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If you promised yourself you’d exercise more and eat less this year, there’s a really good reason to stick to the plan—besides looking great in your jeans. Being overweight can lead to heart disease. According to the American Heart Association, nearly half of all women surveyed were unaware that heart disease is the leading cause of death for women (and the risk increases after menopause). That may be because many women don’t realize just how important diet is to heart health. So in addition to keeping blood pressure and stress levels low, not smoking and getting enough sleep, we all need to watch what we eat—and it’s not just about counting calories. Yet these days it’s hard to know what foods are heart-smart, since the advice seems to change every other week. “People find the current recommendations for healthful eating confusing, contradictory and very often tasteless,” says cardiologist, author and chef Michael Fenster, MD, who contributed to “This Story Could Save Your Life,” (page 73). We couldn’t agree more, and that’s why we develop Healthy Family Dinners® (page 92) for you every month. We take the guesswork out of cooking up easy meals that are properly portioned and nutritionally balanced. Plus, our food editors retest them to ensure the recipes are flavor-packed—and foolproof. This month’s feature focuses on fish (one of the best foods for your heart!), but you can find more heart-healthy recipes at familycircle.com/heartHealthy.

Contributors

| JOURDAN FAIRCHILD |
| This southern-born, Chicago-based freelance writer with nearly a decade of magazine experience wants to help you de-clutter. Follow Jourdan Fairchild’s advice in “12 Things to Throw Away Today,” on page 40, and lighten your load. |

| MARK TOWNSEND |
| When he’s not globe-trotting as Dove’s Celebrity Hair Stylist, Mark Townsend makes waves styling Jennifer Lawrence, Kerry Washington and other A-list celebs. Check out his head-turning handiwork in “Happy Hair,” on page 25. |

| KATIE LEE |
| A cohost on Food Network’s chatfest The Kitchen, Katie Lee has written three cookbooks and often serves as a guest judge on competition shows, including Beat Bobby Flay. She shares a speedy, healthy breakfast idea in Last Bite, on page 104. |

3 things I learned from this issue

Dog paws need TLC in winter. Find out why you should rub them with petroleum jelly, along with other cold-weather pet care tips, on page 54.

I skipped yoga today because my back hurts, but that was a big mistake. Check out “Watch Your Back” (page 65) for all the dos and don’ts.

Ready to get organized? “12 Things to Throw Away Today” (page 40) offers the motivation you need to toss everything from gadgets to clothes to paperwork.
“The road to my happy weight took a luscious turn through dark chocolate and sea salt caramel.”

These new Harvest Trail Bars let me have my favorite snack and still cut carbs and sugar. Without artificial preservatives, colors or flavors. Get to your happy weight. Deliciously. With Atkins.

Alyssa Milano

Download our free app and Quick-Start Kit at Atkins.com/quickstart
The first Groundhog Day was officially celebrated in Pennsylvania in 1887, where Punxsutawney Phil is still consulted to predict the end of winter each year. But don’t fret if he sees his shadow—some say he’s only right about 39% of the time.

For teens, the undead can bring new life to the classics. *Pride and Prejudice and Zombies*, in which Jane Austen’s beloved characters face a zombie apocalypse, hits the big screen tomorrow. Hopefully Mr. Darcy is a better fighter than he is a dancer.

On National Wear Red Day, it’s okay to sport your heart on your sleeve—or even your nails, thanks to these cute Jamberry nail wraps. Two dollars from every purchase will be donated to the American Heart Association. Jamberry.com, $15 per sheet.

Ring in the Year of the Monkey for the Chinese New Year! Here’s to continued luck and prosperity.

Score! Kick off your Super Bowl 50 festivities with our winning party playbook: crowd-pleasing wings (page 100) and the best tailgate snacks (familycircle.com/superbowl-party).

The gowns, the glitz, the glory! Tune in to the 88th Academy Awards, hosted by Chris Rock, on ABC at 7 p.m. ET/4 p.m. PT to see who emerges as an Oscar winner. The envelope, please!

Happy Valentine’s Day! Share the love with fun gifts (page 14) and decadent treats, like our irresistible mini chocolate cheesecakes (recipe at familycircle.com/valentine-cheesecakes).
THE SAME SIZE BAG. 3 CUPS MORE POPCORN.

3 CUPS MORE POPCORN PER BAG:

*Comparing average popped volume by bag of Movie Theater Butter microwave popcorn (Pop Secret, 10.5 cups; Orville, 13.5 cups).
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WHAT’S NEW

TRENDS, TIPS, ENTERTAINMENT—AND A DASH OF CULTURE

BY SUZANNE RUST

FACE VALUE

Add some mettle to your skin routine with Glamglow’s new GravityMud Firming Treatment. The award-winning cult brand’s latest mask is a gravity-defying formula that brushes on white but transforms to space-age shiny silver thanks to its mineral content. After 20 minutes, just peel and glow. Sephora stores and sephora.com, $69

PHOTOGRAPHY BY SONJA PACHO
WHAT'S NEW

Boyish Charm
Smarten up your look. The latest oxfords are fresh and fashion-forward with extracurricular touches like metallics and cutouts.

Sweetheart’s Choice
There’s nothing wrong with the usual Valentine’s Day chocolate or bouquet of flowers, but for those who prefer to create their own personalized displays of affection, we’ve got your match.

SUGARWISH sends a gift of a doll (or a T-shirt) that prompts your beloved to go on the Sugarwish site and choose the candy of their liking—everything from Hot Tamales and Mary Janes to Jelly Beans and Caramel Creams. Sugarwish.com, from $25; shipping included; 20% off for Family Circle readers with this code: FCIRCLE20

FLEURISH offers Shippable FleurKits, which let you say it with flowers but allow your Valentine to arrange those buds with personal flair. (Step-by-step instructions are available online.) Youfleurish.com, from $70

WHISKEY A GO GO
This far-from-babyish board book is the perfect primer for understanding the ultimate grown-up spirit. In The Essential Scratch & Sniff Guide to Becoming a Whiskey Know-It-All (Rux Martin/Houghton Mifflin Harcourt, $22), Richard Betts teaches readers to follow their noses to a fine sip.
AGE IS JUST A NUMBER

Olay Total Effects fights 7 signs of aging. Reviving skin to look up to 10 years younger in 4 weeks. So your skin won’t show your age.

#BEAGELESS
Strings Attached

Pencil skirts have gone from classic to cool—and all it took was the flair of fringe. Pair with a graphic tank or crisp button-down to really get into the swing of things.

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Give your dried out, damaged strands a miraculously moisturizing makeover in just 3 short minutes with our line of deep conditioning treatments.

#DITCHTHEDRAMA
Blending In

Spice mixes are heating up grocery store aisles for a great reason: They’re a simple, healthy way to boost flavor. Preparing your own saves money and lets you customize quantity and taste. Transform dinner 1-2-3 with any of these combos.

1. WOK THIS WAY
   1 tbsp fennel +
   1 tbsp mustard powder +
   2 tsp ginger
Liven up chicken or fish with this Chinese-inspired blend. It also perks up veggies like broccoli and spinach.

2. FIRED UP
   1 tbsp smoked paprika +
   2 tsp garlic powder +
   ½ tsp cayenne
Consider it the ultimate barbecue rub. In the off-season, try on a roast—smoked paprika mimics the charred flavor you get from grilling.

3. MOROCCAN MEDLEY
   1 tbsp cinnamon +
   1 tbsp cumin +
   2 tsp dried parsley
This mix is ideal for beef or lamb, and works particularly well as the flavor base for a stew or braised dish. Or swap out the parsley for coriander to create a Mexican-inspired meal.
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18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant based omega-3.

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For more information, visit walnuts.org.
Hidden Valley® Original Ranch®
Game Day Pub Cheese
By Domestikated Life blogger, Kate Bowler
domestikatedlife.com

Make your own version of the bar-food classic with the bold taste of Hidden Valley® Original Ranch® teamed up with sharp cheddar cheese, cream cheese and fresh chives.

Ingredients
• 1 tbsp of Hidden Valley® Original Ranch® Dips Mix
• ¼ cup of whole milk
• 2 tbsp of Worcestershire sauce
• 4 cups shredded sharp cheddar cheese
• 8 oz cream cheese, cubed
• ¼ cup of minced chives, plus more for garnishing
• Cracked black pepper

Instructions
• In a small bowl, whisk together the Hidden Valley® Original Ranch® Dips Mix, milk, and Worcestershire sauce until fully incorporated. Let set for 5 minutes.
• In a food processor, pulse cheddar, cream cheese, and ranch mixture until fully incorporated.
• Add in fresh cracked pepper, minced chives and pulse 5-8 more times to blend.
• Transfer pub cheese to a bowl, garnish with minced chives, and serve with rustic crackers.

The Award goes to...
What movie do you think will win Best Picture? Vote for your pick for a chance to win a $250 gift card, DVDs of select nominated-movies and a one year supply of Orville Redenbacher’s® Gourmet® Popping Corn, and see if your pick wins!
Pop up Orville Redenbacher’s® popcorn and let guests decide if they want sweet or savory. Serve popcorn in individual dishes and treat guests to a popcorn toppings bar, where they can choose from various chocolate candies to spicy seasonings to shredded cheeses. It’s perfect for refills during red-carpet coverage or long commercial breaks!
Then get ready for the glitz and glamour by hosting a movie awards party with Orville Redenbacher’s® Gourmet® Popping Corn, and see if your pick wins!

To vote, visit FamilyCircle.com/MovieAwards

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I Raised a Star

What’s it like to have a famous child? Sharon Palmer knows a thing or two. The mother of four, including 22-year-old actress Keke Palmer, who appears in *Scream Queens* and Fox’s *Grease: Live*, shares what her daughter was like growing up—and how Keke’s managed to stay so grounded.

By Patty Adams Martinez

People have said to me, “Oh, you must be a stage parent.” But once your child turns a certain age, you can’t make her do anything. Keke wouldn’t be acting and singing if she didn’t love it. She’s been a professional since she was 9.

As parents, my husband and I never allowed the business to dictate how we raised Keke. You have many industry people around your child on a daily basis saying inappropriate things, and you have to stay alert. We’re proud of how we brought up our daughter, and extremely proud of the way she turned out.

My daughter’s childhood was so much like her movie *Joyful Noise*. Her dad was a deacon and I was the choir director, so she grew up in the church, surrounded by music.

When *That’s So Raven* would come on the Disney Channel over a decade ago, Keke would say, “I can do that!” It was a hard decision to pick up our family and move from Chicago to California—our twins were only 2 at the time—but my husband, Larry, and I believed in Keke’s talent, so we did it.

Keke loves her siblings and she’s very protective of them. Even though she’s the middle child—Loreal is 27 and the twins, Lawrence and Lawrencia, are 14—she often acts like the oldest. I think it comes from traveling so much and having jobs that gave her a sense of responsibility at such a young age.

Sure, Keke was boy-crazy and fashion-obsessed like every other teenage girl, but her love of performing always came first and outlasted any crush she had!

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PHOTOGRAPHY BY SONJA PACHO
CONDITIONER IS KEY, SAYS STYLIST MARK TOWNSEND. EVEN IF YOU HAVE FINE HAIR, APPLY CONDITIONER FROM MID-SHAFT TO ENDS. CHOOSE A SUPER-LIGHT OPTION, LIKE NEXXUS NEW YORK SALON CARE HYDRA-LIGHT RESTORING CONDITIONER, $17, IF YOU'RE WORRIED ABOUT HAIR FALLING FLAT.
Find Your Perfect Product

**Curly**
Dry oil adds moisture and seals the hair’s cuticle, minimizing frizz.
OGX Argan Oil of Morocco Weightless Healing Dry Oil, $8

**Straight**
The powders and starches in dry shampoo create natural volume and hold that lasts.
Dove Refresh + Care Dry Shampoo, $4

**Wavy**
Try a lightweight foam mousse to enhance curls without weighing down strands.
L’Oréal Paris Advanced Hairstyle Curve It Elastic Curl Mousse, $5

*STEP 1*
If your hair is wavy or curly, before bedtime squeeze a dollop of styling product into your hand and apply to damp hair from root to tip. For straight hair, spritz dry shampoo all over dry strands.

*STEP 2*
Separate hair into three or four large sections and loosely braid each one, securing with a fabric elastic. The waves will set while you sleep.

*STEP 3*
In the morning, undo plaits and run fingers through them to break up the waves.

No time? No problem. When sleeping in braids isn’t an option, speed up the styling process by running a flat iron over each braid (once hair has dried) at 300 degrees to set waves.

GET TO KNOW THE INS AND OUTS—AND TWISTS AND TURNS—OF YOUR HAIR. “CHOOSING THE RIGHT STYLING PRODUCT FOR YOUR HAIR TYPE IS A MUST WHEN THERE’S NO BLOW-DRYING INVOLVED,” SAYS TOWNSEND.
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BECAUSE YOU’RE WORTH IT™
I don’t give up easily. And definitely not on my haircolor!

Susan Sarandon
dim the lights

Less is more when it comes to color this spring, says Rona O’Connor, Goldwell Celebrity Colorist.

Case in point: babylights, the subtle, sun-kissed highlights that are painted on in fine sections to add dimension to the base shade. They work on all hair colors and require minimal touch-ups—every four to five months, max. Or try the more understated peekaboo lights, which frame the face and brighten your overall shade, with a few “ribbons” added randomly from the mid-lengths through the ends.

Achieve perfect placement with our mane markers.

Guess Hue?

Simplify your shade selection with O’Connor’s color cues. Highlights should generally be two tones lighter than your base.

If you’re a brunette...
- caramel or honey
If you’re a blonde...
- golden or light champagne
If you’re a redhead...
- copper or apricot

THE CLEANSING COMMANDMENTS

1. Follow the two-day rule: Wait 48 hours after a color appointment to wash hair. This helps to lock in the fresh color.
2. Try an anti-fade shampoo. It will prevent blondes and brunettes from getting brassy.
3. Make dry shampoo your new BFF. Use in between showers to refresh strands without stripping color.

Golden or light champagne

Copper or apricot

Deep Conditioner, $4
Shampoo, $22
Goldwell Dualsenses Color Fade Stop Shampoo, $16
Pantene Pro-V Daily Moisture Renewal 3 Minute Miracle Deep Conditioner, $4
Living Proof Perfect Hair Day Dry Shampoo, $22
For the 1 in 5 kids with learning and attention issues, every day can be a challenge. Explore Understood.org, a free online resource designed to help you help your child thrive in school and in life.

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understood.org
Custom lattice-style square wainscoting lends the formal dining room contemporary edge. To balance the brightness of the paneling, the Waynes went dark and dramatic on the walls with Benjamin Moore’s Twilight. Beth updated her grandmother’s dinette set by adding linen upholstery and matching end chairs from Restoration Hardware. A floral wool area rug elegantly ties together the rich color scheme.

Southern Comfort

A crafty couple teaches an old farmhouse new tricks with pops of pattern, personal touches and a few budget-savvy ideas.

By Danielle Blundell

Photography by Jonny Valiant

Prop styling: Courtney DeWet.
Beth Wayne with (from top to bottom) Lily, Mimi and Grace in front of their entry, under an overgrown Carolina jessamine vine.

Beth compiled a wish list of features for the kitchen remodel. Her must-haves: classic white cabinets stretching to the ceiling, soapstone counters, a suite of gourmet appliances, a double-wide apron sink and a banquette with hidden storage for baking supplies. “I love the breakfast nook for morning coffee and mealtime. It’s pretty and practical, like everything else in the room,” says Beth.

Beth and John Wayne took a leap of faith when they bought their 1940s Raleigh farmhouse. The home certainly had size going for it, thanks to a recently built addition. But the new rooms didn’t quite harmonize with the old, and the kitchen’s dated countertops and appliances were near deal-breakers for Beth, an avid cook. So they hired contractor Mark Jones of Sigmon Construction and designer MA Allen, who collaborated with Beth on a highly functional cooking space and helped select just-right finishes, flooring and trim to unify the whole house. Then came the fun part—accenting the neutral palette on the main floor with sophisticated patterns and eye-catching lighting. In contrast, the upstairs is a color lover’s dream, with daughters Mimi, 15, Lily, 17, and Grace, 18, all putting their personal stamp on a trio of vibrant bedrooms. To get her DIY fix and save some cash, Beth refreshed family hand-me-down furniture with paint and sewed one-of-a-kind curtains and bedspreads. Now the space looks and feels like the Waynes. “We found the perfect blend of style and function, traditional and modern—and our forever home,” says Beth.

Furniture was a no-go in the small foyer, so MA turned up the glamour with geometric wallpaper, an antelope-spotted stair runner and a sunburst flush-mount fixture.
There's plenty of seating for family TV watching in the living room, including a pair of houndstooth swivel chairs and a roll-arm skirted sofa. Beth added oomph to the existing built-in by painting the shelf backs lime green, changing the hardware and adding hanging library sconces. The artwork over the couch was purchased on a trip to Thailand.
Each of the girls cashed in on Beth’s serious sewing and bargain-shopping skills. For Mimi’s lounge area, Beth crafted the cabana-striped canopy over the daybed—known as Mimi’s “chill sofa”—to tone down the sweetness of coral walls.

“When it comes to decorating, I’m a hunter-gatherer and very resourceful,” says Beth. “I’ll shop anywhere and love breaking out the spray paint and sewing machine to give store-bought things personality.”

Lily wanted a fun, sleepover-ready room, so MA suggested bold navy walls, twin beds and a retro hanging chair. On a trip to HomeGoods, Beth scored a table lamp with a bright orange shade that matches the chevron flat-weave rug perfectly. As a finishing touch, Beth painted the flea market wicker headboards green so they’d pop.
Oldest daughter Grace lucked out with the biggest bedroom, which MA divided into three zones—working, relaxing and sleeping. The trim on the fabric box cornice made by Beth matches the watermelon-colored canopy bed. An Ikea chandelier provides a touch of whimsy as well as a focal point for the space.
12 THINGS to THROW AWAY TODAY

Eliminate the useless stuff in your home without losing your motivation—or your mind.

BY JOURDAN FAIRCHILD

GADGETS AND CORDS
Recycle old phones, tablets and MP3 players at your nearest ecoATM station (there are more than 2,200 kiosks in 42 states; ecoatm.com) for cash back. Control cord chaos with a central charging station and a one-charger-per-device limit. Smartphones are the only exception. Professional organizer Jennifer Lava keeps multiples around the house—by the bed, on a desk, in the car—to avoid carrying chargers from room to room and misplacing them.

OFFICE SUPPLIES
There’s no good reason to hoard two staplers or eight sticky-note pads. Every six months or so, scan your stockpile. Toss dried-up pens and markers, and give everything else a trial period during which you see what you use daily. For each of the keepers, store a refill or replacement in a nearby drawer or basket. Erin Rooney Doland, author of Never Too Busy to Cure Clutter, loves organizers and caddies because they help set space limits for your stash. Offer leftovers to a school or nonprofit.
ENTRYWAY CLOSET ITEMS
Contain the crazy in your foyer closet by performing a regular sweep of its contents. Pull out old jackets and winter accessories you no longer wear or that don’t fit the kids anymore, and relocate off-season staples like gardening supplies and outdoor sports equipment. If you prefer shoes left at the door, establish order with a boot tray, rack or cubbies.

TOILETRIES AND MAKEUP
Free samples come at a cost: precious storage space. Take back your medicine cabinet and vanity by dumping expired, unflattering or impractical cosmetics, hair goods and body lotions. Donate full, unopened bottles to a local homeless shelter. In the future, avoid bringing home hotel minis—and buying in bulk. “We’re lured by the savings but left with too much stuff,” says Fay Wolf, author of New Order: A Decluttering Handbook for Creative Folks (and Everyone Else). “Never hold on to more than one backup for any of your products.”

SHEETS AND TOWELS
“A good rule of thumb for sheets is two sets per bed per season,” says Lava. Similarly, go easy on the towels by holding on to two or three full sets—bath towel, hand towel, washcloth—for each family member. Oversize, bulkier styles take up more room in the linen closet, so keep that in mind when shopping or paring down. Local animal shelters will gladly accept cast-offs.
Nothing is more important than your family’s security and well-being. Check out these simple safety resolutions every family should make this year.

1. CREATE (AND PRACTICE) A FIRE ESCAPE PLAN. You know your family needs a fire escape plan, but do you actually have one? And if so, when was the last time your entire family practiced it?

2. MAKE YOUR DRIVE SAFER, ESPECIALLY AT NIGHTTIME. Check that all lights are in working order. Consider replacing your headlights with SYLVANIA SilverStar® ULTRA bulbs, which offer our brightest downroad to help you see better (and react sooner) at night. Don’t forget to replace worn windshield wiper blades, inspect the tires, and check all fluids including oil, power steering, brake and engine coolant.

3. LEARN CPR AND OTHER FIRST AID BASICS. Knowing how to respond immediately could mean the difference between life and death in some situations. Make this the year you finally sign up for online or in-person training.

For more great safety tips that will help keep your family safe, healthy, and happy all year long, visit parents.com/safety-resolutions

KITCHEN TOOLS
Empty out your drawers and lay everything on a table. Group duplicates together—wooden spoons, rubber spatulas—and keep only the newest of each or the one that feels best in your hand. Weed out any specialty items you rarely grab. “Unless you’re constantly making stuffed peppers, you don’t need a bell pepper corer,” says Lava. Recycle mismatched and stained plastic take-out containers.

CHILDREN’S PAPERWORK
Set up a system for sorting and saving kids’ projects and papers. “Assign a storage bin to each child, and when work comes home, place it in the container,” says Doland. Every few months, go through the stack together and discard whatever doesn’t have sentimental value. Snap a picture of anything you’re on the fence about—you can create albums, books or slide shows from those digital files later.

TOTES
With the recent popularity of reusable shopping bags, your home may be on the verge of tote overload. To downsize your collection, fill a large carryall with eight favorites to store in the car for groceries and hang an extra near your entrance for grabbing on the go. Put one oversize tote in a central location for monthly donations of clothes, shoes and knickknacks from the whole family and get rid of the rest.
The dark ages are over, and only bright, white SYLVANIA headlights remain.

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Armed with nothing more than a desire to find a better way forward, we change one simple thing. And in that moment we evolve from darkness to seeing what lies ahead. Upgrade to SYLVANIA SilverStar® ULTRA, our brightest headlights. For everything ahead of you.
Mix Master

Entertaining expert **EDDIE ROSS** means business when it comes to secondhand shopping. So it’s no surprise his new book, *Modern Mix*, focuses on acquiring, restoring and decorating with thrifty finds. Supercharge your home style—and set an Instagram-worthy table—with this NYC-based blogger’s best tips.

**EDDIE’S FAVES**

1/ The beauty of a single poppy can get lost in a bouquet. Place each stem in its own vase instead.

2/ Engraved and etched pieces always catch my eye, even if the monogram isn’t mine. **Acrylic Stemless Glasses**, markandgraham.com, $59/set of 4

3/ I love vintage magazine racks loaded with inspiring titles to help spark my creativity. **Elsie Magazine Rack**, dotandbo.com, $70

4/ A chinoiserie bird motif works on just about anything, from room dividers to pillows. **Schumacher Birds Pillow Cover in Coral and Ivory**, etsy.com/shop/klinedeco, $49

5/ For a fast, chic display, put desserts or appetizers on a marble pedestal. **Round White Marble Stand**, williams-sonoma.com, from $40

6/ To make inherited furniture feel like you, add lamps, artwork and personal objects, like I did with my grandparents’ dresser.
Like mother’s milk.
Packed with vital nutrients, PEDIGREE® Puppy satisfies a growing puppy’s needs.

Feed the good.
Your teen would like to have a family game night as much as you would like to play their ZOMBIE APOCALYPSE video game.

You don't have to get them to get what they want to eat.

The New Walking Taco from Lunchables Uploaded. An afternoon snack you Mix, Heat and Eat.
Kelly Flynn wasn’t one of those young women who fantasized about wedding dresses, or doodled her first name with the last names of potential husbands on her binder. But she did know for sure that she wanted to be a mother. Like so many, she spent her 20s and 30s focusing on her career, and although she’d been in some wonderful relationships, they were with men who weren’t ready to settle down and have a family.

“When I found myself single at 38, I thought, ‘Huh, maybe I better get on this being a mom thing on my own,’” says Kelly. “I didn’t want to force relationships to get the baby.”

There is no good cop and bad cop in my household; I’ve got to be both, which can be tough. But there’s always a big hug at the end, and there’s always love, no matter what.”
Her solid career gave her the stability and confidence to believe that she could pull off single motherhood. However, finding a sperm donor proved daunting. “Online dating was torturous enough, but this was the highest-stakes online shopping imaginable!” says Kelly. “Thankfully, a very wise friend said to me, ‘All the things that seem so hard now—none of them will matter when you hold that baby in your arms.’ He was right. I had Ivy just before I turned 43. It took me five years to get there, but I feel so lucky. Like all parents, I can’t imagine my life without her. Being a mother has made me much more forgiving of my flaws. Perfection is an unachievable goal when you’re a parent. It’s a lesson I wish I had learned much earlier in life!”

Kelly has always been candid with Ivy, telling her the story about her donor since she was an infant. “I would do it while she was nursing, or while I was rocking her to sleep. I wanted to practice to be sure I was totally comfortable with my choice of words by the time she was old enough to understand them.” What Ivy knows is that “a nice man, called a donor, gave the doctor a seed to help you grow in my tummy.” Kelly says that there are all different kinds of families. “Some are headed by a grandma, an uncle, two moms or two dads. Ours just happens to be a family with one mom and no dad.” She has made sure there are supportive men in Ivy’s life. Kelly’s always been the girl with tons of guy friends, and it was a no-brainer to enlist “the uncles” to play an informal, yet official, part in her life. “I wanted them to imprint some positive messages on her. I want Ivy to know that she has other people to turn to who aren’t me, who love and care for her—many of whom are men,” says Kelly. “She just beams when any of them are around. It’s a different wavelength for her, and she loves it.”

The professed “city mice” love to take advantage of what the town has to offer, or just hit the park. “Maybe it was overcompensation for not having a dad around, but I made sure Ivy was riding a bike before she turned 5, and that she could throw a Frisbee, hit a baseball and feel confident playing all sorts of sports.” However, Kelly’s most treasured moments come when things settle down. “Those 10 minutes right before bed are just delicious—when the checklists are done, and there’s space and the quiet for Ivy to share whatever may be worrying her or what’s made her happy. Even though she’s nearly as tall as I am, she’ll still sometimes climb up on my lap and let me rock her to sleep. That is my nirvana.”

familycircle.com
For more on the Flynn family, go to familycircle.com/modernlife.
Thanks to Marissa Vogel, thousands of kids have learned the true meaning of charity. By Eliana Osborn

HELP WANTED
Austin, TX, has a robust nonprofit community. Yet Marissa Vogel, 46, struggled to find volunteer opportunities for her young daughters. It turned out that her friends faced the same challenge. “Like me, they didn’t know where to start, but wanted to teach their kids how to give back,” says Marissa. Her experience in corporate marketing coupled with an MBA provided the know-how to found a nonprofit organization, Little Helping Hands (LHH), which creates monthly volunteer opportunities suitable for families with children as young as 3 years old.

IN IT TOGETHER
Established in 2009, LHH connects thousands of Austin-area kids and their parents with fun charitable activities. Events range from planting flowers and cleaning up parks to sorting food at a local pantry. The monthly projects are mostly from nonprofit partners vetted by LHH. “The size of the job doesn’t really matter. If you’re helping, you’re helping,” says Marissa.

Marissa’s team updates the LHH website each month with the latest available opportunities—usually about 50 to 60 options, with more during the summer months and around the holidays. LHH wants to streamline the process for busy families. “You just sign up and show up,” says Marissa. Her group takes care of the rest.

PAY IT FORWARD
While most LHH projects are small in scale, Marissa also offers some bigger events. On Family Volunteer Day last November, LHH coordinated with local families living in affordable housing, offering them a chance to give back to their communities during their annual Thanksgiving lunch. LHH volunteers worked side-by-side with people traditionally on the receiving end of charitable efforts. “We filled rice and bean bags for a local pantry, packed hygienic wipes for the homeless, and made ‘Adopt Me’ bandannas for an animal shelter,” says Marissa.

SMART CHAT
Education is a key part of LHH’s efforts. “Table talks,” as Marissa calls them, are discussion guides for families. They inform participants about the nonprofit they’ll be working with, and can be viewed before and after any event. The guides serve as conversation starters on the larger issues involved—such as homelessness and hunger—in order to familiarize attendees with the cause.

For the Vogel family, LHH has accomplished more than just getting people interested in giving back. Marissa hopes the program will continue to inspire her daughters, now 10 and 12. “I’m teaching them how you have to work hard to get what you want,” she says, “and to dream that anything is possible.”

For more information or to donate, visit littlehelpinghands.org.
**DOGGONE COLD**

*Easy ways to prepare your pet for winter weather.*

**Bundle Up**
Even a natural fur coat can’t fully ward off the chill. Always provide a warm, dry place for your pet to sleep that’s off the ground and away from drafts. A pet bed with an extra blanket will do the trick. Outside, animals with short hair should wear a coat when temperatures drop, advises Camille DeClementi, VMD, senior director and veterinary toxicologist at the ASPCA. It should cover your pet from the neck to the base of the tail.

**Protect the Paws**
Low humidity, salted roads, and freezing temperatures can cause dry, cracked paws. DeClementi suggests rubbing a small amount of petroleum jelly on your pet’s paw pads to prevent additional irritation. “It’s like putting lotion on your hands,” she says. Boots are another great option, as long as they fit snugly. You can even find disposable rubber or latex ones for animals that balk at heavier shoes.

**Finders Keepers**
Pets are more likely to get lost in the winter, since excess snow masks smells that help them determine their surroundings. In addition to outfitting your dog or cat with an ID tag, consider having him microchipped. The small, permanent implant helps shelters identify a lost animal and its owners. Unlike collars, a chip can never fall off or go missing. The quick procedure generally costs around $50 at the vet’s office.

**Tell-Tale Signs**
It can be tricky to know whether a pet is cold, so keep a close eye on her when she plays outside, says DeClementi. Shivering and decreased activity are both signs of freezing. Redness on the extremities, such as the ears, means she’s been outside too long.

**Icy Dangers**
Antifreeze is poisonous to pets. DeClementi recommends this easy cleanup trick: Pour cat litter over any spills to soak up the liquid, then sweep up and dispose of it. Ice-melting products can also irritate animals’ skin, or upset their stomach if ingested. Choose a pet-safe variety for outdoor walkways, and always wipe down your pet’s paws and belly after walks to remove any chemicals or ice on his fur.

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The Power of love

Couples from across the country give us an intimate look at how they make wedded bliss last.

By Suzanne Rust

Sarah Hatler, 35, musician
Jay Hatler, 39, musician and music teacher

Years married: 13
Children: Elijah, 4, Zoe, 1½
Arlington, Texas

Sometimes we almost miss the obvious. “My friends teased me about the new, good-looking trombone player my sophomore year in college. I wasn’t sure who they were talking about because I was so focused on my music,” Sarah recalls. “The next time we were all together, I realized there was a really handsome guy in my studio, and I wondered how I could have been so blind!” But once Sarah finally started spending time with Jay as a friend, she knew they had a future. “I remember telling myself it was okay that he took several months to ask me out, since we’d have our whole lives to spend together.”

She was right. Marriage and parenthood followed, and the latter left Jay with a newfound sense of respect.

Sarah appreciates Jay’s heart most of all. “He can seem like a really serious and tough guy, but he’s so caring and loving, and he isn’t ashamed to show it. He writes a poem to each child on every birthday and reads it out loud when we’re celebrating with family. There’s not a dry eye in the room.”

“Jay’s my number one cheerleader. When I have self-doubt, he reminds me how much I’ve accomplished and how important I am to our family.”

The two musicians have spent extended periods apart but realized it was not healthy for their marriage, so they won’t take jobs that would put too much time and distance between them. And while both cherish what they have together, they recognize the importance of holding on to oneself. “Attack life as a team, but allow the other to remain an individual. Don’t lose yourself in all the sacrifices you make for each other and the family,” says Jay. “Just because you’re married with kids doesn’t mean you need to let your identity fade.”

“You’ll never meet anyone more sympathetic than my wife. Sarah has a great ability to see beauty in everyone.”

“If Ipering the birth of my children, I hold my wife, and women in general, in even higher esteem. I have no idea how after having one child a woman agrees to have more. The physical and mental challenges are mind-blowing!”

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“What I love most about Dalida is her independence. I know that my wife’s love for me is a gift, because she doesn’t need me for anything but wants me for everything.”

Dalida Clifton, 50, automotive product specialist
Harold “Nick” James Clifton, 44, field engineer
Years married: 10
Child: Nicholas, 9
Charlotte, North Carolina

Dalida first caught Nick’s eye at an automotive event. “She wasn’t all dolled up—she had very little makeup on and was wearing a polo and khakis, yet she still stood out. I think what attracted me to her was her confidence and how quick she was to laugh.” When Nick’s coworker hit his head on the side mirror of a Ford F-150 truck that Dalida was talking to them about, she lost it. “Without hesitation or reservation, Dalida began to laugh—and not just a cute giggle but a bent-over, tears-in-her-eyes belly laugh,” recalls Nick. “It was beautiful.” For her part, Dalida says she loved how easily their conversation transitioned from cars to family, life and food. “We talked for only two hours, but I felt like we’d known each other for decades.”

They’ve been laughing for 10 years now, staying connected through their son, Nicholas, and through faith. “I love how my wife puts God first in her life and our lives,” says Nick. “She has helped me grow so much spiritually, and she’s brought me out of my shell. If not for her I probably would not be nearly as involved in our church as I am now. She encourages me and is always talking about the potential she sees in me, while at the same time keeping me grounded.”

In 2009 their marriage was tested when Nick was laid off. The family of three had to put their belongings in storage and move in with Nick’s mother. “To add to the stress, after convincing Dalida it was the right move for us, I took a civilian contractor job as a security systems engineer in the combat zone in Afghanistan for eight months. She was left with Nicholas in my mother’s house until I came back and we were able to buy a home,” says Nick. “That year nearly broke our marriage, and it took time to completely recover. Looking back, I learned that marriage is a struggle sometimes, but I also learned what it really means to be a family and to love someone regardless of what the world throws at you.” He knew his wife was frustrated and angry, but it didn’t show. “She never belittled me or gave up on me. She always encouraged and supported me. I tell her to this day that in my mind I could see the disappointment in her eyes; she denies I saw any such thing. She never once voiced anything but love.”

What does drive Dalida crazy is Nick’s little habit. “I have three separate clothes hampers in the house, and yet it’s still easier for Nick to leave his dirty clothes on the floor on his side of the bed instead of walking less than five feet and placing them in the hamper!”

Dalida says she’s happiest when the family is all together and she can admire her husband and son. “I love the father that Nick is to Nicholas. Nick grew up without his dad, so it always amazes me how becoming a parent came so naturally to him. It’s these ‘daddy’ qualities that make me love Nick more every day.”
Megan Manzi, 34, blogger  
Luke White, 34, songwriter and producer  
Years married: 10  
Child: Ainsley, 9 months  
Los Angeles, California

Megan will admit it—she was a groupie of Luke’s for three years before actually working up the nerve to talk to him. “His voice melted me—and the way he danced around onstage in his ripped jeans helped too. I watched him play everywhere from dive bars to the local church. After we finally connected face-to-face, I called my dad and said, ‘This is the man I’m going to marry.’ A year later, we did.”

Luke was initially attracted to how bold and charismatic Megan was and found himself smitten after only a month. “I love that she always says exactly what she’s feeling. I’m never stuck guessing. She’s forthcoming and honest to a fault. It’s very liberating in a relationship,” says Luke. “She demands honesty from me. I’ve learned not to hold back or hide how I’m really feeling. I’ve also learned how to strongly state my own opinions and feelings.”

The couple is open about the hard parts of marriage. “Embracing the individuality in each other can be challenging. And that means never unintentionally holding the other person back! That goes for the big and small things,” says Megan. “Luke’s love of sci-fi movies and college football isn’t for me, but I try to make sure he has time with his friends for every premiere and game. And on a bigger scale, I’ve completely changed careers three times during our relationship, and Luke has encouraged me—even when it made things financially stressful. One person’s hobbies and passions certainly don’t always line up with the other’s.” A rough spot in their marriage came when Luke’s band, Atomic Tom, started getting recognition at a time when Megan’s career was going through a lull. She was thrilled for him but also felt left out. “We had to work hard to reconnect and stay united,” she says.

The birth of the couple’s daughter less than a year ago, which Luke calls “the greatest thing that’s happened to us,” also changed the direction of their usual Friday night dates. “Nowadays a 20-minute hummus break on our front steps while she naps is often the most we can manage. But we’ve promised to keep the Friday dates, no matter how simple they’ve become,” says Megan. And when she feels stress, she just relies on Luke. “All my anxieties fade away when he sings, and now I get to hear him sing every night to our baby. His voice helps silence all the hustle and bustle going on in my head. It’s the sound of home.”

Myrna Thomas, 49, Bikram yoga instructor  
Joseph Thomas, 46, corporate performance management consultant  
Years married: 19  
Children: Dylan, 16, Ethan, 14  
New York, New York

“How do we handle our disagreements? I throw a dish. He stomps his foot. I yell. He yells. I yell louder. I win!” laughs Myrna. Having a sense of humor is key to any good marriage, and it’s one of the many things that help this playful Manhattan couple stay connected.

Joseph appreciates how Myrna brings out the best in him. “I’m complicated and she knows me, typically better than I think, which has helped resolve many disagreements.” He says his biggest adjustment to being part of a couple was learning to grow out of youthful tendencies. “I had a hard time taking things seriously; I expected everything on my own terms.” Joseph feels that Myrna has made him more mature and open.

Adapting to marriage and parenthood presented both with

“I love Megan’s heart for adventure and how she’s always trying new things—she’s never been satisfied with the status quo.”

“Luke reminds me to slow down and breathe. He teaches me not to sweat the small stuff.”
challenges. For Myrna, “the most difficult aspect was being true to myself while taking Joe and our sons into consideration.” She admits that motherhood got off to a rocky start. “Dylan’s first year was rough; then Ethan was born 17 months later. I put so much energy into being a great mom that I had no energy for myself or being a wife. We were so busy and tired, but we still managed to sit for 15 minutes to just talk. I think the biggest challenge for us as parents is to always be on the same page—or at least reading the same book! I realized my marriage is a high priority and must remain so.” Joseph shares the one thing he’d like to do over: “I had a hard time understanding how to be a dad. I wish it hadn’t taken me so long. Our kids are awesome! They remind us every day of ourselves, the good parts.”

Myrna, who thinks her husband is “generous, kind and extremely passionate,” wouldn’t change a thing. “I’d live it exactly the same way. Everything we’ve experienced as a couple has led us to this moment.” Joseph says he’s grateful to have found someone like Myrna. “She is the good that people see in me.”

“Myrna’s really sexy but impresses me with how smart, kind and loving she is—it makes her sexier!”

Batya Zamir-Van Buren, 73, artist, dancer and psychotherapist
Richard Van Buren, 78, artist and sculptor
Years married: 47
Children: Shula, 46, and Zak, 38
Perry, Maine

Richard was initially drawn to Batya’s “beauty and high energy,” but there was a moment when everything clicked. “It was the night I decided I was going to break off our relationship because I thought it would be too much work. Batya got angry and hit me on the side of the head with her purse. Then I knew she was the one—she really cared!” For Batya, affection for the “tall, very good-looking man” flowed organically. “I don’t think there was one particular moment. Just a slow realization after a

“Joe always asks me what I’m thinking about and then listens to what I have to say, without judgment. He has taught me compassion.”
few dates that there was some deep sense of connection. I felt he ‘knew’ me in ways others didn’t.”

Still, Batya is honest about the adjustment it takes to commit. “The most difficult thing about being married is the need to constantly pay attention to the other. It requires tremendous work. And in our case it has been how to communicate through differences in thinking and feeling.”

The couple, proud parents of two “creative, loving beings,” have enjoyed a four-decades-plus marriage and taken everything that comes with it. “We’ve gone through tremendous changes. Our life and development have been a process and a real roller-coaster ride of emotions in all areas,” says Batya. At one point the two separated, which they both still recall with sadness. “It was a terrible, terrible situation. But we survived,” says Richard. “An extremely painful period,” adds Batya, “and yet we learned a lot about ourselves. It seems that important growth and positive change happen during hard times.” Richard also sees the upside. “Friction is not negative. Without it you don’t feel as much.”

When are they happiest? “When we are being loving to each other,” says Batya. “And when he’s sculpting and I’m dancing,” Richard happily adds, “I like the fact that she’s beginning to learn to laugh. Her honesty is sometimes brutal, but it gives me great trust in our relationship…and I love to watch her dance.”

“I love that Richard has the capacity to tolerate the differences between us and work through the hard times.”

“Batya is still training me. She has a serious commitment to developing my lagging character.”
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WATCH YOUR BACK

You know it when you feel it. A sharp twinge that comes on suddenly. A burning sensation radiating down your spine. So now what? Keep yourself from being out of commission with our comprehensive guide to defeating back pain.

By Blake Miller, Jeannette Moninger and Michele Bender

ILLUSTRATIONS BY EDDIE GUY

Susan Stoga’s lower-back aches started 15 years ago, after her son was born. But what began as discomfort two or three times a year slowly morphed into more consistent and severe shooting pain. “I figured it was something that would go away,” says the 51-year-old Barrington, IL, mother of two. On Christmas Eve 2012, however, a seemingly innocuous move—stepping off the bottom step of a flight of stairs—resulted in pain so bad she fainted. X-rays revealed that Susan had two herniated disks, which occur when the soft center of a disk that cushions the vertebrae in the spine breaks through its boundary. “I don’t have time for this,” Susan thought. So when her doctor prescribed an oral
A steroid that worked remarkably well, she skipped his additional suggestion of physical therapy. It wasn’t until months later, while on a family cruise, that she experienced a flare-up that left her completely debilitated. “For 10 days I either lay on the couch with ice or had to stand up straight and not move,” she says. After that Susan saw a physical therapist and started a course of treatment involving ab exercises to strengthen her core, perfect her posture and prevent flare-ups.

Today Susan is managing her pain and knows what to do if she ever experiences another twinge. Sadly, too many of us suffer like she once did, not knowing what causes our aches, whom to ask about them and how to alleviate or—more important—avoid them altogether. Thankfully, we’ve come up with answers to all your questions, along with an action plan you can start right now. —Blake Miller

### MYTH #1 You should only see an orthopedic surgeon.

Most people won’t need surgery. In other words, consulting an orthopedic surgeon is often unnecessary. “See your family physician first,” says Anand B. Joshi, MD, MHA, an assistant professor of orthopedic surgery at Duke University Medical Center. He or she is your first line of defense and can refer you to a specialist. When deciding on next steps, consider your level of pain. Chiropractors, for example, are great for those suffering from severe discomfort because they work on your body for you, whereas physical therapists design a program of stretches, strength training and other treatments you perform yourself.

### MYTH #2 Ice is the smarter treatment.

That depends on what caused the injury and how long you’ve been suffering, says Joshi. “When it’s an acute flare of pain, we suggest ice packs, which reduce inflammation.” Three to four 20-minute sessions per day can help counteract swelling, redness and soreness. For chronic pain, though, Joshi often recommends alternating ice and heat. “The benefit of heat is that it increases blood flow and allows the blood to remove the byproducts of inflammation,” says Joshi. Like ice, heat is applied for 20 minutes, three to four times a day.

### MYTH #3 Cortisone shots are your best bet.

“They’re a really good idea in patients with acute pain,” says Akhil Chhatre, MD, director of Spine Rehabilitation at Johns Hopkins University. “After two cortisone shots, 60% to 80% of people will see marked improvement in their soreness and inflammation.” The bad news is that even if an epidural alleviates your discomfort, it carries a risk of infection, bleeding and more.

Plus, medical guidelines suggest patients receive the shots at least two weeks apart and no more than six times a year due to increased chances of these complications and more.

### MYTH #4 MRIs are essential for diagnoses.

“X-rays, CAT scans and MRIs are mistakenly believed to be necessary,” says Joshi. “There are only a few situations in which we require an MRI—for example, when we suspect the back pain is a symptom of something more dangerous, such as a tumor or cancer.” Instead, Joshi relies on evaluating each patient in person, conducting an overall exam and asking a series of questions, all of which help him create a more accurate diagnosis.

### HAVE A GAME PLAN

What to do when twinges and throbbing suddenly strike.

+ Ice the affected area. This simple move deadens the nerves that transmit signals to the brain saying, “Ow, this hurts!”
+ Take an OTC anti-inflammatory (such as ibuprofen or naproxen), as long as you have no history of heart disease or ulcers.
+ Resist the urge to stay sedentary. When you sit for long periods of time, your muscles shorten, making it more difficult to move—and oftentimes a whole lot more painful.
+ Contact your PCP if your back pain is severe or accompanied by numbness or tingling anywhere in your body.
+ Avoid the emergency room unless you truly think it’s an emergency. Often all the staff can do is prescribe pain medication and muscle relaxers and tell you to see your doctor.

SOURCES: Anand B. Joshi, MD, and Akhil Chhatre, MD
Unlike creams and rubs that mask the pain, ThermaCare® has patented heat cells that penetrate deep to increase circulation and accelerate healing.

HEAT + RELIEF + HEALING = THERMACARE®
The Proof That It Heals Is You.

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As an avid cyclist who also spends long hours at a computer, I’m no stranger to back pain. That feeling—like a knife twisting in my shoulder and back—makes sleep, work and just plain breathing a challenge. When the first twinge hits, I whip out my foam roller and start kneading the kinks. But you don’t have to take my advice. Here’s what six experts do to avoid problems in the first place.

BY JEANNETTE MONINGER

Mind Your Core
“Most people equate their core with their abs, but it’s much more. Your abs, back, side, pelvic and buttock muscles all work together, enabling you to bend, twist and stand. I like to do standing exercises—such as side and back leg lifts—which can improve posture. Walking, swimming, yoga and Pilates are also great for keeping my middle strong.” —Claudette Lajam, MD, assistant professor of orthopedic surgery, Center for Musculoskeletal Care at NYU Langone Medical Center

Switch Up Your Shoes
“Regularly wearing high heels, as well as ballet flats and flip-flops, can wreak havoc on your feet and back. I alternate my shoe style. For instance, I might wear a kitten heel to work and step out in stylish high heels that night; boots one day, loafers another. When pain begins, I go barefoot to restore normal body mechanics.” —Erika Henry, DC, chiropractor at The Joint Chiropractic, Sandy Springs, GA

Limber Up
“I’ve started doing post-workout stretches for my shoulders, back and lower extremities. For instance, I raise my right arm above my head and bend it at a 90-degree angle. With my left hand, I grab my right elbow and gently pull down for 15 to 30 seconds. I repeat on the other side. It really makes a difference in how my back feels!” —Candy Tefertiller, DPT, director of physical therapy, Craig Hospital, Englewood, CO

Shore Up Your Spine
“I use a lumbar support in the car and an ergonomic office chair. A spine-friendly work station is also key. My feet are on the floor with knees bent at a 90-degree angle, my keyboard is within easy reach, and the monitor is at eye level so I don’t have to strain to see it. This takes tension off my neck, shoulders and back.” —Michael Perry, MD, cofounder and chief medical director, Laser Spine Institute, nationwide

Look on the Bright Side
“Back pain can make you depressed, but studies suggest it works the other way too: Depression can cause painful back and muscle tension. I try to maintain a positive attitude and manage stress by exercising or spending time with loved ones.” —Justin Park, MD, orthopedic surgeon, Maryland Spine Center at Mercy Medical Center, Baltimore

DON’T STOP MOVING
When an old motorcycle injury starts to aggravate his back, Eric Robertson, DPT, a clinical assistant professor of physical therapy at the University of Texas at El Paso, stays active. “It’s so important when you have back pain. Walking is low-impact, so it doesn’t put a lot of pressure on my spine,” he says. “Plus, exercise releases feel-good endorphins that counteract the pain.” A 2011 Swedish study found that back pain sufferers who remained active recovered more quickly and felt less despondent than those who took it easy.

Once you’re up for it, yoga—because of its focus on stretching and strengthening—may actually be your back’s best friend. In a study in Archives of Internal Medicine, 60% of back pain sufferers reported experiencing less pain after doing yoga three times a week for 12 weeks.
Prolia® is a prescription medicine used to treat osteoporosis in women after menopause who:

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

Important Safety Information

Do not take Prolia® if you:

- have low blood calcium; or are pregnant or plan to become pregnant, as Prolia® may harm your unborn baby; or are allergic to denosumab or any ingredients in Prolia®.

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

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

Prolia® can cause serious side effects:

- Serious allergic reactions have happened in people who take Prolia®. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction, including low blood pressure (hypotension); trouble breathing; throat tightness; swelling of your face, lips, or tongue; rash; itching; or hives.
- Low blood calcium (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.
- Take calcium and vitamin D as your doctor tells you to help prevent low blood calcium.

- Severe jaw bone problems (osteonecrosis) may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

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

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

Before taking Prolia®, tell your doctor if you:

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

What are the possible side effects of Prolia®?

It is not known if the use of Prolia® over a long period of time may cause slow healing of broken bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Medication Guide on next page.

To learn more, visit prolia.com.
BRIEF SUMMARY OF MEDICATION GUIDE

Prolia® (PRÓ-lee-a) (denosumab) Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

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

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

Prolia can cause serious side effects including:

- Serious allergic reactions.
- Serious infections.
- Unusual thigh bone fractures.
- Severe jaw bone problems (osteonecrosis).

Prolia may lower the calcium levels in your blood (hypocalcemia).

Prolia can cause serious side effects including:

- Low blood pressure (hypotension)
- Trouble breathing
- Numbness or tingling in your fingers, toes, or around your mouth
- Swelling of your face, lips, or tongue
- Rash
- Itching
- Hives
- Low calcium levels in your blood (hypocalcemia).

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

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth
- Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.

Severe jaw bone problems (osteonecrosis).

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

Unusual thigh bone fractures.

Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh. If you have unusual pain while you are receiving Prolia, it is important to call your doctor right away if you have any of the following:

- Fever or chills
- Skin that looks red or swollen and is hot or tender to touch
- Fever, shortness of breath, cough that will not go away
- Severe abdominal pain
- Frequent or urgent need to urinate or burning feeling when you urinate

Skin problems.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor right away if you have any of the following symptoms of infection:

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

Bone, joint, or muscle pain.

Some people who take Prolia develop severe bone, joint, or muscle pain. Call your doctor right away if you have any of these side effects.

What is Prolia?

Prolia is a prescription medicine used to:

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

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

Who should not take Prolia?

Do not take Prolia if you:

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

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.

Pregnancy Surveillance Program: Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen’s Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.

- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription drugs, vitamins, and herbal supplements. Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

How will I receive Prolia?

Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).

You will receive Prolia 1 time every 6 months.

You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.

If you miss a dose of Prolia, you should receive your injection as soon as you can.

Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.

Tell your dentist that you are receiving Prolia before you have dental work.

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

- See “What is the most important information I should know about Prolia?”

It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

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

- Back pain
- Pain in your arms and legs
- High cholesterol
- Muscle pain
- Bladder infection

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

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

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

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

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

Keep Prolia and all medicines out of reach of children.

General information about Prolia

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

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

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

What are the ingredients in Prolia?

Active ingredient: denosumab

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

When twinges of lower back pain sent me to the doctor a few years ago, I was disappointed to hear running was the culprit. As a working mom of two, pounding the pavement has helped me stay in shape and preserve my sanity. "Unfortunately, running's repetitive impact can put a great deal of stress on the disks of your spine, which act as shock absorbers," says orthopedic spine specialist Michael Gleiber, MD, a spokesperson for the American Academy of Orthopaedic Surgeons. I still run, although these days I wear orthotics and spend much more time stretching. But my half-marathon passion isn't the only habit I have to watch out for. These other unexpected hazards can also land you on the sidelines of life.

By Michele Bender

Back-Breaker #1
Your pillows.
Propping your head on several cushions may be comfy, but it's catastrophic for your spine. "Using multiple pillows, whether firm or fluffy, lifts your neck to a stressful angle and prevents the area from relaxing," says NYC chiropractor Todd Sinett, DC, author of 3 Weeks to a Better Back. "The neck is the top of the spine and nerves exiting it can cause both upper and lower back pain." Your neck also helps support your head (about the same weight as a bowling ball), so any misalignment can easily lead to aches. Opt for one pillow when you hit the sack.

Back-Breaker #2
Your diet.
Based on his clinical experience, Sinett finds that one-third of back pain is caused by structural issues and another third by stress. The last third, he says, is about what you put in your mouth. "Your digestive system and your muscular system are interconnected," he explains. "So diets high in sugar, caffeine and alcohol impact the muscles supporting your back by elevating cortisol levels and causing inflammation, which can lead to pain." Food sensitivities and food allergies can create similar reactions, says Sinett, who notes that Crohn's disease, colitis and irritable bowel syndrome sufferers have a higher rate of back pain than the general population.

Back-Breaker #3
Your form.
Building a strong core helps support your spine—but only if you're performing the right exercises properly. "Full sit-ups, for example, use more of your hip muscles rather than the abs you want to work," explains Anthony D'Angelo, MS PT, ATC, CSCS, partner and vice president of clinical operations at Professional Physical Therapy in NYC. "For those who lack experience, the directional changes involved in some kettle bell exercises—coupled with any breaks in your technique—can lead to muscle strains, herniated disks and more," he adds. Be sure to have an expert show you proper form so you can lower your risk of injury.

Back-Breaker #4
Your cell phone.
Constantly looking down at our tablets or smartphones isn't good for us for many reasons. Yet most of us do it throughout the day. "Every 10 degrees that your neck is bent forward and down—what we do when texting or reading messages—increases the strain on your neck by 10 pounds," says Sinett. Think of it another way: If your head is bent forward 60 degrees, you're putting 60 pounds of pressure on your neck (which leads to what experts now call "text neck") as well as impacting your spine. "It's better to hold your device out in front of you at eye level. That way you'll keep your head up while texting," suggests Sinett.

Nearly 1 in 3 American adults report they have experienced low back pain in the past three months.

Beware of Pain That Won't Go Away
Any ache that persists after several days of rest should be checked by an MD. "If you also notice changes in your bowel or bladder habits (such as incontinence), numbness, tingling and radiating pain into your legs, or fever, sweats and chills, seek immediate medical attention," cautions Gleiber.
Want **Powerful** Cold and Flu Symptom Relief?

Get **Coricidin® HBP**

**Coricidin® HBP**, from the heart health experts at BAYER, is the only cold brand specially formulated for High Blood Pressure sufferers to relieve tough cold symptoms without raising your blood pressure.

**Coricidin® HBP. POWERFUL COLD MEDICINE WITH A HEART.**

S. Epatha Merkerson
Actor and Coricidin® HBP User

Coricidin® HBP, product of Bayer HealthCare, is a proud sponsor of the American Heart Association High Blood Pressure Web content area.
Survivor secrets for preventing, managing and overcoming the number one health threat to women. BY RENÉE BACHER

People say, “You don’t know what you don’t know.” But the American Heart Association does. While many of us claim to be aware that heart disease is the number one killer of Americans, only 56% of women realize it’s such a significant menace. What’s more, we often aren’t familiar with the condition’s risk factors (from carrying around excess pounds to having an autoimmune disease like rheumatoid arthritis). Or the fact that it can strike without any previous symptoms. But knowledge—like the details shared by the following four women who brought their hearts back from the brink—can help you protect the most important muscle in your body.
NEFERTARI A. NELSON, 42
WILLINGBORO, NEW JERSEY
If she could travel back in time to a scary night nearly eight years ago, Nefertari would change one thing: She’d go to a different hospital. “Women should know which hospital closest to their home has the best cardiac unit,” says Nefertari. “That wasn’t my first stop.”

That night, while nine months pregnant with her fifth child, Nefertari began to feel tremendous pressure on her chest. A tear had formed in one of the vessels carrying blood to her heart. The emergency condition, called SCAD (spontaneous coronary artery dissection), was followed by hours of agonizing pain. What’s more, it led to a heart attack and cardiomyopathy, a disorder that occurs when your heart muscle becomes enlarged and rigid. The morning after she arrived at the first hospital, a cardiologist saw her and then sent her by helicopter to the Hospital of the University of Pennsylvania, where she delivered her baby, was given meds to stabilize her heart function, and had her coronary artery repaired with stents. Doctors later implanted a defibrillator in her chest to normalize her heart rhythm and prevent sudden cardiac arrest.

Experts aren’t sure what causes SCAD, but research shows 80% of those affected are female, the average age of onset is 42 and one-fifth of cases occur in the days before and after childbirth. Extreme physical exertion and high levels of emotional stress are also associated with the condition. Once symptoms begin (such as pain in your chest, arm, shoulder or jaw; rapid heartbeat; shortness of breath), it’s critical to get to a hospital quickly.

Nefertari’s baby is now 7 years old and doing well. And so is she. Although her health status is considered critical but stable, the dating website producer and jewelry maker is able to engage in many everyday activities like driving and gentle yoga. Most important, she can take good care of her children—all of whom she’s had screened for heart disease.

HILORY WAGNER, 51
GLASTONBURY, CONNECTICUT
A roller-coaster ride. Falling in love. Plenty of fun things can make your heart skip a beat. So for years, Hilory didn’t think much of having that feeling now and then. However, in March 2011, she began to sense heart palpitations all the time. “It was hard to breathe,” says the communications manager and mom of two. “I was lightheaded and always exhausted.”

Hilory made an appointment with her doctor and after an EKG, she was diagnosed with premature ventricular contractions (PVCs), a condition in which extra beats disrupt the heart’s regular rhythm. Wearing a 24-hour monitor revealed that Hilory’s heart was actually clocking an extra 15,000 beats per day.

It took work—trying different medications and finding the right MD (an arrhythmia specialist)—to put Hilory’s heart at ease. The specialist suggested cardiac ablation, a procedure that destroys the tissue in the heart responsible for triggering an abnormal rhythm. Hilory had the procedure four months after her symptoms had become extreme and ongoing, and the PVCs stopped that day. “I had to see a lot of doctors and be proactive to get the treatment that fixed me,” says Hilory, who once went to the ER convinced her heart was about to stop. “Persistence is difficult when you feel so sick, but it’s essential.”

“Cardiac rehab saves lives, improves your functionality and shouldn’t be missed.”

—Joel Kahn, MD, author of The Whole Heart Solution

Diane Harrington, 52
Madison, Wisconsin
Four years ago, while on vacation in Michigan, Diane was reading a book on her iPhone. As she swiped to turn the page, she suddenly felt as if someone were squeezing the inside of her elbow. The pressure became more intense and she started to
Steady
Contains 15g of protein to help manage hunger.

Glucerna Hunger Smart® has CARBSTEADY®, clinically proven to help minimize blood sugar spikes.†

* Among doctors who recommend nutritional products to patients with diabetes.
† Compared to high-glycemic carbohydrates.
Use under medical supervision as part of a diabetes management plan.
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Photo: courtesy of Sarah Sweatt Orsborn.

IN YOUR 30s
Prevention is key. A healthy, plant-rich diet and daily exercise are critical to limiting cardiac risk. Raising children, work and family obligations may make you want to cut back on pillow time to get more done, but sleep is also important to heart health—aim for at least seven hours a night.

IN YOUR 40s
Metabolism slows, so watch the size of your waistline and stay on top of your blood sugar, blood pressure, cholesterol levels and inflammatory markers (like C-reactive protein). By the time a woman reaches age 45, her lifetime risk for cardiovascular disease has hit 55%, and black women are at higher risk for death.

IN YOUR 50s
When menopause occurs, women must carefully discuss with their doctor the risks and benefits of hormone therapy, taking into consideration their personal and family health histories and lifestyle. If you haven’t been exercising, you may need a physical and a stress test first. Some doctors also suggest a calcium heart score by CT scan to see whether heart disease is silently creeping up on you.

IN YOUR 60s AND BEYOND
This is when the hard work of prevention pays off. But still be on guard: Women are at their highest risk for developing a common heart rhythm problem called atrial fibrillation, which can lead to heart attack and stroke. No matter what your family and health history, talk to your MD about your risk.

SOURCES: Kevin R. Campbell, MD; Michael S. Fenster, MD; and Joel Kain, MD.

“...I know my body the healthiest diet I can is the best way to take care of it, since I know my heart works extra hard.”

—Kevin R. Campbell, MD, author of Women and Cardiovascular Disease

SARAH SWEATT ORSBORN, 31
LITTLE ROCK, ARKANSAS
Three days after Sarah gave birth to her twin daughters by C-section, she went into congestive heart failure. She awoke, terrified, in intensive care with a tube down her throat. The cause was peripartum cardiomyopathy, a disorder that can develop during or soon after pregnancy in which the heart becomes weak and enlarged and can’t pump effectively.

Sarah knew she had one of the risk factors for peripartum cardiomyopathy: a pregnancy with multiples. But it wasn’t until she had an MRI that she learned a congenital heart defect made her heart pump poorly. It turns out that the flutters Sarah had experienced in her chest throughout her life, along with regular fatigue and an intense preference for reading and writing over exercise, weren’t normal—extensive surgery than anticipated.

While Diane has felt good for the past few years, she admits she’s struggled to exercise and eat right. “I make an effort to grab the carrots instead of the potato chips,” she says, but because her 19-year-old son and her husband like junk food, it’s always around, tempting her. Experts suggest a health coach could empower her to improve her lifestyle.

“A good one can help you understand and reduce self-destructive habits as well as set and accomplish goals,” says cardiologist Cynthia Thaik, MD, author of Your Vibrant Heart: Restoring Health, Strength & Spirit from the Body’s Core. She also strongly recommends that Diane learn stress management tools (like meditation) to help guide her toward lasting positive results.
The accumulation of surplus fat is a consequence of aging. The reason for this unwanted weight gain, however, has only recently been discovered.

Each of our cells contains an enzyme called “A-M-P-K”. When AMPK is activated, cells stop storing fat and start burning accumulated fat.

**Dramatic Impact of AMPK Activation**

For the first time, scientists have discovered two nutrients that markedly increase AMPK activity. Clinical studies in humans using these AMPK-activating nutrients reveal profound weight loss effects.

But will these nutrients produce the same fat-shedding effects outside a clinical testing environment? Our opinion is a resounding NO!

Many people consume so many excess calories and get so little physical activity that it is not possible to achieve meaningful weight loss with just a pill. That being said, if you are trying to lose weight and do not take steps to boost your AMPK activity, you will almost certainly fail.

**Activate Your AMPK without Starving**

For the first time, those who are serious about weight control can boost their AMPK activity and give themselves a fighting chance of achieving meaningful weight control in response to a reduction in calorie intake and increase in physical activity.

The dual-extract AMPK Activator formula contains the two identical natural compounds that have been shown to promote AMPK activity and facilitate healthy body weight. Don’t waste another moment: Try AMPK Activator today!

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FREE Shipping & Handling*

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Offer expires February 29, 2016.

*Free Standard Shipping (regularly $5.50) in the U.S., includes Alaska and Hawaii. This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

NOTE: If you have any doubt about the impact of AMPK on health, longevity, and body weight, just type in “AMPK” into Google. You’ll see thousands of studies that describe its wide-ranging beneficial properties.

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Item #01907 • Non-GMO.
Romance Rules
If you want to let your guy know how much he means to you, put it in writing. You’re more likely to experience romantic feelings and include positive language when sending an email or text, compared to leaving a voicemail. “People tend to believe technology is bad for communicating emotion, but we found the opposite,” says Taylor Wells, PhD, lead study author and assistant professor at California State University, Sacramento. “We think this effect comes from the ability to edit written messages and check that they say what you mean.”

When crafting a love letter for your partner, don’t be afraid to wax poetic with a flowery compliment or two (heart emojis optional).

### SMALL SWAPS, **BIG SAVINGS**
Simple ways to cut calories without sacrificing flavor.

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<th>YOU’LL SAVE...</th>
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<td><strong>BREAKFAST</strong></td>
<td><strong>½ whole wheat bagel or 1 thin whole wheat bagel + 1 tbsp peanut butter</strong>&lt;br&gt;<strong>OUR FAVORITES:</strong> Thomas’ 100% Whole Wheat Bagels and Bagel Thins, Smucker’s Natural Peanut Butter</td>
<td><strong>140 to 150 calories</strong>&lt;br&gt;<strong>BONUS:</strong> Choosing nut butter instead of cream cheese adds protein and potassium, while cutting carbs lowers sugar intake by almost 4 grams.</td>
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<td>1 plain bagel + 1 tbsp full-fat cream cheese</td>
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<td><strong>LUNCH</strong></td>
<td><strong>1 cup legume-based soup, such as black bean</strong>&lt;br&gt;<strong>OUR FAVORITE:</strong> Amy’s Organic Black Bean Vegetable Soup</td>
<td><strong>110 calories</strong>&lt;br&gt;<strong>BONUS:</strong> Beans bring lots of fiber, protein and nutrients that fight chronic disease. Plus, avoiding heavy cream eliminates nearly 18 grams of fat.</td>
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<td>1 cup creamy soup, such as broccoli</td>
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<tr>
<td><strong>DINNER</strong></td>
<td><strong>1 cup whole grain spaghetti + 4 scallops + ½ cup marinara sauce</strong>&lt;br&gt;<strong>OUR FAVORITES:</strong> Barilla Whole Grain Spaghetti, Whole Foods Whole Catch Sea Scallops, Classico Cabernet Marinara with Herbs</td>
<td><strong>140 calories</strong>&lt;br&gt;<strong>BONUS:</strong> The seafood provides protein and omega-3 fatty acids that boost brain and heart health. Switching from meat to marinara sauce also reduces fat by 2 grams and sugar by 4 grams.</td>
</tr>
<tr>
<td>2 cups regular spaghetti + ½ cup meat sauce</td>
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</tbody>
</table>

SOURCE: Isabel Maples, RDN, spokesperson for the Academy of Nutrition and Dietetics
MANY SLEEP-AIDS HAVE PAIN MEDICINE. ZZZQUIL DOESN’T.

THE NON-HABIT FORMING SLEEP-AID THAT’S NOT FOR PAIN, JUST FOR SLEEP.

**HEALTH / WELL-BEING**

**Smile Brighter**

Don’t cover dental drama with lipstick or whitener. Visit your dentist if you spot these warning signs.

- **Chapped or cracked lips** aren’t just brought on by cold weather—they can also be a sign of dry mouth. This occurs when you’re not producing enough saliva, a natural protectant against cavities. Certain meds, including antihistamines, decongestants and muscle relaxers, contribute to the problem.

- **A white patch or red sore on the inside of your cheek**—such as a canker sore or bite—that lasts more than five days may be the result of an allergic reaction or a virus, or it could be one of several signs you have oral cancer (even if it’s painless).

- **If your teeth** look unusually yellow and you’ve been brushing regularly, it may mean you have acid reflux, which causes stomach acid to erode enamel. Worn down, cracked or misaligned chompers may result from grinding, which often occurs in those with anxiety.

- **Symptoms of gum disease** (linked to poor heart health and diabetes) include bleeding, red, swollen or receding gums, and bad breath. Daily flossing reduces your chances of gum-disease-related tooth loss.

- **A fungal infection called thrush** can create a visible white film that’s easy to wipe off on your tongue, the inside of your cheeks or your gums. Antibiotics, birth control pills and diabetes may increase your risk, though simply brushing twice and flossing once daily can help you avoid it.

**SOURCE:** Ruchi Sahota, DDS, spokesperson for the American Dental Association

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**SICK LEAVE //** A serious case of the sniffles shouldn’t put the kibosh on your Valentine’s Day date—or any other plans. Yet 37% of U.S. adults have had to skip events (from birthday parties to work meetings) due to flu-like symptoms, according to a CVS/pharmacy survey by Harris Poll. Ride out the flu season sickness-free by sleeping at least seven hours a night, taking a daily multivitamin (in addition to maintaining a healthy diet) and exercising. These strategies strengthen your immune system so you can let the good times roll.
I'VE NEVER UNDERSTOOD WHY MY HUMAN WON'T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE'S AFRAID OF GETTING LOST. BUT IT'S OK, I KIND OF LIKE SHOWING HER AROUND.

— HARPER
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#LOVEYOURBREAD
IN A STEW

Take the chill off with six hearty dinners from your stovetop, slow cooker and pressure cooker.

BY JULIE MILTENBERGER • PHOTOGRAPHY BY CON POULOS
ON THE SIDE
PUMPKIN SAGE SCONES

SAUSAGE, KALE AND TORTELLINI STEW
Lone Star Beef Chili

MAKES 6 servings
PREP 20 minutes
COOK 1 hour, 49 minutes

6 oz thick-cut bacon, diced
1½ lbs beef chuck for stew
½ cup chili powder
1 tsp ground cumin
½ tsp salt
¼ tsp black pepper
1 large yellow onion, diced
1 green pepper, cored and diced
2 sweet red peppers, cored and diced

3 cloves garlic, chopped
1 can (28 oz) crushed tomatoes
Sour cream
Sliced scallions

Return bacon to pot along with onion, peppers and garlic. Cook 5 minutes, stirring frequently. Add crushed tomatoes and 2 cups water. Bring to a simmer and reduce heat to medium-low. Partially cover pot and continue to cook for another 1½ hours, stirring occasionally and adjusting temperature as needed so chili doesn’t burn.

Uncover and stir. Serve topped with sour cream and scallions.

PER SERVING 489 CAL: 25 g FAT (10 g SAT); 50 g PRO; 5 g FIBER; 1,120 mg SODIUM; 45 mg CHOL

Sausage, Kale and Tortellini Stew

MAKES 8 servings
PREP 15 minutes COOK 30 minutes

2 tbsp olive oil
1 lb sausage, casings removed
1 medium onion, sliced
3 cloves garlic, sliced
¼ tsp Italian seasoning
8 cups packed chopped kale
4 cups reduced-sodium chicken broth
1 pkg (20 oz) refrigerated cheese tortellini
½ cup all-purpose flour
1 can (15 oz) small white beans or pink beans, drained and rinsed

In a very large stockpot, heat oil over medium-high to high heat. Crumble in sausage and cook, 6 to 7 minutes, until browned, stirring occasionally. Add onion, garlic and Italian seasoning; reduce heat to medium and cook 4 minutes.

Stir in kale and chicken broth. Cover and cook 8 minutes. Add 4 cups water, cover and bring to a boil over high heat, about 5 minutes. Add tortellini. Cook, covered, 3 minutes.

Meanwhile, whisk flour with ½ cup water. Add to pot and cook 3 minutes more, until slightly thickened. Stir in beans and heat through.

PER SERVING 453 CAL: 17 g FAT (6 g SAT); 24 g PRO; 57 g CARB; 7 g FIBER; 1,097 mg SODIUM; 45 mg CHOL

ON THE SIDE

Pumpkin Sage Scones

MAKES 8 scones
PREP 15 minutes
BAKE at 425° for 20 minutes

In a small bowl, blend 1¼ cups all-purpose flour, 1 tbsp baking powder, ½ tsp salt and ⅛ tsp cayenne. In a large bowl, blend ⅛ cup solid pack pumpkin, ¼ cup shredded Asiago cheese, ¼ cup melted butter, 1 large egg and 1 tbsp chopped fresh sage. Fold flour mixture into pumpkin mixture and turn out onto a well-floured piece of parchment paper. Pat into a 7- to 8-inch circle and, with a greased knife, cut into 8 wedges (leave wedges touching). Bake at 425° for 20 minutes, until dry to the touch.

PER SCONE 209 CAL: 10 g FAT (6 g SAT); 6 g PRO; 23 g CARB; 2 g FIBER; 408 mg SODIUM; 48 mg CHOL

Cornmeal Biscuits

MAKES 10 biscuits
PREP 15 minutes
BAKE at 425° for 20 minutes

In a large bowl, blend 2 cups all-purpose flour, ¼ cup cornmeal, 2 tbsp sugar, 2½ tsp baking powder, 1 tsp salt and ⅛ tsp baking soda. Pour 1 tbsp white vinegar into a measuring cup and add enough milk to equal 1 cup. With a pastry cutter, cut ⅛ cup shortening into flour mixture until the size of small peas. Add milk mixture and stir until dough comes together. Turn out onto counter and cut into 15 small biscuits as possible. Bake at 425° for 18 to 20 minutes.

PER BISCUIT 275 CAL: 14 g FAT (4 g SAT); 4 g PRO; 32 g CARB; 2 g FIBER; 374 mg SODIUM; 2 mg CHOL

familycircle.com

For more than 200 savory supper recipes—like Peanut Chicken Stew and Winter Veggie Bisque—visit familycircle.com/savorystews.
Uncover and scoop out ¾ cup of the sweet potatoes and ½ cup of the cooking liquid. Mash potatoes with broth until smooth and gently stir back into slow cooker.

Serve garnished with cilantro.

PER SERVING
413 CAL; 16 g FAT (12 g SAT); 11 g PRO; 61 g CARB; 11 g FIBER; 650 mg SODIUM; 0 mg CHOL

**Lentil-Quinoa Stew**

*MAKES* 6 servings

*PREP* 15 minutes  *SLOW COOK* on HIGH for 3 hours or LOW for 5 hours

1½ lbs boneless country-style pork ribs

1½ tsp garam masala spice blend

1 tsp salt

1 cup black beluga or French green lentils (see Tip)

¾ cup red quinoa

3 medium carrots, peeled and diced

2 ribs celery, diced

½ red onion, sliced

2 cloves garlic, chopped

2 cups chicken broth

2 cups boiling water

¼ cup chopped parsley

¼ cup chopped mint

Plain Greek yogurt, for serving

Lemon wedges, for serving

Rub pork with 1 tsp of the garam masala and ½ tsp of the salt and place in a slow cooker. Top with lentils, quinoa, carrots, celery, onion, garlic and remaining ½ tsp garam masala. Pour in broth and boiling water; cover and cook on HIGH for 3 hours or LOW for 5 hours.

Uncover stew and remove pork, using tongs. Shred or chop into bite-size pieces. Stir back into slow cooker, along with remaining ½ tsp salt, the parsley and mint. Scrape into bowls and serve with a spoonful of yogurt and a lemon wedge.

PER SERVING
435 CAL; 17 g FAT (6 g SAT); 31 g PRO; 39 g CARB; 8 g FIBER; 790 mg SODIUM; 78 mg CHOL

---

**Ricotta Onion Muffins**

*MAKES* 12 muffins  *PREP* 10 minutes  *BAKE* at 375° for 20 minutes

In a medium bowl, whisk 2 cups all-purpose flour, 1 tbsp baking powder, 1 tsp salt and ½ tsp black pepper. In a medium skillet, melt ¾ cup unsalted butter over medium heat. Add 2 minced small shallots and cook 2 minutes. Remove from heat and scrape shallots and butter into a large bowl. Stir in 1 cup milk, ¼ cup ricotta, 1 large egg and 3 tbsp snipped fresh chives. Stir in flour mixture and spoon into 12 greased square or traditional standard-size muffin cups (¼ cup batter in each). Bake at 375° for 20 minutes.

PER MUFFIN
160 CAL; 7 g FAT (4 g SAT); 5 g PRO; 19 g CARB; 1 g FIBER; 323 mg SODIUM; 36 mg CHOL

---

Tip: Look for black beluga or French green (de Puy) lentils at health food stores, or order online from amazon.com. They maintain their shape when cooked, while the widely available brown and red varieties will-melt or dissolve into the cooking liquid.
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**Gumbo**

**MAKES** 8 servings **PREP** 15 minutes **PRESSURE COOK** 24 minutes

- 3 tbsp vegetable oil
- 1 pkg (12 oz) fully cooked andouille sausage, sliced into coins
- 1½ lbs boneless, skinless chicken thighs, cut into 1-inch pieces
- 3 tbsp all-purpose flour
- 1 medium onion, diced
- 3 ribs celery, trimmed and sliced
- 4 cloves garlic, chopped
- 1 can (14 oz) Del Monte petite cut diced tomatoes with zesty jalapeños
- 2 cups chicken broth
- 1 cup uncooked white rice

8 oz (2 cups) frozen sliced okra, thawed

1/4 tsp salt

- In a pressure cooker, heat 2 tbsp of the oil over medium-high heat. Add sausage and cook 2 minutes. Remove to a bowl with a slotted spoon.

- Add chicken to pot and cook 5 minutes, turning frequently. Remove to bowl with sausage. Add remaining 1 tbsp oil and reduce heat to medium. Sprinkle in flour and cook 4 minutes.

- Stir in onion, celery and garlic and cook, stirring, 4 minutes. Add chicken, sausage, tomatoes, broth, 4 cups water, rice, okra

and salt, scraping bottom of pot to release browned bits. Seal cooker and bring up to pressure. Cook under pressure 6 minutes. Carefully release pressure and uncover. Return to heat and simmer 3 minutes.

**Classic method:** Follow directions through second step, switching to a large stockpot. Follow third step, cooking onion, celery and garlic. Stir in tomatoes, broth, 4 cups water, rice, chicken and sausage; reserve okra. Cover, bring to a simmer and cook 15 to 20 minutes, until rice is tender. Uncover and stir in okra and salt. Simmer 5 minutes.

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**German Cider Chicken**

**MAKES** 6 servings **PREP** 20 minutes **PRESSURE COOK** 21 minutes

- 3 tbsp unsalted butter
- 1¾ lbs boneless, skinless chicken breasts, diced
- 1 tsp salt
- 1 medium onion, sliced
- 3 tbsp all-purpose flour
- 1½ cups apple cider or juice
- ½ medium head green cabbage, diced
- 1 Granny Smith apple, cored and sliced into half-moons
- 1½ tsp caraway seeds
- ¼ tsp black pepper
- ½ cup heavy cream
- 1 tbsp Dijon mustard
- 1 bag (12 oz) wide egg noodles, cooked

- In a pressure cooker, melt butter over medium-high heat. Season chicken with ½ tsp of the salt and brown 3 minutes. Remove with a slotted spoon and add onion. Cook 3 minutes and sprinkle with 2 tbsp of the flour. Add cider, cabbage, apple, caraway seeds, remaining ½ tsp salt and pepper. Seal cooker and bring up to pressure. Once pressure is reached, cook 10 minutes.

- Carefully release pressure and stir chicken back into pot. In a small bowl, whisk heavy cream, mustard and remaining 1 tbsp flour. Add to pot and cook 5 minutes, until slightly thickened. Serve over noodles.

**Classic method:** Follow through first step, switching to a large stockpot. Cover and simmer over medium for 25 minutes, stirring occasionally, until cabbage is tender. Continue with second step.

---

**PER SERVING**

**Gumbo**

- 380 CAL
- 17 g FAT
- 26 g PRO
- 29 g CARB
- 2 g FIBER
- 830 mg SODIUM
- 102 mg CHOL

**German Cider Chicken**

- 591 CAL
- 19 g FAT
- 39 g PRO
- 62 g CARB
- 6 g FIBER
- 553 mg SODIUM
- 209 mg CHOL

With new, improved safety valves, a pressure cooker can be your best friend when it comes to getting dinner on the table fast. Stews cook up in as little as half an hour, rice in about 5 minutes and unsoaked beans in 20. We like the 8-quart Fagor Duo ($110) and the 6-quart Fagor Elite ($69; both available at Macy’s and amazon.com).
Jenny Flake of Picky Palate created this recipe by putting together a few of her children’s favorite things. Now it’s a staple around her table that brings the whole family together. Recipes taste better with stories behind them. 

see more at jimmydean.com/familytable.

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Jenny’s Cheesy Stuffed Sausage Pasta Bake

Cheesy Stuffed Sausage Pasta Bake

**Prep Time:** 15 minutes  **Bake Time:** 30 minutes  **Makes:** 8 Servings

**Ingredients:**
- 1 lb rigatoni or penne pasta
- 1 lb Jimmy Dean® Regular Flavor Pork Sausage Roll
- 1 jar (24 oz) spaghetti sauce
- 2 tsp dried Italian seasoning
- 1/4 tsp salt
- 1 container (15 oz) ricotta cheese
- 2 cups (8 oz) shredded mozzarella cheese, divided
- 3 tsp grated Parmesan cheese
- 2 tsp chopped fresh parsley, optional

**Directions:**
1. Preheat oven to 350°F. Cook pasta and remove from heat 1 min. before suggested cook time. Drain and set aside.
2. Cook and stir sausage in large skillet over med-high heat 8-10 minutes or until thoroughly cooked. Drain and return to skillet. Stir in sauce, Italian seasoning, salt and cooked pasta. Layer half of pasta mixture in a greased 13x9-inch baking dish.
3. Add ricotta and 1 cup of mozzarella and Parmesan cheese. Spread over pasta. Top with remaining pasta and mozzarella cheese. Sprinkle with parsley.
4. Bake for 30 mins or until hot and cheese is melted.

JENNY FLAKE OF PICKY PALATE CREDITED THIS RECIPE BY PUTTING TOGETHER A FEW OF HER CHILDREN’S FAVORITE THINGS. NOW IT'S A STAPLE AROUND HER TABLE THAT BRINGS THE WHOLE FAMILY TOGETHER.

RECIPE TASTE BETTER WITH STORIES BEHIND THEM. 
SEE MORE AT JIMMYDEAN.COM/FAMILYTABLE.
1. Grilled Shrimp Souvlaki

**MAKES** 6 servings
**PREP** 20 minutes  **MARINATE** 15 minutes  **GRILL OR BROIL** 4 minutes

**MARINADE**
- 2 tbsp red wine vinegar
- 1 tsp Dijon mustard
- ⅛ tsp salt
- ⅛ tsp black pepper
- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp chopped dill

**SOUVLAKI**
- 1 lb large shrimp, peeled and deveined
- 12 mini pitas, warmed
- Yogurt Sauce (recipe follows)

**SOUVLAKI**

Marinate. In a small bowl, combine vinegar, mustard, salt and pepper. Gradually whisk in olive oil; stir in lemon juice and dill.

Souvlaki. Place shrimp in a resealable plastic bag with 3 tbsp of the marinade; shake to coat. Refrigerate 15 minutes.

Grill or broil shrimp 2 minutes per side.

On each pita, place about 2 tbsp Yogurt Sauce and a few shrimp. Add lettuce, onion and tomato. Drizzle remaining dressing over each souvlaki.

**YOGURT SAUCE**

Combine 1½ cups fat-free plain Greek yogurt, ½ peeled chopped cucumber, 2 tbsp

**PER SERVING** 324 CAL; 9 g FAT (1 g SAT); 22 g PRO; 39 g CARB; 2 g FIBER; 801 mg SODIUM; 91 mg CHOL

YOU’LL GET HOOKED ON QUICK AND EASY SEAFOOD SUPPERS.

BY MICHAEL TYRRELL  PHOTOGRAPHY BY ROMULO YANES
chopped dill, 2 tsp lemon juice and ¼ tsp salt.

CRISPY OVEN FRIES
Cut 2 lbs baking potatoes into 1-inch wedges. Toss with 2 tbsp olive oil and ¼ tsp each salt and pepper. Bake at 450° for 15 to 20 minutes until tender and browned, turning once. Broil 3 minutes.

Folds. Twist the ends to seal.

Arrange packets on a large rimmed baking sheet and bake at 425° for 13 minutes. Turn, baste with marinade and bake an additional 5 minutes. Prepare couscous following package directions, using broth and marjoram. Season with ¼ tsp of the salt. Sprinkle kabobs with remaining ¼ tsp salt and serve with couscous.

Go to familycircle.com/parchmentfolding for a video on making Pesto-Baked Halibut.

MACAROON PIE

CRISPY OVEN FRIES
Cut 2 lbs baking potatoes into 1-inch wedges. Toss with 2 tbsp olive oil and ¼ tsp each salt and pepper. Bake at 450° for 15 to 20 minutes until tender and browned, turning once. Broil 3 minutes.

Food styling: Cyd McDowell. Prop styling: Megan Hedgpeth.
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5. Tuna and Grape Tomato Sauce with Olive Oil Whipped Potatoes

MAKES 4 servings  PREP 15 minutes  COOK 15 minutes

1½ lbs Yukon gold potatoes, peeled and quartered
2 tbsp unsalted butter, softened
¼ cup olive oil
1 tsp salt
¼ tsp black pepper
2 cups grape tomatoes, halved
1 can (8 oz) reduced-sodium tomato sauce
3 cloves garlic, chopped
1 tbsp capers
½ tsp dried oregano
½ tsp red pepper flakes
4 tuna steaks, about 1 inch thick (5 oz each)

Lemon wedges, for serving

Place potatoes in a medium saucepan; cover with lightly salted cold water. Bring to a boil, reduce heat and simmer 15 minutes or until fork-tender. Drain. Add butter and gradually whip in olive oil with an electric mixer. Season with ½ tsp of the salt and the pepper.

Meanwhile, combine tomatoes, tomato sauce, garlic, capers, oregano, red pepper flakes and remaining ½ tsp salt in a 12 x 8 x 2-inch microwave-safe baking dish. Microwave, uncovered, on high for 5 minutes.

Add tuna; turn to coat and spoon some sauce over the top. Cover with microwave-safe plastic wrap, venting slightly at one corner. Microwave on high for 4 minutes.

Rotate pan. Uncover and flip fish over. Spoon some sauce on top of fish. Re-cover, vent and microwave on high for 4 minutes. Let stand, covered, for 10 minutes before serving.

PER SERVING 495 CAL; 20 g FAT (6g SAT); 40 g PRO; 39 g CARB; 4 g FIBER; 740 mg SODIUM; 71 mg CHOL

6. Seared Salmon with Citrus Romaine Salad

MAKES 4 servings  PREP 20 minutes  COOK 8 minutes

2 oranges, peeled and sectioned
2 grapefruit, peeled and sectioned
2 tbsp orange juice
2 tbsp grapefruit juice
2 tbsp grapeseed oil
2 tsp honey
¼ tsp salt
⅛ tsp plus ¼ tsp black pepper
1 lb salmon fillet, cut into 4 pieces
2 romaine lettuce hearts, cut into bite-size pieces
1 avocado, peeled and sliced
2 scallions, thinly sliced
Everything-flavored flatbreads (optional)

Refrigerate citrus sections until assembling salad. In a small bowl, whisk orange juice, grapefruit juice, grapeseed oil, honey and ⅛ tsp each of the salt and pepper. Set aside.

Heat a nonstick skillet over medium-high heat. Season skinned side of salmon with ¼ tsp each of the salt and pepper. Place skin side down in skillet and cook 3 to 4 minutes, until nicely seared. Turn fish and cook an additional 4 minutes or until cooked through. Remove to a plate.

In a large bowl, toss lettuce with 4 tbsp of the dressing. Add citrus sections, avocado slices and scallions. Toss gently.

Serve salmon over salad and drizzle with remaining dressing. Sprinkle remaining salt over salad. Serve with flatbreads, if desired.

PER SERVING 451 CAL; 22 g FAT (3 g SAT); 30 g PRO; 35 g CARB; 15 g FIBER; 365 mg SODIUM; 72 mg CHOL

*See pouch for complete nutritional information.

Try all 10 varieties
BLiNG OuT YoUR BROWNIES

2 RECIPES

12 TREATS

BY MELISSA KNIFIC

PHOTOGRAPHY BY YUNHEE KIM
BROWNIES

BASIC RECIPE

MAKES 16 servings. PREP 10 minutes. BAKE at 350° for 25 minutes.

¾ cup all-purpose flour
¾ cup unsweetened cocoa powder
¼ tsp baking powder
¼ tsp salt
1 stick (½ cup) unsalted butter, softened
1 cup sugar
2 eggs
1 tsp vanilla extract

Transfer to prepared pan and spread evenly. Bake at 350° for 22 to 25 minutes, until a toothpick inserted in center comes out clean. Cool 10 minutes, then lift brownie in foil, place on a wire rack and cool completely.

TRIPLE MINT

Fold 1¼ cups chopped mint Oreos into batter. Scatter ¼ cup more chopped mint Oreos on top. Bake as directed. Top with reserved 2 tbsp Andes mints.

PER BAR 230 CAL; 12 g FAT (9 g SAT); 3 g PRO; 38 g CARB; 2 g FIBER; 105 g SODIUM; 40 g CHOL

CHOCOLATE-COVERED STRAWBERRY

Reduce sugar to ½ cup; add ½ cup strawberry jam to wet ingredients. From a 1 oz bag of freeze-dried strawberries, chopped, set aside ¼ cup. Fold the rest into batter. To prepare frosting, beat ¼ cups confectioners’ sugar, ¼ cup cocoa powder, 3 tbsp heavy cream and 2 tbsp strawberry jam with a hand mixer in a bowl. Frost, then scatter reserved ¼ cup chopped freeze-dried strawberries on top.

PER BAR 220 CAL; 9 g FAT (6 g SAT); 3 g PRO; 35 g CARB; 2 g FIBER; 55 g SODIUM; 40 g CHOL

S’MORES

Fold 1 cup mini marshmallows and 1½ cups roughly chopped grahams crackers into batter. Scatter ¼ cup each mini marshmallows and chopped grahams crackers on top before baking.

PER BAR 210 CAL; 7 g FAT (4 g SAT); 2 g PRO; 24 g CARB; 2 g FIBER; 70 g SODIUM; 40 g CHOL

ALMOND-COCONUT

Mix ½ tsp almond extract into wet ingredients. Toast ¼ cup each shredded sweetened coconut and sliced almonds; fold into mixed batter. Scatter 2 tbsp each shredded sweetened coconut and sliced almonds (untoasted) on top.

PER BAR 190 CAL; 7 g FAT (6 g SAT); 3 g PRO; 23 g CARB; 2 g FIBER; 65 g SODIUM; 40 g CHOL

BLONDIES

BASIC RECIPE

MAKES 16 servings. PREP 10 minutes. BAKE at 350° for 30 minutes.

1 ½ cups all-purpose flour
1 ¼ tsp salt
1 sticks (½ cup) unsalted butter, softened
1 cup packed light brown sugar
1 egg
1 tsp vanilla extract

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

In a large bowl, whisk flour, brown sugar and salt. In another large bowl, beat butter and sugar with a hand mixer until fluffy, about 2 minutes. Beat in eggs one at a time until well combined, then beat in vanilla.

Mix dry ingredients into wet ingredients on low speed until just combined.

For the basic recipe, add an extra ¼ cup brown sugar to the brownie batter. Add 1½ cups chopped Peanut butter chips and ⅓ cup chopped peanuts on top.

SALTED CARAMEL–PRETZEL

Replace ½ cup of the brown sugar with 1½ cup caramel sauce, and stir in ¼ tsp more salt. Fold 1½ cups roughly chopped small pretzels into batter. Scatter ¼ cup chopped small pretzels on top before baking. Drizzle with 2 tbsp caramel sauce once cool.

PER BAR 230 CAL; 9 g FAT (6 g SAT); 3 g PRO; 35 g CARB; 1 g FIBER; 45 g SODIUM; 35 g CHOL

VIETNAMESE COFFEE

Add an extra ¼ cup all-purpose flour and 1 tbsp instant espresso powder to dry ingredients. In wet ingredients, replace brown sugar with 1 can (14 oz) sweetened condensed milk. Fold ½ cup chopped chocolate-covered espresso beans into batter. Top with 2 tbsp chopped espresso beans before baking.

PER BAR 240 CAL; 12 g FAT (8 g SAT); 4 g PRO; 29 g CARB; 1 g FIBER; 70 g SODIUM; 40 g CHOL

PECAN BUTTER–BANANA

Beat ¼ cup creamy peanut butter into wet ingredients. Fold 1 cup roughly chopped banana chips and ¼ cup chopped peanuts into batter. To prepare frosting, in a bowl, combine 1½ cups confectioners’ sugar, ¼ cup peanut butter and ¼ cup heavy cream with a hand mixer. Frost, then scatter another ½ cup chopped banana chips and 2 tbsp chopped peanuts on top.

PER BAR 230 CAL; 10 g FAT (6 g SAT); 5 g PRO; 38 g CARB; 2 g FIBER; 105 g SODIUM; 40 g CHOL
Diet shakes don’t have to taste bland or boring, nor do you have to feel sluggish and hungry while trying to lose weight. The delicious smoothies on this page give your metabolism and energy level a natural boost, keep you full for up to four hours and help you burn fat while retaining muscle mass.

Their key ingredient, Almased, is a unique powder made from non-GMO soy, yogurt and honey. The special fermentation process used to make Almased releases bioactive peptides that have been shown to inhibit the storage of fat in the body and support the breakdown of existing fat. The unique and all-natural Almased formula is gluten-free, diabetic friendly and contains no artificial fillers, flavors, added sugars, preservatives or stimulants. It is neutral-tasting so you can flavor it any way you’d like. You can add cinnamon, unsweetened cocoa powder and flavored extracts during all phases of the Almased Diet. Starting in Phase 2, you can also add fresh fruit a few times a week for an even greater variety!

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1/ Beer-Battered Thai

MAKES 30 wings PREP 25 minutes FRY 45 minutes

In a large, heavy-bottomed pot, heat 8 cups vegetable oil to 375°. In a bowl, mix ¼ cup cornstarch and ½ tsp each baking powder and salt. In a separate bowl, whisk 1 cup each cornstarch and all-purpose flour, 1 tsp each baking powder and garlic powder, ½ tsp each ginger powder and salt, and ½ tsp cayenne pepper. Pour in 1 bottle (12 oz) pilsner beer and whisk until smooth. Dredge drumettes and wings in dry mixture, then dip into batter, allowing excess to drip off. Fry wings in 2 to 3 batches for 10 to 15 minutes each, until golden brown, making sure temperature stays close to 375°. (Keep first two batches warm in a 200° oven.)

In a clean bowl, combine 6 tbsp lime juice, ¼ cup each fish sauce and brown sugar, and ¼ tsp cayenne. Toss hot cooked wings with half the sauce; reserve other half to serve alongside. Garnish with sliced scallions and lime zest.

PER PIECE 120 CAL: 8 g FAT (1 g SAT); 4 g PRO: 8 g CARB: 0 g FIBER: 300 mg SODIUM: 10 mg CHOL

2/ Grilled Chimichurri

MAKES 30 wings PREP 15 minutes MARINATE 30 minutes GRILL 24 minutes

Combine ½ cup each packed parsley and cilantro, ¼ cup red wine vinegar, 1 chopped garlic clove, ½ tsp salt and ½ tsp red pepper flakes in a food processor. While machine is running, slowly pour in ½ cup vegetable oil.

Pour half the chimichurri into a small bowl and remaining half into a resealable plastic bag with 3 lbs drumettes and wings. Marinate 30 minutes. Grill wings over medium heat 10 to 12 minutes per side (20 to 24 minutes total). Serve alongside bowl of chimichurri.

PER PIECE 50 CAL: 5 g FAT (1 g SAT); 3 g PRO: 0 g CARB: 0 g FIBER: 70 mg SODIUM: 10 mg CHOL

3/ Smoky Maple

MAKES 30 wings PREP 10 minutes

Coat a large rimmed baking sheet with nonstick cooking spray. In a bowl, toss 3 lbs drumettes and wings (about 24 pieces) with 2 tbsp each vegetable oil and melted unsalted butter, 1 tsp sweet paprika, 1 tsp each smoked paprika and salt, and ¼ tsp black pepper. Spread wings in a single layer on prepared sheet. In a small skillet, combine ½ cup pure maple syrup, 2 tbsp unsalted butter and ¼ tsp salt; simmer 3 minutes. Bake wings at 400° for 45 minutes, then toss with ½ cup of the syrup mixture and bake another 10 minutes. Drizzle with remaining syrup mixture. Sprinkle with more sweet paprika.

PER PIECE 140 CAL: 9 g FAT (4 g SAT); 9 g PRO: 6 g CARB: 240 mg SODIUM: 55 mg CHOL

4/ Crunchy Cheddar

MAKES 30 wings PREP 25 minutes

In a bowl, combine ¼ cup all-purpose flour, 1 tsp salt and ½ tsp black pepper. In a second bowl, beat 3 eggs. In a food processor, pulse 4 cups Cheez-It crackers and ¼ tsp salt until it reaches the texture of bread crumbs; place in a third bowl. Dredge 3 lbs drumettes and wings in flour, followed by eggs, then cracker crumbs. Place on a baking sheet fitted with a wire rack and bake at 400° for 45 to 55 minutes. Meanwhile, melt 1 tbsp unsalted butter in a small saucepan. Stir in 1 tsp all-purpose flour; cook 1 minute. Whisk in ⅛ cup milk; bring to a simmer and cook 3 minutes, until thickened. Stir in 3 cups shredded sharp cheddar until melted. Stir in 1 can (4 oz) diced mild green chiles and ¼ tsp salt until combined. Serve alongside wings.

PER PIECE 140 CAL: 9 g FAT (4 g SAT); 9 g PRO: 6 g CARB: 240 mg SODIUM: 55 mg CHOL

5/ Honey-Harissa

MAKES 30 wings PREP 15 minutes FRY 45 minutes

In a large, heavy-bottomed pot, heat 8 cups vegetable oil to 375°. In a bowl, combine ½ cup all-purpose flour with ¼ tsp salt, then toss with 3 lbs drumettes and wings. In a small pot, melt 4 tbsp unsalted butter over medium heat. Stir in 1 can (4 oz) diced mild green chiles and ¼ tsp salt until combined. Serve alongside wings.

PER PIECE 140 CAL: 9 g FAT (4 g SAT); 9 g PRO: 6 g CARB: 240 mg SODIUM: 55 mg CHOL

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Triple Chocolate Chunk Cookies

MAKES 2½ dozen
PREP 20 minutes · MICROWAVE 1 minute
BAKE at 325° for 14 minutes per batch

- 1 bar (4 oz) semisweet chocolate, chopped
- 1¼ cups all-purpose flour
- ⅓ cup Dutch-process cocoa powder
- 1⅛ tsp baking soda
- ½ tsp salt
- 1 stick (½ cup) unsalted butter, softened
- ¾ cup packed dark brown sugar
- 1 large egg
- 2 tsp vanilla extract
- 2 cups bittersweet chocolate chunks (Scharffen Berger) or large chocolate chips (Ghirardelli)
- ⅓ cup granulated sugar

1. Heat oven to 325°. Line 3 large baking sheets with parchment paper.
2. In a medium bowl, whisk flour, cocoa powder, baking soda and salt.
3. In large bowl of a stand mixer, beat butter until smooth. Add brown sugar and beat on medium-high speed 5 minutes, occasionally scraping down sides of bowl. Add egg and beat 3 minutes more. Stir in vanilla and melted chocolate. On low speed, beat in flour mixture. Fold in chocolate chunks or chips.
4. Place granulated sugar in a small bowl. Scoop up 2 slightly heaping tbsp of dough and roll it into a ball between your hands. Roll ball in sugar to coat. Place cookie on prepared baking sheet and flatten slightly with your hand. Repeat with all the remaining dough and granulated sugar.
5. Bake cookies in batches at 325° for 14 minutes per batch or until cookies crack. Cool on pan for a few minutes, then carefully transfer to a wire rack to cool completely.

Go to familycircle.com/coverrecipes to watch a video showing how to make these cookies and more of our delicious desserts.
WHAT’S NEW
BOYISH CHARM
PAGE 14

STRINGS ATTACHED
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STYLE
HAPPY HAIR
Products not listed are available at mass retailers.

PAGES 25–31
marshellys.com, $40. Marshelly’s Jewelry

HOME SOUTHERN COMFORT
PAGES 35–39


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*with experience, based on figures from U.S. Dept. of Labor’s BLS website (March 31, 2015)
**based on figures from U.S. Dept. of Labor’s BLS website (October 15, 2015)
Katie Lee

She’s a three-time cookbook author and a cheerful cohost of Food Network’s *The Kitchen*—but when Katie Lee isn’t working, her focus turns to traveling, surfing and spoiling her pug, Fionula. Try one of her go-to breakfasts, Blender Pancakes. “They can be done in about five minutes,” says Katie. “It truly doesn’t get any easier than this.”

**Blender Pancakes**

1 cup cottage cheese or Greek yogurt  
2 large eggs  
1 cup rolled oats  

- Preheat a griddle over medium-high heat.  
- Put all ingredients in a blender and process until smooth.  
- Spray griddle with nonstick cooking spray. Pour batter onto griddle and cook until bubbles start to form on surface of pancakes, about 1 to 1½ minutes. Flip and cook 1 minute more.

**Note from Katie:**  
“I’ve found that if I use Greek yogurt instead of cottage cheese, I sometimes need to add a tiny splash of milk to the batter; yogurt will also make for a slightly denser, more protein-rich pancake. For more of a boost, add some flaxseeds or chia seeds.”
Rich, creamy, 100% natural cheese. A knockout taste for the whole family. Snack a little bigger.

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