



# ZAP STAR

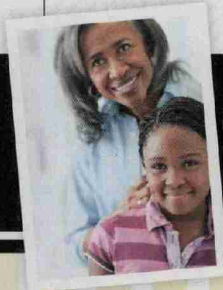
We love warm nights but hate the bugs. Thank goodness for the

**THERMACELL LANTERN.** In addition to casting a warm glow, the butane-fueled gadget releases allethrin, a virtually odorless, synthetic version of a natural insecticide found in chrysanthemums, creating a 15' x 15' pest-free zone. Thermacell.com, \$23



## A DASH OF FUN

Playing with your food is totally okay with these irresistible Salt + Pepper Squeezers (flipandtumble.com, \$24). Squish instead of shaking, and pass by rolling across the table. We also love the two-in-one dispenser from NYC's Museum of Modern Art (momastore.org, \$14)—just flip the switch for your seasoning of choice.



## IN GOOD COMPANY

The more your kids hang out with your mom and dad, the more kindhearted they'll be, according to a new study. Researchers at Brigham Young University interviewed adolescents between the ages of 10 and 14 and found that those whose grandparents were actively involved in their lives went on to develop a stronger sense of care and concern for others.

# WHO NEEDS ZZZ'S?

Can't get up when the alarm goes off? Crabby and cranky even when you turn in early? Scientists have discovered that DNA determines how much sleep we require. Researchers at Ludwig Maximilians University Munich found that people with a variant of a gene known as **ABCC9** can function well on significantly less shut-eye. So stop complaining about your husband's snoring. Blame your parents instead.



## SLEEPY TIME OF THE STARS

*Some need a little, some need a lot.*

Madonna 🐑🐑🐑

Margaret Thatcher 🐑🐑🐑

Bill Clinton 🐑🐑🐑🐑

George Clooney 🐑🐑🐑🐑🐑

Matthew McConaughey 🐑🐑🐑🐑🐑🐑🐑

Heidi Klum 🐑🐑🐑🐑🐑🐑🐑🐑

Mariah Carey 🐑🐑🐑🐑🐑🐑🐑🐑🐑

🐑 = 1 hour

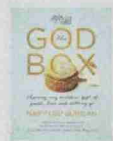
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**GRAVE MERCY** by Robin LaFevers (Houghton Mifflin) If your teen thinks she's got it rough, introduce her to Ismae. Living in 15th-century Brittany, Ismae narrowly escapes marriage by heading to a convent. But these nuns serve the dark arts: Ismae is trained to be an assassin and schooled in the use of poisons and female persuasion. Then she meets her (love) match in the charming but enigmatic Duval. A rollicking historical romance with a formidable female protagonist bound to win the hearts of teenagers—and maybe moms too!



**B** by Sarah Kay (The Domino Project) Lyrical and absolutely charming slip of a poem book about the maternal ties that bind. (Kay received a standing ovation when she read it at the TED convention.) Celebration, admiration, inspiration for mothers, daughters, anyone, to gift, share or simply cherish.



**THE GOD BOX** by Mary Lou Quinlan (Greenleaf Book Group) After Quinlan's mother passed away, she happened upon her treasured boxes of prayers and wishes. Sifting through the containers of mostly handwritten scraps—which Quinlan compares to reading her mom's heart—she finds the strength to move on. This beautiful affirmation of love is paired with an equally soul-soothing companion website, [thegodboxproject.com](http://thegodboxproject.com).