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Secret thoughts from married guys

You have no idea what's on page 103

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and don't skip dessert!

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HAVE A SANEDAY

Your mental first-aid kit: a new girl crush, a laugh, and a cocktail.

TWO SMART LADIES

REVENGE OF THE SPORTS WIDOW

Best friends Lena Sutherland and Jules Mancuso used to gripe about their sports-addict husbands, until the day they "were on the phone while our guys watched the same football game and we started giving our own commentary," says Lena. "We even had the men laughing, so we figured we needed to share this with other women in the same situation."

Now thousands of listeners tune in for their live online show *While the Men Watch*. A taste of what you might hear...

DURING A NEW YORK YANKEES VS. BOSTON RED SOX GAME

(Watching a segment comparing Derek Jeter with Yogi Berra)
Jules: Jeter looks like he has a spray tan. Look how white that guy Berra looks beside him.

Lena: He played in like 1925. They had an ozone layer back then.

DURING A VANCOUVER CANUCKS VS. SAN JOSE SHARKS MATCH

(On a female fan who decided to entertain a player in the penalty box)
Lena: If you're gonna flash, an icy-cool arena is the best place to do it, while everything's standing to attention.

Jules: I'm with you, sister.

Get the schedule of upcoming shows at whilethemenwatch.com.



Ballsy women: Jules (left) and Lena.

MOMMY MIXOLOGIST

THE KICKIN' CRANBERRY COSMO

A couple of these will make you so much more thankful that your mother-in-law decided to come early and "help out" with the Turkey Day preparations. (Or, if you're in a sharing mood, use it to sedate her until dinner's ready.)

- 3 oz orange vodka
 - 1 1/2 oz Cointreau
 - 3 Tbsp cranberry sauce (fresh or canned, either way)
- Juice from 1/4 of a lime
Rosemary sprigs

Directions: Combine first 4 ingredients in a blender with two or three ice cubes. Blend on high until smooth. Strain into two martini glasses, and garnish each with a rosemary sprig.



Kim Haasarud is a mom of two who designs cocktails for top hotels. Her latest recipe book is *101 Mojitos & Other Muddled Drinks*.

WOMAN AS LAB RAT

A new study says that whining is more distracting than a buzz saw. Um, duh. Still, the validation means you can stop feeling like Mommie Dearest the next time your children start in. A few other things to let yourself off the hook for:

- **Avoiding his friends.** Researchers at Cornell and the University of Chicago found that if a man's wife is too close with his friends, he's more likely to suffer from sexual dysfunction. So really, he should thank you for thinking his poker buddies are putzes.
- **Surfing the Web at work.** According to researchers at the National University of Singapore, aimlessly clicking around online for 10 minutes can enhance a worker's productivity. Not proven, but likely; scoring a cheap pair of shoes while you do so is extra-energizing.
- **Treating your daily cocktail like medicine.** Women who have a drink a day are 23 percent less likely to incur dementia as they age, according to Loyola University Chicago researchers. As if you need proof that the recipe above is a prescription for not losing your marbles.

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