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SUMMER DRESSES

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with a twist

brooklyn-style  
barbecue

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cocktails & more

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MasterChef  
set!*

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A close-up portrait of Eva Longoria with long, wavy, dark brown hair. She is wearing a white button-down shirt and a gold hoop earring. The background is a soft, light pinkish-grey. The text is overlaid on the lower left side of the image.

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take care of my hair.  
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\*Based on Nielsen dollar and unit sales in food, drug and major discount retailers during the latest 52 week period ending 12/23/17

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Cover photograph by Romulo Yanes  
Food styling by Christine Albano  
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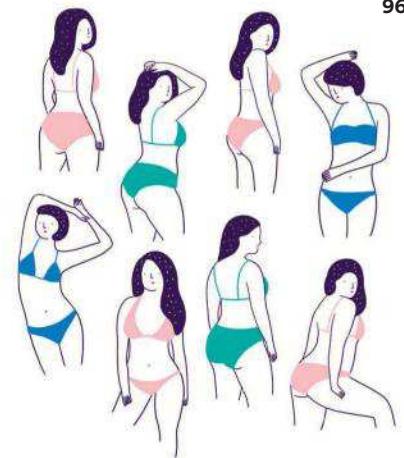
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# Made in America

If you were charged with creating the dream holiday, Fourth of July would basically tick all the boxes. First off, independence from British rule—totally solid reason for a celebration. Gorgeous midsummer weather? Check. Then the traditional meal: There are no fussy, elaborate, can-you-top-this menus. Just a casual cookout of everyone’s usual-suspect favorites. (Add a new one—our super-easy “patriotic” dessert on page 120.) As for dress-up, jeans and a tee are practically the required uniform. (See page 32 on how to level up!) And, of course, you can’t beat the free entertainment—fireworks. The one part of the holiday that is sky-high over-the-top, and deservedly so. Wishing you and yours a very happy Fourth of July!

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

Some of our favorite  
Fourth of July Instagrams from  
friends and staffers!



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## Creamy Blueberry Tart

In a saucepan, whisk  $\frac{3}{4}$  cup heavy cream,  $\frac{1}{4}$  cup sugar, seeds from  $\frac{1}{2}$  split vanilla bean and 1 tsp unflavored gelatin. Cook over medium, stirring, for 3 minutes, until mixture is smooth. Beat 1 pkg (8 oz) room temp cream cheese until smooth. Blend in 1 container (5.3 oz) vanilla skyr or yogurt. While beating, add cream mixture. Pour into a 9-inch graham cracker crust (tart or pie). Smooth filling and top with 1 to 1 $\frac{1}{2}$  cups blueberries. Chill 2 hours or until set.  
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#worklife

Downtime

Cool Stuff

# Just for You

Good Reads

## In Full Swing

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**Hanging Rattan Chair**  
Serenaandlily.com,  
\$498

### **How Hard Can It Be?** by Allison Pearson

Spanx, hot flashes, invisibility...Somehow Pearson makes turning 50—and all its lovely accoutrements—painfully funny. In this fast-forward-seven-years sequel to *I Don't Know How She Does It*, Kate Reddy's kids are now texting teens, her parents are aging and no one wants to hire her after she's taken a break from her career. Sharply relatable and hilarious, it's an entertaining sociological study of modern motherhood.



Photo: Johnny Miller. Prop styling: Christopher White.

Just for You

# American Beauty

The jean jacket has stood the test of time, yet its shapes and lines have only gotten better with age. Here are a few we love.

A frayed collar is a fresh take on a classic, while the boxy silhouette keeps it cool and comfortable.

Loft.com, \$89



If you love the slouchy, worn-in fit of boyfriend jeans, you'll love this roomy two-tone jacket.

Gap.com, \$98



Short and sweet: This cropped jacket pairs nicely with high-waisted pants.

DI1961.com, \$228



## CUSTOM BLEND

Your hair is unique, so why should your hair care products be the same as everyone else's? Two companies—Prose and Function of Beauty—are leading the charge in customizable shampoos and conditioners. Function of Beauty lets you create a profile online with hair goals, fragrance preferences and more. With Prose you complete a consultation (online or in-salon) focusing on your hair's condition and environmental and lifestyle factors. In both cases, you'll get personalized formulas created by top hair experts in pretty packaging (including your name!). [Functionofbeauty.com](http://Functionofbeauty.com), from \$29; [prosehair.com](http://prosehair.com), from \$25



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## Just for You

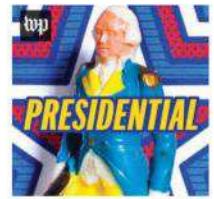


### Cord Chaos, Controlled

Wrap up your tech cables in chic leather "tacos" to avoid the ever-annoying task of detangling. Cord Tacos, cb2.com, \$30/set of 5

## Murder She Wrote

After spending more than 80 weeks on the *New York Times* best-seller list, the psychological thriller *Sharp Objects* (by *Gone Girl* author Gillian Flynn) hits the small screen on July 8. Premiering on HBO, the miniseries stars Amy Adams as a reporter investigating two murders in her hometown.



### YANKEE DOODLE DANDIES

If the life and times of Ulysses S. Grant isn't your forte, we've got your fix. *Presidential*, a podcast from *The Washington Post*, will help you brush up on American leaders, sans boredom. The episodes, with telling titles like "George Washington: The Man, the Myth, the Legend," are full of fascinating info about each president. Subscribe on Apple Podcasts.

## Lip Service

For the lipstick, gloss and balm obsessed, Lip Monthly delivers four to five full-size products (no dinky samples) for a fraction of the retail cost, all packaged in an adorable reusable bag. Lipmonthly.com, \$13 per month



### Head Rest

The Ostrich Pillow Light is the next-generation travel neck pillow—it even looks like it's from outer space. If you're confident enough to wear it, the Ostrich keeps your neck in check and can also be used as an eye mask. Ostrichpillow.com, \$45

Walnut Raspberry Salad  
with Raspberry Vinaigrette



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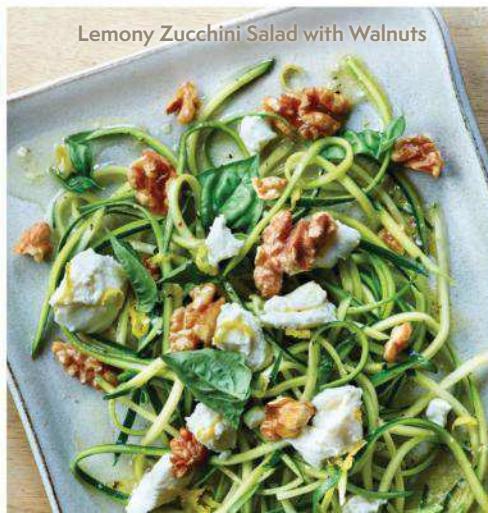
Per one ounce serving.

\*Heart-Check food certification does not apply to recipes unless expressly stated. See [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines). Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 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.

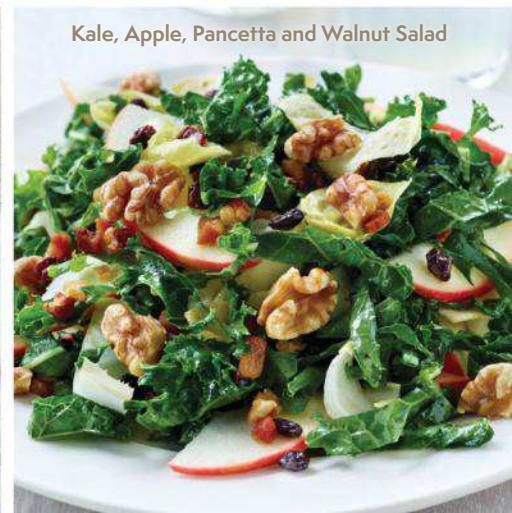
Romaine Salad with Walnuts and Beets

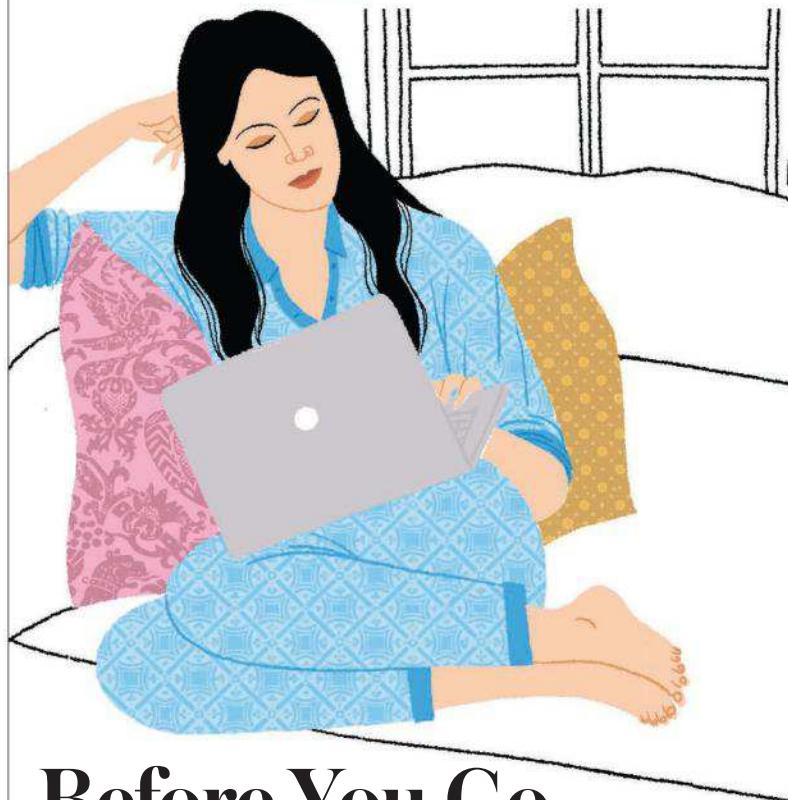


Lemony Zucchini Salad with Walnuts



Kale, Apple, Pancetta and Walnut Salad





# Before You Go Freelance...

*Many of us daydream about being our own boss, but if you want to make it a reality, follow these guidelines.*

BY CAITLIN PEARCE

## 1. Why do you want to go freelance?

Perhaps you're ready to chart your own course. Or a more solitary work life better suits you. Maybe you want more time with your teen before they leave the nest. Or to take a Spin class on a random Tuesday. Or you desire a 60-second commute.

Whatever the reason, freelancing can offer amazing perks, including autonomy, but there are inherent challenges too. It takes time to build a dependable client base and be able to charge market rate. You have to run yourself like a business, managing the day-to-day, figuring out pricing and planning for growth. Since it's unlikely you'll have coworkers, you'll need a robust network to draw on for brainstorming, information sharing, business opportunities and emotional support.

For further solidarity, find Facebook and LinkedIn groups in your field, or check out Freelancers Union's free monthly SPARK meetups, held in 25 cities ([freelancersunion.org/spark](http://freelancersunion.org/spark)). In addition, connect with a fellow freelancer for when

you need to talk, and explore coworking spaces like Impact Hub and WeWork. Getting involved with causes you care about is important too. Attend events with the goal of finding one or two people you click with—making genuine connections is more worthwhile than collecting business cards.

## 2. Are your skills truly marketable?

Freelance on the side first to test out the market for your skills, build a client base and gauge earnings. Focus on the value you provide. Specialized skills help you stand out from the competition.

Successful freelancers are highly motivated to be at the top of their field. Be prepared to regularly retool and potentially cross-train in multiple skills to stay marketable.

## 3. Do you have the self-discipline?

Freelancing means meeting deadlines and keeping clients happy without a boss supervising you. In addition, you must allocate time for business building, including pitching, online marketing and developing long-term goals and strategies. You also want to establish a schedule and boundaries that differentiate work from home life. This is so important—otherwise work can start to feel like a 24/7 endeavor. Communicate your commitments to friends and family so they respect your time. And prioritize, prioritize, prioritize!

Manage all this by setting lofty goals to inspire and motivate, but parse them out into achievable weekly actions, such as pitching a set number of new clients or refreshing your website by a specific date. Don't shy away from setting personal and professional growth goals—learning new skills, attending industry events or simply exercising—and carve out the time to address them weekly.

Your workspace should make you feel comfortable and productive. If you spend most of the day on your own, schedule in face-to-face interactions or even just a walk. Many freelancers have regular coffee groups that function as accountability circles to ensure they're on track to meet their goals.

## 4. Can you afford it?

Have at least several months' expenses saved and a solid plan for generating income. As you budget, make sure to factor in your safety net, including health and liability insurance, as well as quarterly taxes. And plan for (unpaid) time off, because everyone needs a break!

Freelancers Union offers a range of benefits, including health, life, disability and liability insurance. Consider speaking with financial and legal advisors about incorporating and how to do it to ensure you're on solid financial and legal footing.



**Caitlin Pearce** is the executive director of Freelancers Union.



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## Make Time for DANCING

*Bust a move! Dancing is good for your physical, emotional and psychological well-being. Whether you freestyle it or opt for something more choreographed, you'll get your kicks and plenty of other perks.*

### WHY YOU SHOULD DO IT

Dance is a form of exercise that integrates the mind, body and soul, and it works for all ages and skill levels. For starters, it can help counteract the daily effects of sitting at a computer with a rounded spine as well as the

infamous “text neck” from hunching over our phones, says Emily Sandow, dance physical therapist at NYU Langone Health’s Harkness Center for Dance Injuries. “Even at the beginner level, dance can activate the antigravity muscles of the neck and back and restore our posture.”

“Dance does not have to be technical; it can simply be a celebration of the body’s ability to move.”

—Emily Sandow, dance physical therapist at NYU Langone Health’s Harkness Center for Dance Injuries

It also lengthens and strengthens muscles and improves joint mobility. Plus, it can be a serious cardio workout. Sandow estimates that even a moderate-intensity class can burn an average of 400 calories, but there are benefits to all types of dancing. Freestyle is great because you can choose your music and forget about choreography and rules. Taking a class—with its defined steps and varied tempos—provides cognitive as well as balance challenges compared with repetitive-movement fitness training such as walking or cycling.

Finally, dancing increases mood-improving hormones and elevates our mental state. And for a good reason—just because it’s fun!

### HOW TO MAKE IT HAPPEN

There are so many ways to bring dance into your life. Sandow suggests finding classes at your local community center, gym or dance studio. Often you can find drop-in options for classes like Zumba, hip-hop, jazz, belly dancing, Masala Bhanga, ballet barre and tap. Or you could organize a group of moms to take a dance class together on weekends.

“If you simply cannot get out the door,” Sandow says, “there are plenty of options for dancing at home. Put on a video while doing a load of laundry. Find YouTube dance videos that teach choreography—just search by genre. You could try looking for apps and video games like Just Dance and Wii Fit for dance games.”

### WHAT YOU NEED

Learning a new style of dance requires a dose of humility. Everyone was a beginner at some point, and some styles are easier to pick up than others. When starting a new class, Sandow suggests that you prepare by looking at the style online and trying some steps at home.

Then decide what your goals are. Do you want to improve your fitness? Do you prefer to dance alone or with a partner? Do you enjoy fast or slow, high-impact or low-impact? Perhaps you want to return to a style you enjoyed when you were younger. If you studied ballet, tap or jazz as a child, good news: There’s a shorter learning curve! You’ve probably retained some muscle memory, so you should be able to pick up positions, phrases and sequences more easily.

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# Perfectly Polished

*Celebrity manicurist Julie Kandalec shows you how to nail a perfect DIY mani-pedi.*

BY DORI PRICE

## prepping

1. Take off polish with a non-drying remover, like Zoya Remove Plus (zoya.com, \$10). It has an acetone base with added glycerin to hydrate nails.
2. Starting with the right nail file (see next page), move file

from the outside edge of the nail toward the center, then continue from opposite corner to center. Avoid “sawing”—filing back and forth straight across—which can split nails.

3. Apply a liquid cuticle remover, like Deborah

Lippmann Cuticle Remover (deborahlippmann.com, \$20), all around cuticle area. Gently loosen cuticles with a metal pusher. Remove excess product from the nail plate with a cotton pad soaked in remover. Use a cuticle nipper

## Style

to carefully trim any loose cuticles or skin.

**4.** Lightly buff nail bed to eliminate any loose cuticles that have moved onto the nail and to smooth any ridges.

**5.** Remove dust, dirt and oils by dipping a disposable mascara wand (or cotton pad, but be careful of shedding) in isopropyl alcohol and swiping all over nail bed and cuticles and under tips.

**6.** Apply a thin layer of base coat, like Essie First Base (essie.com, \$9). No need to wait—base coats dry quickly.

## painting

**7.** Shake polish to mix pigments and solvents—this ensures even color application and prevents polish from thickening up. Swipe one side of the brush against the edge of the bottle to remove color and avoid excess polish dripping onto fingers. Place brush just above the bottom of the nail and press so the brush fans out, then pull toward the tip. Repeat along sides of nails. Wait 1 to 2 minutes before applying a second coat—this time, swipe brush just over tip to prevent chipping.

**8.** Wait 5 minutes and apply topcoat. Be sure to polish the free edge again.

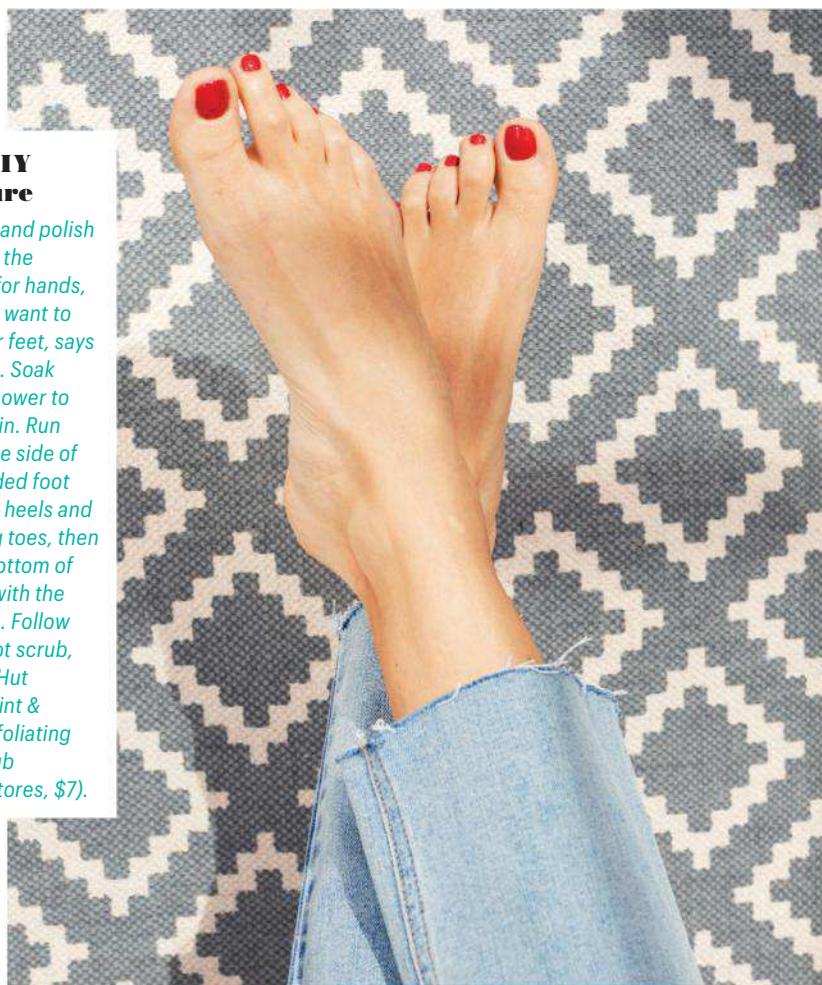
**9.** Relax for 5 to 10 minutes—read a magazine, watch TV. Then, if using a regular topcoat, add quick-drying drops to nails. They absorb solvents to help polish dry faster. One exception: Don't use these products with a quick-dry topcoat as that can cause bubbling.

**10.** Let nails dry completely: 5 minutes with a quick-dry topcoat and 20 minutes with a regular one.

**11.** Apply cuticle oil around cuticles and nails, followed by hand cream. Kandalec is a fan of Dr. Hauschka's Neem Nail Oil (dr.hauschka.com, \$39).

### for a DIY pedicure

*Nail care and polish steps are the same as for hands, but you'll want to prep your feet, says Kandalec. Soak feet or shower to soften skin. Run the coarse side of a dual-sided foot file along heels and under big toes, then file the bottom of the foot with the finer side. Follow with a foot scrub, like Tree Hut Peppermint & Sugar Exfoliating Foot Scrub (K-Mart stores, \$7).*



**Quick-dry topcoats dry fast but may shrink a bit a few days later, so save this option for when you're in a rush. Regular topcoats take longer to dry but polish won't shrink, says Kandalec.**



**Julie Kandalec** is a celebrity manicurist and creative director of Paintbox Nail Studio in NYC.



If you can't wait for toes to dry, apply cuticle oil to toenails and place a plastic sandwich bag over them. It adds an extra barrier, and the slippery oil prevents polish dents. Then put on socks and shoes.

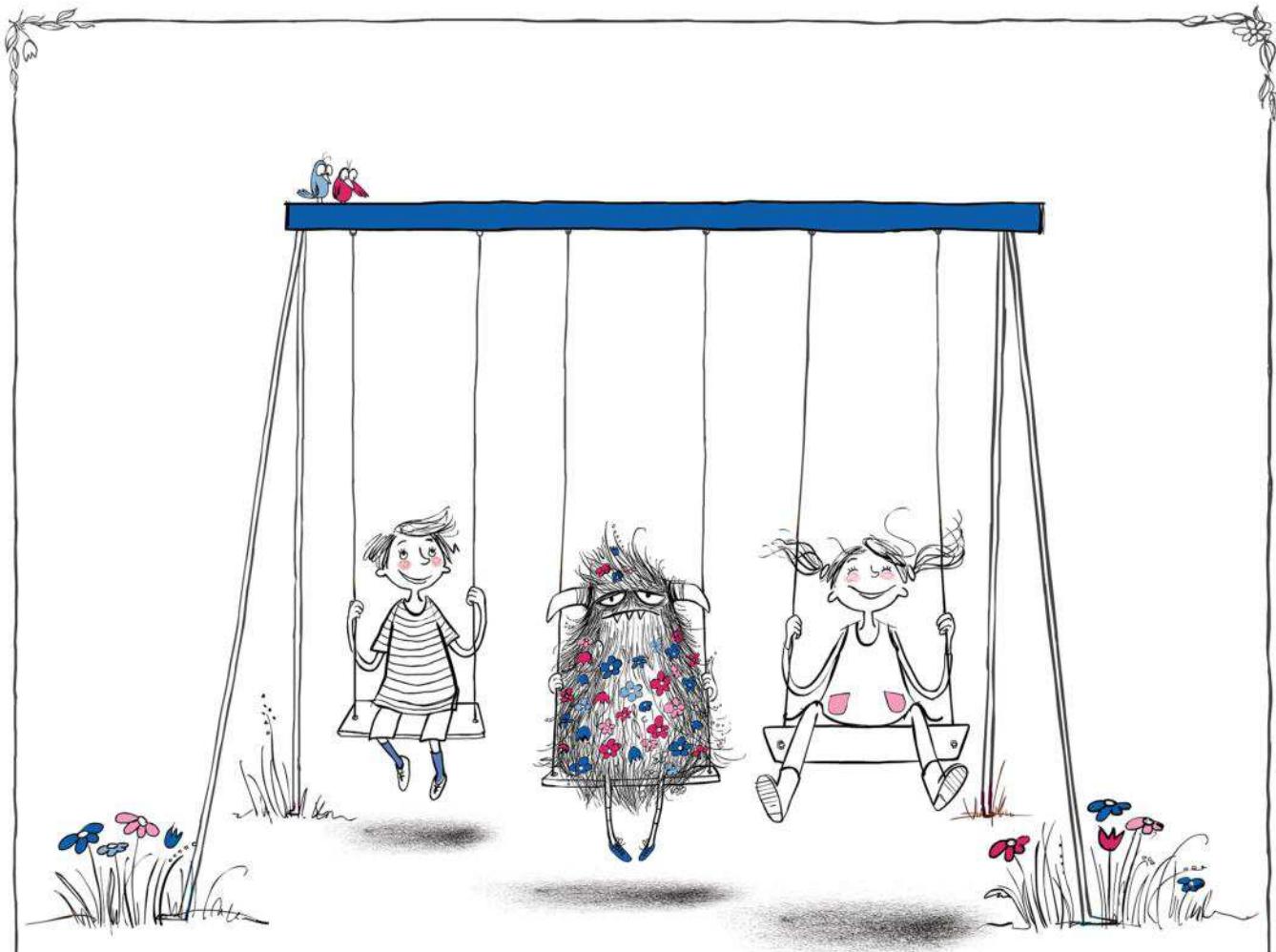


Fix a smudge by dipping a fingertip into acetone and lightly smoothing over the area. Seal with a second layer of topcoat.



Tip: Polish one hand (or foot) in its entirety before starting the other—going back and forth can easily cause nicks.

Keep nails out of water before and after polishing—no dishes, baths or hot tubs. Soaking causes nails to absorb water, making the nail plate swell. And that means polish will chip faster after nails dry.



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## beauty tool kit

### cuticle nippers

Should be sharp so that they grab even the smallest cuticle and don't cause hangnails. Tweezerman sharpens its tools for free if you send them in.

Tweezerman Ultra Precision Cuticle Nipper, tweezerman.com, \$35

### metal cuticle pusher

Although wooden versions are more common, they don't get the nail plate as clean. Bonus: Metal tools can be sanitized with rubbing alcohol.

OPI PusherPlus Titanium, opi.com for salon locator, \$22

### straight blade toenail clipper

This tool is good for fingers too—the bigger size is easier to hold and the straight edge allows for more control.

Revlon Gold Series Titanium Coated Dual Ended Nail Clip, drugstores, \$6

### padded buffer

Removes ridges from nails for a smooth canvas.

Tropical Shine Nail Buffer, sallybeauty.com, \$2

### dual-sided foot file

The different surfaces work on different areas of skin. Always be sure to finish with the smooth side.

Gena Pedi-Pro File, sallybeauty.com, \$3

## All on nail files

You need two kinds: paper and either diamond or glass, depending on nail type.

**Paper** Disposable files are classified by grit level, the number of abrasive grains per square inch. Look for 220-grit or higher.

**Diamond** A very precise version with a stronger edge for strong nails.

**Glass** This style is ideal for really thin, delicate nails—it prevents tips from splitting.

## the shape of things

Find the most flattering look for you.



Soft square (aka square with rounded edges): good for all lengths



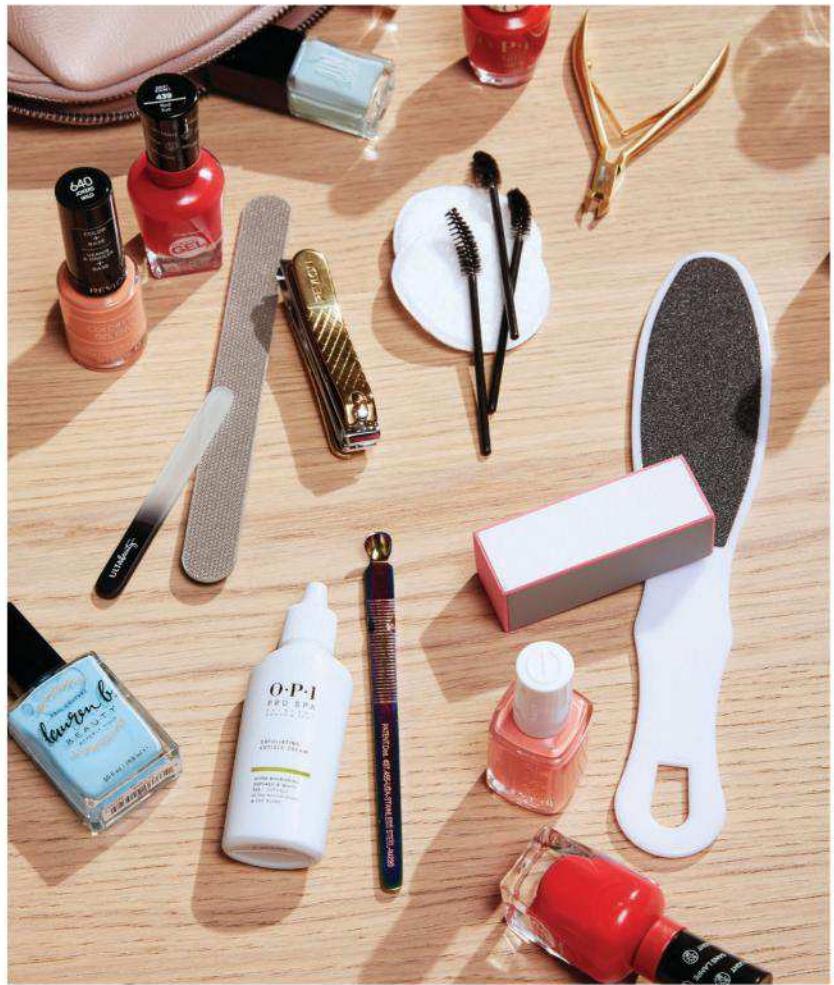
Sharp square: best on short nails only



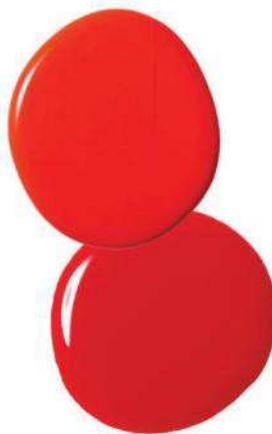
Oval: better for longer nails



Round: ideal for short nails



## shades of summer



↑  
**fire-engine red**

Red isn't just for winter. This orange-based hue works well with other bright shades.

OPI Infinite Shine in Can't Tame a Wild Thing, drugstores, \$13. Sally Hansen Miracle Gel in Red Eye, drugstores, \$10.



↑  
**sky blue**

A pretty pastel that looks good on all skin tones.

Lauren B. Beauty in SkyBar, laurenbeauty.com, \$18. Jinsoon Polish in Peace, jinsoon.com, \$18.



↑  
**peach**

Are you more of a classic pale pink gal? Try this soft sherbet shade—it's subtle yet summery.

Revlon Colorstay Gel Envy in Jokers Wild, drugstores, \$8. Essie Nail Polish in Tart Deco, essie.com, \$9.

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one

&

Be on trend with a clear bag that still keeps belongings under cover.

Seersucker dress, talbots.com, \$149. Bag, zara.com, \$50. Denim jacket, jcrew.com, \$110. Shoes, marcfisherfootwear.com, \$89.

done

Dress with contrasting ribbed detail, zara.com, \$70. Shoes, keds.com, \$68. Bag, cloveandrevel.com, \$229.

Pretty in pink?  
More like sporty  
in pink, with a  
striped collar and  
cool sneakers.



A crossbody bag is great for running around on the weekend with just your essentials. A circle shape is this season's hottest bag silhouette.



## 12 easy and chic dresses to keep you cool, calm and collected all summer long.

BY ZOË ROSCOE | PHOTOGRAPHY BY ZACH & BUJ

When the summer heat is on, stay cool in a bold printed maxi that's forgiving from the bust down. And now you're also totally prepared for Fourth of July parties!

Go with the clutch if you're feeling fancy, or the bucket bag for a more laid-back vibe.

V-neck maxi dress in Ratti, [jcrew.com](http://jcrew.com), \$298. Bags, Kayu, [kayudesign.com](http://kayudesign.com), \$205 each. Shoes, CL By Laundry, [chineselaundry.com](http://chineselaundry.com), \$50.



**A riff on a menswear tuxedo, this double-breasted dress is classy and cool.**

Geo print dress, A New Day, target.com, \$28.



**The classic, crisp shirt dress interpreted for summer, with softer lines and a bold abstract print.**

Shirt dress, Cabi, cabionline.com, \$119.



**Super soft and comfy, thanks to the jersey knit fabric. Plus the off-the-shoulder neckline shows a little skin in an otherwise covered-up piece.**

Off-the-shoulder knit maxi dress, garnethill.com, \$98.



**Be red-hot but still stay cool. Tie it in the front to hide a little belly bulge or in the back to create more curves.**

Birgit dress, Faithfull the Brand, lulus.com, \$149.



A traditional white shift dress gets an update with sweet flutter sleeves.

Keep it casual with a funky fedora and embroidered sandals.

Eyelet flutter sleeve dress, vineyard vines.com, \$148. Hat, talbots.com, \$54. Sandals, reportshoes.com, \$40.



**No need to wait for Friday to wear denim to the office. Pair this structured dress with a block heel and you're good to go any day of the week.**

Roxanne belted midi dress, dl1961.com, \$228.



**Go the romantic route with a soft and sophisticated floral-print dress. Bonus: Pleats won't lose their shape in the wash.**

Beaune dress, Wilfred for Ariztia, ariztia.com, \$195.



**Freshen up your summer look with a lemon print for work or weekend.**

Lemon blossom floral wrap dress, Draper James, saksfifthavenue.com, \$295.



**Rather not bare your upper arms? Flowy dolman sleeves are an elegant solution.**

Pier of Influence dress, lulus.com, \$52.



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Serves: 12 | Prep time: 20 min. | Total time: 40 min.

#### **Tostada Ingredients:**

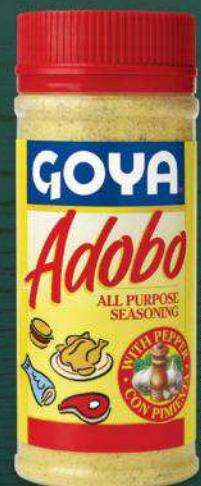
2 **GOYA® Ancho Chiles**, stemmed and seeded  
3 tbsp. **GOYA® Lemon Juice**  
2 tbsp. **GOYA® Vegetable Oil**  
1 tsp. **GOYA® Adobo with Pepper**  
½ tsp. **GOYA® Ground Cumin**  
1 tsp. **GOYA® Minced Garlic**  
½ tsp. **GOYA® Oregano Leaves**  
1 ½ lbs. medium shrimp, peeled and deveined  
**GOYA® Corn Oil**, for frying  
12 **GOYA® Corn Tortillas**  
1 can (16 oz.) **GOYA® Traditional Refried Beans**  
Lime wedges, for garnish

#### **Salsa Ingredients:**

1 can (15.5 oz.) **GOYA® Black Beans**,  
drained and rinsed  
1 medium tomato, seeded and diced  
1 small red onion, finely chopped  
1 tbsp. chopped cilantro  
1 tsp. **GOYA® Adobo with Pepper**  
1 tsp. **GOYA® Lemon Juice**  
1 tbsp. **GOYA® Extra Virgin Olive Oil**

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

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Decorating Ideas

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# Home

## BRUSH WITH GREATNESS

*A Three-Part, 360° Look at All Things Paint*

BY CAYLIN HARRIS

PART  
2

*[ of a three-part series ]*

### PRIMING, PAINTING AND CLEANING UP

All the step-by-step instructions  
you need to get the job done.

\* Missed Part 1? Get caught  
up at [familycircle.com/  
painting-fundamentals](http://familycircle.com/painting-fundamentals).

# TO PRIME OR NOT TO PRIME?

That is the question—because priming before painting means an extra step and a longer time frame. Manufacturers wanting to help DIYers cut down on labor and hours began rolling out combo formulas, usually called self-priming paint, paint-and-primer-in-one or something similar. Sometimes using a combo product is perfectly fine, but not always. To make the right call (and not end up wishing you'd just taken the time to prime!), ask yourself four key questions from Home Depot senior paint merchant Chris Richter.

**Q**

Is the surface new wood, new drywall or any other type of unpainted material?

**A**

If so, priming is totally key. All these materials are super porous and will suck up paint big-time, so you'll end up needing more coats. Bottom line: Primer is cheaper.

**Q**

Are there any patched areas or stains on the walls?

**A**

If so and you don't prime, any repairs or blotches may show through and visibly mar the paint's finish.

**Q**

Do I know what type of paint was previously used on this surface?

**A**

If you're at all unsure, you really should prime to create optimal adhesion. It will help keep paint from flaking.

**Q**

Color-wise, is what I'm planning fairly subtle? As in, not a huge change?

**A**

Paint-and-primer-in-one works well for a pretty straightforward color refresh, such as beige or greige over white, as long as the walls are smooth, clean and already painted, explains Richter.



Buy the best-quality roller you can afford. "Don't vacuum it or go over it with tape to try to remove any extra loose fibers," says pro painter Nigel Costaloe. "It's ready to go right out of the bag."

Paint courtesy of Sherwin-Williams, [sherwin-williams.com](http://sherwin-williams.com)

# THE PAINTING PROCESS

Tempting as it is to just start rolling, that's not the way to go. Veteran painter Nigel Costoloe, owner of Boston-based Catchlight Painting ([catchlightpainting.com](http://catchlightpainting.com)), is a man with a plan.



## □ begin with the ceiling

Start at the top with a high-quality ceiling paint. Beware—ceilings can be tricky because any warm air that rises can cause paint to flash-dry, resulting in streaks. Best practices: Paint the shortest distance across the ceiling, then finish your roller strokes in the same direction. “We use a 14-inch roller because it gives better results on larger surfaces,” says Costoloe.

## □ then do the walls

Costoloe recommends investing in the highest-caliber paint you can swing. “You get what you pay for,” he says pointedly. The more light, the better when you're painting, so consider bringing in extra lamps. Don't clean up until paint has dried and you've inspected the room from all angles. For best coverage, you'll likely need two coats. To progress reasonably quickly, roll either vertically or by making large Ws across the wall. (Rolling horizontally is never advised.) Finish your roller strokes in the same direction, going back over your work, overlapping the previous stripe.

## □ finish with trim

With trim work, practice makes perfect. Start at the top and work downward with a brush (never a roller). Hit the edge first because it leaves excess paint, then paint the flat face. Repeat for side casings. Finish your strokes going from dry into wet, making sure to feather the paint so you're not leaving any brush stab marks, says Costoloe. Watch for drips and runs, and keep a damp rag handy to re-wet any trouble spot, then brush out the area. Worst-case scenario, if you do make a mistake, sand out the space from one joint to the next and repaint the entire section instead of just a small piece.

## pro tips

→ Avoid a halo effect around recessed lights by first cutting in carefully around the fixture with a paintbrush, then go around the fixture as close as possible with a roller. This two-step approach will help make the texture around the lights match the rest of the ceiling.

→ Avoid cheap ceiling paint. It's really porous, which makes easily wiping away dust and dirt that accumulates more or less impossible. In other words, the ceiling will look dingy fast.

→ Keep the room cool or slightly humid to help slow the paint's drying time, giving you the chance to touch up as needed.

→ The heavier the paint, the stiffer the brush bristles you need. For light-bodied paint, you can go with more flexible bristles.

→ For more application how-tos, search for expert painters' videos on YouTube.

## A MATCH MADE IN HEAVEN

Gone are the days when picking paint colors meant being limited to the chips in the display at any given retailer. Paint companies have really nailed the process of color matching, thanks to a machine called a spectrophotometer that uses light beams to break down a color into its various pigments so it can be replicated. The science is complicated but solid. Keep in mind that



**price point**  
In most cases, there's no upcharge for color matching—you just pay for the paint.

Source: Lowe's

color matching works best when the hue being matched is paint on a physical object, such as a paint chip, a piece of wood, a cabinet door or even something like a piece of siding.

A fabric swatch or a tear sheet from a magazine is very challenging to match accurately because of how light interacts with material or paper versus how it hits a solid surface. Colors in digital images are hard to replicate as well because of screen variations.

If you're color matching paint because you need to repair a wall or you've ripped out a built-in fixture, your best bet for a seamless look is to paint the entire wall with the color-matched paint. If you do that, in most cases no one will notice a difference.

## COMING CLEAN

When the paint job is perfect (or it's just quitting time), cleanup is the last piece of the puzzle. The good news is latex paint washes off easily with soap and water. A few tried-and-true pointers:



□ If you're calling it a day but not yet finished painting, carefully cover your brush in Glad Press 'n Seal plastic wrap. It will keep the paint wet until you're ready to go at it again in the morning.

□ To get all the paint out of a brush, hold it under running water and work the bristles with a brush comb.

□ After washing brushes, wrap in newspaper and position upright, handle side down, in a coffee can to prevent bent bristles.

□ Is that a spot of latex paint on your finished hardwood floor? NBD—you can scrape it off with your nail.



### PAINT STORAGE SIMPLIFIED

*Putting it away properly now means you'll be able to use it again later.*

Consolidate same-color paint to minimize air in can. Clean off any paint in the can's rim. Gently hammer around edges of lid with a rubber mallet. (Extra credit: For an even better seal, lay plastic wrap or a plastic bag between can and lid before hammering.) Label can with date, finish type and room. Keep in a dry spot away from sunlight where the temperature stays above freezing.



PART  
3

[ of our 3-part series ]

## COMING IN OCTOBER!

Part 3 is Inspo with a capital I—design experts dish on picking colors you'll love. Don't miss it!

## pro tips

→ To clean oil-based paint, mineral spirits are a must. Read all the directions on the bottle regarding safe disposal practices and follow them to the letter.

Source: Mina Starsiak Hawk and Karen E Laine from HGTV's *Good Bones*

→ For tiny touch-ups down the road, keep a small, manageable quantity of paint handy—pour some into a clear glass Ball jar and close the lid. Write the room on top with a marker. If you need just a dab or two, you won't have to re-open the can, which shortens the paint's shelf life.

Source: Nathaniel Garber Schoen, owner of Garber Hardware in New York City

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# Green with Envy

*Simple ways to have the most-coveted lawn on the block.*

BY CAROLINE MULLEN

## Name Game

First things first: The best way to target the needs of your lawn is to know what kind of grass you have. Determine whether your grass is cool-season, transitional or warm-season with the handy grass identifier on the Lowe's website. This is a huge help in figuring out your ideal soil, when to fertilize and the right way to mow.

## H2O 101

Even the most-rained-on lawn will need some watering to maintain its lushness. Water early in the morning so the grass is dry when the sun comes out, lessening the risk of disease as well as water loss through evaporation in the afternoon. Instead of watering frequently for short periods, water longer once or twice a week, letting water soak a few inches into the soil. This fosters deep roots and makes the grass drought-tolerant.

## Ground Rules

Soil can make or break the quality of your grass, and a nearly neutral pH is essential to lawn success. To find out if your soil is within acceptable range, buy a test kit from your local home improvement store. If your soil is more acidic than it should be, adding garden lime (or limestone) in the fall will reduce acidity. If your soil is more alkaline, add a

soil conditioner with sulfur or gypsum as needed. Or opt for an organic approach with peat moss or regularly applied compost.

## Lawn Food

While healthy soil provides many of the nutrients your grass requires, fertilizer gives it the extra boost to control weeds, recover from damage and keep on growin'. Choose a fertilizer based on your region, the pH of your soil and the size of your lawn. Then apply when grass is actively growing and according to the climate. Fertilize cool-season grasses in spring and fall. Warm-season grasses benefit most from fertilizer in late spring and summer.

## Weed Whacking

Weeds compete with your grass for nutrients, water and sunlight. Your best defense is to tackle them before they begin by applying a pre-emergent herbicide during the heavy growing season in early spring. To handle weeds post-invasion, either remove them by hand or apply a granular control product early in the morning—dew helps it stick to weed leaves.

## Reap What You Mow

Regular mowing is like a human haircut: It keeps the grass thick and healthy. While the needs of each type of grass vary slightly, stick to the one-third rule: Don't remove more than one-third of the blade height at one time. A close cut increases the grass's vulnerability to pests and reduces its ability to regrow. The experts at Lowe's recommend mowing grass when it's dry and leaving the discharged clippings on the lawn. This is called grass cycling and helps return nutrients and nitrogen to the soil.

## Bare Necessities

There are several causes for lawn bare spots: heavy foot traffic, drought, disease, chemical burn or pest problems like weeds or insects. It's important to determine the root of the problem and take measures to prevent it, but there are also several options to repair post-damage. Prep your lawn by digging up the affected area about 6 inches deep. Mix in fresh topsoil, then choose one of the following methods:

→ Spread seed and fertilizer, then add straw as a mulch to retain moisture and deter pests.

→ Seed germination blankets, which are made from wool fiber, are great for keeping seeds in place.

→ Lay down a lawn patch product, which includes seeds, fertilizer and mulch all in one.

→ If sod is available, you must keep it moist before laying it down and ensure solid contact with the soil.

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# A SOUTHERN

## LIGHT ON

Georgia-based floral designer Anissa Manzo Goeken and her husband Russell Goeken zeroed in on this tiny sunroom to double as a combination studio/office. They painted the walls a buttery yellow and now consider it the cheeriest room in the house. Here, as elsewhere, they removed existing carpets, painted the floor and added wall hangings and plants.



# CHARMER

Ka-bloom! Anissa and her son Sebastian are all about flower power.

See page 53  
for kitchen  
reboot deets.



**Meet a creative couple who used elbow grease, artwork and botanical touches to totally transform a Savannah fixer-upper.**

BY SUZANNE RUST • PHOTOGRAPHY BY DAVID A. LAND

## Home

*It takes a lot of confidence—and a good eye—to make an offer on a house you've seen only online. But when something feels right, you just know. Anissa Manzo Goeken, founder of a botanical boutique and wedding design studio called Urban Poppy, and her husband Russell Goeken, a photographer, were actually living overseas when they bought their small 1910 Federal-style brick home. They could tell from the listing that work was needed, but they also saw lots of potential and were ready to roll up their sleeves. "Russ and I DIYed it all," says Anissa. They knocked down walls, ripped out carpets and painted the hardwood floors white (which some people found shocking) to give the place a more Danish-modern feel. The end result? A just-right oasis for themselves and their kids, 4-year-old Sebastian and 16-month-old Sabine.*



### MIX & MATCH

To create a clean canvas, the couple painted the walls and fireplace the palest gray and white; Russell added wainscoting for detail. Vintage family photos, plus the couple's own artwork, drawings and photography, pull the living room together. The couch was a \$100 Goodwill find that was ripe for reupholstering. As for the midcentury modern original Lane coffee table, that's a thrift win as well. "I paid \$90 but it's worth around \$1,600, I believe," says Anissa. "Woo-hoo!" The natural fiber rug and other doctored-up Goodwill discoveries—frames and bamboo trays painted high-gloss black—complete the eclectic hodgepodge.

### thrift with Anissa

→ Look for furniture with good bones. Even if a chair or couch appears a little beat up, it can always be painted or reupholstered.  
→ Keep a small tape measure on hand to verify

whether something that catches your eye is right for your space size-wise.  
→ Fine-tune your vision. Oftentimes one key piece can set the mood for an entire space.  
→ Always haggle, politely of course!

(shown on page 49)

### COUNTER SERVICE

Russ knocked out a wall to create a breakfast bar and laid down aluminum flashing for the countertop. “Wall cabinets can take up tons of real estate,” says Anissa, “so instead we put in floating white shelves and placed all our pantry items in clear glass jars.” The couple baked in light touches like bamboo blinds, wicker storage baskets and a white pendant lamp.

*“The upside of knocking down walls: Tons more light floods our space. The downside: We forgot how much soundproofing walls offer. If you decide to create an open floor plan, put some thought into how the room to room.” —Anissa*



### FOOD FOR THOUGHT

A giant peony painting brings a floral design element to the dining room and creates a striking counterpoint to a dark wood Balinese dining table and mod white chairs from IKEA. The antique table runner was purchased some time ago in West Africa. A red buffet side table, cheerful printed curtains and fresh flowers up the happy.

### GREENER PASTURES

“Like many of my contemporary floral designers, I’m primarily self-taught,” says Anissa. “My mother and grandmother were both avid gardeners and passed that down to me.” So although she grew up in New York City, she was fortunate enough to be exposed to flowers and brought all of that to their Savannah garden. Russell, a Texas native, developed a passion working on his family’s farm early on. They realized they wanted urban homesteading to be a bigger part of their life, which led to keeping chickens and quail.



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## Home

### BOY ZONE

For Sebastian's space, Russell put wainscoting and beadboard all around the room to keep with a light, beachy vibe. Anissa converted an old shell wind chime she found at a junk shop into a chandelier using a simple DIY lighting kit from IKEA. Sebastian's clothes are stored in shelving with baskets, giving him easy access to his things. Unique details like a cool map, framed fabric for instant art and a stool that Anissa "yarn bombed" give the room a playful, personalized touch. The stool was originally part of an art installation, suspended from a wall full of bright flowers.

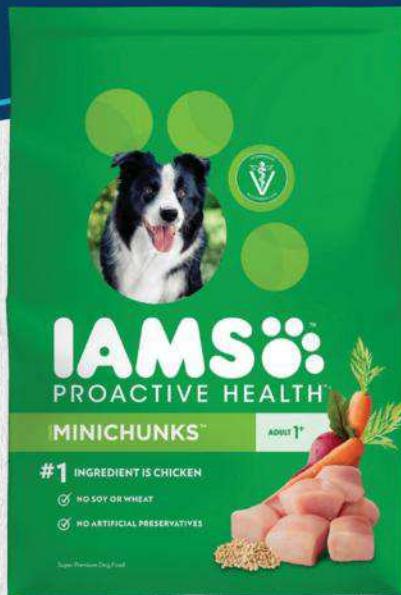


### HALL PASS

"Old historic homes definitely weren't designed for us modern Americans and all our stuff!" says Anissa. When the couple decided to open up the hallway to enlarge their galley kitchen and create a more open plan, it meant sacrificing a linen closet. Their fix: retrofit an alcove to provide extra storage. Shelves help, as do a variety of both lidded and open baskets that house extra linens and a cherished collection of record albums.



After comparing ingredients,  
8 out of 10 people who feed Iams  
prefer the ingredients in BLUE.



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## Top 5 Ingredients

1. Chicken
2. Ground Whole Grain Corn
3. Ground Whole Grain Sorghum
4. Chicken By-Product Meal
5. Dried Beet Pulp

1. Deboned Chicken
2. Chicken Meal
3. Brown Rice
4. Barley
5. Oatmeal

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\*Approximate cost difference based on listed price on national retailer websites as of February 2018 and manufacturer's recommended feeding levels for a 35-lb. adult dog. Actual cost per day can vary based on your dog's weight, activity level and age.

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Oscar Mayer



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# BACONSISTENTLY DELICIOUS



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Easy Entertaining

Weeknight Cooking

Test-Kitchen Secrets

Healthy Eating

# Food



Sohui with daughter Jasper, 10.

## A Brooklyn-Style Cookout

*When chef Sohui Kim isn't in the kitchen at one of the Brooklyn restaurants she co-owns with her husband, she can't help herself—she cooks anyway. On the menu: irresistible Korean-style BBQ*

Sohui lived the first decade of her life in Korea, a picky eater surrounded by delicious food that she still remembers. When her family moved to America, she and her brother went crazy over pizza and hamburgers (each gaining 10 pounds their first year here) while her dad opened a produce market with some fellow Korean immigrants. Working by his side, Sohui learned all about fruits and veggies she'd never seen before. Her hardworking father had hoped she'd go to law

school after college, but Sohui followed her heart to cooking school, then various restaurant kitchens, where she perfected her skills and refined the homey, comforting food she describes as “influenced by everything” she’s ever known, tasted and liked. Her Brooklyn backyard, a frequent gathering spot for friends, is the perfect place for the mom of two to infuse traditional Korean flavors into classic American cookout fare: chicken and ribs.

Food styling: Maggie Ruggiero. Prop styling: Megan Hedgpeth.

salad days

Instead of defaulting to the usual cool, crisp green salad, try grilled veggies with bold dressings.



**Grilled Eggplant and Peppers with Soy and Sesame**

Makes 6 servings Prep 10 minutes  
Grill 7 minutes Cool 5 minutes

- 1 lb Japanese eggplant, halved lengthwise
- 2 red, orange or yellow bell peppers, cut into 1-inch strips
- 1 tbsp vegetable oil
- 2 scallions, halved lengthwise and thinly sliced
- 1 tbsp soy sauce
- 1 tbsp seeded and thinly sliced Holland chile (thin red chile)
- 2 tsp minced garlic
- 2 tsp toasted sesame seeds
- 2 tsp sesame oil
- Salt to taste

- Heat grill to medium-high.
- Toss eggplant and peppers with vegetable oil. Grill cut side down until charred, 4 to 5 minutes. Flip and grill until browned and just tender, 2 minutes. Transfer to a mixing bowl and let cool 5 minutes.
- Tear eggplant into 2 to 3 strips. Add remaining ingredients and combine well. Season with salt to taste.

PER SERVING 80 Cal • 4 g Fat (1 g Sat) • 2 g Pro • 8 g Carb • 5 g Sugars • 3 g Fiber • 277 mg Sodium

**Charred Summer Squash and Zucchini Salad**

Makes 8 servings Prep 10 minutes Grill 14 minutes Cool 5 minutes

- 1 lb yellow summer squash
- 1 lb zucchini
- 2 tbsp vegetable oil
- 2 tbsp sesame oil
- 2 tbsp toasted sesame seeds
- 2 tbsp rice vinegar
- 2 to 3 tbsp gochujang (see page 62)
- 1 tbsp honey
- 1½ tsp gochugaru (see page 62)
- 1 tsp minced garlic
- 1 tsp minced ginger
- ½ cup chopped scallions
- Salt to taste

- Heat grill to medium-high.
- Cut squash and zucchini into ½-inch-thick rounds. Toss with vegetable oil and grill until slightly tender, 5 to 7 minutes per side. Transfer to a colander to drain. Let cool about 5 minutes.
- In a large mixing bowl, stir sesame oil and next 7 ingredients. Add grilled vegetables and scallions, and toss until well coated. Season with salt to taste.

PER SERVING 121 Cal • 9 g Fat (1 g Sat) • 2 g Pro • 9 g Carb • 5 g Sugars • 1 g Fiber • 169 mg Sodium

**PANTRY POINTER**

*Japanese eggplants, while purple like their Italian counterparts, are skinnier, thinner-skinned and sweeter.*

*“Cooking for children has a real learning curve, particularly when they’re picky eaters like my two kids,” says Sohui. Instead of depending on chef magic, she sticks with simple ingredients.*

Clockwise from top: Sohui and Ben dine with Jasper, family friends and son Oliver, 8.



**easy upgrade**  
Briefly grilling lettuce varies its texture and adds flavor for a more interesting side dish.



**Grilled Romaine with Korean Dressing**

Makes 6 servings Prep 10 minutes Grill 5 minutes

- ¼ cup olive oil
- 2 bunches scallions, trimmed
- 2 large heads romaine or other hearty green, cut into quarters
- Large pinch of kosher salt
- ¼ cup sesame oil
- 2 tbsp rice wine vinegar
- 2 tsp honey
- 2 tsp minced garlic
- 2 tsp gochugaru (see page 62)
- 5 tsp fish sauce
- Coarsely ground black pepper to taste

- Heat grill to medium. • Brush olive oil over scallions and cut sides of romaine. Season lightly with salt. Grill until charred on all sides, about 5 minutes for scallions, flipping halfway through, and 45 seconds to 1 minute per side for romaine. • In a large bowl, combine remaining ingredients to make dressing. Add romaine and scallions and toss to coat well. • Arrange on a platter and serve immediately.

PER SERVING 218 Cal • 18 g Fat (3 g Sat) • 4 g Pro • 13 g Carb • 6 g Sugars • 6 g Fiber • 466 mg Sodium

**Gochujang-Glazed Spare Ribs**

Makes 8 servings Prep 15 minutes Grill 1 hour, 12 minutes Rest 15 minutes

- 1 rack spare ribs (about 3½ lbs)
- 2 to 3 tsp kosher salt
- 2 tsp sugar
- 5 cloves garlic, minced
- 2 tbsp minced ginger
- ¼ cup low-sodium soy sauce
- ¼ cup gochujang (see page 62)
- 3 tbsp gochugaru (see page 62)
- 2 tbsp honey
- 2 tbsp rice wine vinegar

- Heat grill to medium.
- Cut rack in half. Combine salt and sugar. Sprinkle over ribs.
- Whisk remaining ingredients.
- Using 4 sheets of heavy-duty aluminum foil, double wrap each rack in its own packet.
- Place ribs on grill over direct heat and cook 1 hour with lid closed, occasionally turning packets without piercing foil.
- Remove from grill; rest 10 minutes. Carefully open packets, remove ribs and discard rendered fat and foil.
- Grill ribs over direct heat, with lid closed as much as possible, turning and basting with sauce until nicely charred, 10 to 12 minutes. Remove from grill; rest about 5 minutes. Cut into individual ribs and serve with any remaining sauce.

PER SERVING 366 Cal • 24 g Fat (9 g Sat) • 25 g Pro • 12 g Carb • 7 g Sugars • 1 g Fiber • 1,314 mg Sodium

**winning converts**  
Even the eggplant-averse  
will get on board with  
this savory, spicy side dish.



**meat market**  
Korean-style ribs are pretty  
similar to traditional baby  
backs, but with a little more  
heat from the chile paste.

*“These recipes bridge our restaurant kitchen and  
our home stove. They’re what we feed our children.”*

**grate idea**

Pop this pot of stew right on your grill and cook as if it were on a stovetop burner.

*"I taste-test new dishes for my restaurants and cookbooks on my kids; they guide me as to how far I can go."*

**PANTRY  
POINTER**

Two Korean must-haves: gochugaru (ground red chile flakes) and gochujang (red chile paste).

Both products give finished dishes a fiery yet slightly sweet punch.

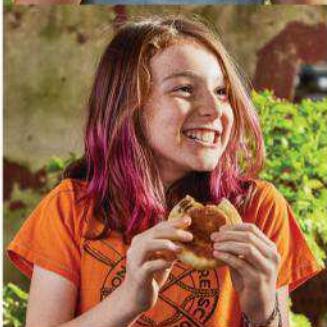


Whipped Topping  
Raspberries  
Blueberries

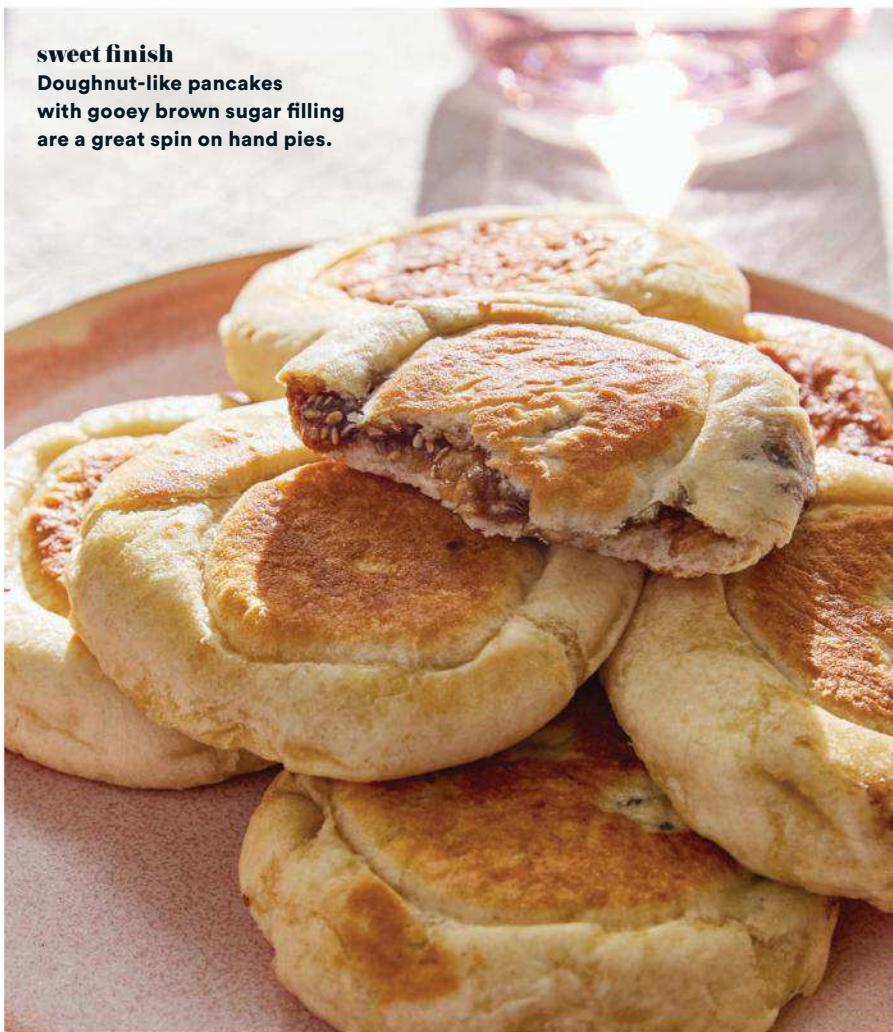
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Rich



**sweet finish**  
Doughnut-like pancakes with gooey brown sugar filling are a great spin on hand pies.



### Spicy Chicken Stew

Makes 6 servings Prep 15 minutes  
Grill 8 minutes Cook 40 minutes

- 4½ lbs chicken pieces
- 1 onion, peeled and quartered
- 1 tbsp olive oil
- 8 cloves garlic, minced
- 2 tbsp minced ginger
- ¼ cup reduced-sodium soy sauce
- ¼ cup gochujang (see page 62)
- 3 tbsp gochugaru (see page 62)
- 1 tbsp sugar
- 1 tsp fish sauce
- 2 Korean green chiles, seeded and thinly sliced
- 1 bunch scallions, thinly sliced

• Heat grill to medium-high. Reduce heat to medium.

• Toss chicken and onion with oil to lightly coat; grill until well marked, 6 to 8 minutes.

• In a large pot, stir garlic, next 6 ingredients and 2 cups water. Add chicken and onion.

• Cook, covered, on grill for 30 minutes. Stir in chiles and scallions; cook, uncovered, 5 to 10 minutes to cook chicken through and thicken sauce.

PER SERVING 512 Cal • 30 g Fat (8 g Sat) • 43 g Pro • 17 g Carb • 7 g Sugars • 3 g Fiber • 886 mg Sodium

#### PANTRY POINTER

*If you don't have a Korean green chile, try using 1 serrano or 2 jalapeños.*

### Hotteok: Korean Dessert Pancakes

Makes 10 servings Prep 30 minutes Let rise 1 hour, 30 minutes Cook 5 minutes per batch Cool 5 minutes

- 1 tbsp instant yeast
- 2 cups warm water
- ½ cup packed light brown sugar
- 3 tbsp sesame seeds
- 2 tbsp crushed or finely chopped almonds or walnuts
- 4½ cups all-purpose flour, plus more for dusting
- 2 tbsp granulated sugar
- 2 tsp kosher salt
- 2 tsp olive oil, plus more for cooking

• In a small bowl, combine yeast and warm water; stir well. Let sit 5 minutes in a warm place. • In another bowl, combine brown sugar, sesame seeds and nuts. • In a large bowl, stir flour, granulated sugar and salt, then add oil and yeast mixture. Stir until dough comes together. • Dust clean work surface with flour. Turn dough out onto flour; knead until smooth. Form into a ball and place in a clean, lightly greased bowl. • Cover bowl with a kitchen towel; let rise in a warm spot until it has doubled in size, about 1 hour. • Knead risen dough on floured surface until smooth, then form into a ball, cover and let rise 30 minutes. • Divide dough into 10 pieces; form each into a flattened ball and place on floured surface. Make a dent in center of each ball and fill with 1 tbsp brown sugar mix. Pinch ball shut. • In a nonstick pan, heat 1 tbsp oil over medium. Working in batches and adding ½ tsp oil as needed, place 2 balls in pan. Cook until bottoms are browned, 2½ minutes, then flip and press down gently with a spatula to form flat pancakes 3 to 4 inches wide. Cook 2 to 2½ minutes, until browned. (It's OK if some filling oozes out.) • Let hotteok cool about 5 minutes before serving. Filling will be hot!

PER SERVING 289 Cal • 6 g Fat (1 g Sat) • 7 g Pro • 52 g Carb • 9 g Sugars • 2 g Fiber • 389 mg Sodium

**They look ferocious,  
but inside they're just  
chicken raised with  
no antibiotics ever.**



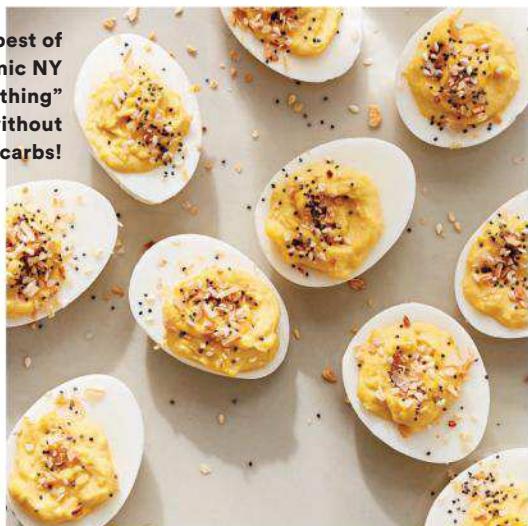
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Keep it Tyson.**



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### “Everything” Deviled Eggs

Makes 16 servings Prep 15 minutes

Can be made up to 3 days in advance; add seasoning mixture just before serving.

Mix 2 tbsp **toasted sesame seeds** and 1 tbsp each **poppy seeds**, **dried minced garlic** and **dried minced onion** with 1 tsp coarsely ground **sea salt** in a small bowl. Peel and halve 8 **hard-boiled eggs**. Mash yolks in a bowl with ¼ cup **mayonnaise**, 2 tsp **water**, 1 tsp **yellow mustard** and ¼ tsp each **salt** and **pepper** until smooth (or combine ingredients in a mini chopper and whirl until smooth). Return yolk mixture to centers of egg whites and sprinkle with 1 tsp “everything” seasoning mixture.

PER EGG HALF 75 Cal • 6 g Fat (1 g Sat) • 4 g Pro • 1 g Carb • 0 g Sugars • 0 g Fiber • 197 mg Sodium

# Start Snacking Right

*You’ve heard it before: Eat more veggies, eat more protein. Thanks to these satisfying, stuffed no-cook bites, it’s done and done.*

BY JULIE MILTENBERGER

### Greek Cherry Tomatoes

Makes 30 servings Prep 25 minutes

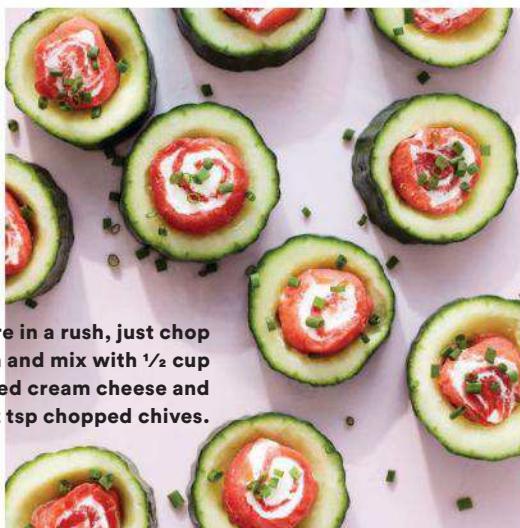
Will keep up to 2 days filled or 4 days unfilled.

Slice 15 large **heirloom cherry tomatoes** in half and scoop out seeds. Turn upside down onto paper towels and drain 5 minutes. Meanwhile, in a small bowl, toss ¼ cup finely crumbled **feta cheese**, 1 tbsp finely chopped **fresh parsley** and 1 tsp **fresh lemon zest**. Drain and rinse 1 can (15 oz) **cannellini beans**. Add to food processor along with 2 tbsp each **olive oil** and **fresh lemon juice**, 2 tsp **jarred minced roasted garlic** and ¼ tsp each **salt** and **freshly ground black pepper**. Puree until smooth. Divide ¾ cup bean spread among tomatoes (you’ll have some left over); sprinkle feta mixture on top. Keep refrigerated.

PER TOMATO 25 Cal • 1 g Fat (0 g Sat) • 1 g Pro • 3 g Carb • 0 g Sugars • 1 g Fiber • 70 mg Sodium



If you want to skip the bean spread, swap in pre-made hummus.



If you’re in a rush, just chop salmon and mix with ½ cup whipped cream cheese and 2 tsp chopped chives.

### Salmon Cucumber Bites

Makes 20 pieces Prep 20 minutes Assembly 20 minutes

Filled bites will keep up to 2 days in the fridge.

Cut 1½ **seedless cucumbers** into ¾-inch rounds (you will need 20). Scoop out centers (opening should be 1 inch across and ½ inch deep). Separate 4 oz **smoked salmon** slices and place on a cutting board. Spread a very thin layer of **whipped cream cheese** on each slice and roll up tightly. Slice into ½-inch pinwheels, then fit one into each piece of cucumber, flattening slightly. Sprinkle with snipped **fresh chives**.

PER BITE 22 Cal • 1 g Fat (1 g Sat) • 2 g Pro • 1 g Carb • 0 g Sugars • 0 g Fiber • 57 mg Sodium

JULY

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### Music to Your Ears

We brainstormed a get-in-the-groove playlist just right for Fourth of July festivities.

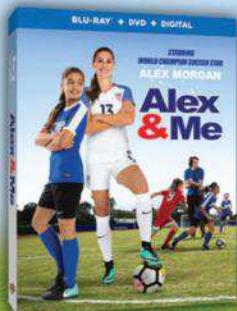
[familycircle.com/july4-playlist](http://familycircle.com/july4-playlist)

Photos: (left to right) Getty Images, courtesy of iRobot, Adobe Stock.

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# How to Herb

BY NICOLE PAPANTONIOU

## next-level cooking

Fats like oil and butter deepen the flavor of herbs. Acids like vinegar and citrus brighten them.

## roll with it

Fold chopped herbs like thyme, rosemary and chives into softened butter, form into logs, wrap in plastic and refrigerate. Use for cooking or serve with bread.

## COOL DOWN

Blend water, frozen blueberries, cucumber and mint for a frosty detoxifying drink. Or try watermelon, frozen strawberries and basil.



## GIVE IT A WHIRL

Blend a small handful of parsley leaves and stems into green juices for a powerful dose of antioxidants and immune-boosting vitamin C.

## stomach soother

Mint adds a refreshing boost to smoothies—and aids in digestion.

## mince, don't mash

When chopping herbs, always use a sharp knife. The less you bruise them, the greener and more flavorful they'll be.

## BUZZ OFF

Basil, mint, lemon balm, rosemary and lavender naturally repel mosquitoes. Place in pretty planters on outdoor dining tables or windowsills.

## HERB TYPES & TIPS

### Hardy

- Rosemary, sage, oregano, thyme
- Stir in at beginning of recipes
- Store, unwashed, in a slightly opened baggie
- Chop and freeze in oil

### Delicate

- Parsley, cilantro, basil, chives, mint
- Add to food before serving
- Roughly chop and freeze in water
- Clean by plunging into water, then dry and wrap in damp paper towel; store in opened baggie

## SOURCES

Megan Huylo, chef, cooking instructor and consultant; and *The Science of Cooking* by Dr. Stuart Farrimond

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**Want to save your mugs for coffee?**

Try the Pampered Chef Ceramic Egg Cooker. Its vented lid is perfect for steaming, and a silicone sleeve provides an easy grip. It holds up to 4 eggs and also works for muffins and oatmeal. Pamperedchef.com, \$16

**make ahead**

*We recommend 3 tbsp filling per egg. Store prepped mugs in the fridge, covered with plastic, for up to seven days; simply mix in eggs before cooking.*

→ **Greek Omelet**

Chopped seeded tomatoes, chopped onions and crumbled feta cheese.

→ **Western**

Diced ham, diced onion and shredded sharp cheddar.

→ **Classic**

Crumbled cooked sausage and chopped slices of American cheese.

→ **Huevos Rancheros**

Chopped red pepper, chopped onion and jarred salsa.

→ **Ramen**

Cooked ramen noodles, chopped Canadian bacon and crushed seaweed chips. (Try beating eggs with soy sauce and sriracha instead of salt and pepper!)

→ **Shakshuka**

Finely chopped roasted red peppers, crushed tomatoes, garlic powder, ground cumin and a touch of paprika.

**go big**

For a heartier breakfast, add some cooked grains. Try farro in the Greek omelet, corn or hominy in the huevos rancheros, or brown rice in the shakshuka. You can also scoop any of the cooked egg scrambles onto a toasted English muffin or pita, or roll them into a tortilla with baby spinach.

# Just Add Egg

*These make-ahead, microwave-friendly breakfast “bowls” are a grab-and-go solution for you and your teens. Now get cracking!*

BY NICOLE PAPANTONIOU AND SARAH WHARTON

**zap it**

*Crack egg(s) directly into cup with prepped ingredients; add salt and pepper to taste and stir.*

**1 egg**

Microwave 45 seconds at 100%; stir and microwave 15 seconds more.

**2 eggs**

Microwave 45 seconds at 100%; stir and microwave 30 seconds more.

**3 eggs**

Microwave 45 seconds at 100%; stir and microwave 45 seconds more, stir again and microwave in 15-second increments until cooked.

**Pro tip:** Don't worry if eggs don't look completely set when you pull them from the microwave. They'll continue to cook in the mug.

Photo: Johnny Miller. Food styling: Victoria Granof. Prop styling: Christopher White.

*Jimmy Dean* ONCE SAID:

“ALL YOU  
gotta do  
IS  
heat  
'EM UP



AND  
EAT 'EM UP.”

*Jimmy Dean*



TODAY'S YOUR  
DAY TO  
*Shine on*

# Of Birds & Brews

Three clever spins on classic beer-can chicken.

BY MELISSA KNIFIC



## Master Beer-Can Chicken Recipe

Makes 4 servings  
Prep 15 minutes  
Grill 1 hour

Prepare grill for indirect grilling. (Heat one side to medium-high and leave other side off.) Pat dry a whole 3½ lb chicken, place on a cutting board and season with salt and pepper. Pour (or drink!) ½ cup liquid from a can of beer and fit chicken over it, with legs pointing down and tips of drumsticks resting on cutting board. Transfer chicken, standing upright, to an aluminum pie plate or a baking pan lined with foil. Place over indirect heat and grill 25 minutes, then cover loosely with aluminum foil. Grill 25 to 35 minutes, until thigh reaches 165°. Rest 10 minutes, carefully remove from can and slice.



Start with room-temp beer, cider or soda—it will give the bird flavor more quickly.

To impart a smoky kick, add soaked wood chips to the fire. Pair hickory chips with root beer, apple chips with cider and pecan chips with ginger beer.

Tuck wing tips behind body to keep them from overcooking.

1

### Root Beer

Enhancing root beer's inherent sweetness is easy with a combo of molasses, Chinese five-spice powder and salt.

#### Seasoning

Brush with 1 tbsp molasses, then rub with 2 tbsp five-spice powder + 1½ tsp kosher salt

#### Beer Alternative

1 can (12 oz) root beer  
(such as Dr. Brown's)

2

### Hard Cider

Citrusy aromas in the rub mixture work with the fragrant cider to flavor the bird both inside and out.

#### Seasoning

Rub with 1 tbsp lemon zest + 1½ tsp kosher salt + ½ tsp ground coriander + ½ tsp cracked black pepper

#### Beer Alternative

1 can (12 oz) hard cider  
(such as Angry Orchard Crisp Apple)

3

### Ginger Beer

Make it Jamaican: Add 2 tsp curry powder to the brown sugar and ginger before rubbing onto chicken.

#### Seasoning

Rub with 1 tbsp packed light brown sugar + 2 tsp ground ginger + 1½ tsp kosher salt

#### Beer Alternative

1 can (12 oz) ginger beer  
(such as Gosling's)

# Reynolds Wrap

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# cold

LAYERED  
ICE CREAM  
POPS



DIPPED  
UNICORN CONES

Store-bought  
cones have never  
looked so good.

# play

*Mom and entrepreneur Jeni Britton Bauer is the brains behind the crazy-delicious Jeni's Splendid Ice Creams, and her unique pints inspired these five frozen desserts. Making any of them will guarantee your status as #coolestmomaround.*

BY NICOLE PAPANTONIOU PHOTOGRAPHY BY JOHNNY MILLER



### FUDGE BROWNIE ICE CREAM CAKE

Swap Jeni's Green Mint Chip for any flavor or brand you like. (This applies to all of these recipes!)

“Flavor is everything,” says Jeni Britton Bauer, founder of Jeni’s Splendid Ice Creams. The Columbus, Ohio-based company is known for its unexpected taste combinations, like Ricotta Toast with Red Berry Geranium Jam and Salted Honey Pie. While Jeni didn’t start out dreaming of being an ice cream creator, she has always been fascinated by scents and flavors. At

first Jeni wanted to be a pastry chef, then a perfumer, and then the two blended together. While her flavors are innovative, the ice cream itself is back-to-basics: dairy from grass-pastured cows with no artificial dyes, emulsifiers or anything synthetic. She is particularly proud of her Salty Caramel, which is made the traditional way—by cooking sugar over



## **SORBET COCKTAIL**

Think of the sorbet as a frozen drink mixer. It'll sweeten and temper your drink as it melts.

a burner. "Tasting it is almost like seeing live music," she says. "Whenever I have a spoonful, I think of it as representing one moment when one person caramelized a batch of sugar in our kitchen. Only a few people in our company can do this without burning it, and each batch turns out tasting slightly different. I love the flavor for that reason."

Jeni honed her craft by infusing store-bought ice cream with essential oils, sort of like training wheels for her future experiments. Now, 22 years later, she has 1,000 employees, 34 stores in seven states and packaged pints in supermarkets nationwide. (They can also be ordered from [jenis.com](http://jenis.com).) "We look for quality and true partners in what we do," she says.

**WAFFLE  
ICE CREAM  
SANDWICHES**



Jeni has some true partners at home too. Her husband, Charly, is the Head of Stewardship and spends his days helping to build community outreach. Their kids, Greta, 10, and Dashiell, 9, are always ready and eager to taste. “They’re at an age where they have lots to offer [opinion-wise],” says Jeni. “They know this is what the family does, not just Mom and Dad.”

Jeni doesn’t limit herself to ice cream when it comes to flavorful matchmaking. In the summer, she loves topping a tart fruit pie with her Lemon Buttermilk Frozen Yogurt. “Sometimes ice cream is the actual dessert,” she says. “But sometimes it can be the wingman to another dessert.” And that’s how Jeni inspired us to come up with our own playful takes.

## recipes, tips & tricks

For optimal results, let ice cream sit at room temperature for about 5 minutes before scooping. You're looking for the sweet spot when it's easy to scoop and spread but before it becomes liquid. (Ice cream that completely melts and refreezes will taste unpleasantly icy.)

### Layered Ice Cream Pops

*Don't worry about spreading the ice cream too much—we learned the swirls can be quite forgiving!*

**Makes 16 servings** Prep 15 minutes  
Freeze 30 minutes, then overnight

- 1 prepared all-butter loaf cake (such as Entenmann's)
  - 2 pints Jeni's Brambleberry Crisp ice cream
- Coat an 8½ x 4½ x 2½-inch loaf pan with nonstick spray. Line with plastic wrap, leaving a 2-inch overhang on all sides. Smooth wrinkles and set aside.
  - Using a serrated knife, split cake horizontally in half. Cut bottom half horizontally in half again. Reserve uncut top half.
  - Evenly spread 1 pint ice cream over bottom of pan. Top with a layer of cut cake, using reserved top half to fill in pan where needed. Freeze 30 minutes.
  - Top with another pint of ice cream and remaining cut layer of cake. Use reserved top half to fill in again, where needed. Save remaining cake for another use. Freeze loaf pan overnight.
  - In pan, slice cake in half lengthwise, then cut each half into eighths. Place an ice pop stick in center of each piece.
  - Serve immediately or freeze.



Keep an eye out for Jeni's 35th shop, opening in Charlotte, North Carolina, late this summer!

### Dipped Unicorn Cones

*To make the perfect drying stand for dipped cones, invert an egg crate and pop holes into the bottom of each egg holder. The holes should be big enough to hold cones upright.*

**Makes 12 servings** Microwave 1 minute, 15 seconds

- ½ cup pink melting candy
  - ½ cup blue melting candy
  - ½ cup dark blue melting candy
  - 6 tsp vegetable oil
  - 12 sugar cones
  - 1 pint Jeni's Supermoon ice cream
- Place each color of melting candy in a separate small microwave-safe bowl. Add 2 tsp oil to each. Microwave all bowls at 100% for 45 seconds. Stir, then repeat in 30-second increments until candy is melted and the same consistency.
  - Add 2 tbsp of each color of melted candy to a small bowl; place colors side-by-side so that each covers about a third of the bowl. (If they overlap, you will achieve a marbling effect.)
  - Dip top of each sugar cone into melted candy, then turn cone upright. To achieve a dripping effect, slowly rub cone back and forth between your hands. Let dry before adding ice cream.

### TRY THIS!

For an extra pop of color, add some homemade "Magic Shell."

### DIY "Magic Shell"

Melt ½ cup melting candy or chocolate chips with 1 tbsp coconut oil. It'll harden over ice cream in 30 to 45 seconds.

### Fudge Brownie Ice Cream Cake

*Make the brownie up to 2 days in advance and store it in the fridge.*

**Makes 12 servings** Prep 10 minutes  
Bake at 350° for 65 minutes  
Freeze 20 minutes, then 2 hours or overnight

- 1 box fudge brownie mix (such as Duncan Hines)
  - 2 pints Jeni's Green Mint Chip ice cream
  - Ganache (optional; recipe follows)
  - 3 Andes mints, peeled lengthwise with a vegetable peeler
- Heat oven to 350°. Grease a 7-inch springform pan and wrap outside in foil. Prepare brownie mix according to package directions for fudgy brownies. Bake 65 minutes, until edges start to pull away from pan. Cool to room temperature, then place in freezer for 10 to 20 minutes to firm up and cool completely.

- Run a thin knife between brownie and pan, then release ring. Using a serrated knife, carefully split brownie horizontally into 2 layers.
- Replace ring around bottom brownie layer. Top with 1 pint ice cream and, using the back of a spoon, smooth into an even layer. Repeat with remaining brownie layer and ice cream. Freeze at least 2 hours or, preferably, overnight.
- When ready to serve, run the thin knife between cake and pan, then release ring. Transfer to a cake stand or serving plate.
- Pour ganache, if using, over center of top layer and allow to drip down the sides. Sprinkle with shaved mints. Serve immediately or return to freezer.

### Ganache

In a small pot, heat ¼ cup heavy cream until just boiling. Pour over 2 oz chopped semisweet chocolate. Stir until completely melted, smooth and shiny. Cool at least 5 minutes before pouring onto ice cream cake.

### Sorbet Cocktail

*Strawberry or mixed berry sorbet can be swapped for the Frosé.*

**Makes 4 servings** Prep 5 minutes

- 8 small scoops Jeni's Frosé sorbet
- 4 oz gin
- 3½ oz St. Germain (elderflower liqueur)
- ½ oz freshly squeezed lemon juice
- Lemon slices, for garnish

- Add 2 small scoops sorbet to each of 4 coupes or glasses. Place in freezer to avoid melting.
- Combine gin, liqueur and lemon juice in a cocktail shaker with ice. Shake, then divide evenly among coupes. Garnish each with a lemon slice.

### Waffle Ice Cream Sandwiches

**Makes 3 waffle sandwiches**  
Prep 10 minutes

- 1 pint Jeni's Strawberry Buttermilk or Darkest Chocolate ice cream
- 6 frozen waffles, toasted
- ½ cup topping, such as sprinkles, mini chocolate chips or ground almonds (optional)
- 1 cup white or regular chocolate chips, melted (optional)

- Place a 3½-inch ring mold on a chilled plate. Add 2 large scoops ice cream to mold and, using the back of a spoon, smooth into an even layer. Using a spatula, transfer mold with ice cream to a waffle; remove mold. Top ice cream with another waffle and press down lightly. Repeat with remaining ice cream and waffles.
- If adding topping but not dipping into chocolate, roll sandwiches in topping. Serve immediately or freeze.
- If dipping into chocolate, freeze sandwiches for 1 hour. Then, if desired, cut in half or into quarters. Dip one side of cut sandwiches into melted chocolate and let excess drip off. Sprinkle with topping, if using. Serve immediately or wrap individually and freeze.

**NEW!**

# PLANTERS CRUNCHERS

• A CRUNCH INSIDE A CRUNCH •



**NEW!**

NO ARTIFICIAL  
FLAVORS OR COLORS

**PLANTERS  
CRUNCHERS**  
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Cinnamon  
Brown Sugar

**NEW!**

NO ARTIFICIAL  
FLAVORS OR COLORS

**PLANTERS  
CRUNCHERS**  
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Mesquite  
Barbecue

**NEW!**

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FLAVORS OR COLORS

**PLANTERS  
CRUNCHERS**  
• CRISPY COATED PEANUTS •



Sea Salt &  
Black Pepper



**DELICIOUSLY  
HEART HEALTHY**



While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.  
©, TM, © 2017 Kellogg NA Co.



It's illegal for teens to buy vaping devices, but they still get their hands on them. Some, like the Juul below, look just like a thumb drive.

## Smoke Screen

The top reasons why middle and high school students say they've tried e-cigarettes: a friend or family member used them, and they come in enticing flavors like mint, fruit and chocolate. But that berry limeade vapor still contains toxic chemicals and carries an increased risk of using tobacco products later on.

Source: CDC

Photo: Peter Ardito



From top:  
 Electriccalifornia.com, \$120  
 Verabradley.com, \$78  
 Fostergrant.com, \$20  
 Seeeyewear.com, \$99  
 Smithoptics.com, \$169

## Seeking Shades

Make sure those aviators you love so much actually block the sun. Shop smart with seven expert-vetted dos and don'ts.

- ⊗ **DON'T** settle for less than 100% UVA and UVB protection. Nearly half of U.S. adults ignore UV ratings, the most important aspect of shades.
- ⊗ **DON'T** worry about lens color. Dark shades don't guarantee more protection.
- ⊗ **DON'T** let kids pick out a style they like—they might be more likely to wear them.
- ⊗ **DON'T** skip shades just because you wear glasses. Opt for clip-ons or photochromic lenses, which turn dark in sunlight.
- ✓ **DO** go big. Oversize or wraparound sunglasses limit the UV rays that can penetrate from the sides.
- ✓ **DO** remember that polarized glasses cut down on glare but not UV exposure.
- ✓ **DO** feel compelled to spend a lot. Affordable shades can be just as effective as expensive ones.

Source: American Academy of Ophthalmology

### A DRY SPELL

Your risk for xerosis (a fancy word for dry skin) goes up if you're over 40, live in an arid climate, often get your skin wet or swim in chlorinated water. To fight it, some people claim running a natural bristle brush along their body stimulates the lymphatic system, increases circulation and helps exfoliate.

## High-Tech Zzzzz's

Not all electronics need to be banished from the bedroom. Some actually improve sleep, from minimizing snoring to warming the bed.

### → Smart Nora

Rest this palm-sized device on your night table or attach it to your headboard. Triggered by the sound of snoring, it inflates a pad that's been placed under your (or your spouse's!) pillow. The movement stimulates throat muscles that collapse during snoring to help resume normal breathing.



Smartnora.com,  
\$299

### → SleepScore Max

Answer a few questions about your day (caffeine and alcohol intake, amount of stress and exercise), then leave this sensor on your nightstand to track breathing and movement as you sleep. You'll wake to a detailed report about sleep quality and ways to improve it.



Sleepscore.com,  
\$150

### → Eight Sleep Tracker

This mattress cover turns any bed into a super-smart one. It tracks 15 different factors (including heart rate, breathing, movement), warms each side of the mattress to a personalized temp and connects to almost any Wi-Fi-enabled device so you can automatically dim the lights or wake to the smell of coffee brewing.



Eightsleep.com,  
\$399 (full or queen)  
and \$419 (king or  
California king)

# 82%

The percentage of kids ages 13 to 17 who've received the meningococcal conjugate (MenACWY) vaccine. All kids should get one shot at age 11 or 12 for protection against meningococcal disease and then a booster at 16. Source: CDC



# AMERICA, LET'S DO LUNCH.

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MEALS ON WHEELS™



# CALLING NURSE MOM

You're the first responder for your family's cuts and bruises—  
but are you sure you know what to do?

BY ARRICCA ELIN SANSONE



**Q YOUR KID HAS A NOSEBLEED.  
WHAT'S THE FASTEST WAY  
TO STOP THE FLOW?**

- A** Tip back her head
- B** Pinch her nostrils together tightly
- C** Have her lie down

"Hold the nostrils together just below the bony part of the nose. It's where you'd pinch if you were going underwater," says Therese Canares, MD, assistant professor of pediatric emergency medicine at Johns Hopkins University School of Medicine. "Keep squeezing for 5 to 10 minutes nonstop. And refrain from nose blowing. Otherwise, bleeding may restart." Avoid having your child lean back or recline. Swallowing blood may cause her to vomit.

**answer** B

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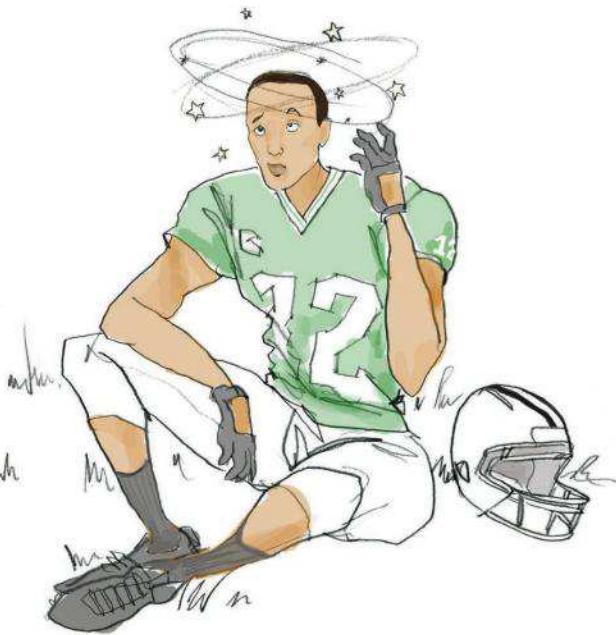
## Health

### ❓ YOUR CHILD WHACKED HIS HEAD HARD DURING A FOOTBALL GAME. WHAT ARE THE SIGNS HE HAS A CONCUSSION?

- A** Your child says he doesn't feel right
- B** Your child sleeps more or less than usual in the days after the injury
- C** Your child seems more irritable or moody

Sometimes the signs of a concussion are obvious: Your child complains of a headache, feels dizzy or appears dazed. But some symptoms are subtle and may not show up until hours or days afterward. "The dangerous part is if you don't recognize a concussion. To recover, the brain needs time to rest," says Kevin Walter, MD, program director of pediatric and sports medicine at the Children's Hospital of Wisconsin and associate professor at the Medical College of Wisconsin. "Schools often have a plan of action for kids to be cleared for athletics, but not for academics. I encourage parents to communicate with the medical team and the school to ensure their child makes a gradual return to both schoolwork and sports. If you overstress the brain, the recovery time may be prolonged."

ANSWER All of the above



### ❓ Your daughter took a spill off her bike and ended up with road rash. What's the right way to care for a cut or scrape?

- A** Pour peroxide or alcohol over it to disinfect it
- B** Use soap and water to cleanse it
- C** Apply an antibacterial cream

Believe it or not, soap and water are all that's required. "Antiseptics such as peroxide kill healthy cells along with the germs," says Charles Pattavina, MD, spokesperson for the American College of Emergency Physicians (ACEP). "A dab of petroleum jelly or antibacterial cream is fine but not essential. Avoid using neomycin, which often causes skin reactions in kids."

ANSWER B

### ❓ Your child has something in his eye. How do you get it out?

- A** Flush the eye with cool water
- B** Use a tissue to dab out the speck
- C** Use eye drops to dislodge the contaminant

Flush the eye for 10 minutes with cool water under the kitchen faucet, or use a gentle flow from the sink sprayer. "If your child rubbed his eye, he may have dragged the foreign object across the surface and scratched the cornea, which is painful and requires treatment," says Pattavina. If he is still complaining after rinsing thoroughly, is sensitive to light or is having difficulty seeing, go to the ER.

ANSWER A

## ouch!

Treat these beach injuries that can sideline your fun in the sun.

### • puncture wound

When your kid steps on a piece of glass or shell, the wound may be deep but doesn't bleed much. Still, there's an increased risk of infection as the skin seals over the hole. Clean the surface with soap and water, go to the ER if you think something is embedded and watch for infection—some waterborne bacteria can cause serious illnesses.

### • jellyfish sting

"Do not rub or scrape the area, which shears off the venomous barbs and releases more toxin," says Rade Vukmir, MD, adjunct professor of emergency medicine at Temple University and spokesperson for ACEP. Instead, prevent venom injectors from discharging by immersing the area in warm water for 10 to 15 minutes or pouring plain vinegar over the injury. Forget folk remedies: Rinsing with seawater, applying ice and urinating on the sting may worsen the injury—and gross everyone out.

Oscar Mayer

# THE GREAT TASTE YOU CRAVE, NATURALLY

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**NO** ADDED NITRATES  
OR NITRITES\*



**DISCOVER A WORLD OF TASTE**

\*EXCEPT THOSE NATURALLY OCCURRING IN CELERY JUICE AND SEA SALT.

**Q YOUR TEEN WAS HEATING SOME FOOD AND BURNED HER HAND. WHAT DO YOU DO?**

- A** Hold the area under cold running water for a few minutes until it stops hurting
- B** Immediately apply an antibiotic cream.
- C** Run the burn under lukewarm water for about 20 minutes

Research says that warm water is more beneficial than cold, which can hinder circulation. “Warm water maintains good blood flow at the microscopic level and keeps cells and tissues alive after a burn,” says Canares. Because burns can evolve over the course of a few hours, if a blister lengthens or becomes wider than your index finger, seek medical care.

**C** answer

**Q Your son was running in the house again and fell—and now has a bad cut. How do you know if he needs stitches?**

- A** If the cut won't stop bleeding after applying pressure
- B** If the wound is gaping open
- C** If the laceration is on the face

If bleeding doesn't stop after 5 to 10 minutes of nonstop moderate pressure (think of a firm handshake), he probably will need

stitches. “Also true if a cut seems especially wide or deep or you can see something white, which could be tendon, ligament or bone,” says Vukmir. “Significant lacerations on the face typically need to be treated by a doctor to minimize scarring.”

**All of the above**  
answer

**eek!**

**Embedded splinters cause a surprising amount of discomfort. Most can be removed at home unless they're near the eye or show signs of infection, such as pus, redness or warmth. Follow these DIY steps from Dara Kass, MD, spokesperson for the American College of Emergency Physicians.**

- Soak the area for a few minutes to soften skin.
- Sterilize a needle and tweezers with rubbing alcohol.
- Pierce the skin at one end of the splinter, then try to push or pull out the splinter with the needle or tweezers. (You can ease the pain by pinching the area around the splinter with your other hand.)
- Wash area with soap and water.
- Apply a small amount of petroleum jelly or antibiotic ointment to the wound.



# ugh!

**Is your kid stuck wearing a cast? Keep it in good shape for however long your child needs it with tips from Jennifer Weiss, MD, spokesperson for the American Academy of Orthopaedic Surgeons.**

## □ keep it dry

"Anytime a cast gets wet, you need a new one," says Weiss. Purchase a cast cover so that showers are easier on everyone. A makeshift version with plastic bags and rubber bands isn't good enough.

## □ control itchiness

"Never let your child stick anything inside to scratch because the covered skin is sensitive and tears easily," says Weiss. Oral antihistamines, such as Benadryl, can relieve itching, or try blowing with cool air from a hair dryer.

## □ keep it clean

Don't let dirt or sand get in. And if the inside becomes smelly, which could be a sign of infection, call your doctor.

❓ **Your teen is limping after playing basketball. You think she's sprained something—what do you do next?**

**A** — Let her shake it off and continue playing

**B** — Apply ice for 10 to 20 minutes a few times a day

**C** — Give her over-the-counter anti-inflammatory medications such as ibuprofen for pain

Sprains often can be treated at home. "Apply RICE: rest, ice, compression and elevation," says Weiss. "But if an adolescent has

a knee injury with swelling, there's a chance it's an ACL tear, which needs to be evaluated immediately." A few other red flags indicate it's possibly a break, not a sprain: a joint that looks deformed or won't bend in the right direction, your kid refusing to bear weight on a foot 24 hours after an injury, pain on both the front and back sides of the wrist joint, or any joint injury that hasn't improved after a week.

**answer B and C**

❓ **YOUR SON JUST KNOCKED OUT A PERMANENT TOOTH WHILE HORISING AROUND WITH FRIENDS. WHAT DO YOU DO FIRST?**

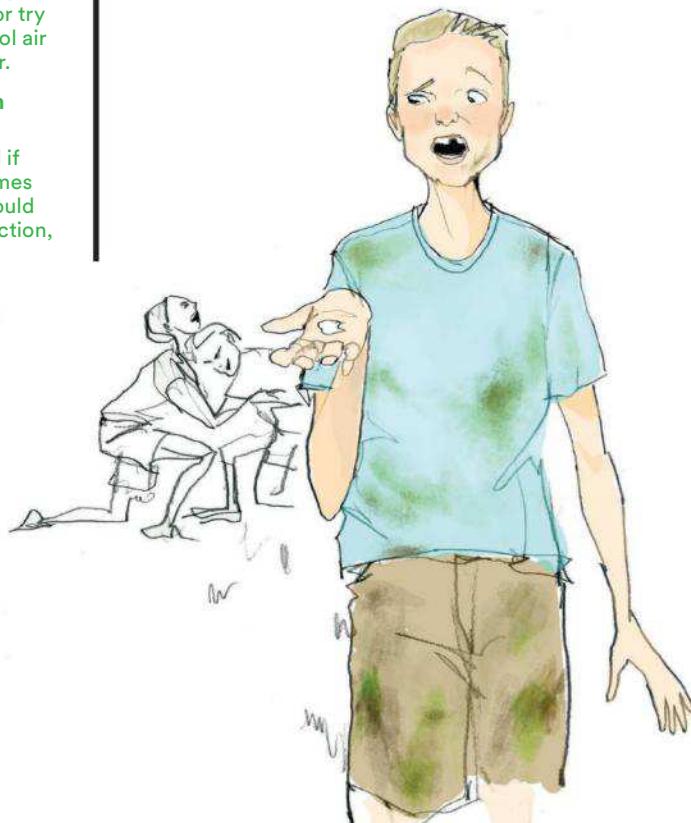
**A** — Put it back into place as quickly as possible

**B** — Submerge it in a glass of milk or saline solution

**C** — Get to the dentist immediately

Hold the tooth by the white part, rinse gently with cold water for 10 seconds and replace in the socket. Have your child hold it in place by biting on a washcloth. If he's freaking out, the next-best choice is to put the tooth in milk or saline to keep tissues moist. Then get to your dentist ASAP. "Chances are good that blood vessels will re-establish if a tooth is re-implanted within 30 minutes of the accident," says Jim Nickman, DDS, president of the American Academy of Pediatric Dentistry. "But see your dentist even if a tooth is only chipped because the nerve may be affected."

**answer A and C (B, if necessary)**

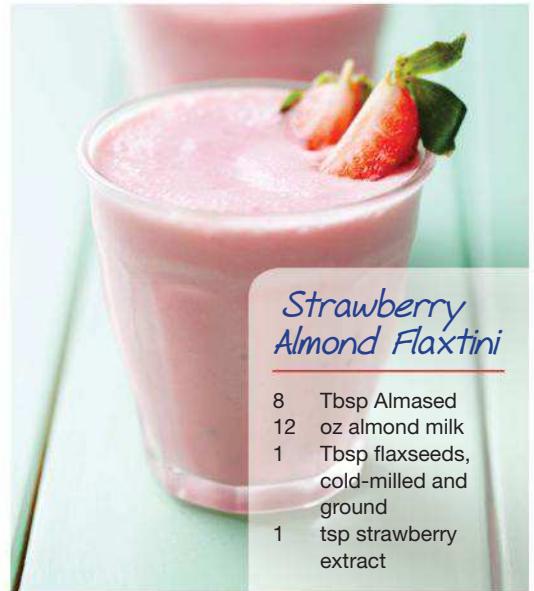




### Classic Recipe

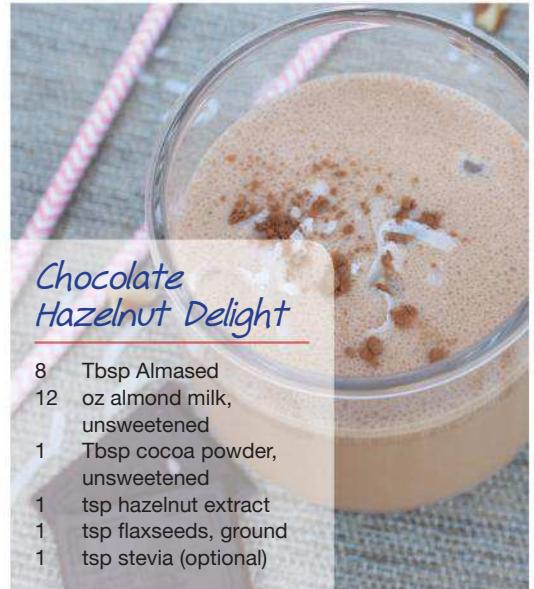
- 8 Tbsp Almased
- 12 oz bottled or filtered water
- 1 tsp olive, walnut or flaxseed oil

Flavor with cinnamon or other spices, unsweetened cocoa powder or your favorite extract, like vanilla, almond or raspberry.



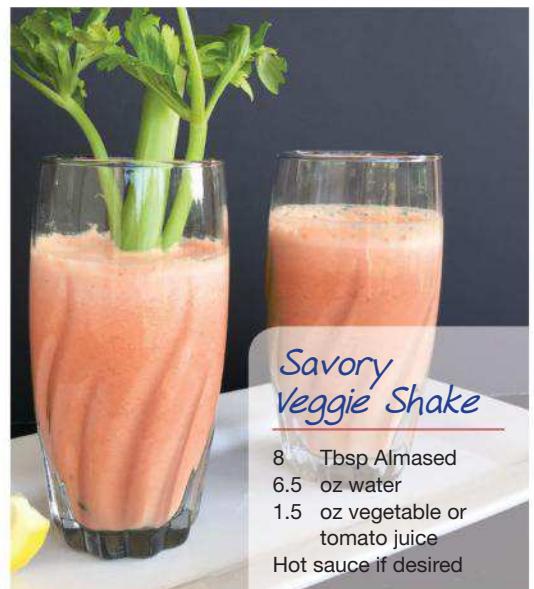
### Strawberry Almond Flaxtini

- 8 Tbsp Almased
- 12 oz almond milk
- 1 Tbsp flaxseeds, cold-milled and ground
- 1 tsp strawberry extract



### Chocolate Hazelnut Delight

- 8 Tbsp Almased
- 12 oz almond milk, unsweetened
- 1 Tbsp cocoa powder, unsweetened
- 1 tsp hazelnut extract
- 1 tsp flaxseeds, ground
- 1 tsp stevia (optional)



### Savory Veggie Shake

- 8 Tbsp Almased
- 6.5 oz water
- 1.5 oz vegetable or tomato juice
- Hot sauce if desired

# Shake Up Your Diet Routine!

With Germany's Most Popular Weight Loss Program

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!

**The Almased Weight Loss Phenomenon™** helps you lose the weight you want and sustain your weight loss after your diet.

*“The energy I started to have after using Almased was unbelievable.”*

~ Stephanie S., Hammond LA

## Germany's Most Popular Weight Loss Product

Almased is an all-natural dietary supplement formula made from non-GMO soy, yogurt and honey in a unique fermentation process.

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- Resets your metabolism and keeps it active throughout the diet and beyond
- Helps you burn fat and retain lean muscle mass
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- Gives you healthy nutrition with macro- and micronutrients

**Almased is more than a diet, it's a way of life.**



## Here's How It Works

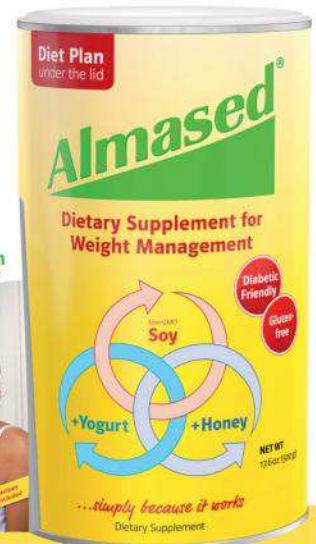
Simply add Almased shakes to your daily diet.



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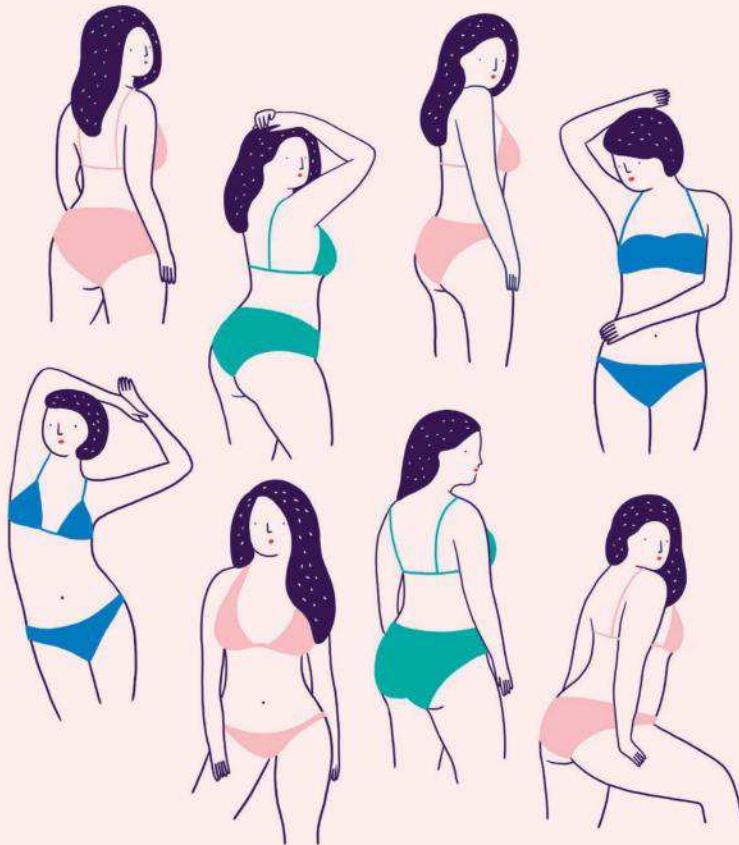


*...simply because it works*

# 5 Ways to Avoid Skin Cancer

*Your doctor is probably doing more than slathering on SPF to fight UV rays—and you can too.*

BY ALINA DIZIK



## BUILD YOUR IMMUNITY

A strong immune system not only helps keep colds at bay but also reduces the incidence of skin cancer, says Pedram Gerami, MD, director of the Skin Cancer Institute of Northwestern Medicine. Data shows people with suppressed immune systems can often have higher rates of skin cancer for that reason. Gerami suggests maintaining a healthy weight, exercising four to five hours per week and eating a balanced diet to enhance your immunity. If possible, avoid excessive

stress, poor nutrition and lack of sleep, which all wreak havoc on your body's ability to defend itself.

## COVER UP

Wearing UV-protective clothing means you don't have to bother endlessly reapplying sunscreen to your body while hanging out at a family barbecue or in your own backyard, says Susan Weinkle, MD, assistant clinical professor of dermatology at the University of South Florida. Forget the one-size-fits-all garb of yesteryear.

These days protective clothing comes in modern cuts, colors and patterns—even cute dresses. While some brands, including Patagonia and Coolibar, specify a garment's Ultraviolet Protection Factor (UPF), even regular clothing made from thicker and darker fabrics can shield you from the sun. In general, synthetic fibers such as Lycra, polyester, nylon and acrylic offer a higher level of protection than bleached cotton, according to The Skin Cancer Foundation.

## GET YOUR VITAMIN FIX

For people who are prone to cancerous skin lesions, Gerami stands by one supplement: nicotinamide. "Patients with non-melanoma skin cancers in clinical studies experienced a lower number of skin cancers with nicotinamide, resulting in fewer surgeries," says Gerami. In fact, this form of vitamin B-3 reduced the rate of some skin cancers by 23% compared with a placebo in one study. Gerami recommends asking your doctor about taking 500 mg twice daily (available at health food stores).

## FILL YOUR PLATE WITH COLOR

Eating fruits and vegetables high in antioxidants such as beta-carotene and vitamins C and E may help prevent skin cancer by slowing the process of DNA and cellular damage, according to research. Data on the topic is limited, but it certainly can't hurt to consume more healthy produce. Cantaloupe, sweet potatoes and winter squash are all rich in beta-carotene and vitamin C while almonds, sunflower seeds and green leafy vegetables are high in vitamin E.

## OPT FOR THE RIGHT KIND OF SHADE

Whether you're hosting a picnic or taking a break on a hike, look for large areas where the sky is less visible, especially between the hours of 10 a.m. and 4 p.m., when the sun is strongest. Wearing a wide-brimmed hat is also smart. Shade alone cannot provide adequate protection from the sun because indirect UV rays can be reflected by anything from concrete to grass, but it does make a big difference in keeping skin safe, says Weinkle.



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# Dermatologists Answer Your (Sun) Burning Questions

By Kaitlyn Pirie

## What exactly is skin cancer?

It's the uncontrolled growth of abnormal skin cells. "Unrepaired DNA damage to skin cells—most often caused by UV radiation—triggers mutations that lead the cells to multiply rapidly and form malignant tumors," says Amy Wechsler, MD, a dermatologist and spokesperson for The Skin Cancer Foundation.

## How can you tell if a lesion is not just a regular mole?

"I often have patients tell me that a skin lesion is flat so it must be OK," says Jennifer DeFazio, MD, FAAD, a dermatologist at Memorial Sloan Kettering Cancer Center. "This is not true—early melanomas are often not raised." She suggests using this

memory trick: Do U C melanoma?

**D= Different** Does the lesion appear different from other spots on your skin?

**U= Uneven** Is it uneven in shape, color, texture or border?

**C= Change** Is it new or changing in size, color, shape or texture?

## What recent advances are there in treatment?

Mohs micrographic surgery, in which layers of skin are removed individually, is the most effective option for non-melanoma

skin cancer. "For advanced melanoma, immunotherapy drugs work by helping the patient's immune system identify and attack cancerous cells," says Wechsler. "Targeted oral therapies attack specific types of cancer cells without killing healthy cells."

## What is a common myth?

"That only light-skinned people get skin cancer. It can affect anyone, regardless of race, ethnicity or skin tone," says Wechsler. In fact, people with darker skin often present the most advanced cases.



## Personalized Protection

Don't just buy the first bottle you see. Find the best sunscreen for your skin type.

By Lynya Floyd

→ **If you have skin of color** When you opt for a mineral sunscreen, make sure it has a tinting agent called iron oxide, says Maritza I. Perez, MD. That ingredient ensures the sunscreen won't look chalky on your skin and protects you against visible light, which can cause hyperpigmentation. Consider these mineral and chemical options: La Roche-Posay Anthelios 60 Sunscreen, Neutrogena Healthy Defense Daily Moisturizer SPF50 and SkinMedica Essential Defense Everyday Clear SPF47.

→ **If you have fair skin** You want a sunscreen that you like and will wear. Religiously. "Your biggest concerns are skin cancer and the aging process," says Steven Q. Wang, MD. "You don't have the melanin to absorb and block out ultraviolet rays, so your collagen breaks down more quickly." But you can reduce the likelihood of precancerous lesions by consistently using sunscreen. Consider Epionce Daily Shield Lotion Tinted SPF50, La Roche-Posay Anthelios 50 Mineral Sunscreen and Neutrogena Sheer Zinc Dry-Touch SPF50.

→ **If you have dry skin** Choose separate moisturizers (applied first) and sunscreens (applied second), says Perez. Want one product that can do it all? Try ProX by Olay Age Repair Lotion SPF30 and Olay Regenerist Micro-Sculpting Cream SPF30.

→ **If you have acne-prone skin and/or wear makeup daily** "Pick a noncomedogenic sunscreen that's light in texture. You want something lotion-based instead of something heavy, thick or oily, which could clog your pores," says Wang. "The higher the SPF, the oilier and harder to use the product tends to be." Look at Neutrogena Clear Face Liquid-Lotion Sunscreen SPF55 and Colorescience Sunforgettable Brush-On Sunscreen SPF50.

→ **If you have sensitive skin** Some people have allergies and photosensitivity to avobenzone, an ingredient commonly found in chemical sunscreens. Avoid it if you are prone to rashes and concerned about a reaction. Try CeraVe AM Facial Moisturizing Lotion SPF30 or Cetaphil Daily Facial Moisturizer SPF50+.

## TECH FOR YOUR SKIN

### Downloading an app can help keep your skin in check.

By Ardenis Perez

#### Miiskin

Android and iOS, \$3.50/month or \$25/year

Monitor any potentially harmful mole by taking a photo for later comparison and logging its location on your skin in the app. You'll receive a reminder when it's time for a new photo. If you notice a change in an existing mole or a new spot, you'll know you need to see your dermatologist. The app also offers videos about checking your skin for melanoma and skin cancer.

#### First Derm

Android and iOS, \$30/case

The average wait time to visit a dermatologist is 32 days. But if you have a worrisome mole, don't delay. Snap a photo of it along with a description and receive an evaluation from a board-certified dermatologist within 24 hours, followed by advice on the next steps you should take.

#### UVI Mate

Android and iOS, free

Plan outdoor activities by tracking your location's UV Index so you can minimize exposure to harmful ultraviolet radiation. Based on your skin type, the app also calculates your ideal vitamin D intake, the amount of SPF you should use, the time of day you should apply sunscreen and approximately how long you can stay outside before beginning to burn.

#### QSun

Android and iOS, free

Avoid a painful sunburn by using this app's sunscreen calculator. It determines how much sunscreen you need to apply according to your height, weight and clothing choice. You can also scan the barcode of your sunblock and the app will analyze whether it's the right pick for you. Plus QSun issues alerts to let you know when it's time to reapply.

Sources: Valerie D. Callender, MD, medical director of the Callender Dermatology & Cosmetic Center in Glenn Dale, MD; Debra Jaliman, MD, author of *Skin Rules: Trade Secrets from a Top New York Dermatologist*; Maritza I. Perez, MD, clinical professor of dermatology at Mount Sinai Icahn School of Medicine in NYC; Steven Q. Wang, MD, a New Jersey dermatologist and spokesperson for The Skin Cancer Foundation.

# Dogs and Cats Behaving Badly

*Old habits die hard, but your pet's bad habits don't have to. Vet Katy Nelson offers fast fixes for your biggest complaints.*

**“Even though they have their own scratchers, my cats claw away at our furniture.”**

—Angela M. Stewart

Scratching allows cats to sharpen their claws, but your couch may pay the price. Offer them a customized alternative. Choose a material (sisal, cardboard, rope) that resembles what they seem to like. If they gravitate toward tall as opposed to flat surfaces, they may prefer a vertical scratcher. Position it near where your cats scratch and rub it with catnip as an enticement. You can apply a no-scratch spray or double-sided tape to certain items too. It's also a good idea to trim your cats' nails regularly.

**“I'd like to walk my 10-pound cockapoo, but she pulls the leash the whole time.”** —Debbie Gilham

Pulling is commonly due to overstimulation. Try tiring her out a bit before going on a walk. Throw her favorite toy around the house, run with her in the yard and then head out for a stroll. Also consider switching to the Freedom No Pull Harness or the Gentle Leader. They both discourage pulling and give you more control: the first by moving the pressure point from the front of the neck to the chest, and the other by placing pressure on the back of the neck. Pulling on the leash is a difficult behavior to fix, so you may need to get advice from a professional trainer.

**“My dog licks everything—the floor, his bed, his feet. What gives?”** —Whitney Walker Aquilio

Excessive licking might mean anything from allergies to anxiety to dental disease. Allergic skin disease can be addressed with antihistamines, diet changes or even immunotherapy. Anxiety issues can be treated with natural calming agents and pharmaceuticals. Oral pain can be taken care of with a professional dental cleaning, x-rays or extractions.



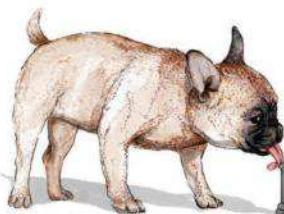
**“Our cat bites our legs when she wants our attention—it really hurts!”**

—Kathy Maxey Sarpolis

Cats harmlessly swat, stalk, pounce, bite and scratch with their feline friends as part of play. When that energy is directed at humans, however, it can be painful. Letting your cat play with plenty of toys, boxes, paper bags and cubbies will help keep your feline ninja fully engaged. You can also try redirecting the behavior or distracting her by carrying treats and throwing them ahead of you when you walk in areas where the stalking behavior occurs. And never physically punish your cat as this may encourage further excitation or aggression or make her afraid of you.

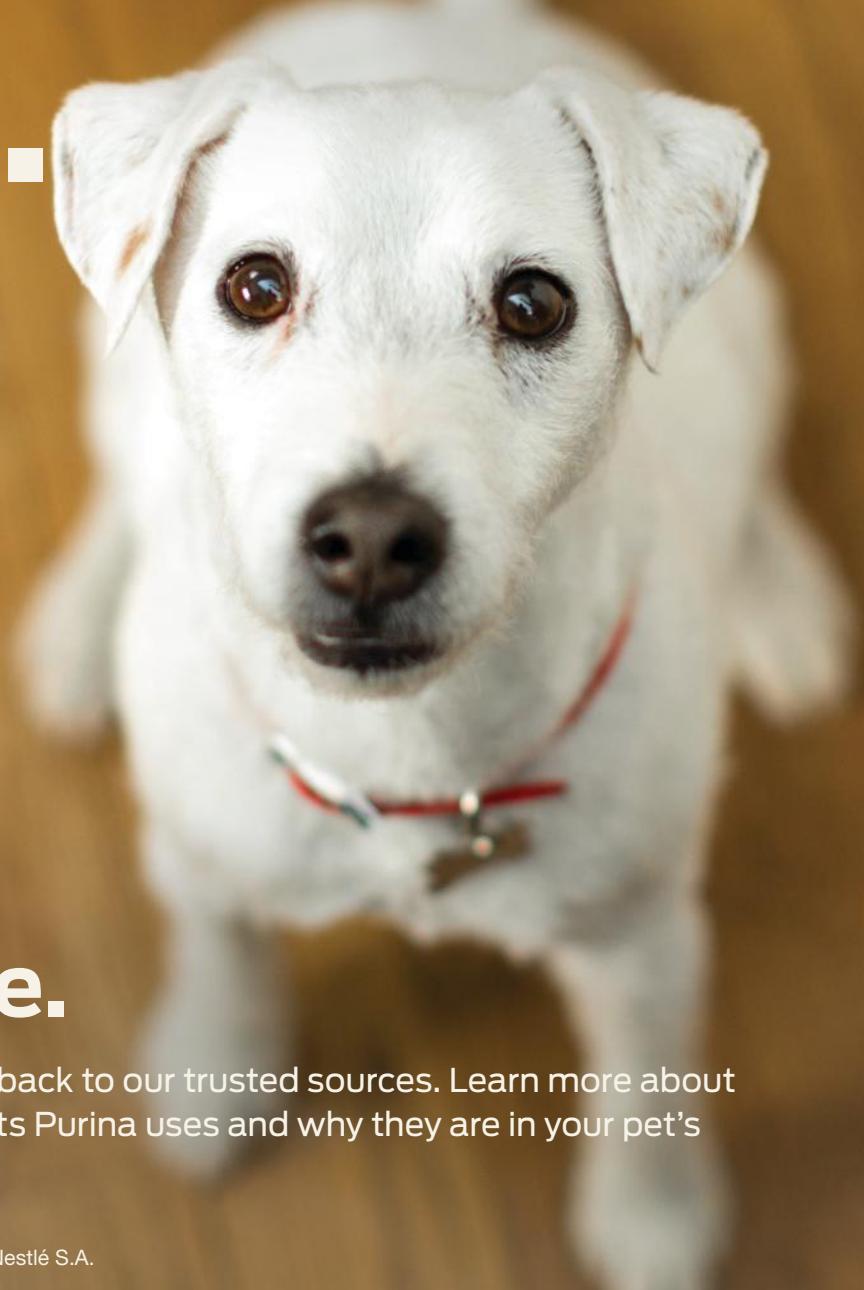
## KEEP IN MIND

Talking with your vet can help determine the best solution for improving your pet's behavior.



**Katy Nelson, DVM**, is an associate veterinarian at the Belle Haven Animal Medical Centre in Alexandria, VA, as well as the host and executive producer of *The Pet Show with Dr. Katy*.

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Staying Connected

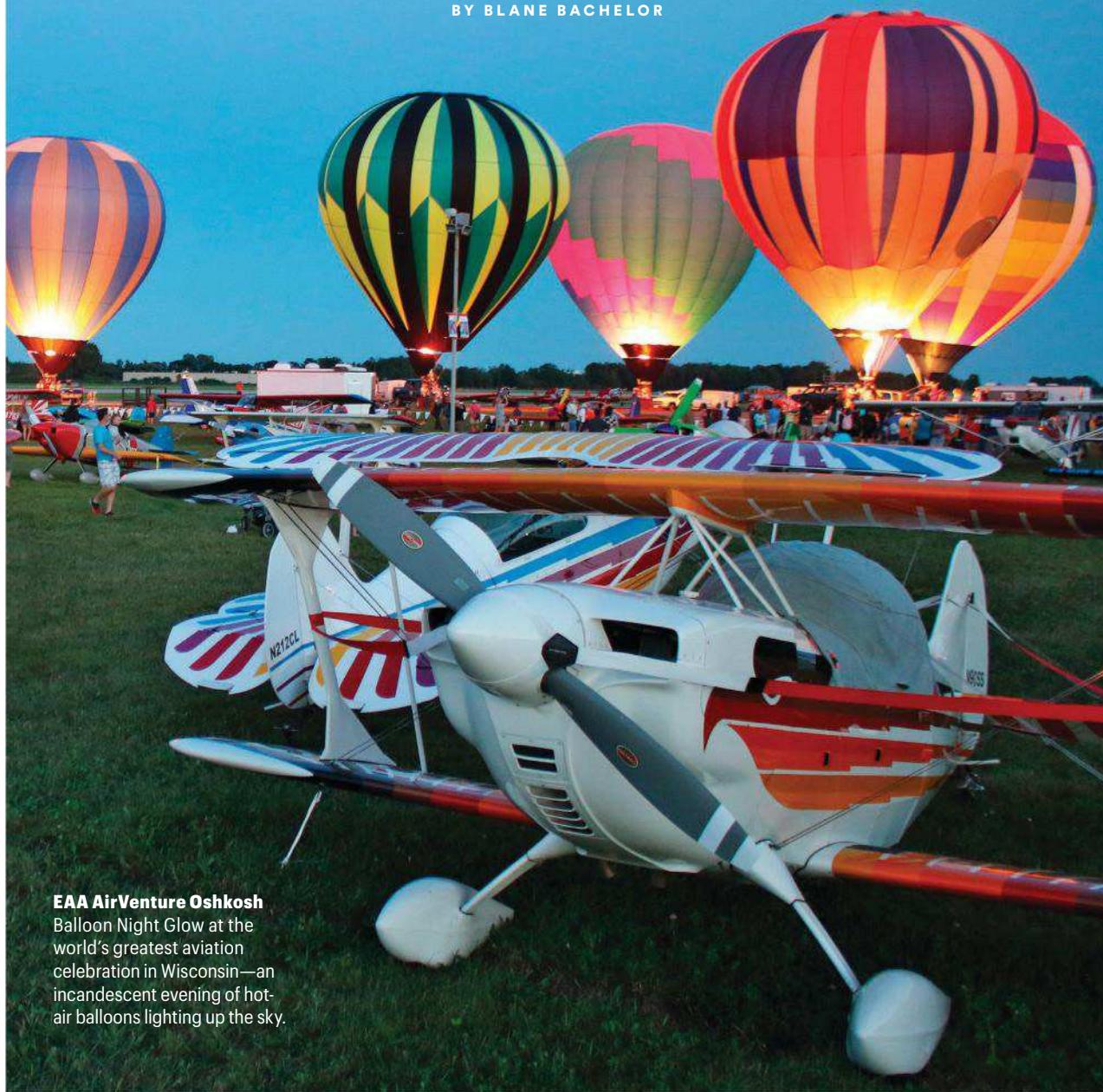
Giving Back

Good Times

## A Festival for Every State

*These spirited, unique celebrations reflect local culture and capture the true flavor of a family destination.*

BY BLANE BACHELOR



**EAA AirVenture Oshkosh**  
Balloon Night Glow at the world's greatest aviation celebration in Wisconsin—an incandescent evening of hot-air balloons lighting up the sky.

Photo: Laurie Goossens

## Family



This icon means entrance to the festival is FREE.

## JULY

### WaterFire

Providence, RI

**Main Attraction** The fiery event—held on alternate Saturdays through the fall—brings thousands to downtown’s riverfronts, which glow with light from more than 80 bonfires on floating braziers. Also live fire shows, music and performers. **Don’t Miss** Up-close viewing of the blazes from a gondola.

### Minneapolis Aquatennial

Minneapolis, MN

**Main Attraction** Created to pay tribute to the region’s lakes, streams and waterways, this four-day fest is a showcase of Minnesota traditions and culture, including canoe rides and water-skiing shows. **Don’t Miss** The flagship parade in the heart of downtown. It’s the largest nighttime parade in the state.

### EAA AirVenture Oshkosh

Oshkosh, WI

**Main Attraction** Aviation nerds go sky-high with excitement for the world’s biggest fly-in. Some 10,000 aircraft—ultralights, mammoth military transports, drones—come to town for air shows, demos and workshops. **Don’t Miss** Waterpark haven Wisconsin Dells is just over an hour away—stop at one of the cheese factories on the way.



### Nordic Fest

Decorah, IA

**Main Attraction** For three days, Scandinavian culture and traditions take over, with knife-forging demonstrations, dance performances and a wide array of culinary treats like rommegrot, a warm Norwegian pudding, and lefse, a type of round flatbread with toppings. **Don’t Miss** A detour to Vesterheim, The National Norwegian-American Museum and Heritage Center, for classes and authentic souvenirs.

## AUGUST

### Glier’s Goettafest

Newport, KY

**Main Attraction** The German pork-and-oats breakfast sausage “get-uh” is a regional favorite and the main entrée. Vendors must incorporate it into their offerings. **Don’t Miss** The world’s only goetta vending machine.

### Snowbird Oktoberfest

Snowbird, UT

**Main Attraction** There’s plenty on tap beyond beer at this family-friendly (yes!) shindig. Activities like a climbing wall, mountain coaster and ropes course work up an appetite for the Bavarian offerings: bratwurst, spaetzle, apple strudel and, of course, more than 50 different brews from the biergarten—prost! **Don’t Miss** A ride up the Aerial

Tram for hiking or mountain biking, and to watch traditional horn blowers blasting from the top of Hidden Peak.

### Tomato Art Fest

Nashville, TN

**Main Attraction** The fruit-or-veggie debate is just one of the events at this wacky fest. Tomato-inspired art, parade and music. **Don’t Miss** Avoid lines for the popular artwork by attending the Tomato Art Preview Party on the Friday before the official start.

### Auburn Cord Duesenberg Festival

Auburn, IN

**Main Attraction** Gearheads will rev up their engines for the hundreds of classic cars that roll into town during this nine-day salute to the car industry and its connection to the area. Hosted by the impressive Auburn Cord Duesenberg Automobile Museum—a destination for any car lover. **Don’t Miss** Ogling Ferraris, Lamborghinis and McLarens during Fast & Fabulous on the courthouse square.

## SEPTEMBER

### Acadia Night Sky Festival

Bar Harbor, ME

**Main Attraction** Learn about stars, galaxies and celestial happenings from astronomers in the largest expanse of naturally

dark sky east of the Mississippi. **Don’t Miss** Coastal hikes in nearby Acadia National Park.

### Jekyll Island Shrimp & Grits Festival

Jekyll Island, GA

**Main Attraction** Foodies flock to this idyllic island for the beloved southern dish, while chefs vie for bragging rights to the best version. **Don’t Miss** Exploring the serene landscapes, from Driftwood Beach to salt marshes, by bike.



### Queen City Mischief & Magic

Staunton, VA

**Main Attraction** Wizards and witches flock to Hogsmeade (aka downtown) for Harry Potter-themed activities. Adult Potterheads will love the butterbeer; teens will love everything else. **Don’t Miss** The Blackfriars Playhouse, the only re-creation of Shakespeare’s indoor theatre.

### The Big E

West Springfield, MA

**Main Attraction** The largest fair on the Eastern Seaboard is a 17-day display of regional traditions, trades and culture. A highlight is the Avenue of States: replicas of New England’s six state capitol buildings with signature foodie fare, like Rhode Island clam cakes and Vermont maple syrup. **Don’t Miss** The Eastern States Exposition Horse Show, one of the oldest in the country, dating back more than 100 years.

### Norsk Hostfest

Minot, ND

**Main Attraction** The largest Scandinavian festival in North America honors the culture with traditional and offbeat



# Raise the salad bar

## THIS SUMMER.



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\*Federal regulations prohibit the use of hormones in pork. ©2018 Farmland. All Rights Reserved.

events, like Maypole dancing and a Troll Beauty Contest.

**Don't Miss** Live cooking demos at the Nordic Kitchen.

### **Mercer County Italian American Festival**

*Columbus, NJ*

**Main Attraction** A feast of old-country favorites, from baked rigatoni to sweet zeppole, awaits hungry festival-goers in this popular event brimming with Italian American pride.

**Don't Miss** Homegrown New Jersey talent, which has included a Bee Gees tribute band playing the disco classic "Stayin' Alive."

### **Custer State Park Buffalo Roundup & Arts Festival**

*Custer, SD*

**Main Attraction** Cowboys and cowgirls round up nearly 1,300 buffalo—one of the largest herds in the country. This annual event

also includes an expansive arts festival, with about 150 vendors and Western-inspired goods.

**Don't Miss** Mount Rushmore, a 30-minute drive away.

### **Kansas City Renaissance Festival**

*Bonner Springs, KS*

**Main Attraction** Relive ye goode olde days at this rowdy festival where the medieval merrymaking includes jousting knights, magic shows and live music.

**Don't Miss** A costume contest on the final weekend.

### **Midwest Wizard of Oz Festival**

*Tinley Park, IL*

**Main Attraction** There's no place like this film-inspired homage to Dorothy and her faithful friends. Don't forget your ruby slippers for following the Yellow Brick Road re-creation.

**Don't Miss** Chicago—it's an easy drive to all the city's attractions.

## OCTOBER

### **Applefest**

*Weston, MO*

**Main Attraction** This apple bash has been going strong for more than 30 years, with apple dumplings, butter and cookies among the sweet offerings.

**Don't Miss** A hike through the fall foliage at Weston Bend State Park, with its sweeping views of the Missouri River.



### **Dungeness Crab & Seafood Festival**

*Port Angeles, WA*

**Main Attraction** Named after the nearby town of Dungeness, the three-day event celebrates the aquaculture and heritage of the Olympic Peninsula and its most prized crustaceans.

**Don't Miss** A hike in nearby Olympic National Park to burn off the crab dinners and sandwiches.

### **Albuquerque International Balloon Fiesta**

*Albuquerque, NM*

**Main Attraction** Hundreds of brightly colored hot-air balloons float above the desert at the largest ballooning event in the world. Daily launches at sunrise and lit-up ones at sunset, along with a car show and fireworks.

**Don't Miss** If a balloon ride isn't in the budget (you're unlikely to find one for less than \$150 per person), join a "chase crew" (age

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18+) that follows the balloons from vehicles and helps with landings.

### 🌀 Bridge Day

Fayetteville, WV

**Main Attraction** Watch in awe with thousands of spectators as experienced BASE jumpers leap from the New River Gorge Bridge and parachute into the gorge below.

**Don't Miss** A tamer adrenaline rush with adventures like ziplines and white-water rafting.

### Woolly Worm Festival

Banner Elk, NC

**Main Attraction** Similar to Punxsutawney Phil's uncanny knack, some 2,000 woolly worm caterpillars race for \$1,000 and the right to predict the winter forecast in the North Carolina High Country.

**Don't Miss** Gazing at the jaw-dropping fall foliage along the nearby Blue Ridge Parkway.

### 🌀 Trailing of the Sheep Festival

Ketchum, ID

**Main Attraction** Some 1,500 sheep parade down Main Street on their way to winter pastures accompanied by historic sheep wagons and performers during this quirky five-day festival that includes wool and fiber arts classes as well as sheepdog trials.

**Don't Miss** Outdoor adventures and art galleries galore in nearby Sun Valley, which is spectacular in the fall before the ski set arrives.

### 🌀 Sea Witch Halloween & Fiddlers' Festival

Rehoboth Beach, DE

**Main Attractions** Get into the Halloween spirit with three days of merrymaking that feature a sea witch costume parade, trick-or-treating and live music.

**Don't Miss** The costumed dog parade, which lets furbabies join in the fun.

### 🌀 Día de los Muertos Festival

Mesa, AZ

**Main Attraction** This spirited affair celebrates the joyful Mexican tradition that honors the deceased, with artist-designed altars (*ofrendas*), musical and dance performances, and traditional sugar skull crafts.

**Don't Miss** Selfies with faces painted in spectacular *calavera* (skull) designs with intricate patterns, vivid colors and marigold accents.

## NOVEMBER

### National Peanut Festival

Dothan, AL

**Main Attraction** Get cracking at the nation's largest peanut festival, which celebrates the harvest and the hardworking peanut farmers.

**Don't Miss** The 2.5-mile grand finale parade, where the streets are covered with roasted peanuts for the taking.

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**THICK**



**🌿 Dickens Christmas in Skaneateles**  
Skaneateles, NY

**Main Attraction** In splendid Victorian style, local actors bring *A Christmas Carol* to vibrant life on the streets of this picturesque Finger Lakes town.

**Don't Miss** The World's Smallest Christmas Parade on opening day, with wagon as well as horse-drawn carriage rides and free roasted chestnuts.

**DECEMBER**



**China Lights Las Vegas**  
North Las Vegas, NV

**Main Attraction** Celebrate the Chinese New Year alongside some enormous animated illuminated lantern displays—think dragons and giant koi fish—carefully crafted by Chinese artisans and positioned along trails in a regional park.

**Don't Miss** On every night of the weeks-long festival, a parade kicks off with traditional Chinese dancing and other entertainment.

**FEBRUARY**

**🌿 Whitefish Winter Carnival**  
Whitefish, MT

**Main Attraction** Snow-centric characters like yetis delight crowds during the Grand Parade at this funky festival that was started to ward off winter blues.

**Don't Miss** Penguin Plunge—brave souls splash into the frigid Whitefish Lake.

**Queen Mary Scots Festival and International Highland Games**  
Long Beach, CA

**Main Attraction** Celtic culture take center stage aboard the *Queen Mary*, which was built in Scotland but is permanently moored in Long Beach. On tap are Scottish music, dancing and, for adventurous eaters, haggis.

**Don't Miss** A day trip by ferry to stunning Catalina Island.

**🌿 Fur Rendezvous**  
Anchorage, AK

**Main Attraction** Since 1935, Fur Rondy, as locals call it, has proudly represented the pioneering spirit of Alaskans with winter antics. Highlights include Snowshoe Softball and the Running of the Reindeer.

**Don't Miss** Hilariously bizarre Outhouse Races—competitors atop portable potties strapped to skis barrel down snowy streets.



**MARCH**

**🌿 National Cherry Blossom Festival**  
Washington, DC

**Main Attraction** The blooming cherry blossoms may be the headliners, but the waterfront fireworks display—a choreographed pyrotechnic bonanza that lights up the Washington Channel—is a perennial show-stealer.

**Don't Miss** Visiting DC's world-class museums, including the Newseum, the National Museum of the American Indian and the National Museum of African American History & Culture.

**🌿 World's Only St. Paddy's Pickle Parade & Palooza**  
Mansfield, TX

**Main Attraction** Get your St. Paddy's Day green in a unique way during this tarty party in the pickle capital of Texas, which features pickle- and pie-eating contests, a huge parade and beer keg races involving motorized kegs and their brave riders rolling down Main Street.

**Don't Miss** The pickle-juice-drinking contest, in which gutsy contestants gulp the sour stuff.

**Wooden Shoe Tulip Fest**  
Woodburn, OR

**Main Attraction** This month-long festival gives visitors access to 40 gorgeous acres of tulips, arranged in a different pattern each year—a perfect backdrop for a family photo and infinite Insta snaps.

**Don't Miss** Exploring the hipster mecca of Portland, a 45-minute drive away.

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Photos: (from left) Tianyu Arts & Culture Inc., Getty Images; (opposite page) Barb Iverson.

## APRIL

### Merrie Monarch Festival

Hilo, HI

**Main Attraction** This weeklong cultural celebration takes place in the charming town of Hilo and pays tribute to the revered Hawaiian king David La'amea Kalākaua, a patron of the arts, and culminates in the world's most prestigious hula competition.

**Don't Miss** A visit to spectacular Hawai'i Volcanoes National Park, home of two active volcanoes.

### Kite Fest Louisiané

Port Allen, LA

**Main Attraction** All eyes are on the skies when professional kite fliers and hobbyists take to the air during competitions, performances and sweet-soaring moments like a kite candy drop.

**Don't Miss** Evening events (weather permitting) brightening up the night with LED-fitted kites.

### Light City

Baltimore, MD

**Main Attractions** Teens and parents alike will be dazzled by the 1.5 miles of the Inner Harbor transformed by large-scale light art installations, performances

and music over three weeks. Experience Neighborhood Lights in 14 communities.

**Don't Miss** Exploring the quirky American Visionary Art Museum, with its eclectic collection of intuitive artists, in the stately Federal Hill district.

### Love, Peace & Hip-Hop

Columbia, SC

**Main Attraction** Earn major cool-parent points at this kickin' (and alcohol-free) party celebrating the positive impact of hip-hop and rap culture through DJs, dance, visual art and interactive exhibits.

**Don't Miss** Hip-Hop Family Day, whose previous headliners have included rap luminaries like Kool Moe Dee, Kid 'n Play and MC Lyte.

### Arbor Day Celebration

Nebraska City, NE

**Main Attraction** Nebraska may be associated with flatlands, but this festival is how Arbor Day got its roots nearly 150 years ago. Three days of leafy delights include plantings and a top-notch home-and-garden market.

**Don't Miss** The adults-only (obviously) Nebraska Bloody Mary State Championship.



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**THICK  
RICH**



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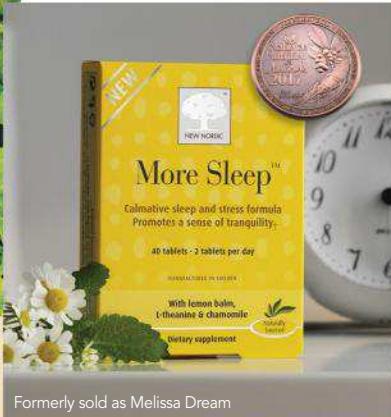


*Do you suffer from stress and poor sleep? Do you wake up at night without falling back asleep? Or do you have a hard time falling asleep at all? This usually happens because the brain is still working on the stress of the day. But there is help to find in calmativ natural herbs.*

**T**oo much stress and a lack of deep sleep is unhealthy. Your body will pay the toll over the years as it runs on coffee, adrenaline and little sleep. You may already have noticed symptoms like skin sagging, loss of energy, mood swings, and - more surprisingly - weight gain (especially around the abdomen), as your hunger increases and willpower drops.

THE MAGIC OF CALMATIV HERBS

Luckily, there are plants and herbs that are shown to help induce a sense of calmness within minutes. In a safe but effective way, you can use these to help reduce your stress during the day or promote calmness and tranquility around bedtime. When you are calm, falling asleep and staying asleep is facilitated.



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MAY

**Toad Suck Daze**  
Conway, AR

**Main Attraction** The World Championship Toad Races is a truly hopping event as the toads take center stage and proceeds benefit local educational initiatives.  
**Don't Miss** A gut-busting array of food-on-a-stick, from cheeseburgers to spaghetti and meatballs.

**ElkFest**  
Jackson Hole, WY

**Main Attraction** Every spring majestic animals shed antlers that are gathered by local Boy Scouts to be auctioned off, then turned into furniture, jewelry and other crafts.  
**Don't Miss** A family photo under the famous elk arches in the town square.

**Digital Graffiti**  
Alys Beach, FL

**Main Attraction** The whitewashed building facades of the Panhandle's Alys Beach are the backdrop for light projections by artists from around the world, bathing the streets in an eye-popping kaleidoscope of color—and Instagram photo ops.  
**Don't Miss** The Red Bar and Piccolo Restaurant in nearby Grayton Beach, a longtime destination for tourists and locals, with live music and pop culture memorabilia decor.

**Chuck Wagon Festival**  
Oklahoma City, OK

**Main Attraction** Saddle up for an authentic cowboy

experience at this family-friendly hootenanny, with hands-on fun like rope-making and bandanna decorating.  
**Don't Miss** The excellent exhibits at the National Cowboy and Western Heritage Museum.

**Strolling of the Heifers**  
Brattleboro, VT

**Main Attraction** Inspired by Spain's running of the bulls, the Strolling of the Heifers Parade is the signature bovine event. More than 100 hat-and-flower-bedecked heifers lead the way, followed by other farm animals, including llamas and alpacas, plus tractors, floats and bands.  
**Don't Miss** Biking through the bucolic—yet lively and artistic—farming town.

JUNE

**National Cereal Festival**  
Battle Creek, MI

**Main Attraction** Help yourself to breakfast and a seat at the World's Longest Breakfast Table, a highlight of this cereal bash in the town that Kellogg and Post call home.  
**Don't Miss** Snapping a grrreat photo with Tony the Tiger.

**Avon Heritage Duck Tape Festival**  
Avon, OH

**Main Attraction** You'll be stuck on this offbeat festival (sponsored by the Avon-based Duck Tape brand) after viewing the clever duct tape masterpieces, especially in the fashion show and parade.  
**Don't Miss** Cleveland's iconic Rock & Roll Hall of Fame.





**Tupelo Elvis Festival**

*Tupelo, MS*

**Main Attraction** Die-hard Elvis fans will savor this pelvis-shaking celebration of the city's native son, a Tribute Artist contest and, of course, performances honoring the King of Rock 'n' Roll.  
**Don't Miss** A drive down scenic Natchez Trace Parkway, a historic corridor that runs through Tupelo and traverses three states.

**International Festival of Art & Ideas**

*New Haven, CT*

**Main Attraction** Theater performances, thought-provoking discussions and dance come together in an illuminating affair spanning two weeks.  
**Don't Miss** A self-guided tour of Yale University's Old Campus. Legend has it that touching the left foot of past president Theodore Dwight Woolsey's statue brings good luck.

**Hampton Beach Annual Sand Sculpting Classic**

*Hampton Beach, NH*

**Main Attraction** Sand-shaping artists show off their skills for \$15,000 in prize money in the invitation-only competition. It's illuminated for night viewing.  
**Don't Miss** Strolling along the beautiful boardwalk, which is consistently voted among the best in the country.



**Colorado BBQ Challenge**

*Frisco, CO*

**Main Attraction** Colorado's longest-running barbecue competition is a carnivore's delight, with more than 70 barbecue pit masters, kids' activities and even pig races.  
**Don't Miss** Frisco's picturesque pedestrian-friendly Main Street and the White River National Forest and Dillon Reservoir, with hiking, biking and fishing.

**Kutztown Folk Festival**

*Kutztown, PA*

**Main Attraction** Blacksmithing, basket weaving, wood carving and barn-star-painting demos—plus the nation's largest quilt sale—give a glimpse into the Pennsylvania Dutch community.  
**Don't Miss** Fresh-baked bread rounds and giant iced cinnamon buns from the on-site bake oven.

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**THICK  
RICH  
WORTH THE WAIT**



Photos: (from top) Greg Grady Hampton, Todd Powell; (opposite page) courtesy of VisitSouthWalton.com.

# Monumental Finds

*Meet four dogs so remarkable statues have been built to celebrate them.*

BY SHARON MCDONNELL

## **BALTO** *New York, NY*

During a deadly diphtheria epidemic in 1925, 20 dog-sled teams relay-raced to bring medicine to sick children in Alaska. Balto led the last team for the final stretch of the 674-mile trek. The heroic husky is now immortalized in Central Park.



**3 more  
monuments  
to see**

## **FALA**

*Washington, DC*

This beloved Scottish terrier belonged to President Franklin D. Roosevelt. In perhaps the first case of fake news, rumors spread that Fala had been accidentally left behind on a trip and that it cost millions of taxpayer dollars to rescue him.

FDR later called out the lie during his “Fala speech” in 1944. The dog is commemorated in a sculpture found in the FDR Memorial.

## **SMOKY**

*Cleveland, OH*

During World War II, this small but mighty Yorkie crawled through a pipe to run phone wires and establish communication between a base and three separate squadrons, thus saving 250 lives. Located in Rocky River Reservation, the statue of Smoky sitting inside an army helmet was inspired by a similar photograph taken by her owner.

## **GEORGE TIREBITER**

*Los Angeles, CA*

This pup was known for biting tires—hence his name—as cars drove near the main campus of the University of Southern California. In 1947 he became the school mascot, dressed up in logo sweaters and hats. His statue stands on the campus’s Bloom Walk, where students can be seen touching his bronze football for good luck.

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# Playtime

*Summer is made for fun and games—including some splashing around, squishing slime and, perhaps, soaring in the sky. Toy expert Laurie Schacht shares a few of her favorites.*



**H2OGO! Slime & Splash Water Slide (Bestway), \$25**

Outdoor water action and oozy slime play well together. This water slide has sprinklers and an extra-large drench pool for splashy landings. Includes four bags of slime-making powder.



**Kanoodle Head to Head (Educational Insights), \$22**

In the new version of the popular puzzle, kids vie to be first to fit their pieces on the board. Then the ultimate checkmate: launching their opponent's pieces into the air. Features 80 challenges.



**Morf Board Scoot & Skate Combo (Jakks Pacific), \$99**

This twofer is an easy rider. Thanks to twist-and-lock Xtensions, it transforms on skateboards to scooter. Give it more mileage with additional Xtensions that turn it into a balance board or bouncer.



**Wicked Big Sports Pong (Little Kids), \$60**

The college party game gets a family-friendly makeover. Split everyone into teams, and the first to get the ball into the 2-foot-tall cups wins. Folds up to tote from backyard to beach.



**Wubble Fulla Slime (NSI International), \$8 to \$15**

Slime is having another moment, but this one gets cleanliness points for self-contained mess. Each soft plastic slime-filled ball can be squished, squeezed and tossed with no splatter.



**Sky Viper Streaming Video Drone V2450HD (Skyrocket Toys), \$89**

Get a bird's-eye view through photos and videos with this lightweight drone. The three flight modes let kids (and parents!) develop their skills gradually. Videos can be streamed online.



**Clue Suspect Card Game (Winning Moves Games), \$11**

Ditch the board—still solve the crime. The classic whodunit game is now fully playable with just a deck of cards, making it a better travel companion.



**Watermelon Smash (Yulu), \$20**

A little water roulette, anyone? Players fill the watermelon with water and take turns spinning to determine their fate. When it cracks open over a player's head, they're out—and drenched!



**Sling Stix (Yulu), \$15**

Take it outside with a unique game of catch. Players grab Sling Stix, each with suction at the end. Then they toss and release the ball with a pull of the trigger and a swing of the arm.

*Laurie Schacht, a mom of three, is the president and chief toy officer of Adventure Publishing Group and founder of The Toy Book and thetoyinsider.com.*

Mom, now  
that we have  
your attention...

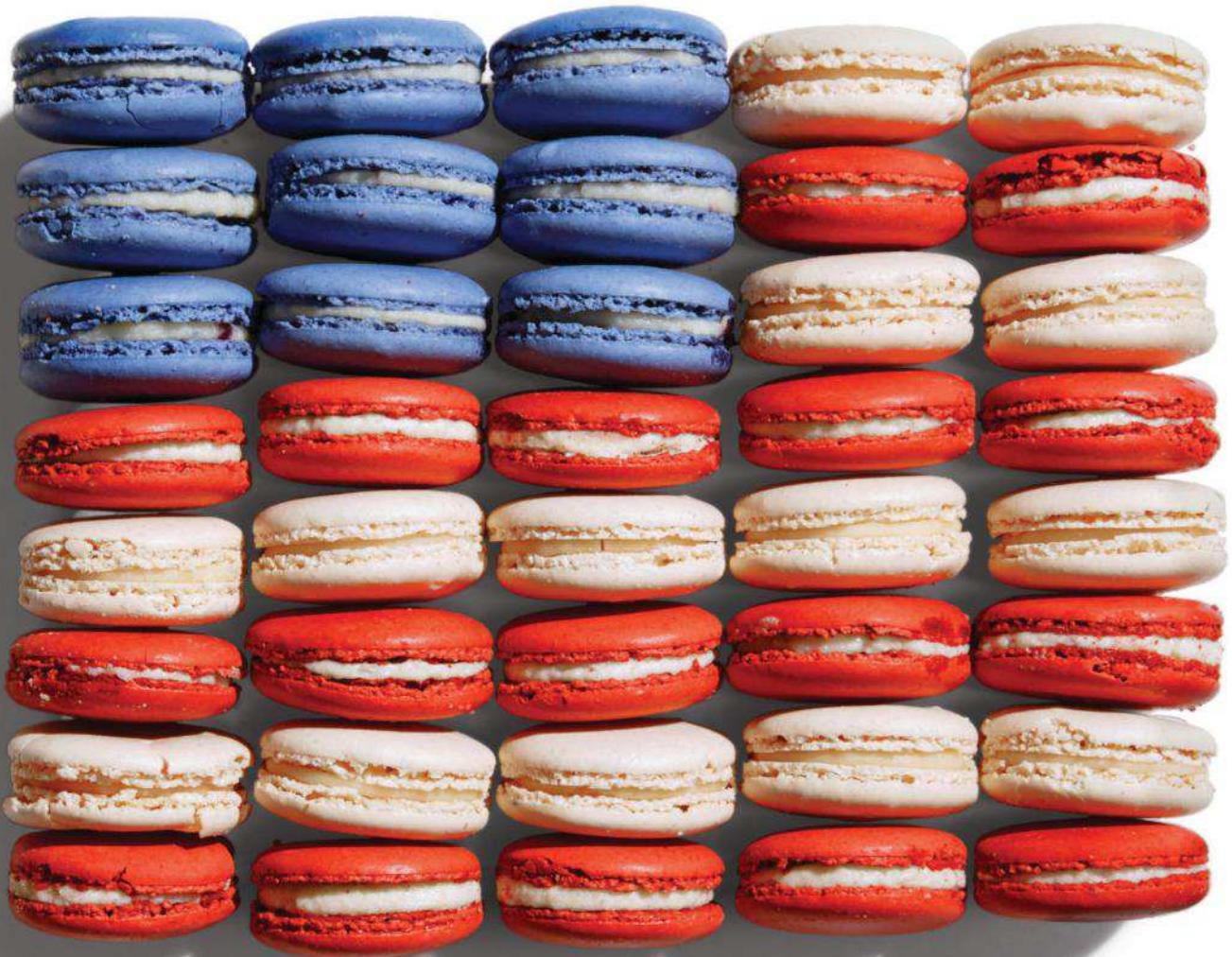


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...NO ADDED SUGAR



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## STARS AND STRIPES FOREVER

Sure, we admire those gorgeous red, white and blue desserts all over social media. But sometimes even our food editors want independence from the kitchen on a beautiful summer day. Leave it to the French to not only stand by our side in the Revolutionary War and give us the Statue of Liberty but also create the most perfect dessert: macarons. Don't panic—you don't have to make them from scratch! Order these beauties ([oliviamacaron.com](http://oliviamacaron.com), \$125 for a box of 50) and line them up in the shape of a flag. Voilà. You just became the star of this year's Fourth of July party.

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