

# SIEMPRE MUJER JUNE/JULY 2006 ISSUE HIGHLIGHTS

## **-Siempre Mujer Editors Available For Interviews-**

**MARÍA ELENA SALINAS: A MOTHER WITH NO SECRETS**-- Page 52 Univision's *Aqui y Ahora* anchor Maria Elena Salinas is celebrating 25 years as a prominent TV news anchor. But, how does she raise her children in a world full of bad news? She starts by keeping the lines of communication open, never keeping secrets and monitoring what her daughters consume. "I didn't let them watch anything related to the Michael Jackson trial, because a lot of it was too intense for their ages. But, last year, when a criminal escaped in Miami, I sat down with them and told them that we had to be very careful," explains Salinas. More tips? Don't let kids watch the news alone when they're young and choose one newspaper story each day to read and discuss out loud. Note: Photos of Maria Elena Salinas in *Siempre Mujer* are available upon request.

## **THE PERFECT SWIMSUIT AND OTHER SUMMER STAPLES!**-- Page 18

When the temperatures rise, our thoughts turn to the beach, the sand and...the swimsuit! Luckily, we've put together a guide to help you shop for the right suit to complement your body type. If you have a rectangular frame, go for a plunging V-neck one piece or a bikini with a colorful print. What about a triangular frame with bigger hips? Stay away from skirt-like bikini bottoms. Read on for more tips on the colors, fabrics, patterns and styles for you and other features on the best summer makeup, sandals, suntan lotion and more.

## **25 WAYS TO SAVE MONEY NOW** -- THROUGHOUT

*Siempre Mujer* knows that every penny counts. That's why, throughout this issue, you'll find 25 money-saving tips that you can easily adopt. Just look for our red Save Money! seal on the page for ideas like: Buy children's clothes during end-of-season sales; don't be afraid of do-it-yourself home projects; and cook more than you'll eat so that you can use leftovers for other recipes. Also, Financial Contributor Xavier Serbia dedicates his entire column to showing you how to start saving now!

## **GOOD FOOD WITH DAISY MARTINEZ** -- Page 88

We proudly welcome PBS cooking extraordinaire Daisy Martinez as a Contributing Editor to *Siempre Mujer*. Martinez's column, *La Buena Comida* (Good Food), will include her tricks-of-the-trade, favorite ingredients, recipes, Q&As with readers and much more. This issue, Martinez shares her love of basil, answers questions from a traveling mom concerned about her family's eating habits while she's away, and offers up her recipe for the perfect caramel flan.

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