

WHEELS UP //

Lifestyle

Trends, tastes and talk.

“THE RED CROSS EMPOWERS PEOPLE TO PREPARE THEIR HOMES AND FAMILIES FOR AN EMERGENCY.”

— Eli Manning



Cause Celeb //

The Manning brothers to the rescue.

People turn to the **American Red Cross** for information in emergencies. It's also where NFL superstar quarterbacks Peyton and Eli Manning show their commitment off the field. As members of the organization's National Celebrity Cabinet, the Mannings were especially involved in Baton Rouge following Hurricane Katrina. They delivered nearly 31,000 pounds of supplies and dropped off and visited area shelters.

New York Giants QB Eli Manning says he supports the organization because it "empowers people to prepare their homes and families for emergencies."

"The Red Cross responds to those in need," says brother Peyton, QB for the Indianapolis Colts. "It is an honor to help with the lifesaving role the organization plays in communities nationwide." Established in 1881 by Clara Barton, the American Red Cross provides emergency response care to everyone from victims of natural disasters to victims of war.

WHAT YOU CAN DO

LEARN:

Get an emergency preparedness kit, make communication and evacuation plans, know your area's potential emergencies and disasters.

ACT:

Help save a life. Register for a Red Cross first aid and CPR/AED training course.

GIVE:

Donate to the American Red Cross: redcross.org or 1-800-RED-CROSS

Trend Watch //

Hog Wild for Bacon

Bacon is the salty bad boy of pork. Who doesn't love it? (Come on, even an occasional vegetarian likes a little bacon.) Meat eaters have been living high off the hog for thousands of years—but today folks are doing sizzlin' stuff with bacon.

For vegetarians:

Incorporate bacon flavor with a new bacon condiment: Bacon Salt. It comes in a variety of flavors and better yet, it's fat free, vegetarian and kosher. baconsalt.com

For the adventurous:

Ice cream shops are experimenting by adding interesting ingredients such as beer and bacon to their sweet ice cream. If you're a risk-taker in the kitchen, consider making your own bacon ice cream with the recipe found at davidlebovitz.com.



Bonus:

Bacon has no transfat, so eat your heart out.

For night owls:

New York's late-night hot dog joint, PDT (Please Don't Tell) has the attention of bacon lovers. Go for the "Chang Dog" (wrapped in bacon and topped with kimchee from Momofuku Ssäm Bar). Not hungry? Order "Benton's Bacon Old Fashioned" (Four Roses Bourbon infused with Benton's bacon fat). Yum! pdnyc.com



For the foodie:

Consider artisan bacon from mom-and-pop shops all over the country with a Bacon of the Month club at gratefulpalate.com.

For diehards: People are so taken with bacon, they blog about it. One blogger (baconshow.blogspot.com) has pledged to post "one bacon recipe a day, everyday, forever." The site has been true to its promise. Check out baconunwrapped.com or iheartbacon.com.

For mixologists:

Add Bakon Vodka to your latest concoctions. A purist? Add it to a Bloody Mary for a smoky bonus. bakonvodka.com