchful eye, but I don’t push them to be something they’re not,” says Faith Armstrong Foster. “I actually think parenting has taught me to be a much better winemaker. I want to guide, protect and see what my wine—and my children—will become. I don’t want to tell them or force them.” This organic style of working and parenting is second nature to her, surely a by-product of her unique upbringing. Faith grew up on a little island in southwestern British Columbia, where she lived off the grid, without amenities like electricity. (Hello, kerosene lamps!) Most of her family’s food came from their large garden, and they canned to preserve food for the winter. Her parents, who refer to themselves as back-to-landers, chose to raise their children in a



simpler way, and Faith is happy that she and her four siblings were brought up like this. It's the anchor for who she is and the philosophy behind her successful business.

She chose Onward as the name of her wine company, in honor of the small family boat that ferried her and her siblings to school from their island home. "I learned a lot in

making things, and at the same time she started developing a love of wine. But Faith didn't know how to combine the two into a career—that is, until the proprietors of a Sonoma winery invited her to spend the day in their cellar. "I was captivated by the smell of harvest," she explains. "They threw us into a fermenter full of recently drained Pinot Noir

also in the wine industry. The couple, who met in 2007, didn't want to rush into anything because they both had kids from previous relationships. "Then one afternoon we got together for a beach playdate and realized our connection was about more than just getting our boys together. I knew that day I would marry him...though it still took him a few months to ask me out!" Once he did, everything sped up and they were married less than a year later. "Sean is a lot of fun and makes me a latte every morning, which is pretty darn sweet!"

Last year Sean switched from being a full-time winemaker to consulting, which freed him up to help Faith with the business side of things. "Working together is new territory for us," says Sean. "We're trying to find a balance that won't affect our relationship negatively. We're learning!" Because her

work is so demanding, Faith is grateful that her kids love to help. They hang out with her in the vineyards, checking out the growing conditions as well as vine and fruit health, which they're good at.

In terms of that elusive-as-a-unicorn work/life balance, Faith doesn't let it throw her. "I love being a winemaker and being a mom—I'm fortunate to get to do both," she says. "There are days when I feel like each deserves 100% of my attention and I'm pulled between two roles. In tough moments, the demands are so high that balance is hard to achieve. But those moments pass!"

*We're happy to report that Faith's family and vineyards are safe following last year's Northern California fires.*

For more on the Armstrong Foster family, go to [familycircle.com/modernlife](http://familycircle.com/modernlife).

*"The children want to work the harvest when they are old enough and are keen to learn as much as they can—they already know quite a bit."*

that boat; our parents trusted us and there's something very powerful in that. We grew up believing we could handle things—not necessarily that we knew how to do things, but that we could figure it out."

Faith worked in sales when she was younger. Then she realized that she enjoyed

and passed us some shovels. I was hooked. I needed to do more than be in the wine business; I needed to be a winemaker." She returned to school to earn a degree in viticulture and enology (the science of grape growing and winemaking).

Faith's husband, Sean, is

182  
—  
100



JODI, heart attack and stroke survivor.

## THIS IS WHAT **HIGH BLOOD PRESSURE** LOOKS LIKE.

You might not see or feel its symptoms, but the results – a heart attack or stroke – are far from invisible or silent. If you've come off your treatment plan, get back on it, or talk with your doctor to create a new exercise, diet and medication plan that works better for you.

Go to [LowerYourHBP.org](http://LowerYourHBP.org) before it's too late.



# Happily Ever After

*The ultimate makeover for a pet is going from a shelter to their forever home. These animals are now living their best life.*

BY ARDENIS PEREZ



Julia

After



Before

In response to texts about a wolf prowling the streets of Los Angeles, Hope for Paws located what was actually a scared, sick Husky mix. Fast-forward two years, and Julia is now a healthy and energetic pup fetching toys in her happy home.



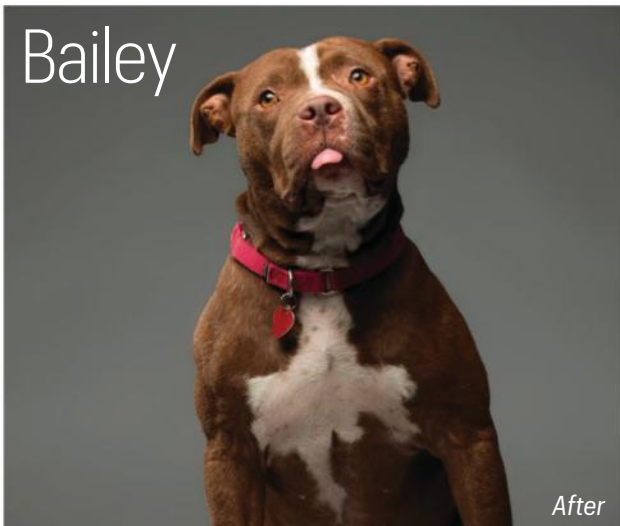
Julius

After



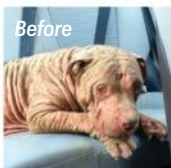
Before

Underneath all that unkempt fur, Kitten Rescue in Los Angeles discovered a squishy (their word!) kitty that's obsessed with automatic water fountains. And how's this for a purrfect ending? Julius was adopted into a home with another cat companion.



Bailey

After



Before

Two tourists did the right thing when they found this stray, who was suffering from severe mange. They brought Bailey to the nearest animal hospital, where this good boy underwent a head-to-tail transformation. His new owners think he's very handsome!



Pacino

After



Before

After surviving an aggressive attack by another dog, Pacino was in a sad state, with fractured ribs and a broken leg. But this sweet, shy pooch ended up making a full recovery at a local animal rescue and is now living with his new family.

# Set your dog free from grains with **BLUE Freedom.**



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Made with only the highest quality ingredients and none of the grains that contain gluten, BLUE Freedom<sup>®</sup> is grain-free at its finest.

We all want our dogs and cats to look and feel their best. For some of our furry friends, that means being on a grain-free diet, which is why we created BLUE Freedom.

It always features real meat – and has none of the grains that contain gluten. Plus, BLUE Freedom has no corn, wheat or soy and no artificial preservatives or flavors.

If you think your dog or cat can do better on a grain-free diet, you can't do better than BLUE Freedom.

**Open your heart & home this holiday**

Adopt a pet near you at  
[home4theholidays.org](http://home4theholidays.org)



**SetYourPetsFree.com**

Available for dogs and cats at your favorite pet specialty store.

**Love them like family. Feed them like family.<sup>®</sup>**

# Snow Big Deal

Winter weather adds a new layer of worry to having your teen (read: inexperienced!) driver out on the road. Knowledge is power.



## Tire Maintenance

Emphasize the importance of regularly checking that tires have sufficient tread and are properly inflated. Cold air can cause tire pressure to drop, so this is not a one-and-done task.



## Trunk Essentials

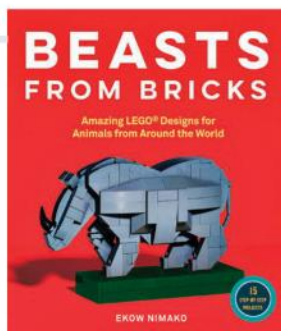
Must-haves include a functioning flashlight, ice scraper, window-washing fluid, booster cables, small shovel, blanket and first-aid kit, according to AAA.

A car phone charger is also key in case your teen hops in the car on a low battery.



## Slow and Steady

Every basic maneuver takes longer on snowy roads. For safe stopping, 3 to 4 seconds of space between you and the next car is usually enough; in snow, you'll need 8 to 10. When accelerating, step on the gas slowly to help maintain traction and avoid skids. Don't power up hills—instead, build speed before you reach the hill and let inertia carry you to the top. Keep in mind, the posted speed limit may be too fast for icy weather, and allow plenty of extra travel time.



## WHERE THE WILD THINGS ARE

Got a bin (or four) of Legos lying around? You're in luck—artist and designer Ekow Nimako shows how to remarkably repurpose them in *Beasts from Bricks*. This addictive new book offers step-by-step instructions for building 15 animals, including a European bison and a Suffolk sheep. Talk about being ahead of the pack. Amazon.com, \$25



If you're coparenting after a breakup, there's an app for that. Fayr features a joint calendar to better organize schedules, track kid-related expenses and assist with court documents. Android and iOS, free except for court docs feature

## Reality Check

Experiencing virtual and augmented reality has dramatically come down in price—we like these kid-friendly under-\$100 picks.

### Merge VR/AR Goggles (Android and iOS, mergevr.com, \$60)

First visit miniverse.io on a smartphone to browse a library of AR and VR apps. Then pop your device into the super-soft headset to experience 3D games and 360-degree videos.



### Maze: DIY Virtual Reality (Android and iOS, seedling.com, \$60)

Design the maze, transform it into virtual reality with the app and viewer, then play! Redesign the maze for a new experience every time.



### Google Daydream View (Android, store.google.com, \$99)

The generously sized field of vision maxes out VR versions of favorite apps like Netflix, YouTube and MLB At Bat, and the included controller tucks right into the back strap when not in use. Setup is as simple as sliding in one of the 15 compatible phones.





**TO SPICE UP THIS CLASSIC:**

Mix gingerbread spice into melted butter and marshmallows!

**Three easy steps to holiday magic.**

1. **Make a pan** of Rice Krispies Treats.
2. **Shape** with cookie cutters or your hands.
3. **Decorate** with frosting and candy.

 <https://www.pinterest.com/ricekrispiesusa>



**HOW MANY WAYS CAN YOU  
SNAP, CRACKLE, POP?**



# The 12-Month Plan

*How to set yourself up for the best year ever*

BY VERONICA CHAMBERS



● **This week, my husband and I** convened our second annual “I Got You” meeting. A little over a year ago, we realized that while we see each other every day, the busyness of our life meant that we rarely sat down to really plan our future and lend each other support. We’re also the parents of a middle school kid. Which means that more often than not, our daily catch-up revolves around her and what can seem like her Kardashian-level social/activity schedule!

For the first one, we both took the day off and headed to a conference room I’d booked at a coworking space. We spent two hours in planning mode. He had prepared a Keynote presentation for the occasion—show-off! I did me: giant poster-sized sticky notes and neon markers. There was much on the docket, including:

● **Careers** What was working? What was not? What did we hope to get out of the year ahead, and how could we help each other reach those goals?

● **Finances** I work freelance. My husband is an entrepreneur. And just like so many couples, we find our finances can feel like a precarious “cross your fingers and wish for the best” scenario. We didn’t want this to be a budget meeting per se, but we each mapped out two to three goals that would make us feel good and be on the right track for us. For me, more often than not, that means having enough money in the bank to travel. Nothing motivates me to tighten my belt and save like having a trip on the horizon.

● **Health and fitness** We talked frankly about our health and how we’d let it go on autopilot in the rush of work and parenting. I revealed my desire to lose weight and how I loved my Spin classes but was doing a lousy job of meal planning. My husband shared that in an ideal world, he’d go to the gym at lunch but that it just didn’t make sense for his workday and how frustrating that was. We talked about whether we could afford to meet with a nutritionist, even for one or two sessions, and if it would even be helpful.

● **Family** Now more than ever, we feel the pull of being a sandwich generation. We have a kid in middle school and parents in their 70s. We also have extended family that we assist financially and with other resources from time to time. He’s supportive of my sending money, but to be perfectly honest, he isn’t always aware of the amount or the regularity. It felt worth hashing out: How much can we afford of our time and cash?

● **Charity and community** There are a handful of charities and other causes that we give both our time and a little bit of money to. This is a big source of contention—my husband thinks we are spread too thin. He’s not wrong. But I grew up in a starkly different situation from his middle-class upbringing. I am all too aware of what it means to have scholarships and people who go out of their way to create opportunity for you. My instinct is to say yes to everything I’m asked to do, which ends up being more than I can reasonably handle.

After the “I Got You” meeting, my husband and I went out for a lovely lunch to celebrate. Our meeting is a reminder that for all our goals and aspirations, what we have at this very moment is solid: our health, our daughter, a shared vision of what makes a good life, and a partnership that we are both collaborating on, every day.

So how can you make the “I Got You” meeting work in your life? My top five tips:

**1. Think big picture** What would make you happy in your personal life if you were able to accomplish it over the next year—a beach vacation in the middle of winter? A weekly Pilates class? Not having to cook dinner three nights a week? Happiness is really the focus of these meetings, not who’s going to call the plumber or reorganize the basement. We wove in career goals too, because that’s an important part of our lives and how we cheer each other on, but if work stresses you out and there doesn’t seem to be an end to that in sight, leave it off the agenda. The focus here is on actionable, feel-good, live-well stuff.

**2. Remember that it takes time for some things to change**—in our case, meal planning, workouts and making time to set up appointments. Designate a day for certain things so that you can form new habits. For example, I made Monday my “Taking Care of Business” day and set aside two hours each week to look at the list of appointments that need to be made and things to follow up on. Be kind to yourselves while you’re adapting to new goals.

**3. Schedule (Gentle) Check-ins** Nobody needs another thing on their to-do list. What we aim for is to really pay attention to the other person’s moods, and I recommend you do the same. If your husband or partner seems tired or bothered or stressed, go back to the goals you’ve set and ask how you can help.

**4. Stay on track** When you feel you’ve veered off course, schedule a breakfast or a lunch. We treat this like we would a work meeting: outside of the home, away from distractions and with enough time allotted so we can truly feel seen and heard. Which in many ways isn’t just about the

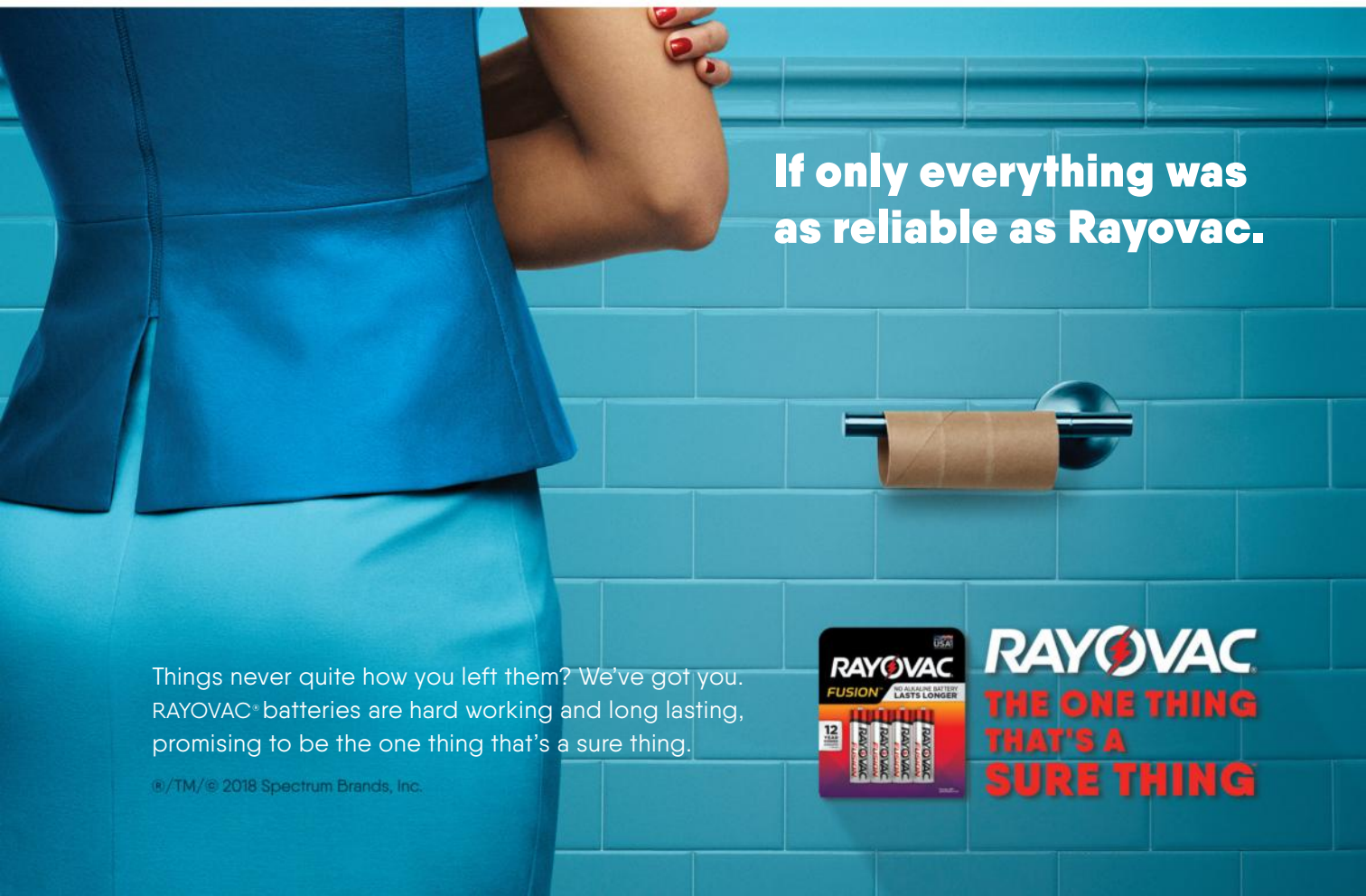


items on a list but about strengthening the foundation of our marriage.

**5. Set up this meeting with anybody who loves and inspires you** One single mom I know had an “I Got You” meeting with her teen daughter as a way of helping her see how you can conscientiously craft your future with the same goal in mind—planning and actualizing the life you want.



**Veronica Chambers** is an award-winning *New York Times* best-selling author. She recently published a new young adult novel, *The Go-Between*.



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## GARDEN VARIETY

Back in 2015, succulents suddenly became the darlings of the houseplant world. They were all over social media—#succulove on Instagram has over 800K posts, and there are endless succulent-themed Pinterest boards. They popped up in the pages of shelter magazines and on blogs dedicated to these sturdy specimens. (There's also succulent nail art and succulent-inspired hair color. Google it.) Why? Maybe it's all the different varieties, colors and textures; or because you can put them in unusual, funky containers; or because they don't need much water, sun or general care at all. Regardless, within a year or two, the trend took root in other areas, like desserts: Succulents knocked traditional icing roses off their wedding cake perch. You've got to have a real knack for tinting buttercream to the perfect shade of green/gray/blue/purple, and you need to be beyond skilled with a pastry bag...but the results are spectacular. This is our kind of desert oasis.



## Dress Up Your Holidays

Get creative with crisp, oval Town House crackers and your favorite toppings.



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**Ages 6-11 Years**

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- ✓ COUGH
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