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goodLIFEfamily

The Go-To Source for Parents of Kids Tweens to Twenties

IT'S A GOOD TIME TO

Celebrate!

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TO SPARK YOUR IMAGINATION!

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RED HOT VALENTINE'S GIFT IDEAS
YOUR FINANCIAL HEALTH CHECK-UP
BEST BOARD GAMES FOR TEENS
AND SO MUCH MORE!

JANUARY | FEBRUARY 2016
GoodLifeFamilyMAG.com

Pop the Cork!

Who doesn't love a celebration? But make no mistake – a celebration is most rewarding after plenty of hard work and determination; and the tougher the task at hand, the sweeter the success. Now, as we toast to our first anniversary, the GLF team and I look back with a lot to celebrate. We have gone out on a limb in every aspect of our lives but, like Mark Twain famously said, “Why not go out on a limb? Isn't that where the fruit is?” I can say with conviction that I have never worked (professionally speaking) as hard on anything as I have on *Good Life Family* and *GoodLifeFamilyMag.com*. I have invested my heart, mind and resources into making GLF a PUBLICATION WITH A PURPOSE. We have grown, we have gained momentum, and we are *making a difference*.

In my personal life, my husband and I recently celebrated 19 years of marriage. David would surely tell you that it has been pure bliss (that's one of the reasons I love the guy!), but he and I both know it's a lot of work to be partners in life. Marriage is like a roller coaster, full of twists and turns, highs and lows; but at the end of the ride, you have all the memories that no other two people in the world have shared. That's some priceless bubbly... let's keep aging to perfection!

As a mom, there is no greater celebration than the health and happiness of my children, Bryce, 17, Jaxie, 16 and Lindsey, 14. Although I have traded some time with them to embark on the GLF journey, the upside of that trade is that my kids are witnessing first-hand the passion that goes into creating something worthy of celebration. (In

“The more you praise and celebrate your life, the more there is in life to celebrate.”

- Oprah Winfrey

fact, they are always pitching in to help or cheering me on.) I am grateful for their support and sacrifice and for giving me the best job title in the universe: mom.

As a daughter, I am reminded that being part of the “Sandwich Generation” – those of us sandwiched between raising our kids and navigating our own aging parents – is

both challenging and rewarding work and that each *day* needs to be celebrated.

Finally, no celebration is complete without my amazing friends. We celebrate the peaks (boy, do we!), but more importantly, we are alongside each other in the valleys. Deep friendships are built brick by brick and fortified by the test of time. I'll toast to that!

In this issue of GLF, you will find much to celebrate: family, friendship, adventure, health, a life well-lived. What are you celebrating this year?

- Sheryl

LIVE.LEARN.LAUGH.(CHEERS!)REPEAT.



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ABOUT US

There are two things parents hope to give their children: roots and wings. But it's often hard to know if the decisions we're making are the right ones, especially when the world is changing so quickly. *Good Life Family* is a resource for parents with kids tweens to twenties.

Extensive and insightful content addresses the daily joys and struggles of finding a balance between kids and parents while keeping ourselves sane in the process.

You'll meet inspiring women and men who have stared down life's challenges, survived, and now are willing to share their journey with you.

Good Life Family is committed to making a difference in the lives of our families, friends and communities as the go-to source.

We're living, we're learning, and most important, we're laughing. We hope you will too.

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How to Make Your Kids Want to Stay at Home!

by Lisa A. Beach | Staff Writer

When your kids were younger, family fun took center stage, whether that meant a riveting game of Chutes and Ladders or a backyard light saber duel. But now that the kids are older, how do you get your tweens and teens to want to hang out with the folks? Try these ideas to jumpstart your family night at home.

Movie Night

Everyone loves to watch a great flick. But what can take the movie-watching experience from good to great? Consider upgrading your home theater environment to create a space where kids want to stay home. Depending on your budget, you could install a projector in the family room for under \$1000 or shoot the works and create a designated home theater room complete with high-tech surround sound and 4K technology, a 100-inch (or larger!) screen, and custom leather theater seating.

You want to feel like you're front and center, explains David Pidgeon, President and CEO of Dallas-based Starpower, renowned throughout the industry for its incredible value, award-winning installation teams, and unsurpassed customer service.



Technology has advanced exponentially over the last decade, and the process of selecting the right equipment can be downright overwhelming, explains Pidgeon. That's where Starpower's specialists come in. Their goal is to simplify the process and ensure you get a system that you will enjoy for years to come.

"We want to create a one-of-a-kind theater experience for you. We look at the word customer, and the first thing we see is 'custom,'" says Pidgeon. "We pay close attention to your budget, so we can create the entertainment venue of your dreams and your lifestyle."

The key is to create a media room that brings everyone together. "We will make family night at home better than going to a traditional theater—and you won't have to deal with the crowds and sticky floors," says Pidgeon.

Creating an enjoyable media room yields a great side benefit too. Says the father of three teens: "When you provide a fun atmosphere, your kids might just enjoy being at home!"

For more information visit www.star-power.com or one of the three beautiful showrooms.



"When you provide a fun atmosphere, your kids might just enjoy being at home!"

- David Pidgeon, CEO, Starpower and father of 3 teens

Game Night

Get your game on! Play something that engages kids and stimulates their minds. Need a few ideas? Take your cue from our readers:

“*Pandemic* is awesome! You don’t play in teams—all players work together collectively. You either all win, or you all lose,” says Betsy McMenamini (three kids, ages 14 to 22).

“I brought out an old favorite game, *Scattergories*, and my kids loved it,” says Suzan Dees (two kids, age 13 and 21). “It was so much fun to see what they came up with.”

Other family games perfect for tweens and teens: *Apples to Apples*, *Reverse Charades*, *Clue*, *Spontaneous*, *Would You Rather*, and *Tapple*.

Whether you’re watching Monday Night Football on the big screen, whipping up a stir-fry in the kitchen, or playing a board game, you can bring your family together for a night of fun.



WHAT ARE SOME TOP BOARD GAMES FOR TEENS?

You may think that teenagers and board games don’t normally mix, but you’d be wrong. Many young teens love board games for sleepovers, enjoy them with their friends, and still love playing with the family.

Board games can be really therapeutic. They can help build relationships between groups of friends and rebuild relationships between family members. Games that make you laugh and socially interact can help get rid of any tension with teens and promote bonding too. Board games can also be educational.

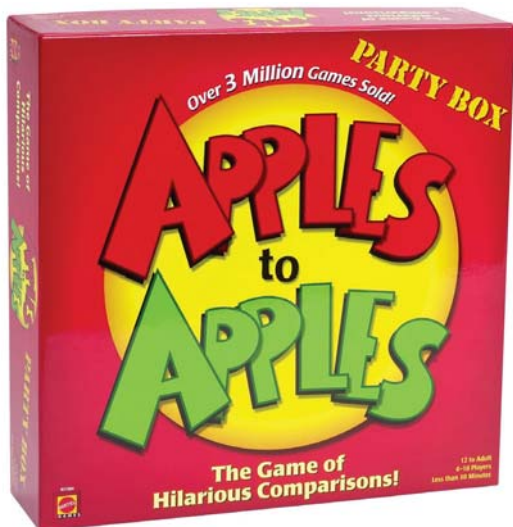
So teens—drag yourselves away from the Xbox and start checking out these board games below.

Say Anything

Say Anything is a lighthearted game about what you and your friends or family think. It gives you the chance to settle questions that have been hotly debated for centuries. For instance, “What’s the best movie of all time?” or “What TV character would make the best teacher?”

Apples To Apples

Apples to Apples has won numerous awards including, “Party Game of the Year” by *Games* magazine. It involves quick thinking, humor, and strategy. For teens, the game teaches them to think about how different things can be compared to one another and how analogies are formed.

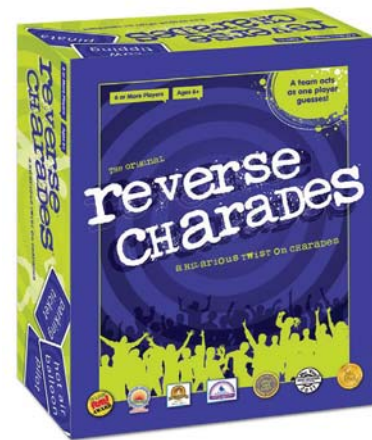


Balderdash

This is a great bluffing game and interesting too. Teenagers read out what’s on the cards, and the players have to decide if it’s true or false. However, what’s on the card can seem so far-fetched it’s hard to decide one way or the other.

Reverse Charades

Reverse Charades is a hilarious twist on the classic game of charades. Instead of one person acting out a clue for a team to guess, in Reverse Charades, a team acts out clues for one person to guess. The goal is to guess as many words as possible in 60 seconds.



Likewise

Likewise players try to match answers from random combinations of description and subject cards. Players write their answers on the paddles in secret. When all are done, all players flip their paddles over to reveal their answers. The most matched answers wins the round and scores.

Imaginiff

How well do you really know your family and friends? Imaginiff’s questions ask what players think they know about each other, such as where a certain player would most like to go on a first date. The most popular answer becomes the winning one!

Scattergories

In this game, there are 12 different categories and a letter, such as B. Players then have to write down a word beginning with the chosen letter for each category in only 3 minutes. Categories range from ice cream flavor, something in a pet shop, or a sport.



Family Dinner

Family dinner can be as simple as ordering pizza or take-out barbecue and eating together.

But to up the fun factor, you could also cook together, says Bobbie Ames, *Good Life Family* Food and Entertainment Editor. Ames suggests these mouthwatering ideas:

- **Pick a different ethnic food to cook together**, such as Asian or Italian cuisine, as a lively way to explore other cultures. (*Tip: Explore Spain with the seafood paella recipe below and Italy with the meatball recipe right.*)

- **Try to recreate a dish from your favorite restaurant at home.**

Engage in a friendly competition, with each family member making a different course (i.e., entrée, dessert, etc.). Afterwards, everyone talks about which creation wins top honors.

Bobbie Ames' **SEAFOOD PAELLA**

INGREDIENTS:

Non-stick vegetable cooking spray
 1 cup short-grain rice (such as Arborio)
 1 3/4 cups low-sodium chicken broth (or use vegetable broth and/or white wine if serving vegetarians)
 1 bay leaf
 1 teaspoon freshly ground black pepper
 3/4 teaspoon smoked paprika
 1/8 teaspoon saffron
 1 1/2 teaspoons kosher salt, divided
 1 shallot, thinly sliced
 1/2 pound medium shrimp, peeled, deveined, tails left intact
 1/2 pound langoustines or scallops
 1 pound mussels
 1 pound cherrystone clams
 3/4 cup canned chopped tomatoes
 1/2 cup sliced roasted red peppers
 1/4 cup green olives (such as Cerignola or Castelvetrano), pitted, sliced
 1/4 cup coarsely chopped fresh parsley
 1 preserved Meyer lemon, chopped or grilled slices from one lemon

DIRECTIONS

Arrange rack in center of oven and preheat to 350 degrees. Coat rimmed baking sheet or *cazuela

with cooking spray. Spread rice on the bottom and put into oven to toast for 5 minutes.

Meanwhile, in a medium saucepan bring broth, bay leaf, pepper, paprika, saffron, and 1 tsp. salt to a low boil over medium heat.

Remove rice from oven and stir. Arrange shallots evenly over rice and pour broth mixture carefully over. Cover baking sheet or cazuela with foil and bake 20 minutes. Carefully remove foil, stir rice mixture, and continue to bake uncovered, 5 minutes more.

Combine shrimp with remaining 1/2 tsp. salt in a medium bowl. Remove baking sheet from oven, discard bay leaf, and stir rice mixture again. Scatter shrimp, mussels, langoustines or scallops, tomatoes, red peppers, and olives over rice. Continue baking until rice is tender, shrimp is opaque and pink, and mussels have opened, about 8 minutes more. Transfer mixture to a serving bowl and toss with parsley and preserved Meyer lemon.

4 to 6 servings

**Cazuela: a Spanish dish that can be used to serve and cook food in the oven or on top of the stove. You can find cazuelas and other Spanish specialty food items at www.latienda.com.*

Bobbie Ames is owner of Capers (cooksandcapers.com) and Food Editor of Good Life Family.

