

FAMILY CIRCLE NOVEMBER 2005 ISSUE HIGHLIGHTS

-Family Circle Editors Available For Interviews-

HOME FOR THE HOLIDAYS -- Page 12

Treat friends and family to festive touches all through the house. The November 29th issue of Family Circle magazine offers many creative suggestions that can brighten up any home for the holiday season. Greet guests with a gorgeous wreath, decorate your mantle with candles that celebrate the season, or leave personalized bags in the bathroom for your overnight guests.

PRESCRIPTION FOR DANGER -- Page 23

Kids do not need to look very far if they want drugs. Their next high could be as close as your medicine cabinet. Family Circle provides parents with statistics, advice and what to look out for to make sure your teen does not abuse prescription drugs.

WHAT'S HOT IN HIGH TECH -- Page 39

For every new gadget that actually lives up to its hype, many more end up gathering dust in the basement. Family Circle puts the hot new gadgets to the test - literally - and only 13 products passed. Check out the November 29th issue to know what to get your kid this holiday season.

COLD PROOF YOUR FAMILY THIS WINTER -- Page 60

Family Circle offers advice from the country's leading doctors so your family can avoid the coughing, sore throats, and runny-noses that are often familiar this time of year. With simple tips such as washing your hands often and using hand sanitizers, your kids might be able to keep the germs away. Weed out fact from fiction and keep your family healthy.

OUTSMART YOUR CRAVINGS -- Page 66

Whether you are stress eating or dealing with serious PMS, Family Circle tells you how to satisfy your food lust without destroying your diet. The first tip is to eat every two to three hours in order to keep an even keel. Other tips, including low-calorie alternatives to common snacks, are in the November 29th issue.

NOT SO FAST -- Page 83

Family Circle offers 9 essential solutions so that you can take it easy in this stressed out world. Did you know the average person gets frustrated after just 30 seconds waiting for the elevator? Imagine how much you miss when you get stressed out so easily. Try taking your watch off and see what happens. These and other great solutions that can lead to a less hurried life.

YOU-ASKED-FOR-IT THANKSGIVING -- Page 100

Our online survey revealed your dream menu - check out the November 29th issue of Family Circle to get your dream recipes: [Bacon-Wrapped Shrimp](#), [Roast Turkey Breast with Gravy](#), [Whipped Potato Casserole](#) and much, much more.

The November 29th issue of Family Circle is available on newsstands November 8th.

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Contact:
Katharine S. Robbins
(212) 551-7033
Katharine.Robbins@meredith.com