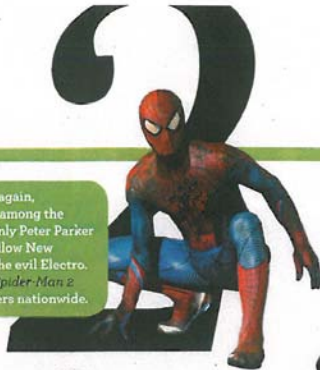


BEST OF *May*

There he goes again, swinging high among the skyscrapers. Only Peter Parker can save his fellow New Yorkers from the evil Electro. *The Amazing Spider-Man 2* opens in theaters nationwide.



Time to saddle up for the most exciting two minutes in sports—the *Kentucky Derby*. Study the early favorites, dark-horse contenders and more at kentuckyderby.com.



4

May the fourth be with you! Yes, it's *Star Wars Day*. Let the movie marathon commence.



15

Just about halfway through *Get Caught Reading Month*—make sure you do.



Happy Mother's Day! Quick shout-out to President Woodrow Wilson: In 1914, he approved a resolution designating the second Sunday in May as a special day.



Moms, how do you prefer to celebrate—breakfast in bed, a nice dinner out or something else? Tell us!

BLIPP TO VOTE

21

On this date in 1881, humanitarian Clara Barton founded the *American Red Cross* to help those in need. Learn more at redcross.org.



25

Listen up for the swells of the *National Symphony Orchestra*. PBS broadcasts live a free concert on the West Lawn of the U.S. Capitol. Actors Gary Sinise and Joe Mantegna host this epic 25th-anniversary show. Check pbs.org/memorialdayconcert for local listings.



26

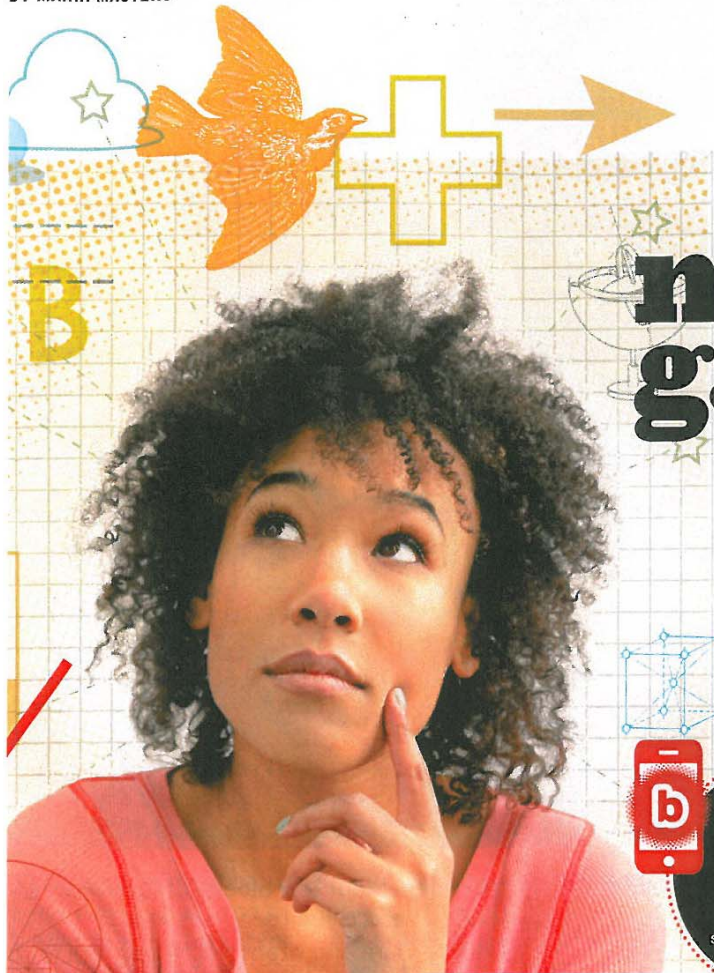
It's *Memorial Day*, the unofficial kickoff to summer. For crowd-pleasing cookout recipes, go to familycircle.com/grilling. As for dessert, find over a dozen sweetly patriotic picks at familycircle.com/redwhiteandblue.



As *Melanoma Awareness Month* ends, make sure you have ample sunscreen stashed for the sunny days ahead. (Turn to page 101 for info on DIY skin checks.)

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BY MARIA MASTERS



mind games

Challenge your quick-thinking ability with a word game from Lumosity, an online brain-training company. All you need is a pencil and a timer. In 60 seconds, list all the words you can think of that start with the letters "Res." Ready, set, go! Go to familycircle.com/lumosity for the answer key.



28%

The amount your risk for type 2 diabetes will be reduced when you eat 4.5 servings of low-fat yogurt a week.

Source: University of Cambridge



ILLUSTRATION BY CARL WIENS

SAVE YOUR SKIN

"Although skin cancer is on the rise, it's almost always curable when caught early enough," says Julie Karen, MD, a spokesperson for the Skin Cancer Foundation (SCF). And regular skin checks are one of the best ways to spot it in time. During your routine self-exams, be sure to:

1 > Know what to look for. "Remember ABCDE," says Karen: "Asymmetry, uneven Borders, a mix of Colors, a Diameter larger than a pencil eraser and Evolution—i.e., a spot that has changed in any way. But some skin cancers, like basal- or squamous-cell carcinomas, may just look like a pimple, an open sore or a pink growth that won't go away." Perform a full-body

checkup once a month. See images of what skin cancer looks like at familycircle.com/spotskincancer.

2 > Ask for help. Visit a dermatologist for an annual skin exam. (Higher-risk people—like those with a family history—may need to go more often.) Even if you're confident about checking yourself, it can be difficult to

notice changes or new growths on areas like your back, says Karen. The SCF is offering free annual screenings nationwide in May. Find the schedule and a location at skincancer.org/events/tour.

3 > Don't delay. If you notice a questionable mole, see your dermatologist as soon as possible. "Tell the receptionist that the spot looks suspicious," says Karen. If your regular MD isn't available, seek out another doctor who is able to see you right away.