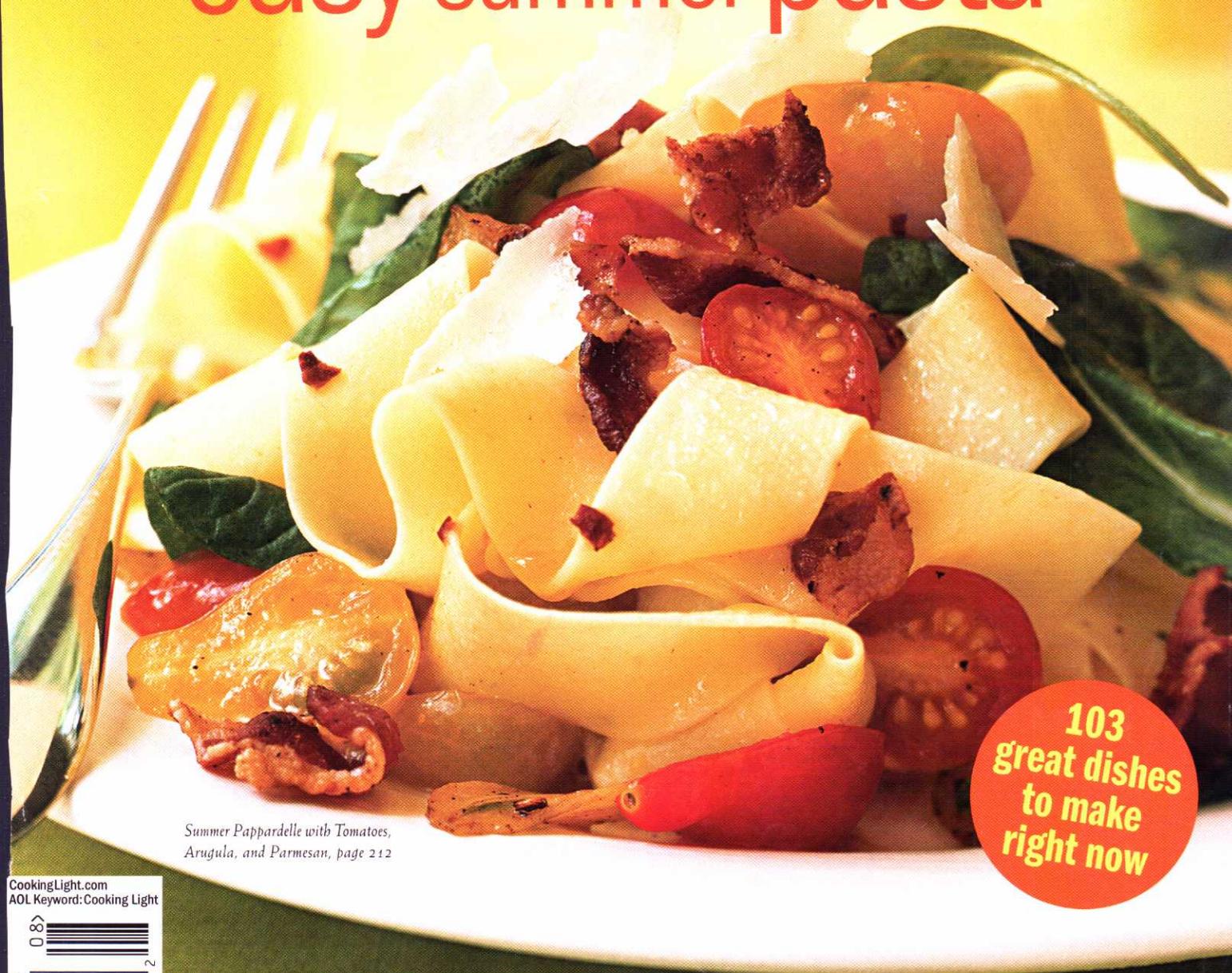


EAT SMART BE FIT LIVE WELL

Cooking Light

AUGUST 2004

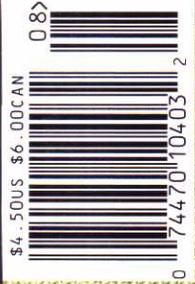
easy summer pasta



Summer Pappardelle with Tomatoes, Arugula, and Parmesan, page 212

103
great dishes
to make
right now

CookingLight.com
AOL Keyword: Cooking Light



Farmers' market recipes | Perfect portable lunches
Superfast dinners | Cool, quick desserts



Healthful Family Ties

Spending time with your family may bolster your health. Researchers from the University of California at San Francisco found heart patients with strong family ties recovered faster and experienced less depression and anxiety than those with weak bonds. "When ties are strong, the family helps monitor the care of the patient, including reminding her to eat appropriate foods, take medication, exercise, and reduce stress," says Sally Rankin, R.N., Ph.D., lead study author. "This love, support, and monitoring speed the recovery process." To strengthen family relationships, communicate regularly, get together often, and keep in mind that familial relationships are rarely perfect. For example, you might talk about nothing but local sports with your uncle, but at least you've made a connection. —Karen Asp

Dogs and cats can get sunburned, too—especially on their ears and noses. Be sure your light-colored pet has access to shade if he's outside. If your dog will be outdoors for long periods, ask your veterinarian about pet-friendly sunscreen. Any over-the-counter brand that doesn't contain zinc oxide, which can be harmful if licked, will work, says veterinarian John Tyler of Mississippi State University's College of Veterinary Medicine. If your pup develops a rash, stop using the lotion. If symptoms persist, see your vet.



EXPERT PICKS Travel Essentials



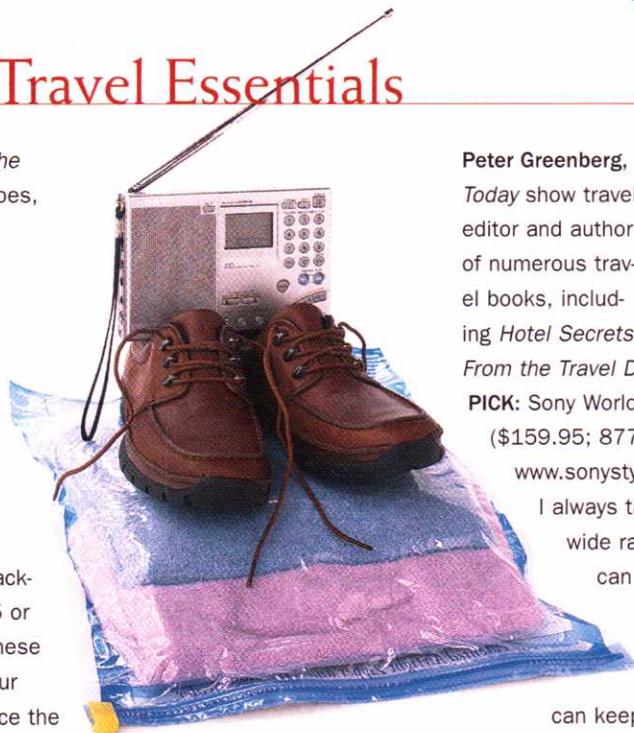
Rick Steves, author of *Europe through the Back Door* **PICK:** A pair of broken-in shoes, such as Rockport Whittington (\$125; 866-290-6431 or www.rockport.com)

WHY: Many Americans buy their shoes just before they leave and

spend precious vacation days nursing blisters. I bring a well-broken-in pair of leather walking shoes that have a sturdy sole.

Micol Negrin, leader of food and wine tours of Italy (Read her article on Italian alfresco dining, "Out in the Open," at CookingLight.com/features.) **PICK:** Pack-Mate Storage Bags (\$4.50 to \$8.50; 800-852-7085 or www.walkabouttravelgear.com) **WHY:** These

are amazing space savers. You pack your clothes in the bags and roll them to force the air out, and your clothes take up much less space. The bags also protect clothing from leaks, an important consideration if you're packing shampoo bottles or jars of food.



Peter Greenberg, *Today* show travel editor and author of numerous travel books, including *Hotel Secrets* **PICK:** Sony World Band Radio

(\$159.95; 877-865-7669 or www.sonystyle.com) **WHY:**

I always take a worldwide radio, which can pick up radio stations from around the world. I

can keep in touch and know what's going on, no matter where I happen to be at the moment. —Cindy Hatcher



PHOTOGRAPHY: (TOP) PETER GRIFFITH/MASTERFILE; (CENTER) MEREDITH PARMELEE/STONE/GETTY; (BOTTOM) RANDY MAYOR