

Dr. Oz

Advice That Can
Save Your Life
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NOT YOUR MOTHER'S
slow-cooker recipes

One Step & Dinner's Done!



Chatelaine



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fabulous

Spring's New Classics ■ Radiant Skin Tips ■ Flat Tummy, No Gym

CANADA'S
HOTTEST
NEW STARS
Jessica Lucas,
Sarah Chalke,
Cobie Smulders,
Jennifer Finnigan
& more! p 127

UNDER
\$100

**101 Chic Finds
for Your Home
& Wardrobe**

BANISH BAD ADVICE

**"I Got My Dream
Career on My
Own Terms"**

walk it off

Drop a Dress Size This Spring



MARCH 2011 | \$3.99



Jessica Lucas

AGE: 25 **HOMETOWN:** Vancouver

YOU KNOW HER FROM: Another Life
As *We Know It* alum, she went on to star in J.J. Abrams' sleeper hit *Cloverfield*, appear in the remake of *Metrose Place* and guest-star on the steamy reboot of *90210*.

WHY SHE'S HOT: She's heating up the small screen in *Friends with Benefits*, a comedy about a group of single twentysomethings by the comic geniuses behind *Arrested Development*, *Wedding Crashers* and *(500) Days of Summer*. And she's getting laughs in Martin Lawrence's latest, *Big Mommas: Like Father, Like Son*.

FOODIE FIX: "I have a huge sweet tooth, and I love cupcakes specifically. I consider myself a cupcake connoisseur. Sprinkles Cupcakes [in Beverly Hills] is the best." **GLOBE-TROTTING GOAL:** "I shot a movie in Hungary, and that's the only place in Europe I've ever seen. I can't wait to go to Italy. I'm dying to go." **BAD ADVICE:** "Growing up, there were so many people who told me not to follow my dream. One of my teachers told me that acting is a crapshoot. Thank God I didn't listen!" **SHOWER SERENADE:** "Right now I'm really into Robyn, so I've been singing her new song 'Call Your Girlfriend' in the shower. I love singing, I've been doing it my whole life. I get to sing in my new movie [*Big Mommas*], and I'm really excited."

CATCH JESSICA ON *FRIENDS WITH BENEFITS* COMING SOON ON NBC.

BLOUSE, \$169, LUNDSTROM.CA. JEANS, \$188, FIDELITYDENIM.COM. UNDER \$100: NECKLACE, \$40, WINNERS.CA.