



THE COSTCO
CONNECTION

July 2017 • Volume 32 • Number 7

The magazine for Costco members

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the
honeybees

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THE COSTCO CONNECTION

Welcome to **The Costco Connection** Online Edition and Newsstand Edition

Digital editions of *The Costco Connection* and other Costco publications are available in the *Online Edition* and in the *Newsstand Edition* available for mobile devices.

The *Online Edition* opens to the current issue, with back issues found under the Back Issue tab and "The Costco Way" cookbooks under the Resources tab.

The *Newsstand Edition* opens to the current issue in a library populated with a mix of back issues and "The Costco Way" cookbooks.

For advertising information about *The Costco Connection*, get the 2017 [Media Kit \(lite\)](#).

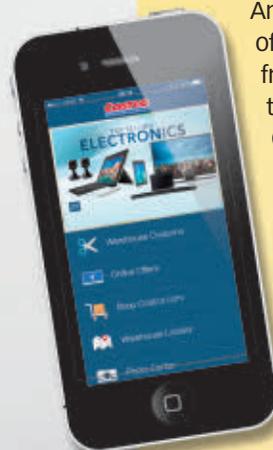
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Mobile resources

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And don't miss the official **Costco App**. This free app is the best way to manage all things Costco: from maps to all Costco locations and online shopping to coupon delivery, photo orders and QR-code scanning. It's available at the Apple and Google Play app stores.



Casual Elegance

Leave your cares behind and relax in this stately bedroom. This six-piece collection offers cedar-lined drawer bottoms in the bed's storage footboard and in the bottom drawers of the gentleman's chest. The lingerie chest includes a removable jewelry tray, and the media dresser features a flip-down front on the center top drawer for easy access to components. The nightstand includes a two-outlet power strip. Open the door of the cheval mirror to reveal storage for jewelry and accessories. Functionality, combined with the beauty of poplar solids, hickory veneers and birch veneers, creates a bedroom you will enjoy for years to come.

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Think Costco First



COVER STORY 33

Hive and Seek

The search for answers in the face of a bee crisis.

BY STEPHANIE E. PONDER

Project Apis m. executive director Danielle Downey inspects a honeybee hive.



COVER: © ALISHER PRIMKULOV / SHUTTERSTOCK, CONTENTS: PROJECT APIS M.

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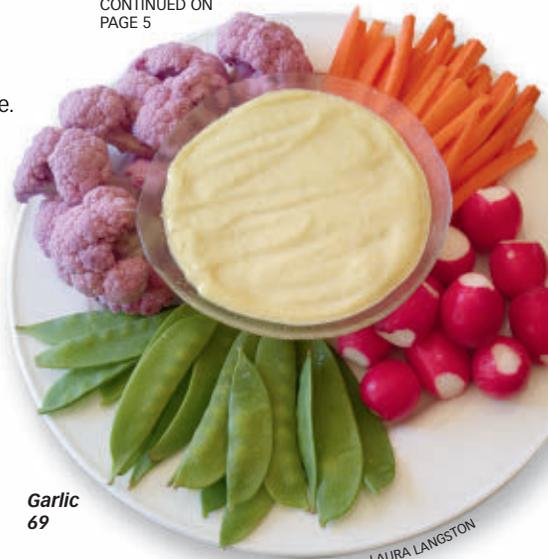
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LAURA LANGSTON

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COSTCO PHOTO STUDIO / FRANCE FREEMAN

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Sandy Torrey
is Assistant Vice
President of
Corporate Market-
ing, Packaging, and
Publisher of The
Costco Connection.

FROM THE PUBLISHER'S DESK

GROWING UP, we always had animals around. Dogs, cats and even horses kept us kids busy and out of trouble. I always saw myself as a dog lover, but somehow I inherited a couple of cats that moved with me from San Diego to Seattle. The change in climate didn't seem to bother these two, since they ended up living 20 years with me.

Pets become members of our family and we'll do anything to keep them happy and healthy. This month's issue is full of articles and members' stories about our furry friends. From horses giving us business tips (page 27) to Jack Hanna offering advice on helping pets stay active late in their lives (page 107) to keeping our pets safe in summer weather (page 109), and even a member story about an elegant bed-and-breakfast for cats (page 146), you'll find valuable information to help you in your animal-centric life.

You'll also find stories on many other subjects in this issue, as a lot is going on at Costco this month. Jennifer Adams offers tips on bringing that comfy modern farmhouse look to your home (page 43), followed by special recommendations by our furniture buyers on page 52. If you're looking to reboot your home office, see the piece on page 55 for ideas to consider.

I would be remiss if I didn't point out that July Fourth is the 241st birthday of our country. Many acknowledge we have challenges right now, but we've had them before and the American spirit has always guided us through them. As you prepare to celebrate our national holiday, remember that Costco carries everything you need for your summer picnics (see page 88) and barbecues. Our For Your Table and Farm to Table sections in this issue offer several delicious recipes. Personally, I'm interested in trying out the fancy s'mores, featured on page 70. Happy Independence Day! **C**



Tim Talevich
is Editorial Director
of The Costco
Connection.

FROM THE EDITOR'S DESK

WHAT DO HONEY and salmon, both featured in this issue of *The Connection*, have in common? They're both wonderful, unique foods that many of us enjoy. But there's also a very important story behind bees and fish. It starts, unfortunately, with the sad truth that both are threatened by the demands of our growing population.

You've undoubtedly heard about the plight of honeybees across the country. For several years, beekeepers have been experiencing massive losses of bees in their hives, losing at times up to half of their colonies in a year. A large body of research has been devoted to finding out what's behind this devastating problem, with a consensus pointing to a combination of causes that include pesticides, poor nutrition and a destructive parasite called the Varroa mite.

Likewise, salmon (and many other fish) have seen their numbers dwindle dramatically in the face of lost habitat, overfishing and pollution. The abundant historic runs in northern Europe and along the eastern and western United States have been greatly reduced—and in many areas wiped out—as those coastal areas have become urbanized.

These matters are important to Costco, because we as a company are very aware of how our fields, farms and forests are faring in the 21st century. It's a necessity: With more than 700 warehouses around the world, we realize the impact that we have on limited resources, like honey, salmon and hundreds of other products, from teak furniture to cashews. We also realize that we can play a leading role in promoting sustainability as our buyers make their purchases around the world.

Costco has developed a variety of policies that drive our stances on limited goods, ranging from palm oil to wild fish. We recently spelled out these efforts in our corporate Sustainability Commitment (you can find it on Costco.com; search "Sustainability"). It outlines what we've done in certain areas—such as our support for honeybee research, described in our cover story on page 33. And it acknowledges that there are areas where we need to keep improving. **C**

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DEBATE GOES ON

In response to the June debate, "Is baseball still the national pastime?"

NO Football has surpassed baseball as the most popular sport in America. Plus, who needs 162 games to determine who gets to the playoffs?

—Gil Gredinger, from facebook.com/Costco

YES People may try to argue for the NFL or the NBA, but there is nothing like going to the stadium on a hot summer night and eating a hot dog with a cold beer.

—Edgar Rodriguez, from facebook.com/Costco

FEEDBACK

Soul surfer

I read with interest what this amazing person is doing for others with her Friends of Bethany nonprofit organization ["Beautifully flawed," June 2017]. Bethany Hamilton is an inspiration to all, and I believe this woman would have been fabulous with or without the incident that took her arm. She has turned her misfortune into others' good fortune. That's what I call the perfect ride!

—Glen Ayers, Jacksonville, Florida

Wear a helmet!

I was dismayed to see an article entitled "Love your brain" [June 2017] illustrated with two adults riding bikes *without* helmets. Riding a bike is good



STEVEN LAIT

exercise; riding it without a helmet is an unnecessary risk of a head injury. Please think about safety when illustrating articles.

—Marie L. Lobo, Albuquerque, New Mexico

Leg cramps

One thing I saw missing in the article on leg cramps ["Don't cramp your style," June 2017] is that in some cases, admittedly rare, it may be a blood clot. I thought I had a leg cramp and it turned out I had a large clot that started in my ankle and went up my leg. I encourage all readers to visit the Stop the Clot website (stoptheclot.org).

—Maria-Alicia Serrano, Winfield, Illinois

CORRECTION

The free time-tracking software tool Toggl can be found at toggl.com.

SUBSCRIPTION CHANGES

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Mastering the pivot

SOMETIMES, TAKING your business to the next level requires a complete overhaul of your business model, core offerings or larger value proposition: that is, a full-scale pivot.

Pivoting—retooling a company in response to real-time market information—has become increasingly common in the past decade, thanks to the rise of innovative data tools. With summer in full swing, here are some reasons it may be the best season for making a pivot.

A cure for the summer slump

Many businesses in the U.S. and abroad report a decrease in overall production. For example, a survey published last year by Sandler Training—a UK-based sales, management and leadership organization—found that more than two-thirds of polled small-business owners anticipated a dip in productivity from June through September.

A slowdown may be vital for making the big transformation your business demands: You can focus your attention on overseeing larger plans.

This shift in focus can also offer new challenges to employees who may be struggling with

the summer slump, creating a win for both your customers and your team.

You're halfway there

With six months down and six months to go, July is an ideal time to reflect on annual milestones and evaluate performance.

Revisit your annual goals—or craft a few, if you've yet to do so—and assess whether you're on the right path. With the year half over, this may be your last chance to take meaningful action in the right direction.

Unique seasonal advantages

Orchestrating a successful pivot is complex and requires a capable team and a steady stream of customer feedback—two components that can be easier to procure in the summer.

If you need extra manpower, you can tap into the large pool of college students looking for seasonal work. It's the perfect way to offset short-term staffing challenges while gaining critical insights that will help take your business to the next level. **C**



MICHAEL PARRISH DUDELL

Michael Parrish DuDell's new book, Shark Tank Secrets to Success (Kingswell; not available at Costco), was released in May 2016.

MORE IN ARCHIVES

At costcoconnection.com, search "Michael Parrish DuDell."

Retreat to move forward



BY SONYA STINSON

FOR A TEAM-building retreat in San Diego, event planner Yvonne Szikla arranged for a group from a Midwest financial services firm to tour a replica of the 19th-century ship for which the America's Cup sailing competition was named. Afterward, they held their own sailboat race. The unusual experience and setting made for a productive getaway.

"Doing something completely different that they would never do at home opened up their creativity and ability to connect," says

Szikla, president of Events with a Purpose in San Diego (eventswithapurpose.com).

The ideal site for a small-business retreat depends a great deal on the purpose of the gathering, your company culture and your budget. A lakeside conference center might be just the place to reflect on the past year's successes and shortfalls and to brainstorm new strategies for going forward. To celebrate a new product launch, a sports venue or an elegant art gallery might be a good pick. Make sure your site choice fits the

demographics of the staff who will be attending the retreat, advises Szikla, who is a Costco member. A group of millennial software developers will have different interests than a group of middle-aged corporate executives. For instance, the active younger set may not be impressed by a retreat at a luxury resort spa.

"On the other hand, for a group of executive women who are stressed out by a high-paced job, that might just be the ticket they need to unplug," Szikla says.

If you are planning an out-of-town retreat, you'll need to consider the geographic accessibility of your options, which can affect both attendance and your budget, says Costco member Sally Webb Berry, CEO of The Special Event Company (specialeventco.com) in Cary, North Carolina. One way to save money is to choose a hotel that offers group benefits. These can include a free room for a certain number of bookings, price breaks on food and beverages, free Wi-Fi, free parking, and reduced or waived resort fees. Even small groups are usually entitled to these perks.

"People think that you've got to be a big group to negotiate, but most hotels and other venues are built on lots of small bookings," Berry says. **C**

Sonya Stinson is a New Orleans-based writer who covers business, careers and lifestyle topics.

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Debt and taxes (and scams)

IN APRIL, the IRS (irs.gov) began a new private collection program of certain overdue federal tax debts, selecting four private collection agencies (PCAs) to implement it. Generally, the taxpayers whose accounts are given to these private collectors are people whom the IRS has contacted multiple times in the past several years and still have unpaid taxes, say IRS officials.

Critics of the new program warn it could provide more opportunities for IRS imposters to perpetrate a long-running phone scam that has cost consumers millions. You need to stay on the lookout for unexpected calls from anyone claiming to be collecting on behalf of the tax agency. Here are some things to know to determine the difference between the real and a ruse.

Scam signs. Imposters trying to trick you typically run similar scams, so be aware of the signs. Often these scam artists will:

- Demand immediate payment of taxes with a prepaid debit card, wire transfer, iTunes card or gift card.
- Ask for your credit card or debit card numbers over the phone.
- Intimidate you and threaten to have you arrested for nonpayment.
- Insist on payment without giving you the opportunity to question or appeal the amount they claim you owe.
- Ask you to pay a collection agency or someone else directly.

Don't respond to these tactics! If you think you've been the victim of an IRS phone scam, here is what you can do:

- Fill out the IRS impersonation scam form on the Treasury Inspector General for Tax Administration (TIGTA) website (go to tigta.gov and click "Contact") or call TIGTA at 1-800-366-4484.
- File a consumer complaint with the Federal Trade Commission at ftc.gov. Add the words "IRS Telephone Scam" to the comments in your complaint.

First, a letter.

Before you receive phone calls from the IRS or a PCA, the IRS will first send a letter to you indicating that your account has been assigned to

one of the four PCAs. The PCA will send you a letter to confirm. Both of these letters will contain a unique 10-digit identifier used to conduct two-party verification between you and the PCA. The letter will not contain your Social Security number.

Informational publication 4518, "What You Can Expect When the IRS Assigns Your Account to a Private Collection Agency," answers questions about the program and is accessible on the IRS website (search the aforementioned title).

Four agencies. The IRS is assigning cases to four private debt collection agencies: the CBE Group, ConServe, Performant Recovery and Pioneer Credit Recovery. Your account will be assigned to one of these agencies. No other private group is authorized to represent the IRS. You won't get a call from one of these agencies unless you've heard from the IRS first.

If you do not wish to work with the assigned PCA to settle your overdue tax account, you must submit a request in writing to that agency. If you call the PCA and say you don't want to work with them to settle your debt, under current procedures the agency must suspend all activity on your account for 60 days to allow you sufficient time to make a written request.

R-E-S-P-E-C-T. PCA employees are required to be courteous and respect your rights as a taxpayer. They must uphold the Taxpayer Bill of Rights (irs.gov/taxpayer-bill-of-rights) and follow provisions of the Fair Debt Collection Practices Act and are essentially held to the same standards as IRS employees. They cannot threaten or intimidate you and are not authorized to take enforcement against you, like filing a tax lien or issuing a levy.

They are authorized to discuss your payment options, including setting up payment agreements. Payment by check should be made directly to the IRS or the United States Treasury only. For more information on the Fair Debt Collection Practices Act, search the Federal Trade Commission website.

To make a complaint about a private collection agency or to report misconduct by its employees, contact TIGTA. To report a threat, assault or attempted assault by a private collection agency employee, contact the TIGTA Office of Investigations with responsibility for your geographic area. For contact information, go to the TIGTA website, click on "Investigations" and then on "Office Locations."

If you're having tax problems and haven't been able to resolve them on your own with the IRS, you may be eligible for help from the Taxpayer Advocate Service, an independent organization within the IRS that protects taxpayer's rights. For more information, visit taxpayeradvocate.irs.gov.

Unsure if you have unpaid tax debt? Visit irs.gov/balancedue to check your account balance. **C**



JERRAD MATTHEW / © AMANDA HOROWITZ MEDIA

AMANDA HOROWITZ

Amanda Horowitz is a writer, businesswoman and owner of Fight Back! She is the daughter of Fight Back's founder, David Horowitz. Fight Back! has received multiple Emmy Awards and awards from more than 400 government and citizen groups and has helped to draft over 50 pieces of consumer-related legislation in the United States.

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MORE IN ARCHIVES

At costcoconnection.com, search "Consumer Connection."

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Trusts and rentals

Questions and answers about property

Q *In your March 2017 column [“Power and trust”] you told someone to get a living revocable trust with an incapacity clause for an aging aunt and uncle so that their property wouldn’t have to go into probate. Where do you get a living revocable trust with an incapacity clause? Whom do you go through to get something like that?*

—D.M., Pembroke Pines, Florida

A Estate attorneys specialize in these types of documents. Ask friends and colleagues if they have worked with an estate attorney they would recommend. If you have a responsive local online community, post a query. If a few names keep popping up as recommendations from your neighbors, that’s a good sign. Or check with your local or state bar association; oftentimes they have referral services.

Q *I have heard you and many others recommend setting up a trust to transfer property to heirs without going through probate. A friend recently told me about something new called a revocable transfer on death deed that can also avoid costly trust and probate issues. I have not heard anyone speak or write about this option, although it appears to be available in many states. What are the pros and cons of this type of deed versus a trust? This could assist many who cannot afford the cost of a revocable trust.*

—NJC, Arleta, California

A About half the states allow homeowners to use a transfer on death (TOD) deed to transfer their real estate to their heir(s). And you are absolutely correct that if a TOD deed is in place, the house does not need to go through probate. But I still think a trust is the smarter move for most households. A TOD deed addresses only real estate—nothing else. If you have minors, a trust is a must. If you have other assets, in addition to a home, you likely need a trust.

I also think it is important to consider a trust so you can attach an incapacity clause, which will allow someone you appoint to step in and act on your behalf if you ever become unable to handle your affairs. A TOD deed doesn’t address that important planning step.

Q *My husband and I are preparing for retirement. We’re both federal employees. He has almost 40 years of service, is vested in the Civil Service Retirement System, is in his early 60s and has almost nothing saved. I have almost 30 years of service, am vested in the Federal*

Employees Retirement System, am in my late 50s and have over \$400,000 saved up above my Thrift Savings Plan (TSP). Our last child is almost through college, our eldest is gainfully employed, and we will have no debt when we retire. My question: Is it prudent to invest in rental properties or a vacation property as a hedge against inflation? We will still have our TSP accounts for investment growth, but I don’t want to watch our savings sitting stagnant and wait for inflation to whittle it down.

—A, Baltimore, Maryland

A You are so smart to be focused on the impact that inflation can have on your finances. Sure, inflation has been very low since the financial crisis—less than 2 percent—but savings rates have been even lower. And now inflation is edging up ever so slightly. If inflation returns to its long-term norm of 3 percent, what costs you \$100 today will cost \$180 in 20 years. If your savings earn interest at a rate lower than the rate of inflation, you will indeed see your purchasing power whittled down.

That said, safe savings are important. Especially in retirement. That’s money you can count on. So please don’t move all of your savings into riskier investments. You refer to your savings as being stagnant. Check out certificates of deposit (CD) deals at online banks. You can earn more than 1 percent on a one-year CD and more than 2 percent on a five-year CD. You can build a ladder of CDs with different maturities and then reinvest them as they come due to take advantage of potentially higher rates, now that the Federal Reserve is pushing short-term rates higher.

The best inflation hedge is to keep a significant part of your retirement accounts invested in stocks. Over decades, stocks have risen more than the rate of inflation.

Rental income can be a good inflation hedge as well, because when inflation is rising that typically means the economy is doing well, and thus you could increase your rents. Also, the value of the property may rise. But you need to do some serious research on the cost of investment property. Consider things like maintenance, property tax and the cost of losing a tenant and needing time to get a new one. Last, there’s the possibility that when you want or need to sell, the market may not be strong, and you may not be able to sell at a profit. Rental income is not risk-free.

A vacation home is something you buy to enjoy. Maybe it rises in value over time; maybe it doesn’t. The last thing you should do is empty your savings to buy one as an inflation hedge. **C**



SEAN LEE DAVIES

SUZE ORMAN

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One smart phone

Getting the most from this everyday device

FRIENDS DON'T LET friends use an unprotected smartphone. They also don't let them listen to music through the phone's lousy earbuds, type for long periods of time on the touch screen or leave the house without a backup power solution.

Accessories—such as protective cases, Bluetooth speakers, portable keyboards and battery boosters—can help add functionality and longevity to your beloved (but limited) device. Now that summer is officially here, consider one of the following add-ons to help you get more out of your smartphone or tablet this season.

Fitted case

It's not a question of *if* you're going to drop your device, but rather *when* it's going to happen. Even if you're not the klutzy type, we're talking about a small device that you take with you everywhere. It's important to buy a protective case to safeguard your investment. A case also lets you personalize your phone, as there are different colors, materials and styles to choose from. Speaking of protection, consider using a transparent screen protector to protect from scratches.

Battery pack

When you're enjoying yourself away from home, there's nothing worse than having the gadgets you rely on start to run out of juice. A backup battery pack will let you charge up your smartphone or tablet on the go. You might still need to bring a charging cable with you, though some battery packs have built-in cables. Generally speaking, the larger the battery, the more times you can charge your devices before the battery pack itself needs recharging.

Bluetooth keyboard

Smartphones and tablets have a number of benefits over personal computers: They're more portable and affordable, and using your fingertips and voice is intuitive and natural. But smaller screens and an all-touch interface mean they're not as conducive for taking notes, writing lengthy emails, or cranking out essays or reports. Instead, consider a portable wireless keyboard you can bring along in a backpack, purse or briefcase—just in case you want to do some long-form typing on your phone or tablet.

Wireless speaker

Whether you're hanging outside with friends or want to add more boom to your room, a Bluetooth speaker is an ideal companion to your favorite mobile device. You can wirelessly play music from your smartphone or tablet without having to dock it, which means you can use the phone while it streams audio to the speaker. Some

speakers are water-resistant, so they're good at the pool or beach. These speakers come in various colors for a personal touch, and most can last many hours before they need to be recharged.

Bluetooth headphones

The old days of corded headphones are fading away—thankfully! Headphones with Bluetooth make it so much easier to listen to music wirelessly from your phone.

The new generation of Bluetooth-enabled headphones has resolved some shortcomings from older models. Pairing your phone and headphones is a breeze. Battery life for the headphones has also been improved, and many models are sweat-resistant, making them perfect for working out. Last, the typical range for coverage is about 30 feet, so you have plenty of room to roam.

Memory cards

While iPhones and iPads don't let you expand the storage inside your phone or tablet, Android devices likely have a microSD card slot in the side or back. If you find you're running out of space to hold your files—such as photos, videos, music or games—you can easily slip in an inexpensive memory card to double, triple or quadruple your storage. Many microSD cards include an adapter that allows you to plug them into a computer or TV for versatility.

Activity trackers

Finally, a wearable activity tracker is a great way to capture data on your summer exercise. It wirelessly sends the information to your nearby



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JOHN GOLDSTEIN

MARC SALTZMAN

Marc Saltzman, a leading high-tech reporter, contributes to more than three dozen prominent publications, appears on radio and TV, and is the author of more than 16 books. He's on Twitter @marc_saltzman.

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Beat the crowds

Traveling when others are staying home

MOST TRAVELERS have been conditioned to avoid the offseason, fearing bad weather and fewer open attractions.

In my experience, the months outside of the peak season are often the best time to explore, experience and enjoy a destination. You'll find fewer crowds; better service; better prices on airfare, hotels and tours; and, perhaps best of all, the opportunity to immerse yourself in a more authentic, genuine experience with local communities. Consider the following offseason options.

I love the **Caribbean** in June and July. Puerto Rico is a wonderful place to visit, and when you're finished seeing its main attractions, there are some wonders offshore.

For example, to really beat the crowds, try Puerto Rico's **Culebra Island**, population only 2,000. There aren't many hotels, but the rates drop in June and July. It's reachable via a short flight or ferry ride.

Culebra's sister island is **Vieques**. It's home to a natural wonder, Mosquito Bay, a bioluminescent bay that literally glows in the dark. Vieques also is home to a number of undeveloped and secluded beach coves, ancient Spanish forts and the Vieques National Wildlife Refuge, the largest natural wildlife refuge in the Caribbean.

Most people head to **Alaska** during June, July and August (that's when most of the cruise ships travel the Inside Passage). Instead, take the cruise in May or September, when there are fewer crowds. Or do what I do: Dress warmly and fly up in the winter to see the aurora borealis. Be aware that while there are anywhere from 18 to 22 hours of daylight during Alaska's summers, during the winter you'll get 18 to 22 hours of darkness. Some places, like the small city of Barrow, don't see daylight for approximately 65 days. If you wish, skip both seasons and go in the fall, when accommodations and flights are cheaper, as the summer crowds have gone and the winter crowds haven't arrived yet.

A money-saving travel approach that many people take to visit must-see areas that are far from their home is to fly and rent. That is, you fly to the nearest large airport, where fares are often the most affordable, then rent a car to see your bucket-list sites.

Ever thought about visiting **Jackson Hole** for a winter ski getaway? You're not alone. Conversely, summer is the offseason, right? Wrong again. More people visit Jackson Hole in summer than in winter. The shoulder season is when smart travelers win.

For Jackson Hole, smart travel is not about skiing in the winter or river activities and hiking during the summer. It's about proximity to national parks. And because Jackson Hole is less than a two-hour drive from **Yellowstone National Park**, you'll get to experience the autumn foliage without the crowds.

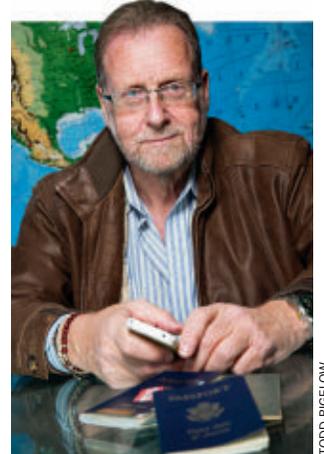
If you do head to Yellowstone, make sure to visit in October, as the park becomes less accessible by car after the first Sunday in November. Visit nearby **Grand Teton National Park**, too, as car accessibility to the park ends on November 1.

When it comes to **theme parks**, defining the offseason—which is truly the best time to go—is easy. It's during major sporting events: the World Series or the Olympics or the Super Bowl. It's also anytime kids are in school.

Whether you're a family of four or you're single, the two best times to hit the Florida and California theme parks are during "dead" weeks. These are the two weeks each year when you're practically guaranteed to avoid big crowds and long lines: the week immediately after Thanksgiving and the week immediately following New Year's.

This is a good time to start planning ahead for any trip to a theme park.

So when possible, think offseason. There are a lot of benefits of this contrarian thinking. And maybe it will open up options that can help you be a year-round traveler. **C**



TODD BIGELOW

PETER GREENBERG

Peter Greenberg is the multiple-E Emmy Award-winning travel editor for CBS News and host of The Travel Detective on public television (petergreenberg.com).

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Are smartphones having a negative impact on our relationships?



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SMARTPHONES HAVE become indispensable tools in our daily lives. However, some people believe the constant distraction of smartphones impedes interpersonal relationships. Others feel the ability to have frequent contact through voice and video calls or text messaging, regardless of physical distance, helps to foster and support those relationships.

What do you think?

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Let me text my wife across the room and ask her.

—Greg L. Funk

It's about how you control your usage of them. If they are hurting your relationship because you spend so much time on them, then you and your impulses are what is really hurting your relationship. Saying a smartphone hurt your relationship is like saying a spoon made you fat.

—Nicholas Gerace

When you're sitting in the same room [and you're] on your phone, probably not that great. When your husband's deployed on the other side of the world: lifesaver.

—Ilana Bailey

Exchanging memes all day at work has kept my spouse and I close when the hours physically together are few. All about how you use 'em.

—Steven Taylor

Smartphones make dumb people ... they have relationships with their phones and ignore what goes on around them.

—Debbie Jacquard

I talk to my husband more than I would otherwise because of the phone. I'd have to get up and walk into the next room if we didn't have them.

—Nicole Salinas

Yes and no. They can help and hurt. As with any technology, the use is what matters. Like a car, a gun or a sledgehammer, a phone is not inherently good or evil. It's the user who decides its nature.

—Travis Maxwell

The big problem is that people who previously assumed that if you were in the same area as them, you were focusing on them, have had their illusion shattered.

—Amanda Servello

YES FROM EXPERTS IN THE FIELD



James A. Roberts is the Ben H. Williams Professor of Marketing at Baylor University and author of *Too Much of a Good Thing: Are You Addicted to Your Smartphone?* (Sentia Publishing, 2015; not available at Costco).

FOR A ROMANTIC relationship (this includes married couples) to flourish, each partner must be present for the other. To be perceived as present for another, a person must be free from external distractions. How can you be present for your romantic partner when your nose is buried in your smartphone?

Do you check your smartphone every five minutes? If you do, you are about average. The typical American checks his or her phone approximately 200 times every day.

My colleague Meredith David and I popularized the term “phubbing” (phone snubbing) to describe why smartphone use in the presence of a romantic partner can be ruinous to this most prized and personal relationship. We conducted a large online survey of adults in the U.S. who were currently in romantic relationships to see how phubbing their partners affected their relationships.

Our respondents told us that partner phubbing was common: 70 percent reported being phubbed by their love interest. Getting phubbed led to lower levels of relationship satisfaction. The more they were phubbed by their partner, the less satisfied they were with their relationship. Here’s how it works. When people were being phubbed, they reported higher levels of smartphone-related conflict. People don’t like playing second fiddle to their partner’s smartphone.

But we didn’t stop there. We also found that all those phubbed individuals who reported lower levels of satisfaction with their partners were also more likely to report being anxious and depressed. Unhappy in love, unhappy in life.

Research has found that looking at your smartphone while holding a conversation can undermine a sense of emotional connection. It’s all in the eyes. Looking at your smartphone while in conversation with your romantic partner reduces the amount of eye contact you have with your significant other. Gazing lovingly into your partner’s eyes is a good way to seal the deal.

We need to feel that our partner is present for there to be a real connection. We all just want to be loved. Is that so wrong? Our smartphones aren’t helping. **C**

NO FROM EXPERTS IN THE FIELD



Jayson L. Dibble, Ph.D., is an associate professor in the Department of Communication at Hope College, Holland, Michigan.

TECHNOLOGY HAS ALWAYS moved faster than our norms for etiquette. Inventions that today we take for granted—telephones, radio, television—were once scorned for the disruptions they caused. In time, however, our fundamental need to relate to others drove us to reshape norms that balanced the benefits of the new technology.

Enter the smartphone. Sure, I’ve often seen a family sitting together at a restaurant, each person’s eyes glued to his or her screen. I get it. However, smartphones themselves aren’t the problem. Rather, we’re sitting in the usual gap between the emergence of a new technology and the lagging development of new rules and etiquettes for interaction.

People adjusted to their telephones, radio and television, and we will adjust again.

Besides, smartphones offer advantages, many of which actually enhance closeness. Texting, emoji (the little icons inside text messages that help convey emotion) and videoconference apps like FaceTime let us say “I love you” when calling isn’t enough, and many smartphones let us see each other while we talk—invaluable for military spouses and others separated by distance.

When it comes to relationships, there is no such thing as autopilot. Blaming smartphones (or any technology) distracts from the continual work we should be doing to maintain our bonds and train our children. Romantic partners should discuss openly the role of phones in their relationship (e.g., designating a few phone-free hours each night), parents should set rules and examples for their children, and a group of friends having lunch can pool their phones on the table—the first to grab their phone pays the tab!

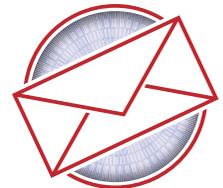
None of this requires condemning smartphones. Stay responsible for your relationships and learn to use your phone in healthy ways. **C**

WHAT DO YOU THINK?

Are smartphones having a negative impact on our relationships?



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Is baseball still the national pastime?

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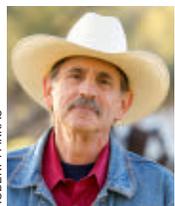
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Lessons from horses

Equines inspire business leadership

*WHEN IT COMES to wisdom there is much we can learn from animals. In his book *Lead with Your Heart: Lessons from a Life with Horses* (Storey Publishing, 2016; not available at Costco), neurosurgeon, professor and horseman Allan J. Hamilton notes that working with horses showed him a path to becoming a better person, husband and father. Hamilton, a Costco member in Tucson, Arizona, offers these lessons from horses for business leaders, excerpted from his book.—Steve Fisher*

BY ALLAN J. HAMILTON



ROBERT FARKAS

Agendas hurt relationships. As a trainer, you have to realize that you are training the horse for the long haul and not for short-term results. Nothing should compromise your integrity with the horse. Be patient and take as much time as required for that particular horse, on that particular day, to succeed at the given task. Don't try to force the horse

to do something. That is when the horse is most likely to spook and when you are more likely to get hurt. Why? Because the horse realizes very quickly that you are in it for your own needs.

In a corporation, it's the same thing. If you focus too much on driving up productivity relentlessly and no longer put the welfare and well-being of your workers foremost in your mind, you won't have a loyal workforce.

Find the curve of compromise. We humans tend to react instinctively when

someone or something pushes: We want to resist. With a horse, physical resistance is a dead-end strategy: A 1,200-pound horse will win any physical contest with a human. So, very quickly, the trainer learns to stop creating resistance and seek compromise.

In business, you have to think: Am I creating a line of resistance? If you feel that tug of resistance in your gut, it's time to switch gears and think: How can I get the other party to be willing to flow with me in the direction I want to go? The art of negotiation lies in avoiding opposition and seeking cooperation.

Make the right thing to do easy. The trainer tries to teach the horse good habits, to pick up the right routines. While the horse is learning, you want to help it. You want to make the right response easy and the wrong response difficult.

Likewise, when you are training someone, you should always be asking: "How can we make this easier to learn, to do, to assimilate?" Your job is to look ahead for obstacles and keep things flowing.

A better trainer means less training. The very best trainers and educators are the ones who make the process of learning fun and who make the training seem almost a byproduct of the adventure of education. The best trainers and leaders—in the round pen or the boardroom—engage the learner in a sense of mutual undertaking, discovery and achievement. It is effortless because it is a matter of motivation and not compulsion.

Leadership is determined by the 4 C's. The alpha mare has to earn the allegiance of the band each and every day. She does it by showing the herd that she can put their welfare before her own. She needs to demonstrate the 4 C's of leadership: command, control, communication and compassion.

Command: If the moment calls for it, a good leader must know how to give instructions (commands) that are unmistakable.

Control: A leader needs to be able to control the herd and hold its instinct to panic or scatter, in check. A herd that moves in unison, zigging and zagging as a unit, confuses a pursuing predator.

Communication: Part of it is style, part of it is content. Part of it is communicating what needs to get transmitted and leaving out anything that dilutes the message or confuses the herd (or the company).

Compassion: Understand how the members of the group might feel, what concerns and fears need to be dealt with.

The 4 C's are easy to enumerate, difficult to practice. That's why leadership is better bestowed than assumed. **C**

Allan J. Hamilton (allanhamilton.com) is a neurosurgeon, horse trainer and developer of equine-assisted learning programs.



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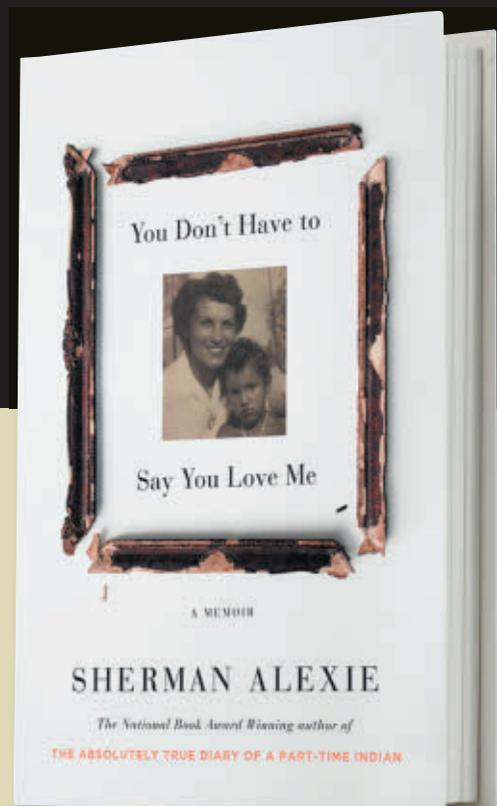
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First things first

Prioritizing can pay off, literally

BY CANDACE MOODY

FOR MANY people, the hardest part of being organized in business is deciding what's most important. Owners are sometimes paralyzed by the fact that they simply don't know where to start on a project.

Julie Morgenstern is the founder and owner of Task Masters (*juliemorgenstern.com*) an organizing firm based in New York City, and the author of best-selling books, including *Making Work Work: New Strategies for Surviving and Thriving at the Office* (Fireside, 2004; not available at Costco).

Her method for figuring out what's most important is the same whether you work for yourself or for someone else: Work as close as you can to what she calls "the revenue line."

The revenue line is the point where you're actually making money or saving money. Delivering a product or a service is one step from the revenue line, as is billing, since that's how you get paid. Speaking at a conference to build your reputation, writing marketing materials or posting on a blog might be two steps from the revenue line. Filing and doing expense reports might be three steps away.

As you prioritize what to do next, think about your tasks in terms of how much time you should invest and what the payoff will be. Spending a long time to perform a task with a small payoff means you should probably work on something else instead. Morgenstern suggests that you focus on "the joy of completion" to motivate you. Instead of dwelling on how much you dislike the task, focus on how good it will feel when it's done.

If you're still stuck on where to start, maybe you have confused a project for a task. It's easy to make the mistake of putting a giant project on a to-do list as a single item: doing taxes, for instance. Because it's such a big job, you might put off getting started. The secret is to break down the project into a series of doable tasks. Your task list might look like this:

- Sort receipts into categories (medical, business, charitable donations).

- Make sure all W-2 and 1099 forms are received and in order.

- Download or purchase the latest version of TurboTax.

By breaking down the project into tasks that are specific and short, you can start to "Swiss cheese" the project. Prioritize the tasks based on how much time you have right now, or on which tasks will take care of problems holding up the whole project (request another copy of a missing receipt or form, for example.)

Morgenstern also suggests that when you do the most important things first, you get some breathing room for the rest of the day. Not only will you have done the big things early, when you have the most energy, but you don't have to worry as much when interruptions or emergencies intrude later in the day (and they will).

When you finish dealing with the crisis, you'll have the satisfaction of knowing that the critical items are already done; what's waiting for you on the other side is the easy stuff.

Trust me, you'll be glad you did the first things first. **C**

Candace Moody is a blogger and columnist (candacemoody.com).

GETTING THINGS DONE

- Capture to-dos as they occur to you. Use your phone to record a quick message or ask Siri to remind you.
- Group similar tasks, like calls or purchases you need to make. You'll be able to prioritize them more easily or decide which one you can accomplish in the time you have right now.
- When you make a note to make a call, add the number or other information you need. You'll be able to make calls when you're waiting for an appointment, because it will take only one step.
- If something will take less than five minutes, do it now. Your to-do list won't become cluttered with small tasks that can add up to big chunks of time or provide an excuse to procrastinate.—CM





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Storytelling

Why some business ideas catch on—and others don't

BY CARMINE GALLO



LUCA SARTONI

IDEAS THAT catch on are wrapped in a story. Storytelling was an important milestone in human development, because stories informed people of danger, educated them on better ways to deal with threats and inspired progress. We're still sharing stories around a campfire. The billionaire entrepreneur Richard Branson had a fire pit built at his home on Necker Island so he and his team could sit around it and trade stories. "Storytelling can be used to drive change," says Branson.

Whether they're sitting around a fire or standing at a lectern, CEOs and entrepreneurs, teachers, leaders and TED speakers are often great storytellers. You can be an engaging storyteller, too, if you keep the following three keys in mind.

Introduce villains and heroes (in that order)

All great stories have a villain whom the hero must vanquish. David faced Goliath. Luke Skywalker faced Darth Vader. In a business pitch, the villain might be a problem in need of a solution. The hero is your product or service.

Apple co-founder Steve Jobs was a master of the corporate narrative. Jobs began every major product launch with a discus-

sion of the problem—a weakness in the current category—followed by a description of his product, the hero that would improve his customers' lives.

Create tension

People don't want to hear about your solution or your success until they know that you understand their failures and struggles. Great storytellers are relatable because they share their tales of struggles, failures and hardships, as well as successes.

Former Starbucks CEO Howard Schultz often told the story of growing up in a Brooklyn housing project and watching as his family struggled after his father was injured on the job. They had no health insurance and found it difficult to make ends meet.

The story underpins Schultz's initiatives, such as offering health insurance for all Starbucks employees, including the company's part-time employees.

End with a triumphant victory

We are hard-wired for stories, but not just any stories. Researchers find that the brain craves rags-to-riches stories. We're wired to look for it. In moviemaking, the more dramatic the arc, the more irresistible we find the story.

For example, no matter how many times you watch *Rocky*, you might find it hard to resist the temptation to stand up and cheer when Balboa goes the distance against

STORYTELLING RULES

- **Don't** tell a boring story.
- **Do** tell a story with a clearly defined villain.
- **Don't** pretend you've never had to struggle.
- **Do** embrace your past and the experiences that define you.
- **Don't** end the story in the middle.
- **Do** provide a happy ending.—CG

Apollo Creed. A Hollywood producer once told me that the story of a washed-up boxer who finds love and redemption has one of the greatest story arcs in movie history.

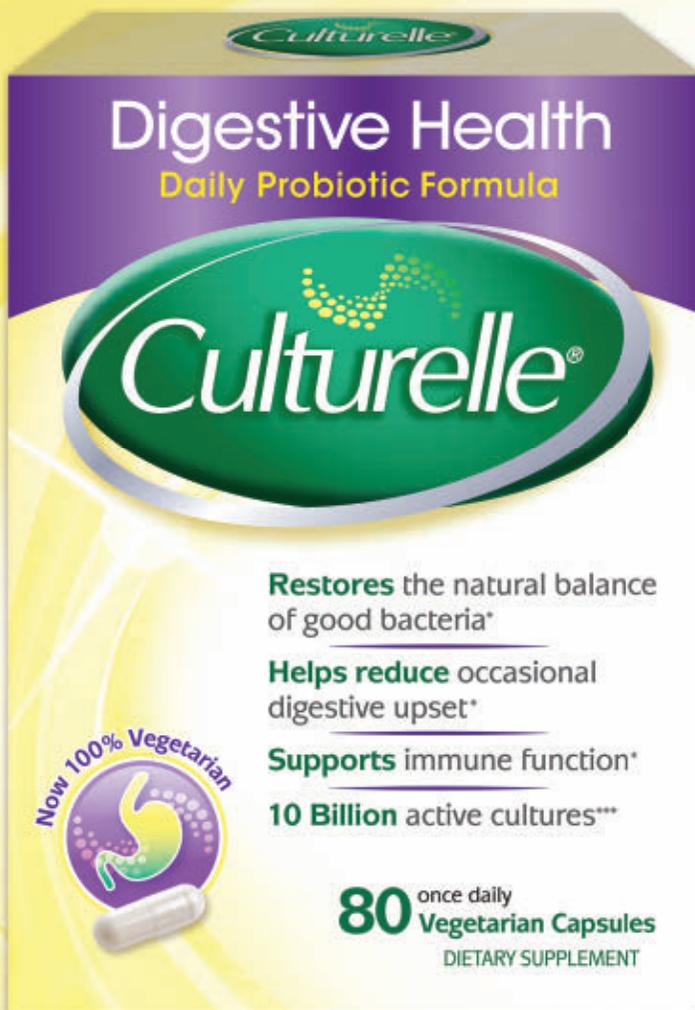
If you're pitching a product or service, make sure you paint a picture of what life will look like once your listener adopts your idea.

Your ability to package ideas into an irresistible story that moves hearts and minds is the single greatest skill that can make you more valuable and successful than you've ever imagined. Your story can change the world. Isn't it time you shared it? **C**

*Costco member Carmine Gallo is the author of *The Storyteller's Secret: From TED Speakers to Business Legends, Why Some Ideas Catch On and Others Don't* (St. Martin's Press 2016; not available at Costco).*

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Bees in peril

Working together
to find a solution

BY STEPHANIE E. PONDER

DID YOU KNOW that, through pollination, bees play a vital role in roughly one out of three bites of food we take, including nuts, berries, other fruits and vegetables? Nevertheless, these industrious and beneficial insects are being reduced in number and ravaged by pests and other problems.

Here's a look at the issues facing bees and beekeepers, and what's being done to help them.



An ominous sign

According to the not-for-profit group Bee Informed Partnership (beeinformed.org), beekeepers lost more than 40 percent of their honeybees between April 2015 and April 2016. It's a trend of loss that has held a steady course since 2006.

Almond growers were among the first to see a decline in the number of bees. It's little surprise considering that, according to the Almond Board of California, almond pollination requires two-thirds of the nation's commercial honeybees. The pollination average for almond orchards is two hives per acre. In the 2015–2016 growing season, California had nearly 900,000 acres of almond trees, translating to a need for almost 2 million hives.

Honeybees pollinate flowers while they're out collecting nectar. Pollen from the flower's stamen sticks to the hairs on the bee's body,

CONTINUED ON PAGE 34

A beekeeper at work.

BEES IN PERIL

CONTINUED FROM PAGE 33

and when she—all pollinating honeybees are female—visits the next flower, some of the pollen rubs off, allowing for the fertilization of the plant.

Robert Huckaby, vice president, farm services, for Costco supplier Wonderful Orchards of Shafter, California, tells *The Connection* that back in 2006 the company was having “a difficult time meeting the number of bees that [we] needed in the orchard.”

As almond farmers struggled to source the necessary quantity of bees, they also started talking to beekeepers, who reported a significant loss of bees during the year and didn't have enough for the pollination season, which meant a crop loss.

“That was kind of the [indicator] that there was an issue. It wasn't just something that was a short trend or an anomaly,” Huckaby says.

Searching for answers

At the same time that almond growers saw a problem, they found an ally in the nonprofit organization Project Apis m. (PAm; *project apism.org*), whose name was inspired by the scientific name for the European honeybee, *Apis mellifera*. PAm's mission is to fund and direct research to enhance the health and vitality of honeybee colonies while improving crop production.

When PAm joined forces with almond growers in 2006, the biggest issue facing honeybees was colony collapse disorder (CCD), which happens when the worker bees leave the hive, abandoning the queen, young bees and plenty of food.

A decade ago no one was really thinking about bees, and there was little awareness about bees' place in the food chain. But as CCD spread, the plight of bees made headlines across the country.

Danielle Downey, PAm's executive director, says there were also few funds for research in 2006, and there was certainly no real clearinghouse for information. So the almond growers and beekeepers said they'd put up money and support research projects to happen right now, instead of putting out a proposal that might take over a year waiting for funds. Says Downey, “It was really kind of a guerrilla tactic to get some answers, so we've always been working closely with beekeepers, researchers and almond growers.”

As for the current research, Downey explains that CCD isn't something they're seeing these days. But bees are still in trouble. “We don't see

those same symptoms, and yet beekeepers are losing 40 percent of their hives every year. If you had 100, in that year you will get down to 60 and have to rebuild.

“The single worst thing that has tipped those losses so much higher is the Varroa mite. The Varroa mite arrived from Asia; it jumped from one species to another, and it kills our bees if we don't do anything about it,” she continues.

These tiny pests lay eggs that develop within the honeybee brood and grow up to pierce an adult honeybee's exoskeleton and feed off its internal fluid and fat. As if that's not enough, the Varroa mite can also infect bees with deadly viruses.

PAm, with the help of Costco (see “Bee students”), is helping to fund research to combat the problem, including researching honeybees that are resistant to the Varroa mite.

Addressing the issues

Unfortunately, the Varroa mite (pests) is just one of the “four P's” facing honeybees; the other three are pathogens, pesticides and poor nutrition.

While research is ongoing into pathogens and pesticides, when it comes to poor nutrition, almond growers are taking an active role by planting bee-friendly flowers among their rows of almond trees to help facilitate a diverse diet for honeybees.

Martin Pohl, a founder of Costco supplier Hughson Nuts of Hughson, California, compares a honeybee's diet during pollination to that of a human who is given only steak for every meal for weeks on end. It's boring and lacks nutrition. “Almond trees don't have a lot of nectar,” says Pohl, who explains that he and his fellow farmers have been planting more flowers and letting weeds and grass grow between their trees. “You have to feed the bees if you want good bees.”

It's not just the practice of planting only one crop that limits a honeybee's diet. “Now people spray their yards to get rid of clover, but clover is something that bees love, so it's not only the agricultural side, but it's also on the everyday side that we've eliminated what bees are eating,” says Downey.

Bee-ing proactive

Planting wildflowers that all bees enjoy is one action that nonexperts can undertake to help honeybees. But what else can be done to help?

First, it's important to know that buying and consuming honey is good for bees.

It used to be that beekeepers made their money from the sale of honey. These days, beekeepers travel with their bees, following the pollination seasons—including those of almonds, blueberries and cranberries—before getting honey from the bees in the fall.

“Beekeepers need your support,” says Downey. “Beekeepers have it harder than ever, trying to keep bees healthy in this country, and



A beekeeper opening a brood comb for signs of Varroa mites.



WHAT IS A VARROA MITE?

A TINY PARASITE, the Varroa mite is the single most harmful stressor contributing to bee colony losses. Varroa mites can only reproduce in a honeybee hive, where they feed on the bees and brood while also spreading disease.—SEP



OUR DIGITAL EDITIONS

Click here for a video of Varroa-resistant bees removing bee pupae that are infested with a Varroa mite. (See page 8 for details.)

having those strong markets makes a big difference in what they're able to do."

Brent Barkman, of Kansas-based Barkman Honey, one of Costco's Kirkland Signature™ Honey suppliers, adds that selling honey helps beekeepers take care of their bees and fund research that helps to keep their bees healthy.

"The beekeeping industry cannot survive on honey production alone anymore," Barkman says. "About half of [beekeepers'] operating income comes from pollination practices—not just almonds, but other foods that pay for pollination."

Installing a beehive in your backyard may not be the best way to help honeybees. Downey makes this comparison: "Pandas are in trouble; I'm going to get one." This makes no sense at all, but people often think that keeping bees is the only way to help them ... unfortunately it's not simple to keep bees alive and thriving, and if the colony is dead a year later, nobody wins. Providing habitat and supporting research are good ways to help."

Lack of proper care can also create a host for pests to grow in; then those pests can move to another bee colony, Barkman says.

Future buzz?

Perhaps you've seen the quote, falsely attributed to Albert Einstein, that if the bees disappear, then so will we. Downey offers a counter version of a bee-less future: "If bees dis-



PHOTOS LEFT, ABOVE AND BELOW: PROJECT APIS M., BEES: © IRIN-K / SHUTTERSTOCK

appear, we will still have food. We won't have the variety. It won't be affordable. It will definitely change our quality of life and change our choices."

Despite the very real issues facing bees and beekeepers, both Downey and Barkman stand firm that bees and beekeepers will prevail.

"As beekeepers, we're still in business, and we're still continuing. ... We don't see a doomsday. Bees are very resilient, and they proliferate very quickly," says Barkman.

Huckaby, from Wonderful Orchards, adds: "It's kind of mind-boggling just how much bees actually do for us. We know we need the bees, and we rely on them. I think there are a lot of farmers and a lot of people who are behind the research to make sure that we do have bees in the future." **C**

Bee colonies in a winter holding yard in central California, waiting to go into almond orchards for pollination.

OUR DIGITAL EDITIONS
Click here for a video about the importance of pollinating insects. (See page 8 for details.)



THE COSTCO CONNECTION

Costco carries Kirkland Signature Honey in all warehouses and on Costco.com.

BEE STUDENTS

FROM THE beginning of the Kirkland Signature honey program, Costco corporate foods buyer Shauna Lopez knew there were issues in the bee and honey industry that needed to be addressed. The Costco buying team set out to find a nonprofit organization that shared their priorities. Enter Project Apis m. (PAm). "PAm stood out as a clear front-runner," says Lopez, who adds that PAm already had deep connections within the industry, along with an international scope, and was already set up to fund research projects.

Since 2012, Costco has made a contribution to PAm for each Kirkland Signature honey item sold, totaling more than \$2.3 million.

Some of the donated funds facilitate stock improvement to help breed hon-



A honeybee carrying pollen.

eybees that are resistant to Varroa mites, limiting mite reproduction. There is also a project supporting a repository for bee germplasm—reproductive genetic material—to help

increase and preserve honeybee genetic diversity in the U.S.

Money has also helped fund several tech transfer teams who help beekeepers maintain their colonies. The teams perform a lot of work that beekeepers might not be able to do on their own, including collecting disease

and pest samples and sampling colonies for stock improvement.

Costco and PAm also award scholarships and fellowships to fund bee research at the Ph.D. level. The current scholarship winner is Morgan Carr-Markell at the University of Minnesota, St. Paul, who is studying the

potential benefits of native prairie flowers for honeybees. She's receiving \$50,000 for three years.

Rodney Richardson, a student at Ohio State University, will also receive \$50,000 for three years to study immune functions in honeybees along with molecular identification of bee-collected pollen.

Cameron Jack, at the University of Florida, received \$15,000 for one year to support his studies on methods to rear Varroa mites in vitro, and to facilitate research on integrated pest management.

"There's a lot of misinformation out there about bees and beekeeping, and that's why I like that we're fostering research that can be verified and shared," Lopez tells *The Connection*. "I suggest that people visit PAM's website [projectapis.org] or the Honey Bee Health Coalition [honeybeehealthcoalition.org]. If people want to help, I suggest supporting organizations that understand the crisis and the issues." —SEP

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Loveseat: L 65.3" X W 37.9" X H 34.6"



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THE modern FARM- house

A décor reboot for
your home



OUR DIGITAL EDITIONS

Click here for additional farmhouse décor tips. (See page 8 for details.)

Treating the wood. Use natural or reclaimed wood finishes for your cabinets and floors. Cabinet door styles should be simple without much detail. Flooring can be wide planks in light oak or very large (e.g., 24 x 36 inches) limestone tiles set in a grid or bricklike pattern.

Creative accents. Accent creatively throughout your house, with found metal, carved stone bowls or vases, wood treasures and natural elements such as rocks, including minerals, crystals, plates of river rock and more. Plants, such as prickly fig trees and small ferns, are also trendy now, and add color as well as an organic touch.

For furnishings and accessories, use natural-stain finishes or reclaimed wood combined with simple iron hardware. Tie the look together by adding touches of iron in your light fixtures and cabinetry details. Consistency in colors and materials throughout is the key to a clean look. This style is about matching, not being eclectic or mixing.

BY JENNIFER ADAMS



DAN COOGAN

AIRY, decluttered homes with calm white walls and spare furnishings, beautiful black-framed windows thrown open to an amazing yard—more than just décor, the hugely popular “modern farmhouse” look is also a breezy, casual and effortless lifestyle.

Characterized by earthy textures, clean lines, a simple, lived-in feel and an uncluttered, unfussy attitude, modern farmhouse seamlessly blends cues from other recent trends, including industrial and modern, with a much warmer twist.

Whatever your current look is, modern farmhouse is like rebooting your entire décor. But it's by undoing instead of redoing. Less is much, much more. Here are a few ideas for a fresh outlook.

Think light. Choose a light palette for walls, upholstery, bedding, tile, flooring and cabinetry. In the kitchen and bath, classic white subway tiles in stone or ceramic look great with white or gray grout. White, pale gray or natural wood finishes look great for cabinetry. Get the look without replacing anything by painting or refinishing existing dark-toned cabinets.

Counters can be reclaimed wood, butcher block, stone in a soft, honed (not shiny) finish or even a combination of these materials. Light gray, tan or off-white flooring in wood or tile with natural-fiber area rugs completes the look.

Next: furniture and upholstery.

Update your furniture with smooth woven fabrics or leather, which mix well with linen and velvets for added dimension. Swap out

brightly colored throw pillows and blankets for muted shades.

For upholstery, go for all white or, for easy maintenance and texture, layer with natural or oyster tones. This is a great idea if you have kids or pets. If your dogs are anything like mine, they think they have first dibs on the sofa.

All about windows. Simplify window treatments with breezy lightweight sheer fabric or linen. The modern farmhouse look is all about open windows, so go minimal with just a soft sheer. Linen panels with a soft gray, tan or indigo stripe across the top add interest without getting too busy. If you need more privacy or light control, roller shades or wide louver shutters provide a little more function to the style.

Steel or steel-look windows are very hot right now and are a signature touch of the modern farmhouse style. If you're adding windows, go as big as possible, and consider a casement style that opens wide, like little doors. While true steel windows may be expensive, you can save money by painting just your existing window frames (not the trim) a soft black.

Simplify window and wall trim by painting it to match the walls, using naturally weathered boards or getting rid of the trim completely. And keep decorative details to a minimum. For a more modern take on this style in large rooms, glass garage doors with black frames that fold up into the ceiling will add openness without taking up any wall or floor space.

THE COSTCO CONNECTION

Costco and Costco.com offer flooring, cabinetry and a variety of furniture.



BAYSIDE FURNISHINGS

Be personal! Lastly, add a personal touch and soft color with artwork, plants and accessories. Go with what you love. In any room, big plants with large leaves add color and sculptural drama; green is a great way to add color naturally. In the kitchen and bath, hand-painted tile in lively patterns and earthy, calm colors look great.

Large clocks are fun, as is farmhouse-themed art such as roosters, hens, old metal signs and large wicker baskets. Coffee-table books on your favorite subjects are colorful and go with almost any style. **C**

Jennifer Adams (jenniferadams.com) is a nationally syndicated interior design expert. Her products are available on Costco.com and rotate through Costco warehouses.



Relaxation at its finest

Stylish in design and functionality, the leather reclining sofa and loveseat feature power recline for easy operation and optimal comfort. Power headrests provide added relaxation and support. The rich espresso leather lends a classic yet modern look. Sofa and loveseat sold separately.



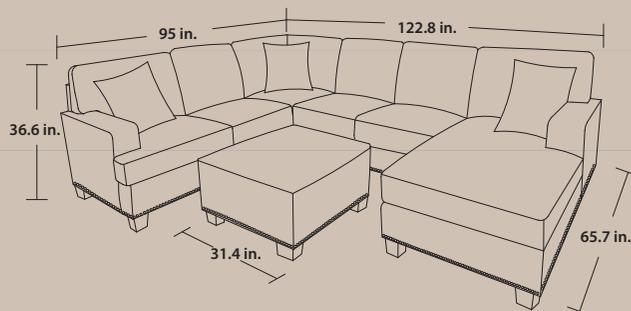
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Rec AND roll

Creating a home entertainment space

BY ERIK J. MARTIN

REMEMBER THE wood-paneled rumpus rooms of the 1970s? They were all the rage. Today, the latest incarnation is the entertainment room—a modern multipurpose area where family and friends can binge-watch their favorite shows or engage in serious lights-out movie-watching, partake in a PlayStation 4 war, roll the dice in an old-school board game, socialize with snacks, or bring out the tots' toys.

"Family entertainment rooms today can be used for so much more than storing old pingpong tables," says Kristina Leigh Wiggins, author of *Building Your Home: A Simple Guide to Making Good Decisions* (Brown Books Publishing Group, 2017; not available at Costco). "Their design is moving toward being very functional for how a family actually lives day to day—a place where they can connect and have fun."

Location, location, location

The first step toward creating the ultimate entertainment room is to pick the ideal space within your home. Aim for an area that offers at least 600 square feet, if possible, to accommodate the furniture, electronics and elbow room you'll need, says Seattle-based interior designer Nancy Dalton. "Consider things like traffic flow, distance from the TV to the seating, placement of your speakers and ability to change the room around as the family ages," she says.

Also give thought to the noise and activity this room can generate.

"For this reason, it can be smart to situate your entertainment room on a second floor or secluded away from the bedrooms," says Costco member Angela Nuessle, national interior design director for PulteGroup Inc., an Atlanta-headquartered homebuilding firm.

Akeia Blue, a Capitol Heights, Maryland, homeowner and Costco member, designated her attic for entertainment duties. "It's a separate, cozy space where me and my loved



© FROLPY / SHUTTERSTOCK

ones go to relax," says Blue, who decked out her digs, despite her tight budget, with a 60-inch TV, Bose sound system, Wii console, couch, beanbag chair and floor cushions. "When I have visitors, it gets constant use."

Think fun-iture, not just furniture

Next up: the furnishings. For the primary furniture, experts recommend choosing either a sectional sofa set or a modular four- to six-piece sectional. Extras include manual or power motion reclining seats, a center or arm console with cup holders and an oversize ottoman with inside storage. Additional seating can come in the form of a recliner, a beanbag chair and/or a chaise, euro or pillow lounger.

Other key ingredients are an appropriately sized TV console—with storage for electronics and media—and a round or rectangular gathering table, perfect for gaming, snacking or conversations.

"My table has a chessboard in the center but flips over to provide a perfect surface for board games, food set out for football games or wine and cheese tasting," says Dalton.

Optional play pieces include a pingpong, foosball, shuffleboard or pool table, assuming your room has the real estate and these pieces don't block TV viewing.

THE COSTCO CONNECTION

Costco offers furniture and furnishings for your entertainment space, along with TVs and other devices to fill it up, in the warehouses and on Costco.com.

Flexible, functional and fashionable

"The most essential characteristic that a piece of furniture should have in this room is flexibility. Chairs and sofas should be easy to move, and storage should be versatile. This will allow you to grow and change with the space," says Wiggins, who suggests avoiding built-in cabinetry and large components that can't be easily repositioned.

Also consider adding different furniture pieces that coordinate but don't necessarily match perfectly. "For example, I like to mix and match theater seating with more traditional furniture pieces, as it does not marry you to one look," Wiggins notes. "By focusing on the function of the furniture and mixing and matching the type, you can avoid headaches down the road—like trying to replace a damaged chair that's been discontinued."

Finally, to tie the room together, emphasize a dominant color that will be present in the fabrics, wall paint and floor material, and complement this color with different accent hues and patterns in any wall art, décor, pillows and window treatments you choose.

"Keep in mind that you can be a bit more playful with colors in this space," Nuessle says. "An entertainment room is less formal, so you have more flexibility to be creative and introduce fun geometric patterns and bold colors for a distinctive look." **C**

Costco member Erik J. Martin (martinpiration.blogspot.com) is a freelance writer in the Chicago area.

Distinctly modern

Mixing stylish versatility with modern home design



◀ **True Innovations Fabric Rocker Recliner:** This comfy recliner features generously padded cushions and a Leggett & Platt reclining and rocking mechanism. **Item #1041164.**

▼ **Ave Six Chair and Table Set:** Use the two chairs, upholstered in decorative floral fabric, and the round traditional table as a set or separately anywhere in your home. **Item #1075078.**



▼ **Bainbridge Cuddler Fabric Chair:** Cool gray fabric and intricate welting on all sides make this contemporary chair appealing and functional. **Item #1041150.**



▶ **Coast to Coast 72" Credenza:** Constructed with acacia veneers and solid woods, this credenza can serve as a buffet cabinet, library cabinet or media console. **Item #1041235.**



▲ **Buckingham & Christopher Chairside Table:** This compact table features a storage drawer, a storage compartment and a convenient pop-out power strip mounted on the back with two power outlets and two USB ports. **Item #1041224.**



▲ **Chaise Sofa with Storage Ottoman:** Premium fabric and pocket coil spring cushions provide comfort; the ottoman opens to provide storage space. **Item #1075077.**

► **Lifestyle Solutions Bonded Leather Eurolounger with USB Port:** Easily convert this versatile lounger to a bed and then back to a reclining or split-back sofa. Complete with adjustable armrests, stainless steel base and legs, two power outlets and two USB ports. **Item #1046438.**



▼ **Bayside Furnishings 7-Piece Dining Set:** The drop-leaf table in this counter-height set easily converts from round to square; the six solid rubber-wood chairs have bonded leather seats. **Item #1024790.**



▲ **Whalen® Writing Desk:** With a contemporary white finish, steel frame and large center drawer, this handsome desk features a black tempered glass writing surface and an integrated power center. **Item #722459.**



▲ **Martin Furniture Accent Cabinet:** This two-tone rustic cabinet features two top drawers plus two lower doors that open for versatile storage. **Item #1041175.**

► **Leather Recliner:** This rich, red leather recliner offers relaxed comfort with a structured design. A three-way mechanism smoothly moves into upright view or fully reclined position. **Item #1041161.**



▲ **Fabric Reclining Sectional:** This reclining sectional, covered in soft gray fabric, features three reclining seats and a console with beverage holders and a USB port. **Item #1041145.**

▼ **Pulaski Furniture Accent Chair and Ottoman:**

Designed to complement any room, the chair features a durable script fabric and decorative nailhead trim; the accompanying ottoman coordinates well with any décor. **Item #1041151.**



▶ **Lifetime® Folding Chair:**

This lightweight folding chair is weather-resistant and easy to clean. **Item #845490.**



▼ **Bainbridge Fabric Chaise:**

This stylish chaise features deep pillow-top cushioning, soft microfiber fabric and generous seating for two. **Item #1075080.**



▼ **Craft & Main 70" Accent Console:** Featuring a distressed robin's-egg blue finish, this versatile console can be used for media storage or as a stylish accent to enhance your room's décor. **Item #1041174.**



▶ **True Innovations Leather Swivel Recliner:**

This contemporary recliner features chocolate brown leather and wood armrests with an elegant finish. **Item #1075054.**



◀ **Bayside Furnishings 9-Piece Dining Set:**

The center-leaf extension tabletop is set on a rustic base with metal turnbuckles, while the eight solid rubber-wood chairs feature bonded leather seats. **Item #1041202.**



HOME grown- up



Clever ideas to outfit your first place

BY STEPHEN L. ANTZAK

IN 2016, “ADULTING” made *Oxford Dictionaries’* Word of the Year shortlist. It is defined as “the practice of behaving in a way characteristic of a responsible adult, especially the accomplishment of mundane but necessary tasks.”

In real life, adulting means making serious investments and acquiring a broad range of skills, such as folding fitted sheets, cooking an omelet, changing a flat tire, properly knotting a tie and, yes, buying a house. Many millennials, the oldest of whom are now well into their 30s, have been adulting for a while. They’ve been dependent on help from their parents for longer into their adult years than other generations, often because they are underemployed, paying off student loans or saving toward a goal.

Ready, set, buy

For example, Costco members Meghann McCord, 25, and Brad Hamilton, 27, recently purchased their first home, near the Atlanta suburb of Decatur, after living at home with their respective parents for a year after college. Both worked and spent that time

paying off debt and saving money until they were ready to buy.

Their first step: setting their sights on furnishing it. (They owned no furniture and no linens, just a hand-me-down grill and smoker for the back deck.) They wanted to be careful with their money, while accommodating and blending their decorating ideas.

“His family tends toward the bare minimum when it comes to decorating,” Meghann tells *The Connection*, “and mine is the opposite. Mom is an artist, and our house was always full of bold colors. We wanted something in between—cool colors that felt comfortable, not overwhelming.”

Using Pinterest and HGTV for ideas, they found inspiration in farmhouse style (see the article on page 43 for more on farmhouse interior design). Making a break from

student décor, they purchased a living room set and a matching buffet (which now holds the TV), a farmhouse-style table with benches and two chairs for the ends. They plan to furnish the deck in the fall.

“We wanted to make a good impression with the furniture, but we didn’t want to spend a lot of money,” Meghann explains. “We both know people our age or older who still need help from their parents. We just didn’t want to do that.”

Decorating and furnishing options

Kate Schmidt, an interior designer in Maine (handledbykate.com), spent 14 years with top design firms in New York City and now teaches at The Adulthood School (theadultingschool.com). She says that, even with hand-me-down furniture, millennials can create spaces that look put together.

If the furniture isn’t quite the style you want, or if you see it as outdated, there are still ways to make use of it. Refinishing or repainting can completely change the look of a chest of drawers, for example.



Brad Hamilton and Meghann McCord outside their new house near Atlanta.

“Slipcover a sofa in a neutral color and add pillows for a pop of color to make it coordinated with the rest of your home,” Schmidt suggests. “Pillows are a great way to spice up any seating area.”

Starter homes tend to have smaller rooms, but Schmidt has a fix for that, too. “Mirrors! Mirrors are a wonderful addition to any room. Not only do they enhance the feel of the room size, they can also add light to the space,” she says.

Area rugs are an inexpensive way to add color and personality to any room. They can be used on hardwood floors, of course, but also on pre-existing wall-to-wall carpeting.

“Area rugs anchor a room and individualize it from the others,” Schmidt says. Bonus? “They are easy to maintain by simple vacuuming.” **C**

Stephen L. Antzak is a freelance writer and Costco member in Atlanta.

BUYERS' PICKS

Product selections from Costco's furniture buying team



Casey Mangold
Assistant Buyer,
Furniture



Danielle Lozeau
Assistant Buyer,
Furniture



Jonathan Liffvendahl
Assistant Buyer,
Furniture



Kristin Ashton
Buyer, Furniture



Klaussner Étagère Bookcase

FUNCTION + FASHION = versatility. Einstein might not have formulated that equation, but it's certainly one of my mantras. And it applies to the Klaussner Étagère Bookcase.

With a distressed off-white finish that works with most décors, this item is a welcome addition to any room. It's made of wood and acacia veneers and comes fully assembled. The storage drawer has a solid metal drawer pull and features ball-bearing guides. Decorative fretwork on the sides provides an elegant look. The étagère's size—50 inches tall by 22 inches wide by 11.8 inches deep—allows it to fit in small spaces; buy two if you need to fill a large space.

And, of course, there's the expected Costco value. Similar items sold elsewhere are considerably more expensive. Warehouse only. Available July 5. Item #1041252.

—Casey Mangold



Kirkland Signature Hope Bay Mattress by Stearns & Foster

ONE OF THE best purchases you can make is a restful place to sleep. Health benefits aside, you spend so much of your life snoozing that it's simply practical to invest in your comfort.

With this in mind, it took a full year for our buying team to design a mattress that meets the high standards, and provides the best sleep experience, that we require for our private label. That's why we've partnered with Stearns & Foster, an industry leader in mattress design and comfort.

We're proud to offer the Kirkland Signature™ Hope Bay Mattress by Stearns & Foster. It has a great combination of firmness and cushioning to satisfy a wide range of sleep preferences. It's upholstered with soft, moisture-wicking and

breathable PrimaCool Performance fabric (made with Tencel, a sustainable fabric).

The Advanced Adapt foam conforms to the body while still allowing ease of movement. IntelliCoil Advanced coil design lets the mattress adapt to any body for the ideal level of support. The high-density border surrounding the mattress allows for better edge support, more usable sleeping surface and improved durability.

The mattress comes in queen, king and California king sizes. Similarly designed mattresses can go for a few thousand dollars, but our Kirkland Signature mattress meets or exceeds their quality for much less. Available in warehouses and on Costco.com. —Kristin Ashton

Bainbridge Fabric Sectional

THE VERSATILE Bainbridge Fabric Sectional with ottoman is the perfect centerpiece for gathering and relaxing. The sectional will coordinate well with other pieces in your home, while comfortably seating up to six people. The ottoman can also be used as a coffee table or for additional seating.

The sectional features decorative nailhead trim, easy-care polyester fabric with a subtle, refined texture in a neutral gray and three accent pillows. The premium foam cushions are designed with individual pocketed coils for comfortable seating. The well-constructed, encased wood frame sits on solid wood feet with an espresso finish, and the over-size wide-track arms and back are framed and padded.

The sectional is 36.6 inches tall; the left-facing sofa is 95 inches long, and the sofa with right-facing chaise is 122.8 inches long. The ottoman is 18.5 inches tall, and is 31.4 inches in width and depth.

The sectional comes in four pieces and requires some light assembly to connect the seats. This piece is a fantastic value. Warehouse only. Item #1041133.—*Danielle Lozeau*



Pulaski Queen Upholstered Bed Frame

A DESIGNER once told me that everyone always leaves their bedroom as the last spot to decorate in their home because guests likely won't see it. But I argue that it deserves more immediate attention. A pulled-together bedroom does so much to promote relaxation—something we all could get a little more of in our busy lives.

An easy way to start is by updating your bed. The queen upholstered bed frame from Pulaski is a stylish and easy way to add that wow factor to your bedroom, while being neutral enough to match a variety of décor. The off-white fabric, tufted details and nailhead trim fit a variety of tastes. The bed would also bring a luxurious feel to a guest room.

The quality of this bed's construction is nothing to keep behind closed doors. It is upholstered in premium fabric, inside the footboard and the back of the headboard. Thirteen cross-bars support the mattress of your choice, for an optimum sleep experience. (Foundation required.)

The bed measures 88.5 inches long, 66.5 inches wide, and the back of the headboard reaches 53.1 inches tall. It comes in two boxes, and some assembly is required.

Similar beds cost much more than Costco's offering, so your journey to relaxation can be bought at a fantastic value. Warehouse only. Item #1075084.—*Jonathan Lifvendahl*



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keep reinventing



A space of one's own

Creating your perfect home office

JOHN BURCHAM

BY REYNA GOBEL

EVEN IF you're not one of the approximately 30 million Americans who works from home, you may be one of the more than 60 million who telecommute, according to 2014 U.S. census data. Creating a home office that's more comfortable than a cubicle and equally efficient is key.

The starting point is always deciding what functions your home office should have. Designers call this programming of space. "Typical programming is generally divided into three areas: a home office strictly for business, a shared space, or a mom or dad cave," says New Jersey-based interior designer Sharon Sherman.

A home office for business has different needs than a home office used to take care of household bills or to give a stay-at-home parent their own area.

For instance, a home office for a stay-at-home parent can be as simple as a 5-by-7-foot space. Sherman has converted butler pantries and walk-in closets into work areas. An office dedicated to business needs more space to house the tools of one's trade, such as computers, printers, file cabinets, space for paperwork, etc.

Avoid feeling claustrophobic in a small working space, Sherman recommends using French doors with glass to close off the area.

"Whatever you do, don't consider your home office as an afterthought," says Adrienne Hart, an Arizona-based interior designer and Costco member.

For instance, people often store leftover items from the rest of the home in the home office. "This is where you produce your income," says Hart, "thus, it's one of the most important rooms. Have paint that makes you feel good and encourages productivity, possibly in one of your company colors. Have ergonomic furniture for your workspace. Choose office chairs carefully, and always have a thinking space such as a

HOME OFFICE ESSENTIALS

Storage. File cabinets should be saved for people who still work with a lot of paper. Drawers, bins and cubbies allow for multiple uses.

Noise-proofing. Fabric, such as fabric wallpaper or an area rug, reduces noise levels in your office.

A shredder. For bills and paperwork with personal or confidential information.

A desk cover and/or coasters. When you spend money on a nice desk, you don't want it damaged by a water glass.

Space for paperwork that's separate from the digital space. Everyone has bills to open and some degree of paper or nondigital materials to work with. To stay organized, have a separate area of your desk or another surface for working with other items than your computer.

Awards. Seeing your awards and degrees reminds you how much you have accomplished.

Your toys. Whether it's a fidget spinner or a magic wand, the silliness can calm you down in a stressful situation.

A reminder of why you work. Family pictures fall in this category, but it can also be a vision board showcasing your next vacation.—RG

recliner, a window seat or a daybed that doubles as a guest bed."

Most importantly, don't forget those you share your space with. "If you do want your kids with you at times, have a quiet place such as a library table [where they can] do their homework," says Pennsylvania-based designer Kathleen Penney. For dogs and cats, put pet beds and toys in strategic places.

"I've integrated several spots for my cats into my home office so they can be nearby while I'm working—without actually sitting on my keyboard," says Kate Benjamin (pictured above), editor of *Hauspanther.com*, and a *New York Times* best-selling author on cat décor.

"I have a large desk with an area that's been cleared off specifically for cat beds, which are usually occupied," she says. "There are also cat perches on the wall leading to the top of the storage cabinets over my desk. These are popular hangouts allowing the cats to keep an eye on me from above."

Your home office is an investment. "The more comfortable in your space, the more productive you are," says Sherman. "Thus, you'll grow the revenue to not only pay for your office, but boost your whole lifestyle." **C**

Reyna Gobel is a freelance writer from Brooklyn, New York.

THE COSTCO CONNECTION

Costco members will find many items at Costco and on Costco.com to stock and furnish their home office.

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Pentel Twist-Erase® Click Mechanical Pencil 15-Pack

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Expo® Low-Odor Dry-Erase Markers

Includes 18 dry-erase markers: four fine-tip and 14 chisel-tip. Seven bold colors, and easy to see from a distance. Item #684495.

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Powerful antivirus and security protection, secures up to 10 devices and includes 25 GB of secure PC cloud storage. Also includes Norton Computer Tune Up and Norton Family. Item #911442.

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*Prilosec OTC®: AlphalImpactRx ProVoice™ Survey, Jan. 2006–Mar. 2016.

†Zantac® is clinically proven to relieve heartburn in 30 to 60 minutes for up to 12 hours, day or night. Use as directed.

**Among recommendations in a Symphony Health Solutions survey 2015 (OTC therapeutic fiber category).

‡These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

§Among stimulant laxatives. Use as directed.

△Among doctors who recommended a brand of probiotic in AlphalImpactRx 2016 survey.

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**Zantac and Dulcolax are available in the warehouse only.

The secret life of office products

Surprising uses for everyday items

lence to remove. The adhesive side of sticky notes is great for lifting those invasive particles without being too harsh. You might want to attach a whole pad of them to your cat to be able to clean up after it waltzes across your QWERTYUIOP.

- Drills are handy, but the dust they create ain't dandy. This is especially true when you're adding a hole to a wall. Fold a sticky note at the adhesive line and attach it to the wall under the drill spot, sticking out from the wall horizontally. The sticky note should catch the dust to make cleanup a little easier.

Clips

Clips of varying kinds and sizes are remarkably versatile little whozywhatzits. Check out these ideas listed on *onegoodthingbyjillee.com* (search "paper clips") from Costco member Jill Nystul.

- Bend a paper clip into a handy dipper for coloring eggs. Unbend it from its clip form, then bend one end into a loop.

- Binder clips come in handy if you want a makeshift stand for your cellphone for viewing cat videos or something more intellectual. (Not dissing cats; see the Member Connection story on page 146.)

- Binder clips can be used for safety, as a shield for a razor that doesn't have a protective cap. Simply put the clip over the blade with the handles down along the shaft.

- Use a small binder clip to hold the tag on a teabag onto the side of the cup. I have to keep spitting tags out as they get stuck in my teeth. Am I doing something wrong?

- Paper clips are great for a number of other uses, such as keeping an open roll of wrapping paper together or holding the end of a roll of tape. You can also make little hangers for doll clothes. **C**

BY STEVE FISHER

WE TEND NOT to think about office products until we need them. Paper clips, rubber bands and so on all have a place in our desks or storage cabinets, but you might be interested in ways to use them other than those they were originally intended for.

Rubber bands

Brainjet.com offers 21 uses for rubber bands you never thought of (*goo.gl/VuRulK*).

- You might scoff at the use of selfie sticks as straying to the dark side of human behavior. Until, of course, you find yourself in a situation where a selfie stick would come in handy. That's when you want to have a rubber band or two to attach your cellphone to some stationary object for a makeshift stick.

- If drinks are always getting mixed up at your parties, set out a handful of colorful rubber bands for guests to wrap around the glasses as markers.



- If you find yourself with a temporary expansion of your waistline and you don't want to spend the money on larger pants, put a rubber band through the buttonhole and then wrap the other end around the button, to provide a small extension. Yes, this looks tacky, but a belt will cover it. Then, forgo that doughnut or ice cream for a few days.

Sticky notes

While sticky notes are a great way to post loving and encouraging notes for family members, they have other creative uses. I found these at *goodhousekeeping.com* (search "post-it notes").

- Computer keyboards and remote controls have a way of picking up dust, food and pet hair that may prove a chal-

SHARE WITH US

DO YOU have any surprising uses for office items? Share your discoveries by sending an email to connection@costco.com with "Alternate uses for office products" in the subject line.



© MAGICOVEN; DEMAX / SHUTTERSTOCK; BRAINJET.COM; JILL NYSTUL



THE COSTCO CONNECTION

Costco and Costco.com carry a wide variety of office products for intended (and surprising) uses.

Back-to-school savings

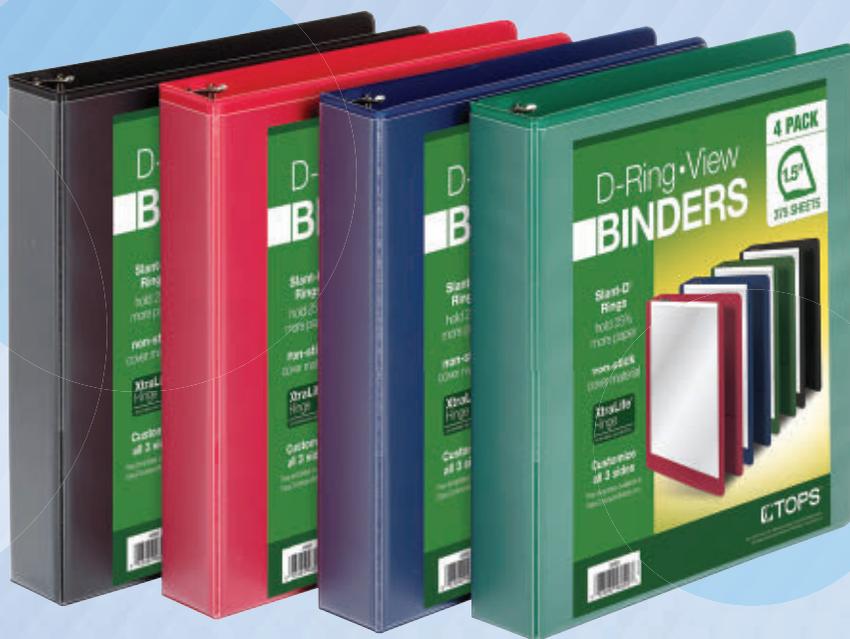
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Tops 1.5-Inch D-Ring Binder 4-Pack

Each binder features locking D-rings with dual opening and closing triggers and clear overlay customization on three sides. Available in white or assorted colors. Item #871660.

SAVE \$2.00

Offer valid 7/10/17-7/23/17
Limit 10



Z-Grip Retractable Ballpoint Pen 40-Pack

These quick-drying ballpoint pens feature a sturdy metal pocket clip and a ridged latex-free grip for comfort and control. Available in black or assorted ink (nine vibrant colors). Item #135893.

SAVE \$2.00

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Acco Swingline 747® Business Stapler

Durable and efficient, this metal stapler is America's No. 1 desktop stapler because it provides outstanding performance time after time. Includes 5,000 staples and one claw staple remover. Assorted colors available. Item #36948.

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Pilot G2 Gel Pens

Pilot's G2 pens are designed to deliver the longest, smoothest, most comfortable gel ink writing experience. Item #856294.

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La Crosse Technology Mood Light Alarm Clock

Wake up gently with soothing nature sounds and your choice of seven different mood light colors. Listen to music and charge your phone with the integrated USB and aux port. Item #8513500.

SAVE \$5.00

Offer valid 7/10/17-7/23/17
Warehouse and Costco.com
Limit 2



Phone/charging cable not included.



Avery Mailing Labels

With the easy-peel feature, these white address labels are great when you want to create professional labels quickly and easily. Includes 140 sheets, totaling 4,200 labels. Item #579419. For additional Avery items, see Costco.com.

SAVE \$8.00

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Wescott Halo Electric Nonstick Sharpener

Blades resist buildup from graphite and colored pencils; includes an EZ-view shavings reservoir and auto-sensor shut-off. Item #130631.

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Avery Heavyweight Sheet Protectors

Designed to both protect your papers and show them off impressively. Archival quality, and will not lift print. 250 sheets. Item #488664. For additional Avery items, see Costco.com.

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Moleskine Cahier Journals 6-Pack

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Tombow Correction Tape 8-Pack

Quickly make corrections with these easy-to-use applicators. Single-line white tape; non-refillable. Item #733352.

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Fueling Conversation



Tim Hurlocker
Director of Fuel
Quality & Compliance

How do we know we're getting all the fuel we pay for at the pump? Although all commercial meters must be within legal tolerances, it's difficult to tell if your purchase is being measured properly. It's largely a matter of trust.

The U.S. standard for fuel pump accuracy is a variance of no more than 3 cubic inches per 5 gallons dispensed. A cubic inch is a bit less than a tablespoon – a very precise standard.

Costco tests all its fuel meters twice a year. Our certified testers adjust any meters that are off by more than 1 cubic inch per 5 gallons, which is less than one-tenth of 1 percent. If a meter shows a tendency to fall out of adjustment, we promptly service or replace the meter.



Costco contracts with Crompco, one of the largest gas station testing companies in the U.S. Here's what Crompco says: "From our point of view, Costco has the highest standard in the industry. Costco calibrates all meters every six months and adjusts meters that many retailers would not adjust."

Vehicle fuel gauges are much less precise than a fuel pump meter. Tank capacity estimates found in your owner's manual are just that – estimates. Neither can tell you whether a pump is measuring fuel within the legal standard.

Costco pump meters are as accurate as they can be, because your trust is our most valuable asset. ■



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pack



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Wired® notebooks are perfect for school, office or home use. Features like the durable poly cover, ruled heavyweight paper and dual poly pockets add up to a quality product at a great value. Choose solid or fashion looks.

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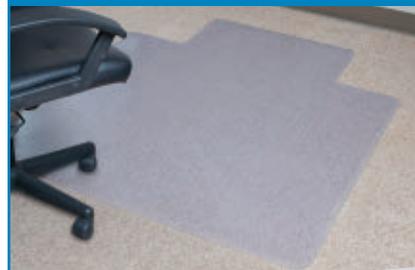


Keep a journal, take notes, stay organized. Each composition book has extra-hard covers with 100 sheets of wide-ruled paper. Choose traditional or fashion looks.

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Buyers' picks

PRODUCT SELECTIONS FROM COSTCO'S OFFICE BUYING TEAM



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© DROIDWORKER / SHUTTERSTOCK

UltraBrite LED desk lamp with bladeless fan



FIRST AND foremost, this is a desk lamp with great versatility. With 56 ultra-bright LEDs, which last for 35,000 hours, this lamp will provide superb lighting for years to come. There are five brightness levels, with temperatures from warm to bright to natural, all accessible with a simple slider bar. The adjustable gooseneck allows you to direct light in any way you choose. And two integrated 2.1 USB ports in the rear allow you to charge your electronic devices conveniently within reach.

Now, think about this: You're sitting at your desk, working away, and it's getting uncomfortably

Whirlpool and Hamilton Beach self-cleaning stainless steel bottom-load water coolers

THERE'S BEEN a lot of talk lately about the country's aging infrastructure, which includes municipal water supplies. Having a supply of clean, healthy water is essential for health, but also pays off in better-quality tea, coffee and soup. These two self-cleaning stainless steel bottom-load water coolers—one from Whirlpool and the other from Hamilton Beach—are great options to make sure you always have plenty of clean water.

Both coolers feature commercial-grade stainless steel construction, and they load from the bottom, so you won't need to lift heavy bottles and wrestle them into place. Instead, you simply move the bottle into the lower portion, connect the tube and, *voilà*, cold or hot water at the ready. Each unit has self-cleaning technology that dispenses the healthiest water possible. O₃ unstable oxygen, generated inside the water cooler, destroys bacteria and viruses on contact, similar to hydrogen peroxide. The unstable oxygen then dissipates into regular O₂ oxygen.

The two units are Energy Star-rated, which means they're great for the environment, not to mention your electric bill. To produce cold water, the Whirlpool model creates a large piece of ice in the cold-water reservoir, which acts like ice cubes inside a glass, instantly cooling the water mixing with it. The temperature is a consistent 40 F. The Hamilton Beach model keeps the water between 38 F and 42 F, depending on usage, and even has a setting for room temperature, if you prefer your water less cold. Hot water is a steady 194 F in the Whirlpool, and 185 to 195 F in the Hamilton Beach. Both units have child-protection and safety features to help avoid scalding accidents. The controls are on the top, and both have LED indicators.

These dispensers are not exclusive to Costco, but the value is. You can expect to save up to \$50 over the same or similar models at other retailers. The Whirlpool (Item #8080808) and the Hamilton Beach (Item #1018500) are both available on Costco.com and may be available in your local warehouse.—*Colin Wes*



warm. Hit a button and your desk lamp starts blowing cool air your way, with no blades and no loud clunky noise. And you have the option of three levels of fan strength. As one online reviewer noted, it's also great for cooling off tea or coffee, if necessary.

The really bright side of this lamp is the value. You can expect considerable savings over the same or a similar product elsewhere. The UltraBrite LED Desk Lamp with Bladeless Fan is available at all Costco warehouses. Item #1041303.—*Carmen Westbrook*

Stock up FOR SCHOOL AND OFFICE



Dixon Ticonderoga No. 2 Pencils

The world's most widely recognized pencil, crafted from reforested cedar, provides extra-smooth performance and a latex-free eraser. Item #684756. [Warehouse](#) and [Costco.com](#).

LED Desk Lamp with Bladeless Fan

This elegant white-and-gray lamp features 56 LEDs for 35,000 hours of light, a sensor touch panel allowing five brightness levels, a bladeless three-speed fan seamlessly integrated into the lamp and two 2.1-amp USB ports at the lamp base. Item #1041303.



3-Drawer Desktop Organizer

This stylish mesh organizer features one large drawer for full-size document storage, two smaller drawers for miscellaneous supplies, a full-size tray above the drawers for quick document access and storage, six tiered wire file holders and two handy side pockets. Item #1135225.





SentrySafe XX-Large Digital Fire Safe

Reliable water- and fire-resistant protection and storage for important documents and valuables. Item #873493.



Large Residential/Dorm Room Security Safe

Includes a reprogrammable electronic lock with the option of a keypad or card-swipe entry. Item #991192.



Bankers Box Heavy-Duty Storage Boxes

Each box features 850 pounds of stacking strength and assembles in seconds. Item #412263.



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Alaska protects its tremendous wild salmon runs with a comprehensive management program. The goal is to keep the industry sustainable by tightly regulating fishing and protecting the environment.



Alaska salmon

Fresh, wild,
sustainable and
delicious



BUYING SMART

Freelance writer **Sherrie Newman** fills this month's consumer reporter slot with this behind-the-scenes look at a Costco program. Email questions about this article to buyingsmart@costco.com.

MY ABSOLUTE favorite fish is salmon, and along with other fish lovers each summer I eagerly await the beginning of the wild Pacific salmon season in Alaska. No other fish in the world has the intense, delicious flavor of salmon from the pristine waters of Alaska, especially when it's fresh.

Of course, I purchase mine from Costco as soon as it shows up at my local warehouse, because Costco's pricing is always substantially lower than at my local supermarket. I spoke with Eric Devereaux, Costco assistant seafood buyer, who told me that Costco members get very excited about the deliveries of fresh salmon when



the season begins in June. By the time it ends in early October, Costco typically will have sold some 7 million pounds of fresh, wild salmon in their U.S. warehouses.

It starts with sustainability

Alaska is home to the world's greatest salmon runs, which each year provide up to 95 percent of North America's wild salmon. All of Alaska's salmon is 100 percent wild and is 100 percent sustainably harvested. Linda Driscoll, retail marketing

manager for the Alaska Seafood Marketing Institute, tells me, "Alaska leads the world in development of comprehensive sustainable fishery management methods, and its government is truly dedicated to the practices of sustainability."

Alaska includes explicit conservation language in its constitution that mandates management of fishery resources on the sustained-yield principle. This means the state's seafood is managed and fished using practices that ensure there will always be more to catch in the future. Most of the state's fisheries are independently third-party certified by both Alaska's Responsible Fisheries Management program and the Marine Stewardship Council.

Sustainable fishing uses science-based fisheries management and fishing practices that don't harm other marine life or the environment, and also focuses on never overfishing so that fish are able to repopulate naturally. Regulations cover all facets of the industry, such as which areas

© JOSHUA RESNICK / SHUTTERSTOCK

are open to fishing, when fishing is allowed, and even the size of the boats and the fishing gear permitted.

Protecting Alaska's clean and natural environment is central to sustainability efforts. Designated Marine Protected Areas cover hundreds of thousands of square miles of Alaskan waters to safeguard habitats for salmon and other marine life. The state is extremely vigilant about protecting its marine habitats; in fact, no Alaska seafood has ever been listed as endangered under the Endangered Species Act.

Delicious and nutritious

Costco has king, sockeye and coho salmon. King is the fattiest and most succulent; sockeye, with its distinctive deep red color, is intensely flavorful; and coho is considered delicious and delicate.

Salmon is incredibly nutritious, providing a plentiful source of protein, heart-healthy omega-3s and vitamin D. That is a remarkable punch of nutrition in one beautiful and delicious fresh fish fillet.

Undoubtedly the most popular salmon of each season comes from the clear, cold waters of Alaska's Copper River, and Costco carries fresh Copper River sockeye at all U.S. warehouses for the short time it's available. Prized for their rich flavor and silky texture, the fish are snatched up by chefs and consumers alike from the moment they hit the shelves in late May until the run finishes in mid-June. The brief Copper River salmon season is turned into an annual celebration, as various restaurants compete to offer special creations featuring this treasured delicacy.

A model program

Costco highly values the fact that Alaska fisheries are committed to being responsible stewards of this important natural resource. Devereaux explains that Costco is committed to supporting sustainable fisheries in all of its seafood programs. (The policy is spelled out in the Costco Sustainability Commitment, which can be found at costco.com/sustainability-introduction.html.) "Alaska serves as a prime example of a sustainability approach that has proven to be successful in today's world," he says.

When people ask for wild Alaska salmon, they know they're getting wholesome and delicious fish, with the reassurance that it was harvested with care and will be available for generations to come. **C**

THE COSTCO CONNECTION

You can find fresh salmon at your local Costco until supplies are gone in late summer. Frozen and farmed salmon are available year-round.

CEDAR PLANK GRILLED ALASKA SALMON WITH SWEET POTATOES



Cedar planks* large enough for salmon
4 (4 to 6 oz. each) Alaska salmon fillets,
fresh, thawed or frozen

Olive oil spray

1 tablespoon fresh or 1 teaspoon dried favorite
herb for salmon (e.g., dill, thyme, rosemary)

Salt and freshly cracked pepper, to taste

4 large sweet potatoes, sliced lengthwise into wedges
1½ teaspoons ground cumin

Submerge cedar planks in water and soak for 1 to 2 hours (or overnight). Remove and pat dry.

Heat grill to medium heat (400 F). If you are using frozen Alaska salmon, rinse off any ice glaze under cold running water, then pat the fillets dry with a paper towel. Spray the cedar planks and salmon with olive oil spray. Place salmon on planks; sprinkle with herbs, salt and pepper.

Place the sweet potato slices in a bowl. Spray them with olive oil spray, then sprinkle with cumin, salt and pepper, to taste. Toss to coat.

Place cedar planks and potato wedges onto grill.

Cover and cook about 3 to 4 minutes; turn wedges over and continue cooking until potatoes are soft and cooked. Keep warm.

Cook salmon 12 to 15 minutes total, just until fish is opaque throughout. Makes 4 servings.

Sara's tip: Slicing the sweet potatoes lengthwise helps keep them from falling through the grill grate. Microwave large slices briefly before grilling so they cook through without burning on the outside. You can also roast sweet potato fries in an oven preheated to 400 F. Cook for 20 to 25 minutes, until golden brown and cooked through.

*Cedar planks are available in the seafood section of supermarkets.

Recipe by Ryan and Sara Hall.

ALASKA SOCKEYE SALMON WITH HERBS AND GARLIC

1½ pounds Alaska sockeye salmon, fresh or thawed

1½ teaspoons kosher salt

½ teaspoon freshly ground black pepper

½ cup white wine

2 tablespoons melted butter or extra-virgin olive oil

2 tablespoons finely minced fresh garlic

2 tablespoons chopped fresh herbs

Remove the salmon from the refrigerator 15 minutes before cooking. Heat the grill to 375 F.

Cut 2 pieces of wide, heavy-duty aluminum foil about 6 inches longer than the salmon side. Stack the foil pieces (shiny side down) on a baking sheet and spray generously with cooking spray. Place the salmon, skin side down, in the middle of the foil. Fold the foil sides and ends up 1 to 2 inches to make a shallow pan around the salmon, leaving at least a 1-inch margin around the fish. Season the salmon with salt and pepper.

In a small bowl, mix together the wine, butter, garlic and herbs. Spoon the mixture over the salmon, drizzling with any remaining liquid.

Carefully transfer the foil pan to the center of the preheated grill. Do not cover the salmon with foil or close the foil over the salmon. Close the grill cover and cook for 10 to 13 minutes, cooking just until the fish is lightly translucent in the center; it will finish cooking from retained heat. Remove the salmon from the grill and let it rest a few minutes before serving. Makes 4 to 6 servings.

Cook's tip: Check the salmon for doneness after 10 minutes.

Variation: Roast the salmon in an oven preheated to 375 F, cooking 12 to 15 minutes, until lightly translucent in the center. Be sure to let the salmon rest a few minutes before serving.



PHOTOS AND RECIPES COURTESY OF ALASKA SEAFOOD MARKETING INSTITUTE

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Keep it fresh, flavorful and fast with **Kirkland Signature** Premium Chunk Chicken Breast and Artichoke Hearts.



Chicken and Artichoke Entrée Salad

Serves: 2

INGREDIENTS

- 1 12.5-oz. can **Kirkland Signature Premium Chicken Breast** in Water, drained
- 1/2 cup **Kirkland Signature Artichoke Hearts**, drained and sliced lengthwise
- 1/4 cup red onion, diced
- 1/4 cup green bell pepper, diced
- 1/4 cup **Kirkland Signature Dried Blueberries**
- 1/4 cup **Kirkland Signature Balsamic Vinegar**

DIRECTIONS

1. Place chicken, artichoke hearts, red onion, green pepper and blueberries in mixing bowl.
2. Pour balsamic vinegar over mixture. Toss gently to keep from breaking up the chicken chunks.

Salad can be eaten as is or placed on a bed of greens.

QUICK-N-EASY MEAL IDEA



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Item #518090 (Artichoke Hearts), #51070 (Canned Chicken)

Go for the gusto

Good-for-you garlic

BY LAURA LANGSTON

OVER THE PAST few decades, garlic has moved from the sidelines to center stage. From garlic festivals to entire restaurants devoted to the root vegetable, Americans are eating more of it, gobbling up almost 2.5 pounds per person every year. This is up from less than half a pound annually just 40 years ago. The stinking rose, as it's commonly called, is found in virtually every food culture in the world, and these days it's as likely to be found in your mashed potatoes as in your pasta.

It's healthful

One possible reason for garlic's popularity: It's good for you. "Garlic dramatically enhances the flavor of most dishes, [and] garlic also has proven health benefits," says Tiffany Manning, sales manager for The Garlic Company, a Costco supplier.

Used for its medicinal properties as far back as ancient Egypt, garlic is a powerful anti-inflammatory, antioxidant and immunity booster. It can help lower cholesterol levels and prevent blood clotting, and it has anti-cancer and antimicrobial effects, too. Including garlic in your diet is a great way to benefit from it, and it's easy to do.

It has many forms

Though garlic is planted in fall and harvested in late spring or early summer, it stores well and can be purchased year-round, making it indispensable as a flavoring or as the star of the show.

Garlic can be purchased in a variety of

forms: as a whole bulb; in packages of peeled cloves; in a jar, minced and packed in water; or as dried granules.

For cooking, substitute 2 teaspoons of minced garlic in water for one garlic clove, or ¼ teaspoon of granulated garlic for one clove. Store whole, unpeeled garlic and dehydrated garlic at room temperature (fresh garlic should keep for three to four weeks—if it goes soft or discolors, it should be thrown away). Cloves that are peeled, minced or crushed should always be refrigerated.

Get cooking

Granulated dried garlic is the ultimate in convenience because it's ready when you need it. "It's a great choice for incorporating into barbecue rubs or marinades," says Jeff Shumway, president of Olde Thompson, a Costco supplier. "And it also works well in homemade tomato sauces."

Garlic is most powerful when it's raw. The more you chop or mince it, the stronger its flavor, though mincing it with a pinch of salt helps to mellow it. Use minced or pureed garlic in pesto, hummus, baba ghanouj, tzatziki, aioli and, of course, garlic butter.

Insert slivers of garlic into slits in a roast or slide crushed cloves under the skin of a chicken before cooking to give the flesh a subtle garlic flavor. Poaching or simmering garlic in liquid, as in the delicious garlic soups of Spain and France, softens its taste too.

Baking garlic gives it a sweet, almost caramel flavor. To bake a whole garlic head, preheat your oven to 400 F. Peel away the outer skin of the garlic head, leaving the skin intact on the individual cloves. Cut ¼ inch off the top of the cloves, exposing the garlic

EASY "AIOLI"

Garlic-based aioli is great as a dip for crusty bread or raw vegetables, spread on burgers or sandwiches, or blended with cooked pasta. Traditional aioli calls for egg yolks, olive oil and other ingredients. But for convenience and food-safety concerns, consider this version.

6 to 10 garlic cloves, peeled

1½ cups mayonnaise

3 to 4 tablespoons fresh lemon juice, to taste

Salt and freshly ground pepper, to taste

Puree the garlic in a food processor. Add the mayonnaise and lemon juice; pulse just until thoroughly blended. Add salt and pepper to taste. Pour into a bowl, cover with plastic wrap and refrigerate until ready to use. Makes about 1½ cups.

Recipe by Amy Muzyka-McGuire



flesh. Drizzle 2 teaspoons of olive oil over the entire bulb, pop it into a baking pan, cover with foil and bake for about 30 minutes, or until the cloves feel soft when squeezed. Spread the baked cloves on crusty bread, scatter them on pizza or a cheese tart, whip them into potatoes or puree them with oil and vinegar for a flavorful salad dressing.

Watch the heat when cooking with garlic. Fresh garlic should be sautéed over medium-low heat until it's pale gold; it becomes bitter when it turns dark brown. For high-heat dishes like stir-fries, either add flattened garlic cloves to your oil at the beginning of the cooking process and remove them before cooking the rest of the stir-fry, or add chopped garlic for the last few minutes of cooking.

Cooked or raw, fresh or dried, garlic is a go-to staple that deserves a spot in every kitchen. Its flavor—and its health benefits—can't be beat. **C**

Laura Langston is a novelist who lives, writes and eats on an island in the Pacific Northwest. Garlic is almost always on her menu.

THE COSTCO CONNECTION

Look for whole bulb garlic, dried garlic and minced granules at your local Costco.



Sugar cookies sandwich: toasted marshmallow cream, topped with chocolate ganache, sea salt and nuts.

S'more than meets the eye

Simple or fancy? You decide!

BY MARLENE SMITH

THE S'MORE (a contraction of "some more") reigns supreme as a signature summertime treat. The s'more taught some of us how to cook, using humble ingredients that have no problem branding on their own (graham crackers, chocolate bars and roasted marshmallows). A camping favorite, s'mores can melt in your mouth, whether you're lying beneath a starry canopy or sitting at your kitchen table.

S'more lore

Nobody seems to know the true origins of the s'more. Maybe it was created by Nicholas Smore in Russia during the mid-1860s; he passed on the recipe to family and friends, and his brother Francis eventually published a cookbook that included the recipe. Some say the Girl Scouts of America popularized this delicacy when a recipe for "Some More" was published in

a 1927 version of *Tramping and Trailing with the Girl Scouts*, and readers learned to toast marshmallows over campfire coals. The s'more made another guest appearance in a 1949 publication called *Intramural and Recreational Sports for Men and Women*, where it was touted as an exercise snack!

No campfire? No problem!

S'more purists might insist on a nice bed of coals, but the kitchen can suffice. Set your oven to 425 F. Line a cookie sheet with foil or a silicone baking mat. Arrange marshmallows on the pan and bake them until golden brown, about 2 or 3 minutes. When you take them out of the oven, the marshmallows will be puffed up with air. As they cool, they deflate, leaving a crispy marshmallow with a gooey center. You can also roast marshmallows in a toaster oven by themselves on a foil-lined tray for no more than 1 minute.

You can use a microwave oven to toast marshmallows (set the microwave on high for 10-15 seconds), but you won't get the same golden outside that comes with toasting marshmallows in a conventional oven.

S'mores your way

For all you do-it-yourself home chefs, adding a single component to the traditional s'more recipe can result in a whole new artistic interpretation. Try sliced peaches or strawberries on top of the standard chocolate bar and marshmallow. Something as simple as a small slice of bacon can give your s'mores a savory twist.

Are you feeling more adventurous? Replace the chocolate bar with chocolate hazelnut spread; it's less messy than a chocolate bar. Or swap in your favorite chocolate candy for the bar. Sundae fudge syrup is a treat, as are peppermint patties.

Instead of marshmallows, consider using white cake frosting or cookie dough. If you use cookie dough (choose an eggless batter for food safety), bring it to room temperature before spreading it on a graham cracker. Sugar and chocolate chip cookie dough are ideal flavors.

If you want to try a non-sweet alternative to marshmallows, Brie cheese pairs nicely with chocolate and jam; simply place the Brie atop a graham cracker and heat under the broiler for 30 seconds. Once the

THE COSTCO CONNECTION

Costco members can make their own unique s'mores with a wide variety of ingredients found at Costco.



NICOLE BRANAN / OFFSET.COM

cheese is sufficiently melted, remove the cracker and sandwich it with the chocolate, jam (optional) and another graham cracker.

Crescent rolls are a unique twist as a graham cracker replacement. Roll up a crescent roll with a marshmallow and chocolate chips, and bake as instructed. Crackers and pretzels provide a subtle salt finish in place of graham crackers, but be mindful of marshmallow and chocolate oozing through the open holes. Cover the completed pretzel s'more with a coat of melted chocolate and let it cool to keep that campfire goodness safely inside.

Chocolate sandwich cookies also make a great replacement for the graham crackers. Simply sandwich your toasted marshmallow in between two cookies. Smash together. Eat. Repeat as necessary.

See the list to the right for even more ideas. Whether you're adding, substituting or creating a whole new concoction, your creations are guaranteed to leave you wanting, well, s'more. **C**

Marlene Smith is a San Francisco Bay-area freelance writer.

S'more: the quick-change artist

ARE THERE ANY limits to what a s'more can be? None whatsoever. Is there any wiggle room to give the traditional s'more ingredients a wardrobe change? You bet there is! The following lists provide a host of alternatives to consider.—MS



Chocolate bar alternatives

- Chocolate cake frosting.
- Warm hot fudge sundae topping or chocolate syrup.
- Jelly or jam.**
- Chocolate hazelnut spread.
- Peanut butter or peanut butter cups.**
- Twix, KitKat or Milky Way bars.
- White chocolate.
- Peppermint patties.



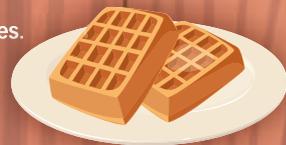
Marshmallow job sharing

- Brie.*
- Flavored marshmallows (e.g., chocolate, caramel and vanilla, strawberry, gingerbread, etc.)
- Cream cheese.*
- Cookie dough.*
- Vanilla custard.*
- White or vanilla cake frosting.
- Ice cream.**



Graham cracker's distant cousins

- Buttermilk biscuit.
- Chocolate chip, sugar or fudge-striped cookies.
- Chocolate-flavored graham crackers.
- Crescent rolls.*
- Doughnuts.
- Vanilla wafers.
- Chocolate sandwich cookies.
- Pizelle cookies.
- Pretzels.
- Ritz crackers
- Shortbread cake or cookies.*
- Graham cookies.
- Thin chocolate mint cookies.
- Tortillas.
- Woven wheat crackers.
- Fresh or toasted waffles.*



Accessories

- Bacon.
- Fruit: peaches, strawberries, bananas, pineapple.
- Jelly or jam.



* Ingredients better suited for kitchen-made s'mores.
 ** Ingredients that can be added on top of the original recipe or substituted for original ingredients.

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FARM to TABLE

THE COSTCO WAY

At Costco, our goal is always to offer the highest-quality and freshest food attainable, at the best value possible. Turn the pages to see those efforts brought to your table.

Brands may vary by region.

BLUEBERRY-LEMON 4 BOYS RUMBLE CRUMBLE

Townsend Farms

- 6 cups Townsend Farms fresh blueberries
- ¼ cup granulated sugar
- 3 tablespoons cornstarch
- 3 teaspoons lemon zest, divided
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon vanilla extract
- ½ cup all-purpose flour
- ½ cup packed light brown sugar
- ½ cup cold butter, diced
- ¼ cup quick-cooking or old-fashioned oats

Preheat oven to 350 F. Spray an 8-inch square glass baking dish with nonstick cooking spray.

In a large bowl, stir together blueberries, sugar, cornstarch, 2 teaspoons zest, lemon juice and vanilla. Spoon into prepared baking dish.

In a medium bowl, mix together flour and brown sugar. Cut in butter, using a fork or pastry blender, until mixture is crumbly. Stir in oats and remaining teaspoon lemon zest. Sprinkle mixture evenly over blueberries.

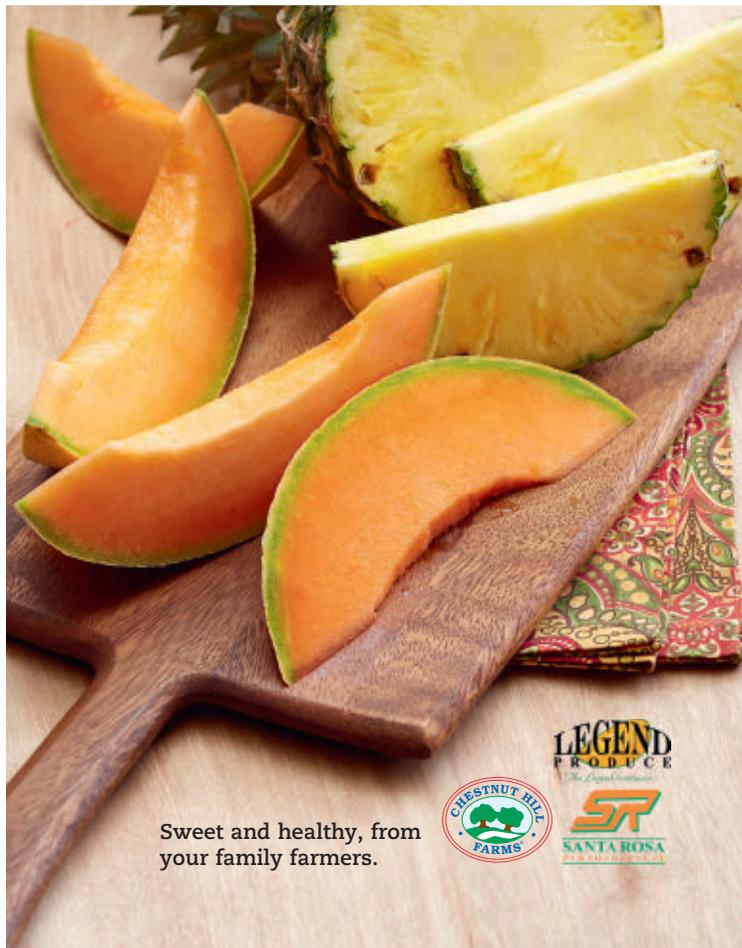
Bake 50–55 minutes or until filling is bubbly and topping is golden brown. Serve warm. Makes 6–8 servings.



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BLACK TEA CHERRY ICE POPS

Domex Superfresh Growers, Borton & Sons, Chelan Fresh

These Black Tea Cherry Ice Pops have a touch of gourmet and are sure to satisfy your cherry cravings this summer.

2 tablespoons loose-leaf black tea, or 3 tea bags

1 cup hot water

3 tablespoons honey

3 cups pitted dark sweet cherries, divided

Steep tea in hot water for a minimum of 5 minutes, but no longer than 10 minutes. The longer it steeps, the stronger it becomes. When the tea is done steeping, discard loose tea or tea bags.

In a blender, combine tea, honey and 2 cups of cherries, and blend until smooth. Then pulse in the remaining cup of cherries until the mixture is slightly chunky. Pour the mixture into ice pop molds and freeze according to mold instructions. Makes 10 servings.





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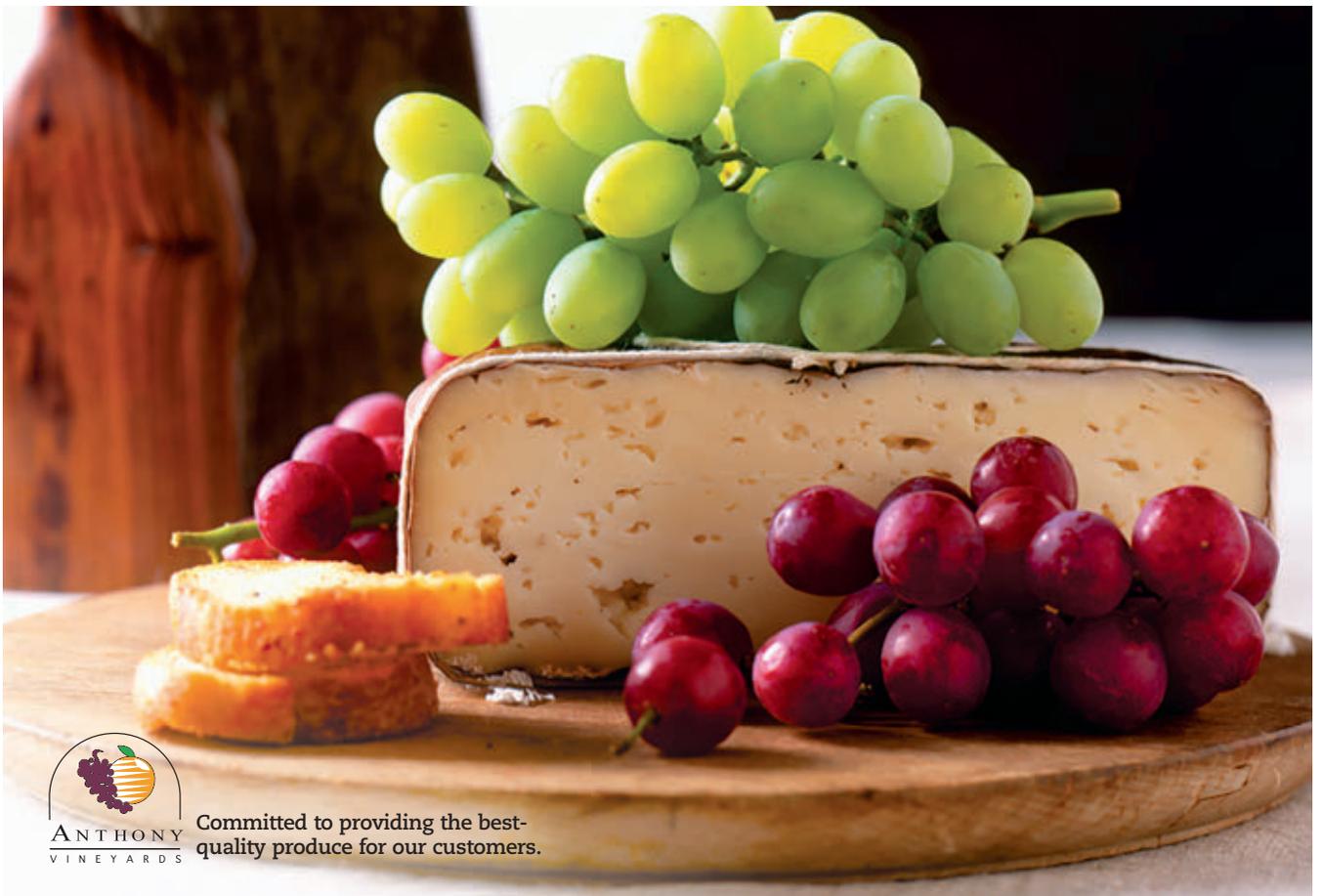


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ORANGE CRÈME CARAMEL

Mouton Citrus, Seald Sweet

- 4 South African oranges
- 1 ¾ cups sugar, divided
- ¼ cup water
- 3 ¼ cups whole milk
- 3 whole eggs, plus 3 large egg yolks
- Raspberries and fresh mint, for garnish

Preheat oven to 325 F. Place 8 6-ounce ramekins in a roasting pan. Set aside. Zest 3 oranges and reserve zest. Squeeze oranges for 1 cup juice. Strain.

In a medium saucepan, bring juice, water and 1¼ cups sugar to a boil over medium heat and stir until sugar dissolves, swirling gently until color turns deep amber. Divide directly into ramekins. Set aside.

In another saucepan over medium heat, bring milk and zest to a boil. Remove from heat. Rest 10 minutes.

In large bowl, whisk eggs, yolks and remaining sugar. Stir together milk and egg mixture. Strain, then pour equally among ramekins. Place in oven. Pour hot water into the pan halfway up ramekins.

Bake 45–55 minutes until set. Lift ramekins onto cooling rack. Run knife around edges to loosen. Cool completely.

Invert ramekins onto plates. Garnish with raspberries and fresh mint. Makes 8 servings.



FRESH & HEALTHY FINDS



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Try our Taylor Farms Asian Cashew Chopped Salad Kit. Delicious restaurant-inspired salads!





PEACH NECTARINE YOGURT PARFAIT WITH FROZEN ARILS

Trinity Fruit Co.

- 2 ripe yellow peaches, diced
- 2 ripe yellow nectarines, diced
- 1 cup toasted coconut, divided
- 1 cup granola
- 2 cups vanilla yogurt
- ½ cup frozen Juicy Gems pomegranate arils
- Fresh mint leaves

In a medium bowl, combine diced peaches and nectarines.

Reserve ¼ cup coconut. In a medium bowl, stir together remaining coconut and granola.

In each of 4 glass tumblers, spoon ¼ cup vanilla yogurt.

To each glass, add 2 tablespoons of the granola and coconut mixture followed by ¼ cup fruit. Add 1 tablespoon frozen arils to each glass. Repeat with all ingredients.

Sprinkle reserved coconut over top and garnish with mint.

Makes 4 servings.



FRUITY PORK KEBABS

George Perry and Sons, Growers Select Product,
Leger and Sons, Robinson Fresh, Big Chuy

- 6 tablespoons brown sugar
- 6 tablespoons soy sauce
- 6 tablespoons diced red onion
- 3 garlic cloves, peeled and minced
- 3 tablespoons lemon juice
- 1 tablespoon olive oil
- ¼ teaspoon thyme
- Dash of pepper
- 1 pound lean pork chop or pork loin (1-inch cubes)
- 32 1-inch cubes watermelon (reserve a few)
- 16-24 zucchini rounds
- 16 pineapple chunks
- 24 1-inch chunks yellow bell pepper
- 8 skewers
- Cooking spray
- Sesame seeds, if desired

In a gallon-size resealable plastic bag, combine first 8 ingredients. Add pork. Refrigerate 1 hour.

Remove pork and reserve marinade. Thread pork, watermelon, zucchini, pineapple and bell pepper on each skewer.

Heat grill to medium-high. Coat grill surface with cooking spray. Grill kebabs 12–15 minutes, turning and basting frequently with reserved marinade. Garnish with sesame seeds and chunks of watermelon, if desired. Makes 4 servings.



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Summer cocktails with garden favorites



© LORI LEANES / OFFSET.COM

BY CHRIS SCHALLER



WE'RE IN the midst of peak growing season, with green-thumbs' gardens and farmers markets in full swing. One of my favorite pastimes is tending my garden and incorporating

an array of fresh fruits, vegetables and herbs into new cuisine and cocktail creations. Many classic cocktails can be elevated by including fresh local produce in the core recipe or using it as a vibrant garnish.

Handcrafted cocktails continue to skyrocket in popularity. A great cocktail begins with a distilled spirit that will support and balance the addition of other flavors. One mixologist favorite is a high-proof aged spirit like bourbon, which can add beautiful layers of brown spices, vanilla and dried fruit to a cocktail.

However, at this time of year I like to reach for a spirit like vodka or gin, which will allow seasonal fresh-picked ingredients to shine and thirst-quenching acidity to be the focal point.

THE COSTCO CONNECTION

You'll find a selection of fine spirits, including Kirkland Signature™ varieties, at Costco locations where spirits are sold.

Vodka, often considered the most versatile spirit, is neutral in flavor and the foundation for a variety of drinks. One of my favorite cocktails is a Moscow Mule, made with Kirkland Signature American Vodka, fresh ginger beer and lime juice. This crisp cocktail has a sharp acidity that marries perfectly with summer sweets like watermelon, blueberries or strawberries.

Gin, on the other hand, is a fragrant spirit, often distilled with botanicals like juniper, coriander and orange peel. A simple cocktail like a gimlet can be made with Kirkland Signature London Dry Gin, simple syrup and lime juice.

To elevate a gimlet into a day-drinking staple, you can add cucumber slices and mint leaves, which will complement the delicate infused flavors inherent to gin.

GIN HARVEST

1 ounce lime juice
½ ounce simple syrup
4 cucumber slices, divided
4 mint leaves
2 ounces gin

Add lime juice, simple syrup, 3 cucumber slices and most of the mint to a cocktail mixing tin or shaker and muddle. Add ice and gin, shake, strain into a glass and garnish with a cucumber slice and remaining mint. Makes 1 serving.

SIGNATURE BELLS

1 ounce lime juice
½ ounce simple syrup
¼ red bell pepper, roasted and diced
1 ounce chopped cilantro, plus a sprig for garnish
2 ounces gin

Add lime juice, simple syrup, bell pepper and chopped cilantro to a cocktail mixing tin or shaker and muddle. Add ice and gin, shake and strain into a rocks glass with ice; garnish with cilantro sprig. Makes 1 serving.

MOSCOW MELON

2 ounces vodka
1 ounce lime juice
5 1-inch cubes of watermelon
Ginger beer
1 watermelon slice, for garnish
Lime wedge, for garnish

Add vodka, lime juice and watermelon cubes to a cocktail mixing tin and muddle. Add ice and shake. Strain and pour over ice in a copper mug or rocks glass. Add ginger beer and garnish with watermelon slice and lime wedge. Makes 1 serving.

BERRY BASIL MOJITO

1 ounce lime juice
½ ounce simple syrup
4 blackberries, divided
4 raspberries, divided
2 basil leaves, divided
2 ounces vodka

Add lime juice, simple syrup, 2 blackberries, 2 raspberries and 1 basil leaf to cocktail mixing tin and muddle. Add vodka and ice to shaker, shake. Strain over ice in a rocks glass, garnish with basil leaf and remaining berries. Makes 1 serving.

All recipes courtesy of the mixologist team at Bossca Kitchen and Libations in Newport Beach, California.

Try one of the refreshing cocktail recipes featured here, or venture out on your own. You'll be surprised by how well fresh produce can take a classic cocktail to a whole new level. **C**

Chris Schaller is a buyer in Costco's wine, spirits and beer department.



HONEY ROASTED ALMONDS

- 3 cups Kirkland Signature™ Whole Almonds
- 4 tablespoons Kirkland Signature Raw Organic or Clover Honey
- Kirkland Signature Sea Salt

Preheat oven to 350 F.

Mix almonds and honey together in a bowl. Add sea salt to taste.

Line a baking sheet with parchment. Spread almonds in a single layer on the parchment-lined baking sheet. Bake for 20 to 25 minutes. Remove from oven and allow to cool.

How sweet it is CLOVER AND RAW ORGANIC HONEY

Naturally sweet, **Kirkland Signature Clover Honey** and **Kirkland Signature Raw Organic Honey** are wonderful poured over pancakes or waffles, great for baking or as a sweet addition in coffee, and useful as a natural home remedy. A portion of sales are invested in Project Apis m, whose mission is to fund and direct research to enhance the health and vitality of honeybee colonies while improving crop production. All Kirkland Signature honey is True Source certified to ensure traceability and authenticity.

Kirkland Signature Raw Organic Honey Bears 3-Pack: 100% pure U.S. Grade A raw organic honey in a 1.5-lb. flip-cap bear bottle. Pack of 3.

Kirkland Signature Clover Honey 5 lbs: 100% pure U.S. Grade A clover honey in a 5-lb. flip-cap bottle.



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Outdoor dining



© ROB MARMON / SHUTTERSTOCK

WHILE THE Fourth of July celebrates our country's independence, it is not the only holiday observed during July. In fact, you can celebrate a less well-known holiday every day: July is National Picnic Month.

Exceptionally easy to observe and self-explanatory, National Picnic Month encourages folks to go outside and enjoy all the sights and sounds of a warm summer day—with good food.

There are no specific rules or guidelines. Pick your favorite park, beach or even an outdoor festival or concert. What you bring to eat is entirely up to you. Tried-and-true choices include sandwiches, fried chicken, fruit bowl, lemonade, chips and dips; you can even take along a portable grill (or find a park with permanent grills) for a little barbecue action with burgers, steaks or hot dogs. Ice-cold drinks are also a must, especially if it's a hot day. And don't forget to bring plates, cups, napkins and utensils.

You can make this a family event and make sure everyone brings something to contribute. Come up with games to play—flag football, softball, Frisbee, soccer or even croquet. For picnickers who don't like physical activity, you can bring board games or even a deck of cards.

Now, select a day and time, send out the invites, prepare the food and go outside and enjoy National Picnic Month.

—Bill Urlevich

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Item #260486 (Acid Reducer), #1086592 (Acid Controller)



Left to right: Jyoti Stephens, Gurdeep Stephens, Arran Stephens, Ratana Stephens, Rimjihim Duggal Stephens and Arjan Stephens.

NOEL HENDRICKSON

Nature's Path Foods

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BY JENNIFER CRAIN

AS A BOY, Arran Stephens collected kelp along the beaches of British Columbia's Vancouver Island with his father, Rupert Stephens, who showed his son how to lay the seaweed between rows of crops back at their 80-acre farm; the technique helped the family grow the fattest and most flavorful berries around.

An inventive 1950s farmer who chose sawdust and compost over chemicals, Rupert taught Arran to "always leave the soil better than you found it." This sentiment led the younger Stephens to devote himself to healthful food.

Arran, who had become a vegetarian at age 20, opened Canada's first vegetarian restaurant in Vancouver in 1967. In 1971, alongside his wife, Ratana, he founded LifeStream Natural Food Store, one of the first of its kind in the country. A decade later, they sold the store and opened Woodlands, a 100-seat vegetarian restaurant.

In 1985, Arran and Ratana founded Nature's Path Foods and started selling sprouted-grain bread that Arran made in the back of the restaurant. Within a year, Nature's Path was turning out 20,000 loaves weekly and soon expanded to other grain-based foods.

Early beginnings

In 1989, the Stephens were able to buy a facility to package their own products, and were quick to expand and innovate. They created the first certified organic

breakfast cereal in North America, which altered the face of the breakfast aisle in the late 1980s. They were early adopters of ancient grains and health-boosting seeds such as flax, hemp and chia, and they have only ever used certified fair-trade chocolate.

Nature's Path cereal was carried at Costco's Quebec warehouse in the early 1990s, making it one of Costco's first organic brands. Today, Nature's Path is the largest independent organic breakfast foods company in North America, with an array of 150 products distributed to more than 50 countries. Fifteen of Nature's Path products are in rotation in Costco warehouses throughout the United States, UK and Canada (see "Company Info").

Sustainability for a better world

But Nature's Path is about "more than just selling cereals and bars," says executive vice president Arjan Stephens, son of founders Arran and Ratana. "It's really about creating a better world for our consumers and a better environment."

As co-CEOs, Arran and Ratana hold the company to a triple bottom line: social responsibility, financial viability and environmental sustainability. They preserve farmland, encourage employee volunteerism and speak out on social issues. In 1997, they proactively labeled their products "not genetically engineered" and sought to inform consumers about genetically modified organisms (GMOs).

COMPANY INFO

COMPANY Nature's Path Foods

FOUNDERS Arran and Ratana Stephens

EMPLOYEES About 500 full-time employees

HEADQUARTERS Richmond, British Columbia

PHONE 1-866-880-7284

WEBSITE us.naturespath.com

ITEMS AT COSTCO

A variety of products, including Kirkland Signature™ Organic Ancient Grains Granola with Almonds (also available on Costco.com), Pumpkin Flax Granola, Qi'a Superfood Cereal and Love Crunch Granola. (Selection varies by location.)

QUOTE ABOUT COSTCO

"For over 20 years, Costco has been a collaborative partner supporting our mutual commitment to product innovation and sustainability. Our family is proud to have been one of Costco's first organic brands, allowing us to share our delicious and nutritious products with the wonderful Costco member community."—*Arjan Stephens, executive vice president, sales and marketing*



"At Nature's Path we've been a strong supporter of your right to know what's in your food," Arjan says. "People have asked before, 'Are you a food company or an activist company?' And we say, 'We're both.' We take a stand for what we believe in. We believe in good food, grown organically, without toxic chemicals and without GMOs."

One percent of the sales from the company's long-standing line of EnviroKidz cereals and bars goes toward environmental causes. And through its Bite4Bite program, the company donates to food banks from the sales of its Love Crunch granolas. For each pouch sold, Nature's Path donates the equivalent value in food to local food banks. And they walk their talk in the workplace, too—Nature's Path was named one of Canada's top 10 companies to work for in 2016.

The company recently expanded three of its product lines and is already working to create the next healthy trend. "We're constant tinkerers. We want to make it perfect," says Arjan Stephens. "When we get to that final product, it's something that we're really proud about." **C**

Jennifer Crain is a freelance writer based in Washington state.



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A moveable feast

Tips to pack the perfect picnic

BY **FIONA SIMS**

NO ONE IS sure exactly where picnics began. The *Oxford English Dictionary* says the word “picnic” is from the French term *pique-nique*, of unknown provenance. The practice indeed may have originated in France. The *Collins Concise Dictionary* says a picnic is an informal meal eaten outside and also cites the word’s French roots.

Wherever the word came from, picnics became de rigueur among France’s newly enfranchised citizens after the French Revolution in 1789, when royal parks were open to the public for the first time, though it didn’t take long for the trend to spread to Britain. The British picnic really came into its own in Victorian England, when it was often an extravagant affair, with an extensive menu and elaborate presentation. It’s clear that at some point the social practice crossed the pond to become commonplace in the U.S.

Today’s picnics, thank goodness, are much simpler—and far healthier. Inspiration comes from everywhere, including the plethora of cookbooks with recipes from celebrity chefs.

In my view, the perfect picnic is one

where you have to do as little as possible so you can enjoy a beautiful setting and the company you’re sharing it with. To make that happen, you need to prepare as much of the meal beforehand as possible, and even plan to eat out of the bowls you carry the dishes in. After you’ve done the prep work, all you need is a good picnic blanket, some nice napkins and a few wet wipes, and you’re ready.

Main course

What to pack for a fun outing? You can’t go wrong with a nice cold roast chicken, cooked simply with garlic and rosemary. Keep it cool until you eat it. If you like steak, fry it earlier and then slice it, dress it with vinaigrette and serve it with a big beautiful salad so everything stays moist and the flavors intensify.

A fresh, crusty baguette and a whole salami, which you can cut as you go, is a classic picnic choice. If you love sandwiches, avoid making them in advance, as they just go soggy. Instead, prepare a filling made with white crab meat mixed with Greek yogurt, warmed mustard seeds, diced tomatoes and fresh coriander, and

PACKING TIPS

- Coolers and ice packs are essential to make sure food and drinks stay as cold as if they were stored in the fridge.
- Be sure that your containers are tightly shut, and wrap pungent items in a plastic bag.
- Put dressings in jam jars so they are ready to shake and drizzle.
- Bring plastic cups and bottles to avoid breakage (though I prefer a sturdy tumbler for drinking wine at a picnic), and don’t forget the bottle opener.—FS

spread it on bread just before serving.

Love fish? Steam it on the morning of the picnic; choose something easy, such as salmon, with fresh ginger, coriander and black bean sauce. Then leave it to cool to serve on your outing—not fridge cold.

A vegetarian picnic can be just as exciting. Think falafel wraps, mushroom rolls and panzanella.

I always bring cheese, too—hard cheese, such as a good strong cheddar or a lovely pecorino, but nothing too gooey.



RIDIO PHOTOGRAPHY

WALNUT, CHICKEN AND CHERRY QUINOA SALAD

- 1 cup quinoa
- 1½ cups water
- 1½ cups diced grilled chicken
- ½ cup dried cherries
- ½ cup celery, diced
- ¼ cup red onion, minced
- ½ cup Kirkland Signature™ walnuts, toasted and coarsely chopped
- Chopped fresh thyme (optional)

DRESSING

- ⅓ cup extra-virgin olive oil
- ¼ cup white wine vinegar
- 1 teaspoon sugar
- ½ teaspoon salt, or to taste
- 1 garlic clove, minced
- Freshly ground pepper, to taste

Rinse quinoa in a fine-mesh strainer; drain well. Bring water and quinoa to a boil in a medium saucepan; reduce the heat and simmer, covered, for 12 minutes. Let stand for 10 minutes, then fluff with a fork and let cool.

Place the cooled quinoa in a large bowl with the chicken, cherries, celery and onion.

Prepare the dressing: Whisk together all ingredients and pour over the salad; toss well to coat. Cover and chill for at least 1 hour.

Add walnuts and thyme to the salad just before serving. Makes 6 servings.

Tip: Replace the dried cherries with halved and pitted fresh cherries when they're in season.

Recipe courtesy of the California Walnut Commission.

Go green

Bring different accompanying salads, as many as you can be bothered to make, and always some crunchy romaine lettuce. Remember that pasta salads can take a bit of battering in transit. And boiled potatoes, dressed with a little fresh mint, are hard to beat.

Sweet endings

For dessert, I always pack lots of fruit and maybe a carrot cake—something moist

and easy to prepare. Strawberry shortcake or bread pudding always goes well as a treat; if you want something a bit lighter and healthier, try plain yogurt mixed with cinnamon, honey, a squeeze of lemon juice and a little bit of sugar.

Drinking it in

For beverages, think cool and thirst-quenching—even for the red wine. Rosé is generally considered the quintessential picnic wine, but if you want to try something a bit different, go for a light red such as gamay. On the white front, there's plenty to choose from, but I gravitate toward riesling and lower-alcohol whites for this occasion.

You can't go wrong with fizz either—look to crémant from the Loire or Alsace.

CHORIZO AND CHESTNUT SAUSAGE ROLLS

- 8 ounces bulk pork sausage
- 8 ounces ground chorizo
- 1 (8 ounce) can water chestnuts, drained and finely chopped
- 1 tablespoon flat-leaf parsley, chopped
- Salt and pepper, to taste
- 1 pound ready-made puff pastry
- 1 egg, beaten

Preheat the oven to 400 F and grease a baking sheet. In a bowl (a food processor is quickest), combine the pork and chorizo sausage meat, chopped chestnuts and parsley, then season with salt and pepper. Divide the pastry into halves and roll out into matching rectangles. Cut each rectangle into 4 strips, making 2 strips slightly wider than the other 2 (so you end up with 4 wider and 4 narrower strips). Form the meat into 4 long, thin sausage shapes and lay them down the middle of the 4 narrower pastry strips. Brush the edges of the pastry with the beaten egg, then lay the 4 wider pastry strips over the top of the narrow sheets and press a fork along the edges to seal. Cut into 1-inch pieces and lay on the baking sheet, then brush with more beaten egg. Cook rolls for 15 minutes until crisp, golden and cooked through, then cool on a wire rack. Makes about 30 sausage rolls.

Recipe and photo courtesy of Fiona Sims' The Boat Cookbook: Real Food for Hungry Sailors (Bloomsbury, 2014; not available at Costco).



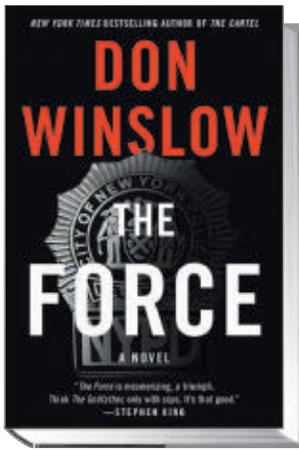
Family-friendly options include iced tea and homemade lemonade, which you can make before you go. And bring plenty of water, of course—it's easy to forget.

Thoughtful preparation is the key to making a picnic as special as the company you share it with. **C**

Fiona Sims is a London-based food writer.

THE COSTCO CONNECTION

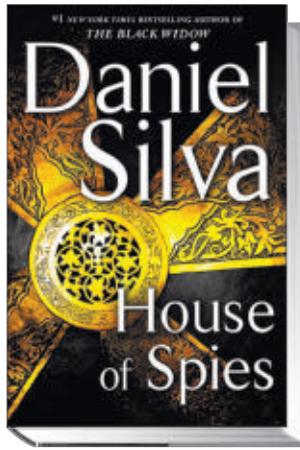
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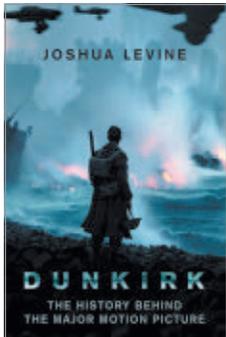
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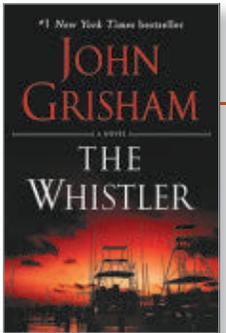
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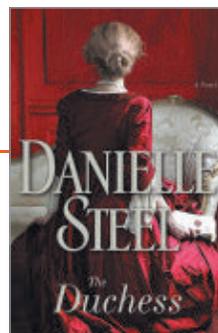
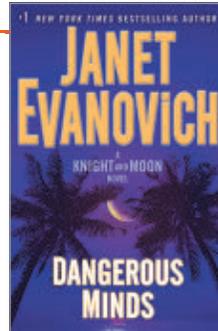
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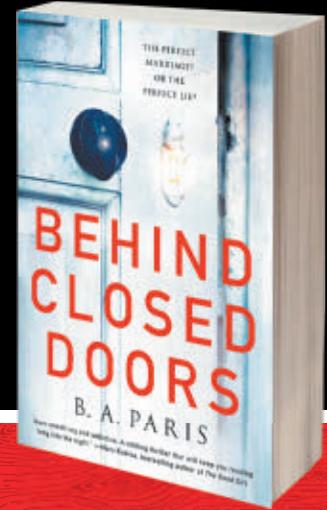
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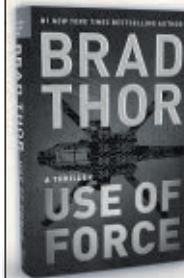
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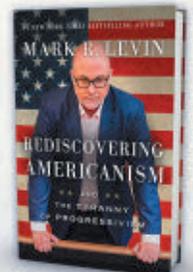
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Pucker up

Prepare to *Kiss Carlo*

BY HOPE KATZ GIBBS

IF YOU are looking for a page-turner this summer, pick up Adriana Trigiani's *Kiss Carlo*. It's the latest from the *New York Times* best-selling author of *The Shoemaker's Wife*, a featured book pick in the September 2012 issue of *The Connection*, and *Big Stone Gap*, which became a motion picture in 2014, starring Ashley Judd, Whoopi Goldberg and Jenna Elfman.



Adriana Trigiani

TIM STEPHENSON, NYC, NY

This new epic transports us to South Philadelphia, in 1949. Protagonist Dominic Palazzini owns the Palazzini Cab Company & Western Union Telegraph Office with his three sons, but a feud that began in 1933 splits Dominic from his brother Mike and his family business.

"The plot sets the stage for a Shakespearean conflict, for it's a story of love, loyalty and creativity that is filled with everything we all struggle with as humans," Trigiani tells *The Connection* from her home in New York City. "As I go through my life, it becomes increasingly clear to me that, at our core, we all want peace—a satisfyingly sweet alchemy where all of our needs are met. So my stories explore how families can work together, even when there is tremendous conflict, and move to a higher level. I believe that if there's peace at home, there can be peace in the town, state, country—and the world."

Roots in reality

In this tome, Trigiani taps into the world of her grandfather, Michael A. Trigiani, a machinist-turned-mill-owner who was something of a closet filmmaker. He spent years shooting home movies of his family and important events in his chosen hometown of Roseto, Pennsylvania, in the Lehigh Valley.

SIGNED BOOK GIVEAWAY

Costco has 50 signed copies of Adriana Trigiani's *Kiss Carlo* with signed book plates to give away. To enter, go to costcoconnectionbookgiveaway.com.

NO PURCHASE, PAYMENT OR OPT-IN OF ANY KIND IS NECESSARY TO ENTER OR WIN THIS SWEEPSTAKES.

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"This town was cited in Malcolm Gladwell's book *Outliers: The Story of Success*, in part because very few people [there] died of a heart attack," Trigiani explains. "When asked why, the townspeople explained they were simply carrying on the traditions they learned in their motherland—Roseto Valfortore—in southern Italy's province of Foggia."

To see what all of the hoopla was about, Trigiani traveled to Roseto Valfortore. While walking along the main road, she envisioned what life might have been like for her forebears before they emigrated. It didn't take long for the tale of the Palazzini clan to unfold in her mind's eye.

The ongoing evolution of an idea is part of Trigiani's writing process. She says, "First I get hooked on the story, then I do the research, and I keep doing research until I find answers to the question 'What really happened here?'"

Trigiani admits her process borders on insanity: "It makes my editors nuts, because I spend years sleuthing, solving, writing and rewriting. Just this morning I was reworking a chapter. It's almost like the publisher is going to have to pry the final version out of my cold, dead hands, because I'm continually perfecting it."

Origin project

Finding the perfect way to help underserved students catch the writing bug is another passion for Trigiani, who in 2013 co-founded the Origin Project (adrianastrigiani.com/the-origin-project).

"We seek to inspire students to find their voices through the craft of writing about their Appalachian origins," says Trigiani, who grew up in the mountains of Big Stone Gap, Virginia. "We started with 60 ninth-graders at Union High School in my hometown, and realized we needed to reach kids much earlier."

As of this past May, the organization has worked with more than 1,000 students from fourth to 12th grade in four southwest Virginia counties. Trigiani sometimes brings some of her best-selling author buddies into the classrooms, including Virginia native David Baldacci, popular young adult author Mary Hogan and novelist Meg Wolitzer.

"In everything I do, my ultimate goal is to lift people's spirits," Trigiani says. "That's what I care about and what I'm best at. I follow whatever road takes me toward that." **C**

Hope Katz Gibbs is a freelance writer based in Richmond, Virginia, and Washington, D.C. You can read her 2012 interview with Adriana Trigiani at costcoconnection.com (search "Trigiani").



COSTCO STUDIO / FRANCE FREEMAN

PENNIE'S PICK

I LOOK forward to every new book by Adriana Trigiani. She is not only delightful in person, but her books are a joy to read. That includes her latest novel, *Kiss Carlo*, this month's book buyer's pick.

The sweeping multigenerational story effortlessly transports readers from Italy to the streets of South Philly to New York City, while the characters explore the ties that bind, tradition, wanting more from life, Shakespeare and much more. As they examine what they want for themselves, they also celebrate love, hope and family.

Best of all? Trigiani tells this story with her trademark wit and joie de vivre.

Kiss Carlo (Item #1169657) is available now in most Costco warehouses.

For more book picks, see page 93.

—Pennie Clark Iannicello,
Buyer, Books





OUR DIGITAL EDITIONS

Click here to watch the trailer for *Watch Me Disappear*. (See page 8 for details.)

Bitterness of truth

New book explores grief, acceptance

BY JUDY GELMAN AND VICKI LEVY KRUPP

IN JANELLE BROWN'S *Watch Me Disappear*, the latest suggested book club read, the disappearance of Berkeley mother Billie Flanagan following her solo hike in Desolation Wilderness leads her husband and teenage daughter to piece together her secrets and embark on a quest for the truth—about Billie and about each other.

When she was writing *Watch Me Disappear*, Brown says, she kept turning to baked goods to describe how Jonathan and Olive were mourning the loss of Billie. “Billie was the kind of wife and mother who was always baking, and a year after she disappeared on a hike, there is still a zip-lock bag full of frostbitten cranberry-lemon scones in their freezer, labeled in Billie’s handwriting,” says Brown. “Trapped in his grief, Jonathan hasn’t been able to throw the bag away. So when he finally pulls those scones out of the freezer and tosses them in the trash, it’s a symbolic moment for him. And yet it’s also the moment when his world starts to turn upside down and he begins to question everything he knew about his wife.”

Brown recalls that when she was in her mid-20s, her mother gave her a fancy scone pan for Christmas. “At the time, I thought

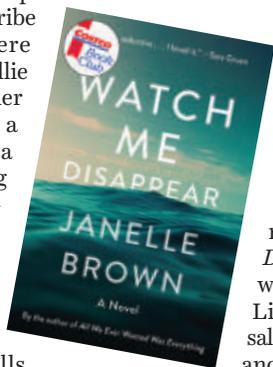
it was a crazy and unnecessary gift,” she recalls. “I was a single girl, living alone. Why on earth would I need a scone pan? But many years later, I still have that scone pan, and I love it. Scones are my favorite thing to bake for my family and my friends—they’re one of those comfort foods that seem decadent and yet are very simple to make, and nothing is more delicious and homey than a freshly baked scone with good butter.”

In addition to the scones (recipe at right), here are a few more food ideas to pair with a discussion of this book.

For drinks: Billie likes pinot noir, and Jonathan goes straight for the bourbon, says Brown. She also suggests dishes mentioned in *Watch Me Disappear*: pesto-chicken sandwiches, avocado sandwiches, Little Gem lettuce salad, lentil salad with beets, chia-seed muffins and fettuccine Alfredo.

“And if you want to be funny, [with] some items from the book that are supposed to be gross,” she adds, “serve quinoa-kale-tofu stir-fry, and overripe bananas!” **C**

Judy Gelman and Vicki Levy Krupp are behind the cookbook and website *The Book Club Cookbook* (bookclubcookbook.com).



CRANBERRY-LEMON SCONES

3 lemons, preferably Meyer
 2½ cups all-purpose flour
 ½ cup sugar, plus 3 tablespoons if using fresh cranberries
 1 tablespoon baking powder
 ½ teaspoon salt
 6 tablespoons cold unsalted butter, cut into bits
 1¼ cups fresh cranberries, chopped coarse, or 1¼ cups dried cranberries or dried cherries
 1 large egg
 1 large egg yolk
 1 cup heavy cream
 Crème fraîche or whipped cream, for serving

Place rack in middle of oven. Preheat oven to 400 F and line a large baking sheet with parchment paper.

With a vegetable peeler, remove the zest from the lemons and chop fine; reserve the lemons for another use.

In a food processor, pulse together the flour, ½ cup sugar, baking powder, salt, butter and zest until mixture resembles coarse meal. Transfer mixture to a large bowl.

In a small bowl, toss together fresh cranberries and 3 tablespoons sugar and stir into the flour mixture; if using dried fruit, add it to the flour mixture.

In another small bowl lightly beat the egg and yolk, and stir in the cream. Add the egg mixture to the flour mixture and stir until just combined.

On a well-floured surface, with floured hands, pat the dough into a 1-inch-thick round (about 8 inches in diameter). With a 2-inch round cutter or the rim of a glass dipped in flour, cut out as many rounds as possible, rerolling scraps as necessary. Arrange the rounds about 1 inch apart on a baking sheet and bake 12 to 17 minutes, or until pale golden.

Transfer the scones to a cooling rack. Serve them warm with crème fraîche or whipped cream. Individually wrapped in plastic wrap and foil, the scones will keep for 1 day if chilled, or for 1 week if frozen. Makes 20 scones.

Recipe adapted from *Gourmet* magazine, May 1997.



THE COSTCO CONNECTION

Watch Me Disappear (item #1170275, 7/11) is available in most Costco warehouses, along with food and drink to host an unforgettable book club.

Staff book picks



Lindsay Bubitz
Assistant Buyer,
Books

I HAVE BEEN reading Dean Koontz novels for as long as I can remember, so I'm thrilled to share that he's started a new series that begins with *The Silent Corner*. After her husband kills himself, Jane Hawk sets out on a search for truth. Her quest for answers about a rash of suicides makes her the most wanted fugitive in America.

I recently had the opportunity to ask Koontz some questions about the new book.

THE COSTCO CONNECTION: *How did the character of Jane Hawk develop?*

DEAN KOONTZ: She grew out of the qualities of women I've known. Of the people who had a profound positive effect on my life, all but one were women. My mother endured a hard life stoically, with dignity. During one of Mom's medical crises, I lived half a year with a friend of hers, Louise Kinsey, who instilled in me a love of books. I had the same English teacher for four

years in high school, Winona Garbrick, a former WAC in World War II, a 5-foot-2-inch disciplinarian who could terrify 6-foot-5-inch jocks, but who cared about me, a lonely kid, and encouraged my writing.

Jane takes most of her substance from my wife, Gerda, who was never FBI, but who took pistol training, is indomitable, is a rock in any crisis, is tough but tender and has a dry wit like Jane Hawk's. Five pages into the novel, Jane Hawk won my heart. Writing about her is exhilarating.

CC: *What do you most want readers to know about the book?*

DK: It's about the price of freedom, but also about hope, about the power of love, a speeding roller-coaster ride with a serious purpose and, at all times—I hope—as much fun to read as it was to write! (Item #1170145; available now) **C**



OUR DIGITAL EDITIONS

Click here for a video of Dean Koontz talking about *The Silent Corner*. (See page 8 for details.)

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Alex Kanenwisher
asst. buyer, books

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Disney Press | hardcover | available mid-July | Item #1136527

1



The Learning Journey | educational puzzle | available July 10 | Item #1157880

3



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4



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1 *Magnetic Chunky ABC and 123 Puzzles*

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2 *Middle school misadventures*

By day, Max Crumbly is a student at South Ridge Middle School. But after hours, he's the hero his school needs when he discovers some bad-news burglars and launches a wacky plan to foil their scheme. The misadventures continue in the newest installment in the series, *Middle School Mayhem*. Readers will be captivated as they learn about all of the sticky situations Max gets into trying to save the day!

Also available from Rachel Renée Russell is the wildly popular series starring Nikki Maxwell. Pick up all of the books in the *Dork Diaries* series, including the latest, *Tales from a Not-So-Friendly Frenemy*. (Available mid-July, Item #767621)

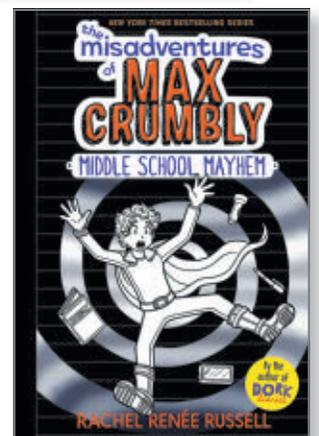
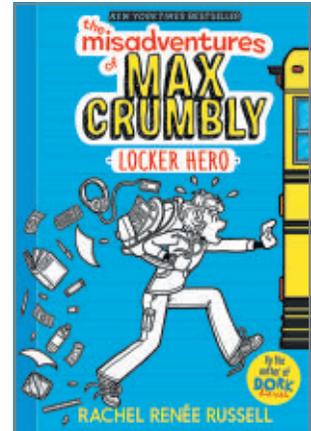
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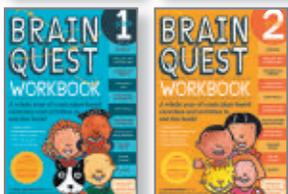
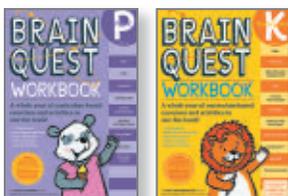
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2



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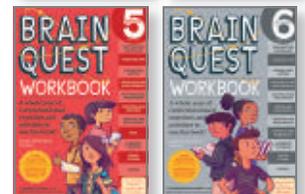
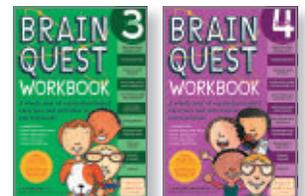
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Road rage

The Fate of the Furious goes to Cuba

BY NANCY MILLS

HOW DID *The Fate of the Furious* become the first Hollywood studio film to shoot in Cuba? Via relentless planning by a Hollywood force that most filmgoers never hear about: location managers. These crew members don't yet have their own Oscar category, but they are the pros who find the places where movies and TV shows shoot, get permission to film there and clean up after it's all done.

The Fate of the Furious, which deals with blackmail, nuclear codes, terrorism, extravagant stunts and, of course, cars, spent 11 days in Cuba in 2016, mostly shooting a spectacular car race that kicks off the movie. Why Cuba? That's where Dominic (Vin Diesel) and Letty (Michelle Rodriguez) are honeymooning. Naturally, Dom can't resist a challenge from a local racer, and off they go.

Before the cast arrived in Havana, the location team, spearheaded by members of the Location Managers Guild International, spent nearly six months preparing. Hundreds of people had to be consulted, from U.S. State Department officials and the Cuban government to Cuban president Raúl Castro.

Cuban unit location manager Matt Prisk, a Costco member, says, "You can't come in and do anything you want."

Supervising location manager Eric Hooge adds, "We were told we couldn't bring an American helicopter into Cuban airspace or use drones. We suggested, 'Put one of your Air Force people in the helicopter. That way you can monitor us.' They finally agreed."

Hooge recalls the helicopter's first official appearance. "We locked up the road, and in came a very sophisticated camera ship, flying low over the capitol building," he says. "The Cubans had never seen anything like it. They were crying and cheering."

Flexibility was key to getting things done in Cuba. The team's initial pre-shooting reconnaissance showed that anything the production needed would have to be brought into the country.

"You can't just go down to the corner store and get paper clips," Hooge says. "We got a cargo ship, and we had to build the manifests for the Cubans so they would know what we were bringing, and for the U.S. government so they'd know what we were sending. Everything we brought, we had to bring back.

"When that ship docked, it was like storming the beaches of Normandy. We had every giant truck you can imagine stuffed with equipment."

Not to mention toilet paper. "That's one thing I remembered from our initial scouting experience," Hooge says. "At a restroom, you sit down and—oops—there's no toilet paper. You look up on the shelf, and there's a magazine with pages torn out of it. We brought pallets of toilet paper, but it would disappear. We had to hire people to stand outside the bathrooms and break off pieces for people.

"The Cubans have a hard time getting the simplest things. If your house is blue and you need blue paint, they might not have it, so you take red because that's what's there."

As a result, Havana is very picturesque. "We saw wonderful colors on crumbling buildings," Hooge says. "It's hard for the people to get anything fixed. Some have no running water, so they keep refilling water tanks on the roof. Sometimes there are no elevators."

Cubans were excited to have *The Fate of the Furious* in town, especially because of their love of classic American cars. Many of the



Top: The starting line on Galiano Street in front of Parque El Curita. **Middle:** Cuban unit location manager Matt Prisk preps a Havana street for a motorcycle racing scene. **Bottom:** Charlize Theron and Vin Diesel.



OUR DIGITAL EDITIONS

Click here to watch the trailer and clips from *The Fate of the Furious*. (See page 8 for details.)

background vehicles in the film resulted from a car casting call. Entire families would arrive in the cars to show them off.

And when technology didn't work? "You had to adapt," says key assistant location manager Alex Oyarbide, a Costco member. "It was a completely different pace in Cuba. It wasn't fast and furious."

Working there had a major impact on Oyarbide, who was born in the U.S. one month after his mother fled Cuba. "I had my first contact with my sister from my dad's side while we were shooting," he says. "I'd seen her on Facebook, and we'd talked on the phone. It was quite an emotional experience." **C**

Nancy Mills is a Los Angeles-based journalist who writes about film and television.



THE COSTCO CONNECTION

The Fate of the Furious (Item #1170020) is available in BD/DVD/Digital HD, 7/11.

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Ow, my aching back

Treating and preventing lower back pain

BY **CLAUDIA M. CARUANA**

IF YOU WOKE up this morning with an aching back, you are not alone. According to one estimate from the Institute of Medicine (iom.nationalacademies.org), at least 31 million Americans experience lower back pain at any given time.

Just what is lower back pain?

Lower back pain is a catchall term. It describes the sharp, dull or stabbing pain or even overall achiness that can be caused by any number of lifestyle-related health

problems. The more common, and often less serious, aches often are the result of muscle strain, poor posture, improper lifting or overdoing it at the gym.

Bulging or herniated disks, nerve irritation, narrowing of the spinal column (spinal stenosis), degenerative spinal arthritis, or even a bad fall or accident can cause even more-serious lower back pain.

The incidence of lower back pain continues to soar, says Dr. Justin J. Park, a spinal surgeon at the Maryland Spine Center at Mercy Medical Center in Baltimore. "People are living longer and are more active. Degeneration of the spine naturally occurs as we age, but people continue to want to function as if they were 10 to 20 years younger. This can sometimes lead to more incidences of lumbar strain resulting in lower back pain."

For occasional backaches or when one has overdone things, health care providers often recommend a short course of over-the-counter pain products such as non-steroidal anti-inflammatory drugs, ice packs and pain patches. Sometimes, bed rest for a short period of time can help.

Recently introduced are small, iPod-size, battery-powered transcutaneous electrical nerve stimulation (TENS) units that use low-voltage electrical current to curb pain and can be found in the pain-relief section of pharmacies or behind the counter. Previously, TENS treatment could be administered only by a health care practitioner, such as a physical therapist.

When the pain lingers

Dr. Aaron J. Buckland, a surgeon and professor of orthopedic surgery at New

York University's Langone Medical Center's Spine Center, says that if a backache does not respond to home treatment efforts in a few days, professional help is the next smart step.

"You need to consult with your health care practitioner or a specialist, such as an orthopedist, physiatrist [a physician specializing in rehabilitative medicine] or osteopath for a thorough evaluation of your back and spine," Buckland advises. "He or she often will order X-rays or an MRI, and possibly blood tests, when needed, to determine what is causing your pain."

Physical therapy

Most practitioners give their patients a treatment plan with several possible options. Physical therapy is often a starting point, because physical therapists provide hands-on treatments and can teach patients a variety of therapeutic exercises to strengthen their backs.

Recent legislation now permits an individual to be evaluated by a physical therapist, and even receive some level of treatment, without a physician's referral. But you still might need a referral from your health care provider for your insurance plan to cover the evaluation and treatment.

PREVENTION IS PAINLESS

THE BEST DEFENSE is a good offense. Here are some smart moves that can help you keep your lower back healthy and pain-free.

Dr. Justin J. Park, a spinal surgeon, says maintaining a healthy weight and utilizing proper lifting techniques can go a long way toward preventing back pain. He notes, "Avoiding cigarette smoking also significantly reduces degeneration of lumbar disks and helps to prevent lower back pain."

He adds it is important to bend at the hips and knees, not twist and reach, when you pick up something from the floor.

Annie Burke-Doe, a physical therapist and a professor with the University of St. Augustine for Health Sciences, in San Marcos, California, offers suggestions for the following situations.

Shoveling. Does anyone need to tell



PAY ATTENTION TO YOUR FEET

DR. HOWARD PALAMARCHUK, a clinical professor in the department of biomechanics at the Temple University School of Podiatric Medicine, in Philadelphia, says lower back pain often is a direct result of wearing ill-fitting shoes, flip-flops, high heels or worn-out shoes.

Fallen arches and flat feet also can cause back pain. These conditions, he says, can be corrected with custom-made orthotics that you put in your shoes.

Stiletto warning: When women wear high-heeled shoes, Palamarchuk says, "it can alter the body's center of gravity to an abnormal position. This can cause tightening in the calf, resulting in tightening of the lower back and pain."—CMC



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THE COSTCO CONNECTION

Costco members will find a variety of ergonomic furniture, comfortable shoes and pain-treatment items, including TENS units, on Costco.com.

More-invasive treatments

Sometimes, depending on the diagnosis, more extensive treatment is needed.

Park says, "Lumbar epidural injections are an excellent first-line defense if less-invasive treatments such as medications and physical therapy have not helped."

These injections usually are a numbing medication, such as lidocaine, mixed with a steroid to reduce the inflammation. "It is a quick outpatient procedure that can be done in the office or surgery suite that is very safe and effective," Park says.

Surgery often is the last resort to solve lower back pain and is usually reserved for serious disk or arthritic conditions. Whenever surgery might be necessary, Buckland recommends evaluating your options and getting additional opinions to find the best surgeon and facility. **C**

Claudia M. Caruana is a New York-based health and medical writer.

you that shoveling snow can be a back-breaker? Be smart. Use a shovel with a shaft that is not too short (causing you to bend more to lift) or too long (making the weight at the end heavier). While lifting, keep your back straight and avoid twisting your spine while shoveling. Stepping in the direction you're moving, instead of bending your back, can help to avoid next-day fatigue.

Sitting at your desk. When seated, use an upright chair that has good back or lumbar support. Your computer monitor should be positioned so your head and shoulders are relaxed and you don't have to crane your neck. Getting up often and performing easy exercises at your desk, such as backward shoulder rolls, is smart.

Wearing a backpack. Lower back pain doesn't just affect adults. Heavy school backpacks can cause lower back pain in children. Most physical therapists, Burke-Doe says, advise that backpack contents should be limited to no more than 10 to 15 percent of the child's body weight. Organize the contents by placing the heavier items closest to the back. Wearing both straps will keep weight distributed properly.—*CMC*

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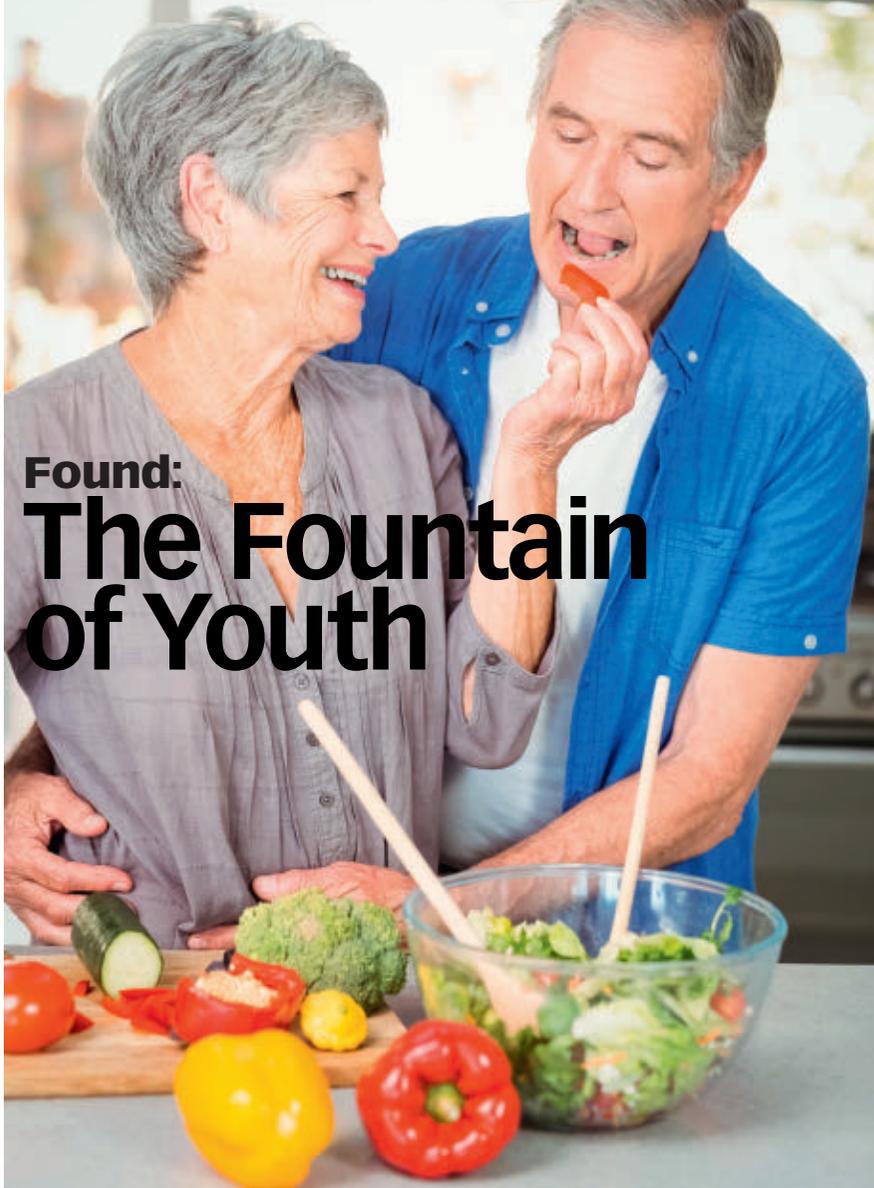
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Found: The Fountain of Youth

Secrets to living longer and better

BY BEVERLY BURMEIER

YOU CAN'T depend on good genes to carry you past the century mark. Research into the lives of centenarians has revealed that certain lifestyle choices hold the secrets to living into triple digits. How you eat, move your body and deal with stress are all key factors affecting the aging process.

Because Americans are living longer, aging well is an important goal. No one wants to live to 100 if that means sacrificing quality of life.

Everyone has the ability to increase their life span and bring the Fountain of

Youth within reach by embracing certain habits. In addition to eating a healthy, nutrient-rich diet and getting adequate exercise—two of the most important practices for living to 100—the following strategies will put you on a path to living the best life possible.

Cut calories

Research from St. Louis University suggests that eliminating 300 to 500 calories per day—equivalent to skipping dessert or eating a turkey sandwich instead of a burger and fries—will slow the aging process. How can that be? One theory is that it decreases a thyroid hormone, which then slows metabolism and tissue aging.

Anti-aging benefit: Calorie-restricted diets consistently increase life span in animal studies, suggesting that calorie restric-

tion has a protective effect on muscle cells and may help cells better use antioxidants and avoid damage caused by free radicals. And being lean rather than obese protects people from many age-related diseases, such as cancer, diabetes and heart disease.

Floss every day

Daily flossing reduces the amount of bacteria that cause gum disease, according to a study at New York University. Eliminating bacteria will also help keep your arteries healthy.

Anti-aging benefit: People with high amounts of oral bacteria are more likely to have thickening in their arteries, a sign of heart disease. Also, when oral bacteria enter the bloodstream they often trigger inflammation in arteries, a major risk factor for developing cardiovascular disease.

Sleep the right amount each night

Getting five to six and a half hours of sleep per night can add years to your life, according to research at the University of California, San Diego School of Medicine. A study of 444 women concluded that eight hours of sleep wasn't necessary and might even be too much for maximum longevity.

Anti-aging benefit: Sleep allows the body to regulate and heal cells, and older people experience those healing REM phases in about six hours, the study reports.

Correct cataracts

People with cataract-related vision loss have a 40 percent higher long-term mortality risk than those who have cataract surgery to improve their sight.

Anti-aging benefit: The association between visual impairment and increased mortality among older persons is most likely due to effects of poor vision on completing everyday tasks properly and safely, adhering to medical directives and maintaining good health in general.

Roll with the punches

Centenarians tend not to internalize negative situations or dwell on problems. They keep a positive attitude, have regular social interactions and shed stress easily. They utilize techniques like meditation, deep breathing or exercise programs such as yoga and tai chi to help manage stress and any depressive symptoms.

Anti-aging benefit: Constant emotional stress puts people at higher risk for memory loss and heart disease. But don't wait until you're a senior citizen to start controlling stress. The effects of long-term stressful living can accumulate and affect your quality of life in later years. **C**

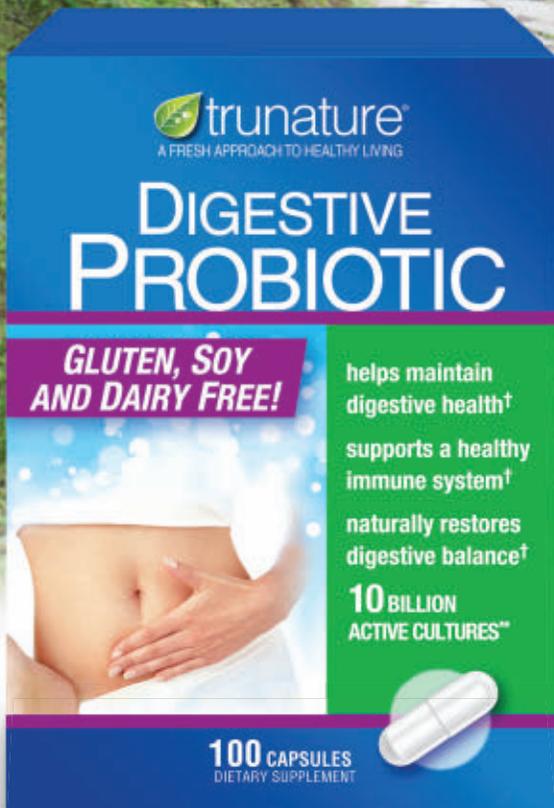
Beverly Burmeier is a freelance health writer.

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BY KRISTIN KIRKPATRICK

TRAVELING THE world is a marvelous thing; learning new languages and cultures and encountering new ideas and places can educate you beyond anything you will learn in a book. But when it comes to food, you don't need to hop on a plane to experience the cuisine of another land. In fact, many of the healthiest foods on earth are available right in your backyard. Here are my top picks.

India. Turmeric is truly the golden root of the East, for both its color and the amazing health benefits conferred by curcumin, its active ingredient. It's been used for thousands of years in Eastern medicine, but strong scientific evidence is backing up the validity of its numerous health attributes and causing Americans to stock up on curry powder and/or turmeric in their kitchens.

Turmeric has been shown to help slow the progression of tumors, decrease symptoms of ulcerative colitis and irritable bowel syndrome, and lower inflammatory markers in patients with arthritis; new research suggests it may also serve as a possible treatment for Alzheimer's.

Try adding this interesting spice to marinades, scrambled eggs, soups, stews and even smoothies.

Dominican Republic and Costa Rica. Coffee is more than just a cup of caffeine to

start your day. It provides powerful antioxidants that could prevent disease and prolong your life. In fact, coffee is perhaps the greatest source of antioxidants worldwide. Coffee consumption has been linked to a reduced risk and/or recurrence of some cancers and may help to prevent Type 2 diabetes, improve liver health and extend life span (to name a few).

Eliminate the sugar from your cup to get the most bang from your coffee buck.

Asia, Europe and North America. Have you ever seen packets of seaweed and wondered how to incorporate it into your diet? Don't overthink it. This superfood is great alone as a snack, simmered in soups or crumbled and can even be used in place of traditional salt.

Do overthink the benefits to your health, though. Seaweed has been found to have anti-allergy effects and may help to boost heart health by assisting in the reduction of blood pressure.

Seaweed is also a great source of iodine, which can be beneficial to individuals with a deficiency but problematic for those with thyroid disorders, so check with your physician first if you are among the latter.

Italy. Many people already have tomato sauce in their pantry, but perhaps fewer know of tomatoes' abundant health benefits. Tomatoes contain a potent flavonoid called lycopene, a major defender against cancers of the breast, kidney and prostate. A diet rich in tomato products can also help in the fight against stroke.

Don't limit tomato sauce to just a topper on pasta, though; try adding it to chicken, meatballs, dips or rice dishes. You can even add tomato sauce to scrambled eggs to give them a boost in antioxidants—and flavor.

China. Green tea is a great sip-all-day drink that boasts many anti-inflammatory effects, but it also has an incredible impact from the neck up. Studies show that green tea can boost brainpower by improving cognitive function and memory. It's also great for eyes, reducing the chances of developing glaucoma and other eye diseases.

Sip green tea in place of sugary sodas and juices, or try green tea's powerful cousin, matcha, as another alternative.

Latin America. Black beans have something that screams, "I'm great for you," and that's their color. Foods that boast deep hues are often the highest in phytonutrients, and black beans top the list. In addition to being chock-full of fiber, black beans have been shown to help with reducing cholesterol and increasing a sense of fullness, meaning they can help you lose weight and ward off heart disease at the same time.

Add beans to anything and everything, like soups and salads, or head just one more aisle over and check out the new bean-based pastas. Add tomato sauce and some curcumin, mix in crumbled seaweed for saltiness, enjoy with some tea or coffee, and you've got quite a healthy meal. **C**

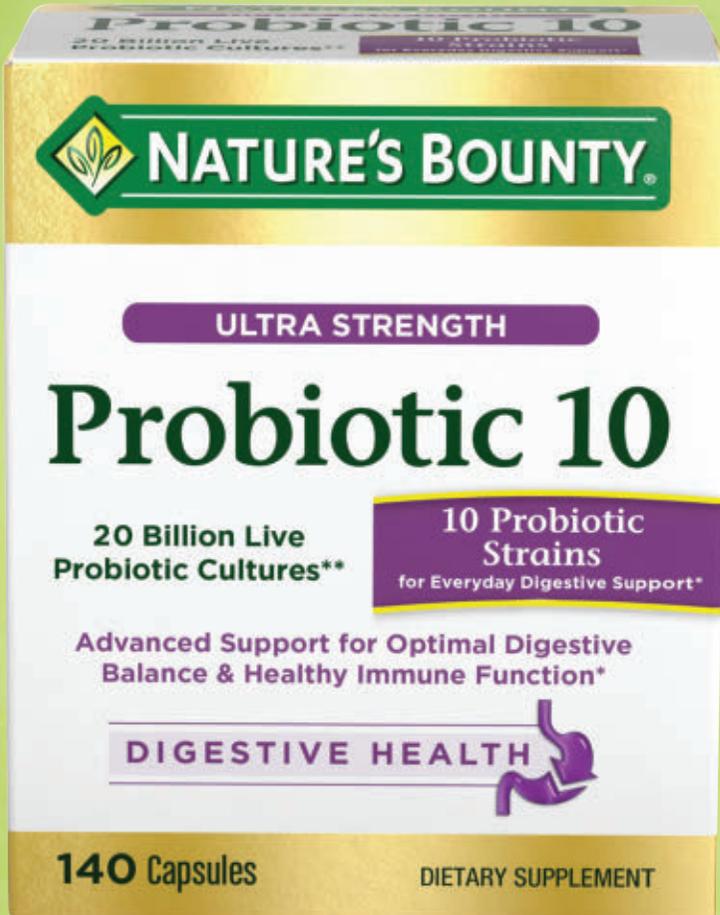
Kristin Kirkpatrick is an award-winning dietitian and author.

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JUVENILE ARTHRITIS AWARENESS MONTH

ABOUT ONE child in every thousand develops chronic arthritis. Nearly 300,000 children in the U.S. under the age of 18 have been diagnosed with some form of arthritis, according to the National Institutes of Health.

Juvenile arthritis (JA) is typically an autoimmune disorder, meaning the body's immune system, which usually fights disease, instead attacks healthy cells and tissues. Genetics may play a role, but researchers still seek a cause.

Diagnosis

There is no dedicated test to confirm a diagnosis. Doctors instead rely on a review of symptoms and family history in addition to a thorough physical exam, lab tests and X-rays.

Signs and symptoms

There are several types of JA, each with a distinct set of symptoms. Some types may affect the musculoskeletal system more and not the joints. Other types may involve the eyes, skin or digestive tract. Here are some of the things to watch for in your child:

- Affected joints in the knees, hands and feet.
- Persistent joint swelling, pain and stiffness.
- Limping.
- Persistent high fever.
- Skin rash.
- Eye pain, blurred vision.
- Swollen lymph nodes.
- Symptoms may be worse after sleep.
- Symptoms may flare up, then recede and flare up again.

Treatment

There is no cure for JA, but if it is diagnosed early and treated aggressively, remission may be possible. Relieving inflammation, managing pain and improving quality of life are the goals, with medication, diet and physical activity as components of treatment.

Resources

Search for additional information at these websites:

- Arthritis National Research Foundation, curearthritis.org.
- National Institute of Arthritis and Musculoskeletal and Skin Diseases, niams.nih.gov.—David Wight



OUR DIGITAL EDITIONS

Click here for a video about juvenile arthritis research. (See page 8 for details.)

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FOR YOUR HEALTH

Matchmaker: donating bone marrow

BY LISA FIELDS

EIGHTEEN MONTHS after restaurant owner John Bucci Jr. of Philadelphia was diagnosed with leukemia, he needed a bone-marrow transplant. His sister was tested, but their genetic tissue-type markers didn't match, and Bucci didn't have children who could be potential donors.

Fortunately, Bucci's doctor referred him to the National Marrow Donor Program's Be The Match Registry (bethematch.org), which connects patients who have life-threatening blood cancers like leukemia and lymphoma to people whose genetic tissue-type markers may be compatible.

"Patients only have about a 30 percent chance of finding a full tissue-type match in their family," says Mary Halet, a Costco member and director of community engagement for Be The Match in Minneapolis. "When they don't have a match, they turn to the registry."

The bone-marrow donation that Bucci received from a registry member in 2008 cured his leukemia. "Every day I wake up, I'm lucky to be here," he says.

Because Bucci is of Italian ancestry, his chances of matching through the registry were greater than if he'd been African-American, Hispanic, Asian or multiracial. Currently, more than half of those registered with Be The Match identify as white. Only 5 percent identify as African-American. Another 8 percent identify as Hispanic, 6 percent as Asian and 4 percent as multiracial. The challenge has been to increase the diversity of the donor pool.

To help attract minority donors, July is designated as African-American Bone Marrow Awareness Month.

CJ Logan joined the registry when he played football for Villanova University. Two years later, he became a match.

"I'm African-American, and it's very hard to find a match," says Logan, a financial planner in Boston. "They said, 'Think



OUR DIGITAL EDITIONS

Click here to watch a short vignette featuring bone-marrow donors. (See page 8 for details.)

it over," but I didn't really have to think about it. What if it was my mother or my sister? I would hope that someone who had the opportunity to make a difference would do so, so that's how I approached it."

Logan had marrow removed from his hip during outpatient surgery. Some donors have bone-marrow stem cells collected nonsurgically: Blood is removed from one arm, run through a machine that harvests stem cells, then returned to the other arm. Research shows that both procedures are equally safe for donors, and the success rate of bone-marrow stem-cell transplants has improved significantly due to treatment advances.

About one out of 430 registry members donates. There are no lasting effects from the procedure. "Bone marrow replenishes itself," Halet says. "In about six weeks, your system is fully restored." **C**

Lisa Fields is a New Jersey-based freelance writer who covers health and psychology.

HOW TO REGISTER

BE THE MATCH has connected 80,000 donor-recipient pairs since 1987. If you're between the ages of 18 and 60, visit BeTheMatch.org to join.

You'll receive a mail-in kit with cheek swabs, which are processed to provide your tissue-type information. If you match someone, you'll be contacted.

"It's just a swab of your cheek, and it can save a life," bone-marrow recipient John Bucci Jr. says. "It's not even giving money—it's giving of yourself, and that's even more beautiful."—LF



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Animal expert
Jack Hanna with
Wrangler (left) and
Journey (right).

NUTRAMAX LABORATORIES, VETERINARY SCIENCES

BY JACK HANNA

AS A BOY growing up in Tennessee, I loved being around animals. We had several family pets, but it really turned heads when I brought my donkey, Doc (and three ducks), to college. I feel fortunate that my love for animals of all kinds has become my life's work.

Helping our pets

Our family wouldn't have been complete without furry family members. Our girls grew up with an English sheepdog, a bull mastiff, a golden retriever and many more pets. After the girls were grown, dogs were still a big part of our family. When we aren't traveling the world, my wife, Suzi, and I love spending time outdoors, hiking, swimming and exploring with our dogs by our side. Recently our beloved dogs Tasha and Brass passed away. While we're waiting for the right time to introduce a puppy into our lives, we take every opportunity to spend time with our "granddogs."

Throughout my career I have relied on the help and support of veterinarians, so when ours recommended a joint health supplement to help keep Tasha and Brass active, we followed her orders without question. She explained that not all joint supplements are the same and told us it's



OUR DIGITAL EDITIONS

Click here to watch Jack Hanna talk about his experience with animals. (See page 8 for details.)

critical to use high-quality glucosamine and chondroitin sulfate to help protect dogs' joints and slow their cartilage breakdown. Suzi and I were thrilled with the results we saw in our dogs. After a couple of weeks, they were climbing stairs easier and moving about more comfortably.

Over the years, I've talked to lots of veterinarians and have learned an awful lot. For example, exercise, a healthy diet and regular veterinary checkups play an important role in dogs' joint health. Also, I thought only big dogs had joint problems, but small breeds also have issues as they age and can benefit from joint support.

THE COSTCO CONNECTION

Costco carries vitamins, joint supplements, cat and dog food, treats, dog beds, flea-control items for dogs and cats, kennels and crates, cat trees and cat play areas, and more in select warehouses and year-round on Costco.com. Pet prescriptions can be filled at Costco pharmacies.

Additionally, the earlier a pet starts taking a joint supplement, the better.

Working at the zoo

My experience with our pets led to having the veterinarians at the Columbus Zoo, where I am now director emeritus, give glucosamine and chondroitin to many zoo animals. We have used these supplements to help our gorillas move easier, as well as our moose, koalas and bears. These animals typically live longer than their wild counterparts, so keeping them healthy and happy is our highest priority. Animals have been a part of my life for so long that I can't help but be an advocate.

Suss your supplements

According to our veterinarians, pet supplements are not created equal; there are big differences in quality. So now, when I'm asked which joint supplement to use, I always suggest doing what Suzi and I did: First, talk with your veterinarian, then use the product they recommend. **C**

Jack Hanna (jackhanna.com) is an American zookeeper who is the director emeritus of the Columbus Zoo and Aquarium (columbuszoo.org).

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Pet protection

Keep your pets safe

BY **JENNIFER GOFORTH GREGORY**

HUNTER, A 3-year-old black Lab, was panting heavily and headed straight for the cool basement after running for miles with his owner on a sweltering summer afternoon. His owners later found out that Hunter had suffered a massive heat stroke, and they spent several anxious days wondering if their four-legged family member would survive.

After a lengthy and expensive stay at the veterinary hospital, Hunter recovered and has no lasting damage from his run. “Hunter wasn’t used to running that far and didn’t have water during the jog,” says Dr. Gretchen Schoeffler, chief, Companion Animal Emergency and Critical Care, Cornell University College of Veterinary Medicine, who treated Hunter. “When you are outside with your pet, be sure to watch for signs of heat exhaustion or heatstroke, such as excessive panting, trying to stop or seeking shade.”

Heatstroke is just one of many dangers that increase for cats and dogs during the warm summer months. But by taking preventive measures, you can keep your pets safe from the following common dangers while enjoying time together in the outdoors.

Sun exposure and/or skin cancer

While the thought of putting sunscreen on your cat or dog may make you giggle,

many vets suggest putting baby-safe sunscreen on exposed areas to protect your pet’s skin. “Pets can get sunburned as well as skin cancer from sun exposure, especially on areas without fur such as their noses and inside their ears,” says Dr. Ari Zabell, director of client advocate support for Banfield Pet Hospital, which operates veterinary clinics across the country. “We don’t think about cats going outside, but [indoor] cats sit in the window and bask in the sunlight.”

Leaving pets in the car

Many people leave their pets in the car for a few minutes while they run into a store. But in the summer months, even a few minutes can turn deadly for animals. According to a study by the University of San Francisco, when it is 88 degrees outside, the interior temperature of a car reaches 105 degrees within 20 minutes.

“People don’t think about the car getting too hot since it cools off quickly, especially if they crack a window, but our pets don’t sweat so they overheat quickly, which can be life-threatening,” says Zabell. The Humane Society of the United States rec-



ommends never leaving your dog or cat unattended in the car for any period of time, regardless of the weather.

Snakes, spiders and insects

During summer, many cats and dogs suffer from reactions to snake, spider or insect bites. Schoeffler says that if your pet is bitten by a spider or snake, you need to bring the pet into the vet immediately.

“Snake bites can either be just a local wound or life-threatening, depending on the type of snake,” she says. “It’s important that we know what type of snake they were bit by so we can properly treat the animal.”

She recommends taking a picture of the snake if possible, or even bringing in the dead snake.

Eating people food

Many pet owners will toss their dog a leftover hot dog after a barbecue, or the pooch will break into the trash and eat leftovers. “Eating only a hot dog or a hamburger can really wreak havoc on their

intestinal system because they are not used to it and [it] can cause diarrhea and vomiting. Some pets even get pancreatitis, which can be life-threatening, from eating table food,” says Zabell.

Dogs also often get bones lodged in their throat or their intestines. Zabell recommends only feeding pets their appropriate food as well as making sure that all table food and garbage is out of their reach.

Lost pets

Since many people take their pets on vacation or spend time outside with them, the number of lost pets rises during the summer months. “Your dog and cat should have a collar with up-to-date ID tags on at all times. If you take your dog hiking or to the beach, it’s safest to not let them off-leash,” says Dr. Tina Wisemer, medical director of the ASPCA Animal Poison Control Center. “Microchipping can help return an animal to its rightful owner if their collar comes off.”

If you’re traveling, make sure that your cellphone number is on your pet’s ID tag so that you can quickly be reunited, instead of a message being left at an empty house. **C**

Jennifer Goforth Gregory is a freelance writer and lives in North Carolina with her husband, two kids and three dogs.

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Annette Ramirez, alternate team leader and co-founder of SMART, with rescue dog Valentine.

An elite Los Angeles team rescues animals of all kinds



JUSTIN ZIMMERMAN

Acting **SMART**

BY STEVE FISHER

IN LOS ANGELES, a little-known search and rescue team leaps off the tops of buildings to reach a scared cat, high in a tree. They dodge traffic on crowded freeways to rescue pregnant cows from an overturned tractor-trailer. They crawl through tight, dangerous spaces to rescue an entombed puppy. They confront their own fears to save animals of all kinds—wild and domestic, large and small—from potentially horrible fates. The 11 members are SMART: Specialized Mobile Animal Rescue Team (laanimalservices.com/smart).

Founding members Officer Armando Navarrete, SMART team leader, and Lieutenant Annette Ramirez, alternate team leader, are partners on the job and off.

"I don't look at her as a girlfriend on the job," says Navarrete, who, like Ramirez, is a Costco member. "I look at her as an alternate team leader who co-created the team [and] developed a lot of the training that we still use today to keep everyone safe. I have to put her in situations that most boyfriends would not put their girlfriend in. But if we get into something over a cliff ... and I don't let her do it, I'm gonna pay the price. And I have no problem, because I know that someone competent, who I trust with my life, is going to be able to do it and get it done."

The work is never easy, but it has evolved over the years to be more professional and safer. Navarrete started as an animal-control officer for the city of Los Angeles in 1997.



SMART team leader Armando Navarrete with a rescuee.



SMART rescues can range from baby squirrels to horses.



Rescues can take place up 100-foot trees or in tight spaces under homes.



KEEP YOUR PETS SAFE

THE SMART TEAM is available to help in Los Angeles County when pets stray. But it's better to prevent your animal family members from getting in trouble in the first place.

SMART member Annette Ramirez says, "To keep your pets safe, the most important things are microchip, sterilize, and license your dogs and cats. Responsible ownership

of your pet goes a long way with being able to keep them safe. If a dog or cat is spayed or neutered, they're not going to roam and get themselves into these dangerous and precarious situations. And if they're microchipped, we'll be able to reunite them back with their owner in the quickest way possible. So sterilize, microchip and license."—SF

In December 2008, they received the green light to be an official component of Los Angeles Animal Services, to begin in January 2009.

Ramirez started developing techniques that would keep team members safe and researched equipment that other search and rescue operations were using.

All members are certified through the Office of the California State Fire Marshal, meaning they have been trained in rope rescue and swift-water operations. Several also have training in large-animal rescue. The team includes wildlife paramedics and veterinary technicians. "So we have a huge amount of training for all the different types of possibilities of what we might run into out in the field," Ramirez says.

Their operational budget has always been an issue. When they first began, Navarrete says, upper management told them, "You're gonna be doing rescues, and we'll do the best we can to fund you, but for now we have no money, so here's a thousand bucks. Spend it—don't spend it all in one place." And from then on we just started buying our own equipment at that time, because we knew that a thousand dollars wasn't going to cut it.

"Now the department has a budget, so we're able to get funding. And then donations help too. When somebody sees that we need equipment—we have a wish list on

our website—they'll say, 'Hey, how about if I buy you this,' and we're like, 'Yes. Anything will help.'"

In addition to funding challenges, the team has to deal with a very real human aspect of the work. While the animals are dealing with their own high level of anxiety, the humans have to face their fears with every rescue as well.

"We tell our team members that any phobias you have, they're gonna be elevated times 10, because we're gonna put you up 100 feet or hang you over 150 feet," says Navarrete. "We're gonna put you in tight spaces, and when it comes to water, 6 inches of fast-moving water can easily knock you down, strip you and kill you, so it's one of those things where you have to just focus on the objective. And the objective for us is, our victim is an animal that can't speak English. We don't know what it's thinking, and we have to make sure we can do everything we can to get to it safely, and ourselves back with them, so we can reunite them with their family."

If the animal doesn't have a family with which to be reconnected, SMART will help to find homes for it. In some cases, they've adopted animals themselves.

"When I started this job I realized that every animal's life mattered," says Navarrete. "Whether it's a pigeon or someone's prize horse that cost millions of dollars." **C**



OUR DIGITAL EDITIONS

Click here for a short video on SMART. (See page 8 for details.)

"When I started as an animal-control officer, I thought we were going to do rescues, and there wasn't any rescuing done," Navarrete recalls. "We'd show up to calls and an animal was stuck or trapped, and if you couldn't do it with your garden gloves and your catch pole and your rope, then it couldn't get done. It was very frustrating, very sad to walk away hoping that the animal would get unstuck, which I know they didn't. I started thinking, 'We need to be able to do something. It can't be that difficult.'"

It wasn't until Navarrete met Ramirez and Ernesto Poblano, another alternate team leader, that things started to gel.

"We just started doing these rescues kind of 'rogue,' we called it," explains Navarrete. "We did it all with the department knowing, but we did it on a shoestring—literally on a rope that was not certified for what we do now, equipment that was not meant for what we were doing, but we didn't know. And nobody wanted to teach us, so we learned as we went along."

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**OUR DIGITAL EDITIONS**

Click here to watch dogs at play with their toys. (See page 8 for details.)

Indoors or outdoors?

Another factor in choosing a toy is whether your dog will be playing inside or outside. Issues such as durability and use depend on environment, so you do not want to buy your dog a toy football if he spends most of his time in the living room, for example. If you spend time with your dog both indoors and out, you'll want to get a wide variety of entertaining toys, whether you're playing fetch at the park or enjoying an evening in.

The right toy for the right time

Interactive dog toys are the best, since playtime promotes owner-pet bonding. Look for dog balls you and your pooch can play fetch with or a tug toy for playing tug of war. Make the most of playtime with a training and exercise set that will keep your dog in shape.

If your dog is home alone during the day, try boredom breakers. Many dogs suffer from separation anxiety when they are home alone, and a durable boredom breaker toy that you can stuff with goodies will help to keep them occupied and distracted. Make sure it's durable enough to be safe for unsupervised play (see "Supervised and unsupervised play").

Play styles can differ

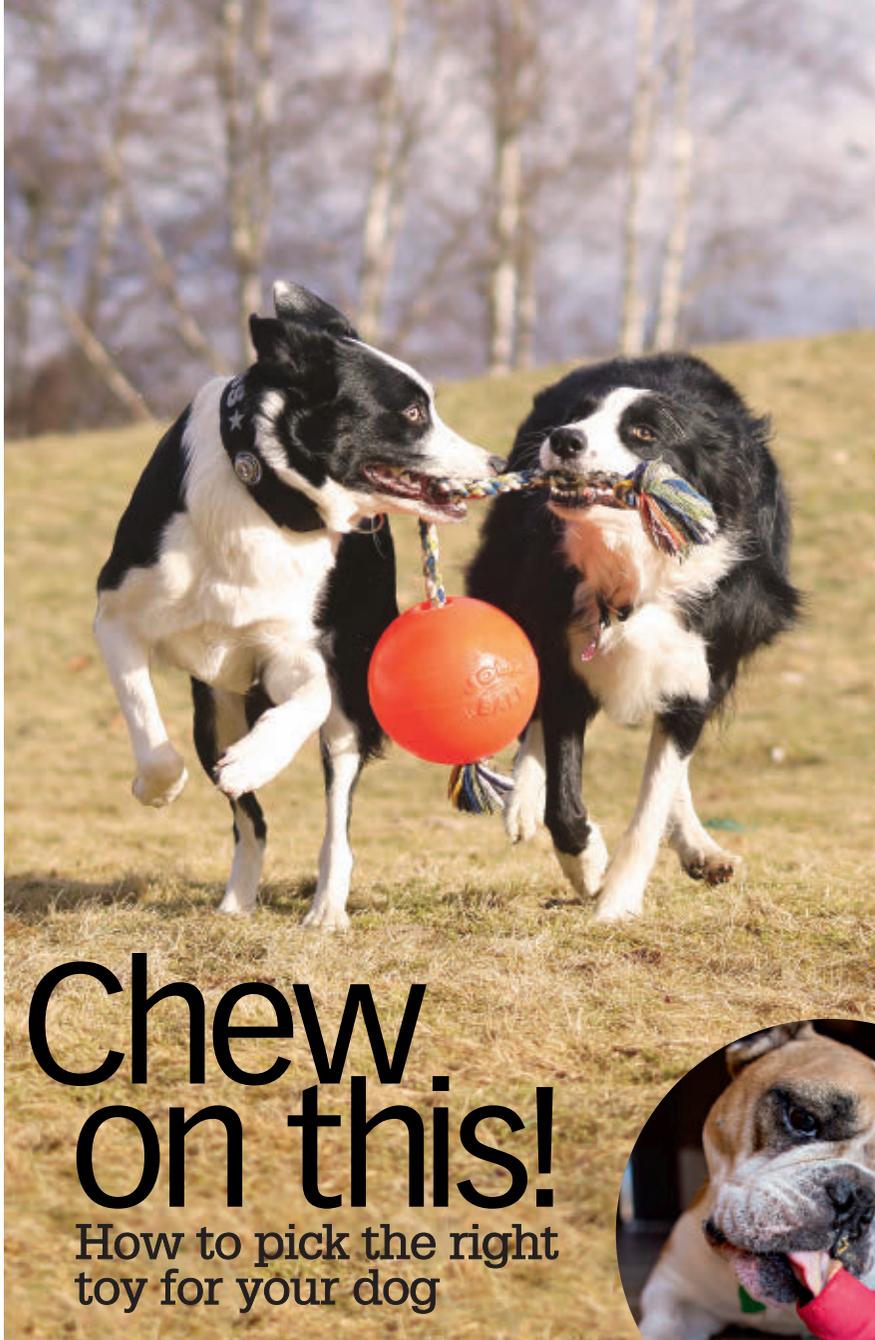
Not all dogs play the same way. Is your pup a chewer? A tugger? A chaser? A snuggler? All of the above? Toys are available for all different play styles. Research online or talk with your vet to see which toy will suit your dog the best.

Supervised and unsupervised play

Unsupervised play can lead to that great plush toy that you just bought being ripped up, unstuffed or, worse, swallowed.

Remember the differences between chew toys and interactive toys during playtime, and keep these toys separate. If your dog begins to rip up a toy that is only for fetch, take it away and give her a chew toy. Correcting behaviors and getting your pet to focus on the right toy at the right time will help you curb destructive behavior as well as protect your dog toy investments. **C**

Louisa M. Marvin is the marketing director for Costco supplier Jolly Pets (jollypets.com).



COURTESY OF JOLLY PETS

Chew on this!

How to pick the right toy for your dog

BY LOUISA M. MARVIN

DOG TOY options are nearly endless, which means choosing toys for your dog can be overwhelming. It may take a little trial and error before you find that perfect plaything. So how do you choose toys that are right for your dog and that she will actually like?

To begin, ask yourself, "How does my dog like to play?" Maybe Buddy likes to chew. Reese loves to chase and retrieve. Ruby likes to cuddle stuffed animals, while Charlotte loves treats but is otherwise uninterested in interactive toys. No matter your dog's interests, there is a toy just for him.

THE COSTCO CONNECTION

Costco carries a variety of dog and cat toys seasonally in the warehouse, as well as toys, dental chews and more year-round on Costco.com.

First: your dog's age

There are a few issues to take into consideration when choosing dog supplies. The first is how old your pet is. Age has a large impact on the types of toys your dog can enjoy. For example, a puppy may be prone to chewing more than an older dog, so a highly durable chew toy would be an appropriate choice. In contrast, an older dog's ability to chew and chase chew toys may be diminished from his younger years.

Finding the right size

You wouldn't buy an oversize chew toy for a teacup poodle. Likewise, a toy that's too small for a larger dog could be a potential choking hazard. Find toys that are the right size for your pet to maximize her safety and enjoyment.





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START WITH AN LG TWIN WASH™ SYSTEM AND THEN ADD THE LG STYLER

Meet your newest laundry ally—the ingenious LG SideKick™ washer. Disguised as an everyday pedestal, this mini washer lets you wash two loads at the same time while giving delicates, hand-washables and workout wear the special care they deserve.

LG SideKick™ PEDESTAL WASHER



Already have an LG front-load washer? You can still add an LG SideKick™. The pedestal washer is compatible with all LG full-size front-load washers manufactured from 2009 to present. Visit Costco.com to learn more!

LG TWIN Wash™



MEGA CAPACITY

5.2-Cu.-Ft. Mega Capacity Washer and 1.0-Cu.-Ft. LG SideKick™ Pedestal Washer and 9.0-Cu.-Ft. Dryer with TurboSteam™
Also available in white. Search: LG9000



BLACK STAINLESS STEEL

4.5-Cu.-Ft. Washer with TurboWash® and 1.0-Cu.-Ft. LG SideKick™ Pedestal Washer and 7.4-Cu.-Ft. Dryer with TurboSteam™
Search: LG4370



FRONT CONTROL

5.0-Cu.-Ft. Washer with TurboWash® and 7.3-Cu.-Ft. Dryer with LG EasyLoad™ Door
Search: LG1901



LG styler | Steam Clothing Care System



LG Styler Steam Clothing Care System with TrueSteam® Technology Item #1045366

Add an LG Styler with select laundry pairs and receive \$300 off! See item page for details.

Instant savings on select LG appliances end on 7/12/17.

Visit the LG display in your local warehouse. **Purchase on Costco.com.**

Ultra-Premium LG SIGNATURE Design

THOUGHTFULLY DESIGNED PRODUCTS THAT ENHANCE YOUR EVERYDAY EXPERIENCE



The intuitive circle LCD display in the main washer of this LG SIGNATURE washer/dryer combo lets you easily and conveniently control two washers at once

2.8-Cu.-Ft. LG SIGNATURE 24" Washer/Dryer Combo with Circle LCD Display and Auto-Dosing System with 0.7-Cu.-Ft. LG SIGNATURE 24" SideKick™ Pedestal Washer
White. Item #1166316



The Art of Essence

LG SIGNATURE represents the ultimate in elegant simplicity—from the InstaView™ Door-in-Door® refrigerator in counter depth or standard depth styles to LG's first dual-fuel range that gives you the benefit of a gas cooktop and electric oven all in one.

31-Cu.-Ft. Refrigerator with InstaView™ Door-in-Door® Item #1095738

Also available in 23-cu.-ft. counter depth. Item #1109027

7.3-Cu.-Ft. Dual-Fuel Double Oven Slide-In Range with ProBake Convection™ Item #1095743

Top Control Dishwasher with QuadWash™ Item #1095739



LG SIGNATURE

Costco.com's prices on major appliances include*:

*In most areas. See item page for details.
COSTCO.COM ONLY | AVAILABLE NOW



Manufacturer's
Warranty



In-Home
Delivery



Parts & Basic
Hookup*



Haul-Away



Free Technical
Support



Create Your Perfect Kitchen

Visit Costco.com and search: **LGBuiltIn**



CHOOSE FROM THE SEAMLESS STYLE OF LG STUDIO BUILT-INS OR THE EASE OF FREESTANDING APPLIANCES



- 25.6-Cu.-Ft. 42" Built-In Side-by-Side Refrigerator 
- 30" Gas Cooktop with 5 Sealed Burners and Heavy-Duty Grates
- 30" Double Electric Convection Wall Oven
- Top-Control Dishwasher with TrueSteam® Technology 

Complete kitchen suite shown in stainless steel. Search: **LGBuiltIn**



- 23.5-Cu.-Ft. Counter-Depth French Door Refrigerator with InstaView™ Door-in-Door® 
- 1.7-Cu.-Ft. Over-the-Range Convection Microwave Oven
- 6.3-Cu.-Ft. Gas Slide-In Range with ProBake Convection®
- Top-Control Dishwasher with TrueSteam® Technology 

Complete kitchen suite shown in black stainless steel. Item #1095690

Instant savings on select LG appliances end on 7/12/17.
 Visit the LG display in your local warehouse. **Purchase on Costco.com.**

LAUNDRY THAT LIVES UP TO



WFW92HEFC & WE/GD92HEFC
SEARCH: WHIRLPOOL92SERIES

HOLDS ENOUGH DETERGENT FOR UP TO 12 LOADS**

Skip adding detergent to every load. The Load & Go™ bulk dispenser holds enough detergent for multiple loads of laundry and releases the optimal amount so you can fill it and forget it.

**Based on an 8-lb load. ®/™ ©2017 Whirlpool. All rights reserved. 05/17. KEY-23403

Costco.com's prices on major appliances include*:

*In most areas. See item page for details.
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Manufacturer's
Warranty



In-Home
Delivery



Parts & Basic
Hookup*



Haul-Away



Free Technical
Support

YOUR LIFESTYLE

Whirlpool®



WTW7000DW & WE/GD7000DW
SEARCH: WHIRLPOOL7000SERIES

QUICKLY CUSTOMIZE UP TO 26 CYCLES

Intuitive Touch Controls with Memory always ask the right questions. With “What” and “How” controls you can easily create customized cycles, or simply let the washer guide you.

Instant savings on select Whirlpool appliances end on 7/12/17.
Visit the Whirlpool display in your local warehouse. **Purchase on Costco.com.**

OUTDOOR LIVING

SHOP ONLINE AT COSTCO.COM—FOR FURNITURE DELIVERED RIGHT TO YOUR HOME!

A. Silverlake 2-Piece Chaise Lounge by Mission Hills

All-weather woven resin wicker with Sunbrella fabric.
Valid 7/1/17–7/31/17
#1150097
\$799.99 Delivered
After \$200 OFF



A

B. Silverlake 7-Piece Dining Set by Mission Hills

Dining table with six stackable armchairs. All-weather woven resin wicker.
Valid 7/1/17–7/31/17
#1149028
\$999.99 Delivered
After \$200 OFF



B

C. Silverlake 6-Piece Seating Set by Mission Hills

Three corner chairs, two armless chairs and ottoman. All-weather woven resin wicker with Sunbrella fabric.
Valid 7/1/17–7/31/17
#1136070
\$1,599.99 Delivered
After \$400 OFF



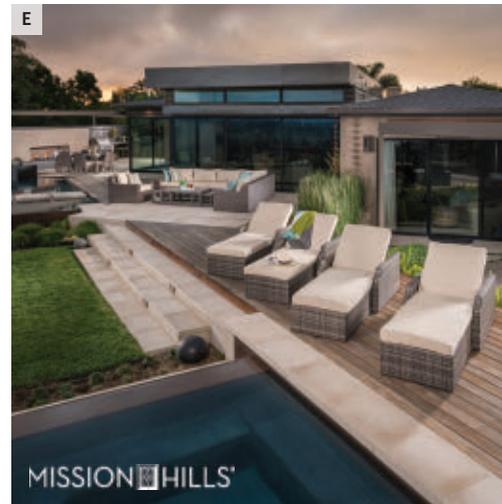
C

D. Silverlake 15-Piece Estate Collection by Mission Hills

Six-piece seating set, seven-piece dining set and two chaise lounges. All-weather woven resin wicker with Sunbrella fabric.
Valid 7/1/17–7/31/17
#1150084
\$3,299.99 Delivered
After \$500 OFF



D



E



F

E. Kingston 21-Piece Estate Collection by Mission Hills

10-piece deep seating set, seven-piece dining set and four chaise lounges. All-weather woven resin wicker with Sunbrella fabric.
Valid 7/1/17–7/31/17
#1149930
\$5,999.99 Delivered

F. Kingston Swivel Barstools 2-Pack by Mission Hills

All-weather woven resin wicker with Sunbrella fabric.
Valid 7/1/17–7/31/17
#1043058
\$549.99 Delivered
After \$100 OFF



G. Lago Brisa 6-Piece Deep Seating Set

Sofa, two swivel club chairs, two side tables and coffee table.

All-weather woven resin wicker with Sunbrella fabric.

Valid 7/1/17-7/31/17

#1144582

**\$2,699.99 Delivered
After \$300 OFF**

H. City Heights 6-Piece Seating Set by Mission Hills

Sofa, two club chairs, two ottomans and coffee table.

Sunbrella fabric.

Valid 7/8/17-8/13/17

#1150059

**\$2,499.99 Delivered
After \$500 OFF**

I. Belize 6-Piece Modular Seating Set

Five-piece sectional and square coffee table.

All-weather woven resin wicker with Sunbrella fabric.

Valid 7/1/17-7/31/17

#1034660

**\$1,199.99 Delivered
After \$300 OFF**

J. Madrid 9-Piece Modular Seating Set by Mission Hills

Three corner chairs, two armless chairs, two club chairs and two long ottomans. All-weather woven resin wicker with Sunbrella fabric.

Valid 7/1/17-7/31/17

#758773

**\$2,499.99 Delivered
After \$500 OFF**



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OUTDOOR LIVING

SHOP ONLINE AT COSTCO.COM—FOR FURNITURE DELIVERED RIGHT TO YOUR HOME!

A. Niko 8-Piece Modular Seating Set by Sirio

Left armchair, right armchair, three armless chairs, corner chair, coffee table and ottoman. All-weather woven resin wicker with Sunbrella fabric. Valid 7/1/17–7/31/17 #751194 \$1,999.99 Delivered After \$500 OFF



B. Hampton 6-Piece Seating Sectional by Sirio

Two armless sections, right-arm section, left-arm section and two ottomans. All-weather woven resin wicker with Sunbrella fabric. Valid 7/1/17–7/31/17 #494065 \$1,599.99 Delivered After \$300 OFF



C. Highland 6-Piece Deep Seating Set by Sirio

Left armchair, right armchair, oversized corner chair, two armless chairs, ottoman and serving tray. All-weather woven resin wicker with Sunbrella fabric. Valid 7/1/17–7/31/17 #874263 \$1,999.99 Delivered After \$500 OFF



D. Cambridge 20-Piece Estate Collection

Eight-piece seating set, nine-piece dining set and three-piece chaise lounge set. All-weather woven resin wicker with Sunbrella fabric. #1130661 \$5,699.99 Delivered

E. Belmont 5-Piece Bar Set

Four barstools and bar table. All-weather woven resin wicker with Sunbrella fabric. Valid 7/1/17–7/31/17 #1127152 \$999.99 Delivered After \$300 OFF

F. Studio by Brown Jordan Indoor/Outdoor Rug Collection

Various sizes and styles available. Price varies by size/style. Valid 7/1/17–7/31/17 Search*: BROWNJUL17C \$15–\$35 OFF Delivered



VISTANO

G

G. Shop Vistano

All-weather wicker with Sunbrella fabric. Seating, dining, lounging, shade and fire. Shop the entire collection. Search*: VISTANO

H. Shop Portofino Modern Sling

All-weather acrylic sling, fully upholstered in Sunbrella fabric. Available in deep seating, dining and chaise lounge. Search*: PORTOFINOSLING

H



PORTOFINO SLING

I. Shop Portofino

All-weather woven resin wicker with Sunbrella fabric. Seating, dining, lounging, shade and fire. Shop the entire collection. Search*: PORTOFINO

J. Portofino 12' Grand Resort Umbrella in Heather Beige

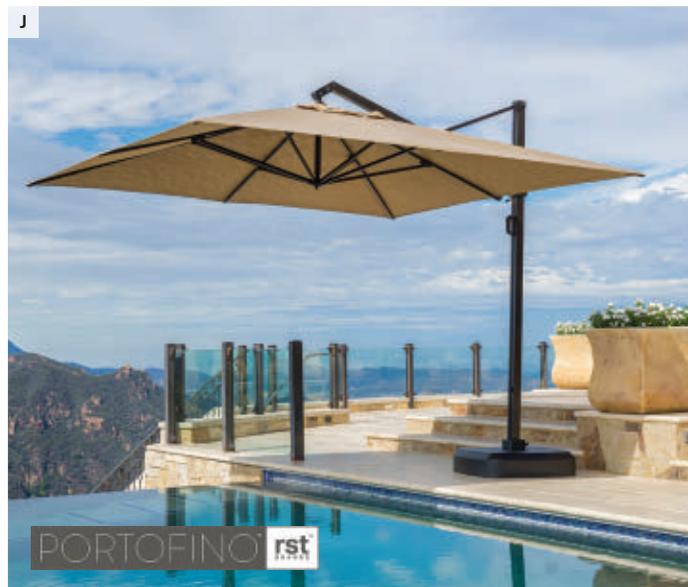
12' x 12' Sunbrella fabric canopy. Includes swivel base and cover. #1048009 \$1,499.99 Delivered

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PORTOFINO



PORTOFINO

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A



B



E



C



F



D



G

LIVING ROOM

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H

A. Mateo 4-Piece Top Grain Leather Sectional

Includes left-facing chair, right-facing chair, square corner and armless chair.

#1170316
\$2,999.99 Delivered
After \$500 OFF

B. Gavin 4-Piece Top Grain Leather Set

Includes sofa, loveseat, chair and ottoman.

#856553
\$3,599.99 Delivered
After \$900 OFF

Also available:
Gavin Sectional and Ottoman #856592
\$3,199.99 Delivered
After \$800 OFF

C. Baxter 6-Piece Top Grain Leather Reclining Modular Sectional

#1094821
\$3,199.99 Delivered
After \$600 OFF

D. Odell 2-Piece Top Grain Leather Reclining Set

Includes reclining sofa and reclining loveseat. Other configurations available. Price varies by configuration.

#1088166
\$2,399.99 Delivered
After \$500 OFF

E. Calvin 5-Piece Top Grain Leather Modular Sectional

Includes two corner chairs, two armless chairs and ottoman.

#352407
\$2,299.99 Delivered
After \$600 OFF

F. Sabine 2-Piece Top Grain Leather Power-Reclining Set

Includes sofa and loveseat. Other sizes/configurations available. Price varies by size/configuration.

#1170300
\$2,999.99 Delivered
After \$500 OFF

G. Sovana 2-Piece Leather Set

Includes sofa and loveseat. Other sizes/configurations available. Price varies by size/configuration.

#1170557
\$1,999.99 Delivered
After \$300 OFF

H. Hobson 3-Piece Top Grain Leather Power-Reclining Set

Includes reclining sofa, reclining loveseat and recliner.

#1151935
\$3,299.99 Delivered
After \$700 OFF

I. Kingsbury 4-Piece Top Grain Leather Set

Includes sofa, loveseat, chair and ottoman.

#784073
\$2,699.99 Delivered
After \$500 OFF

J. Talia 2-Piece Top Grain Leather Set

Includes sofa and loveseat.

#1094543
\$2,199.99 Delivered
After \$300 OFF

K. Andersen Top Grain Leather Chaise Sectional

Available in dark turquoise or walnut brown.

#914486
\$2,199.99 Delivered
After \$500 OFF

L. Megan Top Grain Leather Recliner

#1170430
\$699.99 Delivered
After \$100 OFF



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LIVING ROOM & DINING FURNITURE

SHOP ONLINE AT COSTCO.COM—FOR FURNITURE DELIVERED RIGHT TO YOUR HOME!

A. Deana Fabric Sectional
#1151961
\$1,999.99 Delivered
After \$400 OFF



A

B. Albany 2-Piece Fabric Set
Includes sofa and chair. Other sizes/ configurations available. Price varies by size/ configuration.
Search*: ALBANYJUL17C
\$1,249.99 Delivered
After \$300 OFF



B

C. Macey Fabric Chaise
Available in gray and brown.
Valid 7/1/17–7/31/17
#1171134
\$499.99 Delivered
After \$100 OFF



C

D. Holden Fabric Convertible Sofa Bed
Available in gray and light brown.
Search*: HOLDENJUL17C
\$799.99 Delivered
After \$200 OFF



D

E. Broxton Dining Chair 2-Pack OR Bella Barstool 2-Pack
Bella barstools available in 26" or 30".
Search*: SITJUL17C
Up to \$50 OFF Delivered



E

F. Pulaski Swivel Barstools
Available in 24" or 30".
Search*: BARJUL17C
Up to \$40 OFF Delivered



E



F

G. Toula

9-Piece Dining Set

Includes table and eight dining chairs. Other configurations available. Price varies by configuration.

#684525

\$1,449.99 Delivered
After \$250 OFF



G

H. Bentley 72" Media Console

Electronics not included.

#773062

\$799.99 Delivered
After \$100 OFF

I. Beckham Fabric Studded Chair OR Baltimore Storage Bench

Various colors available. Search*: SEATJUL17C
Up to \$50 OFF Delivered



H

J. Edgewater 7-Piece Dining Set

Includes table and six dining chairs. Other sizes/configurations available. Price varies by size/configuration.

#1070341

\$1,449.99 Delivered
After \$200 OFF



J

K. Asheville 9-Piece Dining Set

Includes table and eight dining chairs. Other configurations available. Price varies by configuration.

#1094008

\$1,799.99 Delivered
After \$300 OFF



I

L. Thomasville Marketplace Hi-Density Rug Collection

Other sizes available. Price varies by size. 1.5 million point constructions.

Search*: RUGJUL17C

\$30-\$100 OFF Delivered



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L

MATTRESSES & BEDROOM COLLECTIONS

SHOP ONLINE AT COSTCO.COM—FOR FURNITURE DELIVERED RIGHT TO YOUR HOME!





I

A. Brentwood Home Orinda Queen Memory Foam and Latex Hybrid Firm Mattress

Other sizes/configurations available. Price varies by size/configuration.

Valid 7/1/17-7/31/17

#1104756

\$799.99 Delivered After \$200 OFF



J

B. Thomasville 12" Elite III Latex Hybrid Split King Mattress with Adjustable Base

Other sizes/configurations available. Price varies by size/configuration.

#1029872

\$3,499.99 Delivered After \$700 OFF



K

C. SleepBetter™ IsoCool™ by Isotonic® Memory Foam Mattress Toppers

Outlast® Adaptive Comfort® temperature-regulating material. Other sizes available. Price varies by size.

Valid 7/1/17-7/31/17

#11748782

\$25-\$40 OFF Delivered After \$300 OFF



L

D. Carolyn 4-Piece Queen Bedroom Set

Includes bed, two nightstands and chest. Other sizes/configurations available. Price varies by size/configuration.

#1131037

\$1,499.99 Delivered After \$200 OFF

E. Sleep Science Dream 8" Queen Memory Foam Mattress

Other sizes available. Price varies by size.

#582190

\$399.99 Delivered

F. Sleep Science Black Diamond 11" Queen Firm Memory Foam Mattress

Other sizes/configurations available. Price varies by size/configuration.

Valid 7/1/17-7/31/17

#601670

\$749.99 Delivered After \$150 OFF

G. Eight Bliss 10" Sleep Tracking and Temperature-Control Queen Memory Foam Mattress

#1167996

\$799.99 Delivered After \$100 OFF

H. Madeline 4-Piece Queen Bedroom Set

Includes bed, two nightstands and chest. Other sizes/configurations available. Price varies by size/configuration.

#1028587

\$1,999.99 Delivered After \$300 OFF

I. Alexis 4-Piece Queen Bedroom Set

Includes bed, two nightstands and chest. Other sizes/configurations available. Price varies by size/configuration.

#1053067

\$1,499.99 Delivered After \$400 OFF

J. Callie 5-Piece King Storage Bedroom Set

Includes bed, two nightstands, dresser and mirror. Other sizes/configurations available. Price varies by size/configuration.

#1152185

\$3,499.99 Delivered After \$500 OFF

K. Brownstone 5-Piece King Storage Bedroom Set

Includes bed, two nightstands, dresser and mirror. Other sizes/configurations available. Price varies by size/configuration.

#1044231

\$2,999.99 Delivered After \$500 OFF

L. Chambers Dual-Storage 3-Piece Queen Bedroom Set

Includes bed and two nightstands. Other sizes/configurations available. Price varies by size/configuration.

#1036921

\$1,999.99 Delivered After \$100 OFF

M. Sawyer 5-Piece Queen Bedroom Set

Includes bed, two nightstands, dresser and mirror. Other sizes/configurations available. Price varies by size/configuration.

#1165092

\$2,499.99 Delivered After \$400 OFF

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M

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to your health!

Shop Costco.com for All Your Health & Wellness Needs

Aleve Soft Grip Arthritis Pain Reliever 320 tablets.
 Valid 7/7/17-7/30/17 #855254
\$15.49 After \$3 OFF Free Shipping



BioAstin Hawaiian Astaxanthin 12 mg
 120 gel caps. Also available at select Costco warehouses. #835795
\$49.99 Free Shipping



Cosamin DS for Joint Health
 230 capsules. Also available at Costco warehouses.
 Valid 6/29/17-7/23/17 #373128
\$42.99 After \$11 OFF Free Shipping



Metamucil MultiHealth Fiber Sugar-Free OR Original
 Also available at Costco warehouses. Valid 6/29/17-7/23/17
 Search*: MULTIJUL17C **\$25.49 After \$6.50 OFF Free Shipping**



align Daily Probiotic Supplement
 84 capsules. Also available at Costco warehouses.
 Valid 6/29/17-7/23/17 #955263
\$43.99 After \$11 OFF Free Shipping



Clear Care Cleaning and Disinfecting Solution OR Systane Ultra Lubricant Eye Drops
 Also available at Costco warehouses. Valid 6/29/17-7/23/17
 Search*: EYEJUL17C **\$4 OFF Free Shipping**



Culturelle Digestive Health Probiotic
 80 vegetarian capsules. Also available at Costco warehouses.
 Valid 6/29/17-7/23/17 #594518
\$23.99 After \$6 OFF Free Shipping



terra kai Organic Juice
Super Fruit & Veggie
Vitamin Blend
#1060126
\$17.99 Free Shipping

FREE
shipping!



Kirkland Signature™ Energy Shot™
OR Extra Strength Energy Shot™
48 bottles. Also available at Costco warehouses.
Search*: ENERGYJUL17C Free Shipping

Kirkland Signature™
CoQ10 300 mg
100 softgels.
Also available at
Costco warehouses.
Valid 6/29/17-7/23/17
#648220
\$17.99 After \$4 OFF
Free Shipping



Prilosec OTC 42 tablets.
Also available at Costco warehouses.
Valid 6/29/17-7/23/17 #945005
\$18.49 After \$6.50 OFF Free Shipping

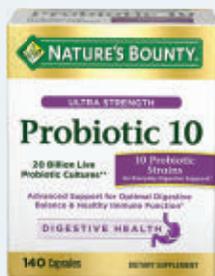


One A Day Women's Prenatal 1
90 softgels.
Valid 7/7/17-7/30/17 #1032782
\$23.99 After \$6 OFF Free Shipping

Schiff MegaRed Ultra Concentration
Krill Oil 750 mg 80 softgels.
Also available at Costco warehouses.
Valid 6/29/17-7/23/17 #1003745
\$21.99 After \$5 OFF Free Shipping



Osteo Bi-Flex Triple Strength OR Nature's Bounty Ultra
Strength Probiotic 10 Also available at Costco warehouses.
Valid 6/29/17-7/23/17 Search*: HEALTHJUL17C
\$5 OFF Free Shipping



Nature Made
CoQ10 200 mg
OR SAM-E 400 mg
Also available at
Costco warehouses.
Valid 6/29/17-7/23/17
Search*: NATJUL17C
\$8 OFF Free Shipping



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**Nature Made
 Prenatal Multi + DHA
 OR CholestOff Plus 450 mg**
 Also available at
 Costco warehouses.
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 Search*: NMJUL17C
\$4.50 OFF Delivered



A&D Medical Blood Pressure Monitors
 Search*: MONJUL17C Valid 7/7/17-7/30/17
\$6 OFF Delivered



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 Medical Alert with Charging Station**
 Includes three months of service.
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\$112.99 Delivered After \$20 OFF

Offset Canes by Medline
 Assorted styles.
 Set of three canes.
 Valid 7/7/17-7/30/17
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**\$29.99 Delivered
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tru relief Mini Nicotine Lozenge
 2 mg OR 4 mg 216 mint lozenges.
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 OR Fish Oil 1,400 mg**
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**Well Roots Biotin Rich Plus Collagen
 OR Colon Cleanse & Liver Detox**
 Search*: WELLJUL17C
\$19.99 Delivered



Live Life Healthy

Live Life Healthy
**ADULT
 SUPPORT**



Live Life Healthy
**HEART
 SUPPORT**



Live Life Healthy
**JOINT
 SUPPORT**



Also available at your local Costco warehouse. Valid 7/10/17-7/23/17 Search*: LIVEJUL17C

ONE Global Condoms OR
Oasis Personal Lubricant
Valid 7/7/17-7/30/17
Search*: ONEJUL17C
\$2.75-\$5 OFF Delivered

ONE



to your health!

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Metamucil MultiHealth Fiber
340 capsules.
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\$22.49 Delivered After \$6.50 OFF

KIRKLAND Signature



Kirkland Signature™
Glucosamine with MSM 375 tablets.
Also available at Costco warehouses.
Valid 6/29/17-7/23/17 #249375
\$12.99 Delivered After \$4 OFF

KIRKLAND Signature



Kirkland Signature™ Adult
OR Children's Multivitamin Gummies
Also available at Costco warehouses.
Valid 6/29/17-7/23/17 Search*: KSJUL17C
\$9.99 Delivered After \$2.50 OFF

KIRKLAND Signature

SAME PRODUCT-SAME PRICE-DELIVERED FREE
SAME QUALITY KIRKLAND SIGNATURE™ PRODUCTS AND PRICES AS IN THE WAREHOUSE SHIPPED FREE TO YOU



Kirkland Signature™ Quit2® and Quit4®
ICE MINT Coated Gum
#1140951 and 1140957



Kirkland Signature™ Quit2® and Quit4®
ORIGINAL Uncoated Gum
#1140951 and 1140957



Kirkland Signature™ Quit2® and Quit4®
MINT Lozenges
#906476 and 906492



Kirkland Signature™ Aller-Flo™
#1028472



Kirkland Signature™ LaxaClear®
#1028472



Kirkland Signature™ Aller-Fex™
#987677

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Sweet dreams.



SLEEP AID Doxylamine Succinate Tablets, 25 mg **Nighttime Sleep Aid**

Fall Asleep Fast! **Safe, Proven Effective** **Just One Tablet per Dose**

Kirkland Signature products are manufactured to the quality standards required by the Food and Drug Administration.

Exclusively from Costco Wholesale
WAREHOUSE ONLY | AVAILABLE NOW
Item #719940

Bottled water delivery

A sustainability story worth sharing

SUSTAINABILITY IS an unwavering goal at DS Services, Costco's water-delivery service provider. So says Jim Goforth, Costco Services manager, who oversees the service. "In fact, one of their green initiatives is delivered right to customers," he says. "All 3- and 5-gallon water containers from DS Services' family of companies are reusable."

CONNECTING

DS Services provides water delivery through these brands (depending on region): Alhambra, Belmont Springs, Crystal Springs, Deep Rock Water, Hinckley Springs, Kentwood Springs, Mount Olympus, Sierra Springs and Sparkletts. To sign up for low-cost, reliable water delivery, or for more information, go to costcowater.com or call toll-free 1-888-432-4823.

Goforth adds that after each use the bottles are cleaned and sanitized, and they can be refilled up to 50 times. "When these bottles are no longer usable, they are recycled and used to make everything from carpet and toys to bird feeders and tool handles," he says.

Safe drinking water is a key factor of a healthy lifestyle. Depending on where you live, the quality of your water resources might be affected and you should always have a supply on hand.

To help you understand the importance of bottled water, DS Services has put together this quiz. How much do you really know about the best beverage in the world?—*Steve Fisher*



DS SERVICES

How much do you know about water?

- How much bottled water does the Federal Emergency Management Agency recommend storing in case of natural disasters or emergencies?
 - A. A single 24-pack of 0.5-liter bottles.
 - B. 1 gallon per person per day for three days.
 - C. 10 5-gallon bottles for a family of five.
 - D. None of the above.
- Recycling a single plastic bottle can conserve enough energy to:
 - A. Power a flashlight for 24 hours.
 - B. Jump-start a car.
 - C. Light a 60-watt lightbulb for six hours.
 - D. None of the above.
- Bottled water has a shelf life of how many years?
 - A. Two to three decades.
 - B. Indefinite if it's produced according to regulated guidelines.
 - C. Six months.
 - D. Eight years.

- Which of these is not true about water?
 - A. It cushions joints.
 - B. It removes waste.
 - C. It acts as a natural stimulant.
 - D. It helps your body absorb nutrients.
- Trick your brain into feeling fuller by drinking water _____ before mealtime.
 - A. With three to five cubes of ice.
 - B. From a straw.
 - C. In a red or yellow cup.
 - D. 10 to 15 minutes.
- In which year did Congress pass the Safe Drinking Water Act?
 - A. 1901.
 - B. 1955.
 - C. 1974.
 - D. 1990.
- The water we use in our daily lives is sourced from a variety of places, including:
 - A. Rivers, streams and lakes.
 - B. Rain and snow.
 - C. Wells, springs and aquifers.
 - D. All of the above.

- Home filtration systems typically use carbon or activated charcoal, which is basically _____.
 - A. Charred wood.
 - B. Crushed silica.
 - C. Pulverized seashells.
 - D. Frozen plankton.
- Water is required for breathing.
 - True.
 - False.
- Bottled water can be tested up to _____ times more often than tap water on a gallon-for-gallon basis.
 - A. 5.
 - B. 36.
 - C. 55.
 - D. 12.

Quiz Sources:

- 1, 4, 7, 8, 9, 10: IBWA, bottledwater.org
- 2 [Bottled Water Matters, instagram.com/p/BB80HyoqSgM/](https://www.instagram.com/p/BB80HyoqSgM/)
- 3 "Ask the Regulators—Bottled Water Regulation and the FDA," U.S. Food and Drug Administration, fda.gov
- 5 "15 Easy Ways to Drink More Water Every Day," *Hristina Byrnes, MSN*, msn.com
- 6 "Basic Information about Lead in Drinking Water," EPA, epa.gov

Answers: 1. b; 2. c; 3. b; 4. c; 5. d; 6. c; 7. d; 8. a; 9. T; 10. b

FEEL GOOD ABOUT TACO TUESDAY AGAIN.

Add a little spice to your weekday without the fear of heartburn.

Visit our full pharmacy for Kirkland Signature Omeprazole and all of your prescription, health and wellness needs.



One tablet every 24 hours treats frequent heartburn

A 14-day course of treatment taken every four months for frequent heartburn that occurs two or more days per week.

Not intended for immediate relief of heartburn; this drug may take one to four days for full effect.

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WAREHOUSE/COSTCO.COM | AVAILABLE NOW
Item #258141



a real-life Costco pharmacist on real connections



“As a pharmacist, you have to enjoy people. Not only do I love every single encounter I have with my patients, I also love going out to the aisles and educating them on the products we carry. A lot of my patients ask about Kirkland Signature, and why it costs less. I tell them each Kirkland Signature product has the same active ingredients and quality standards as the name brand.

My No. 1 goal is to make sure every single member walks out of Costco with a sense of fulfillment – having experienced great service and saving money.”

Casey Freeman, Pharm. D.
Atlanta, Georgia

Statements pertain to Kirkland Signature over-the-counter medicines only.

Kirkland Signature Aller-Tec® is subject to the manufacturing standards mandated by the Food and Drug Administration, just like the leading national brands.

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Cool as



WE CAN HELP WITH THE CRAVING CONTROL SUPPORT YOU NEED

You may be more likely to quit with nicotine replacement therapy, but it works best when combined with behavioral therapy and lots of support from friends and family. And remember that the goal is to end your addiction to nicotine, not simply to quit using tobacco.

Visit our full-service pharmacy for all your prescription, health and wellness needs.

MOST smokers want to quit; be one of the successful ones. Get started at

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Item #1140957 (Quit 4), #1140951 (Quit 2)



COSTCO Pharmacy UPDATE

TO LEARN MORE ABOUT COSTCO PHARMACY, CLICK ON THE "PHARMACY" LINK AT COSTCO.COM OR VISIT YOUR LOCAL COSTCO PHARMACIST.

MEDICATION ADHERENCE

Are you getting the most out of your medications?



STOCKBYTE / GETTY IMAGES

FORMER U.S. SURGEON General C. Everett Koop said drugs don't work in patients who don't take them. Up to 30 percent of prescriptions are never filled, and half of all people do not take their medications as instructed, according to research published in the *Annals of Internal Medicine*.

This lack of adherence results in an estimated 125,000 deaths and more than \$100 billion in cost to the U.S. health care system annually. People who take their medications correctly tend to have lower health care costs, avoid unnecessary treatments and hospitalizations, and have better health outcomes.

According to the National Medication Adherence Report Card survey, there are many reasons that patients have difficulty taking their medications correctly. This includes high cost, confusion over how to take medications, side effects and not understanding why the medication is needed.

The survey also found that a patient's personal connection with a pharmacist

or pharmacy staff member is the top predictor of medication adherence.

Your pharmacist can help you improve your health and quality of life through better medication use.

Ask your pharmacist to:

- Work with your doctor to develop a simple and convenient medication schedule that fits into your lifestyle.
- Help find lower-cost medications and assistance programs that help you afford your medications.
- Recommend reminder tools such as pill organizers to help you stay on track.
- Help coordinate refills so you can pick up all of your medications on the same day.
- Give tips on managing side effects.

Understanding why and how to take your medication and what kind of results to expect will help set the stage for success. Talk to your pharmacist today about how better medication management can help you get and stay healthy.

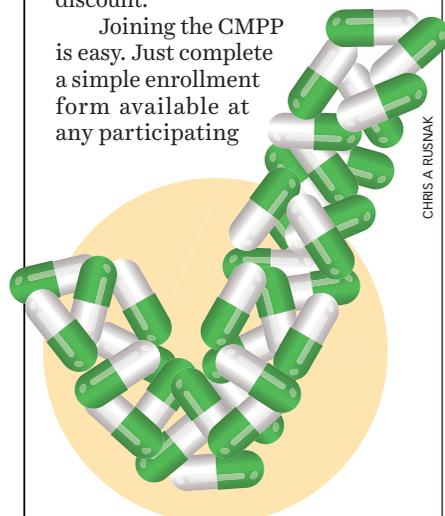
LOW-COST PRESCRIPTIONS

Savings made easy: Costco Member Prescription Program

THE COSTCO Member Prescription Program (CMPP) is a prescription savings program for you and your family. It allows members who have no prescription-drug insurance or whose insurance does not cover all of their prescription medication to obtain lower prices on certain prescriptions. All prescriptions filled via CMPP receive a discount, with some medications offering savings of up to 70 percent off.

Costco pharmacists can tell you the specific savings on your drugs. Also, they can recommend a medication similar to the one you have been prescribed that may have a higher discount.

Joining the CMPP is easy. Just complete a simple enrollment form available at any participating



CHRIS A. RUSNAK

Costco Pharmacy for each participant (the member and each eligible dependent) and return it to your Costco pharmacist. Additional information is available at costco.com/member-prescription-program.html.



DON'T LET YOUR JOINTS SLOW YOU DOWN!



Help Support Healthy Joints*



Promotes healthy cartilage and collagen development*

Supports maximum flexibility, range of motion and joint comfort*

Try Kirkland Signature Glucosamine with MSM for Joint Health Today!

Quality You Can Trust

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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Item #249375





Trusted Leakage Protection

Save \$8

Offer valid 6/29/17-7/23/17.
See your Costco Savings Book for details.



INFANT: Sizes 1 & 2

- **WETNESS INDICATOR** changes to blue when wet.
- **SUPER SOFT QUICK-DRAW LINER** draws liquid away from skin.
- **POCKETED WAISTBAND** helps contain leaks.
- **SOFT, BREATHABLE COVER** helps maintain dry, healthy-looking skin.



ACTIVE BABY: Sizes 3-6

- **NEW! WETNESS INDICATOR** changes to blue when wet.
- **ULTRA DRY LINER** provides outstanding comfort.
- **SECONDARY FASTENERS** and **FLEXIBLE DESIGN** offer secure and comfy fit.

Items may not be available at all locations. Applicable tax laws may require sales tax on pre-discounted price. These taxes are in addition to product price. While supplies last.

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Item numbers vary.



Sensitive & Latex-Free NITRILE EXAM GLOVES

- Latex-free*
- Powder-free
- Superior barrier protection
- Comfortable fit and feel
- Great tactile sensitivity
- For use in medical and dental examination, food service and other applications

Kirkland Signature Nitrile Powder-Free Exam Gloves combine tactile sensitivity and flexibility in a glove that's easy to don and gives you user-preferred comfort for less hand fatigue in extended wear.



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Item #467110 (Small), #467120 (Medium), #467130 (Large)
Selection varies by location.



*Not made with natural rubber latex

KIRKLAND
Signature

ENERGIZE YOUR SUMMER



48-Bottle Variety Pack

Regular Strength contains Orange, Berry, Pomegranate flavors

Extra Strength contains Grape, Berry, Pomegranate flavors

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Item #601180 (Regular), #744073 (Extra Strength)

PHOTOS COURTESY OF TAYLOR STOCKDALE



A hero's life

Capturing the memories of a military father

BY GARY STRAUSS

JAMES STOCKDALE is perhaps best remembered as Ross Perot's running mate in the 1992 presidential race.

However, it was a mere footnote in the storied life of a Navy fighter pilot whose bravery and defiant leadership of prisoners of war (POWs) at North Vietnam's infamous "Hanoi Hilton" over seven and a half years earned him the Congressional Medal of Honor.

Stockdale died in 2005 at age 81, and his wife, Sybil—instrumental in raising awareness of the torture and mistreatment of POWs—passed away in 2014. Soon afterward, Costco member Taylor Stockdale, the youngest of the couple's four sons, began cleaning out their Coronado, California, home. Combing through boxes of photographs, home movies, TV interviews, letters and personal items dating back to the couple's childhoods was cathartic, he says.

"We knew some of the stuff that was there, but there were lots of incredible things I had forgotten about or hadn't seen, which were just amazing," says Stockdale, headmaster at The Webb Schools, a private boarding school based in Southern California.

He says he was particularly struck by videos and photos taken the day his father returned to the U.S. in 1973. "I remember thinking I was going to hug this big man, but when I reached around his waist, there was nothing there—he had dropped from his normal weight of 185 pounds down to 110. He looked like a ghost. But he gave this

beautiful, poignant speech about how grateful the POWs were to be home and the meaning of faith. Later that night, in the hospital with just the family, we tried to say grace. Everyone was crying."

Stockdale, 55, decided the treasure trove of memorabilia and personal history needed to be preserved to bring meaning to his



"I'm just glad to rediscover his story ..."

—Taylor Stockdale

father's legacy and put his life into broader context for family and friends. He brought the collection to the Photo Center in his local Costco, which offers a service through YesVideo to digitize videotapes, film reels, slides and photos.

YesVideo CEO Michael Chang says many clients are downsizing or clearing out their parents' homes or their own, and trying to preserve family legacies for future generations. "What makes it so meaningful

The Stockdale family collection included photos spanning James Stockdale's storied career and life.

is we're recapturing a lot of family memories, especially for customers who don't necessarily have the obsolete equipment to play tapes or films," says Chang, who recently digitized his own parents' photo albums and the film of their 1966 wedding.

Taylor Stockdale was 3 years old when his father shipped out, and nearly 11 when his dad and scores of other POWs were released. "It was very strange to have this childhood and then all of a sudden there's this guy telling you what to do," he says.

The larger-than-life war hero, who suffered from years of physical and psychological torture during mostly solitary confinement, became a loving father, gracious teacher and confidant. Surprisingly, he was never bitter toward his captors, nor was he upset at the fallout from what some considered an erratic performance during the vice presidential debate, Stockdale says.

"To watch your dad, an amazing human and hero, get hammered on the political stage is painful," he says. "But as painful as that night was, it was just one moment in his life. Seeing memories of him as a younger guy, and how sharp and clear he was about his experiences, I'm just glad to rediscover his story, bring it to life and share it." **C**

Gary Strauss is a freelance journalist based in Washington, D.C.

CONNECTING

Costco's in-warehouse Photo Centers can digitize your photos and video on DVDs. The service also provides free, unlimited online viewing through a cloud-based app. You can find full details at Costco.com; click on "Photo" and "Preserve Memories on DVD."

Joint Comfort & Mobility in Just One Tiny Pill per Day![†]



Glucosamine & Chondroitin

VS



Triple Action Joint Health[†]

All tablets shown actual size.



The main ingredient in **KIRKLAND SIGNATURE TRIPLE ACTION JOINT HEALTH[†]** is UC-II[®]—a patented ingredient that has shown positive results in multiple clinical studies. Unlike glucosamine and chondroitin, which requires taking two large tablets per day, Triple Action Joint Health supports joint, cartilage and bone health in JUST ONE TINY PILL PER DAY for greater freedom and movement![†]

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Item #1017650

UC-II[®] is a registered trademark of InterHealth N.I.
UC-II[®] brand collagen with undenatured Type II collagen (U.S. Patents 7,846,487, 7,083,820, 9,066,926 and EPO Patent EP1435906B1; Canadian patent CA 2459981C; and Japanese Patent JP 4800574B2).

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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110
DAY SUPPLY
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THE COMFORTABLE WAY TO RELIEVE CONSTIPATION.

One of the most common side effects of taking a prescription medication is chronic constipation. A quality stool softener such as docusate sodium provides fast, effective relief, so you can get back to feeling like yourself again.

- Fast relief
- Gentle and effective
- Stimulant-free

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TROJAN BRANDS 
the pleasure of protection

**America's #1 MOST TRUSTED
Condom Brand for 100 Years**

FOCUS ON
KIRKLAND SIGNATURE

Girls' Cotton Leggings 2-Pack

WANT TO add a little playful style to your favorite girl's wardrobe? The Kirkland Signature™ Girls' Cotton Leggings 2-Pack will do just that. Each pack contains one pair in a solid color, either black or heathered, and a second pair in a coordinating print.

"Our updated styling features fresh new prints with unexpected details," says buyer Wendy Jopp. "Photos of puppies and kittens, border prints and metallic stars are paired with a great everyday solid black or a heathered color, so she'll have a variety of looks to pair with her favorite fall tops and dresses."

The leggings are made from an upgraded blend of cotton and spandex for improved fit and comfort and are heavier for greater warmth. "Even with the quality upgrades, we are offering the same great price of \$9.99 for two pairs," Jopp adds. Item #7418529. Warehouse and Costco.com.



ACER CHROMEBOOK 14

With its sleek 100% metal chassis and immersive 14" Full HD IPS LED-backlit display, the Chromebook 14 delivers a stunning mobile experience and 12 hours of battery life. Item #1159145. Warehouse and Costco.com.



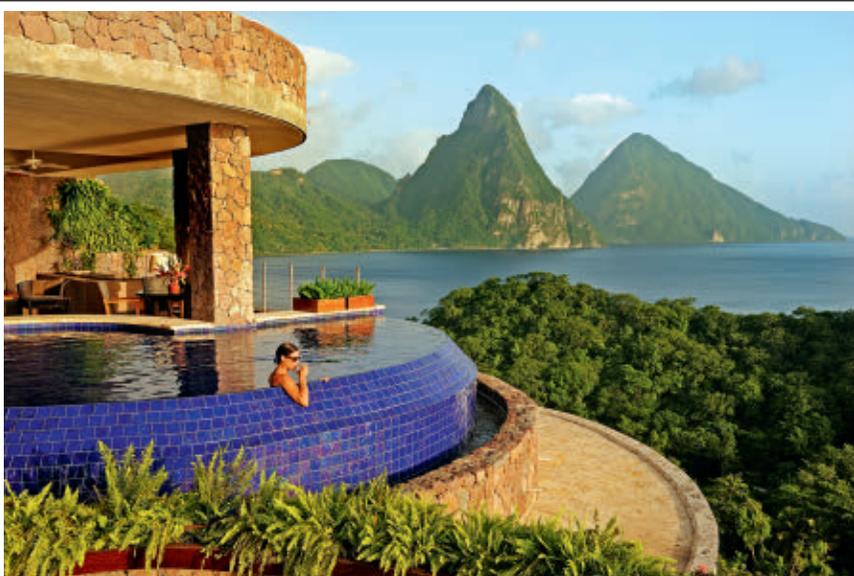
JUMBO LOUNGER

Filled with 100% self-expanding furniture-grade foam, this lounger provides long-lasting comfort with multiple seating positions and an ultra-soft corduroy cover. Item #733315. Warehouse only.



CRETE, GREECE, VACATION PACKAGES

Costco Travel is pleased to introduce Crete as its newest destination in Greece. Greece's largest island, Crete welcomes visitors with magnificent history and breathtaking scenery. Explore remnants of ancient civilizations, enjoy a variety of beaches, and discover stunning mountains, fertile valleys and steep gorges. Admire elaborate churches, mansions and other architectural wonders while indulging in excellent Cretan cuisine and wine. For more information and to book, click "Travel" at Costco.com or call 1-877-849-2730.



JADE MOUNTAIN, ST. LUCIA

Experience Costco Travel's newest resort on the spectacular Caribbean island of St. Lucia. This secluded, luxurious, all-inclusive resort offers accommodations in 24 individual sanctuaries. Each sanctuary includes architectural features designed to enhance the scenic surroundings, including 15-foot ceilings, an open fourth wall, a private infinity pool, and breathtaking views of the Pitons and the Caribbean Sea. Costco Travel's package includes a Costco Cash card, a \$100 tour credit, a special benefit for Executive members and more. For more information and to book, click "Travel" at Costco.com or call 1-877-849-2730.



KIRKLAND SIGNATURE NATURE'S DOMAIN CHICKEN AND PEAS FORMULA PUPPY FOOD

Made with real chicken and packed with nutrients for the skin, coat and overall health of your puppy as well as the lactating mother. Item #1101794. Available in select NW, LA, SD, NE and MW locations. Warehouse and Costco.com.



KIRKLAND SIGNATURE OUTDOOR 50-GALLON TRASH BAGS 70-COUNT

Each 38" x 51.5" trash bag is 1.4-ml thick and features Smart-Tie® closure. Item #1090450. Warehouse and Costco.com.



HUGGIES PULL-UPS PLUS BOYS' OR GIRLS'

Make potty training easier with all-around day and night protection with the most absorbent Huggies Training Pants. Available exclusively at Costco. Item #1126124 (2T-3T), #1126125 (3T-4T), #1126126 (4T-5T). Warehouse and Costco.com.

HEART SUPPORT[†]

CoQ10 Maximum Potency 300 mg

CoQ10 is an antioxidant that appears in almost every cell in the body and also supports the functioning of the heart.[†] Supplementing with Maximum Potency Kirkland Signature CoQ10 can help replenish CoQ10 that statin medications may deplete.[†]

- Promotes antioxidant health[†]
- Helps maintain healthy blood pressure already within a normal range[†]
- Supports cellular energy production[†]



Kirkland Signature CoQ10 carries the USP Verified mark for quality, purity and potency.



[†]Note: Coenzyme Q10 is not intended to serve as a replacement for statin therapy, nor should you discontinue taking any prescribed medications while supplementing with Coenzyme Q10.

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Item #648220

Every age is the right age for Gummy Vitamins!



ADULT GUMMIES

Why let kids have all the fun? Adult Multivitamin Gummies help support the immune system, bone health and more.*

CHILDREN'S GUMMIES

Give your kids the nutritional support they need for healthy growth and development with these great-tasting gummies!*

CALCIUM 500 mg with D3 GUMMIES

Calcium with D3 is important for maintaining a healthy body.* Support for strong bones, teeth and immune health.*



Visit our full-service pharmacy for all of your prescription, health and wellness needs.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Products are not for children under 2 years of age.

704717KS-GG

*Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

Exclusively from Costco Wholesale

WAREHOUSE/COSTCO.COM** | AVAILABLE NOW

Item #870735 (Adult Multi), #897980 (Children's Multi), #1051972 (Adult Calcium)

**Kirkland Signature Adult Gummies Calcium is available in the warehouse only.

DIGESTION SUPPORT SO GOOD,
*you'll never
even taste it!**



Make almost any food a fiber-rich one!

Just a spoonful of Optifiber™ gives you the same digestive benefits as Benefiber® —but with the fantastic value only Kirkland Signature can provide!†*

- Supports healthy digestion*
- May help you feel fuller, longer*
- Sugar-free, flavor-free, clump-free formula
- All natural ingredients



Visit our full-service pharmacy for all of your prescription, health and wellness needs.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

†This product is not manufactured or distributed by Novartis AG. Benefiber® is registered trademark of Novartis AG.

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Item #667865

SPECIAL EVENTS

Exciting and unique products at your local Costco for a limited time.

SEE SCHEDULES ONLINE

For schedules, dates and descriptions of events, go to Costco.com, find "Locations & Services" at the bottom of the page, then click "Special Events." For more information, drop by your local Costco warehouse or call this toll-free number: 1-800-774-2678. Or, download the Costco mobile app from the Apple or Google Play app store, go to "Warehouse Locator" and choose a warehouse to see what events are coming.



GENZE BICYCLES

Generation Zero Emissions electric bikes use the latest EV technology to give you three throttle options: pedal, pedal assist or all-electric. Public transit and bike lane friendly, GenZe bikes feature a removable battery that can quick-charge on the fly using a standard outlet.

TRAEGER PELLET GRILLS

Traeger wood-pellet grills allow you to conveniently smoke, grill or bake using pure hardwood pellets that impart a rich wood-smoked flavor to food.

REVERIE BEDS

Reverie manufactures customized mattresses and adjustable foundations. The DreamCell™ mattress technology lets you change the firmness level of your mattress to fit your changing body and preferences over time.



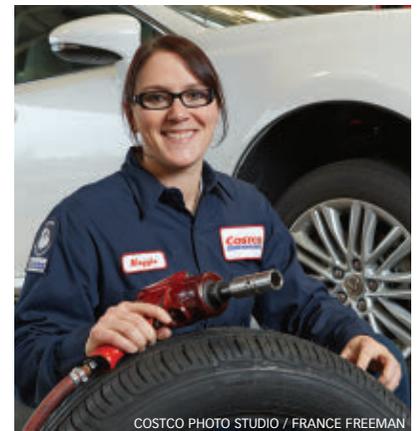
ANNOUNCEMENTS

Health Fairs

Costco pharmacies frequently host clinics to check diabetes, heart or bone health. Screenings are free of charge and include an assessment of the results as well as suggestions for prevention or treatment methods. For dates and warehouse listings, go to Costco.com and search "health fairs."

WAREHOUSE HOURS

Monday–Friday 10am–8:30pm • Saturday 9:30am–6pm • Sunday 10am–6pm
Pharmacy closed Sunday • Costco.com 24 hours a day, 7 days a week



COSTCO PHOTO STUDIO / FRANCE FREEMAN

Tires installed at your convenience

THE COSTCO TIRE CENTER is nothing new to most members. For years, members have enjoyed the quality and value Costco offers on premium tire brands such as Michelin, BFGoodrich and Bridgestone through its Tire Center. Many have come to trust not only the quality and value of the tires Costco sells, but also the installation service performed by highly trained Tire Center technicians. Now there's more: the new, convenient Appointment Program.

"Depending on how busy we are at any given location, there could be a 30-minute to two-hour wait for tire installation," explains Robert Moyer, Costco Tire Center operations director. "We developed the Appointment Program to offer our members another option to more conveniently manage their tire purchase and maintenance needs."

To take advantage of the new program, visit costcotireappointments.com. Once you register, enter your ZIP code and select a warehouse near you. You'll be prompted to select your vehicle type, specify which service you want to make an appointment for and select the desired day and time. If you prefer, you can call your local Costco Tire Center and schedule an appointment over the phone. Please drop off your car 15 minutes before the scheduled service.

In addition to tire installation, the Appointment Program enables you to make appointments for other tire maintenance needs, such as rotation and balance, tire repair, nitrogen conversion or safety inspection. Whichever service you select, simply follow the prompts in the system and arrange a time that's convenient for you.

Now you can make the most of your time while you enjoy huge savings on quality tires and installation through the Costco Tire Center.—*Will Fifield*

NEW!

CHARMIN'S SOFTEST NEVER FELT SO GOOD



NEW Charmin Ultra Soft® is made with more premium fibers that make it our softest tissue ever. It also has our widest sheets available* for superior coverage.

Plus, you can use less, AND our new cushiony design is 2x more absorbent!†

*Vs. Charmin® Regular Roll.
†Vs. leading bargain brand.

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WAREHOUSE/COSTCO.COM | AVAILABLE NOW
Item #1144913/#1144914 (Charmin Ultra Soft Bath Tissue)
Selection varies by location.

The heart wants what the heart wants!



KIRKLAND SIGNATURE
HEART HEALTH

LOW DOSE ASPIRIN
ENTERIC COATED

Aspirin Regimen
Pain Reliever (NSAID)

*Safety-coated aspirin is enteric coated for members
with sensitive stomachs.*

These tablets do not dissolve in the stomach.

Kirkland Signature products are manufactured to the quality standards required by the Food and Drug Administration.

Exclusively from Costco Wholesale

WAREHOUSE ONLY | AVAILABLE NOW

Item #310715



Above: A staff member has reading time with a guest. Below: Owner Kolleen Fox with a frequent visitor.



PHOTOS: JIM RAMAGLIA

The cat pamperer



© VLADIMIRCRESNAK / SHUTTERSTOCK

IT'S NO SECRET that cats are having their moment. The internet is rife with videos showing kitties of all ages in all their glory. Kolleen Fox, a Costco member in Sedro-Woolley, Washington, says, "Cats are amazing. They're the perfect package of grace and function and symmetry. They're wild, but they're domesticated."

So it was natural for her to want to get into business with the furry felines, which led to the creation of Cat Nap Inn (catnapinn.com), a bed-and-breakfast just for cats, in Alger, Washington, about an hour and a half north of Seattle.

"I was in the health care insurance industry, and I wanted to love going to work every day," Fox explains. "I stumbled across an article about luxury boarding facilities, and I started researching. I went to a how-to class; I traveled five states and Canada. It took three years, and I opened my doors [in 1999]. It was a dream come true."

Since then, Cat Nap Inn has welcomed 2,500 "guests." Twenty-five rooms, with either a window or a virtual fish tank, are available for finicky visitors. There are six levels of rooms, or suites, from the Executive Studio at \$20 a night for one cat to the Gone Birding Suite at \$48 a night for one cat. Kitties are kept separated unless they're from the same household and

get along. Each suite has its own HEPA ventilation, so the cats never share air.

"The facility was designed for cats," Fox emphasizes. "Everything was built with health and safety and what cats like in mind. While love and play come with our rates, we offer all sorts of extra services. Many people indulge themselves when they go on vacation, and [they] like to do the same for their kitties. We have our Spoil Me menu. It features Tasty Treats, which is a Shrimpsicle or the Surf No Turf [wild Alaskan salmon], and our fantastic turndown service, aka the Sweet Dreams Package, which includes a cozy blanket, a Snuggle Safe [a heated microwave pad that stays warm up for 10 hours] and a bedtime snack."

In fact, the cats are treated so well, they often balk at going home with mom and dad. "Sometimes people get a little offended," Fox says. "I tell them that's a good thing—a good thing that they're not in a rush to go home."

—Steve Fisher



Hunting treasures

THE LURE OF treasure hunting has called to everyone at some point or another. (Costco members experience it every time they visit the warehouse.) But for some, the call is stronger.

"I started it as a hobby with my kids. After we found our first ring, we were hooked on ring-finding," says Dan Roekle, a Middleton, Wisconsin, Costco member. "And after about two years of doing it, I actually turned it into a business."

The calls to find lost rings are increasing, but the venture is not quite lucrative enough for Roekle to quit his day job.

"It's a side business that I do on nights and weekends, or as often as my wife lets me get out," he explains. "But during the day, I'm an IT guy. I sit behind a desk staring at a computer screen, so when the phone goes off with a lost-ring hunt, I jump at the opportunity to get out and explore nature. I bring my kids along, too, which is great."

Roekle started searching for rings in 2011. "Somebody had posted a lost ring ad on Craigslist," he recalls. "We had a metal detector, so we said, 'Let's go see if we can help him out.' We went out and, about 30 minutes into the search, we had found it."

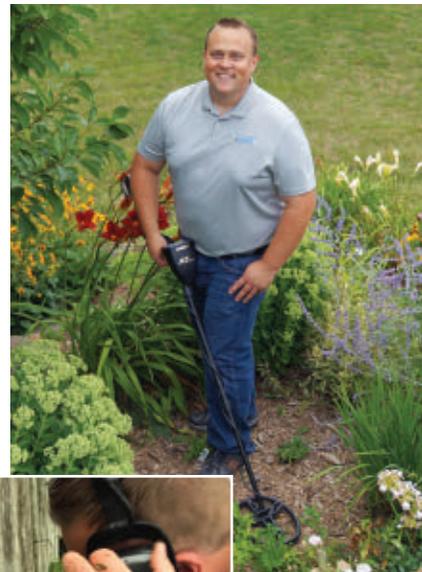
They got a warm feeling and a small

reward for their efforts and, in 2013, Lost and Found Ring (lostandfoundring.com) was born. Most searches come from people who have found Roekle on Google, or from stories in local papers or word-of-mouth. He has driven as long as six hours one-way to get to an assignment.

Roekle says ring-finding is not about simply knowing how to use a metal detector. "Ring-finding is an investigative process," he says. "Before we even start searching, we ask a lot of questions. I encourage people to write down everything, everywhere they were, while their memories are fresh. It's those tiny details sometimes that lead us to the right spot."

When Roekle does get paid for his efforts, he tends to put the money into new and better equipment. But sometimes a plea for help leads to more than money.

"Just the look on people's faces," observes Roekle, "is enough of a payment most times." —SF



PHOTOS: DAN ROEKLE



Dan Roekle hunting treasure with his trusty metal detector.

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