

## The Delicious Skinny on Apples

### Red Delicious Apples Pack Most Antioxidant Punch

A Canadian government study has found that the skin of America's Red Delicious apple contains over six times more antioxidant activity than its flesh and six times more antioxidants than the Empire apple which was ranked at the bottom. Antioxidants are believed to help ward off certain diseases but more research is needed to determine if it is only quantity that counts. For



the time being this information will be best used by horticulturalists who are breeding new, antioxidant full varieties. Other apples rich in the chemical are: Northern Spy, Cortland, Ida Red, Golden Delicious, McIntosh and Mutsu. (From: USA Today)

## How To Survive Summer's Big BBQ with Panache

By Marcie Gorman

For many of us, summer is the time when barbecue is on the menu more often and with a few creative ideas, you can make it guilt free! Grilling gives food a wonderful outdoor flavor like no other cooking method and is the perfect opportunity to experiment with marinades and rubs, which give food an extra kick of flavor without adding fat or calories. Barbecuing also allows for maintaining the fresh taste of foods and preserving nutrients that are sometimes diminished by longer cooking on the stove or in the oven.

### Survival tips for Making BBQ Enjoyable and Guilt Free

- ✓ Try using a "rub" when grilling your meats. This process of sprinkling spices such as salt, pepper or garlic on meat adds no calories but lots of flavor.
- ✓ Grilling sliced vegetables, making vegetable kabobs, with or without meat, or with scallops or shrimp, are uncomplicated, yet a tasty way to prepare vegetables.
- ✓ Don't forget that corn on the cob and baked potatoes are good standby choices to complement any BBQ menu.
- ✓ Flavored wood chips or chunks like mesquite or hickory can be added to the coals for a sweet smoky flavor with no additional calories.
- ✓ When using marinades to tenderize meat, remember the acid (not the oil)

is the meat tenderizer—so you can increase the lemon, vinegar, soy sauce or teriyaki and cut back or eliminate the oil altogether.

- ✓ One of the easiest marinades is fat-free Italian dressing.
- ✓ Instead of sauces, serve meats with salsas. They're very popular now with many varieties to choose from and most are fat free and low in calories.
- ✓ Offer to bring a colorful vegetable salad or fresh fruit if you are not sure whether lighter fare will be served.
- ✓ If you do over indulge at a barbecue, lighten up your meals the following day and step up your physical activity. One big meal will not ruin your diet. Instead, get back on track rather than just worrying about it.

*"Grilling doesn't have to be fattening to be fun!"*



Marcie Gorman is President and CEO of Weight Watchers of Palm Beach County, Inc., the area from Boca Raton to Titusville. Weight Watchers is America's trusted name in weight loss and the global leader in weight-loss services, with approximately 46,000 weekly meetings in 30 countries. Weight Watchers' mission is to help people reach and maintain a healthy weight. At the heart of Weight Watchers are weekly meetings which provide the coaching and tools to help people make the positive changes required to lose weight and keep it off. Weight Watchers also offers two subscription products for people wanting to follow Weight Watchers online. To learn more, call 1-800-651-6000 or log on to the Weight Watchers of Palm Beach County, Inc. website at [www.wwpbc.com](http://www.wwpbc.com).

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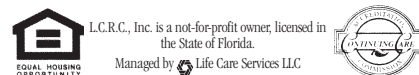


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## Cooking time is together time.

Meal time is together time, according to 71 percent of empty nesters who enjoy connecting with their partners over meals or while cooking together, according to a Pillsbury market research survey. \*\*

\*\* Source: Pillsbury Empty Nester Survey fielded on-line by Consumer Research Services July 2005. Results are based on responses from 870 empty nesters age 45-64 living as married couples.

## BOOK REVIEW: DEAREST DOROTHY, Who Would Have Ever Thought?!

Author: Charlene Ann Baumbich  
 — Reviewed by Anita Finley

*"To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old."*

—Oliver Wendell Holmes

The Introduction starts off very appropriately with: "And now, welcome to Partonville, a circle-the-square town in the northern part of southern Illinois, where oldsters are young, trees have names and the obvious sometimes isn't."

The first three heart-warming novels in the *Dearest Dorothy* series introduced a spunky, 87-year-old irresistible heroine, Dorothy Jean Wetstra, and a charming Illinois town named Partonville, where the ups and downs of everyday life charmed readers and left them clamoring for more. In Charlene Ann Baumbich's fourth installment of the book *DEAREST DOROTHY, Who Would Have Ever Thought?!*, the residents of Partonville find themselves preparing for an elaborate Thanksgiving dinner at the local church. Amidst assigning duties and preparing recipes, everyone tries to ignore bossy acting mayor, Gladys McKern. Meanwhile, Jessica Joy struggles with an unexpected surprise as Katie Durbin considers another real estate project and our beloved *Dearest Dorothy* doles out advice and love in equal amounts to all the town's residents.

With the down-home spiritual wisdom and small-town-living laughs that made the first few books of the series so successful, *DEAREST DOROTHY, Who Would Have Ever Thought?!* and

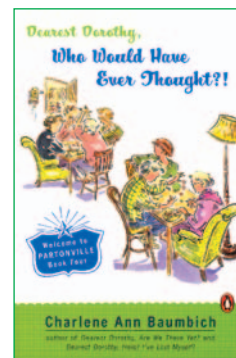
author Charlene Ann Baumbich have served up another entertaining slice of Partonville life for longtime *Dearest Dorothy* fans and new readers alike.

It is a coincidence that this month we are featuring the new movie, "In Her Shoes," and as a gerontologist, I am happy to report that books and movies like this are going to make society appreciate the older adult. For

what are they actually but all of us just more grown up! This book is so real, the personalities so vivid and funny, and so true to form. It's wonderful to have writers like Baumbich present the older adults in such a positive, yet not candy-coated manner.

About the author: Charlene Ann Baumbich is the author of the three books in the Partonville series (*Dearest Dorothy, Are We There Yet?; Dearest Dorothy, Slow Down, Your're Wearing Us Out; and Dearest Dorothy, Help! I've Lost Myself*). She is an award-winning journalist whose work has appeared in the *Chicago Tribune*, *Today's Christian Woman*, and numerous other magazines and newspapers. Also the author of six nonfiction books of humor and inspiration, she lives outside of Chicago.

To learn more about the *Dearest Dorothy* series, please visit Charlene's website: [www.welcometopartonville.com](http://www.welcometopartonville.com). For more information, please contact: Ann Day, Publicist/Penguin Books at 212-366-2078 or [ann.day@us.penguingroup.com](mailto:ann.day@us.penguingroup.com)



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