

# FamilyCircle

## Tradition with a Twist!



*Spanish-Style Mashed Potatoes with Chorizo*

*Za'atar Roasted Carrots with Yogurt*

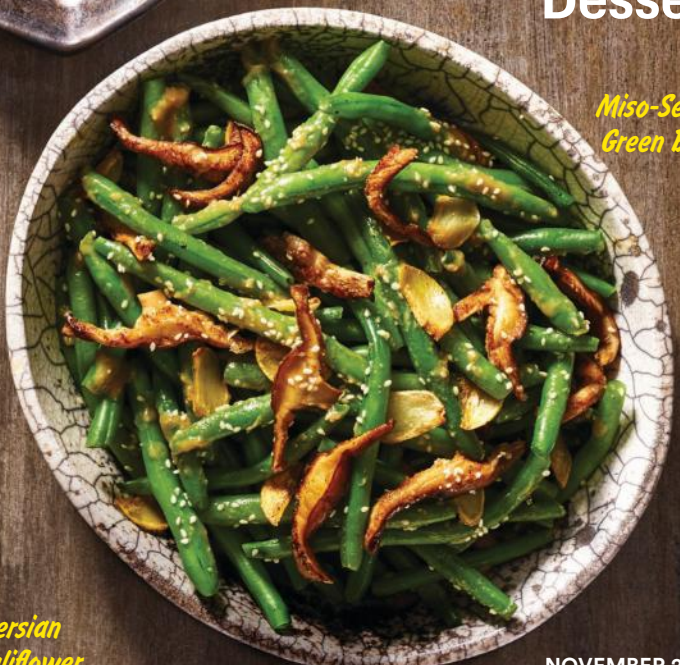


- Turkey Grilled, Fried, Roasted
- Surprising Sides and Stuffings (even vegan & gluten-free!)
- 10 Totally Tatable Desserts



*Sweet Potato Biscuits*

*Miso-Sesame Green Beans*



*Persian Cauliflower Rice*



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# FC.Nov.17

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Cover photograph by **David Prince**  
Food styling by **Jamie Kimm**  
Prop styling by **Christopher White**



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# FC.Nov.17

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From the Editor

# Bird Up!

● We all know that the concept of Thanksgiving goes back to that historic meal in 1621. Centuries have passed but the tradition continues—albeit with some tweaks, from global spins on time-honored American dishes (see page 142) to going potluck-style to making nothing but a restaurant reservation. And yet, looking at these vintage November covers, it's also easy to feel like not much has changed—as in, really, the fourth Thursday in November comes down to turkey, dessert and a feeling of bounty. We wish you and yours a peaceful day to remember.

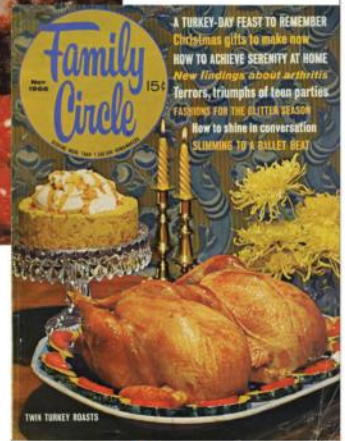


Cheryl E. Brown, Editor in Chief  
[cheryl@familycircle.com](mailto:cheryl@familycircle.com)

P.S.: To see more vintage Thanksgiving covers, go to [familycircle.com/thanksgiving-throwbacks](http://familycircle.com/thanksgiving-throwbacks). And remember to share your favorite seasonal crafts, recipes and more on Instagram, Facebook, Pinterest and Twitter @familycirclemag and use the hashtag #FCNovember.



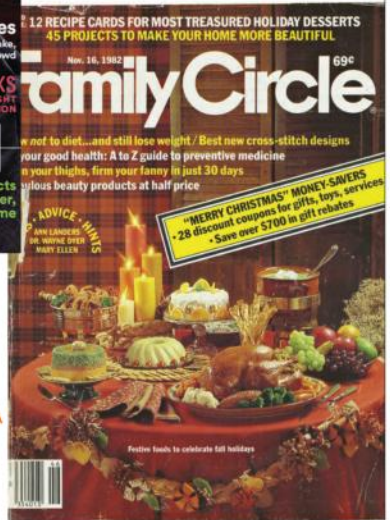
1960



1966

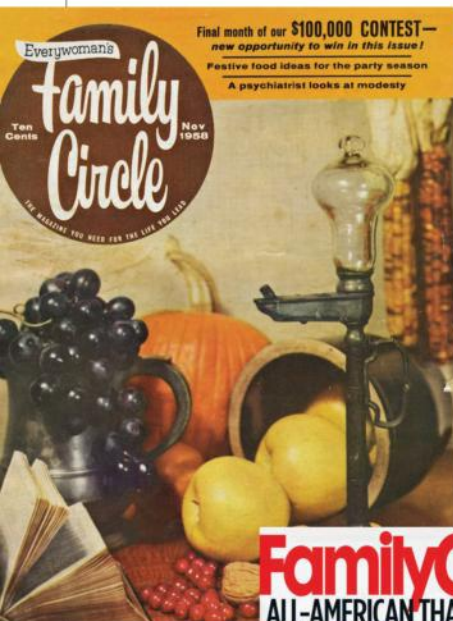


1958



2016

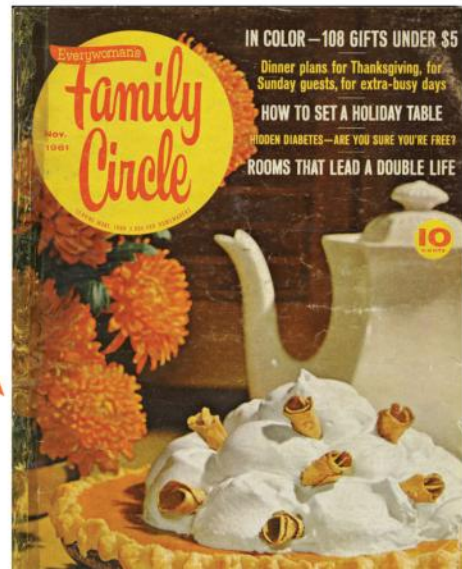
1982



1975



2015



2016



"I count on it to  
take care of my hair.  
And it does."

**EVA LONGORIA #4**

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#worklife

# Just for You

Downtime

Cool Stuff

Celebrities

*They're not just for pancakes: Drizzle on ice cream. Glaze a roast. Add a swirl to cocktails.*

## Not So Simple Syrup

It's fair to say that Runamok Maple's line of Vermont-made syrups are indeed running wild. Sure, there's pure maple. But beyond that, sample versions that are smoked, barrel-aged or infused with aromatics like hibiscus flower and elderberry. [Runamokmaple.com](http://Runamokmaple.com), from \$17



Photography by LISA SHIN

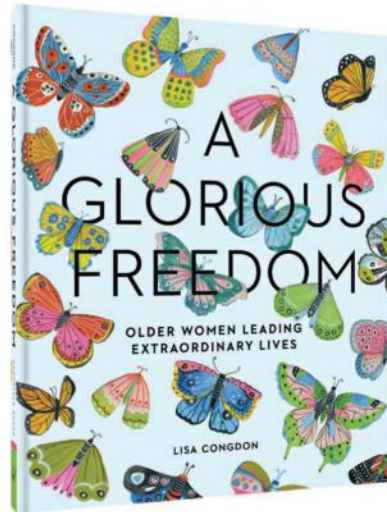
*Edited by  
Suzanne Rust*

## Just for You



# Berets Are Back!

You may not have worn one since high school, but they're très chic once again. This fur-topped version from Hat Attack has just the right French accent. Hatattack.com, \$50



## Match Maker

Bare Minerals is launching the Made-2-Fit App, which creates a personalized foundation. Using Customized by MATCHCo technology, it scans various areas of your skin and blends the tones to create a custom shade. The foundation, which retails for \$49, is ready to ship within 24 hours. iOS, free



# Aged to Perfection

Beautifully hand-lettered and illustrated, *A Glorious Freedom: Older Women Leading Extraordinary Lives* by Lisa Congdon is a reminder that with time we can grow wiser and bolder, all on our own terms. The book features interviews, profiles and essays from great women past and present—Vera Wang, Cheryl Strayed and Julia Child, among others—who exemplify living large at every age.



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## A Generous Pour

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## Knit Happens

Love knitting but have zero time? The concept behind the Me Time Scarf Kit is that you create just one stripe at a time, which takes about 20 minutes. When you hit a new color, that's the signal to put it down for the day. The kit is \$34.50 (add \$12.50 if you need a pair of needles) at [woolandthegang.com](http://woolandthegang.com). And if you still have skeins on the mind, pick up the anthology *A Stash of One's Own: Knitters on Loving, Living With and Letting Go of Yarn* edited by Clara Parkes.

## Prime Artistry

Shop Etsy-style handmade goods with the ease of Amazon. The power site has added the Handmade at Amazon marketplace, where you can find anything from unique jewelry to personalized party decor. All products are handcrafted by artisans from around the world and—best of all—many are available for Prime shipping if you're a Prime member. Head to [amazon.com/handmade](http://amazon.com/handmade) to browse the selection and read about the artisans.



Pamper yourself and help out another mother. When you buy vegan-certified natural body care products from **Naturally Me**, your money goes to one of the company's signature programs, such as the **annual Single Parents Scholarship Fund**. [Naturallyme.us](http://Naturallyme.us), from \$16

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RAISINS AND FLAKES.  
AND PAVEMENT.





# Work and Social Media

*Navigating connections with your boss or coworkers can be tricky. Jodi Glickman, CEO of Great on the Job, shares some clever strategies.*

**How does social media usage at work vary from industry to industry, and how common is it for companies to have a social media policy?** Glickman says that most corporate clients she works with absolutely have social media policies. In high tech, social media is an integral part of life. Most technology companies encourage their employees to have social profiles and to think of themselves as extensions of the brand, says Glickman. So if you work at LinkedIn, for example, everyone is always posting—sharing ideas, articles and research. But on the flip side, Glickman was at a big financial firm recently, and their employees weren't allowed access to sites like LinkedIn; they were expected to build their professional network after office hours.

**When is connecting appropriate?** “Decide what your social philosophy is going to be,” says Glickman. “What if you friended five colleagues on social media. Would that make it difficult for the others that you don't want to be friends with? Or are you going to connect with all of your colleagues and just open the floodgates?” When it comes to your boss, let them take the lead, says Glickman. Don't friend them unless they friend you first.

**Will friending your boss on social media affect your job security?** When you're friends with your boss on social media, you're letting them see what goes on in the rest of your life, so you need to be extra vigilant, use good judgment and maintain professionalism. It's great, for example, if you do really cool things in your personal life that your boss wouldn't know about unless they connected with you, like volunteering or pursuing certain hobbies. It could possibly lead to a project based on your interests. But if you're out drinking with friends, do you want your boss to see a picture of that? Follow the same boundaries you would set for your in-person life—if you're not comfortable with everyone seeing something, don't share it at all.

**How are employers using social media to vet potential candidates?** According to a 2017 survey by CareerBuilder, 57% of employers are less likely to interview a candidate if they can't find them online. So Glickman thinks the best strategy is to clean up your social profiles rather than delete them. “Also know that a large number of employers not only look at Facebook and LinkedIn accounts but also Google your name to see what else they can possibly find out about you,” she says.

**How do you politely decline a friend or follow request?** Glickman says that social media is an extension of your interpersonal relationships, and how far to extend the connection is up to you. “It's a personal decision for everyone, but if you are asked, you can say that you're really on Facebook only for family members and are not connected to colleagues,” says Glickman. Also remember that most people aren't keeping tabs as to whether you have accepted or declined their request.

Many in social media suggest creating two accounts: one public facing, for colleagues and brand building, and another locked-down version with tight security controls that is reserved for family and close friends.



**Jodi Glickman** is the CEO of Great on the Job, a leadership development and communication firm.

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PRIORITY:YOU





Q & A

*I'm applying for a job and they want to know my salary history. Do I have to tell them?*

"Salary history is such a fraught issue that Massachusetts and other states have made it illegal for employers to ask about it," says Lelia Gowland, founder of Gowland LLC, a consulting firm. Good job, Massachusetts—also New York City and Pittsburgh—but what about the rest of us?

"Regardless of where you live, I'm a firm believer that you should be paid based on the work you'll be doing in the new role, your new company and your market value [the 'going rate'], not what you were making previously," says Gowland. Let's say an application includes a question about "current salary" or "expected salary." It seem as though you have to fill it out, but you don't, she says. Similarly, you don't have to answer the question via email. Gowland recommends including a friendly note that encourages future conversation: "I look forward to discussing compensation once I've learned more about the position." If they keep pushing, pivot with "Based on my experience and research of positions with a similar level of responsibility and scope in [city], I'm seeking a salary range of [range]." In the meantime, hold tight. Other states are pushing to banish this question from the job interview process.



**Business Intelligence**

Virgin Atlantic's Richard Branson knows his way around a genius idea, and so do the people he's tapped for his branded podcast, *The Venture* (iTunes). Entrepreneurs like reality television pioneer and cocreator of *The Real World* Jonathan Murray, the Bronner family of Dr. Bronner's soap company and the team behind the satirical news outlet *The Onion* share how they turned vision into unique and successful businesses, warts and all.



**Things Are What You Make of Them: Life Advice for Creatives** by Adam J. Kurtz offers nuggets of work-related wisdom on subjects like happiness, rejection, success and one of our favorites, fun tips on "How to Stay Sane When You Work from Home."

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# Kristen Bell

She's far from together in *A Bad Moms Christmas* and close to morally bankrupt on *The Good Place*. But in real life the actress is a straight-shooting, John Oliver-loving parent to daughters Lincoln, 4, and Delta, 2. **BY LAURA MORGAN**



*"My overall dislike for stress is sort of my North Star. I use it to navigate most of my decisions."*

### Sister Act

"Delta and Lincoln get along great. I always tell them that when they hug each other, I can feel it in my heart. So they call me throughout the day and ask, 'Can you feel this?'"

### Come as You Are

"I don't compare myself to other moms. Still, do I look like a train wreck when I drop my kids off? Sometimes. And are there moms in heels? Absolutely."

### The Write Stuff

"My husband Dax [Shepard] leaves me love notes in the morning—he's definitely more romantic than I am."

### Buddy Systems

"I've truly grown attached to the idea of real, intimate friendships. I have very few acquaintances. Instead, I have a group of 15 great friends and I put my energy there."

### Child Psychology

"With Lincoln I can say, 'Please eat three bites of broccoli,' and she will. With Delta, I couldn't because she would throw them at me. I'd have to say, 'You know what? You can't eat that broccoli.' And then she'll eat it!"



"My go-to snack is This Bar Saves Lives. For each one sold, they donate a packet of lifesaving nutritious food to a child in need."



"We watch *Last Week Tonight* with John Oliver every week. That's sort of our church. And we never miss a *Frontline* or *60 Minutes*."



"When I'm feeling indulgent, I play Catan on my phone. It's actually a board game, but there's a phone version, so if I have 15 minutes with nothing to do on set, I'll get a game in."

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# Make Time for a BATH

*Whether you need to wake up, unwind or get a better night's sleep, there's a bath for that.*

## WHY YOU SHOULD DO IT

"Bathing for physical, psychological and spiritual healing was practiced in the ancient civilizations of Egypt, Rome and Asia, as well as in Scandinavia and Russia, and by Native Americans in North America," says Monique Blake, national director of Body, The Red Door Salon & Spa. "Water is truly healing."

Sustained physical contact with warm water satisfies our need for emotional warmth when we are lonely or experiencing a sense of isolation. "It helps release the neurotransmitter serotonin and acts like a natural antidepressant," says Blake. "It also reminds us of time spent in the womb—that feeling of safety and connectedness—and therefore boosts our mood and sense of optimism."

Approximately 70% of the earth is made up of water, as is 70% of our body, which is why bathing can give us a sense of balance, clarity and connectedness. That also explains why water is used for purification ceremonies in every major spiritual practice.

## HOW TO MAKE IT HAPPEN

- The ideal time to take a bath is when you have at least 30 minutes—better yet, an hour. "Before bed is optimal, but a Sunday morning bath is also a wonderful way to reset your mind, body and soul before the week begins," says Blake. You may even want to consider putting up a Do Not Disturb sign!
- Create a relaxing atmosphere with calming music and candles.
- Make the temperature just right. Silvia Barnett, head of marketing for Aire Ancient Baths USA, suggests 97 degrees—close to body temperature.
- Leave your cell phone and other distractions outside and away so that you can give yourself undivided attention.
- Take a little break from leaning in all day by leaning back. Support your neck with a bath pillow or use a tightly rolled towel.

## WHAT YOU NEED

- Blake recommends adding seven drops of lavender essential oil to bathwater to relax and unwind. "Other florals, like geranium, ylang-ylang or rose oils, are also good. In addition to being soothing scents, they have great therapeutic properties," she says. Not a floral fan? Blake suggests frankincense or sandalwood. Some oils can be irritating, so if you have sensitive skin, Blake recommends combining any essential oil with unscented castile soap, mild shampoo or bath salts before adding it to your bath.
- If you're looking to perk up instead of wind down, try an herbal infusion of peppermint, rosemary and eucalyptus with lemon balm. The simplest way is to place the dry herbs in a drawstring muslin bag, close it and let the bag float in the bath.

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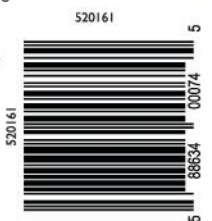
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AT SELECT  
**BED BATH &  
BEYOND**

HARMON  
**FACE VALUES**  
FINE BEAUTY STORES



Looking Good

Favorite Finds

Expert Tips

# Style

Try-It Trends

“Rose gold is all the rage and I’m a huge fan. From jewelry and now to nails, it’s fun and super flattering.” *–Dori Price, Beauty & Fashion Director*  
 Sally Hansen Color Therapy in Glow with the Flow, \$9

“Autumn, bottled. The shimmery shade changes from green to orange to a beautiful pink—like fall leaves!” *–Daley Quinn, Assistant Beauty & Fashion Editor*  
 Orly Nail Lacquer in Velvet Kaleidoscope, \$8.50

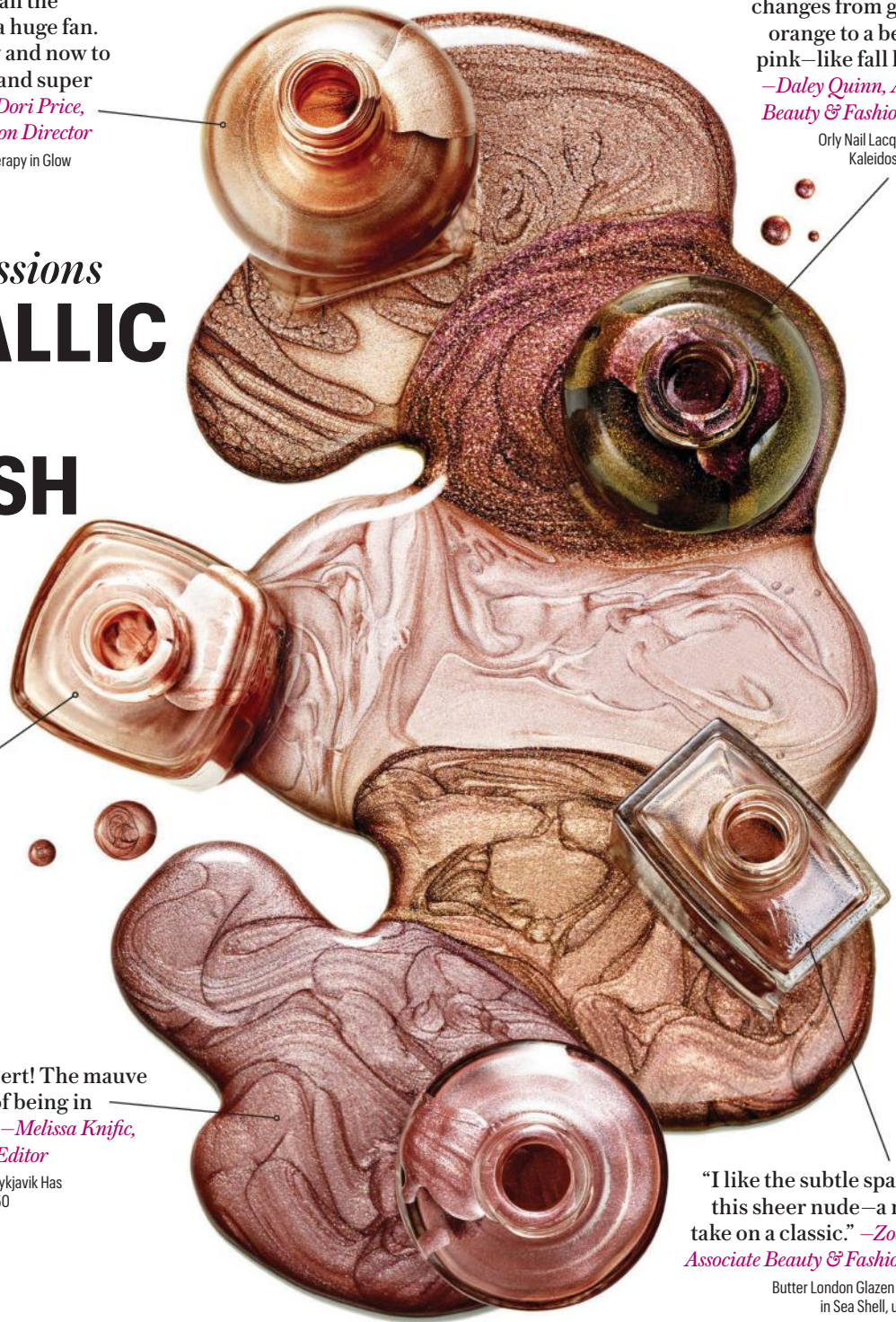
## Our Obsessions

# METALLIC NAIL POLISH

“The pale, pearlescent pink really pops against my skin tone.” *–Suzanne Rust, Lifestyle Editor*  
 Essie Nail Polish in Buy Me a Cameo, \$9

“Flashback alert! The mauve reminds me of being in high school.” *–Melissa Knific, Associate Food Editor*  
 OPI Infinite Shine in Reykjavik Has All the Hot Spots, \$12.50

“I like the subtle sparkles in this sheer nude—a modern take on a classic.” *–Zoë Roscoe, Associate Beauty & Fashion Editor*  
 Butter London Glazen Nail Lacquer in Sea Shell, ulta.com, \$10





## GET RED-Y

*Scarlet lips are always in style, but this fall try a deeper shade—more berry, less fire engine. Go with minimal makeup for the rest of the face, just a touch of blush and groomed brows.*

### GET THE LOOK

1. Nars Powermatte Lip Pigment in Light My Fire, narscosmetics.com, \$26
2. Avon True Color Lipstick in Red 2000, avon.com, \$8
3. Maybelline New York SuperStay Matte Ink in Pioneer, drugstores, \$9.50

1



2



3



# Psychedelic Furs

Colorful faux-fur collars will warm up your winter blues.

Fabulous Furs,  
fabulousfurs.com,  
\$199



Guess,  
shop.guess.com,  
\$198



Titika Active  
Couture,  
titikaactive.com,  
\$198



**It's a Wash** Micellar water—the French import that gently cleans skin without water—now delivers specific benefits. Simple's Water Boost (drugstores, \$9) hydrates with mineral and plant extracts; Yes To Tomatoes' Clear Skin (drugstores, \$9) detoxifies thanks to charcoal; and Sephora Collection's pomegranate option (sephora.com, \$7.50) energizes.



**SADDLEBAGS**

Neelyandchloe.com,  
\$198

French Connection,  
nordstromrack.com, \$98

Aimee  
Kestenberg,  
qvc.com, \$165

# It's All in the Details

The trendiest bags, boots and  
baubles of the season

*By Zoë Roscoe  
Photography by  
David Prince*

Style

## BOOTS WITH DETAILED HEELS

Lucite heel,  
NineWest.com,  
\$99

Faux suede and  
metal heel,  
justfab.com, \$40

Studded heel,  
Guess,  
macys.com, \$139

Wood and metal  
heel, Enzo  
Angiolini,  
dsw.com, \$120

Rhinestone embellished  
heel, A New Day,  
target.com, \$38



# Happy to HOST



Holiday Entertaining Tips from  
Domestikated Life blogger, Kate Bowler

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



## Classic Brown Sugar Body Scrub

Make a beautiful hostess gift that's perfect for the holiday party season. This easy DIY body scrub is made with the rich sweetness of **Domino®** or **C&H® Dark Brown Sugar**; it's a thoughtful token for any friend. Find additional scrub recipes at [dominosugar.com](http://dominosugar.com) or [chsugar.com](http://chsugar.com).

### MAKES 2 CUPS

- 2 cups Domino® Dark Brown Sugar**
  - 1 cup light olive, canola or almond oil**
  - 1 tablespoon vitamin E oil**
  - 2 8 oz. decorative containers with lids**
- Place sugar in a bowl, and with a spatula, incorporate oil until it becomes a thick paste. Add vitamin E oil, mixing well.
  - Transfer mix into containers; secure lids. Contents will settle; mix before using.
  - Scoop a teaspoon or two of the scrub into your hands; gently massage in circular motions onto moist skin. Rinse well. Your skin will be smooth and soft!
  - Sugar scrubs are not recommended for the face. Avoid using on sensitive areas, on cuts or skin that is irritated or sunburned.



## Torani Chestnut Praline Holiday Frappé

With a long holiday to-do list, you deserve a holiday treat that's got a little extra jolt. The seasonal flavor of **Torani Chestnut Praline Syrup** combined with cold brew coffee make a delicious frappé blended with ice. Add this delicious syrup to whipped cream for a special touch.

### MAKES 2 FRAPPÉS

- 3 tbsp. Torani Chestnut Praline Syrup**
- 3 cups of cold brew coffee**
- ½ cup of half and half**

### 4-5 cups of ice

### Chopped pecans for garnish

- Combine Torani Chestnut Praline Syrup with cold brew coffee, half and half, and ice in a blender. Blend ingredients until smooth.
- Pour frappé into glasses, top with whipped cream and chopped pecans before serving.

### FOR WHIPPED CREAM:

- 1 cup whipping cream**
- 1 tbsp. confectioners sugar**
- 1 tbsp. Torani Chestnut Praline Syrup**

- Prepare whipped cream by combining one tablespoon of Torani Chestnut Praline Syrup with whipping cream and confectioners sugar in a bowl. Whip with a hand mixer or immersion blender until soft peaks form. Refrigerate until ready to use.

Just add a splash of Torani to your drinks. Explore our easy recipes and 100+ flavors. Enjoy 15% off cart. Offer code **FCNOV17**. Expires 11/30/17. [Shop.torani.com](http://Shop.torani.com)



## BOLD-FACE WATCHES

1. Anne Klein,  
amazon.com, \$85

2. Brathwait.com, \$159

3. Rebeccaminkoff.com,  
\$225

4. Nine West,  
amazon.com, \$49

5. Vincecamuto.com,  
\$95



## GEOMETRIC EARRINGS

6. Danielle Nicole,  
amazon.com, \$34

7. Forever21.com, \$7

8. Swarovski.com, \$119

9. Nashelle Jewelry,  
nashelle.com, \$103



# Cult Classics

*Twelve time-tested products that still have a passionate following among beauty pros.* BY DORI PRICE

## **Cetaphil Restoraderm Eczema Calming Body Moisturizer, drugstores, \$19**

"A top-notch moisturizer that soaks right in and doesn't leave skin sticky," says Amy Wechsler, MD, a dermatologist in NYC.

## **Dove Sensitive Skin Beauty Bar, drugstores, \$3 per 2-pack**

"My go-to cleanser—it cleans skin without irritating," says Wechsler. "I bring it with me whenever I travel."

## **Pond's Cold Cream Cleanser, drugstores, \$8**

"Hands down, the easiest way to remove makeup," says Joy Fennell, a makeup artist in NYC. It's been around for decades for a really good reason—it works.

## **Elizabeth Arden Eight Hour Cream Skin Protectant, elizabetharden.com, \$22**

"Good for literally everything—flaky lips, dry skin, rough cuticles and fun hacks like glossy lids," says Fennell.

## **CeraVe Renewing SA Cream, drugstores, \$19**

"The fix for rough patches on upper arms and legs," says Kristina Goldenberg, MD, founder of Goldenberg Dermatology in NYC. The salicylic acid removes dead skin cells—bumps gradually disappear and skin becomes smoother and softer.

## **Olay Active Hydrating Beauty Fluid Lotion, drugstores, \$8.50**

"I love the simplicity—and efficacy—of this lightweight moisturizer," says Goldenberg. Sometimes the simpler the ingredients, the more effective the product.



# Hair



**It's a 10 Miracle Leave-in Product, drugstores, \$18.50**

"True to its name, this styling product is a miracle," says Julius Michael, celebrity stylist and owner of his eponymous salon. It repairs damaged hair, detangles the messiest knots and helps prevent split ends. Bonus: It also prevents heat damage from dryers and curling irons.

**L'Oréal Paris Elnett Satin Hairspray, drugstores, \$15**

This micro-fine mist is the hairspray of choice for legions of hairstylists. "It's buildable, touchable and reliable," says Kattia Solano, hairstylist and founder of Butterfly Studio Salon in NYC.

**Oribe Dry Texturizing Spray, oribe.com, \$46**

"The absolute best way to add volume and texture," says Solano. Any style, up or down, will last longer.

**Herbal Essences Body Envy Volumizing Shampoo, drugstores, \$3**

"Washing with this shampoo creates so much fullness—you don't need any additional volumizers," says Michael.

**Shu Uemura Art of Hair Essence Absolue, shu-uemura-artof-hair-usa.com, \$69**

Talk about versatility! "Use the oil as a leave-in product on wet hair before blow drying, on dry hair to add shine or—my favorite—as a weekly 15-minute moisturizing treatment," says Solano.

**Kérastase Mousse Bouffante, kerastase-usa.com, \$37**

"I love the light and airy texture. This product holds hair in place without weighing it down and has strong holding power," says Cervando Maldonado, a celebrity hairstylist in Los Angeles.



# BORN *to* OUTPERFORM

Olay Eyes hydrates better than the top five prestige eye products, without the prestige price.

**AGELESS**

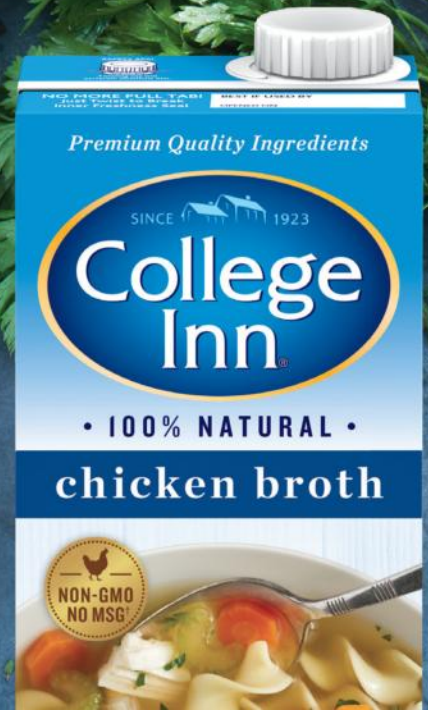


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Decorating Ideas

Budget Buys

Organizing Tips

DIY

# Home

## State of the Art

Step inside a colorful, comfortable Indianapolis house. BY PAULA CHIN

### Into the Blue

A cherished painting inspired the dining room's wall color—the wash of bright blue can't help but create a sunny-day vibe. The table is worth more than the sum of its parts. Lindsay opted for inexpensive butcher block versus a single pricier piece of wood and bought the legs separately.



Prop styling: Elizabeth Demos.



## Inside the Box

Open cabinets set high up on the wall give the narrow kitchen room to breathe and show off a colorful collection of retro dishes, cups and plates.

## Talking Points

The arrow next to the 1960s Coke poster in the kitchen buffet area actually lights up. Below it, the letter board is easy to swap out for fun family sentiments or messages to Milo (when he learns to read!).



Lindsay Hadley and Tim Lisko have decorating down to a fine art. The creative couple's shared flair for design is evident in every room of their midcentury modern Indianapolis home, from the playful mix of patterns and colors to the retro furniture and eclectic paintings. Since relocating from Savannah, GA, eight years ago, Lindsay, an art director at an ad agency, and Tim, an advertising copy writer, have had their hands full. Morphing the dated orange-and-brown palette to a range of neutral grays and blues took priority, along with installing hardwood floors and adding a bigger back porch. There was never any so-called big reno, though. Per Lindsay, their MO was pretty much "one project at a time," mostly during work vacations and when son Milo (now 2) was a baby. However, one thing they couldn't change were the ceilings. "They're much lower than we're used to, so all the art we bought from our old home fills this place to the brim," she says. "Our guests spend a lot of time looking around and asking how we acquired all our treasures. This house is like a scrapbook of our lives."



Gutter photo and styling credits: go go here



## Plane Geometry

When Lindsay was out at her book-themed baby shower for Milo, Tim painted these charming paper airplanes with a stencil he sketched himself, then cut out with a straightedge razor. He eyeballed the placement and just used a small roller to apply the lighter gray. "The logic was that if I tried to be precise, I'd mess up and never stop staring at the mistake. But if everything was a tiny bit off, it would seem perfectly okay," says Tim. Lindsay and Milo both love the unique results.

## Warm Welcome

The redwood paneling is original to the 1955 house—they wouldn't dream of painting it. The fireplace is fully functional, thanks to the gift of a vented gas insert from Lindsay's parents. Small shelves jutting out from the mantel are perfect for displaying travel souvenirs.



### Happy Hunting

The womb chair was an unbelievably lucky Salvación Army find—not to mention a steal at \$100. They discussed reupholstering with a local furniture expert, but he insisted he didn't know anyone talented enough to do the job. "It's not perfect, but it's a conversation piece," says Lindsay. "And it's incredible for napping."

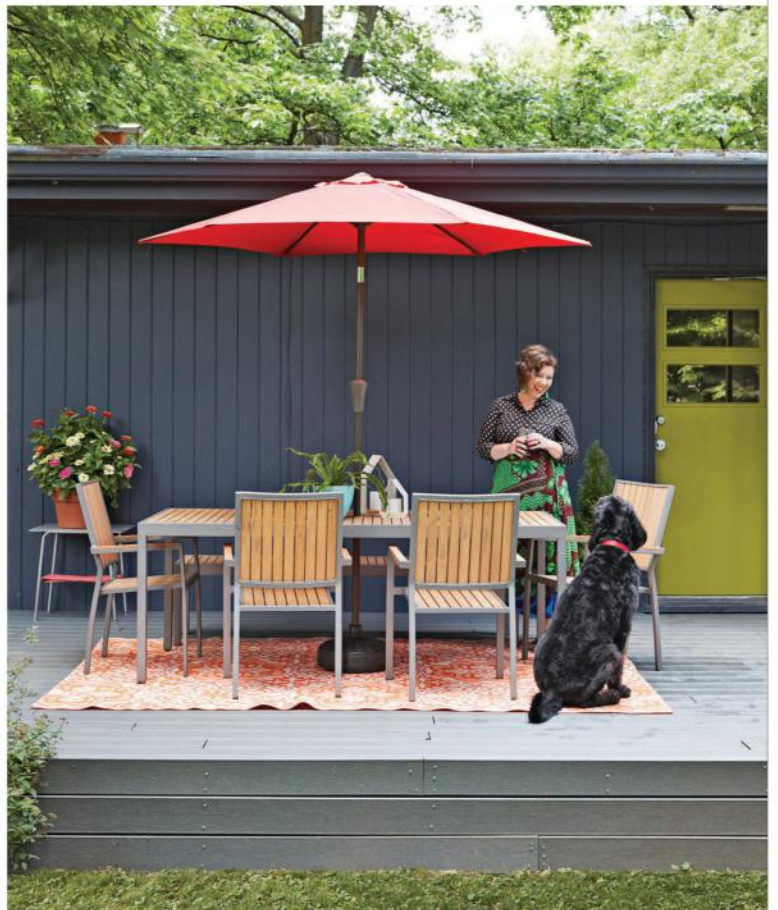


### Just Right

Lindsay fell hard for this house for a big bunch of reasons. "It sits diagonally on the lot. There are tons of mature trees. Walking distance from Target. In the city but somehow feels secluded. It's just cozy as can be," she says.

### Room to Grow

The redone back deck—made of composite decking boards that never need repainting—serves as an extension of the house in warm weather. To add a pop of color, textile-crazy Lindsay snapped up the rug during a World Market sale. "I can just hose it off," she says. (Also, that's Oslo, their beloved Labradoodle.)





## Material World

"Most of our house is neutral, so I can go bananas with textiles," says Lindsay. "I'm crazy for mixing colors and patterns." These eye-catching pillows and quilts are among her favorites.

## The Big Idea

Hanging a framed statement piece in place of a headboard is an ingenious way to work bigger, bolder art into a small bedroom.

trend alert

Home



8 Oak Lane Marble Accent Tray, wayfair.com, \$37



Artisanal Kitchen Supply Coupe Marbleized Dinnerware, bedbathandbeyond.com, \$3 to \$32



Woodsdale Marble Ceramic Table Vase, jossandmain.com, \$37



Marble Canisters, containerstore.com, \$19 to \$20



# Stone Age

*Chilly marble is hot right now. Try a trendy touch of swirl in your home.* BY CAYLIN HARRIS

Marble + Wood Cutting Board, westelm.com, \$40

Hess Marble 18" Table Lamp, allmodern.com, \$59



Mint Marble Travel Mug, luluandgeorgia.com, \$25

White Marble Stackers Jewelry Peak, containerstore.com, from \$10, available October 16



Marbleized King Duvet Cover, cb2.com, \$119  
Marbleized Standard Shams, cb2.com, \$30/set of 2

# Center Stage

Set an inviting table with natural materials and a little know-how. *By Caroline Mullen*

*For more greenery, try a few snips of fern.*

Pressed leaves as place cards have retro camp-craft appeal, but the cobalt blue writing gives a modern feel.

# THANKSGIVING TIP

For a twist on **PERFECT TURKEY GRAVY**, add a splash of white wine and sprinkle in sage for unforgettable flavor.



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[McCormick.com/holiday](http://McCormick.com/holiday)

\*Except those naturally occurring glutamates

## Home

Rearrange a grocery store bouquet with produce and it feels practically designer. Cabbage leaves elevate plain glass votives.

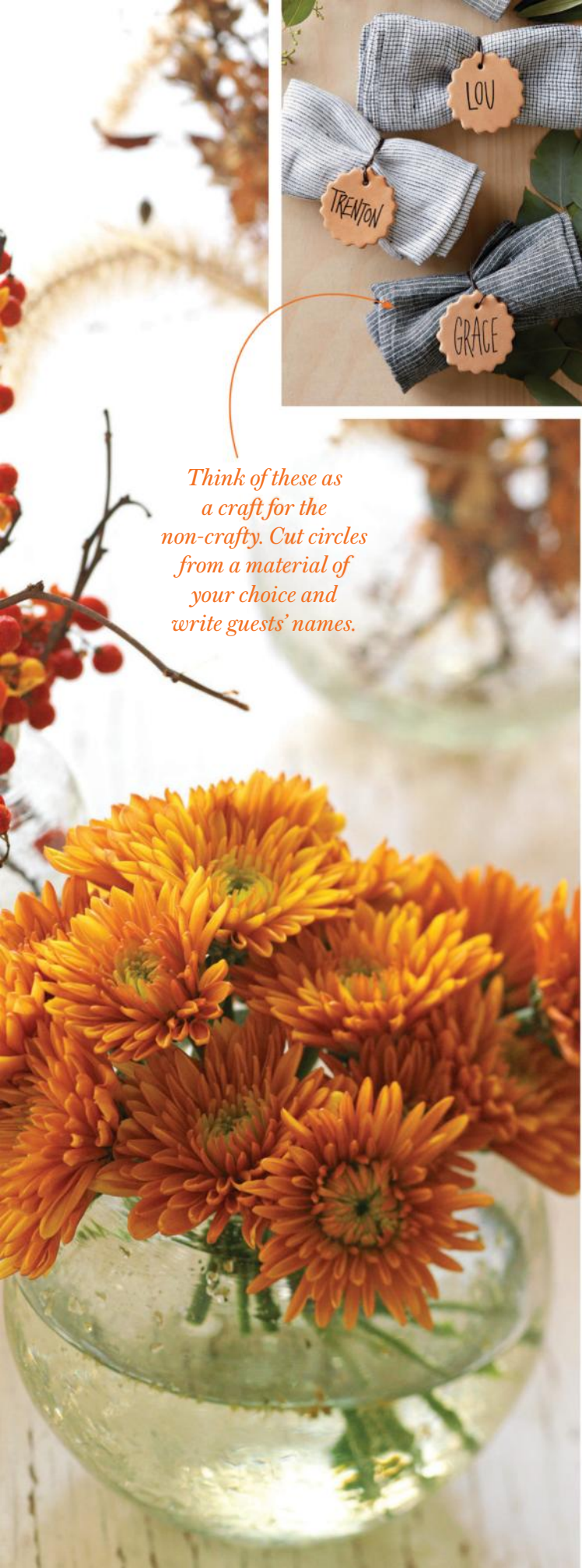


An unexpected use for uncarvable gourds: taper holders.



*Several tiny arrangements can be a sophisticated alternative to one big centerpiece.*

Photos: (clockwise from top left) Adam Albright, Kim Cornelson, Adam Albright (2), Werner Straube, Marty Baldwin.



*Think of these as a craft for the non-crafty. Cut circles from a material of your choice and write guests' names.*



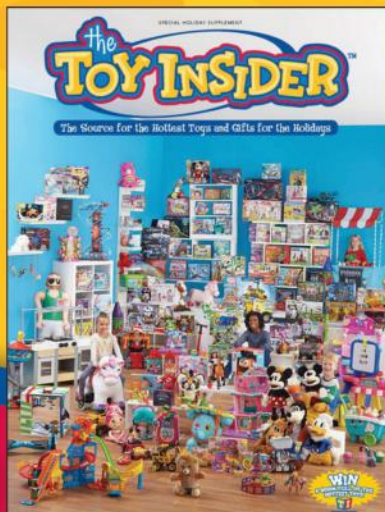
Potted mums are predictable. Instead, string blooms together.



Funky little gourds are hard to pass up, but then what to do with them? Stack in a glass hurricane.

# The TOY INSIDER

Get a jump on holiday shopping with the Toy Insider gift guide, starting on page 61!



The Toy Insider features the season's hottest toys picked by leading toy experts.

**Enter for Your Chance to Win a Room Full of the Hottest Toys!**

Make the holidays even more exciting by entering for your chance to win a room filled with many of the season's hottest toys as seen in *the Toy Insider!*

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It's the supermarket bouquet trick again, but this time on a tiered tower.



The poppy pods have an exotic feel. If you can't find them at your florist, try a vase filled with dried beans and topped with artichokes, or a simple bowl of acorns.



Photos: (left to right) Adam Albright (2), Scott Little, Michael Partenito.

Talk about cheap and cheerful!  
 Show off mini pumpkins on white dishes  
 or pillar candleholders.



Home

It really doesn't get more harvest  
 than a bouquet of wheat. Simple,  
 seasonal, stunning.

For mom's birthday, they frosted ~~cupcakes.~~  
**themselves.**



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*Big holiday get-togethers are awesome.  
Piles of food-crusted dishes are not.*

# Make Your Dishwasher Do the Dirty Work

## MEET YOUR EXPERT ADVISORS

**Abbas Naqvi**, product manager at Electrolux

**Jen L'Italien**, editorial contributor at Houzz

**Leslie Reichert**, author of *The Joy of Green Cleaning* and owner of green cleaningcoach.com

### 1. Keep spray arms clear

Usually found on the bottom of the top drawer, these key components shoot hot water and detergent at dishes. Naqvi says to place large items, such as casserole dishes and cookie sheets, on the bottom from front to back—rather than left to right—to avoid impeding water flow. After loading, give the arms a gentle push. If they spin, you're good to go.

### 2. Put the sturdiest—and dirtiest—on the bottom

Think plates or pots and pans. Reserve the top shelf, where the water isn't as hot, for glassware and plastic containers, advises Reichert.

### 3. Don't bother pre-rinsing

Load dirty dishes straight in. Modern models are designed to tackle even the most cooked-on food, says Naqvi.

### 4. Don't add extra detergent

No matter how gross the dishes look, resist the urge to add more soap, says L'Italien. Too much will leave behind a residue.

### 5. Stagger your silverware

Cutlery up or down? Both, per L'Italien. Put forks and spoons in the silverware bin with some handles up and others down, so that they won't nest together and water can reach in between. Butter and steak knives should be loaded with blades down, says Reichert. Chef's knives should always be washed by hand to protect the blade.

### 6. Leave breathing room

Naqvi recommends positioning dishes with two finger widths of space in between to prevent debris from getting trapped. The same goes for fragile items like wineglasses, which can bang together and crack.

### 7. Aim for the middle

Reichert says to face plates toward the water source, which is typically in the center of the washer, so they get a full blast of suds.



# The TOY INSIDER™

The Source for the Hottest Toys and Gifts for the Holidays



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# we know play™

We are thrilled to bring you the 12th annual Toy Insider holiday gift guide, featuring the best toys, games, and tech for every child on your holiday shopping list! This year's guide is packed with a brand new selection of toys for children of all ages. Kids learn through play, so be sure to check out our handy skill key located on the Hot 20 page, which explains the skills and developmental benefits kids can gain from each toy on our list.



Co-Publishers Laurie Schacht and Jonathan Samet

In addition to our Hot 20 list of the hottest toys sure to top kids' wish lists, be sure to check out our Top Tech 12—a guide to the coolest tech toys on the shelves. These "toys of the future" include a drone that you control with hand motions, a virtual reality/augmented reality holographic cube, and the most amazing Batmobile we've ever seen!

Toys that enhance kids' knowledge of science, technology, engineering, and math (STEM) can help turn intimidating subjects into fun play experiences. Our STEM 10 list features some of the coolest toys that will stealthily teach kids all about these important fields of study while keeping them entertained for hours.

We spent countless hours testing all of these incredible toys so you can be sure you're making the best decisions for the kids in your life this holiday season. The Toy Insider is dedicated to bringing you the most up-to-date news, reviews, and information on toys all year long, and you'll find even more of our favorite picks on [thetoyinsider.com](http://thetoyinsider.com). Read product reviews, discover top toy trends, watch fun videos, and enter tons of giveaways!

To make this holiday season even more special, we are giving away a room full of toys to one lucky winner! Three lucky runners-up will also receive great prizes. Be sure to visit [thetoyinsider.com/ti-sweeps-17](http://thetoyinsider.com/ti-sweeps-17) to enter to win our annual sweepstakes, and while you're there, sign up for our newsletter so you can be sure you are staying up to date on the latest toy news.

We've been your go-to experts for top toy selections for the past 12 years, and we are very much looking forward to many more years of play. With more than 80 years of combined experience, remember: At the Toy Insider, we know play!

Enjoy the Toy Insider, THE source for the hottest toys and gifts of the holiday season!

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**CO-PUBLISHERS**

Jonathan Samet, Adventure Publishing Group Inc.  
Laurie Schacht 307 7th Avenue - Suite 1601  
Jackie Breyer New York, NY 10001  
Marissa DiBartolo, Phone: (212) 575-4510  
Ali Mierzejewski, Fax: (212) 575-4521  
Maddie Michalik, [www.thetoyinsider.com](http://www.thetoyinsider.com)

**EDITOR-IN-CHIEF  
SENIOR EDITORS**

**ASSOCIATE EDITOR  
ASSISTANT EDITORS**

Stephanie Grassullo,  
Kristen Nelson

**PRODUCTION DIRECTOR  
ART DIRECTOR**

Bill Reese  
Joe Ibrahim

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## 0-2 YEARS

**GO! GO! SMART WHEELS RACE & PLAY ADVENTURE PARK, 1+**

Little ones can launch Gavin the go-kart to the top of the play set with the catapult launcher, and watch as it goes around the 360-degree loop and off the jump ramp. Four SmartPoint locations add fun sounds, phrases, and sing-along songs. VTECH, [vtechkids.com](http://vtechkids.com)

**SCOOP & LEARN ICE CREAM CART, 2+**

Kids can build their customers' ice cream treats in the correct order with this play set to help build memory and sequencing skills, and then ring up the orders on the cash register. LEAPFROG, [leapfrog.com](http://leapfrog.com)

# HOT 20

Our Toy Insider panel of experts has selected these as some of the hottest toys for the holiday season. Whether they're based on a favorite TV show or movie character, selling out in stores, or just a whole lot of fun, these toys will be at the top of many kids' wish lists. Every child has different needs and passions, so be sure to consider each age segment and visit our website, [thetoyinsider.com](http://thetoyinsider.com), for even more great holiday toys and gifts for kids of all ages.

For more selections, go to [www.thetoyinsider.com](http://www.thetoyinsider.com) | @TheToyInsider

**L.O.L. SURPRISE! TOTS, 3+**

These collectibles let kids unwrap layers of surprises, including a message, stickers, a bottle, shoes, an outfit, an accessory, and a doll. Kids can feed or bathe the doll with water to reveal a surprise water feature. MGA ENTERTAINMENT, [mgae.com](http://mgae.com)

**DISNEY JUNIOR DOC MCSTUFFINS ALL-IN-ONE NURSERY, 3+**

Kids can nurture their baby dolls alongside Doc McStuffins. This role-play center features accessories such as a patient laptop, a light and sound stethoscope, a scale, a mobile, and other nursery tools. JUST PLAY, [justplayproducts.com](http://justplayproducts.com)

**FURREAL ROARIN' TYLER, THE PLAYFUL TIGER, 4+**

Make a noise or roar and Tyler roars back. He responds to kids' touch and can play with his rubber chicken. He features poseable back legs and more than 100 sound and motion combinations. HASBRO, [hasbro.com](http://hasbro.com)

**MICKEY TRANSFORMING ROADSTER RACER R/C, 4+**

Kids can press a button to transform this regular vehicle into a Roadster Racer. The easy-grip controller lets kids drive forward, backward, left, and right. It also features a horn and three messages from Mickey. JADA TOYS, [jadatoysinc.com](http://jadatoysinc.com)

**PEPPA PIG LIGHTS & SOUNDS FAMILY HOME, 3+**

Kids can be Peppa Pig's guest in this 22-inch-tall, four-story home with seven rooms. The house features lights and sounds; Peppa Pig, George, and Zoe Zebra figures; and 13 accessories. JAZWARES, [jazwares.com](http://jazwares.com)

**PJ MASKS RIVAL RACERS TRACK PLAYSET, 3+**

Launch vehicles around a raceway with two mega launchers, zoom through the loop and around the curve, and re-create other adventures from the *PJ Masks* TV series. Includes a Catboy figure, Cat-Car vehicle, and Night Ninja Bus. JUST PLAY, [justplayproducts.com](http://justplayproducts.com)

**TEDDY RUXPIN, 3+**

This 14-inch animatronic bear reads to kids and features color LCD eyes with more than 40 animations and a motorized mouth. Kids can enjoy three pre-loaded stories and sing-along songs without the need for Wi-Fi, and can access additional books via the free app. WICKED COOL TOYS, [wickedcooltoys.com](http://wickedcooltoys.com)

**THOMAS & FRIENDS SUPER STATION, 3+**

This multi-system track set features three levels of play, 10 Sodor locations, and three included engines—Cranky, Harold, and Owen. Works with most sizes and styles of Thomas & Friends engines, and stores more than 100 engines. FISHER-PRICE, [fisher-price.com](http://fisher-price.com)

## 6-8 YEARS

**FINGERLINGS, 6+**

These baby monkeys feature blinking eyes, turning heads, and realistic sounds that let kids know how they feel. With hands that grip and a curling tail, kids can swing them, pet them, and rock them to sleep.  
WOWWEE, [wowwee.com](http://wowwee.com)

**HATCHIMALS SURPRISE, 6+**

New Hatchimals are arriving from Hatchtopia and they can't hatch without kids' help. These eggs hold a special surprise inside.  
SPIN MASTER, [spinmaster.com](http://spinmaster.com)

**JOJO SIWA CD + G KARAOKE MACHINE, 6+**

This karaoke machine features a multi-colored LED light show. Connect to a TV and sing along to your favorite JoJo lyrics on screen with the included CD, or connect any Bluetooth device to stream audio wirelessly.  
EKIDS, [ekids.com](http://ekids.com)

**ONIES STARTER KIT, 6+**

Kids take an Onies pellet, place it in the inflator, and watch it magically grow into an Onie. This pack makes six Onies designs, and the air-filled, mess-free balls do not require glue or water.  
MOOSE TOYS, [moosetoys.com](http://moosetoys.com)

**SHOPKINS SHOPPIES SUPER MALL, 6+**

This three-story mall gives kids' Shopkins and Shopkins a place to shop, spend time with friends, and eat. The play set features the Fashion Boutique, Beauty Parlor, Food Court, Smart-Phone Cinema, and a VIP card checkout.  
MOOSE TOYS, [moosetoys.com](http://moosetoys.com)

**SOFT'N SLO SQUISHIES, 8+**

These squeezable collectibles produce a fun transformation as they slowly rise. The Sweet Shop collection features bakery products, including super squishy s'mores and cookies. The Gross Desserts collection features items from the Creepy Café that are made with disgusting details.  
ORB, [softnlosquishies.com](http://softnlosquishies.com)

## 9+ YEARS



**LEGO STAR WARS FIRST ORDER STAR DESTROYER, 9+**  
Build the newest adventure in the Star Wars saga with this 1,416-piece set. Kids can fire the stud shooters, fly the ship using the handle on top, and open the ship's panels to play inside.  
THE LEGO GROUP, [shop.lego.com](http://shop.lego.com)

**NERF RIVAL NEMESIS MXVII-10K BLASTER, 14+**

This fully automatic blaster has a colossal 100-round capacity and features the first easy-load hopper for fast reloads. Compatible with the Nerf Rival rechargeable battery pack.  
HASBRO, [hasbro.com](http://hasbro.com)

**NINTENDO SWITCH, 9+**

This two-in-one home-to-portable gaming system lets kids dock to play on a TV, or lift out for on-the-go fun. The two Joy-Con controllers offer new styles of play, featuring motion-sense technology and HD rumble.  
NINTENDO, [nintendo.com](http://nintendo.com)

**SOUNDMOOVZ, 9+**

SoundMoovz are motion-activated musical bands that use Bluetooth technology to pair with a free app. Kids choose from more than 400 sounds, strap them to wrists or ankles, and move to make music. Multiple play modes include instrumental, robot, karate, and more.  
CRA-Z-ART, [cra-z-art.com](http://cra-z-art.com)

## TOY SKILL KEY

**Development of Large & Small Motor Skills:** Improve hand-eye coordination skills with detailed active play, develop balance and dexterity, and improve physical awareness.

**Social Interaction:** Encourage team play and foster close relationships with challenging and competitive activities or shared role-play interactions.

**Emotional & Social Intelligence:** Develop art, music, language, and social skills. Explore creative, imaginative play and role-playing.

**School Readiness:** Support math, logic, and spatial skills. Enhance language, reading, and writing skills. Discover and explore science and nature.

**Tech Smarts:** Enhance knowledge of the Internet, computers, programming, digital imaging, wireless communication, motors, and circuitry.

**Batteries Required:** Products with this icon require batteries. Energizer® batteries are recommended.

*The Energizer Bunny design is a trademark of Energizer Brands, LLC.*

# TOP TECH 12

These forward-thinking tech-based toys incorporate the latest in digital play, creativity, and innovation.



## AURA, 6+

Kids can pilot this drone with hand gestures instead of a traditional joystick controller to make it fly up and down, forward and backward, and even perform tricks, such as a sideways flip.

KD INTERACTIVE, [aura-drone.com](http://aura-drone.com)



## DIGILOOM, 8+

This app-controlled weaving machine lets kids turn fashion bands into custom bracelets, anklets, headbands, and more. Using the *Digiloom* app, they can drag and drop letters, emojis, and other icons for more creative fun.

WOWWEE, [wowwee.com](http://wowwee.com)



## LEAPFROG EPIC ACADEMY EDITION, 3+

This tablet is packed with kid-appropriate content, including 20 learning games, a safe LeapSearch web browser, parental controls, and a free trial of interactive learning program *LeapFrog Academy*.

LEAPFROG, [leapfrog.com](http://leapfrog.com)



## LIGHTSEEKERS STARTER KIT, 8+

Ideal for mobile devices, this role-play game lets kids integrate smart action figures into video games. Kids can level up in the game with augmented reality trading cards, interchangeable weapons, and motion-controlled flight packs.

TOMY INTERNATIONAL, [tomy.com](http://tomy.com)



## LUVABELLA/LUVABEAU, 3+

Luvabella and Luvabeau affectionately respond to love just like real babies with authentic movements and emotions. Kids can nurture and play with the dolls and their four interactive accessories, including a pacifier and bottle. Each doll sold separately.

SPIN MASTER, [spinmaster.com](http://spinmaster.com)



## MECCANO M.A.X., 10+

Meccano M.A.X. combines artificial intelligence learning and customizable programming to create a one-of-a-kind personal companion. Infrared navigation and customizable apps bring M.A.X. to life with personalization and interactivity.

SPIN MASTER, [spinmaster.com](http://spinmaster.com)



## MERGE CUBE, 10+

Kids can control holograms while they play, learn, and explore with this holographic cube. The app lets kids view the cube through their smart device camera, and merges virtual reality, augmented reality, and mixed reality.

MERGE VR, [miniverse.io](http://miniverse.io)



## R2-D2 APP-ENABLED DROID, 8+

This R2-D2 droid is controlled with a smart device and can patrol on its own. R2-D2 has fully functional LED lights, can interact with other Star Wars app-enabled Droids, and reacts to the *Star Wars* films.

SPHERO, [sphero.com](http://sphero.com)



## SKY VIPER V2450 GPS, 12+

This drone has built-in GPS that provides a flight experience similar to hobby-grade drones. It can hover without drifting away and can fly back to its launch point with just a push of a button.

SKYROCKET, [skyrockettoys.com](http://skyrockettoys.com)



## STAR WARS HERO DROID BB-8, 6+

The Hero Droid BB-8 is a lifelike scale of the adored Star Wars companion and features realistic interactivity. Control BB-8 with a remote, or activate its "Follow Me" mode and it will respond to voice commands.

SPIN MASTER, [spinmaster.com](http://spinmaster.com)



## ULTIMATE JUSTICE LEAGUE BATMOBILE, 18+

This Batmobile features smoke release from the exhaust pipe, missiles that shoot, and sound effects. Kids can use the camera in the cockpit to drive from Batman's point of view using the app. Includes a moveable Batman figure.

MATTEL, [play.mattel.com](http://play.mattel.com)



## VRSE, 7+

VRSE is a virtual reality gaming platform for kids that uses a smartphone and app. Kids can fight off a T-Rex in Jurassic World VRSE or head to Gotham City to defeat the Joker's evil plot with Batman VRSE.

SKYROCKET, [skyrockettoys.com](http://skyrockettoys.com)

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# STEM 10

Science, technology, engineering, and math (STEM) concepts are vital to kids' learning development, and hundreds of toys that reinforce these important subjects can now be found on store shelves. From the basics of coding and circuitry to complex robotics, the following STEM toys give kids the tools they need for success in the modern world.

For more selections, go to [www.thetoyinsider.com](http://www.thetoyinsider.com) | @TheToyInsider



**3D DODLER START ROBOTICS PEN SET, 8+**  
 This 3-D printing pen and activity guide set allows kids to create robots that walk or crawl using BPA-free plastic. Set includes a motor and battery pack, four packs of plastic, DoodleBlocks, and more.  
 3D DODLER, [the3doodler.com](http://the3doodler.com)

**BARBIE FUNDAMENTAL CHEMISTRY SET, 4+**  
 This colorful carrying case is a portable science lab with the tools and materials kids need to learn chemistry and physical science. There are six safe potions and concoctions to experiment with, each demonstrating important scientific principles.  
 THAMES & KOSMOS,  
[thamesandkosmos.com](http://thamesandkosmos.com)



**DANCE CODE BELLE, 5+**  
 Kids can learn simple coding techniques, such as block coding and connect-the-dots, to create and choreograph dance sequences for the Belle doll through an app. Also features three standalone modes of play, more than 100 phrases, and seven songs.  
 HASBRO, [hasbro.com](http://hasbro.com)

**DROID INVENTOR KIT, 8+**  
 Build and customize an R2-D2 with eight modes and authentic sounds, teach him tricks, and take him on more than 20 missions with the free app. There are also challenges to get creative and build new custom Droids.  
 LITTLEBITS, [littlebits.cc](http://littlebits.cc)





**HEXBUG VEX ROBOTICS BATTLEBOTS MINOTAUR/TOMBSTONE, 8+**  
 Kids can build up their favorite BattleBots Minotaur and Tombstone from the *BattleBots* TV show with 345 snap-together pieces, while learning STEM-based problem-solving skills. Each sold separately. **HEXBUG, [hexbug.com](http://hexbug.com)**

**IMAGINE: POWER & PLAY MOTORIZED 50 MODEL BUILDING SET, 7+**

This set comes with 50 unique building ideas and a reusable storage box. Kids can construct cars, planes, robots, and more using 530 classic made-in-the-U.S. pieces and a battery-powered motor to bring their creations to life. **K'NEX, [knex.com](http://knex.com)**



**LEGO BOOST CREATIVE TOOLBOX, 7+**  
 LEGO Boost combines building and coding so kids can add sound, movement, and personality to five different creations. Kids can add behaviors to their builds using simple drag-and-drop coding language with the free companion app. **THE LEGO GROUP, [shop.lego.com](http://shop.lego.com)**

**LEGO WORLDS, 10+**  
 Young builders can explore, discover, and create one brick at a time with this open-world game. Kids can use large-scale landscaping tools, drop in pre-fabricated structures, collect rewards, and show off their worlds in the online multiplayer mode. **WARNER BROS. INTERACTIVE ENTERTAINMENT, [warnerbros.com](http://warnerbros.com)**



**REMOTE-CONTROL MACHINES: CONSTRUCTION VEHICLES, 6+**  
 Kids can build eight models of realistic, heavy-duty construction vehicles and control them with the R/C unit. The models can drive around the floor and move tools, such as buckets, shovels, forks, and cranes. **THAMES & KOSMOS, [thamesandkosmos.com](http://thamesandkosmos.com)**

**RUBE GOLDBERG THE ACROBAT CHALLENGE, 8+**  
 The Acrobat Challenge features STEM-based principles of gravity and spring forces to make the acrobat fly. Kids can arrange the contraptions to test the challenge until it's in just the right place to trigger a chain reaction. **SPIN MASTER, [spinmaster.com](http://spinmaster.com)**



# Kurio® WATCH 2.0

The Ultimate Smartwatch Built For Kids!



**Toys R Us Walmart** [www.kuriowatch.com](http://www.kuriowatch.com)

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# 0-2 Years

## Infants & Toddlers

Every day is a new adventure for babies and toddlers, who amaze their parents with their continuous growth and development. For this age range, choose items that stimulate their minds, bodies, and all five senses. Toys that play songs and allow kids to make their own music are big hits with little ones, as are ride-ons and toys that encourage baby to crawl or walk. Seek out toys that offer experimentation with colors, shapes, sounds, and textures. Offer opportunities for hand-eye coordination, motor skills, language recognition, and nurturing. Toys that grow with a child are a plus.

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### ANIMAL PALS, 0+

These huggable, floppy, and soft 12-inch plush are hand-sewn in the U.S., hypoallergenic, and made from 100-percent GOTS Certified organic cotton. For every Animal Pal purchased, one is donated to a child in need. BEARS FOR HUMANITY, [bearsforhumanity.com](http://bearsforhumanity.com)



### CRAYOLA MY FIRST DRAW 'N DABBLE EASEL, 18 MOS.+

This starter easel for young scribblers features an extra large chalkboard surface, an easy-access tray, and a fold-away design. GROW'N UP LTD., [grow-n-up.com](http://grow-n-up.com)



### DOLCE ACTIVITY ZEBRA, 0+

Equipped with rattles, rings, mirrors, ribbons, and more, this large Activity Zebra will soothe little ones at bedtime. The zebra has bright, contrasting colors and unique fabrics, and will play songs when kids pull its tail. MAGFORMERS, [magformers.com](http://magformers.com)



### ELLY COUPE, 18 MOS.+

This foot-powered ride-on features caster wheels, a pretend steering wheel, an opening driver's side door, and a storage compartment inside to hold kids' drinks and snacks. THE SIMPLAY3 COMPANY, [simplay3.com](http://simplay3.com)

# A rocking pony that goes places!

## 2-IN-1 Pony



**1** Rocker



**2** Roller

## Rockin' Rider®

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**Race & Play Adventure Park™**  
Jump off ramps, race down the track and launch a catapult at your very own adventure park  
**AGES 1-5 Years**

## Pop-a-balls™



**Push & Pop Bulldozer™**  
Watch the balls pop and drop while little builders scoop and stroll!  
**AGES 12-36 Months**



**GearZooz™**  
**Roll & Roar Animal Train™**  
A wild time on the learning express with songs, moveable gears and animals  
**AGES 1½-4 Years**



**KidiBuzz™**  
Connect, share and play with this kid-tough, kid-safe smart device  
**AGES 4-9 Years**

Available online and in store at these retailers



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Disney  
**MICKEY MOUSE & Friends**

**FOLKMANIS Puppets**

©Disney  
[www.disney.com](http://www.disney.com)

[www.folkmanis.com](http://www.folkmanis.com)



**ELMO'S WORLD HIDE AND SEEK, 1+**  
 One player hides the Elmo figure anywhere inside the house while others use the included cards to find it. Elmo calls out to players every 10 seconds to help guide them to his hiding spot.  
 IDENTITY GAMES USA,  
[identitygames.com](http://identitygames.com)

**FISHER-PRICE LAUGH & LEARN FIRST WORDS SMART PUPPY, 9 MOS.+**

This interactive puppy teaches first words using eight starter blocks. The Smart Stages block reader reads a word when baby places a block, unlocking different levels of learning. Includes shape buttons, lights, and music.  
 FISHER-PRICE, [fisher-price.com](http://fisher-price.com)



**FISHER-PRICE LITTLE PEOPLE ANIMAL RESCUE, 1+**  
 Press the Discovery button to turn on the light at the fire station, sending Firefighter Rob into action with songs and phrases. Turn the crank to spin the helicopter propellers and activate lights, sounds, songs, and phrases.  
 FISHER-PRICE, [fisher-price.com](http://fisher-price.com)

**GEARZOOZ ROLL & ROAR ANIMAL TRAIN, 18 MOS+**

Kids mix and match the 15 included gears to create their own unique train, and press buttons for kid-friendly quizzes. Little ones can push the train or pull the string to watch the gears spin together.  
 VTECH, [vtechkids.com](http://vtechkids.com)



**GO! GO! SMART FRIENDS SHIMMERING SEASHELL CASTLE, 18 MOS+**  
 Kids can place mermaid Pearl on three MagicPoint locations to hear playful phrases and sounds and discover a magical light-up seashell. Accessories include a mini sand castle, a seahorse, a dolphin, and a vanity.  
 VTECH, [vtechkids.com](http://vtechkids.com)

**HOUSE PLAYSET, 2+**

This multi-level play set includes a convertible, two mouse characters, a movable staircase, and more. The open back encourages cooperative, imaginative play, and the pieces fit inside for easy storage. It is made in the U.S. and is free of BPA, phthalates, and PVC.  
 GREEN TOYS, [greentoys.com](http://greentoys.com)



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**3-in-1 Double Sided Easel**

**Play'N Fold Art Studio**

**Double Sided Artist Easel**

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**This Holiday, Get Creative!**

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Magical Oven!



Open a can of

**IMAGINATION**



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# JEEP® MY FIRST RC



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**JEEP AND FERRARI MY FIRST RC, 2+**  
 The beautiful Ferrari and rugged Jeep each make a perfect first R/C. They make realistic horn sounds, have motion sensors to control direction, working headlights and taillights, and simple controls. Each sold separately.  
 BB JUNIOR, [bbjunior.com](http://bbjunior.com)

**LITTLE TIKES 2-IN-1 FOOD TRUCK, 2+**  
 Kids can serve food out of their own food truck with the 40 play food and utensil accessories. The truck features a cash register, a steering wheel with a working horn, a serving counter, and more.  
 MGA ENTERTAINMENT, [littletikes.com](http://littletikes.com)



**LITTLE TIKES LIGHT 'N GO 3-IN-1 SPORTS ZONE, 1+**  
 Toddlers will dunk, kick, and score in three different sports. Kids can play basketball with the adjustable hoop, build strength with soccer, and learn shapes, colors, and cause and effect while they bowl.  
 MGA ENTERTAINMENT, [littletikes.com](http://littletikes.com)

**MCLAREN 570S PUSH SPORTS CAR, 18 MOS.+**  
 This car features the innovative styling of the real McLaren 570S sports car plus Whisper Wheels and an easy-fold handle. It features a storage area under the seat and a flat-bottom steering wheel with electronic sounds.  
 STEP2, [step2.com](http://step2.com)



**MY FIRST COOKIN' KITCHEN, 2+**  
 This kitchen set stands 2.5 feet tall and features a pretend microwave, oven, sink, and stove, which makes clicking sounds when kids turn the knobs. It has built-in storage for the included accessories, such as utensils.  
 AMLOID, [amloid.com](http://amloid.com)

**POP-A-BALLS PUSH & POP BULLDOZER, 1+**  
 Watch colorful balls pop through the smoke stack, into the scoop bucket, and back again as this bulldozer moves along. Little ones can also press the buttons on the side to hear music and learn colors and numbers.  
 VTECH, [vtechkids.com](http://vtechkids.com)





Get ready for a SUPER holiday season!



Hello Christmas DVD

Team of Heroes Game



Rival Racers Track Playset



Cat Car Ride-on

www.pjmask.com

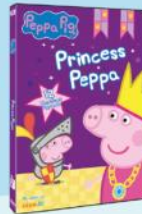


Peppa Pig's Lights & Sounds Family Home

'Tis the Season for Peppa Pig



Princess Peppa's Castle



Princess Peppa DVD



Peppa Pig's Giggly n' Bake Kitchen

www.peppapig.com



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Magical Gifts for your Preschooler only at Target

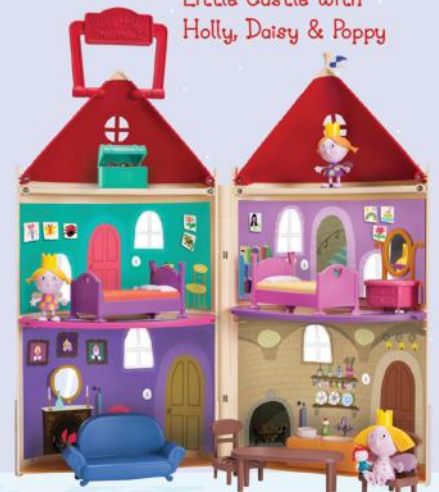


The Magical Tale of Ben and Holly Book



Fairy Tea Party

Royal Car with Holly & Nanny Plum



Little Castle with Holly, Daisy & Poppy

www.benandholly.tv

These items and more available at your local retailer.



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Build Colorful Creativity!  
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[www.amloid.com](http://www.amloid.com)

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3-in-1!  
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**STEP 2**

**UPTOWN URBAN WOOD KITCHEN & ISLAND**  
available at  
**ToysRUs**



**REPEAT PETEY, 6 MOS+**  
This parrot plush records what kids say and repeats it back to them. It features multiple textures and contrasting patterns, and stimulates tactile senses with the hidden squeaker and chime.  
TOMY INTERNATIONAL, [tomy.com](http://tomy.com)

**ROCKIN' RIDER BABY ROCKER, 1+**  
Rockin' Rider Baby Rockers are soft, stuffed plush rocking animals with a padded safety seat that assists with sitting up and maintaining balance. Features four colorful shape buttons on the back that play lullabies.  
TEK NEK TOYS, [myrockinrider.com](http://myrockinrider.com)



**SMARTMAX MY FIRST ANIMAL TRAIN, 18 MOS.+**  
This train set offers an early and safe introduction to magnetic discovery. The oversized train cars and animals easily click together. Kids can also play with the animal and conductor figures separately.  
SMARTMAX, [smartmaxusa.com](http://smartmaxusa.com)

**STROLLY SPIN, 10 MOS+**  
Safe and durable, this parent-controlled stroller features an adjustable, rotating seat so parents can always keep an eye on their child. When little ones are ready, it converts to a trike so they can take it for a spin on their own.  
YVOLUTION, [yvolution.com](http://yvolution.com)



**TICKLE ME ELMO, 18 MOS.+**  
A new version for a new generation! Press Elmo's tummy or squeeze his feet to hear him giggle. Continue to squeeze and he laughs harder and harder until he moves and shakes.  
HASBRO, [hasbro.com](http://hasbro.com)

**TONKA MIGHTY BUILDERS TOW 'N GO TUFF TRUCK, 1+**  
This truck features large wheels, an easy flip handle, and a removable storage lid that doubles as a play table. Kids can build on top of the vehicle with the 23 included blocks.  
AMLOID, [amloid.com](http://amloid.com)





we make  
wonder  
happen  
every day

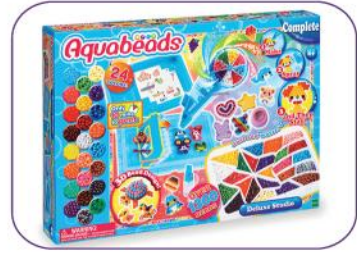


# 3-5 Years Preschool

Preschoolers are ready to take on a new type of play. Encourage imaginative and creative activities with role-playing and pretend play. Provide opportunities for active play, exercising their bodies and spirit of adventure. Social and emotional skills are emerging in this age group, so music, arts and crafts, teamwork, and language skills are important to build self-esteem. Toys that teach vocabulary, social skills, and give kids a sense of accomplishment are of the utmost importance. At this age, kids are likely to have favorite characters from movies and TV shows, and toys that reflect these characters are always a hit.



**ANTSY PANTS BUILD & PLAY VEHICLES, 4+**  
Kids can build a train, 4x4, school bus, and more using color-coded, snap-and-click poles and connectors. No tools are required, so kids can rebuild over again. Each set includes a fabric cover. Each vehicle sold separately.  
BEACH HOUSE GROUP, [antsypants.com](http://antsypants.com)



**AQUABEADS DELUXE STUDIO, 4+**  
Create more than 20 bead art creations with more than 1,300 solid and jewel beads, a palette, a table tray, a rainbow pen, and multiple shape trays. The studio stacks with other Aquabeads cases for easy storage.  
EPOCH EVERLASTING PLAY, [epocheverlastingplay.com](http://epocheverlastingplay.com)



**AVENGERS 12V 4X4, 3+**  
This two-seater 4x4 features functional roll bar lights and fog lights, along with a removable Captain America shield and adjustable play seatbelts. With a max speed of 5 mph, it can go forward and in reverse.  
DYNACRAFT, [dynacraftwheels.com](http://dynacraftwheels.com)



**BABY ALIVE SWEET TEARS BABY DOLL, 3+**  
This doll frowns and cries real tears to let mommy or daddy know she is sick. Kids can use the reusable tissue to wipe her red nose and tears. Features more than 35 sounds and phrases. Each doll sold separately.  
HASBRO, [hasbro.com](http://hasbro.com)

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HOW BIG WILL YOUR FAMILY BE?!

**120 TO COLLECT!**  
INCLUDING RARE AND ULTRA RARE SPROUTS!

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Surprise It's  
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for  
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**Collect  
and Flip  
Them  
All!**

**Flip Swaddle  
for  
Big Girl Size**



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# TOP HOLIDAY

## PRESCHOOL ROLE-PLAY: Doc McStuffins All-In-One Nursery



Light & Sound Laptop!



Rock the Cradle!



Measure Height & Weight!

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## PRESCHOOL VEHICLES: PJ Masks Rival Racers Track Playset



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PJ Masks © Frog Box/Entertainment One UK Limited/Walt Disney EMEA Productions Limited 2014.  
Catboy, Cat-Car & Night Ninja Bus Included. Other figures sold separately.

# TOY PICKS



## DOLLS: Spirit & Lucky Deluxe Feeding Set



A NETFLIX ORIGINAL SERIES

DREAMWORKS

# Spirit

RIDING FREE

ALL EPISODES NOW STREAMING

NETFLIX

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## PLUSH: Racing Adventures Mickey



### MICKEY AND THE ROADSTER RACERS

DRIVE!

DRIFT!

RACE!

PLAYS THE ROADSTER RACER THEME SONG!

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## Minnie's Walk & Play Puppy



Let's go for a walk, Snowpuff!

Minnie Sings & Talks to Her Puppy Friend!

Snowpuff Does Tricks!

# MINNIE

## PRESCHOOL PLAY SETS: Vampirina Scare B&B



Disney Junior

Two Sided Play!

Glow

Vampirina LIGHTS UP!

# Vampirina

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Model outfit not included. Vampirina & Puppy included.  
Additional figures sold separately.



♥  
A B C

**BACKPETS, 3+**  
These dolls are inspired by different cultures, and each includes fashion from a specific country. Each doll comes with a coloring book, a plush animal friend, a mini backpack, and other tradeable components.  
TREE HOUSE KIDS, [treehouse-kids.com](http://treehouse-kids.com)



♥

**BARBIE DREAMHORSE, 3+**  
Barbie DreamHorse walks and turns in circles, neighs, and eats carrots. It nods yes or no to questions, and nuzzles in response to kids' touch. Kids can brush its hair while Barbie sits on top.  
MATTEL, [play.mattel.com](http://play.mattel.com)



♥

**BARBIE-ON-THE-GO, 4+**  
This line of play sets features track pieces, mini dolls, and motorized ponies or vehicles to collect. The 3-inch Barbie has articulated joints so kids can place her in the vehicle or on the pony. All pieces are compatible. Each set sold separately.  
MATTEL, [play.mattel.com](http://play.mattel.com)



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**BEAT BUGS MUSICAL SUBMARINE, 3+**  
This submarine plays "Yellow Submarine," "All You Need Is Love," and more from the *Beat Bugs* Netflix original series. It has colorful lights, a spinning propeller, and includes an exclusive Jasper 3-inch Fab Figure.  
BLIP TOYS, [bliptoy.com](http://bliptoy.com)



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**BEN 10 RUSTBUCKET VEHICLE & PLAYSET, 4+**  
This two-in-one vehicle transforms into a three-level play set that stands more than 2 feet tall. The set features an alien transformation chamber, a plasma blaster, a grabbing claw, and more. Action figures sold separately.  
PLAYMATES TOYS, [playmatestoy.com](http://playmatestoy.com)



♥

**BRIO BUILDER ACTIVITY SET, 3+**  
Designed to inspire open-ended construction play, this set encourages kids to build original creations. Set includes a hammer, a screwdriver, wheels, nuts, bolts, and pieces in different shapes and sizes.  
RAVENSBURGER NORTH AMERICA, [brio.net](http://brio.net)

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**CABBAGE PATCH KIDS LITTLE SPROUTS—FIGURES AND PLAY SETS, 4+**

Give pets a check-up at the Lil' Patch Vet Center, play and learn with friends at the Cabbage Academy, or take a nap at the BabyLand General Hospital with these expandable play sets. Kids can collect and explore with all 120 Little Sprouts kid, baby, and pet figures.  
WICKED COOL TOYS, [wickedcooltoys.com](http://wickedcooltoys.com)



**CALICO CRITTERS LUXURY TOWNHOME GIFT SET, 3+**

This gift set features more than 50 items, including two critters, a five-room townhome with working lights, balconies with rails, working doors, a dining set, a piano with a bench, and more for imaginative play.  
EPOCH EVERLASTING PLAY, [epocheverlastingplay.com](http://epocheverlastingplay.com)



**CARS 3 REV 'N ROLL STEERING WHEEL, 3+**

This steering wheel provides an interactive racing challenge and reacts to kids' movements. Speech and sound effects will guide kids on an adventure, and they can connect an audio device to record and play back their favorite song.  
EKIDS, [ekids.com](http://ekids.com)



**CAT JUNIOR OPERATOR MULTI-MACHINES, 3+**

Kids can use the pieces to build a dump truck, a wheel loader, a bulldozer, or their own unique machine. The set also includes a machine operator figure, a chunky screwdriver, and a reusable carrying case so that kids can take their supplies on the go.  
TOY STATE, [toystate.com](http://toystate.com)



**CHIPPIES, 5+**

Kids can pet these puppies' heads for different reactions, including sniffs, barks, puppy kisses, and sneezes. Kids can use the pups' sensors to guard their rooms, or use a remote to make them sing, dance, or chase their tail.  
WOWWEE, [wowwee.com](http://wowwee.com)



**CLICFORMERS BASIC 150PC SET, 4+**

Clicformers offer a unique new way to create and construct. Using four different connection methods to click, stack, fold, and roll, kids can build vehicles, airplanes, animals, and more.  
MAGFORMERS, [magformers.com](http://magformers.com)

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Playset comes with Spike the Pufferfish and Queen Novo figures.  
Other figures each sold separately. Batteries not included. Adult assembly required.  
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**COMPOUND KINGS POWDER, 4+**  
Kids can make more than one pound of slime in minutes when they mix water with the included powder. The container features a twist-off cap that doubles as a storage container, so kids can keep their slime fresh.  
WE COOL, [wecooltoys.com](http://wecooltoys.com)

**CRAYOLA COLOR WONDER LIGHT BRUSH, 3+**

Kids can create colorful art without the mess. Color Wonder paints are clear and only work on special Color Wonder paper, but the brush lights up to match whatever paint color kids are using.  
CRAYOLA, [crayola.com](http://crayola.com)



**CRAYOLA TRIPLE-THE-FUN ART STUDIO, 3+**

This two-in-one, magnetic, dry erase easel and art desk features two storage compartments and a sturdy stool. It also has removable paper clips for multi-purpose use, an eraser, two paint pots, and two paint brushes.  
GROWN UP LTD., [grow-n-up.com](http://grow-n-up.com)



**CUPCAKE SURPRISE DOLLS, 3+**

Decadent desserts transform into princesses with a quick flip. Each scented doll comes with her own styling hairbrush. Cupcake Surprise is available in six scents: strawberry, vanilla, grape, chocolate, lemon, and peanut butter.  
SUNNY DAYS ENTERTAINMENT, [cupcakesurprisetoys.com](http://cupcakesurprisetoys.com)



**CUTIE CARS DRIVE-IN DINER PLAYSET, 5+**

Kids can drive their die-cast Cutie Cars down the rotating Drive Through, go up the elevator, and grab a meal on-the-go or at the parking bay. The play set includes a Mini Shopkin and an exclusive Cutie Car.  
MOOSE TOYS, [moosetoys.com](http://moosetoys.com)

**DELUXE WONDER WOMAN DRESS-UP SET, 4+**

The Deluxe Wonder Woman Dress-up Set includes a shimmering satin lamé dress, a lasso, a fabric tiara, and gauntlets. Available in child size small.  
IMAGINE BY RUBIE'S, [imaginebyrubies.com](http://imaginebyrubies.com)



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[www.PLAYMATESTOYS.com](http://www.PLAYMATESTOYS.com)



**DISNEY CHARACTER PUPPETS, 3+**  
These puppets feature the original Disney gang with retro styling. Kids can animate the mouths and hands of Mickey, Minnie, Goofy, and Donald Duck, and Pluto has an expressive face, a moveable mouth, and perky ears.  
FOLKMANIS, [folkmanis.com](http://folkmanis.com)

**DISNEY JUNIOR PUPPY DOG PALS DOGHOUSE PLAYSET, 3+**  
Relive the fun of Disney Junior's Puppy Dog Pals with this two-story play set featuring a tire swing, an elevator, a seesaw, and more. Includes Bingo and Rolly figures and one A.R.F. as a vehicle.  
JUST PLAY, [justplayproducts.com](http://justplayproducts.com)



**DISNEY•PIXAR'S CARS 3 MACK'S MOBILE TOOL CENTER, 3+**  
Based on Disney•Pixar's *Cars 3*, this set comes with a Lightning McQueen vehicle and a large Mack that opens to reveal a workshop with 24 play tools and pieces, custom parts, and tool storage.  
JUST PLAY, [justplayproducts.com](http://justplayproducts.com)

**DREAMWORKS SPIRIT RIDING FREE SPIRIT & LUCKY DELUXE FEEDING SET, 3+**  
This set comes with a Lucky doll and a Spirit horse that features lifelike movement and realistic horse sounds. Kids can make Lucky feed Spirit carrots, and the horse will eat them with mouth and jaw movements.  
JUST PLAY, [justplayproducts.com](http://justplayproducts.com)



**DRIVEN BY BATTAT FIRE TRUCK, 4+**  
This tough truck features working components and functions that encourage discovery. It has working lights; realistic engine, horn, and siren sounds; and a realistic interior. Kids can fill the pump with water and it really works.  
BATTAT, [battatco.com](http://battatco.com)

**ENCHANTIMALS DOLL & ANIMAL FRIEND ASSORTMENT, 4+**  
Kids can act out enchanting stories with these doll and animal friends. Each set shares characteristics, such as bunny ears or striped hair. Kids can collect themed sets, including bunny, fox, peacock, deer, and more.  
MATEL, [play.mattel.com](http://play.mattel.com)





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**FISHER-PRICE BOUNCESATIONAL BOUNCER, 3+**  
This brightly colored bounce house inflates in less than four minutes and comes with 50 play balls and a built-in pump. Features sturdy walls and mesh windows so adults can supervise while kids play.  
BESTWAY, [bestwaycorp.us](http://bestwaycorp.us)



**FLIP ZEE GIRLS, 3+**  
Each Flip Zee Girl is two dolls in one that kids can flip from a baby doll into a big girl. With six styles to choose from, each doll features colorful wacky hair, a beautiful dress, and a unique personality.  
JAY@PLAY, [jayatplay.com](http://jayatplay.com)



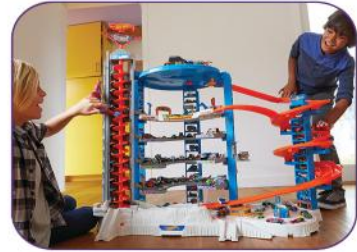
**FLIPAZOO 2.0, 3+**  
Each plush flips back and forth to reveal two cuddly stuffed animals in one. FlipaZoo plush also double as a soft pillow and are available in mini and jumbo sizes.  
JAY@PLAY, [jayatplay.com](http://jayatplay.com)



**HEXBUG NITRO CIRCUS GIGANTA RAMP, 3+**  
Watch real-time augmented reality elements with this interactive play set and app. Pull the rip cord and send the extreme stuntman character down the incline. Move the adjustable launch ramp to alter fate at a moment's notice.  
HEXBUG, [hexbug.com](http://hexbug.com)



**HEY DUGGEE SQUIRREL CLUBHOUSE PLAYSET, 3+**  
Kids can be part of The Squirrel Club and join Duggee in this play set, which is designed to nurture imaginations and encourage pretend play. Based on the *Hey Duggee* animated series on Nick Jr.  
JAZWARES, [jazwares.com](http://jazwares.com)



**HOT WHEELS SUPER ULTIMATE GARAGE, 5+**  
This garage stands more than 3 feet tall, stores more than 140 cars, and has a motorized elevator that transports up to 23 cars. It also features a gorilla that climbs the tower and hits cars and includes lots of Hot Wheels track.  
MATTEL, [play.mattel.com](http://play.mattel.com)

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**IMAGINEXT DC SUPER FRIENDS BATBOT XTREME**, 3+  
This 2-foot-tall BatBot has three power pads: the right shoulder activates wings and punching fists, the left shoulder reveals Batman's headquarters, and the left leg activates the motorcycle. Also includes three projectiles.  
FISHER-PRICE, [fisher-price.com](http://fisher-price.com)

**JOHN DEERE MONSTER TREADS DELUXE LIGHTNING WHEELS**, 3+  
Kids can roll this big-wheeled John Deere tractor forward or backward to activate motion-specific engine sounds, and watch as the lights change color as they pick up speed.  
TOMY INTERNATIONAL, [tomy.com](http://tomy.com)



**JUMBO TIDY TOWN CHAIR**, 3+  
The Jumbo Tidy Town Chair is available in a range of popular licenses, including Disney•Pixar's Cars. The chair's seat opens up to a storage compartment for toys and is a comfortable seat when closed.  
TCG, [tctoy.com](http://tctoy.com)

**KID K'NEX BUDDING BUILDERS BUILDING SET**, 3+  
Kids can choose from 100 colorful, chunky pieces and 50 build ideas to create everything from a fish helicopter to a robot puppy. Encourages early imaginative play.  
K'NEX, [knex.com](http://knex.com)



**KIDIZOOM ACTION CAM 180**, 4+  
Capture selfies and shoot videos from all angles with this 180-degree rotatable camera. Mount it to a bike or add the water-resistant case for use up to 6 feet underwater. For added fun, kids can play one of the three included games.  
VTECH, [vtechkids.com](http://vtechkids.com)

**KURIO NEXT**, 3+  
This 7-inch Android tablet comes pre-loaded with apps and games that introduce kids to STEM and coding concepts, and a free lifetime subscription to KD's proprietary Kurio Genius Internet filtering system. Comes with an anti-shock bumper.  
KD INTERACTIVE, [kurioworld.com](http://kurioworld.com)





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**LAGOONIES, 5+**  
Lagoonies is a unique game that helps kids practice their skills in visual perception and visual discrimination. Players use the magical bubble magnifying lens to find sea sprite friends before the octopus stirs things up. THAMES & KOSMOS, [thamesandkosmos.com](http://thamesandkosmos.com)



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**LEAPSTART LEARNING SYSTEM, 3+**  
This updated LeapStart can help kids with critical thinking, problem solving, and more using LeapStart activity books. The stylus reads invisible dots that trigger engaging questions, challenges, songs, jokes, and more. LEAPFROG, [leapfrog.com](http://leapfrog.com)



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**MAGFORMERS MY FIRST PASTEL 30PC SET, 3+**  
Kids can learn to build in 3-D by placing Magformers pieces on 2-D puzzle cards and 1:1 figure cards, and then pulling them up into structures. This set comes with 30 pastel-tone triangles and squares. MAGFORMERS, [magformers.com](http://magformers.com)



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**MAYKA TOY BLOCK TAPE, 3+**  
Transform any surface into a base for construction bricks and figures with this flexible adhesive. It is available in three sizes and 10 base colors, so kids can cut, shape, stick, and build 3-D creations anywhere. ZURU, [maykaworld.com](http://maykaworld.com)



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**MIXXIE MOPSIIE MIXXIE KITTY, 4+**  
Mixxie Kitty includes 14 interchangeable pieces in vibrant colors and patterns with large colorful buttons. The plush doll also includes a tutu and a crown, and is constructed with top-quality fabrics and fillings. ADORA-CHARISMA BRANDS, [adoraplay.com](http://adoraplay.com)



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**MY LITTLE PONY: THE MOVIE CANTERLOT & SEQUESTRIA PLAYSET, 3+**  
Fans can re-create adventures with Queen Novo and Spike the Pufferfish with this two-worlds-in-one, 29-inch play set. Features a slide, an elevator, a dance floor, a light-up tower, and more than 30 accessories. HASBRO, [hasbro.com](http://hasbro.com)

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**NERF NITRO MOTOFURY RAPID RALLY SET**, 5+

Load the foam car into the clip, align the high-jump ramp, and pull the trigger to launch it with this motorized set. Set up obstacles to challenge friends. Includes a blaster, two ramps, nine cars, and 12 obstacles.

HASBRO, [hasbro.com](http://hasbro.com)

**NIBBLED**, 4+

This fast-paced game challenges kids to clip four plastic fish onto their clothes, and then correctly guess a color based on the cards drawn. If players guess correctly, they can unclip one of their fish and clip it to an opponent. The first player to unclip all of their fish wins.

WINNING MOVES GAMES, [winning-moves.com](http://winning-moves.com)



**ORBSLIMY ELASTI PLASTI**, 5+

This soft plastic expands up to 100 times its size and stretches to create a long, continuous strand of plastic. When kids blow with a straw, they can create bubbles up to 20 times its size.

ORB, [elastiplasti.com](http://elastiplasti.com)

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This rowboat is designed for 18-inch dolls and features working lights and 16 accessories, including a life preserver, a fishing pole, an oar, and a bucket. Dolls and outfits sold separately.

BATTAT, [battatco.com](http://battatco.com)



**PAW PATROL MY SIZE LOOKOUT TOWER**, 3+

Kids can re-create their favorite rescues from the *Paw Patrol* TV Series with this play set, which features a working elevator, a functioning periscope, a spiral slide with a flipping mechanism, and a rotating base with a vehicle launcher.

SPIN MASTER, [spinmaster.com](http://spinmaster.com)

**PAW PATROL SEA PATROLLER**, 3+

Kids can go from land to sea and sail to the rescue with the Paw Patrol Sea Patroller. It's equipped with lights and sounds, a working crane, a lifesaver launcher, and storage for basic vehicles.

SPIN MASTER, [spinmaster.com](http://spinmaster.com)





**PILLOW PETS JUMBOZ**, 3+  
These 30-inch, supersized Pillow Pets pop open to a pillow for comfy reading or relaxation. Kids can close the hook and loop strap to turn it back into a plush pet. **PILLOW PETS**, [mypillowpets.com](http://mypillowpets.com)



**PLAY-DOH KITCHEN CREATIONS MAGIC OVEN SET**, 3+  
Whether it's Play-Doh pizza or a crazy blueberry pie, kids can use the play food attachments to make favorite dishes and sides. The electronic oven has real red and white lights that pretend to cook. **HASBRO**, [hasbro.com](http://hasbro.com)



**POKÉMON PETITE PALS ESCAPE IN THE FOREST PLAYSET**, 4+  
This tree house play set features multiple pieces of furniture and accessories, including three Pokémon and an exclusive 3-inch, articulated Serena figure. **TOMY INTERNATIONAL**, [tomy.com](http://tomy.com)



**POPOIDS DELUXE BUILDING SET**, 3+  
Make endless wacky contraptions and crazy creatures with this 60-piece building set. Pop together the colorful tubes and bend, twist, stretch, and squish to change your creation, all with quirky popping sounds. **KAHOOTZ**, [kahootztoys.com](http://kahootztoys.com)



**POWER RANGERS NINJA STEEL LION FIRE FORTRESS ZORD**, 4+  
This ultimate three-in-one Megazord and play set is more than 2 feet long in Fortress mode and stands 20 inches tall in Megazord mode. It features a cockpit, twin firing cannons, a helipad, and a jail. **BANDAI**, [bandai.com](http://bandai.com)



**REAL WORKIN' BUDDIES DUSTY**, 3+  
Dusty is a garbage truck, a street sweeper, and a dump truck in one. Eat or sweep up small toys, then dump them out. Features more than 50 sounds and phrases. Works on carpet and hardwood floors. **JAKKS PACIFIC**, [jakks.com](http://jakks.com)

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 Rockin' Rider Vintage Rocking Horses are soft-stuffed and made with patterned fabrics for a vintage, hand-crafted look. They sit on a wooden base and sing and talk when kids squeeze their ears.  
 TEK NEK TOYS, [myrockinrider.com](http://myrockinrider.com)



**RUSTY RIVETS RIVET LAB PLAYSET, 3+**  
 Kids can start inventing at Rusty's headquarters with the Rusty Rivets Rivet Lab, based on the animated TV series. It comes with a Rusty figure and build, a vehicle lift, an elevator, and a workshop full of accessories.  
 SPIN MASTER, [spinmaster.com](http://spinmaster.com)



**SOGGY DOGGY, 4+**  
 Soggy Doggy is a showering, shaking, doggy bathing game. Players race around the board washing Soggy Doggy, but if he shakes, a player will get a little wet and go back to the start.  
 SPIN MASTER, [spinmaster.com](http://spinmaster.com)



**STAR WARS FORCES OF DESTINY ADVENTURE FIGURE & FRIEND ASSORTMENT, 4+**  
 Choose between Star Wars heroes, such as Rey of Jakku, Jyn Erso, Sabine Wren, and more. Each 11-inch figure is articulated with soft clothing, rooted hair, and battle-ready action moves, and includes a friend.  
 HASBRO, [hasbro.com](http://hasbro.com)



**SUPER WINGS JETT'S SUPER ROBOT SUIT, 3+**  
 This large-scale robot transforms into a big rig vehicle for special missions and features lights and sounds. The included Jett figure also transforms from plane to bot, and fits into the rig and robot.  
 ALPHA GROUP US, [alphatoys.com](http://alphatoys.com)



**TALKING LUNA PETUNIA DOLL, 3+**  
 Based on the new Netflix series *Luna Petunia*, this articulated, 14-inch doll features Luna's signature outfit and stylable hair. Kids can push on the magical necklace to activate sounds from Amazia and some of Luna's signature phrases.  
 FUNRISE, [funrise.com](http://funrise.com)

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**THE GROSSERY GANG SEASON 3 MUCK CHUCK GARBAGE TRUCK, 5+**

Kids can load up the trash bin with their Grosseries and then fire them off the truck. The truck features side doors that open, trash bin storage, and includes two exclusive Grossery Gang characters.  
MOOSE TOYS, [moosetoys.com](http://moosetoys.com)



**UNICORN 6V PLUSH RIDE-ON, 3+**

This soft plush ride-on makes real unicorn sounds and features a light-up horn, realistic reins, and soft unicorn hair. Kids can ride up to 2.5 mph. Its packaging doubles as a play stable.  
DYNACRAFT, [dyncraftwheels.com](http://dyncraftwheels.com)



**UPTOWN URBAN WOOD KITCHEN & ISLAND, 3+**

This wooden kitchen has a sleek design and clean lines that blend seamlessly with modern home décor. It features 360-degree, all around play, with pretend fridge and stovetop features.  
STEP2, [step2.com](http://step2.com)



**VOLTRON LEGENDARY LION ASSORTMENT, 4+**

Each Legendary Lion figure is articulated with projectile launchers for standalone play. Kids can combine all five—Blue, Green, Red, Yellow, and Black—to transform them into a 16-inch Voltron with phrases and sound effects. Each figure sold separately.  
PLAYMATES TOYS, [playmatestoys.com](http://playmatestoys.com)



**WONDER CREW BUDDIES, 3+**

These superhero dolls combine the adventure of action figures with the emotional connection of stuffed animals, inspiring kids to build empathy through friendship and adventure. There are four culturally diverse buddies: Will, Marco, James, and Erik. Each sold separately.  
PLAYMONSTER, [playmonster.com](http://playmonster.com)



**Y GLIDER DELUXE, 3+**

Perfect for first-time riders, this kid-powered mini scooter allows younger kids to develop balance, coordination, and motor skills in a fun and active way. Adjustable steering and customizable wheels allow for a personalized experience.  
YVOLUTION, [yvolution.com](http://yvolution.com)

**MORPH**

MORPHSICLE

**ORB**

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

MorphToy.com

**Slimy Braini PUTTI**

**BrainiPutti**

**LUMINITE**

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

Available at participating: Michaels, Target, Toys R Us, Walmart, and other fine retailers.

# 6-8 Years

## Grade School

Grade-schoolers are expanding their worlds into broad communities of schoolmates and teammates. They are enjoying new experiences as they explore their choices and enhance their abilities. Encourage them to seek out and pursue their passions. Toys and games can help develop an appreciation for science, the arts, strategic and mind-stimulating activities, and spending time with family and friends. Technology begins to play a much larger role for this age group, and robotics, R/C vehicles, and STEM-based toys come into play for both boys and girls. These kids are ready to build and create with their hands and minds.

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Two people icon  
ABC

### 7 ATE 9, 8+

Players have to think fast as they add or subtract 1, 2, or 3 to match the numbers on the cards in their hands in order to discard them. The first to play all of his or her cards wins.

PLAYMONSTER, [playmonster.com](http://playmonster.com)



Two people icon  
Heart icon

### AIR FORT, 6+

Attach Air Fort to an ordinary household fan (sold separately) and it inflates in seconds. The fort is large enough for multiple kids to play in at once, and fits into a matching carrying bag when it's deflated.

AIR FORT, [airfort.com](http://airfort.com)



Scissors icon  
Heart icon

### ALEX DIY HAPPY LITTLE LOOM, 8+

Kids can use this portable handheld loom to weave belts, bracelets, scarves, and more, then snap the easy-to-use tools into the back for compact travel. The set includes brightly colored yarn, cotton thread, pony beads, and more.

ALEX BRANDS, [alexbrands.com](http://alexbrands.com)



Scissors icon  
Heart icon

### ALEX DIY SWEETLINGS SPRINKLE SHOP, 6+

Kids can use whipped clay icing to frost two plastic cupcakes and a cone in the Sprinkle Shop work station, which features a rotating base, accessory storage, a glitterizer, and strobe lights.

ALEX BRANDS, [alexbrands.com](http://alexbrands.com)

FOR AGES 8+

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**BALLOON BOT BATTLE, 8+**  
 In this ultimate bot boxing game, two players go head-to-head trying to pop the other player's balloon first. Kids can move the levers back and forth to punch their opponent's balloon.  
 KD GAMES, [balloonbotbattle.com](http://balloonbotbattle.com)



**BEASTS OF BALANCE, 7+**  
 Beasts of Balance fuses augmented reality with a tabletop game. Players build a tower of beasts by scanning physical pieces into an app using the Plinth. Players must evolve the world before the tower falls over.  
 SENSIBLE OBJECT, [beastsofbalance.com](http://beastsofbalance.com)



**BOOM BLAST STIX, 6+**  
 In this suspenseful game, players take turns as they lock their Stix, and carefully set them down to build a stack. Players lose the game if they cause an explosion during their turn.  
 MOOSE TOYS, [boomblaststix.com](http://boomblaststix.com)



**BREAK FREE, 6+**  
 Using a picklock, players must race to solve a maze inside a set of handcuffs and be the first to set themselves free. With three different levels of difficulty, everyone can join in the fun.  
 YULU, [yulutoys.com](http://yulutoys.com)



**CHOCOLATE EGG SURPRISE MAKER, 6+**  
 Kids can make their own chocolate surprise gifts! The set comes with two egg molds, four capsules, and all the tools kids need to make and gift chocolate eggs with surprises inside.  
 JAKKS PACIFIC, [jakks.com](http://jakks.com)



**COBRA PAW, 6+**  
 In this tile-snatching game, players take turns rolling the dice, spotting the tile with the matching pattern, then grabbing it before their opponents. The first player to snatch up six tiles wins the game.  
 BANANAGRAMS, [bananagrams.com](http://bananagrams.com)

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A<sup>B</sup>C

**CODENAMES: DISNEY FAMILY EDITION, 8+**  
 Played in teams, this game combines social word play with Disney favorites and challenges players to identify characters based on one-word clues. The first team to identify all of their cards wins.  
 USAOPOLY, [usaopoly.com](http://usaopoly.com)



**CRAYOLA FASHION SUPERSTAR, 8+**  
 Kids can create their own styles and bring them to life using the free app. Create more than 1,000 combinations of dresses, tops, and skirts; and enter fashion challenges to unlock new levels, win rewards, and more.  
 CRAYOLA, [crayola.com](http://crayola.com)



A<sup>B</sup>C

**CRAYOLA SILLY SCENTS MARKER MAKER, 6+**  
 Create custom scented markers by mixing colors and fruity scents. Comes with everything kids need to make 16 custom markers for creating and sharing.  
 CRAYOLA, [crayola.com](http://crayola.com)



A<sup>B</sup>C

**DISCOVERY 3D MOTION SANDSCAPE, 8+**  
 Kids can create mesmerizing designs by pouring in water and sand, then rotating the frame. Continually create art in motion by rotating the frame when the sand settles. Explore the properties of physics, density, and gravitational pull.  
 HORIZON GROUP USA, [horizongroupusa.com](http://horizongroupusa.com)



A<sup>B</sup>C

**DISCOVERY KIDS VIRTUAL REALITY HEADSET, 7+**  
 This headset gives kids a 3-D video experience, transforming any smartphone into a 360-degree virtual reality viewer. The headset is fully compatible with any smartphone. From Shark Week to Everest Rescue, kids can view Discovery content up-close.  
 SAKAR INTERNATIONAL, [sakar.com](http://sakar.com)



**FASHION PRESS PAPER FASHION MAKER, 6+**  
 Kids can make Fashion Plates fashions without tracing or cutting. Place paper into any of the eight Fashion Press punch plates and roll through the roller tool to easily punch out tops, bottoms, accessories, and more.  
 KAHOOTZ, [kahootztoys.com](http://kahootztoys.com)

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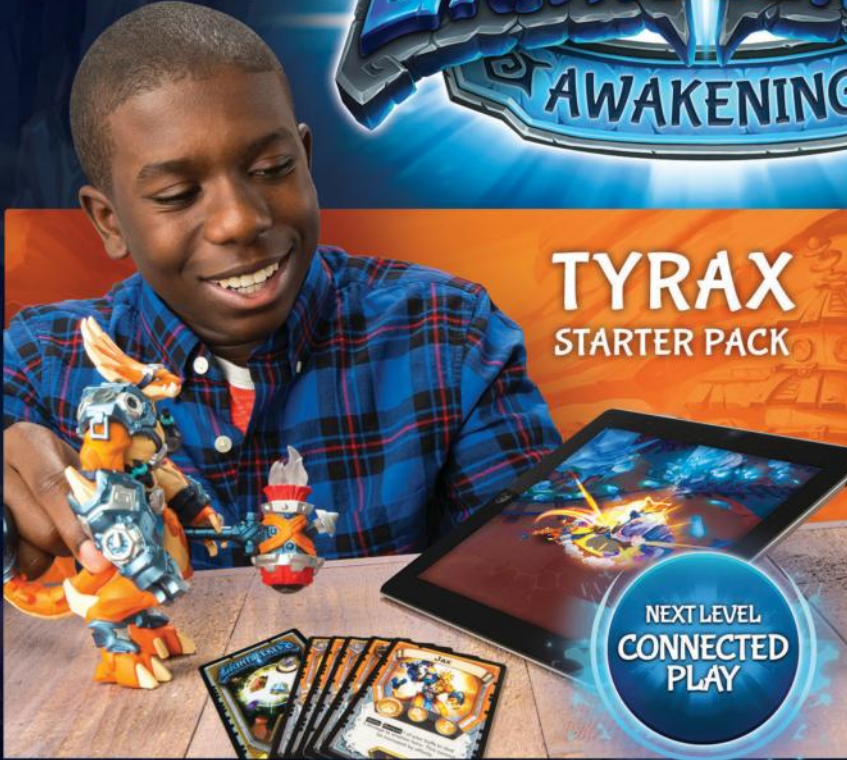
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**FAST LANE STORM CRUSHER, 6+**  
This 14-inch-tall R/C monster truck can crush things in its path. Features engine sounds, a light-up engine and exhaust pipes, four-wheel drive and off-road wheels, and a dual joystick controller for 360-degree spins.  
FAST LANE, [toysrus.com/fastlane](http://toysrus.com/fastlane)



**GEL-A-PEEL FASHION MAKER, 8+**  
This DIY crafting kit lets kids create stylish gel accessories. Kids can use the templates and molds to create their own unique fashions and accessories, including T-shirt designs, clutches, and more.  
MGA ENTERTAINMENT, [mgae.com](http://mgae.com)



**GEMMIES SPARKLE LOOM, 6+**  
Expanding the Gemmies line, the Gemmies Sparkle Loom is a crafting activity that allows kids to create wearable 3-D objects and unique accessories out of colorful stretchy rings and crystals on a loom.  
TECH 4 KIDS, [tech4kids.com](http://tech4kids.com)



**GENESIS KROME 20-INCH BIKE, 6+**  
Available in green, pink, purple, and blue, this bike features an eye-catching Krome paint finish. Equipped with front and rear hand brakes as well as front and rear pegs for tricks.  
DYNACRAFT, [dyncraftwheels.com](http://dyncraftwheels.com)



**HANAZUKI MOODGLEAM WEARABLE BAND, 6+**  
Kids can show and express the colors of their changing moods like Hanazuki. Attach two treasures and the band lights up with different colors to match the mood. Stores up to seven treasures and is compatible with the Hanazuki app.  
HASBRO, [hasbro.com](http://hasbro.com)



**HAPPY PLACES GRAND MANSION, 6+**  
This mansion play set lets Lil' Shoppies live in luxury. Kids can explore the rooms and add their own unique touch when they decorate with the included Petkins furniture and accessories.  
MOOSE TOYS, [moosetoys.com](http://moosetoys.com)

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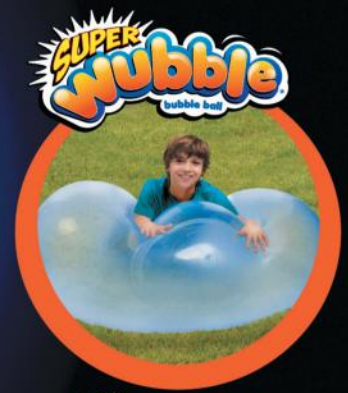
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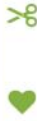
Long Range Blaster



Gaming Tower

GetLaserX.com





**HATCHIMALS COLLEGGTIBLES HATCHERY NURSERY, 6+**  
 This play set is an enchanted forest where kids can hatch their ColLEGGtibles using the Hatching Tree. There are 35 places, such as a slide and swing, to play and display kids' Hatchimals ColLEGGtibles.  
 SPIN MASTER, [spinmaster.com](http://spinmaster.com)



**HEXBUG NANO SPACE COSMIC COMMAND, 6+**  
 Place your nano inside of the rocket ship, take hold of mission control, and explore new terrain and deliver resources using the Rover. Features a rotating gravity trainer, an airlock passage, and an ion cannon.  
 HEXBUG, [hexbug.com](http://hexbug.com)



**IDEAL 4-WAY SPELLDOWN, 6+**  
 In this educational game, players lay 10 wooden keys on the unit. The first player presses the dice popper and players must use the two letters that pop up with their keys to create words.  
 ALEX BRANDS, [alexbrands.com](http://alexbrands.com)



**IT'S SO ME SIGNATURE SCENT STUDIO, 8+**  
 Mix and create customized perfumes and body shimmer, then customize three body shimmer gel tattoos. Decorate and personalize the work station with stickers and details. Contains hypoallergenic ingredients.  
 HORIZON GROUP USA, [horizongroupusa.com](http://horizongroupusa.com)



**JOJO SIWA SINGING DOLL, 6+**  
 Sporting her signature oversized yellow bow, this 10-inch JoJo Siwa doll sings her hit song, "Boomerang," and has poseable arms and legs. Comes with a pink microphone and a hairbrush.  
 JUST PLAY, [justplayproducts.com](http://justplayproducts.com)



**KAMIGAMI, 8+**  
 These robots combine origami concepts with engineering so kids can build, program, and customize. KamiGami have sensors to interact with each other, and the app lets kids battle friends and play interactive game modes.  
 MATTEL, [play.mattel.com](http://play.mattel.com)

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**MAKIN STATION** COOLING LIME SLIME  
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**KIDIBUZZ, 6+**

Send texts, voice messages, photos, drawings, and animated stickers to a parent-approved list of contacts with this kid-friendly device. It features 40 pre-loaded learning games, a kid-safe web browser, and a shatter-resistant screen for on-the-go fun. VTECH, [vtechkids.com](http://vtechkids.com)



**KURIO WATCH 2.0, 6+**

This smartwatch features interchangeable color-changing wrist bands, the ability to customize the watch screen with photos, an expanded selection of photo filters and frames, games, and more. Connect watch to watch or to an Android device via Bluetooth. KD INTERACTIVE, [kuriowatch.com](http://kuriowatch.com)



**LARGE RED BARN WITH ANIMALS AND ACCESSORIES, 6+**

This play set is an addition to the Farm World collection and features a detachable roof, movable doors, and accessories. The set comes with a farmer, a cow and a calf, a fence, feed, and several other barn accessories. SCHLEICH, [schleich-s.com](http://schleich-s.com)



**LASER PEGS 12-IN-1 SPACE CRUISER, 8+**

Kids can assemble their exploration crew and build the Planet Wrecker, Spaceship 5, Battlestar Cruiser, and nine other creations with 149 pieces. The 16 LED lights let kids light up their builds. LASER PEGS, [laserpegs.com](http://laserpegs.com)



**LASER X, 6+**

Laser X blasters have pinpoint accuracy up to 200 feet, and infrared beams that go through windows and bounce off of walls and mirrors to hit opponents. Advanced sensors know when others are hit, blasting, running, or hiding. Interactive voice coach offers tips during play. NSI INTERNATIONAL, [getlaserx.com](http://getlaserx.com)



**LATCHKITS CRAFT KITS, 6+**

The classic latch hook craft kit is back. Just loop, hook, and pull pre-cut yarn on an easy-to-follow canvas. The sturdy canvas features fabric-lined edges and hanging loops. Available in Unicorn or Rainbow designs. KAHOOTZ, [kahoottztoys.com](http://kahoottztoys.com)



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**LEGO FRIENDS SNOW RESORT SKI LIFT, 8+**

Kids can build the ultimate winter sports resort, featuring a working ski lift, a rock climbing wall, a ski slope sliding function, and more. The 585-piece set includes two mini-dolls and a bear cub figure.

THE LEGO GROUP, [shop.lego.com](http://shop.lego.com)



**MAGIC HAT, 6+**

Kids can learn and perform 35 different magic tricks with the Magic Hat set. There are more than 40 props and instructions to learn tricks, such as making the magic wand float, bend, and grow.

THAMES & KOSMOS, [thamesandkosmos.com](http://thamesandkosmos.com)



**MAKIN STATION BY COMPOUND KINGS, 6+**

Make more than a pound of slime with just two ingredients: powder and water. Kids can use the measuring cup to mix up to 16 powder packets, add in their choice of glitter, and then store their slime in one of the 10 storage pods.

WECOOL, [wecooltoys.com](http://wecooltoys.com)



**MEBO 2.0, 8+**

The new and improved MEBO features an all-terrain tank track system for more speed and agility. It also includes enhanced commands, HD streaming video, a four-way precision robot-controlled arm, and an expanded sound effects library.

SKYROCKET, [skyrockettoys.com](http://skyrockettoys.com)



**MINI ARCADE GAMES, 8+**

These retro-style mini arcade games are a blast from the past. With authentic '80s graphics, sounds, and gameplay, kids can play replica versions of classics, including Q\*Bert, Centipede, and Frogger. Each sold separately.

THE BRIDGE DIRECT, [thebridgedirect.com](http://thebridgedirect.com)



**MINION MIP TURBO DAVE, 8+**

Kids can download the Turbo Dave app and use the coding platform to control this personal Minion remotely, plan paths to self-navigate around a room, or interact with other props from the Despicable Me franchise.

WOWWEE, [wowwee.com](http://wowwee.com)

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**MOBILE VET WITH HANOVERIAN FOAL, 5+**  
This on-the-go play set features a vet with moveable arms, a foal figure, bandages, a prescription tablet, and other vet accessories. The vehicle's roof and sidewall open up for optimum playability.  
SCHLEICH, [schleich-s.com](http://schleich-s.com)



**MORPH, 6+**  
This transformable, shape-shifting fluff never dries out. Kids can bounce it and make it float in water. Available in six colors, Morph fluffs up to three times its size.  
ORB, [morphtoy.com](http://morphtoy.com)



**NANEA MITCHELL 18-INCH DOLL & BOOK, 8+**  
The newest BeForever character is a brave and determined girl growing up in Honolulu, Hawaii in 1941 just as Japan attacks Pearl Harbor. She features hazel eyes and wavy dark-brown hair with a faux-hibiscus flower hair clip.  
AMERICAN GIRL, [americangirl.com](http://americangirl.com)



**NANO METALFIGS NANO SCENE, 6+**  
Nano Scenes are diorama sets that showcase a collection of 1.65-inch Nano MetalFigs die-cast collectible figures. The Batcave Scene includes a light-up Bat symbol, a working garage door, and two figures.  
JADA TOYS, [jadatoysinc.com](http://jadatoysinc.com)



**NICKELODEON SLIME, 6+**  
This set includes all the ingredients kids need to make their own version of Nickelodeon's iconic slime. Mix and make ooey, gooey fun. Comes in a variety of textures and colors, including neon and glow, glitter, super slimy, and scented.  
CRA-Z-ART, [cra-z-art.com](http://cra-z-art.com)



**NIKKO AIR, AIR ELITE 115 RACE SET, 8+**  
Kids can command this drone through custom courses and challenge friends to unique races thanks to a modular gate system. Variable flight modes and one-touch stunts let kids launch, hover, and land with ease.  
TOY STATE, [toystate.com](http://toystate.com)

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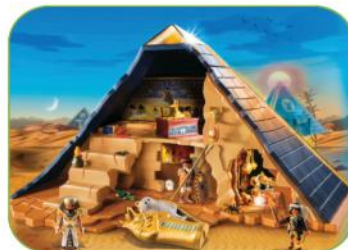
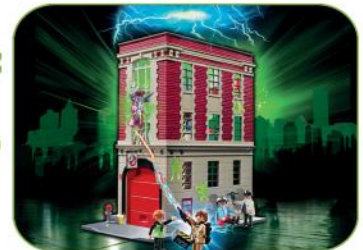
**OFFBEAT, 6+**  
In this rhythm and sequence game, players establish a rhythm and complete actions. If players fall off-beat or do the wrong action, they're out. Last one on-beat collects a disc, and the first to six wins.  
FAT BRAIN TOYS, [fatbraintoy.com](http://fatbraintoy.com)

**PICTUREKA! CARD GAME, 6+**  
Players pair mission and picture cards to earn points in this family-friendly card game. With four different ways to play, games can vary in pace from calm to high-energy.  
WINNING MOVES GAMES, [winning-moves.com](http://winning-moves.com)



**PIE FACE SKY HIGH, 6+**  
One player stands behind the 3-foot-tall face mask and another swings the hammer and hits the target. When it is hit hard enough, the arm will trigger, sending the whipped cream into an opponent's face.  
HASBRO, [hasbro.com](http://hasbro.com)

**PLAYMOBIL GHOSTBUSTERS FIREHOUSE, 6+**  
This movie-inspired firehouse features a fire pole in the garage, a garage door that opens, silicone slime splatters that stick to smooth surfaces, a detachable proton pack and laser, a ghost trap, a PKE meter, and more.  
PLAYMOBIL, [playmobil.us](http://playmobil.us)



**PLAYMOBIL PHARAOH'S PYRAMID, 6+**  
Kids can unlock ancient secrets inside this pyramid, featuring five chambers and removable pyramid walls. The set has a trap door and a revolving door, three figures, a tomb, a mummy, two skeletons, and more.  
PLAYMOBIL, [playmobil.us](http://playmobil.us)

**PLINGPONG, 8+**  
In this fast-paced game of skill, luck, and strategy, players bounce balls into their opponents' cups to eliminate them from play. The tiered design allows for fun ricochet action. The last player with cups on the board wins.  
BUFFALO GAMES, [buffalogames.com](http://buffalogames.com)





**POKÉMON TRAINER GUESS: KANTO EDITION, 6+**  
This Pokéball will guess which Pokémon kids think of by asking them different questions. Kids can use the included Trainer Field Guide to guess all 151 Kanto Region Pokémon and add them to their collection. THE BRIDGE DIRECT, [thebridgedirect.com](http://thebridgedirect.com)



**REAL COOKING PRINCESS CAKES DELUXE BAKING SET, 6+**  
Kids can bake and decorate elegant treats with this baking set. It includes the tools, cake mix, fondant frills, and step-by-step instructions to create perfectly proportioned cakes, tailor-made for two stunning princess cake toppers. SKYROCKET, [skyrockettoys.com](http://skyrockettoys.com)



**ROBLOX ZOMBIE APOCALYPSE RISING, 6+**  
Take the fight off screen with this zombie-busting set, based on the biggest open world zombie survival game on Roblox. Comes with a figure, a vehicle, and an exclusive virtual game code. JAZWARES, [jazwares.com](http://jazwares.com)



**SCIENCE ACADEMY: BATH BOMB LAB, 8+**  
This kit allows kids to make cool bath bombs for an aromatic and fizzy bath. The kit provides different recipes for young chemists to experiment with, and teaches them how chemical reactions work. MINDWARE, [mindware.com](http://mindware.com)



**SLITHER.IO 24-INCH LARGE PLUSH, 6+**  
Slither.io is a gaming app with more than 150 million downloads and 6 billion game plays to date. These large plush are made to cuddle and feature popular colors and patterns from the game, including rainbow and the American flag. BONKERS TOYS, [bonkerstoys.com](http://bonkerstoys.com)



**SMOOSHY MUSHY PETS, 6+**  
Smoochy Mushy is a squishy collectible line with slow-rise surprises. Each set in the series includes one scented pet and a "bestie" food item for the pet. There are 24 food-themed Smoochy Mushy Pets to collect. REDWOODVENTURES, [redwood-ventures.com](http://redwood-ventures.com)

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**SNAP CIRCUITS 3D M.E.G.**, 8+  
 Kids can build more than 160 projects and learn the basics of electricity, engineering, and circuitry. The set features building pieces with snaps that allow kids to assemble electronic circuits on a "rows-and-columns" base grid.  
 ELENCO ELECTRONICS, [elenco.com](http://elenco.com)

**SPLATOON SPLATTERSHOT BLASTER**, 8+  
 Be an inkling in real life! Each Splattershot Blaster comes with a pair of inkling goggles and enough water-based compound for up to 100 shots. It shoots up to 30 feet. Based on the *Splatoon* video games from Nintendo.  
 JAKKS PACIFIC, [jakks.com](http://jakks.com)



**SPIDER-MAN INTERACTIVE APP-ENABLED SUPER HERO**, 8+  
 This voice-interactive superhero features fully animated LCD eyes and motion detection. Spider-Man is ready to chat, fight villains, react to people passing by, and serve as an alarm clock.  
 SPHERO, [sphero.com](http://sphero.com)

**SQUISH-DEE-LISH**, 6+  
 These super cute slow-rise squishies are fun to squeeze and collect. Series one features 24 styles, including a panda on top of pancakes, a sherbet bird, a pear bear, and more.  
 JAKKS PACIFIC, [jakks.com](http://jakks.com)



**SUPER WUBBLE BRITE**, 6+  
 This light-up, color-changing Wubble looks like a bubble, but plays like a ball. Made from squishy, lightweight Xpandium, it floats, wobbles, dribbles, spins, and smashes. The Wubble inflates to 2.5-foot tall.  
 NSI INTERNATIONAL, [wubbleball.com](http://wubbleball.com)

**TABLETOP ART STUDIO**, 6+  
 This classic tabletop wooden easel comes with quality art supplies stored inside. It features a double-sided magnetic white board and chalk board, pastels, watercolor paints, paint brushes, gel crayons, chalk, oil pastels, and more.  
 FABER-CASTELL PREMIUM CHILDREN'S ART PRODUCTS, [greatartstartshere.com](http://greatartstartshere.com)



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**THE ORIGINAL FIDGET CUBE BY ANTSY LABS, 6+**  
This versatile fidget toy features six different sides complete with buttons, dials, and switches for quiet focus. Other features include a gaming joystick with gliding action and five clicker buttons.  
ZURU, [zurufidget.com](http://zurufidget.com)



✂️  
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**THUMB CHUCKS, 6+**  
Perform tricks around your fingers with this skill toy that features motion-sensitive LED lights and two high-bounce, plastic balls connected by a band. Explore tutorials and get creative with special video effects using the *Thumb Chucks* app.  
ZING, [zing.toys](http://zing.toys)



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**TRACER RACERS RC POLICE LOOP CHASE, 6+**  
This set pits cops against robbers in a high-speed chase with remote-control cars. Purple light rays beam on a glow-in-the-dark track with a dual-lane loop and adjustable track heights.  
SKULLDUGGERY, [skullduggery.com](http://skullduggery.com)



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**TUMBLSTIX, 6+**  
Test creativity and dexterity with this light-up stick that challenges balance. Kids can spin, balance, and catch the stick to perform 360-degree rolls, or create original tricks and stunts of their own.  
ZING, [zing.toys](http://zing.toys)



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**ULTRA DASH, 6+**  
Kids race to match the color of the flashing light on the tagger to the color of the targets. Colors flash randomly and players can change their target course to make a different game each time.  
PLAYMONSTER, [playmonster.com](http://playmonster.com)



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A B C

**VERTI-GO, 8+**  
Verti-Go is a balance and strategy game featuring 32 cards with slits on each side that players use to build towers. Players take turns building off a soda can-shaped base, careful to keep it from falling.  
TCG, [tcgtoys.com](http://tcgtoys.com)

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**WATCH YA MOUTH THROWN DOWN, 8+**  
In this mouth guard party game, players compete in more than 100 unique challenges while hampered by cheek retractors. Roll the dice to determine your opponent, draw a challenge card, follow the instructions, and hilarity will ensue. BUFFALO GAMES, [buffalogames.com](http://buffalogames.com)

**WHIPPLE STARTER SET, 7+**  
This set includes everything kids need to create nine collectibles, including two key chains, a ring, a cupcake, a macaroon, and a two-tier cake. Kids can whip the cream into designs then decorate with beads and rhinestones. EPOCH EVERLASTING PLAY, [epocheverlastingplay.com](http://epocheverlastingplay.com)



**XPV XTREME PERFORMANCE SKATEBOARD, 8+**  
This RC skateboard drives up to 14 mph, launches off ramps for mega air, and drifts when doing high-speed turns. It includes a roll-bar that puts the vehicle back into position when it gets knocked over. JAKKS PACIFIC, [jakks.com](http://jakks.com)

**YOUNIVERSE GALACTIC GEL CANDLES, 6+**  
Kids can create fun, slimy, gloopy gels and then turn them into candles to display. They can learn the science behind mixing compounds together to create something new. HORIZON GROUP USA, [horizongroupusa.com](http://horizongroupusa.com)



**YUMMY NUMMIES MARSHMALLOW TREATS MAKER, 6+**  
Kids can create up to 20 gooey marshmallow treats using the included ingredients. Mix the ingredients, make different shapes using the tray, and decorate with fudge frosting and sprinkles. No heat required. BLIP TOYS, [bliptoys.com](http://bliptoys.com)

**ZIPES SPEED PIPES—DUEL BARREL RACING PACK, 6+**  
Build crazy paths that go up walls and have multiple loops. The set includes two pipe-to-pipe clips that attach the pipes side by side, two intersection pipes, two R/C illuminated vehicles, one cosmic strobe ball, and more. NEAT-OH! INTERNATIONAL, [neat-oh.com](http://neat-oh.com)



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# 9+ Years Twins

Whether online or in person, socializing is a key activity for kids in this age group. While tweens are comfortable with technology and the digital world, they also enjoy playing games, being creative, and being active. Provide opportunities for them to try new things both on their own and with their peers. Toys that teach a new skill, whether it's music mixing, DIY crafting, or programming, get kids thinking in different ways, expanding their minds and abilities. Parents and caregivers are still key role models for this age group, so remain present and involved in their passions.



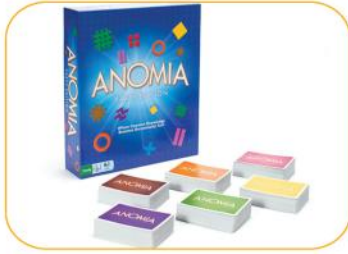
### 3DOODLER CREATE 3D PRINTING PEN, 14+

This versatile 3-D printing pen allows users to draw in 3-D. Choose from six different types of plastic in 75 colors plus a variety of accessories to bring your ideas to life. 3DOODLER, [the3doodler.com](http://the3doodler.com)



### AIR HOGS OFFICIAL FPV DR1 RACE DRONE, 12+

Kids can experience the rush of high-speed professional drone racing with an easy-to-fly drone that offers a first-person view using the headset and a smartphone. SPIN MASTER, [spinmaster.com](http://spinmaster.com)



### ANOMIA PARTY EDITION, 10+

In this fast-paced card game, players flip cards in turn until the symbols on two players' cards match. Then, matching players must race to shout an example of the category opponent's card. ANOMIA PRESS, [anomiapress.com](http://anomiapress.com)



### CRAYOLA STICKER DESIGN STUDIO, 9+

This unique paint-and-print art technique lets kids create custom stickers. Squeeze a few drops of paint onto the clear gel mat, roll to blend, transfer the design onto a sticker sheet, and let it dry. CRAYOLA, [crayola.com](http://crayola.com)

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## Young adults play Who's the Dude!

The party game with the inflatable life size Dude!  
Play charades with the Dude!

- Contains 440 charades
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**DISNEY CASTLE 3D PUZZLE, 12+**  
Kids combine the puzzle experience with construction to create a 3-D castle featuring Disney Princesses, including Ariel, Belle, Cinderella, Tiana, Aurora, and Merida. The Easyclick technology and plastic pieces provide stability, with no glue required.  
RAVENSBURGER NORTH AMERICA,  
[ravensburger.us](http://ravensburger.us)

## DRONE FORCE: ANGLER ATTACK, 9+

This R/C creature features one-touch takeoff and landing for easy flight indoors and outside. Kids can perform an electro-surge attack with brilliant, luminescent LED lights and glow effects.  
ALPHA GROUP US, [alphatoys.com](http://alphatoys.com)



## DROP MIX MUSIC GAMING SYSTEM, 16+

Hasbro and Harmonix introduce a dynamic, fast-paced music-mixing game that lets players create unique music mixes by dropping cards on the board as they compete and connect with friends. Each card samples different elements of popular songs.  
HASBRO, [hasbro.com](http://hasbro.com)



## EXIT: THE GAME, 12+

This party game brings home the fun of the escape room trend. Players must solve a series of riddles and puzzles that are unique to the different versions of the game, including Abandoned Cabin, Secret Lab, and Pharaoh's Tomb.  
THAMES & KOSMOS,  
[thamesandkosmos.com](http://thamesandkosmos.com)



## HEARING THINGS, 12+

Inspired by the viral online whisper challenge sensation, one player puts on speech-cancelling headphones and tries to guess the phrase on a card by reading his or her teammates' lips. The team that correctly guesses the most phrases wins.  
HASBRO, [hasbro.com](http://hasbro.com)



## HOUSE OF BOING, 12+

Designed for two to four players, this game challenges kids to think on their feet, and features 10 different games in total. The first player to empty his or her room of balls wins.  
UNIVERSITY GAMES,  
[universitygames.com](http://universitygames.com)

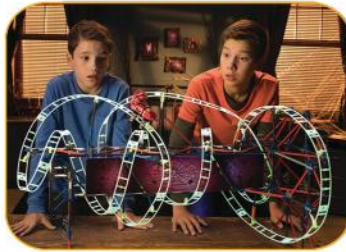




**IDO3D 3D PRINT SHOP, 9+**

Kids can make creations in minutes using this machine, which features 3-D technology and a "Formula 4D" system. Kids can form and reform molds in any shape to clone anything they want.

REDWOODVENTURES, [redwood-ventures.com](http://redwood-ventures.com)



**K'NEX THRILL RIDES: WEB WEAVER ROLLER COASTER BUILDING SET, 9+**

Build this glow-in-the-dark roller coaster with more than 430 K'NEX parts and pieces and an air-propelled coaster car. Once built, the coaster can be used horizontally or vertically and can be turned mid-movement.

K'NEX, [knex.com](http://knex.com)



**LEGO MARVEL SUPER HEROES 2, 10+**

Packed with both Marvel superheroes and super villains, this all-new adventure features 18 different Marvel locations, an original story, a new time manipulation mechanic, and a four-player game so friends and family can play together.

WARNER BROS. INTERACTIVE ENTERTAINMENT, [warnerbros.com](http://warnerbros.com)



**LEGO STAR WARS THE ARROWHEAD, 9+**

This 775-piece starship features a lift-off cockpit canopy with space for three minifigures and R0-GR inside, a transparent opening dome, two spring-loaded shooters, and a flip-out battering ram. Includes four minifigures plus an R0-GR figure.

THE LEGO GROUP, [shop.lego.com](http://shop.lego.com)



**NERF N-STRIKE ELITE DIGITAL TARGET, 9+**

Kids can practice their aim and play games solo or with friends. The target features an interactive LCD display, lights, sounds, an adjustable kickstand, and a wall mount. Nerf blaster not included.

JAZWARES, [jazwares.com](http://jazwares.com)



**OFFICIAL MOVIE EDITION SPIDER DRONE, 12+**

The Official Movie Edition Spider Drone is a functional replica of Spidey's eight-legged surveillance drone from *Spider-Man: Homecoming*. The ergonomic flight controller with Spidey suit-inspired design includes voice feedback with phrases from the film.

SKYROCKET, [skyrockettoys.com](http://skyrockettoys.com)

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**RAZOR X CRUISER, 9+**

This electric skateboard features a 125-watt geared motor to deliver thrilling skate action. The rear-wheel-drive motor and lithium-ion battery deliver speeds up to 10 mph. The variable-speed control on the wireless, digital, handheld remote lets kids control their velocity. RAZOR USA, [razor.com](http://razor.com)



**RSF 350, 13+**

Powered by a high-torque, chain-driven motor, this ride-on delivers speeds up to 14 mph. Twist the throttle to feel it launch into action with its electric-powered acceleration. The hand-operated rear disc provides stopping power. RAZOR USA, [razor.com](http://razor.com)



**SUPER NES CLASSIC EDITION, 10+**

This mini version of the beloved retro console features 21 pre-installed classic games, including *Super Mario World*, *The Legend of Zelda: A Link to the Past*, *Super Mario Kart*, *Star Fox 2*, and more. NINTENDO, [nintendo.com](http://nintendo.com)

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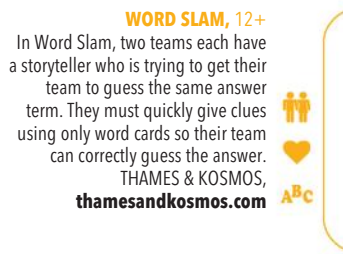
**THE LEGO NINJAGO MOVIE GREEN NINJA MECH DRAGON, 9+**

This 544-piece mech features articulated snapping jaws, a fully poseable body, a wheel-activated swooshing tail, two leg-mounted stud shooters, and two hidden pop-out thrusters. Comes with four minifigures with assorted weapons. THE LEGO GROUP, [shop.lego.com](http://shop.lego.com)



**WHO'S THE DUDE?, 16+**

Play charades with the life-size, inflatable Dude. Play scenes from a movie, or act out a sport or a profession and let others guess what you two are up to. IDENTITY GAMES USA, [identitygames.com](http://identitygames.com)



**WORD SLAM, 12+**

In Word Slam, two teams each have a storyteller who is trying to get their team to guess the same answer term. They must quickly give clues using only word cards so their team can correctly guess the answer. THAMES & KOSMOS, [thamesandkosmos.com](http://thamesandkosmos.com)

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### *Quinoa and Black Bean Chili*

Serves 6 | Prep time: 20 min. | Total time: 40 min.

#### Ingredients

- |  |  |
|--|--|
| 1 cup <b>GOYA® Organic Quinoa</b>                                    | ½ large green bell pepper, seeded and diced                                  |
| 2 tbsp. <b>GOYA® Extra Virgin Olive Oil</b> , divided                | ½ large red bell pepper, seeded and diced                                    |
| 1 large onion, chopped   | 1 tbsp. <b>GOYA® Chipotle Peppers in Adobo Sauce</b> , finely chopped        |
| 1 tbsp. <b>GOYA® Minced Garlic</b>                                   | 1 can (15.25 oz.) <b>GOYA® Whole Kernel Golden Corn</b> , drained and rinsed |
| 1 tbsp. chili powder   | Fresh cilantro, chopped  |
| 1 tbsp. <b>GOYA® Ground Cumin</b>                                    |  |
| 1 tsp. <b>GOYA® Oregano Leaves</b>                                   |  |
| 1 can (8 oz.) <b>GOYA® Tomato Sauce</b>                              |  |
| 2 cans (15.5 oz. each) <b>GOYA® Black Beans</b> , drained and rinsed |  |

For step-by-step preparation instructions, visit [goya.com/chili](http://goya.com/chili)

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# Food

Weeknight Cooking

Test-Kitchen Secrets

Easy Entertaining

Healthy Eating



## Healthy Family Dinners<sup>®</sup>

*One and done: Sheet pan suppers keep it simple.*

BY JULIE MILTENBERGER

Food styling: Cyd McDowell. Prop styling: Megan Hedgpeth.



These recipes call for a sheet pan that should measure around 18 x 13 inches with a 1-inch-high edge. We like the heavy nonstick pans made by OXO and USA Pan (about \$25).

## 1 Shrimp with Asparagus and Polenta

Makes 4 servings  
Prep 10 minutes Broil 10 minutes

- 1 tube (18 oz) polenta, cut into 12 slices
- 1 bunch (1 lb) asparagus, trimmed
- 4 tbsp olive oil
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 2 lemons, halved
- 1½ lbs jumbo tail-on shrimp
- 2 tbsp chopped parsley
- 1 tbsp capers
- Lemon- or garlic-infused oil, for drizzling (optional)

- Heat broiler. Line a sheet pan with foil and coat with nonstick cooking spray. Spread polenta slices on one half of prepared pan. Toss asparagus with 2 tbsp oil and ¼ tsp each salt and pepper. Spread on other half of pan. Juice ½ lemon. Place remaining lemon halves on pan near asparagus. Broil 5 minutes.

- Toss shrimp with 2 tbsp oil, the lemon juice, parsley, capers and ¼ tsp each salt and pepper.

- Remove polenta to a platter and spread shrimp on pan in its place. Broil 4 to 5 minutes, turning once. Spoon shrimp over polenta and drizzle with flavored oil, if using. Serve with roasted lemons and asparagus on the side.

PER SERVING 380 Cal • 15 g Fat (2 g Sat) • 39 g Pro • 24 g Carb • 3 g Sugars • 4 g Fiber • 797 mg Sodium

## 2 Roasted Kale and Butternut Squash

Makes 4 servings Prep 15 minutes  
Roast at 450° for 40 minutes

- 1½ lbs butternut squash cubes
- 4 tbsp olive oil
- ¾ tsp salt
- ½ tsp freshly ground black pepper
- 8 packed cups chopped kale
- 1 tsp chopped fresh oregano
- 1 can (15 oz) butter beans, drained and rinsed
- 1 pkg (8.8 oz) heat-and-eat white rice
- 2 oz feta cheese, crumbled (½ cup)
- 2 tbsp bottled balsamic glaze

- Heat oven to 450°. Toss squash on a sheet pan with 2 tbsp oil,

- ½ tsp salt and ¼ tsp pepper. Spread in a single layer and roast 20 to 25 minutes.

- Meanwhile, in an extra-large bowl, toss kale with 2 tbsp oil, ¼ tsp each salt and pepper and the oregano. Stir in butter beans.

- Stir squash and push to one side of pan. Add kale-bean mixture to other side, mounding slightly. Roast 15 minutes.

- Microwave rice per package directions. Transfer kale, beans and squash to a large bowl; gently stir in rice and crumbled feta. Drizzle with balsamic glaze and toss. Serve warm.

PER SERVING 417 Cal • 19 g Fat (4 g Sat) • 11 g Pro • 56 g Carb • 9 g Sugars • 12 g Fiber • 782 mg Sodium



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### 3 Chicken Scarapiello

Makes 5 servings Prep 20 minutes  
Roast at 425° for 35 minutes

- 2 red bell peppers, cut into 1-inch pieces
  - 1 green bell pepper, cut into 1-inch pieces
  - 1 cup grape tomatoes
  - 1 medium fennel bulb, trimmed, cored and sliced ¼ inch thick
  - 5 cloves garlic, halved
  - 2 tbsp olive oil
  - ½ tsp freshly ground black pepper
  - ¼ plus ½ tsp salt
  - 10 bone-in chicken pieces (breasts, thighs and drumsticks; about 2½ lbs)
  - ½ tsp dried Italian seasoning
  - 4 links chicken sausage (not precooked; about 12 oz)
- Sourdough or Italian bread (optional)

- Heat oven to 425°. Toss first 5 ingredients with 1 tbsp oil, ¼ tsp pepper and ½ tsp salt, and spread onto a sheet pan. Toss chicken with 1 tbsp oil, ¼ tsp pepper, ¼ tsp salt and the Italian seasoning. Add to pan along with sausages.
- Roast 35 minutes, turning sausages halfway through.
- Cut sausages on the diagonal into ½-inch-thick slices. Divide veggies and sausage among 5 plates, and top each with 2 pieces of chicken. Serve with bread, if desired.

PER SERVING (calculated without skin)  
471 Cal • 24 g Fat (6 g Sat) • 52 g Pro •  
14 g Carb • 6 g Sugars • 4 g Fiber •  
787 mg Sodium



### 4 Eye Round Roast with Potatoes and Blistered Green Beans

Makes 6 servings Prep 15 minutes  
Roast at 425° for 25 minutes, then at 375° for 25 minutes Rest 10 minutes

- 1½ tsp salt
- ½ tsp freshly ground black pepper
- 1 tsp onion powder
- 1 tsp garlic powder
- 1½ lbs assorted small potatoes, quartered
- 2 large red onions, peeled and cut into wedges
- 3 tbsp olive oil
- 2 tsp fresh thyme, chopped
- 1 boneless beef eye round roast (about 2 lbs)
- 1 lb green beans, trimmed
- ¾ cup sour cream
- 2 tbsp prepared horseradish

- Heat oven to 425°. In a small bowl, combine first 4 ingredients.

- Place potatoes and onion in a large bowl and toss with 2 tbsp oil, the thyme and 1 tsp spice mix. Spread onto a sheet pan. Rub 2 tsp spice mix all over roast and add to pan, pushing veggies out of the way. Roast 25 minutes.
- Meanwhile, toss green beans with 1 tbsp oil and remaining spice mix.
- Stir veggies on pan and push together, making space for green beans. Add beans to pan and reduce oven temp to 375°. Return pan to oven and roast 20 to 25 minutes, until veggies are tender and beef reaches 125° for medium-rare. Rest beef for 10 minutes before slicing. Combine sour cream and horseradish; serve alongside beef.

PER SERVING 493 Cal • 20 g Fat (7 g Sat) •  
43 g Pro • 37 g Carb • 7 g Sugars • 7 g Fiber •  
733 mg Sodium





## 5

## Parmesan Chicken Thighs and Veggies

Makes 4 servings

Prep 20 minutes Roast at 425° for 30 minutes Broil 3 minutes

- 1¼ lbs Brussels sprouts, trimmed and halved
- 1 lb carrots, peeled and cut on the diagonal into ¼-inch-thick slices, or use 1 lb carrot chips
- 2 tbsp olive oil
- 2 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 4 bone-in chicken thighs (about 2 lbs)
- ⅓ cup grated Parmesan
- Heat oven to 425°. Place Brussels sprouts and carrots on a sheet pan. In a medium bowl, whisk next 5 ingredients. Brush 1 tbsp mustard mixture onto each thigh and dip fleshy side into Parmesan until it adheres.
- Toss veggies with remaining mustard mixture. Spread in a single layer on pan, add chicken and roast 20 minutes. Stir veggies and roast 10 minutes.
- Broil 3 minutes, until chicken browns slightly.

PER SERVING 447 Cal • 21 g Fat (6 g Sat) • 41 g Pro • 22 g Carb • 8 g Sugars • 8 g Fiber • 794 mg Sodium

## 6

## Pork with Cauliflower and Mashed Sweet Potatoes

Makes 6 servings

Prep 15 minutes Bake at 425° for 1 hour, 20 minutes Rest 10 minutes

- 1 bone-in pork rib roast (about 3¼ lbs)
- 1 tbsp plus 1 tsp olive oil
- 3 cloves garlic, minced
- 2 tsp chopped fresh rosemary
- 1½ tsp salt
- 1¼ tsp freshly ground black pepper
- 8 cups golden or white cauliflower florets
- 2 large sweet potatoes (about 2 lbs), halved lengthwise
- ⅓ cup milk
- Heat oven to 425°. Rub pork with 1 tsp oil, two-thirds of the garlic, 1 tsp rosemary, ¾ tsp salt

and ½ tsp pepper. Place on a sheet pan and roast 35 minutes.

- Meanwhile, toss cauliflower with 1 tbsp oil, remaining garlic, 1 tsp rosemary and ¼ tsp each salt and pepper.
- Remove pan from oven and carefully add cauliflower and sweet potatoes, cut side up. Roast 45 minutes, until pork reaches 130° and veggies are tender. Rest pork for 10 minutes.
- Scoop flesh from potatoes; mash with milk and ½ tsp each salt and pepper. Slice pork and serve with sweet potatoes and cauliflower.

PER SERVING 461 Cal • 21 g Fat (5 g Sat) • 38 g Pro • 30 g Carb • 8 g Sugars • 6 g Fiber • 781 mg Sodium



# Well Done

Tips for buying, thawing, prepping and cooking your bird

BY JULIE MILTENBERGER AND SARAH WHARTON



## PREP

Plan on about 1 lb per person. If frozen, thaw turkey in its packaging on a tray in the fridge; it will take 24 hours for every 4 lbs. Figure 3 to 4 days for a 15 lb bird. When thawed, unwrap and remove giblets and neck; carefully rinse inside with cool water to melt any remaining ice crystals. Pat dry inside and out. Tuck wings under, if desired. Season as recipe recommends.



## BRINE

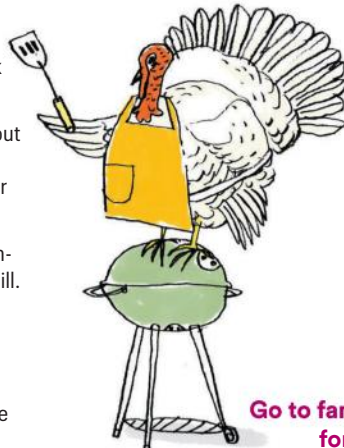
Buy a fresh bird (not frozen or kosher, since those are seasoned). In a very large pot or medium storage bin, combine  $\frac{3}{4}$  cup each **kosher salt** and packed **dark brown sugar** with 1 cup **hot water**. Stir to dissolve. Add 3 cups **cold water**, 1 cup thinly sliced **onion**, 2 cloves crushed **garlic**, 1 sliced **jalapeño** and 12 **whole black peppercorns**, crushed. Place turkey in pot or bin; add enough **water** to cover by 1 inch. Cover and refrigerate overnight but no longer than 10 hours. Pat dry inside and out.

## COOK

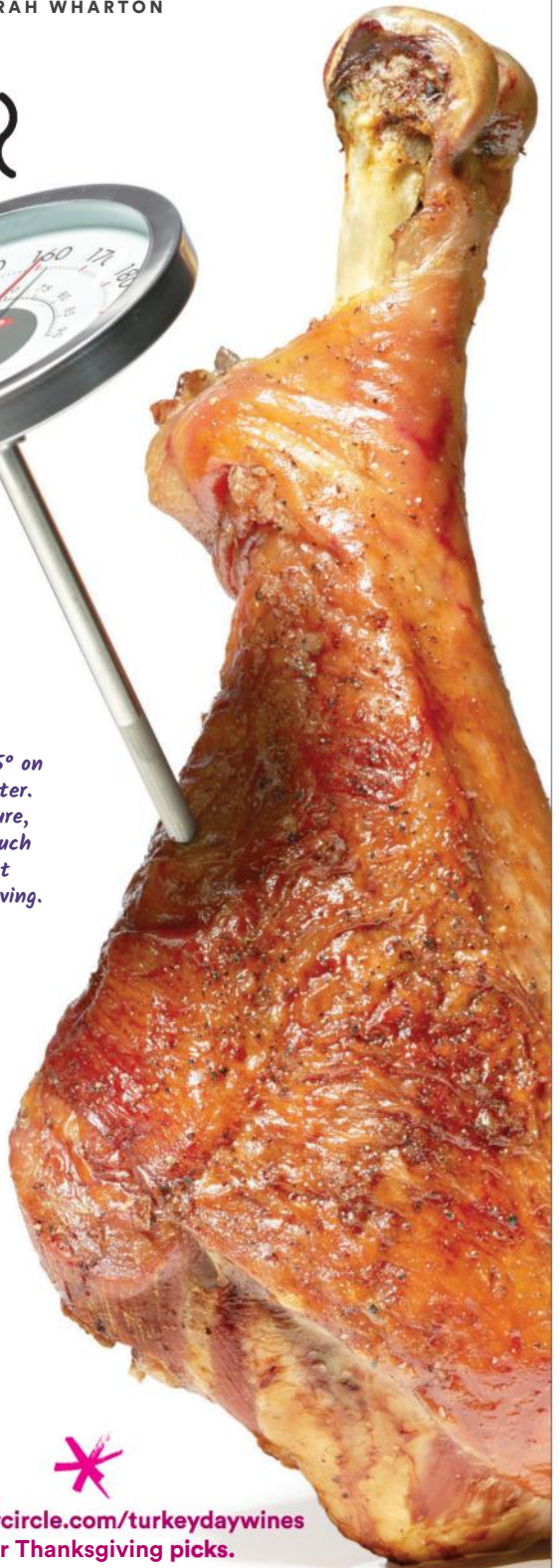
**Roast** Brush or rub with butter, and cook at 350° for 12 to 15 minutes per lb.

**Fry** In a turkey fryer, heat oil to 400°, about 40 minutes. Place turkey in basket and gently lower into oil. Fry 3 to 4 minutes per lb, following manufacturer's directions.

**Grill** For a charcoal grill, arrange medium-hot coals around a drip pan in center of grill. Brush or rub turkey with oil, and grill 9 to 11 minutes per pound, adding coals every 45 to 60 minutes. For a gas grill, preheat grill, then reduce heat to medium. Adjust for indirect cooking. Method and times are same as for charcoal.



*Turkey meat (breast or thigh) should register 165° on an instant-read thermometer. (When checking temperature, do not let thermometer touch any bones.) Let bird rest 15 to 20 minutes before carving.*



Go to [familycircle.com/turkeydaywines](http://familycircle.com/turkeydaywines) for our Thanksgiving picks.



**WE'RE ALL IN**  
*to help you go*  
**ALL OUT.**

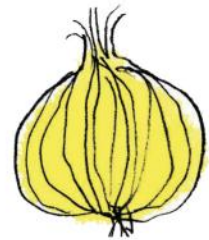
**Reynolds Wrap**  
TRUSTED SINCE 1947  
MADE IN THE U.S.A.

this is the good stuff



# Well Dressed

Classic stuffings and foolproof gravy



## Southern



cornbread



celery & onion



sage



andouille sausage



chicken stock

## French



French bread



shallot, fennel & leek



thyme



figs



vegetable broth

## Vegan



multigrain bread



celery & onion



dried cranberries



pecans



vegetable broth

## Italian



sourdough bread



celery & onion



rosemary



Italian sausage



turkey stock

## Gluten-Free



wild rice blend



celery & onion



sage & red pepper flakes



breakfast sausage



chicken stock

## Perfect Gravy

Pour drippings from pan into a fat separator, scraping up any browned bits in pan. Measure ½ cup de-fatted **drippings** and 3 tbsp **turkey fat** back into roasting pan or into a saucepan. For classic gravy, whisk ¼ cup **all-purpose flour** into 3 cups **turkey stock**. Add to pan and simmer, whisking constantly, 3 minutes.

**FRYING OR GRILLING YOUR TURKEY?** Melt 3 tbsp **butter** and ½ tsp **gravy starter** (such as Kitchen Bouquet) in a medium saucepan. Continue with recipe, increasing turkey stock to 3½ cups.



**WANT TO GO GLUTEN-FREE?** In a small dish, mix 3 tbsp **cornstarch** with ¼ cup **turkey stock**. Stir into pan with 3 cups **turkey stock** in place of flour mixture. Bring to a simmer; cook 2 minutes. For all recipes, adjust seasonings to taste, adding 1 tbsp **chopped fresh sage, parsley or thyme leaves**, if desired. **IS YOUR GRAVY TOO THIN?** Whisk a few more tablespoons **all-purpose flour** into ¼ cup **water** and whisk into pan. **DOES YOUR GRAVY HAVE LUMPS?** Force gravy through a mesh strainer, then whisk until smooth.



*“Pass the stuffing”*  
**WILL BE THE  
TALK OF  
THE TABLE.**

## **SAUSAGE Cornbread STUFFING**

### **INGREDIENTS:**

**1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)**  
2 cups celery, chopped  
1 cup onion, finely chopped  
4 cups cornbread, toasted & chopped  
1/4 cup fresh parsley, chopped  
1 tsp. poultry seasoning  
1 cup chicken broth  
1 egg, lightly beaten  
1/2 cup pecans, chopped (optional)

### **DIRECTIONS:**

- 1. PREHEAT** oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat 8-10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
- 2. ADD** cornbread, parsley and seasoning; mix lightly. Add in broth, egg and mix until blended. Stir in pecans.
- 3. SPOON** into lightly greased 2-quart casserole or souffle dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

**PREP TIME:** 20 min. **COOK TIME:** 45 min.

**COOK'S TIP:** To toast cornbread, bake at 400°F for 10 min.

**JIMMYDEAN.COM/RECIPES**



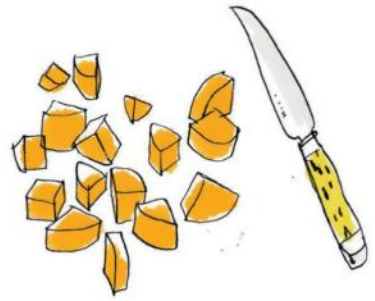
OUR ORIGINAL BLEND OF SIGNATURE SEASONINGS  
WILL MAKE YOUR RECIPES SHINE.

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# Well Equipped

The right tools for the job



**WÜSTHOF GOURMET CARVING SET**  
Carve and serve like a pro with this boxed duo. [Cutleryandmore.com](http://Cutleryandmore.com), \$80



**CUISIPRO FAT SEPARATOR**  
The perforated top strains out solids, and the innovative lever allows de-fatted liquid to exit through the bottom. [Amazon.com](http://Amazon.com), \$35



**OXO TURKEY LIFTER**  
Never again will you struggle to move your turkey from pan to platter. Simply insert this crafty hook into the turkey cavity and lift. [Bedbathandbeyond.com](http://Bedbathandbeyond.com), \$10



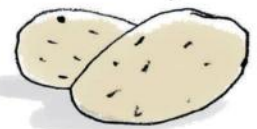
**JB PRINCE HEART-SHAPED WHISK**  
The hinge at the end of the handle allows this stainless steel whisk to lie flat, which means no missed pan corners! [Jbprince.com](http://Jbprince.com), \$16



**KUHN RIKON ORIGINAL SWISS PEELER**  
The super-sharp carbon steel blade is just one of the reasons why right- and left-handed chefs prefer this peeler. [Kuhnrikonshop.com](http://Kuhnrikonshop.com), \$12 for a 3-pack



**CUISINART MASHER**  
The eye-catching folded surface of this spud smasher is both stylish and functional. Bonus: The stay-cool handle allows for an easy grip. [Cuisinartwebstore.com](http://Cuisinartwebstore.com), \$13



**TAYLOR 1470N WIRED COOKING THERMOMETER**  
Insert the steel probe into turkey breast or thickest part of thigh at the start of cooking and get temp (and cook time) without opening your oven. [Walmart.com](http://Walmart.com), \$12






(actual size)

# FRESH GOLD. ANY TIME YOU NEED IT.

When you've got VELVEETA® 4oz Mini Blocks on hand, you've always got fresh liquid gold.

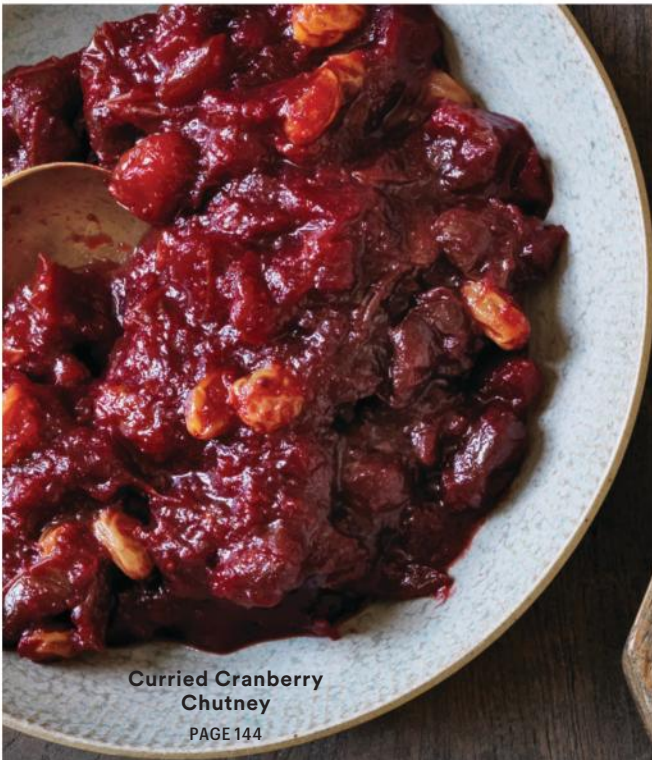




# SIDE EFFECTS

This Thanksgiving, take a trip  
around the globe in 10 dishes.

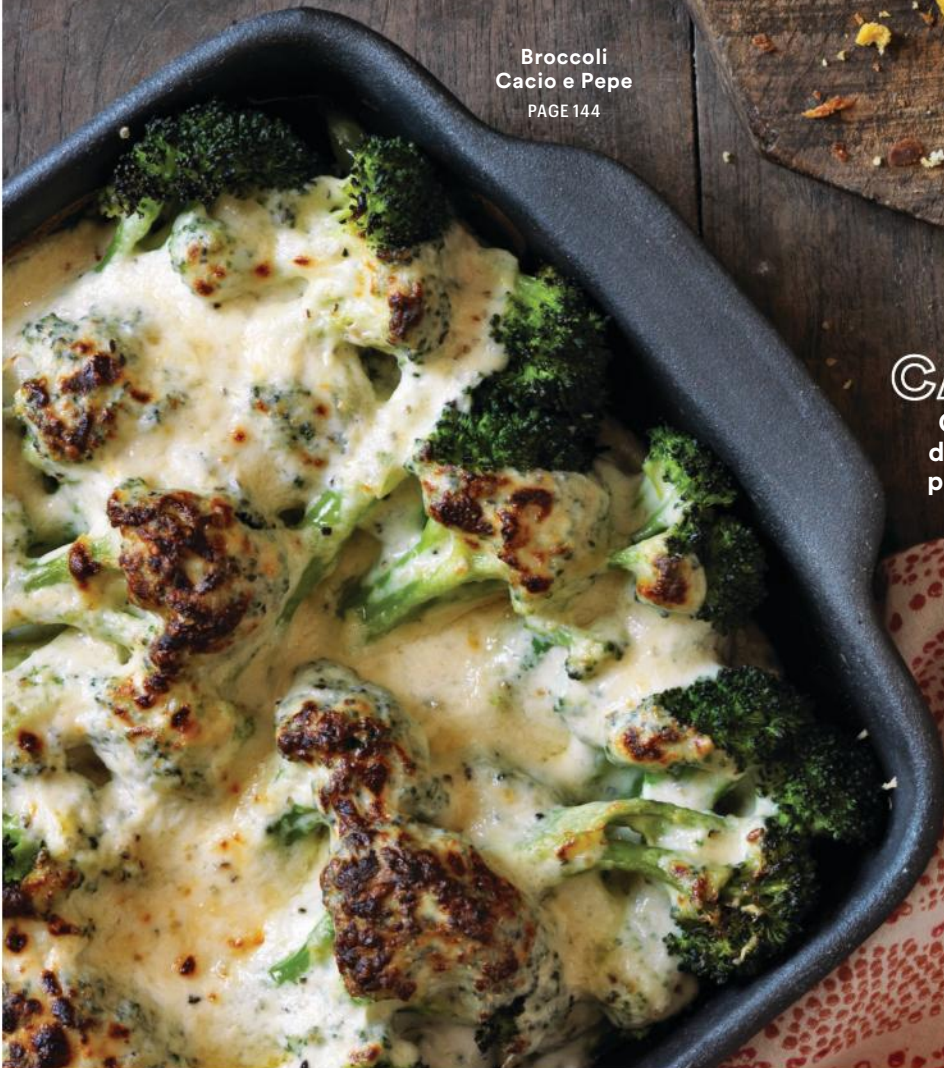
By MELISSA KNIFIC  
Photography by  
JOHNNY VALIANT



Curried Cranberry  
Chutney  
PAGE 144



Sweet Potato Biscuits  
PAGE 144



Broccoli  
Cacio e Pepe  
PAGE 144

## CACIO E PEPE

Our riff on a simple Italian dish—meaning “cheese and pepper”—is a delicious way to prepare broccoli.



## Curried Cranberry Chutney

Makes 12 servings Prep 10 minutes  
Cook 31 minutes

- 1 tbsp vegetable oil
- 1 medium shallot, grated
- 1 4-inch piece ginger, peeled and grated
- 3 cloves garlic, grated
- 2 tbsp curry powder
- ½ tsp ground cardamom
- 2 bags (12 oz each) fresh cranberries
- 1¼ cups packed light brown sugar
- ¼ cup apple cider vinegar
- ¾ tsp salt
- 1 cup raisins

• In a medium pot, heat oil over medium. Stir in next 5 ingredients. Cook 30 seconds to 1 minute. Stir in cranberries, sugar, vinegar, ½ cup water and salt. Bring to a simmer. Reduce heat to low and cook 20 minutes, uncovered. Stir in raisins and cook 10 minutes, until thickened.

PER SERVING 180 Cal • 2 g Fat (0 g Sat) • 1 g Pro • 41 g Carb • 35 g Sugars • 3 g Fiber • 160 mg Sodium



Persian Cauliflower Rice

## Sweet Potato Biscuits

Makes 16 biscuits Prep 20 minutes  
Bake at 425° for 12 minutes

- 3 cups all-purpose flour
- 1 tbsp baking powder
- ½ tsp baking soda
- 1½ tsp salt
- 6 tbsp unsalted butter, cut into small cubes and chilled
- 1 cup canned sweet potato puree
- ¾ cup buttermilk

• Heat oven to 425°. In a large bowl, sift first 4 ingredients.

• Using your hands, rub butter cubes into flour until pea-sized pieces form. Whisk sweet potato puree and buttermilk, then add to flour-butter mixture. Combine with a fork until just blended and turn onto a lightly floured surface.

• Knead dough 1 minute and roll to ½-inch thickness. (Do not overwork or biscuits will be tough.) Use a 2½-inch-round biscuit cutter and cut 16 circles, re-rolling dough scraps as necessary. On 2 baking sheets, place dough circles 2 inches apart.

• Bake 10 to 12 minutes, until just beginning to brown.

PER BISCUIT 160 Cal • 5 g Fat (3 g Sat) • 4 g Pro • 25 g Carb • 2 g Sugars • 1 g Fiber • 420 mg Sodium

## Broccoli Cacio e Pepe

Makes 8 servings Prep 10 minutes  
Cook 9 minutes Bake at 425° for 15 minutes Broil 3 minutes

- 3 lbs broccoli (2 to 3 bunches)
- 3 tbsp unsalted butter
- 3 tbsp all-purpose flour
- 3 cups whole milk
- 1½ cups shredded Parmesan
- 2 tsp freshly cracked black pepper
- ½ tsp salt

• Heat oven to 425°. Bring a large pot of salted water to a boil. Quarter broccoli stalks lengthwise. Add to boiling water and simmer 3 minutes. Drain.

• In a medium pot, melt butter over medium. Stir in flour and cook 1 minute. Whisk in milk. Bring to a simmer and cook 5 minutes. Remove from heat and stir in Parmesan, pepper and salt.

• Transfer broccoli to a 13 x 9-inch baking dish. Pour sauce on top and bake 15 minutes. Broil 2 to 3 minutes, until cheese sauce begins to brown.

PER SERVING 200 Cal • 12 g Fat (7 g Sat) • 11 g Pro • 15 g Carb • 6 g Sugars • 3 g Fiber • 490 mg Sodium

## Persian Cauliflower Rice

Makes 8 servings  
Prep 5 minutes Cook 7 minutes

- 3 tbsp unsalted butter
- 1½ tsp ras el hanout (Moroccan spice blend, found in spice aisle)
- ½ tsp ground turmeric
- 2 bags (12 oz each) cauliflower rice, thawed if frozen
- ¾ tsp salt
- ½ cup pomegranate seeds
- ¼ cup chopped parsley
- ½ cup chopped toasted walnuts

• In a large sauté pan, melt butter over medium-high. Stir in ras el hanout and turmeric. Add cauliflower; cook 5 to 7 minutes, stirring, until pieces start to brown. Stir in salt, pomegranate seeds, parsley and walnuts.

PER SERVING 120 Cal • 10 g Fat (3 g Sat) • 3 g Pro • 7 g Carb • 3 g Sugars • 3 g Fiber • 230 mg Sodium

## Ancho Chile–Lime Brussels Sprouts

Makes 8 servings Prep 15 minutes  
Roast at 425° for 20 minutes

- 2½ lbs Brussels sprouts
- ¼ cup extra-virgin olive oil
- 2 tsp ancho chile powder



Ancho Chile–Lime Brussels Sprouts

- ¾ tsp salt
- ¼ cup pumpkin seeds (pepitas)
- ½ cup cilantro, roughly chopped
- 2 tbsp crumbled Cotija or grated Parmesan cheese
- 3 tbsp lime juice

• Heat oven to 425°. • Trim Brussels sprouts and halve. On a rimmed baking sheet, toss with 3 tbsp oil, the chile powder and ½ tsp salt. Roast 15 minutes. Stir in pumpkin seeds, 1 tbsp oil and ¼ tsp salt. Roast 5 minutes, until tender.

• Toss Brussels sprouts with cilantro, cheese and lime juice.

PER SERVING 140 Cal • 9 g Fat (2 g Sat) • 6 g Pro • 12 g Carb • 3 g Sugars • 5 g Fiber • 300 mg Sodium

THANKSGIVING.  
ALSO PRONOUNCED  
STOVE TOP.



*Stove  
Top*

THE STUFF  
THANKSGIVING  
IS MADE OF



Spanish-Style Mashed Potatoes with Chorizo

Jamaican Coconut Collard Greens



## TRY THIS!

**Tone down the heat by seeding the habanero or using a milder pepper, such as jalapeño.**

### Spanish-Style Mashed Potatoes with Chorizo

Makes 8 servings  
Prep 15 minutes Cook 10 minutes

- 3 lbs Yukon gold potatoes, peeled and cut into 1-inch chunks
- 4 oz Spanish-style cured chorizo, casing removed, diced
- 1½ cups buttermilk
- 2 tbsp unsalted butter
- ¾ tsp salt
- Fresh cilantro, for garnish

- Place potatoes in a lidded pot. Fill with cold water until potatoes are covered by 1 inch. Cover pot and bring to a boil. Reduce heat to a simmer and cook 10 minutes, until fork-tender.
- Meanwhile, heat a sauté pan over medium. Cook chorizo 3 to 5 minutes, until crispy.
- Drain potatoes and return to pot immediately; mash. Stir in three-fourths of the crispy

chorizo, the buttermilk, butter and salt. Scatter remaining chorizo and cilantro on top.

PER SERVING 250 Cal • 10 g Fat (5 g Sat) • 7 g Pro • 34 g Carb • 4 g Sugars • 3 g Fiber • 500 mg Sodium

### Jamaican Coconut Collard Greens

Makes 12 servings  
Prep 10 minutes Cook 24 minutes

- 1 tbsp coconut or olive oil
- 1 cup chopped white onion
- 1 habanero chile, stemmed and sliced
- 2 tsp chopped fresh thyme
- 1 tbsp all-purpose flour
- 2 cans (13.5 oz each) coconut milk
- 2 bags (16 oz each) fresh chopped collard greens
- 1½ tsp salt



**Miso-Sesame Green Beans**

- ½ to ¾ tsp ground nutmeg
- ¼ cup unsweetened coconut flakes, toasted

- In a large pot, heat oil over medium-high. Stir in onion, chile and thyme. Cook 3 minutes. Add flour and cook 1 minute. Whisk in coconut milk. Bring to a simmer and cook 3 minutes.
- Stir in collard greens. Cover and cook 2 minutes. Using tongs, mix in wilted leaves. Reduce heat to medium and cook 15 minutes, covered, mixing a couple more times. Stir in salt and nutmeg. Transfer to a bowl and scatter toasted coconut on top.

PER SERVING 180 Cal • 16 g Fat (14 g Sat) • 4 g Pro • 9 g Carb • 1 g Sugars • 4 g Fiber • 310 mg Sodium

### Miso-Sesame Green Beans

Makes 8 servings  
Prep 15 minutes Cook 10 minutes

- 1½ lbs green beans, trimmed
- 2 tbsp unsalted butter
- 8 oz sliced shiitake mushrooms

- 4 cloves garlic, sliced
- 1 tbsp sesame oil
- ½ tsp salt
- 2 tbsp white miso paste
- 2 tbsp rice vinegar
- 2 tbsp toasted sesame seeds

- Bring a large pot of salted water to a boil. Add beans and simmer 3 minutes, until crisp-tender. Drain and transfer to a bowl filled with ice water to cool.

- Meanwhile, in a large sauté pan, melt butter over medium-high. Add mushrooms and cook 8 minutes, stirring every couple minutes, until browned. Stir in garlic, sesame oil and salt. Cook 2 minutes.

- In a small bowl, whisk miso paste, vinegar and 2 tbsp water. Pour into skillet with beans and stir until warm. Stir in sesame seeds and serve warm.

PER SERVING 100 Cal • 6 g Fat (3 g Sat) • 3 g Pro • 11 g Carb • 4 g Sugars • 4 g Fiber • 180 mg Sodium

### Thai-Style Squash

Makes 8 servings Prep 15 minutes  
Roast at 425° for 30 minutes

- 2 to 3 acorn squash (3 lbs total)
- ¼ cup packed light brown sugar
- 2 tbsp vegetable oil
- 2 tbsp fish sauce
- 1 tbsp balsamic vinegar
- 2 tbsp lime juice
- ¼ tsp salt
- ½ cup mint, chopped
- 2 scallions, sliced

- Heat oven to 425°. Trim tops and bottoms from squash. Halve squash and scoop out seeds and pulp. Slice into 1-inch-thick wedges.

- In a large bowl, whisk sugar, oil, fish sauce, vinegar and 1 tbsp lime juice. Toss squash in bowl to coat. Place on 2 foil-lined rimmed baking sheets and roast 20 minutes. Flip, drizzle with marinade, and roast 10 minutes, until squash is tender and browned.

- Season squash with salt and 1 tbsp lime juice. Transfer to a platter and scatter mint and scallions on top.

PER SERVING 130 Cal • 4 g Fat (1 g Sat) • 2 g Pro • 25 g Carb • 7 g Sugars • 6 g Fiber • 440 mg Sodium

### Za'atar-Roasted Carrots with Yogurt

Makes 8 servings Prep 15 minutes  
Roast at 425° for 30 minutes

- 2 lbs multicolored carrots (½ to ¾ inch thick), peeled and tops trimmed
- 2 tbsp extra-virgin olive oil
- 2½ tsp za'atar (Middle Eastern spice blend)
- ¾ tsp salt
- ¼ cup shelled pistachios, roughly chopped
- 1 tsp lemon juice
- 1 container (5.3 oz) labneh, plain skyr or Greek yogurt

- Heat oven to 425°. Toss carrots with oil, 2 tsp za'atar and ½ tsp salt. Roast 25 minutes, shaking pan halfway through. Add pistachios and roast 3 to 5 minutes, until nuts are lightly browned.

- Carefully toss carrots and pistachios with lemon juice and ½ tsp salt.

- Mix labneh with ¼ tsp salt and spread in center of plate. Top with carrots and sprinkle with ½ tsp za'atar.

PER SERVING 120 Cal • 6 g Fat (1 g Sat) • 4 g Pro • 12 g Carb • 8 g Sugars • 3 g Fiber • 280 mg Sodium



**Thai-Style Squash**



10

*totally*  
tortable

treats

BY SARAH WHARTON  
PHOTOGRAPHY BY CON POULOS

## Rice Pudding with Almonds and Cider Syrup

Makes 12 servings  
 Prep 5 minutes Cook 20 minutes  
 Refrigerate 4 hours or overnight

- 5½ cups milk
- 1 cup long-grain white rice
- ¾ cup sugar
- ¼ tsp salt
- ½ tsp almond extract
- ½ tsp ground cinnamon
- ½ cup sliced almonds, toasted

Apple cider syrup (such as Stonewall Kitchen) or dark honey, for drizzling

• In a 3-quart heavy-bottomed saucepan, stir first 4 ingredients. Bring to a boil; cover and simmer on low, stirring occasionally, 20 minutes or until rice is tender. Stir in almond extract and cinnamon.

• Transfer to a large container, press plastic wrap directly onto surface and cool 30 minutes. Refrigerate 4 hours or overnight. Serve chilled or at room temperature, topped with almonds and syrup or honey.

PER SERVING 180 Cal • 6 g Fat (2 g Sat) • 5 g Pro • 28 g Carb • 15 g Sugars • 0 g Fiber • 98 mg Sodium



**TOTE TIP** Transport in a sealed container; transfer to your serving bowl and garnish on site.



**TOTE TIP**

Put the springform pan in a cake carrier, then remove side of pan and slice the cake at dessert time.

**Apple-Cheddar Slab Pie**

Makes 12 servings Prep 30 minutes  
Bake at 400° for 35 minutes

- 2 refrigerated piecrusts
  - ¾ cup shredded plus 4 oz finely diced extra-sharp cheddar
  - 3 lbs Granny Smith apples
  - ¾ cup granulated sugar
  - 2 tbsp fresh lemon juice
  - ½ tsp salt
  - ½ cup all-purpose flour
  - ½ cup rolled oats
  - ½ cup packed light brown sugar
  - 4 tbsp unsalted butter, cubed
  - 1 large egg, beaten
- Heat oven to 400°. Lightly flour a surface. Unroll 1 piecrust and sprinkle with shredded cheddar. Top with second crust and roll out to a 17 x 12-inch rectangle. Place

in a rimmed 15 x 10-inch baking sheet. Refrigerate while preparing filling.

- Peel, core and halve apples; cut into ¼-inch-thick slices. In a large bowl, toss slices with granulated sugar, lemon juice, salt and ¼ cup flour. Remove piecrust from fridge and pour filling inside, spreading evenly. Sprinkle with diced cheddar.
- In a food processor, pulse oats, brown sugar, butter and ¼ cup flour until crumbly. Sprinkle evenly over pie. Fold crust over filling and brush with egg.
- Bake 35 minutes, until browned. Cool at least 45 minutes before slicing into squares and serving.

PER SERVING 395 Cal • 18 g Fat (9 g Sat) • 7 g Pro • 55 g Carb • 28 g Sugars • 4 g Fiber • 310 mg Sodium



**TOTE TIP**

Cover with foil and tote right in the pan. This also works for our Shoofly Pie, Bread Pudding, Blondies and Polenta Cakes.

**Marbled Pumpkin Cheesecake**

Makes 12 servings Prep 25 minutes  
Bake at 325° for 55 minutes  
Refrigerate 6 hours or overnight

**Crust**

- 45 vanilla wafer cookies, crushed (about 1½ cups)
- 3 tbsp sugar
- 4 tbsp unsalted butter, melted

**Filling**

- 1½ lbs cream cheese, at room temperature
- ¾ cup sugar
- 5 tsp cornstarch
- ¼ tsp salt
- 4 large eggs, at room temperature
- 1 tsp vanilla extract
- ½ cup pumpkin puree (not pumpkin pie filling)
- 2 tsp pumpkin pie spice

• Heat oven to 325°. Wrap outside of a 9-inch springform pan with aluminum foil. Put a kettle of water on to boil.

• **Crust:** In a medium bowl, combine cookie crumbs, sugar and melted butter until crumbs are evenly moistened. Press into bottom of springform pan.

• **Filling:** With an electric mixer, beat first 4 ingredients

for 2 minutes, until smooth and creamy.

• Add eggs to mixer one at a time, beating well after each. Beat in vanilla. Transfer 1 cup filling to a medium bowl; pour remaining filling into prepared pan.

• Stir pumpkin puree and pie spice into reserved filling. Drop mixture in evenly spaced dollops over top of plain filling. With tip of a small knife, swirl dollops to create a marbled look.

• Place springform pan in a large roasting pan on oven rack. Pour boiling water into roasting pan until it reaches halfway up side of springform pan. Bake 50 to 55 minutes, until edges are set and center shakes slightly.

• Transfer springform pan to a wire rack and carefully remove foil. Run a thin knife around edge of cake. Cool completely in pan on rack. Cover and refrigerate 6 hours or overnight.

• To serve, remove side of pan and cut into 12 slices.

PER SERVING 371 Cal • 28 g Fat (15 g Sat) • 6 g Pro • 26 g Carb • 19 g Sugars • 0 g Fiber • 305 mg Sodium



#### TOTE TIP

Leave the phyllo cups in the box and then pipe the mousse from a ziplock bag right before serving.

### Chocolate-Peanut Butter Mousse Cups

Makes 60 mousse cups  
Microwave 2 minutes Prep 5 minutes

- 1 cup semisweet chocolate chips, plus more, chopped, for sprinkling
- 1 cup creamy peanut butter
- 1½ cups heavy cream
- 60 mini phyllo shells (four 1.9 oz pkg)
- Peanut butter chips, chopped, for sprinkling

- Place chocolate chips in a large microwave-safe bowl. Heat in 30-second increments until completely melted. Stir in peanut butter until well combined; set aside.
- In a medium bowl, beat cream with an electric mixer until stiff peaks form.
- Gently fold whipped cream into chocolate mixture. Transfer to a ziplock bag. Use immediately, or chill in refrigerator up to overnight and leave on counter for at least 1 hour before using.
- When ready to serve, pipe filling into phyllo shells and sprinkle with chopped chocolate and peanut butter chips.

PER MOUSSE CUP 82 Cal • 6 g Fat (3 g Sat) • 2 g Pro • 7 g Carb • 3 g Sugars • 0 g Fiber • 40 mg Sodium

### Pumpkin Whoopie Pies

Makes 16 whoopie pies Prep 10 minutes  
Bake at 350° for 20 minutes

#### Cookies

- 1 box (16.5 oz) spice cake mix
- 1 can (15 oz) pumpkin puree (not pumpkin pie filling)

#### Filling

- ½ cup (1 stick) unsalted butter, at room temperature
- ½ cup confectioners' sugar, sifted
- 1 cup marshmallow crème
- 1 tsp vanilla extract

- Heat oven to 350°. Line 2 rimmed baking sheets with parchment paper.
- **Cookies:** Beat cake mix and pumpkin puree until well combined. Drop by 2 tablespoonfuls, 2 inches apart, onto prepared baking sheets to form 32 mounds. With moistened fingers, lightly flatten tops.
- Bake 20 minutes, until a toothpick inserted in center comes out clean. Cool on sheets 15 minutes, then transfer to racks to cool completely.
- **Filling:** In bowl of a stand mixer fitted with whisk attachment, beat butter and confectioners' sugar until fluffy. Add marshmallow crème; beat until well combined. Add vanilla and beat 20 seconds.
- Sandwich cookies together, flat side to flat side, with 1 tbsp filling.

PER WHOOPIE PIE 208 Cal • 7 g Fat (4 g Sat) • 2 g Pro • 34 g Carb • 22 g Sugars • 1 g Fiber • 225 mg Sodium



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It's smart to use parchment for baking cookies. It has a nonstick coating, so you can skip greasing baking sheets.

Reynolds®

Food

#### TOTE TIP

Zip the cookies into a plastic bag and place the filling in a container. You can assemble pies on site.



### Shoofly Pie

Makes 8 servings Prep 10 minutes  
Bake at 350° for 1 hour

- 1 9-inch unbaked piecrust
- 1 cup all-purpose flour
- ¾ cup packed dark brown sugar
- 4 tbsp cold unsalted butter
- ¼ tsp salt
- 1 large egg
- 1 cup molasses
- ¾ cup boiling water
- ¾ tsp baking soda
- Heat oven to 350°. Line a 9-inch glass pie plate with piecrust and place on a baking sheet.
- In a food processor, pulse next 4 ingredients until coarse crumbs form. Reserve ½ cup.

- In a large bowl, lightly beat egg. Add molasses and blend well with a wooden spoon.
- In a small bowl, combine boiling water and baking soda; blend into molasses mixture. Add crumb mixture and mix well. Pour into piecrust and top with reserved crumbs.
- Bake 1 hour. Transfer to a rack to cool completely. (Filling will firm as it cools.)
- Cut into 8 slices and serve.

PER SERVING 392 Cal • 13 g Fat (6 g Sat) • 3 g Pro • 70 g Carb • 46 g Sugars • 0 g Fiber • 382 mg Sodium



**HEAT AND EAT**

Pop this in the oven to warm once the turkey is on the table. Dust with sugar and serve.

**Cranberry-Orange Biscotti**

Makes 16 biscotti Prep 10 minutes  
Bake at 375° for 25 minutes, then at 325° for 24 minutes

- 2¼ cups all-purpose flour
- 1½ tsp baking powder
- ½ tsp salt
- ½ cup (1 stick) unsalted butter, at room temperature
- ½ cup packed light brown sugar
- 2 large eggs
- 1 tsp vanilla extract
- ½ cup dried cranberries
- Zest of 2 oranges, plus 4 tsp fresh orange juice
- ¾ cup confectioners' sugar

• Heat oven to 375°. Line a baking sheet with parchment. In a medium bowl, combine flour, baking powder and salt. In a large bowl, beat butter and brown sugar with an electric mixer until creamy, about 2 minutes. Beat in eggs, one at a time, then vanilla. Slowly beat

in flour mixture. Fold in cranberries and half the zest. Gather dough into a ball and divide in half.

- Using floured hands, shape each portion into a 7 x 3-inch log. Place on prepared baking sheet.
- Bake 25 minutes, until lightly browned. Transfer loaves to a wire rack to cool, about 15 minutes. Lower oven temp to 325°.
- With a serrated knife, slice loaves diagonally into ¾-inch-thick slices (8 slices each). Place cut side down on baking sheet. Bake 12 minutes, then turn over and bake 12 minutes more. Transfer biscotti to rack and let cool completely.
- In a small bowl, combine confectioners' sugar, orange juice and remaining zest. Drizzle over biscotti and let set at least 1 hour.

PER BISCIOTTO 171 Cal • 7 g Fat (4 g Sat) • 3 g Pro • 26 g Carb • 12 g Sugars • 1 g Fiber • 74 mg Sodium



**TOTE TIP**

Once the icing has set, these can be bagged right up for the journey.

**Sweet Potato Bread Pudding**

Makes 12 servings  
Prep 10 minutes Soak 40 minutes  
Bake at 350° for 55 minutes

- 2 tbsp unsalted butter, melted and cooled, plus more for greasing
- 5 large eggs
- 1 cup packed light brown sugar
- 1 tsp rum extract
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 2 cups half-and-half
- 1 can (15 oz) sweet potato puree
- 1 cup chopped pecans
- 8 cups 1-inch cubes day-old baguette
- Confectioners' sugar, for dusting

• Heat oven to 350°. Grease a 13 x 9-inch baking dish with butter.

- In a large bowl, whisk melted butter and next 5 ingredients. Whisk in half-and-half and sweet potato puree. Stir in pecans and cubed bread, blending thoroughly. Cover surface with plastic wrap and place a heavy bowl on top. Let soak 40 minutes, stirring halfway.
- In a food processor, pulse torn bread until small crumbs form. Sprinkle into bottom of prepared baking dish.
- Pour filling into baking dish. Bake 55 minutes, until just firm. Transfer to a rack and cool 15 minutes. Dust with confectioners' sugar; slice into squares and serve warm.

PER SERVING 325 Cal • 15 g Fat (5 g Sat) • 8 g Pro • 43 g Carb • 20 g Sugars • 2 g Fiber • 233 mg Sodium



A  
CHEESECAKE  
TO  
*Gather  
Around*

## SPICED MAPLE-WALNUT CHEESECAKE

Prep Time: 30 min. | Total Time: 6 hours 40 min. | Makes: 16 servings  
(incl. refrigerating)

### WHAT YOU NEED

8 graham crackers  
1 cup chopped PLANTERS Walnuts, toasted, divided  
1/2 cup plus 2 Tbsp. packed brown sugar, divided  
2 Tbsp. butter, melted  
4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened  
1 tsp. pumpkin pie spice  
1 cup BREAKSTONE'S or KNUDSEN Sour Cream  
1 cup maple syrup, divided  
4 eggs  
1/2 cup whipping cream

### MAKE IT

**HEAT** oven to 325°F.

**USE** pulsing action of food processor to pulse graham crackers, 3/4 cup nuts and 2 Tbsp. sugar until mixture forms fine crumbs. Add butter; mix well. Press onto bottom of 9-inch springform pan. Bake 10 min.

**BEAT** cream cheese, pumpkin pie spice and remaining sugar in large bowl with mixer until blended. Add sour cream and 1/2 cup maple syrup; mix well. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

**BAKE** 1 hour or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate cheesecake 4 hours.

**BRING** cream and remaining maple syrup to boil in medium saucepan on medium heat, stirring constantly. Simmer on medium-low heat 10 to 12 min. or until reduced to about 2/3 cup, stirring frequently. Cool completely.

**DRIZZLE** maple-flavored sauce over cheesecake just before serving; sprinkle with remaining nuts.

### Substitute:

Combine 1/2 tsp. ground cinnamon, 1/4 tsp. ground ginger, and dash each of ground allspice and ground cloves; use instead of the pumpkin pie spice.

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## Food



### Maple Polenta Cakes

Makes 12 servings

Prep 10 minutes Bake at 350° for 20 minutes

- ¾ cup (1½ sticks) unsalted butter, at room temperature
- ½ cup granulated sugar
- ½ cup packed light brown sugar
- 2 cups almond flour
- ¾ cup very fine cornmeal (such as Goya fine yellow cornmeal)
- 1½ tsp baking powder
- 3 eggs
- Grade A maple syrup, for brushing

- Heat oven to 350°. Coat a 12-cup muffin pan with cooking spray with flour (or grease and flour pan).

- In a large bowl, combine butter and sugars. With an electric mixer, beat until light and fluffy.

- In a medium bowl, whisk almond flour, cornmeal and baking powder. Working in batches, beat cornmeal mixture into butter mixture, alternating with 1 egg at a time, mixing well between additions. Divide batter evenly among muffin cups.

- Bake 20 minutes, until golden. Transfer to a rack and cool about 10 minutes. Run a thin knife around edges to loosen and brush tops with maple syrup. Let cool completely before removing from pan and serving.

PER SERVING 326 Cal • 22 g Fat (8 g Sat) • 7 g Pro • 29 g Carb • 17 g Sugars • 3 g Fiber • 26 mg Sodium



### Salted Caramel Blondie Bites

Makes 36 bites Prep 20 minutes

Cook 10 minutes Bake at 350° for 40 minutes

- 1½ cups all-purpose flour
- ½ tsp baking powder
- ¼ tsp salt
- ¾ cup (1½ sticks) unsalted butter, melted
- 1 cup packed dark brown sugar
- 2 large eggs
- 1 tsp vanilla extract
- 7 oz soft caramel candies, unwrapped
- ¾ cup heavy cream
- 1 tsp flaky sea salt, plus more for sprinkling

- Heat oven to 350°. Line an 8 x 8-inch pan with nonstick aluminum foil; coat with nonstick cooking spray.

- Combine flour, baking powder and salt. In a large bowl, beat butter and sugar with an electric mixer until fluffy. Working in batches, beat flour mixture into butter mixture, alternating with 1 egg at a time, mixing well between additions. Beat in vanilla. Spread batter in prepared pan.

- In a medium nonstick saucepan, cook caramels and heavy cream over medium-low until melted, about 10 minutes. Remove from heat; stir in sea salt.

- Pour caramel over batter. With a small knife, swirl caramel into batter as much as possible. Smooth top. Sprinkle with a pinch of sea salt. Bake 40 minutes, until a toothpick inserted in center comes out clean.

- Cool 30 minutes in pan on a wire rack, then run a knife around edge of blondie. Use foil to lift blondie onto rack to cool completely. Carefully peel away foil. Cut into 36 bites.

PER BITE 115 Cal • 6 g Fat (4 g Sat) • 1 g Pro • 14 g Carb • 9 g Sugars • 0 g Fiber • 107 mg Sodium

Serve a taste of  
*tradition...*



*pumpkin pie*  
in a jar

#### ingredients

- 1 double crust flaky pie pastry\*
- 1 (15 oz.) can solid pack pumpkin
- 1 cup firmly packed Domino® Light Brown Sugar
- 2 large eggs, beaten
- 2 tsp pumpkin pie spice
- 1/4 tsp salt
- 1 (12 oz.) can evaporated milk

#### instructions

Preheat oven to 350° F. In a large bowl, combine all ingredients, except pie pastry. Whisk until incorporated. Arrange 8 (4 oz.) Mason jars onto a rimmed baking pan. Pour 1/2 cup of pumpkin mixture into each jar. Bake 30 minutes; remove and set aside to cool.

**lattice pie crust** - Preheat oven to 425° F. Line a baking sheet with parchment paper. On a lightly floured surface, roll out dough to 1/4-inch thickness. Cut dough into 1/2-inch wide strips. Lay half the strips on the floured surface, then pull every other strip back. Place a strip across, return the pulled-back strips to their original position and pull back alternate strips. Continue weaving the strips until they're all used. Once all strips have been weaved through, use the ring of a Mason jar top to cut out circles. Gently place cut-outs onto baking sheet. Bake 15 minutes or until golden brown. Let cool completely. Top each pie jar with a baked crust.

Yields 8 (4 oz.) jars

\*You can use ready-made pastry or make it using our recipe at [dominosugar.com/thanks](http://dominosugar.com/thanks). Also visit us for other decorative pastry instructions.

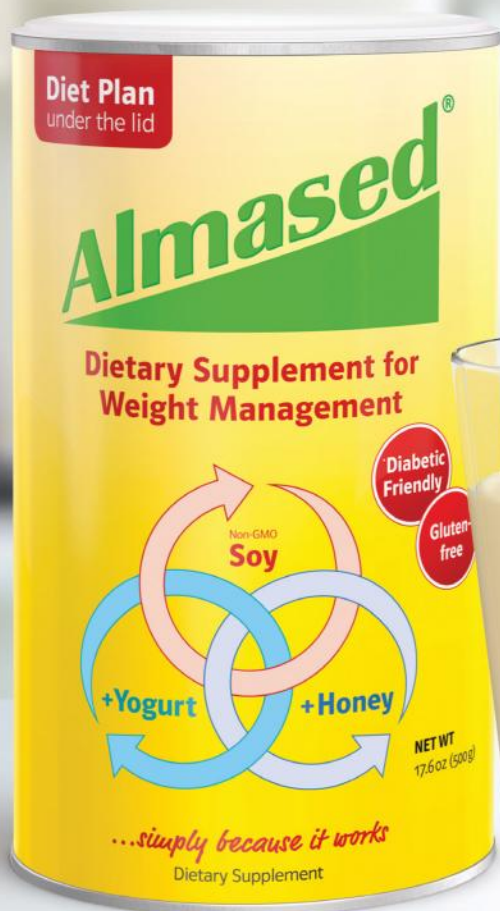
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# Health

## How to Save a Life

BY WENDY L. WILSON

If a small, thoughtful gesture like a smile can transform your day, imagine what a major act of kindness could do for the decades ahead. Nearly 6,000 people nationwide became living organ donors last year—each of them enduring an unnecessary surgery to give a friend, family member or complete stranger the opportunity to live a longer life. We asked four women to share their very different but incredibly inspiring reasons for helping someone else celebrate more birthdays for years to come.

When Marlee (left) needed a kidney transplant, her twin sister, Marlay (right), volunteered.

## A Sister's Love

Nine years ago Marlee Phomsopha drove herself to a local urgent care clinic with aches and chills, expecting to walk out with a prescription for antibiotics. Instead, the pediatric dental assistant was shocked to discover days later that she was in kidney failure. A biopsy determined that Marlee was suffering from Berger's disease (also known as IgA nephropathy), an autoimmune

as a nurse and even I didn't know that much about organ transplants. So along with our parents, we learned as a family."

After a thorough medical evaluation and a series of blood, genetic and psychological tests, Marlay was deemed a perfect match. The doctors also determined Berger's disease was unlikely to replicate in her. "They said it could have been something Marlee was exposed to in the environment," explains

*"We didn't need to ask anyone else to get tested. I knew it had to be me."—Marlay*

kidney illness. Within a few months, she was put on dialysis.

Receiving a donor kidney was her best option. However, there are nearly 97,000 patients in need of a kidney transplant, and the average wait is three to five years. Luckily, and without hesitation, Marlay's twin sister, Marlay Manopaseuth, stepped in. "Once the specialist referred us to the transplant center, we didn't need to ask anyone else to get tested. I knew it had to be me," says Marlay. "I work

Marlay. "But there has never been a real answer as to why she got this and I didn't."

Two days before their 26th birthday, Marlay's kidney was transplanted. (The laparoscopic procedure involves small incisions made in the abdomen so that a tiny camera can guide the removal.) After three days, Marlay was released from the hospital.

It's been nine years since Marlay donated to her twin, and she hasn't had any medical

Marlay Manopaseuth (left) and Marlee Phomsopha



problems. Still, the experience changed her. For the past three years Marlay, 35, has worked as the renal transplant coordinator at Carolinas Medical Center in Charlotte, NC, advising patients suffering from kidney disease who are about to begin the transplant

process. "I came back to work after surgery with a new purpose," says the mother of two. "It's really important for people who need a kidney to share their stories so that others can help. My sister and I are thankful for what we have now more than ever."



Vicki (left) and Pearl Lambert

## A Daughter's Decision

In the fall of 2000, Vicki Lambert thought her life was on track. She had just landed a great new job as a special education teacher in Virginia and was busy navigating her second year in the classroom while taking classes herself to maintain her certification. Then, after a routine physical, Vicki's mother, Pearl, learned that the enzyme levels in her liver were dangerously low. A specialist diagnosed Pearl with primary sclerosing cholangitis (PSC), a rare chronic inflammatory disease that can lead to liver failure.

"The doctor said she would survive only another year or two without a new liver," explains Vicki, who began to witness her once vibrant

Photos: (from left to right) Ryan Donnell, Peter Taylor, Ackerman + Gruber. Hair and makeup: (from left to right) Susan Heydt for THE Agency, Lorrie Hobler for Zenobia Agency, Inc, Ingrid Kent for Wehmann.

mother deteriorate before her eyes. “She was tired all the time, her skin changed color and she went from a size 14 to a size 4,” Vicki says

Pearl was added to the national transplant waiting list (it currently has more than 14,000 people in need of a liver), and her doctors at MedStar Georgetown University Hospital discussed with Vicki her mother’s options. The best one involved Vicki donating a piece of

her liver. (It takes about two months for the liver to regenerate back to full size after surgery.) “At first, I thought that since I was overweight and had suffered from depression, I wouldn’t qualify,” says Vicki. “But the hospital gave me some material to read and I started doing my own research. I thought, ‘Okay, maybe this isn’t so bad. Maybe I could be her donor.’” Once Vicki passed the medical and psychological evaluation,

mother and daughter were scheduled for surgery in December 2002. One week later they left the hospital together.

At 67, Pearl (who also had a kidney transplant in 2013) is feeling better than ever and is grateful for the time she has been afforded to spend with her family, including her 9-year-old granddaughter, Joy. This year Vicki, who is 46 and now works as a health care enrollment specialist and

public speaker, teamed up with her mom to self-publish their book, *Pushing On*. It details their journey to help others who are compelled to become living organ donors.

“People tell me I’m such a beautiful person to do what I did for my mom, but I’m no hero,” says Vicki. “When she was in pain, I was in pain, and all I could think about was how I could help. This was a way for me to take care of her for once.”

## Strangers for a Year

Growing up in a small rural community in Irwin, IA, Sarah Lindberg learned from her mother and father to be a conscious giver. Whether by helping a neighbor harvest his land or providing a pan of lasagna for new parents, her family has always given back. That’s why she didn’t think twice about signing up for the Be the Match Registry, the world’s largest marrow registry, at a drive during her first year at Simpson College.

Every three minutes someone in the U.S. is diagnosed with a blood cancer, and a bone marrow transplant is typically a life-saving cure. Doctors use the Be the Match Registry to find donors with protein markers similar to their patients. Once approved, the donor can give either peripheral blood stem cells or bone marrow.

It was five years before Sarah received a voicemail saying she was a match but needed to do more testing. By then she had already graduated from college and was attending a seminary while working as a youth minister. Even with her busy schedule, she never questioned her decision. “Knowing the recipient was a person my age put this in perspective for me,” says Sarah, 31. “It could have been one of my friends or even me who needed that donation.”

In September 2009 Sarah arrived at the Mayo Clinic in Rochester, MN, for her procedure. Under general anesthesia, doctors used a large needle to harvest bone marrow from her pelvic bones. She headed home the next day and after resting that weekend, she returned to classes and work on Monday.

Fifteen months later, Sarah came face to face with her recipient. (Some transplant centers only allow donors and recipients to share contact

*“Spending a night in the hospital and taking a few days off was a small effort compared with the big result of keeping someone alive.”*  
—Sarah

information after a year.) She met Chris Music, 31, who had been battling leukemia, and found out he is now cancer-free thanks to her. He is married, with a 3-year old son. “My donation enhanced not just Chris’ life but the lives of his parents, siblings and wife,” says Sarah. “Spending a night in the hospital and taking a few days off was a small effort compared with the big result of keeping someone alive.”



Sarah Lindberg



Melissa Robinson

# 4 WAYS TO BE A HERO

## CPR

Approximately 350,000 people collapse from cardiac arrest in the U.S. every year, and cardiopulmonary resuscitation can be the difference between life and death. Pushing the chest at a rate of 100 to 120 compressions per minute (sing along to “Stayin’ Alive” while you do it) will allow blood to circulate until emergency services arrives. To find detailed instructions or a class near you, go to [redcross.org](http://redcross.org) and click “Training & Certification.”

## Heimlich Maneuver

Choking is the fourth leading cause of unintentional death in the U.S. To perform the Heimlich maneuver, stand behind the victim, reach around their abdomen and thrust inward and upward until the object lodged in their throat is expelled. Google the move to find detailed videos.

## EpiPen

During a severe allergy attack, a correctly administered injection of life-saving epinephrine (adrenaline) can decrease reactions and provide quick relief. Read instructions or watch online videos ([epipen.com](http://epipen.com)) to make sure you understand how to remove the protective cap, forcefully jab the opposite end of the injector (which has the needle) into the outer thigh and hold for three seconds.

## Blood/Platelet Donation

Every two seconds someone in the U.S. needs a blood donation, including accident victims, people facing complicated surgeries, cancer patients and those with blood disorders. Go to [aabb.org](http://aabb.org) and click “Give Blood” to find a local donation center. —WLV

## That’s What Friends Are For

For over a decade, Melissa Robinson, 45, and her friend Trixie Dunning, 44, have been tight. Their kids raced on the same track team, both their families attended Amazing Church in McKinney, TX, and they even got tattoos together. When in 2012 Trixie’s husband, Dewayne, 50, started losing a noticeable amount of weight, Melissa pulled her friend aside to find out what was going on. “I knew he was diabetic,” says Melissa, an office manager, “but then Trixie revealed that Dewayne had started dialysis and was on the kidney transplant wait list.”

A few members of their congregation were tested to be kidney donors, but it was Melissa who made it past the first two rounds. The doctors believed she would be healthy enough to live on one kidney, and she had a compatible blood

type. “Just seeing Dewayne’s health decline and knowing there might be something I could do to help him made me willing,” she says.

With the full support of her husband, Michael, and their three kids, Melissa proceeded to undergo physical and psychological examinations

*“[It’s] what I would have wanted someone to do for me if I were in his situation.” —Melissa*

and listened to testimonials from other living donors before a transplant coordinator called to say she’d passed the final round.

After her kidney was removed laparoscopically at UT Southwestern Medical Center in October 2014, Melissa was stable enough to walk over to Dewayne’s room. The process was not as difficult or scary as people think, says Melissa, who adds that Dewayne’s transformation

was instantaneous. “Yes, you are donating your kidney,” she says. “But looking at the bigger picture helps you see that it’s all worth it.”

Becoming a donor also made Melissa, a hands-on grandmother of three, more aware of her own health and well-being. She now works

out three to five days a week and watches what she eats. “Whenever I see Dewayne, he always gives me a big hug,” says Melissa. “It reminds me of what I would have wanted someone to do for me if I were in his situation. It’s what we as human beings are supposed to do for one another.”

For more information on becoming a living donor, contact transplant programs in your area or visit the United Network for Organ Sharing at [unos.org](http://unos.org).

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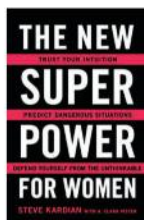
## Girl Power

Before you head out to watch Wonder Woman kick butt in *Justice League*, level up your own superpowers with one of these you-go-girl books.



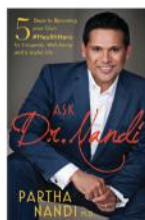
### **Super Woman Rx** by Tasneem Bhatia, MD

Complete a comprehensive quiz and Dr. Taz reveals which of five “power types” suits you best. Whether you’re a Boss Lady or a Nightingale, you’ll have a three-week blueprint for embracing your inner strength, losing weight, easing anxiety, increasing energy and more.



### **The New Superpower for Women** by Steve Kardian

A self-defense and crime expert, Kardian teaches how to develop intuition and awareness to protect yourself—whether you’re traveling solo, going on an online date or helping your daughter choose a safe college campus.



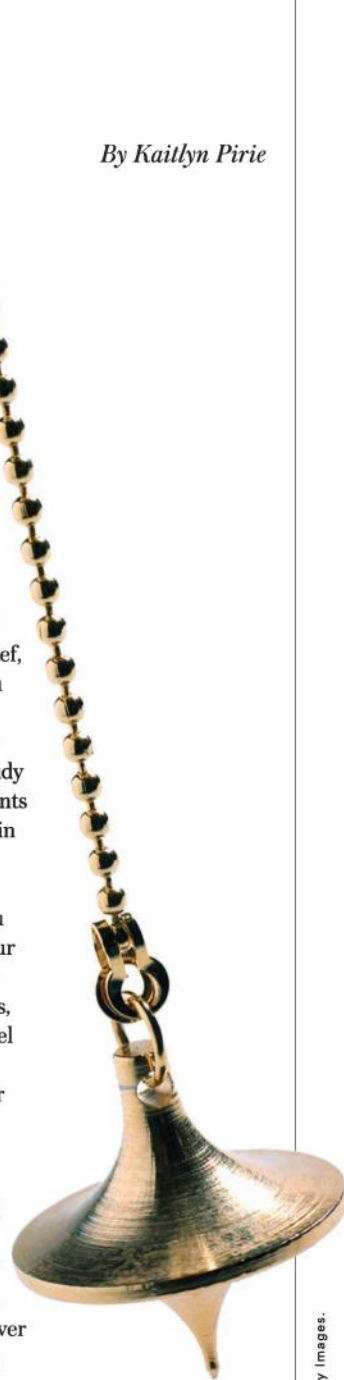
### **Ask Dr. Nandi: 5 Steps to Becoming Your Own HealthHero** by Partha Nandi, MD

This holistic guide covers everything from exercise and diet to spirituality and community so you can set the right goals, prioritize supportive relationships and create a positive environment for kids.

By Kaitlyn Pirie

## Medicine Meets Hypnosis

Contrary to popular belief, hypnosis doesn’t put you to sleep—but it can give you greater control over your health. A recent study found that hospital patients experienced 29% less pain after just one 15-minute hypnotherapy session. The technique helps you focus while reducing your peripheral awareness to address a problem (stress, migraines, irritable bowel syndrome, smoking) by disconnecting from your usual ways, says David Spiegel, MD, professor and associate chair of Psychiatry & Behavioral Sciences at Stanford. If you’ve been wrestling with one of those issues, consider putting mind over matter by speaking with your doctor and finding a certified practitioner on [natboard.com](http://natboard.com).



## Immunization Innovation

Needle-phobic people, rejoice! An alternative to the syringe is in the works. Preliminary studies of a microneedle patch (a bandage with tiny, painless and dissolvable needles) for flu vaccination have had promising results. But for now, there’s still a shot in your future—and this is our friendly reminder to get one.

Source: NIH/National Institute of Biomedical Imaging & Bioengineering

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<b>Which expenses are covered?</b>	Medical, dental, vision, prescription and some over-the-counter drugs	Medical, dental, vision, prescription and some over-the-counter drugs, and some premiums	Medical, dental, vision, prescription and some over-the-counter drugs, and post-retirement premiums
<b>Who can add money to it?</b>	You and your employer	Anyone	Your employer
<b>Does it earn interest or other investment income?</b>	No	It might, depending on how it's invested.	No
<b>When can money be deposited or withdrawn?</b>	You must decide your annual contribution beforehand, and it's available the first day.	Funds can be deposited or withdrawn at any time.	Funds can be deposited or withdrawn at any time.
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## MYTH

Contact lenses aren't safe for teens.

## REALITY

Don't freak out when your child begs to ditch their glasses. The incidence of problems like infection is no higher in contact lens wearers under age 18 than in adults. "If your teenager is responsible enough to care for a dog, for example, they're probably ready for contacts," says Rachel Bishop, MD, MPH, an ophthalmologist for the National Eye Institute. Just make sure they know to wash their hands before touching lenses, wear glasses a few evenings per week to avoid contact overuse, and avoid sleeping with them in. If redness, irritation or blurry vision occurs, arrange for a doctor's visit since any of these symptoms may indicate an infection.



## Of Sound Mind

Reap the benefits of being in nature by just putting on headphones. People who listen to natural sounds (falling rain, chirping birds, crackling fire) experience a relaxed state, according to new research from the University of Sussex. Bring the outdoors in with a nature recording—there are plenty on YouTube—that's at least 15 minutes long and doesn't have any abrupt changes (like a clap of thunder).

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# 8 Ways to Beat Diabetes

BY HALLIE LEVINE



**1. Don't get us wrong:** There's nothing easy about reversing a chronic illness. Especially an illness like type 2 diabetes that more than 1 million Americans are newly diagnosed with every year. But new research shows it is possible to stop T2D in its tracks. In fact, up to 40% of diabetic patients—in a recent small study—who cut calories, exercised and took drugs to control their blood sugar were able to reverse the disease. (And, yes, they got off their meds.) “Lifestyle is very powerful in preventing diabetes, even if you have risk factors like a family history or being overweight,” explains Andrea Dunaif, MD, chief of the division of endocrinology, diabetes and bone disease at the Icahn School of Medicine at Mount Sinai in New York City.

## 1. Find your chill

Parent-teacher conferences, Thanksgiving planning and, well, everyday life are no trip to the spa. But when you're stressed, your body ramps up production of the hormone cortisol, which in turn increases your body's blood glucose level, says Betül Hatipoglu, MD, an endocrinologist at the Cleveland Clinic. While this was helpful back in caveman

days for short-term energy when fleeing saber-toothed tigers, over the long term it sets you up for insulin resistance and weight gain, both of which increase risk for T2D. Sign up for yoga classes (which can lower your blood sugar level) or find time for taking a daily walk in a park or relaxing in your backyard.

## 2. Lose just a little

“My patients get intimidated because they assume they have to drop 20, 30, even 50 pounds to see benefits, but taking off far less can do a lot,” says Susan Tibuni-Sanders, MD, a Kaiser physician with specialty training in endocrinology and diabetes. Case in point: People with pre-diabetes who lose just 5% of their body weight (that's 7.5 pounds for a 150-pound woman) more than halve their chances of getting diabetes. If you can lose more, even better—shedding 10% of their weight reduced risk by 85%.

## 3. Get on up

Each extra hour on your duff is linked to upping your risk of type T2D by 22%, says one study. Experts think it's because sedentary time affects your sugar and fat metabolism. The easy fix is to get up and move! People who took a three-minute break from sitting every 30 minutes, either to walk or do moves like half squats and knee raises, had better blood sugar control than people who stayed sedentary, according to Australian research published in the medical journal *Diabetes Care*.

## 4. Check your D

Research shows that low levels of vitamin D are more likely to result in a T2D diagnosis,

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even if you aren't overweight and don't have other risk factors. "Your body needs vitamin D so your pancreas can produce insulin," explains Hatipoglu. "If you're low, you increase the risk of becoming insulin resistant, which is a precursor to type 2 diabetes." Ask your MD to check your level at your next physical, and if it's less than 12 ng/ml, see whether you should start taking a supplement. (Most experts recommend 600 to 800 IU daily.)

### 5. Say goodnight

Getting a decent night's rest is more important than you may realize. "You can deprive someone with normal blood sugar of sleep and cause them to become pre-diabetic," says Dunaif. Chronically skimping on rest may trigger insulin resistance. Lack of sleep also affects levels of hunger hormones, causing you to eat more and gain weight. Aim for around seven to eight hours, which appears to be the magic number for prevention. If you're getting enough sleep and still feel tired, ask your doctor about obstructive sleep apnea, which has been linked to increased risk of diabetes.

### 6. Go semi-vegetarian

We know it can be tough. Luckily, a little goes a long way and the more plant protein you eat (think foods like edamame, tofu, lentils and chickpeas), the lower your risk of developing T2D, according to new research. "With my patients, the ones who lower their blood sugar the most are the ones who adopt plant-based diets,



which tend to be lower in both carbohydrates and fat," says Tibuni-Sanders. But you don't have to go cold turkey: Opting for a smaller piece of animal protein like chicken or fish and an additional spoonful of plant protein like quinoa or beans daily could reduce risk by about 18%. Or add in a serving of lentils weekly to cut your chances of developing T2D by about a third.

### 7. Do sweat it

"Working out is the strongest drug we have to prevent type 2 diabetes," says Hatipoglu. "Each bout of exercise improves your blood sugar for the next 18 to 24 hours." Getting your sweat on for 30 to 60 minutes daily slashes the risk of developing T2D by 26% to 40%. Even going for a stroll has its benefits. People with T2D who took a 10-minute walk

right after they finished each meal had lower blood sugar levels than those who walked for 30 minutes whenever they wanted, according to a study published last year.

### 8. Don't shy away from meds

If you're pre-diabetic, your first move should be lifestyle changes, such as losing weight, watching what you eat and exercising. "There's often only a short window of time before people progress to diabetes, so if we don't see results within six months, then it's probably time to try medication," says Tibuni-Sanders. Sometimes, despite your best efforts, that's what's needed to get your blood sugar back on track.

## What Not to Do

You might think the following strategies will help reduce your risk of type 2 diabetes, but they can backfire.

#### → Mistake #1: Going on a gluten-free diet

Low-gluten diets may be associated with a *higher* risk of developing T2D, according to a study presented this past March at an American Heart Association annual meeting. "It's most likely because when manufacturers take out gluten, they add fat and sugar, which can increase type 2 diabetes risk," says Jacqueline Lonier, MD, an endocrinologist at the Naomi Berrie Diabetes Center in NYC.

#### → Mistake #2:

**Shunning fruit** It's easy to shy away from fruit due to the low-carb craze, but fruit is rich in fiber, which helps you lose weight and may also be protective against T2D. In one study, people who consumed the most fruit had the lowest risk of developing diabetes. Best to avoid fruit juice, which has a high sugar content, says Lonier.

#### → Mistake #3:

**Drinking only skim milk** Sure, milk does a body good, but research has found that the full-fat variety is actually even more protective against T2D. In fact, people who eat mostly full-fat dairy are 46% less likely to develop diabetes than those who skip it, according to a Tufts University study. One theory is that people compensate for the missing fat by eating more carbohydrates.

## Screening 101

Everyone should get screened for type 2 diabetes starting at age 45, and the test should be repeated every three years if normal, according to the American Diabetes Association. If you have risk factors such as a family history of diabetes, being overweight or obese, past gestational diabetes or high blood pressure, talk to your doctor about starting screenings sooner. You can get tested with either the fasting plasma glucose (FPG) test, which checks your blood sugar after not eating and drinking for at least eight hours, or the hemoglobin A1C test, which checks your average blood sugar level over the past two to three months.

# Walk This Way

See how a few extra steps can boost your health.

BY GABRIELLA VUKELIC

## 3

ways to exude confidence when you walk, according to body language expert Yana German:

Look straight ahead rather than at your feet.

Lengthen your stride—short steps signal vulnerability.

Uncross your arms and you'll appear less guarded.

## 1

more reason not to walk and text: 52% of walking-related injuries that are caused by cell phone distractions occur at home—with most happening to people 40 and younger.

## 50 MG

The energy boost—in terms of caffeine—you'll get from walking up and down the stairs for just 10 minutes. It's similar to drinking a can of soda or half a cup of coffee.



## 20%

The extra calories you could burn by varying your walking pace. Alternate between a few minutes of power walking and a few minutes of recovery. Add sprinting bursts to push yourself even more.

## 60 MINUTES

HOW MUCH TIME SPENT WALKING IN NATURE WILL IMPROVE YOUR SHORT-TERM MEMORY BY 20% AFTERWARD.

## 1.8

The number of years added to your life expectancy if you walk briskly every week for 75 minutes.

## 50%

The surge in Fitbit users who run on Thanksgiving compared to an average day—probably because of turkey trots. Sign yourself up to take a jog before you gobble.



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Help Family Circle reach this movement milestone with Partnership for a Healthier America, a DC-based nonprofit dedicated to ending childhood obesity. Whenever you head out for a walk (or run or bike ride), log your journey with the Charity Miles app ([charitymiles.org/movetoimprove](http://charitymiles.org/movetoimprove)).

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# Gut Reaction

*Probiotics are still having a moment. Learn how to use them to improve your well-being from the inside out.*

BY KAITLYN PIRIE

## Are probiotics good for everyone?

For the most part, yes. And the advantages go beyond digestive health, says Roshini Raj, MD, a gastroenterologist at NYU Langone. The right one can improve your metabolism, skin, cognition or even mood. One strain alleviated bloating in women with IBS-C while another helped patients with constipation become regular, in two different studies. But there's no "one bacterium fits all" solution—every strain behaves differently, so you'll need to find one that addresses your specific health needs.

## What's the difference between probiotics and prebiotics?

Probiotics are "good" bacteria found in fermented foods like yogurt, kefir, kimchi and sauerkraut. After you eat them, these guardians of your gut may change the bacterial composition of your intestines (in a good way), provide safeguards against "bad" bacteria or turn on protective genes in your gut, says Gail Cresci, PhD, RD, a researcher in the department of pediatric gastroenterology at Cleveland Clinic Children's. Prebiotics are long-chain carbohydrates that humans can't digest, but they do serve as food for probiotic bacteria. Lots of prebiotics = happy probiotics. To up your intake of prebiotics, try bananas, asparagus, onions or whole grains.

## Is it better to get probiotics from food or supplements?

You multiply your benefits by putting probiotics on your plate. "The probiotics in food produce helpful by-products, such as lactic acid and butyrate. You'll probably benefit from both the bacteria and the by-products when you consume the food," says Cresci. However, some people may not be able to tolerate foods that contain probiotics, and flavored yogurts may contain high amounts of sugar, which can cause inflammation. "Supplements are a good and convenient way to get your daily dose of probiotics if eating probiotic-rich foods isn't practical," says Raj.

## What about packaged foods (like chips, chocolate and trail mix!) that have probiotics?

Some things are probably too good to be true. "I would not recommend eating them as a way to get your daily dose of probiotics," says Raj. Probiotics need a controlled environment to work their magic, and variables like oxygen can weaken their potential, especially with snack foods. Plus, you may not know the amount of probiotics you're consuming because manufacturers aren't always required to list the quantity of colony forming units (CFU).



Labels often indicate which strains of bacteria are inside.

## Natural Selection

Ask your MD which probiotic they suggest and then do a background check (using the criteria below) on potential options before you buy.

**STRAINS** Google probiotic bacteria that pertain to your health issue—and click on the results of academic or medical center sites.

**VALIDATION** Look for a product that has been patented or tested on humans with successful results.

**CFU** There's no consensus on what a daily dose of probiotics should be, but at least 1 billion CFU is a good target.

**TIME RELEASE** Bacteria often don't survive their trek to the intestine and colon, so a time-release capsule is a must.



*My brother's girlfriend is trying to pull him away from our family. What should I do?*

I'm sure you love your brother. Remember, though, that part of "adulthood" is being in a committed relationship—and serious relationships mean roles within a family change. Perhaps she's "the one" and he wants to show her his commitment. Or maybe they both anticipate judgment coming from the family and are unsure of how to approach you. Relax and try to find common ground by getting to know his girlfriend. Invite her for coffee or lunch, or go for a walk with her. Find the shared values that will bring you together instead of pull you apart.

## Touching a Nerve

Reclaiming calm when someone sets you off.

● Recently, after I'd checked in at my local health club, a worker approached me and asked if I was a member. I was furious—I'd been going to that club for 14 years. I recited my member number, gave her a dirty look and went back to pedaling my stationary bike. But instead of focusing on burning calories, I was burning with anger while crafting my enraged speech for the manager.

It wasn't just that worker's question. The buildup of similar past experiences with perceived racism contributed to such powerful emotion. Fear, sadness and anger can be triggered not only by an echo of an experience but also by a smell, sound, belief or thought. (Think of the ringtone you assign to a specific person or the expectations you have for Thanksgiving dinner.) Then, like a runaway train, you may find yourself overreacting negatively to a situation.

Later that day, I reflected on more productive responses than anger. I could have enjoyed my workout and had a calm teachable moment with the manager. Of course, that's easier said than done. But when someone sparks a reaction in you, it's important to try to recognize your feelings, exhale negative thoughts and generate understanding. It's the only way to help you—and everyone else—get back into balance.

**RAISE YOUR HAND** Going it alone takes strength—so does requesting help. Before you feel overwhelmed, identify a person you are comfortable talking to, make an ask and lighten your load.



A mother of four, **Janet Taylor, MD, MPH**, is a psychiatrist

in Florida. Follow her on Twitter @drjanet.



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Good Times

*"We spend a lot of time together as a family and we do it with good humor—we can make a trip to Sam's Club fun!" —Yakita*

Jaden, 3; Renea Zachary, 37, C-5 M loadmaster/airlift control planner, Air Force Reserve; Soren, 7 months; Yakita Zachary, 41, section chief of Maintenance Management Analysis, Active Duty Air Force; and Zendarra, 1. California



## Modern Life

*Two women balancing marriage, motherhood and the military*

BY SUZANNE RUST

**In this crazy world,** finding someone you love and want to share the rest of your life with is a blessing, not something you should have to hide. But until the repeal of the Don't Ask, Don't Tell law in 2010, Renea and Yakita Zachary, both members of the military, had to keep their relationship under the radar. The two met at a party with friends in 2009, when they were stationed in England. Renea was shy, so as the music started playing, Yakita came and danced in front of her to make her laugh and feel comfortable. "I did laugh, of course," Renea says. The pair began dating after three weeks and were an established couple a few months later. They married in August 2013.

Both women joined the military so they could explore new places. "I joined in 1996, and Renea started in 2003," says Yakita. "I wanted to experience life and see the world outside of what

## Family

I knew growing up in New York City. I wanted to travel to different countries, learn a craft and have a career.”

Renea was looking for a way to excel too. She found the opportunities for education, training and acquiring new skills very appealing. “I’ve also become a little better at dealing with different personalities, and I’ve grown as a person as well as a supervisor,” she adds. “I’ve learned a lot about handling huge responsibilities and how to manage stress—although I’m still working on that one!”

The military has shown Yakita that everyone has a role to play, “so be reliable—you are part of a bigger team.” And Yakita and Renea, along with their three children, certainly are a team. When asked about their kids, Renea lights up. “Oh, the fun part! Jaden is a riot. A little moody sometimes, but he is a gentleman and a sweetheart. Zendarra just turned one last May and is a total spitfire. She has been vocal and lively since the day she was born. She’s feisty and super strong—like freakishly strong,” Renea says. “The last one is our newest little guy, Soren. He got off to a rough start in life with pyloric stenosis [a digestive condition], but he had corrective surgery and is doing great. He began smiling early, like at three weeks. Now he smiles at everyone.”

As a gay interracial couple, Renea and Yakita could have faced some resistance from friends and relatives, but the women consider themselves fortunate. “Our friends are pretty much either in the same situation or don’t care. Otherwise, we probably wouldn’t be friends with them,” says Renea. “My family’s toughest battle was dealing with me being gay. It was difficult at first, but most have come around.” They aren’t

*“I’m excited that people find us interesting. I feel we are just a normal family.”*

*—Yakita*



concerned about who she’s with as long as she is happy and successful. “Just about everyone was aware of our relationship and didn’t have a problem with it, but we had to protect our livelihood. Now most relatives don’t have any issues and if they do, they don’t vocalize them to me,” she adds.

Yakita has also found her people to be supportive. “My family is inclusive. Even my extended family—cousins, aunts, uncles, etc. They’ve all welcomed Renea into the fold.”

Renea says the biggest challenge she faces in her career is being away from her wife and kids. “I have to fly to earn a living, but I miss them.” Things will soon be easier for the couple when Yakita retires in 2018. “I’ve given 21 years of my life to the military. I’m ready to close this chapter and become a full-time mom.” She wants their kids to be happy and true to themselves. “My wish is for them to have dreams and aspirations, and not let the evils and troubles of this world dim their sunshine.”

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

*“Our relationship began before DADT got repealed, so it started out as a secret. It was demeaning having to call her my roommate.”*

*—Renea*



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17. Publication of Statement of Ownership for a Requester Publication is required and will be printed in the November 2017 issue of this publication.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner: Robyn Dean, Business Manager. Date: 08/14/2017. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

# *The Love Between a Mother and Daughter Is Forever*

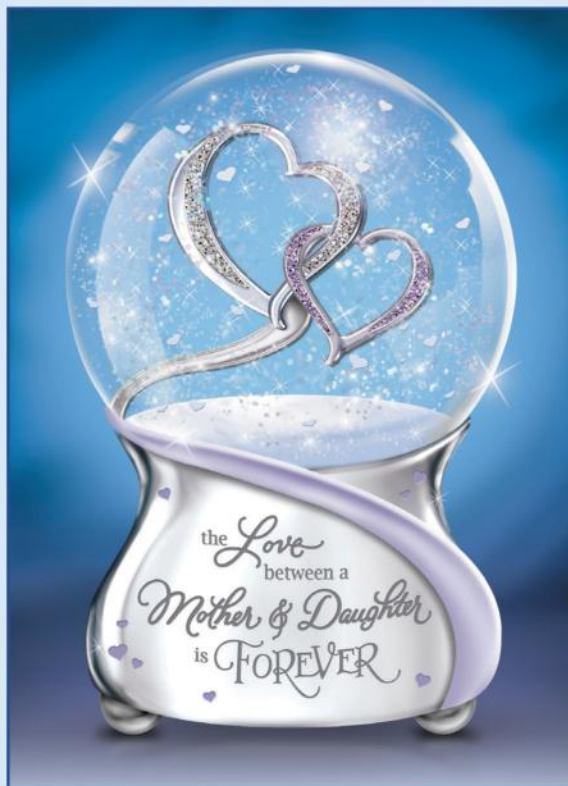
- ♥ Glittering entwined hearts symbolize the closeness of mother and daughter
- ♥ Silver hearts and glitter swirl through the sparkling glass globe with just a gentle shake
- ♥ A lavender swirl and matching petite hearts accent the silvery base
- ♥ Loving sentiment on the base celebrates your special bond
- ♥ Plays the sweet melody of "Always in My Heart"

Your bond with your daughter is a special connection that spans the years...a link between your hearts that can never be broken. Celebrate this precious relationship with *The Love Between a Mother and Daughter Is Forever* Musical Glitter Globe from The Bradford Exchange. The sparkling glass globe features entwined mother and daughter hearts that shimmer with purple and silver glitter. With a gentle shake, glitter and silver hearts swirl all around them. The silvery base showcases a graceful lavender swirl, purple hearts, and a loving message from you. It includes a lovely poem card and plays "Always in My Heart."

***Strictly limited edition—order now!***

Strong demand is expected, so order now for just \$59.99\*, payable in two installments of \$29.99. Your purchase is backed by our unconditional, 365-day money-back guarantee so there's no risk. Send no money now. Just mail the coupon today.

\*For information on sales tax you may owe to your state, go to [bradfordexchange.com/use-tax](http://bradfordexchange.com/use-tax)

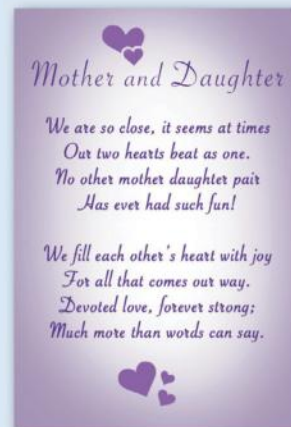


*Masterfully crafted with tender loving care, this glittering, musical treasure expresses your loving feelings on the silvery base*



*Entwined silver and lavender glittery pavé hearts symbolize mother and daughter*

*Includes a heartfelt poem card*



# My Daughter, I Love You Forever

## Musical Glitter Globe



Plays "Always in My Heart"

Entwined silver and silver glittery pavé hearts symbolize mother and daughter



Silver hearts and glitter swirl inside the glass globe

Shown smaller than actual size of about 6 in. H



[www.bradfordexchange.com/26934](http://www.bradfordexchange.com/26934)

### LIMITED-TIME OFFER

PLEASE RESPOND PROMPTLY

SEND NO MONEY NOW



9345 Milwaukee Avenue · Niles, IL 60714-1393

Reservations will be accepted on a first-come-first-served basis. Respond as soon as possible to reserve your *The Love Between a Mother & Daughter Musical Globe(s)*.



Entwined glittery pavé hearts

**YES.** Please accept my order for *The Love Between a Mother and Daughter Is Forever Musical Glitter Globe(s)*. I need send no money now. I will be billed with shipment. More than one daughter? Please check quantity desired below:

1 Globe    2 Globes    3 Globes    4 Globes

\*Plus a total of \$9.99 shipping and service per globe; see [bradfordexchange.com](http://bradfordexchange.com). Limited-edition presentation restricted to 295 crafting days. Please allow 4-6 weeks for shipment. All sales subject to product availability and order acceptance.

Mrs. Mr. Ms. \_\_\_\_\_  
Name (Please Print Clearly)

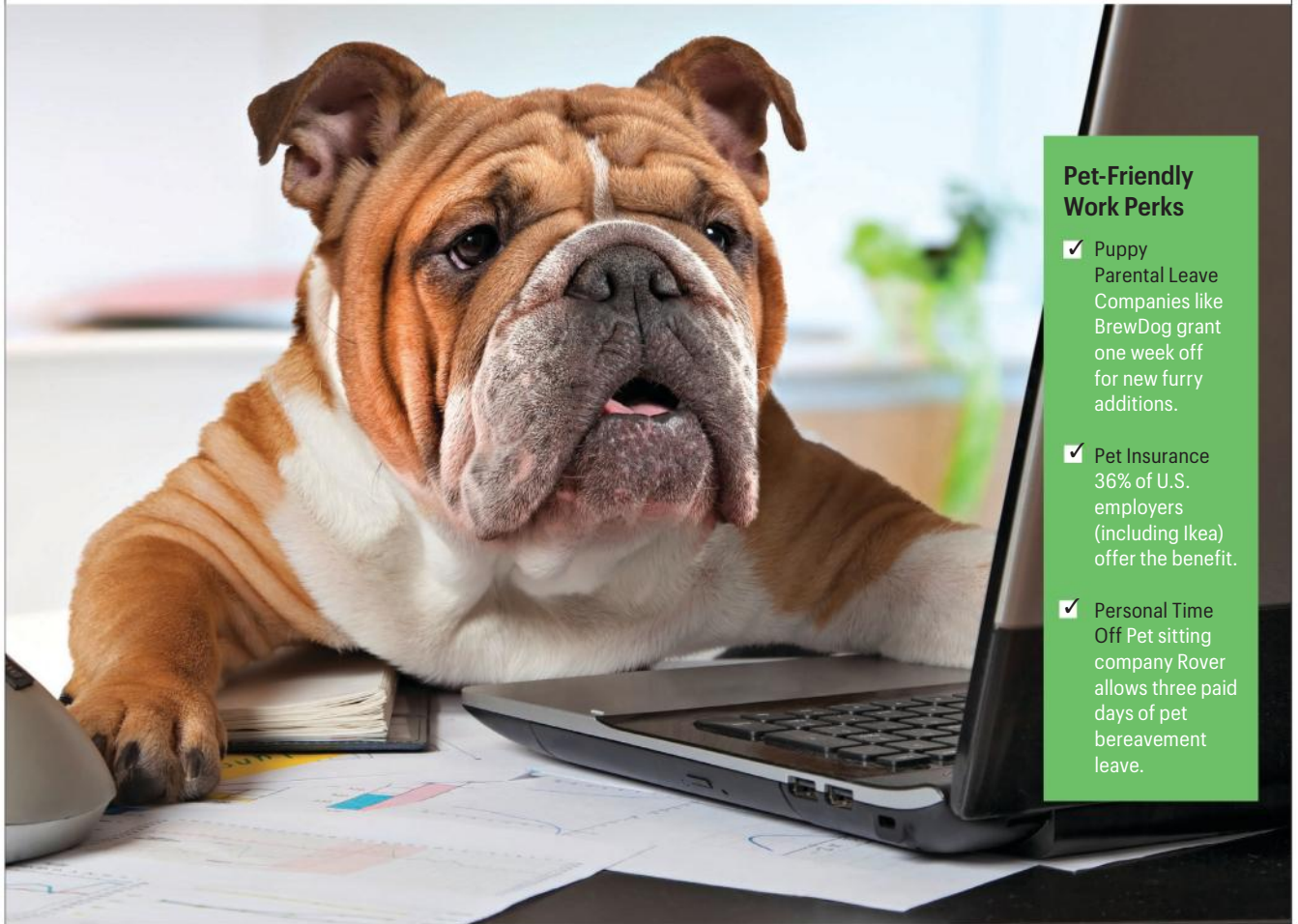
Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email (optional) \_\_\_\_\_

**01-26934-001-E85091**



### Pet-Friendly Work Perks

- ✓ **Puppy Parental Leave**  
Companies like BrewDog grant one week off for new furry additions.
- ✓ **Pet Insurance**  
36% of U.S. employers (including Ikea) offer the benefit.
- ✓ **Personal Time**  
Off Pet sitting company Rover allows three paid days of pet bereavement leave.

# Pets at Work

*Making belly rubs a part of break time is the newest way for any employer to boost morale and increase productivity on the job.* **BY ARDENIS PEREZ**

It's the ultimate "Spot" bonus. And although only 8% of companies (including Amazon, Ticketmaster and Build-A-Bear Workshop) allow pets in the workplace, that number has doubled in just the past three years. Even if you don't own a cat or dog, cuddling with one can still replace coffee breaks. Shelters across the country, such as Oregon's Humane Society and Florida's Humane Society of Broward County, offer Snuggle Deliveries of adoptable cats and dogs to local companies. That's a nice little perk for those of us who aren't lucky enough to work at Ben & Jerry's Vermont offices, where a special set of employees—a dog pack named the K9 to 5ers—spend time with employees throughout the day. All the furry benefits—just your regular day's work required.

## ETIQUETTE ON THE JOB

### Talk to Your Colleagues

Be cognizant of your coworkers' limitations and needs—from fear of animals to allergies—and come up with workarounds where possible.

### Give Them Space

Set up a bed or crate to define a territory that your pet can feel comfortable in.

### Don't Let Them Roam Unleashed

Leash or enclose your furry friend whenever they're not in your work space.

### Keep Them Occupied

Bring toys and make sure animals get plenty of exercise, both before showing up and throughout the day.



**Pet-ition Your Company** If you'd like to have your furry friend tag along, ask your employer about implementing a pet in the workplace policy. Find a toolkit with advice and tips at [bettercitiesforpets.com/petsworkatwork](http://bettercitiesforpets.com/petsworkatwork).

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



Made with only the highest quality ingredients and none of the grains that contain gluten, BLUE Freedom® 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.®

# Piecing Together the Past

*How an unexpected journey through my family history revealed hidden truths, unanswered questions and a whole lot of love and pride*



nee Rust  
Drive  
10901

E

very great journey begins with curiosity, and old family photos are what piqued mine. For years I used to lose myself in the evocative sepia-toned images of my great-grandparents, aunts and uncles and wonder: Who were these people who made up my tribe? What were their stories? As a mother, it was important to me that my son and daughter understand where they came from. What I did know: I'm the daughter of Edna and Arthur Rust Jr., a writer and a sportscaster, respectively. I come from a family of deft storytellers and grew up hearing many colorful tales about my people. Sadly, they have all passed, so now it's my turn to tell the story.

BY SUZANNE RUST

Photos: Peter Ardito, (family photos and documents) courtesy of the Rust family, (Freedman's Bank) courtesy of Library of Congress, (map) courtesy of Alabama Department of Archives and History. Paper styling: Maggie McKenna.



MARRIAGE (DUPLICATE) REGISTER. 69

No.	When Married	Name and Surname	Condition	Calling	Age	Parish and Residence at the time of Marriage	Father's Name and Surname
3	19th October 1901	Samuel Rust Adella James	Bachelor Spinster	Mariner Seamstress	44 20	St James St James	John Rust Thomas James

Married at St James by (or before) me John A. McIntosh, a Marriage Officer of the Parish of St James

This Marriage was celebrated between us Samuel Rust and Adella James in the presence of Thomas James

The Bride by Consent of Adella James was for ever united to my groom Sam. A. 1901



1

Samuel Rust, my great-grandfather, was an English-born, Scottish-raised sea captain (rumored to have been a gunrunner during the Spanish American War). He lived in Jamaica with his Jamaican wife, seamstress Adella James, and their children. Above is their marriage certificate. Samuel signed his name, but Adella drew an X as her signature.



2

This is my grandmother Una and her sister Charlotte, both born and raised in Colón, Panama. Their father, George Gooden, worked on the Panama Canal. He is listed on the census as a cigar maker, but I was told that he was in real estate. Whatever he did, he was able to send my grandmother and her four sisters—Beryl, Petrona, Charlotte and Doris—to America “on a fancy ship,” as my aunt Valerie liked to boast. They settled in Harlem in the 1920s.



I reached out to Ancestry to help me connect my past to the present. My hope was that my DNA test would reveal some answers. Where were my other relatives from—especially my African ancestors? What role did slavery play in our family dynamic? It turns out that getting answers can be as puzzling and unsatisfying as not knowing. Our past is not a straightforward path leading to a tidy conclusion.

When I received my first email alert with Ancestry’s preliminary round of research, my heart raced with anticipation. The bombshell I’d always suspected was confirmed when we delved into my mother’s family. As a teen, I would interrogate Nana Edna about her parents, who had raised her in Savannah, GA. Doing the math, I thought it was likely that one of them had been born into slavery. She either didn’t know or didn’t want to share.

I quickly found myself falling down a rabbit hole of information—and general trepidation. I really needed some handholding, so I contacted a family historian at Ancestry, Michelle Ercanbrack. She knew I was nervously working on an article and suggested I fly out to their headquarters in Utah. (As an African American, the notion of flying to Utah in search of my roots has a slightly comic ring to it, but I accepted.)

While I was having a moderate freak-out about what other land mines research might unearth, my DNA results came in. Ercanbrack reminded me that from a genetic standpoint we’re all 99.9% the same as everyone else in the world. Only 0.1% separates us, but in that difference you find genetic markers, which determine traits like hair and eye color, as well as clues to our past. “Whereas many people talk about the countries they come from, African Americans are left to talk about a continent,” says Matthew Deighton, Ancestry’s senior public relations manager. “The AncestryDNA test breaks down

an individual's ethnic heritage across 26 regions worldwide. That includes Africa, which is broken down into nine regions, offering deeper insight than ever before."

There's something incredible about seeing yourself divided among parts of the world. And while the DNA discoveries made me feel solid and rooted globally, my sit-down with Ercanbrack offered a tighter, if not at times more confusing, focus. The history of our country made piecing my family together a true challenge, and on several occasions I was brought to tears of sadness and rage.

After Emancipation in 1863 came the joy of freedom but also much fear and uncertainty. African Americans were trying to figure out where they were going to go and how they were going to live and which name they were going to claim. They could choose any name, but Ercanbrack explained that there was a lot of psychology involved: Do you keep the slave owner's name? Do you choose another name? Do you opt for the name of the family who last owned your husband so that maybe he can find you? Some people stayed in place; some took off trying to find work; others sought to reunite with the rest of their families.

Ercanbrack notes that in the 1870 census, you see people striving to create unity and some kind of familial structure, and in doing so they sometimes took the same name as their new clan. The roadblocks were real, but so were the stories of people coming together to help one another.

I'm proud that I come from these survivors and that I'm here to say their names and keep their memories alive for myself, my children—and others. Learning about our past breathes new life into everyone's history. I exist because my ancestors persevered. There's a quote that resonates strongly with me: "I am my ancestors' wildest dreams." Truly, I am.



**3** Allen H. Harrison, my great-grandfather, was born in 1860 on Beech Island, SC, to Handy Harrison and Jane Harrison, surely two slaves. But he is listed as a mixed-race boy, and a mixed-race child born at that time was likely the son of a slave owner. Seeing his pre-Emancipation birth date on paper sent chills down my spine. The 1900 U.S. census had him living in Savannah, GA, with his family, including his wife, Lula May (a bright woman who never made it past eighth grade but had been class valedictorian). Allen, a Baptist preacher, owned his home free and clear. He taught my mother to read when she was just 4 years old—quite impressive for a little boy born into slavery.



My mother, Edna Rust (above with my father, Art Rust Jr., one of the first African American sportscasters), was very Afrocentric and with great pride taught me about art and culture from the continent. She would have loved to have known more about our origins.



### Good Genes

Mine revealed that I'm 64% African, with a breakdown among several countries, the strongest being Benin/Togo at 30% (with shout-outs to Ghana at 9%; African Southeastern Bantu, 8%; Cameroon/Congo, 7%; Senegal, 6%; Nigeria, 3%; and a splash of Mali, 1%). The other 35% of my DNA comes from the Europe West region, which the Ancestry site defines as "a broad expanse stretching from Amsterdam's sea-level metropolis to the majestic peaks of the Alps."

### Who owned my maternal great-grandfather?

Ercanbrack and I examine documents that show Emanuel L. Hayes would have been about 8 in 1860. We search for enslaved persons owned by a Hayes until we hit upon an 8-year-old male owned by John L. and a 7-year-old male owned by Harris. The men, probably brothers, owned 32 slaves between them and were in the same Alabama county as my great-great-grandfather—likely a connection. "We are extrapolating," says Ercanbrack, "but it's within the realm of possibility." I shudder and literally feel sick to my stomach.

# Family



5

My grandfather told us that his father, Samuel Rust, was Scottish, possibly from Aberdeen, but records show that he was actually born in Wethersfield, Essex, England, in 1850 to John Rust and Rebecca Newman.

Was he raised in Scotland? Ercanbrack says it's possible. But if not, it takes some of the wind out of my bagpipes. I had a certain picture in mind that involved rolling green highlands and kilts—hell, I'd even found a Rust kilt pattern.



4

When my grandfather Arthur Rust Sr. came from Jamaica, he planned to get his license at a nautical school in New York but was told that no "man of color" could enter the school. He went on to become a beloved doorman on Manhattan's Upper West Side and always stood up against racial injustice. His wife, Una Rust, was very proud of her Panamanian roots.

6

This is my mother's father, Cornelius Hayes, with his wife, Edna. His father was supposedly Timothy Hayes, an Irish sanitation man. But there is no Timothy Hayes on record. On the census my maternal great-grandfather is Emanuel L. Hayes, born in 1852 in Dothan, AL, and listed with a B for black man, so I can only imagine he was a slave. Maybe Timothy was Emanuel's nickname? Maybe he was half Irish? Or maybe he was someone else.

My grandmother Edna was quite a badass. She defied the segregated railroad system in the 1940s South by demanding entry to the all-white dining car.



The Freedman's Savings and Trust Company was created to help newly emancipated slaves. This is where the first records for Allen H. Harrison were found.



Ancestry is a great resource where you can access more than 20 billion historical records. I had help working on my records for this article, but it's easy to build a tree on your own. And you can get a free estimate on the cost of working with a genealogist at [progenealogists.com](http://progenealogists.com).

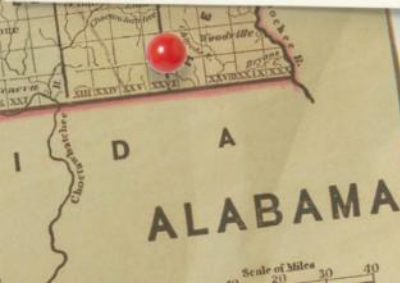
For more information on researching your family history, go to [ancestry.com](http://ancestry.com). Enter "familycircle" at checkout for 10% off the AncestryDNA test through November 20, 2017.

State Alabama  
 County Henry  
 Township or other division of county  
 Name of incorporated city, town, or village, within the above-named division

TWELFTH CENSUS OF THE UNITED STATES  
 SCHEDULE No. 1.—POPULATION.  
 Precinct No. 3, (Part of) Dothan, Town

Enumerated by me on the 11th day of June, 1900, Bernard Phelan

RELATION	PERSONAL DESCRIPTION	NATIVITY			CITIZEN
		Place of birth of this person.	Place of birth of father of this person.	Place of birth of mother of this person.	
Wife	W. M. Mar. 1861 39 W. A.	South Carolina	South Carolina	South Carolina	
Daughter	W. M. Dec. 1877 17 S.	Georgia	South Carolina	Georgia	
Daughter	W. F. July 1875 2 S.	Alabama	South Carolina	Georgia	
Daughter	W. M. Apr. 1867 5 S.	Alabama	South Carolina	Georgia	
Daughter	W. F. Feb. 1870 2 S.	Alabama	South Carolina	Georgia	
Wife	B. M. Dec. 1874 25 M. 14.	Alabama	Alabama	Alabama	
Daughter	B. F. May 1871 18 M. 4. 20	Alabama	Alabama	Alabama	
Daughter	B. M. May 1870 20 S.	Alabama	Alabama	Alabama	
Wife	B. M. Feb. 1870 31 M. 7.	Alabama	Alabama	Alabama	
Daughter	B. F. Jan. 1870 31 M. 7.	Alabama	Alabama	Alabama	
Daughter	B. F. Dec. 1870 25 S.	Georgia	Georgia	Georgia	
Wife	W. M. Jan. 1871 63 M.	Georgia	Georgia	Georgia	
Wife	B. M. Feb. 1864 34 M. 37.	Georgia	Georgia	Georgia	
Wife	B. F. Oct. 1871 28 M. 1. 00	Alabama	Alabama	Alabama	
Daughter	B. M. Jan. 1873 26 M. 1.	Georgia	Georgia	Alabama	
Daughter	B. M. Oct. 1870 30 M. 1.	Georgia	Georgia	Alabama	
Daughter	B. F. May 1872 28 M. 1.	Alabama	Georgia	Alabama	
Daughter	B. F. Nov. 1871 18 S.	Alabama	Georgia	Alabama	
Wife	B. F. July 1872 28 M. 9. 5. 2.	Alabama	Alabama	Alabama	
Daughter	B. M. Feb. 1870 31 M. 7.	Alabama	Alabama	Alabama	
Wife	B. M. Oct. 1870 30 M. 1.	Alabama	Alabama	Alabama	
Wife	B. F. Oct. 1872 28 M. 12. 2. 1.	Alabama	Alabama	Alabama	
Daughter	B. M. Apr. 1876 17 S.	Alabama	Alabama	Alabama	
Daughter	B. F. Apr. 1875 24 S.	Alabama	Alabama	Alabama	
Daughter	B. F. Nov. 1872 3 S.	Alabama	Alabama	Alabama	
Wife	B. F. May 1874 25 W. A.	Georgia	Georgia	Georgia	
Daughter	B. F. May 1872 23 S.	Alabama	Georgia	Georgia	
Daughter	B. F. Feb. 1873 15 S.	Alabama	Georgia	Georgia	
Wife	B. M. Oct. 1871 28 M. 9. 5. 2.	Alabama	Alabama	Alabama	
Daughter	B. M. Feb. 1870 31 M. 7.	Alabama	Alabama	Alabama	
Wife	B. M. Oct. 1870 30 M. 1.	Alabama	Alabama	Alabama	
Wife	B. F. Oct. 1872 28 M. 12. 2. 1.	Alabama	Alabama	Alabama	
Daughter	B. M. Apr. 1876 17 S.	Alabama	Alabama	Alabama	
Daughter	B. F. Apr. 1875 24 S.	Alabama	Alabama	Alabama	
Daughter	B. F. Nov. 1872 3 S.	Alabama	Alabama	Alabama	
Wife	B. F. May 1874 25 W. A.	Georgia	Georgia	Georgia	
Daughter	B. F. May 1872 23 S.	Alabama	Georgia	Georgia	
Daughter	B. F. Feb. 1873 15 S.	Alabama	Georgia	Georgia	
Wife	B. M. Oct. 1871 28 M. 9. 5. 2.	Alabama	Alabama	Alabama	
Daughter	B. M. Feb. 1870 31 M. 7.	Alabama	Alabama	Alabama	
Wife	B. M. Oct. 1870 30 M. 1.	Alabama	Alabama	Alabama	
Wife	B. F. Oct. 1872 28 M. 12. 2. 1.	Alabama	Alabama	Alabama	





## All Together Now

Thanksgiving brings many generations of family to the table, from little kids to older relatives—some of whom may be dealing with Alzheimer’s disease or dementia. Geriatric psychiatrist Gary W. Small, MD, director of UCLA’s Longevity Center, offers a few tips for making sure everyone is at ease.

Start with the basics: Talk with kids about Alzheimer’s and its symptoms, such as memory loss and confusion regarding time and place. Use this as a teaching moment to help them understand that the person has a disease and isn’t trying to be mean or strange.

If the ailing family member suddenly becomes upset, immediately try to change the subject. More often than not, a shift in topic will improve their mood. It may also keep children (or even other adults) from becoming anxious.

Sometimes recalling familiar jokes or songs, playing simple games like dominoes or hangman, or even looking through old photographs can help the person feel more comfortable. These activities can also create a connection between generations.

## DO GOOD!

According to a recent State Farm survey, people *want* to volunteer—they just need a few solid suggestions on how to get started. If that sounds like you, here’s a plan. First, figure out which issues matter most to you—education, homelessness, the environment, etc. Second, evaluate your skills. Do you work well with a team? Are you an effective communicator? Lastly, consider making it a family affair. Search by zip code for volunteer opportunities near you at [neighborhoodofgood.com](http://neighborhoodofgood.com).



## Eat, Play, Learn

Entrepreneur Randi Zuckerberg (yes, the Facebook founder’s sister) is the brains behind an awesome new experience billed as “family dining for the digital age.” Sue’s Tech Kitchen, an interactive pop-up café, offers affordable fare plus STEM-inspired playtime with hot new tech toys, including one that allows you to code with your candy of choice. There’s even the option to create a 3D print dessert. For location updates in cities nationwide, go to [suestechkitchen.com](http://suestechkitchen.com).



**After 20 years** of making memorable music for the preschool set, teacher turned indie rocker Laurie Berkner debuts *Laurie Berkner: The Dance Remixes*. Tweens will love this 14-track album of fan favorites, reimaged with electronic dance music. [Amazon.com](http://Amazon.com), \$13



Family

Pets



# Bone Appétit

*Four services that deliver customized meals for dogs with special dietary needs*

BY ARDENIS PEREZ



## RESTRICTED DIET

Keep your pup's tummy happy with Ollie's human-grade food. It's suitable for all dogs, including those who suffer from gastrointestinal issues. Just include any food sensitivities when you complete your four-legged friend's profile. The service will then recommend meals without any problematic ingredients.

*Myollie.com, weekly plans from \$15*

## PICKY EATER

Because dogs can be finicky, NomNomNow sends samples of all its meals with your first order so your pet can taste-test. Simply select a recipe with a protein your furry friend typically enjoys. They're bound to find a dish they want to gobble up from among the five varieties on offer, including Heartland Beef Mash and Tasty Turkey Fare.

*Nomnomnow.com, weekly plans from around \$24*

## WEIGHT LOSS

The Farmer's Dog customizes its food to your pet's weight, age and activity level. Ingredients are sourced from local farms and delivered pre-portioned. You can then opt in to share updates on your pet's progress so that nutrition experts can adjust future serving packs accordingly.

*Thefarmersdog.com, weekly plans from \$11*

## GENERAL WELL-BEING

Just Right by Purina uses an in-depth profile that covers everything from your pooch's activity level to their overall health to create a personalized meal. The dry food blend optimizes levels of nutrients (like vitamin A and zinc sulfate) for a balanced diet with a focus on your dog's specific needs, such as boosting skin, coat and joint health.

*Justrightpetfood.com, plans start at \$20 for a 6 lb bag*

Don't immediately fill your dog's bowl with a new type of food. Instead, introduce it slowly by mixing with their current go-to and increasing the amount of new food over the course of a week.

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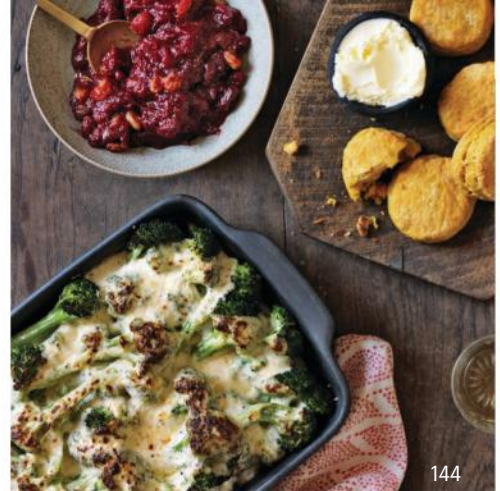
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**GLAD**

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5 Days of  
Freshness

Glad® bags, with the  
irresistible scent of



# lastbite

## PIECAKEN

First there was turducken—a concoction involving turkey, duck, chicken and stuffing. Now fast-forward to PieCaken, an irresistible innovation credited to NYC dessert demigod Zac Young. Zac dreamed up PieCaken in 2015 as a Thanksgiving mashup of apple, pecan and pumpkin pie fillings, plus spiced pound cake and layered cinnamon buttercream. Word of his creation spread, and everyone wanted a piece of it, literally—so now he ships nationwide. Sweet! [Thepiecakenshop.com](http://Thepiecakenshop.com), \$65



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# NATURAL TURKEY, HERE'S THE TASTE YOU'VE BEEN MISSING.



**NO** ANTIBIOTICS  
EVER\*

**NO** ARTIFICIAL  
INGREDIENTS

**NO** ARTIFICIAL  
PRESERVATIVES



DISCOVER A WORLD OF TASTE

\* FEDERAL REGULATIONS PROHIBIT THE USE OF HORMONES IN POULTRY.

# Angel Hair LUCY STYLE

- 1/4 box Barilla Angel Hair
- 1/4 jar Barilla Marinara Sauce
- 1 young dad
- 1 young daughter
- relaxed dress code

ALWAYS AL DENTE, ALWAYS PERFECT.  
*Recipe for Wonderful™*



THE CHOICE OF ITALY®



ANGEL HAIR

