



May 2013

HEALTH & BEAUTY



Forget Flip-flops!

TIRED OF flat flip-flops and sandals with no support? Now you can have healthy feet and stylish shoes. New technology from Aetrex combines memory-foam heels with microbial lining in these super-cute, super-comfy "Cindi" sandals. Order online or visit the one and only Aetrex store—located in our very own Englewood, New Jersey (\$99.95).

A Tale of Two Mothers



DURING AN UNEXPECTED road trip, two women's lives intersect in a way that changes them both. In her book, *Calling Me Home* (St. Martin's Press, 2013), Julie Kibler explores race, friendship, and what it means to be a mother. It's a powerful story with a twist you won't see coming until you're grabbing for tissues.



Younger-Looking Legs

MAKE YOUR LIMBS lovely just in time for summer shorts and skirts:

- > Gently exfoliate, and use a moisturizing shaving cream that nixes the need for lotion.
- > Use a slimming sunless tanner.
- > Get spider veins zapped with laser surgery or saline injections; eliminate varicose veins with surgery, radiofrequency occlusion, laser surgery, or chemical injections.
- > Consult a specialist. Many procedures can be done in-office!

Skin Savvy

THE BAD NEWS: More than 2 million cases of skin cancer will be diagnosed this year, according to the American Academy of Dermatology. The good news: When detected early, skin cancer survival rates are high. The best way to protect yourself is to schedule an annual skin cancer screening with a dermatologist. You might be tempted to rely on your family physician for a quick once-over, but the experienced eyes of a specialist can spot trouble areas more quickly and accurately.



What's Cookin'?

THESE DAYS it seems like the hottest place to be is in the kitchen. Sure, celebrity chefs and food bloggers make it seem easy, effortless, and, oh, so yummy. But cooking for a family is hard work. Whether you're a weekend gourmet or a master of the microwave, you can make your kitchen life more fun and more efficient with a little culinary training. Many cookware shops, including Williams-Sonoma and Sur La Table, offer free or low-cost classes. And some restaurants and bakeries offer behind-the-scenes workshops. Round up some girlfriends and take a class together. You can learn and dish at the same time!

