

# WHOA-VED

Welcome back to Whoa-ved!

Your inside scoop to all things going on at the Five Star and Oved office!

In this edition we included some updates on how our favorite Executive Five Star Vice President, AnnMarie Savino, is doing after childbirth! We've also included some news of what's in store for LEE and with Fourth of July around the corner we had our Roaming Reporter ask around to see what's cookin'!



AnnMarie Savino has been with Five Star for 8 years now. Our Roaming Reporter gave her a call to see how she's been doing after the birth of her baby boy. We asked a variety of questions...how long she's been with us and what she does, AND how many hours of sleep she gets a night!

Check out the interview below for more on AnnMarie!

**Whoa-ved:** First of all, tell us a little about what you've done for Five Star, it's been a creative year and there have been so many changes, what has been your inspiration?

**AMS:** I have been an employee of 5-star for 8 years and been instrumental in growing some of our largest children's divisions. As EVP of Sales, and Creative Director, I work closely with amazing sales production and design, always trying to push the limits for the best quality, price, and trends. My inspiration as always, comes from travel and street style, as well as designer shows, and vintage and contemporary markets.

**Whoa-ved:** Your baby's name, weight, length?

**AMS:** Jude Grey Phoenix Kelly

8Lbs 2oz 21 inches

**Whoa-ved:** What is most surprising to you about being a mom?

**AMS:** The unknown always frightens people, but for me as a new mom I was surprised at how quickly my basic maternal instincts kicked in.

**Whoa-ved:** What are some unexpected challenges?

**AMS:** Balancing everyday life, baby, work, family business taking care of my mom all on NO sleep.

**Whoa-ved:** How many hours of sleep are you getting? How are you coping with loss of sleep?

**AMS:** 3 hours! I don't even remember what sleep is!! Having a good partner is very important!! You need a lot of help the first few weeks especially with a C-Section and breastfeeding. We take turns sleeping.

**Whoa-ved:** Do you think that preparing for a baby has improved your work creatively?

**AMS:** Yes more toward the technical design side of infant apparel, snaps are very important!! Along with comfort, fabrics, and cooler designs for boys.

**Whoa-ved:** What trends do you see up and coming for infant/ toddlers for 2016?

**AMS:** The current trends continuing: Lots of grey, athletic soft dressing, 5 pocket construction done in knits like indigo yarn.

**Whoa-ved:** How excited are you to be coming back to the office?!

**AMS:** WELL I never really left!! I'm too crazy, controlling and dedicated to leave so I am working remotely, coming in a few hours a week for meetings 😊

In exciting news Oved Apparel has attained the license for LEE men's tops for both Young Men and Big and Tall!

Congratulations and Good Luck to Toni Jones and Morris Dabah who are heading up the new brand!



Check out the great 4<sup>th</sup> of July recipes from your colleagues!

## The Whoa-Ved Roaming Reporter

Summer has finally begun to make an appearance. With Memorial Day long gone and The Fourth around the corner we know everyone is planning to do something for the holiday celebration! Whether you're entertaining or eating out, here are a few recipes to help spice up your holiday meal!

What better way to start off the day than with *mini muffin frittatas*?! Recipe given by our very own Barbara Varnhagen! These are a great healthy alternative to a heavy breakfast!

### What you need:

1 muffin tin  
6 eggs  
Fresh spinach  
Mushrooms  
Broccoli  
Feta  
Cheddar shredded  
Milk

### Directions:

Sautee vegetables with non-stick PAM (Spinach and mushrooms OR Broccoli and mushrooms)

In a separate bowl- beat eggs with a whisk really well to fluff the eggs, add a little milk and whisk briskly- set aside

In the muffin tin spray each space with non-stick spray. Line each of the muffin spaces with a little cheese whether feta or cheddar-just a pinch

Then pour in the sautéed mixture- I use 3 for spinach and 3 for broccoli

Then pour in the egg mixture

Then top off the spinach with feta and top of the broccoli w cheddar-

Bake at 425 degrees for 15-20 min the eggs will rise and they look like muffins.-

Serve hot or at room temperature. Can be refrigerated and eaten called or at room temperature.

These are great if you are having a group over for brunch! They are filling, healthy, and NON fattening  
Serve with lox and bagels or with a fruit salad.

You can use any vegetables you'd like. Think of it as a pre-baked omelet!

I'm sure most of you are planning a BBQ at some point over the weekend. So why not try something new? We have two great new recipes. One for Mary Vamvoukakis' famous *chicken wings* and one for Morris Dabah's favorite *marinated steak*!

### Chicken Wings

#### What you need:

1 <sup>1</sup> / <sub>2</sub> pound(s)	Chicken wings
2 tablespoon(s)	Almond butter
1/4 cup(s) or more for Spice	Sriracha sauce
4 tablespoon(s)	Trader Joe's Maple Agave Syrup Blend
2 teaspoon(s)	Olive oil
1/4 teaspoon(s)	Sea salt

#### Directions:

1. Preheat oven to 375 F.
2. Line a rimmed baking sheet with parchment paper and spread wings out evenly. Bake for 20 minutes.
3. Meanwhile, soften almond butter in a small saucepan over medium heat. Stir occasionally.
4. When soft, stir in Sriracha sauce, Agave, olive oil, and sea salt (if desired). If sauce gets too thick, add a bit of hot water.
5. After 20 minutes of cooking, remove wings from oven. Turn and brush each wing with sauce. Return to oven for 10 more minutes.
6. Turn each wing, baste with sauce, and return to oven for 10 additional minutes (or until completely cooked).

### Beer Marinated Skirt Steak

#### What you need:

1 orange, thinly sliced with peel  
1/2 onion, thinly sliced  
4 garlic cloves, halved and smashed  
2 1/4 pounds skirt steak  
Kosher salt and fresh ground black pepper  
1 cup light-colored beer (preferably lager style)  
1/2 cup soy sauce

#### Directions:

In a wide, shallow glass baking dish, scatter half of the orange slices, half of the onion slices and half of the garlic pieces on the bottom of the dish. Sprinkle the steak all over with salt and pepper and put in the dish on top of the orange and onion slices. Scatter the remaining orange, onion and garlic over the steak and pour in the beer and soy sauce. Cover with plastic wrap and marinate for 1 hour at room temperature or up to overnight in the refrigerator.

Prepare a barbeque on medium-high heat or preheat a broiler. Remove the meat from the marinade and discard the marinade. Grill the steak to desired doneness, about 4 minutes per side for medium.