

FREE

wellness

feb/march 2007

Newsday's guide to healthy living



Countdown
TO SUMMER
WELLNESS
4 months to a
healthier you

**PERMANENT
MAKE-UP**
A Popular Way
to Mask Illness

**VALENTINE
GETAWAY**

Your guide to
champagne,
roses and romance

MARK YOUR
CALENDAR!
**Winter Wellness
Activities Across
Long Island**

www.newsdaywellness.com

[icing on the cake]



LOOK WHO'S COOKING NOW!

Who knew it was possible? Cooking clubs are taking the drudgery out of getting food on the table.

Chef Lia Soscia, a home cooking consultant in North Bellmore, attributes this growing trend to: the recent onslaught of cooking shows, a way to spice up date night and simply wanting to eat better.

"The instant gratification you get from working with your friends and family in the kitchen is a tremendously uplifting experience," she adds.

Putting a group together doesn't have to be a chore. Soscia suggests keeping these four tips in mind:

- 1. Who to invite:** If you don't have interested family and friends, post a call for cooks on a local online message board.
- 2. Where to hold it:** Rotate homes so each member learns how to host a dinner party.
- 3. Frequency of gatherings:** Participation is key. If you meet too often, not every member will get a turn.
- 4. Variety:** Be sure to work on different courses, so you'll be able to assemble a complete meal.

—Brill

WELL READ

This month's guest librarian, Loretta Piscatella, from the Middle Country Public Library in Centereach, offers her top picks for this issue of *Wellness*.

French Women for All Seasons: A Year of Secrets, Recipes and Pleasure, by Mireille Guiliano (Knopf Publishing Group, Oct. 2006). In this sequel to *French Women Don't Get Fat*, Guiliano serves up healthy food habits with four seasons of strategies for cooking and shopping.



Plum Lovin' by Janet Evanovich (St. Martin's Press, Jan. 2007). This new novel takes adventure, action, suspense, and maybe even true love, to new heights. With bounty hunter Stephanie Plum in over her head, things get a little dicey and a lot explosive! A good escape.

