Grana Padano, the world’s best-selling “Protected Designation of Origin” (P.D.O.) cheese, is versatile enough to be enjoyed on its own, with various foods, or in a variety of dishes.

Produced in the northern region of Italy for the past 1,000 years, Grana Padano has a sweet, delicate flavor and rich, grainy texture. It is versatile enough to be enjoyed in many ways—as a flavorful accompaniment to wine or fruit, crumbled in pieces alongside a stew, shaved over salads, grated over soup, pasta or risotto, or simply on its own. Made with semiskimmed milk, Grana Padano is a light yet nutritious cheese and an excellent source of protein, key minerals such as calcium, magnesium, copper and zinc, and vitamins such as A, B, C and D.

When buying Grana Padano, consumers should look for it in a yellow, diamond-shaped logo on the rind of the cheese wheel, and a mond-shaped trademark on the packaging of wedges and grated cheese. This mark, together with the European Union logo, designates the cheese as an authentic P.D.O. cheese, which means that its production and authentication are closely regulated by the methods and standards of a consortium of producers to ensure the utmost quality.

For more information, visit www.granapadano.com.

Discovering Grana Padano, Italian Cheese At Its Best

Skin Sense

New Wrinkle Study

Grana Padano cheese

1. Boil garganelli in salt water according to package instructions.
2. Sauté garlic and onion with olive oil in large skillet. Add zucchini, broccoli, paprika, salt and vegetable broth. Cook gently on medium heat.
3. Drain pasta when al dente. Add to zucchini mixture. Sauté on high heat and blend well.
4. Garnish pasta with spinach and Grana Padano.

Garganelli With Zucchini

Serves 4

16 oz. garganelli pasta
1 clove garlic
2 Tbsp. finely chopped onion
4 Tbsp. extra virgin olive oil
1/2 pound diced zucchini
1 slice (1 to 2 oz.) Prosciutto di San Daniele
Pinch sweet paprika
Salt to taste
1 cup vegetable broth
Chopped parsley
Grated Grana Padano cheese

When evaluating skin creams, scientific studies—not consumer self-evaluations—are the key.

In today’s media-saturated world, parents and caregivers need quality information from reputable sources that they can use to make smart choices about what is appropriate for their families. said Jan Hart Domence, PTA national president and STA chair. "By uniting a diverse group of nationally recognized nonprofit organizations, we envision making a commitment to improving what kids watch on TV, we will help parents make informed decisions about the television programming that their families enjoy. We want to make screen time healthy and educational, gathering the best information from a variety of trusted sources, including children’s media experts, educators and parents.

STA is a national coalition that uses information from trusted sources to identify shows that inform and educate children and to embrace technology, such as TVo KidsZone, to continue the excitement on television and when it is watched.

Bring Arcade Video Game Action Into The Home

An arcade classic can be enjoyed at home. An "analog" game called "Guncon," which is included in "Time Crisis 4" for the PlayStation 3. It’s the latest in a series that has been a longtime staple of the arcade scene, putting players in intense shoot-outs in which they use a replica gun controller to aim and shoot at enemies on the screen. This "light gun" genre has been the most popular in arcades for decades due to the technology needed to produce an accurate replica, but the new release actually takes the home game a step further by allowing players to use everyday items, like cups or forks, as weapons. The gun controller you’ll never expect to see on a home video game system, and it delivers the type of immersive experience you just can’t get with a traditional joypad. It’s amazing to experience the eye-popping graphics and larger-than-life fun of an arcade game in your home, and “Time Crisis 4” delivers all the elements of an instant arcadeclassic—no quarters required.