

# BIG FLAVORS

Local cookbook author's  
eclectic Thanksgiving recipes

## POP-IN STUDIO TOUR

Meet the artists of Orange County

## OUTLET MALLS: DEAL OR NO DEAL

Are they worth the trip?

Winners of  
our Annual  
Photo Contest

TAKE YOUR  
BEST SHOT TO  
BEAT THE FLU

# carolina WOMAN<sup>®</sup>

the magazine for women in the triangle

# Holiday Gift Guide

## Unwrapped

Part 1

By Debra Simon

### Get a stress-free jump on the season

Yeah, yeah, yeah...we're going to watch "It's a Wonderful Life," "Miracle on 34th Street" and other classic films imbued with holiday spirit. And then we're going to shop!

The gift-giving season is upon us, and we're all looking for presents that'll be keepers. Geeky spouse, crafty relative, foodie pal, outdoorsy

#### Baby

**Evenflo** specializes in products that promote safe nourishment of bambinos. Solution-based essentials, such as the well-designed Advanced Double Electric Breast Pump, are on the menu whether a mom is breastfeeding or bottle feeding. [Evenflo.com](http://Evenflo.com)



**Inglesina's** stylish strollers include the lightweight (11.2 pounds) Net that's easy to open and close. A little passenger can take a pleasant nap due to the Net's wide, mesh seat; two-position recline; and canopy with high sun-protection factor. [Inglesina.com](http://Inglesina.com)



**Playskool** Fold 'N Go Busy Elephant, which packs in lots of colors, textures, sounds and activities, allows playtime to go everywhere. An infant may entertain herself in many ways, including looking in the mirror, squeezing the squeaker and shaking the rattle. [Hasbro.com](http://Hasbro.com)



teen, newest kid on the block or even ourselves. An array of bright ideas is out there for the people in our lives.

To get started, here's a look at some of the best finds that have passed our desk. Happy reading, happy shopping, happy holidays!

#### Toddler



**Micro Mini2Go**, the ride-on that grows with a child, converts to a stand-up, three-wheel scooter with T-bar. The toy drawer slides in and out so toddlers can pack up their favorite possessions to hit the road. [Microkickboard.com](http://Microkickboard.com)

**Little Tikes** makes a big splash by manufacturing safe, durable toys - including the new 3-in-1 Adventure Course, Pop & Crawl Turtle, Dunk N Juggle Seal and Stand N Dance Starfish - in its Ohio factory. The company puts imaginations in motion with inventive items that encourage youngsters to get moving. [Littletikes.com](http://Littletikes.com)



**Prince Lionheart**, a family company that has been creating baby and kid products for more than 40 years, conceived of the skill-developing playMAT. One side shows a day at the zoo populated with people, animals and plants; the other shows a day in town with traffic signs, businesses and homes.

[Princelionheart.com](http://Princelionheart.com)



**Sesame Street Play All Day Elmo** is cuddly and interactive, with more than 150 responses plus eight games and activities to keep your darlings engaged. When giggle-time is over, they can cuddle with Elmo while listening to a lullaby. [Hasbro.com](http://Hasbro.com)

## Kid

**Disney's "Frozen" HD Action Camera** features a 5.1 megapixel digital sports camcorder, HD 720P video recording, 4X digital zoom, 1.8-inch preview screen and built-in microphone. It comes with a waterproof case and mounting accessories. [Sakar.com](http://Sakar.com)



**Etch A Sketch**, launched more than 50 years ago, remains one of the world's most popular toys despite an increasingly technological market. Its

success can be attributed to a simple design that makes it easy to draw, requires no instructions, sparks imagination and is portable.

[Ohioart.com](http://Ohioart.com)

**Fisher-Price Little People Sounds Airport, Thomas & Friends Turbo Flip Thomas, and Despicable Me Supervillan Jet** represent high-flying thrills for little ones. Whatever the mode of transportation, fun-filled stunts make for interactive playtimes. [Fisher-price.com](http://Fisher-price.com)



**Nerf** battles are captured as they happen with the Nerf Cam ECS-12 blaster due to its built-in camera, which records the action on video and in photos. Other exciting lines from Nerf include the girl-centered Rebelle.

[Hasbro.com](http://Hasbro.com)



**Magic: The Gathering Arena** of the Planeswalkers Tactical Board Game is a customizable battle arena. Each of the five mighty Planeswalkers comes with its own unique powers and squads, so it's up to each player to summon creatures and choose the right spells to win the game. [Hasbro.com](http://Hasbro.com)

**Roominate's** blend of building, circuits, design, crafts and storytelling teaches children while they play. Using motor and light circuits, modular furniture building pieces and walls, Roominate encourages little architects to construct whether the set is amusement park, school house, townhouse or RV.

[Roominatetoy.com](http://Roominatetoy.com)



**Star Wars Millennium Falcon Playset** combines action-figure fantasy play with the richness and control of multimedia PC software. The game puts players behind the controls of the Millennium Falcon and lets them interact with Star Wars characters as they explore the universe. [Hasbro.com](http://Hasbro.com)



**Superchargers Starter Pack** allows the recipient to pilot vehicles over land, under sea and through sky to stop Kaos and save Skylands. This kit from the No. 1 kids' console franchise includes a video game, two figures and a vehicle. [Skylanders.com](http://Skylanders.com)



## Family

**ARCKIT**, a system of reusable, scaled model building kits made in Ireland, teaches increasingly important STEM skills to those over age 12 while they have a blast making their own creations. Designed originally by architects for professional use and based on modern building techniques, ARCKIT's components interconnect by snapping together. [Arckit.com](http://Arckit.com)



**Post-It Brand** brings a splash of style to stocking stuffers. Clever twists for everyday organization include pads in eye-catching colors, patterns, shapes and sizes. [Post-it.com](http://Post-it.com)

**Viva Sol** drives memorable outdoor experiences by combining craftsmanship with gamesmanship. Its beautifully designed Washer Toss features quick set-up and take-down by means of a wood case with hemp rope handles. [Viva-sol.com](http://Viva-sol.com)



**NewerTech's** NuGreen Flexible Neck LED Desk Lamp provides focused, energy-efficient, cool white light for a brighter desk space. The lamp produces a beam similar to natural daylight, and its flexible "gooseneck" allows the user to position the beam precisely where it's needed. [NewerTech.com](http://NewerTech.com)

**Razor** uses new frame designs and tires as well as special features, such as the Spark Bar and in-wheel hub motor, to generate scooters and ride-ons that are a kick for everyone in the family. For example, the GFD Fury (ages 8 up) offers highflying speeds while the Lil' Crazy (3 up) provides simple controls and smooth electric rides. [Razor.com](http://Razor.com)



### Three Designing Women's

personalized stamps and embossers, available in a variety of colors and styles, allow one to leave a unique mark on cards, photos, recipes and thank-you notes. Just press down on the machine for a clean, crisp impression of the customized stamp.

[Threedesigningwomen.com](http://Threedesigningwomen.com)



## Kitchen

**AIYA**, a producer of premium green tea from Japan, specializes in matcha, the uber-healthy tea that has been ground into a fine powder. Also popular is its Organic Tea Sampler, which contains four different flavors of loose leaf teas. [aiyamatcha.com](http://aiyamatcha.com)



**Champion Juicer**, made in the United States and driven by a quiet GE washing machine motor, is a powerhouse that's built to last. The Champion is the only product of its kind that both extracts and homogenizes so it can mix up healthy soups and dips, sauces, no-sugar added sorbets, nut butters, hummus and baby foods as well as juice.

[Championjuicer.com](http://Championjuicer.com)



**ChefsChoice** is known for innovations in small kitchen electronics, such as the Cast Iron Professional Indoor Electric Grill and the Model 700 Electric Sharpener for Ceramic and Steel Knives. The heavy-duty grill provides seared flavor any time and anywhere while the sharpener uses advanced diamond technology to get a sharp and durable edge for virtually any knife. [Chefschoice.com](http://Chefschoice.com)

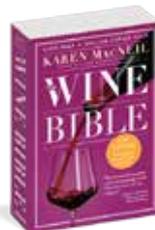


**Quadriple Publishing** tantalizes taste buds with nibbles from all over the world, including "Eat Istanbul," "Healthy Japanese Cooking," "Essence of French Cooking" and "Scandinavian Baking." Other mouthwatering cookbooks include "Cakes in Bloom," "Pasta" and "Friends Food Family." [Quadriple.com](http://Quadriple.com)



### "The Wine Bible"

by James Beard Award-winner Karen MacNeil, is an entertaining, comprehensive book on the fruit of the vine. MacNeil traveled the globe for this revision, tasting over 10,000 vinos in five years, to report on the history, geography, food, wine and wineries of regions from the forbidding landscape of China's Sichuan Province to the warm shores of the Sicilian Mediterranean. [Workman.com](http://Workman.com)



**Thermopen Mk4** is a supercharged cooking thermometer that's accurate to within a degree in two or three seconds. The just-launched upgrade features an accelerometer - the same device used by iPhone to determine the orientation of the screen. [thermoworks.com](http://thermoworks.com)



## Home

**AcuRite**, a leader in weather monitoring and forecasting products, has developed a product line tailor-made for gardeners who want to track variables such as rainfall and forecast frosts and other events. The company manufactures temperature and humidity monitors, rain gauges, soil thermometers, outdoor clocks and Internet-connected weather stations. [AcuRite.com](http://AcuRite.com)



**Cricut Explore**, an electronic cutting machine with cloud-based software, allows DIYers to do an endless array of projects. They can cut and design fabric, leather, vinyl, cardstock, iron-on and more, transforming common work into professional-looking masterpieces. [Cricut.com](http://Cricut.com)



**Dyson V6 Absolute and AM09 Hot + Cool Fan** have no blades, making them safe as well as easy to clean. They provide a smooth and quiet breeze that feels refreshing, even at maximum power, and come equipped with a remote control and a sleep timer. [Dyson.com](http://Dyson.com)



## Jewelry



**Isabelle Grace Jewelry**, known for personalized pieces engraved with initials and phrases, also crafts fabulous earrings. Dangling dazlers are embedded with Swarovski crystals or gemstones. [Isabellegracejewelry.com](http://Isabellegracejewelry.com)

**Ten Thousand Villages**, the nonprofit retailer, sells gifts that keep on giving because they're fair-trade products. For example, a Triangle woman can present gorgeous earrings to someone here that helps a mom in Vietnam support her family. [Tenthousandvillages.com](http://Tenthousandvillages.com)



**Coming next month:  
Holiday Gift Guide Unwrapped, Part 2**



# Is living with PMS keeping you from *living*?

## RESEARCH VOLUNTEERS NEEDED

UNC School of Medicine is looking for research participants. If you experience severe PMS that interferes with your life and relationships, you may qualify to take part in our treatment studies, or studies providing up to \$1538 in compensation.

### Eligible study participants:

- Are women who are 18-50 years of age, with regular menstrual cycles
- Experience mood symptoms before, but not after, the onset of menstruation
- Are medically healthy and not suffering from a chronic mental disorder

If you suffer from severe premenstrual symptoms (PMS), you are not alone. Up to 30% of women of reproductive age experience depression, anxiety, irritability or mood swings during the week before their period.

Now recruiting at both UNC Hospital and UNC Mental Health Specialists at Rex



UNC Center for Women's Mood Disorders  
David Rubinow, M.D., Director



FOR INFORMATION, PLEASE CALL KHANH AT (919) 966-2547.  
[www.uncpmdstudy.com](http://www.uncpmdstudy.com)

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