

# Smart

FASTER. CHEAPER. BETTER.



## Dinner on the fly

Our fish-in-a-flash is fast to make and tasty too.  
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## Welcome to Smart

We're excited to spend each Sunday with you—but we know better than to think we can consume too much of your precious weekend time.

If you're like us, you're already wearing a closetful of hats—mom, wife, boss, best friend, daughter, workaholic among many—and when the weekend hits, you just want a chance to catch your breath. So we'll try to keep things short and simple and, well, smart. We'll find ways to save you time and money. And we'll make it fun.

You'll recognize many Tribune names in Smart. From Julie Deardorff on health and fitness to Wendy Donahue on fashion and style, our staff is rich with experience. Ask Amy is on our Page 2 collection of "solutions," joined by Bill Daley on wine, Heidi Stevens on parenting and Ellen Warren on life's stickier situations.

Dig deeper and you'll find information dedicated to helping you live your life faster, cheaper and better. And don't forget to do your sudoku—puzzles make you smarter!

We hope you'll tear out our tips, share them with friends and keep us around to help you through your week.

Here's a peek inside:

### FASTER

#### Schedule a mammogram



Health and fitness reporter Julie Deardorff explains why it can take so long—up to seven months at one hospital—to get a mammogram appointment.  
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### CHEAPER

#### Wash your car

A new car might not be on your must-buy list right now, but you can spiff up the one you have. Reporter Lauren Viera shows how you can pull off a professional-looking detailing job with a few inexpensive products.  
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### BETTER

#### Give yourself a fresh look

What woman wouldn't love a makeover? Reporter Louis R. Carlozo writes about three Chicago grade-school teachers who were nominated by their students for head-to-toe makeovers from Jones New York.  
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Renee Natale, a 5th-grade teacher, in mid-makeover. "As teachers we dress ... in a very proper manner. [The students'] idea of a makeover is that I do something a little more funky!" ANTONIO PEREZ/TRIBUNE

# How Mo got her groove back

With the help of her sisterhood, one jilted bride tells sadness to take a flying leap



By Heidi Stevens  
TRIBUNE REPORTER

Some travel in pantsuits, but Mo Buti's sisterhood prefers cocktail dresses. And Buti? She's the one in the wedding gown.

Not that she's getting married, mind you. She planned to, back in '07—designed a dress, hired a band, registered for gifts. But the groom called it off. So Buti did what women do in a time of crisis: She turned to her sisterhood.

"My friends were so supportive," says Buti, 40. "They were the ones saying, 'Look how healthy you are! You're in great shape! Your job is amazing!' They're there for me. Always."

Then, she planned a party:

On a beautiful late September evening, on the first floor of an elegant condo building on Lake Shore Drive, Buti danced and laughed and ate from a stiletto-shaped cake with 80 or so friends and relatives. Later, she opened the gifts from her slightly tweaked registry. In short, she celebrated.

"I love this part of my life," says Buti, who manages the Autism Department for the Chicago Public Schools. "I finally realized I don't have to be sad. I love my job. I love my life. I'm celebrating my life—it's just not my life with someone else."

At least not the someone else she originally had in mind.

"It's really a celebration for everyone I have to look up to and be happy about," Buti says. "Especially my little sister,



Mo Buti (right), at her party: "It's really a celebration for everyone I have to look up to and be happy about. Especially my little sister, Colleen [Aubrey, left], who's been super supportive." CHERYL A. GUERRERO/TRIBUNE

Colleen, who's been super supportive. It's kind of like me giving back after all the time and energy they spent to help me feel better."

"Tend and befriend" is how the experts label this behavior. And it's something women are particularly good at. A landmark UCLA study in 2002 found that when women experience stress, their bodies release

the hormone oxytocin, which encourages them to tend children and huddle with other women. It's the opposite of "fight or flight," which scientists long

believed was the natural human response to stress. Men, the study found, also release oxytocin, but its effects are reduced by testosterone. Estrogen, on the other hand, enhances oxytocin.

"Science proves that female friends are essential to a happy and healthy life," says Tina Bishop, co-owner of GirlfriendCelebrations.com, a Web site based in Lombard that encourages women to cultivate their friendships.

All too often, Bishop says, women allow their friendships to fizzle while they care for children, parents, households and other responsibilities. But your sisterhood is your lifeline. And it, too, needs care.

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### 5 ways to grow your sisterhood

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## How to plan your girls' night out ...

### FASTER

#### Do dessert

If dinner out is impossible to squeeze in (waiting for a table, waiting for your food, waiting for your check, waiting for your change, you get the picture), plan to meet for dessert instead.

We love the sweets and the ambience at Hot Chocolate (1747 N. Damen Ave.), which stays open until midnight Thursday through Saturday. Or head to Greektown's Artopolis Bakery Cafe and Agora (306 S. Halsted St.) and choose from a colorful array of fresh-baked pastries and other goodies (open until midnight every night).

### CHEAPER

#### Swap cool stuff

Plan a book swap party. Each pal brings a favorite book to share, and you all go home with something new to read—for free! And skip the home sale parties (jewelry, purses, candles, etc.). "They really don't do anything to further friendship—in fact, they can alienate people," says Dawn Bertuca, co-owner of GirlfriendCelebrations.com.

"Put a genuine girls' night together, and your friends will be surprised and delighted that they don't have to open their checkbooks and you truly want their company."

### BETTER

#### Cook up a party

Steal a page from those meal-prep joints and host your own cooking party. You get to bond with friends and cross items off your to-do list!

GirlfriendCelebrations.com offers these tips: Pick a simple theme (casseroles, chilis, soups, etc.). Pick up a few extra spatulas, measuring cups and other utensils at the dollar store. Have plenty of freezer bags and aluminum foil on hand. And, of course, clean your kitchen beforehand.

—H.S.