

# Siempre Mujer June/July 2007 ISSUE HIGHLIGHTS

**Danna Garcia's Summer Secrets; the Men that Inspire Us; Swimsuit Trends; and Save Money Now**

## **SUMMER SURVIVAL GUIDE – Page 50**

Everyone wants to feel radiant, relaxed and energized during the summer and *Siempre Mujer* and Danna Garcia, star of Telemundo's *Pasión de Gavilanes*, are here to show you how. We consulted with trainers for their favorite warm-weather workouts, nutritionists for their top healthy eating tips and our very own beauty editors for the products to keep your skin soft, your locks luscious and your makeup beautiful. Don't miss Danna's summer reading and music recommendations!

## **INSPIRING MEN – Page 58**

In the October/November 2006 issue, *Siempre Mujer* introduced its annual "Mujeres Que Inspiran" feature honoring prominent Hispanic women who give back to their communities. Now, we turn our sights to the men in our lives! Our seven men represent the smarts, sense of humor, sensitivity, generosity, curiosity and, well, good looks that we all look for in the perfect man. Read on to be inspired by: **Chayanne, Julio Sabala, Emilio Estefan, Fernando del Rincon, Ricky Martin, Pedro Sevcec and Ricardo Montaner.**

## **SWIMSUITS IN PARADISE – Page 44**

This summer, the sea, the sun and the breeze all invite you to look your best when you strut your stuff beach-side. It's a good thing this season's swimsuits are up for the challenge! Join *Siempre Mujer* as we take you through a tour of the hottest trends in beach wear. We'll show you how graphic prints, bohemian styles and accessories, metallics, earth tones and bright, solid colors are all the rage. We'll also showcase suits that mix well with all budgets.

## **MIAMI FLAVORS WITH INGRID HOFFMAN – Page 76**

As Miami increasingly becomes the mecca for all sorts of mouth-watering Latin American cuisines, it's only appropriate that someone becomes the city's culinary spokesperson. That someone is TV personality and chef extraordinaire Ingrid Hoffman, who's about to launch her first English-language cooking show called *Simply Delicioso* on the Food Network. Hoffman shares some of her best recipes, like **Salmon Served with Green Sauce and Mango** or the **Guanábana Mojito**, and a list of her favorite Miami spots.

## **DEALING WITH LOSS – Page 86**

Losing a loved one can be a confusing, traumatizing and emotional experience for a child. That's why *Siempre Mujer* consulted with experts to share the best ways to help them through it. Make sure to apprise school teachers of the loss, find ways to honor the deceased and encourage kids to write a letter to the loved one are just some of the tips we offer. Our story will help parents understand that being open and honest, yet careful with our words, could be the best ways to guide kids through their grief.

## **YOU'RE IN BUSINESS; NOW WHAT? – Page 96**

Like many entrepreneurial women out there, you took the plunge and started your own business – congratulations! Now, *Siempre Mujer* Financial Editor Xavier Serbia reminds you about the important steps you must take in promoting, marketing, selling, distributing and billing your products and services in order to turn your business into a long-term success.

The June/July 2007 issue of *Siempre Mujer* is on newsstands now.

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