

FAMILY CIRCLE OCTOBER 2005 ISSUE HIGHLIGHTS

-Family Circle Editors Available For Interviews-

THE GOOD NEWS ABOUT RAISING TEENS -- Page 28

Adolescence doesn't have to be an emotional roller-coaster. Family Circle explores [three of the biggest parenting myths](#) about teenagers and the facts will help put any parent at ease. Get helpful advice from our medical experts to help sail through the teenage ups and downs.

MOM'S IN THE HOSPITAL - NOW WHAT? -- Page 43

Think you're prepared to handle a parent's illness? Think again. Family Circle offers tips that will help any family [prepare for an unexpected health crisis](#) in the family. From getting documents in order to asking tons of questions - the family answer book provides a necessary checklist for your family needs in order to take care of a sick parent.

HATE TO DIET? -- Page 58

Have an English muffin rather than a bagel for breakfast and you can lose over 11 pounds in one year. This is just one of 33 tricks Family Circle offers to help you lose weight. Pick up the October issue to learn a ton of tricks that will help you shed some pounds without an extreme diet.

THE SECRET LIFE OF THE AMERICAN WIFE -- Page 96

Family Circle asked the questions you always wanted to know but were afraid to ask. A survey of over 1,000 American wives reveals [how they really feel about love, sex, motherhood](#) and more. Family Circle was thrilled to learn that more than 50% of American wives are happy, but it was more fun to hear what wives think about their sex lives. Find out more in the October 1st issue.

APPLE PICKING PARTY -- Page 122

With apples at the height of their season, Family Circle offers amazing recipes and creative suggestions for every apple variety. From mini apple pies to creating an apple bouquet - apple picking has never been so fun and delicious.

SUPER HEALTHY SUPPERS -- Page 132

Want to cook more nutritious dinners but not sure where to start? The answers are right here in the October 1st issue of Family Circle. Enjoy how little work these recipes require but your family will love to eat. The [Penne a la Vodka with Broccoli](#) offers a great way to get the kids to eat their veggies without all the fuss. Or try the [Tex-Mex Tostadas](#) for a complete meal - start to finish in less than 20 minutes!

The October 1, 2005 issue of Family Circle is available on newsstands September 6th.

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