

# Woman's World

THE JOYFUL SIDE OF LIFE

March 9, 2026

★GOD BLESS AMERICA★

## Brain Fog Breakthrough!

How women 50+ are staying extra sharp

Meet the mom who sparked a movement for **military families**

# Reinvention Never Retires

Joan Lunden, 75, on breaking barriers, feeling young and the surprising power of saying **YES!**

11 ways to outsmart **SNEAKY CAUSES OF AGING**

**WINTER BACK PAIN—GONE!**

4 natural cures that work

Slash risk of hearing loss by **42%**

## Fastest healthy weight loss

**New study:** Surprise approach crushed other plans

**"I lost 20 lbs in 2 months!"**

—Angel Grier, 54, shed 127 lbs total



Cozy soup suppers  
Pg. 30

# Taste of Home

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### Ww TO GET IN TOUCH OR SHARE YOUR STORY

- EMAIL** [WomansWorld@mcclatchy.com](mailto:WomansWorld@mcclatchy.com)
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EDITOR'S DESK

# My afternoon with Joan Lunden

I personally jumped at the chance to write this week's cover story. My interview with Joan Lunden wasn't going to be about headlines or sound bites—it was about what matters after decades in the spotlight.

We bonded instantly over so many shared threads: decades in this ever-changing business, a deep love of storytelling, motherhood—and yes, twins. Joan has two sets (I bow down) while I have one. Add in our shared enthusiasm for the University of Michigan (her son Jack recently went there to

play football; I'm a proud alum). It felt like a chat between kindred spirits.

Joan's latest memoir *JOAN: Life Beyond the Script* is filled with stories—big, bold, behind-the-scenes moments from a remarkable career—but what struck me most were the stories she shared that aren't all on the page.

For more than an hour, we talked about purpose: how it shifts, deepens and renews itself after decades of work, reinvention and resilience.



We discussed all the things that matter most

As her daughter Jamie sat nearby and her goldendoodle Bentley hopped on and off the sofa at will, Joan spoke candidly about what it means to celebrate life at every age.

After her photo shoot—for which she shopped for her own clothes (way to keep it real, my friend!)—Joan welcomed me into her home office, where leaning towers of books, framed

magazine covers, treasured photos and mementos from interviewing presidents, embedding with the military and connecting with Americans from all walks of life tell the story of a woman who never stopped saying, “Yes!” Fun fact: Joan is a puzzle enthusiast—and always has one in progress on the puzzle table in the corner.

At 75, Joan Lunden is still asking questions, still telling stories, still inspiring (read the full interview starting on page 26). Talking with her reminded me why I love this work—and why conversations about what truly matters are worth savoring.



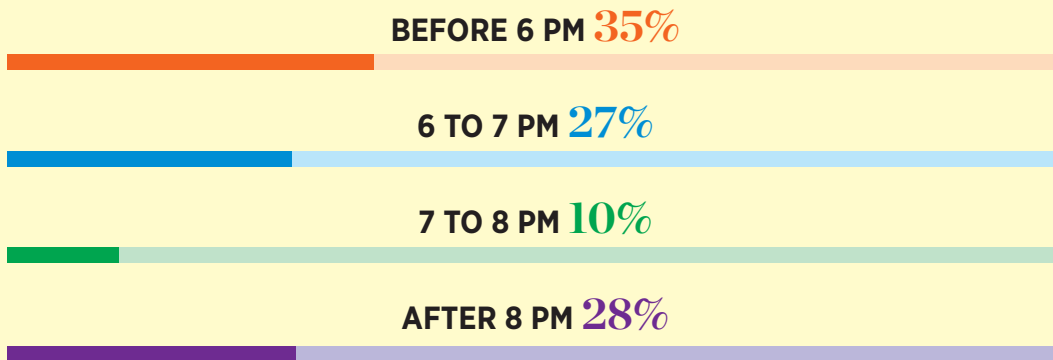
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YOUR VIEWS

## What time do you usually eat dinner on weeknights?

In an online story (WomansWorld.com/WhenToEatDinner), we asked you this question—here's what you said:



HELP A HERO



## Send toiletries!

Operation: Care and Comfort is seeking hotel-sized toiletries, nail clippers and emery boards to send to troops overseas. Mail to Operation: Care and Comfort (OCC), 1702-L Meridian Ave, #241 San Jose, CA 95125.

## FINISH THIS SENTENCE

# “I’ll never forget the act of kindness when...”

“A woman returned my expensive rings she found in my purse she bought at a yard sale.”

—Alicia Morris  
Hickory, KY

“One man stopped when I hit a deer, calmed me down, then took me home.”

—Chrystle White  
Cut Bank, MT

“The two much younger ladies I walk with at the gym every morning walk at a much slower pace for me!”

—Georgia Perrong  
West Deptford, NJ

“I had a 6-year-old child and was diagnosed with an acute onset of a usually fatal form of leukemia, and my oncology nurses got me emotionally through that first night in the hospital. They are still my heroes.”

—Leslie Freedman  
Palm Harbor, FL



Share your World with us!

**Finish this sentence:** “The song that instantly takes me back is...”

Email your answer, along with your full name, city and state to [Quotes@WomansWorld.com](mailto:Quotes@WomansWorld.com).



### QUICK QUIZ

Seven questions on subjects dear to us

#### 1. Which habit can help sharpen attention during the day?

- A) Taking movement breaks
- B) Sitting calmly
- C) Frequently shifting focus
- D) Limiting activity to save energy

#### 2. Which TV show was set in the fictional town of Mayberry?

- A) *Leave It to Beaver*
- B) *The Andy Griffith Show*
- C) *Petticoat Junction*
- D) *Gunsmoke*

#### 3. Research suggests that staying hydrated can improve:

- A) Muscle strength only
- B) Mood and focus
- C) Vision permanently
- D) Height over time

#### 4. True or False: Smiling can influence your emotions.

- A) True
- B) False

#### 5. Which captures the primary benefit of nostalgia?

- A) Recalling cherished memories that bring comfort
- B) Learning from past experiences for personal growth
- C) Feeling gratitude for meaningful relationships
- D) Using memories to inspire hope and joy today

#### 6. Which state was the last to join the United States?

- A) Alaska
- B) Arizona
- C) Hawaii
- D) New Mexico

#### 7. Reader Question (*Suggested by Meg, Eugene, OR*) Which of the following came first?

- A) The fountain pen
- B) The ballpoint pen
- C) The pencil
- D) The felt-tip marker

Send us your clever questions at [Quiz@WomansWorld.com](mailto:Quiz@WomansWorld.com)

### ANSWERS WORTH KNOWING

#### 1. A — Taking short movement breaks.

Brief periods of movement boost blood flow and oxygen to the brain.

**2. B— *The Andy Griffith Show*.** Mayberry was the small, fictional North Carolina town where Sheriff Andy Taylor, Opie and the rest of the characters lived.

**3. B — Mood and focus.** Even mild dehydration has been shown to affect concentration and our emotional state.

**4. A — True.** Facial feedback research shows that smiling can positively influence mood, even when the smile is intentional.

**5. D — Using memories to inspire hope and joy today.** Nostalgia helps us feel connected to meaningful moments while bringing positivity to life in the present.

**6. C — Hawaii.** Hawaii became the 50th state in 1959, the most recent addition.

**7. C — The pencil.** Graphite pencils date back to the 16th century, long before the other writing utensils.

## PRIME VIDEO

GET LOST IN  
THE THRILL  
with *Scarpetta*

On March 11, Nicole Kidman leads this gripping new crime drama that brings Patricia Cornwell's bestselling novels to life. Kidman stars as Dr. Kay Scarpetta, a brilliant medical examiner determined to give victims a voice while pursuing a serial killer linked to a case that has haunted her for decades. The 8-episode thriller unfolds across dual timelines, following Scarpetta's early years as a chief medical examiner in the late 1990s and her present-day return to her hometown to investigate a disturbing murder. Jamie Lee Curtis co-stars as her sister and helps reveal long-buried secrets.

Oscar winner Nicole Kidman takes on the titular role



Will Mel and Jack become parents?

## NETFLIX

EMBRACE THE SMALL  
TOWN CHARM with  
*Virgin River*

Back for a seventh season, this hit series returns with all the heartfelt drama and emotional storytelling fans have come to love. We find Jack and Mel settling into married life and continuing to navigate their path to parenthood—including the possibility of adoption after Marley offers her baby—while finally revealing what's happening with Charmaine following the Season 6 cliffhanger. Elsewhere, Doc faces serious challenges as his clinic comes under threat and investigation, while Brady struggles with the fallout from Lark stealing his money and his complicated feelings for Brie. Stream all 10 episodes on March 12.

## IN THEATERS

IMMERSE YOURSELF IN  
THE DRAMA of  
*Reminders of Him*

Based on Colleen Hoover's bestselling novel of the same name, this emotional story follows Kenna (Minka Monroe), a young woman whose life takes a devastating turn after a mistake lands her in prison for several years. Upon her release, she hopes to reunite with her daughter, Diem, only to face resistance from Diem's grandparents, who currently have custody. As Kenna rebuilds her life, she forms a connection with Ledger (Tyriq Withers), but their budding romance adds new layers of complication. See the film—also starring familiar faces like Lauren Graham and Lainey Wilson—in theaters March 13.

This is Colleen Hoover's third film adaptation



The country star is back with 22 new songs



**ALBUM**

**FEEL YOUR TOES TAPPIN'** with *The Way I Am* by Luke Combs

Country superstar Luke Combs has been dominating the charts in recent years, and on March 20, he'll drop his highly anticipated album, *The Way I Am*, featuring 22 new tracks. Fans have already gotten a taste with early releases like "Sleepless in a Hotel Room," "Giving Her Away" and "My Kinda Saturday Night." Alongside the album, Combs is also kicking off his *My Kinda Saturday Night Tour* on March 21 in Las Vegas, joined by special guests including Dierks Bentley, Thomas Rhett and other fan favorites who are sure to deliver unforgettable performances.

**ABC**

**ROOT FOR YOUR FAVORITES** with the *98th Academy Awards*

Hollywood's biggest night returns March 15 as the Oscars celebrate the year's top films, filmmakers, actors and actresses. Hosted by Conan O'Brien, the ceremony will honor outstanding achievements and feature a new category for the first time in 25 years: Best Casting.



This is Conan O'Brien's second time hosting



200,000+ plants are used around the park

**EVENT**

**REVEL IN THE JOY** of *EPCOT's Flower & Garden Festival*

From March 4 through June 1, EPCOT comes alive with the International Flower & Garden Festival. Guests can stroll through stunning gardens, explore botanical exhibits and admire 60 whimsical character topiaries. The festival also offers exclusive food and drink creations and a lineup of lively concerts.

**It Happened THIS WEEK**



*Buffy the Vampire Slayer* premiered on *The WB* in 1997 and starred Sarah Michelle Gellar.



The first Barbie doll was unveiled at the American International Toy Fair in 1959. The doll was created by Mattel co-founder Ruth Handler, who named it after her daughter Barbara.

The *Incredible Hulk* premiered in 1978. The show ran for 5 seasons and produced 3 post-series films.



Whitney Houston's self-titled debut album reached No. 1 in 1986. The album spent 14 weeks at the top of the charts.

**Audrey Hepburn**

was appointed a UNICEF ambassador in 1988. The actress' fame brought massive attention and aid to children in need.





# THIS WEEK'S *Best New Books*

by MELISSA D'AGNESE



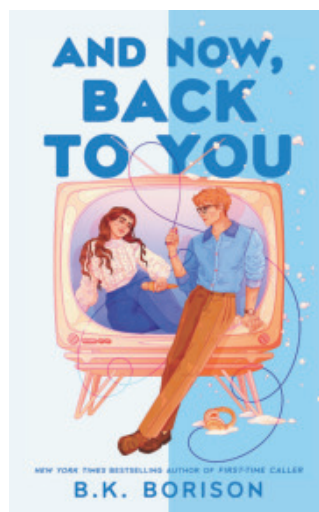
## ADDICTIVE MYSTERY

**Emily Listfield's** new novel, *Reasons to Lie*, asks the question: How well can we ever *really* know another human being? Set in the elite world of Manhattan's Dearborn Academy, three moms form an unexpected bond. But when a student is murdered on a class trip their teen attended, their lives are upended. As a detective inches closer to the truth, the women—and their kids—each hiding something.



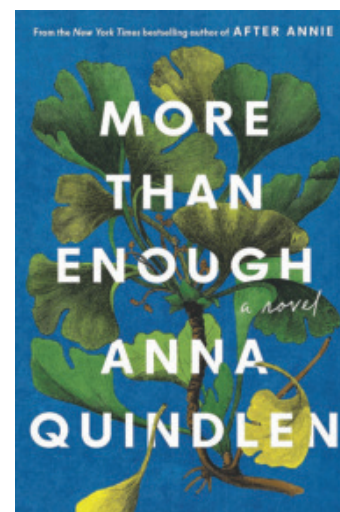
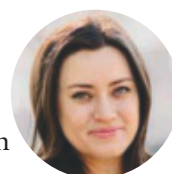
## EMOTIONAL FICTION

Known for her hit bestseller *An American Marriage*, **Tayari Jones** returns with *Kin*—a powerful story about mothers, daughters and sisterhood. Vernice and Annie, two motherless daughters, are neighbors in Honeysuckle, Louisiana, during the Jim Crow era. Raised by her aunt, Vernice leaves for Spelman College and steps into a world of affluence. Meanwhile, Annie embarks on a journey of adventure, love and danger.



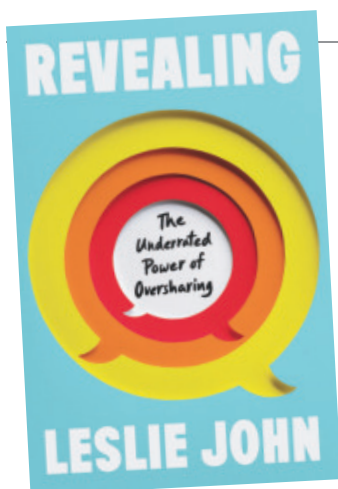
## SWOONY ROMANCE

A snowy setting and pitch-perfect banter between two rival meteorologists? Yes, please! **B.K. Borison** is beloved in the world of romance for her cozy, heartfelt stories and her newest book, *And Now, Back to You*, is no exception. Jackson Clark and Delilah Stewart are far from friends. Jackson prefers routine and Delilah craves spontaneity. But when they're forced to cover the snowstorm of the century together, sparks fly.



## TENDER FAMILY DRAMA

In *More Than Enough*, the latest novel written by award-winning author **Anna Quindlen**, a moving story unfolds. English teacher Polly Goodman has a strong support system. She's close with the women in her book club and her veterinarian husband is her anchor through life's ups and downs. But when Polly's gifted an ancestry test kit as a joke, she's shocked to find her results match with a stranger. A saga of love, loss and family ties.



## A ROAD MAP TO CONNECTION



Do you ever find yourself oversharing in conversations? Or do you prefer to stay silent and a little closed off? Deciding how much to share can be tricky. Enter behavioral scientist and Harvard Business School professor **Leslie John**, who studies the psychology behind these choices. In *Revealing*, she proves just how much we underestimate the value in sharing. What feels like an overshare is often meaningful—and welcome—to the person on the other side. Full of science-backed tips, this is an easy guide to renewed confidence *and* meaningful connections!

**“Revealing more about ourselves is central to life’s richest rewards, from the healthy rush of “happiness chemicals” released in our brains when we open up with people to creating strong bonds and feeling that we are truly understood.”**

# My Sleep Scores Jumped from 40 to 90, Overnight.

Laura Scott is the kind of woman who seems to hold it all together. She's up before dawn, coffee in hand, flanked by her two Brittany Spaniels. Her garage has become her sanctuary, a personal gym where she starts each day with intention and focus. From there, it's a nonstop rhythm of homeschooling her son, managing her daughter's high school schedule, handling meals, errands, and everything in between. With her husband often traveling for work, most of it falls on her.

But something shifted. Laura started noticing changes that didn't feel like stress or overwork. Night sweats crept in. Her heart would race unexpectedly. Sleep, once a dependable escape, became fragmented and shallow. She'd wake up at 3 a.m., wide-eyed and anxious, and rarely fall back asleep. Her sleep tracker confirmed what she already knew. Her scores were stuck in the 40s. She felt drained before the day even began.

She changed her diet. She cut caffeine. She did everything she

was supposed to do. Still, nothing helped. Then she heard a podcast featuring Dr. Eric Dorninger, a naturopathic doctor talking about the role of CBD and CBN in sleep recovery. It was the first time she felt hopeful.

That same week, she ordered the Sleep Gels from Blue Sky CBD. The results were immediate. "The first night, I didn't wake up at all," Laura says. Her sleep scores jumped into the 80s and even 90s. The difference wasn't just data on a screen. She woke up clear-headed and rested. The fog was gone.

She began to feel a shift not just in sleep but in her body overall. The inflammation she had grown used to started to ease. Her energy improved. She felt more present, more capable of responding to the needs of her family without feeling stretched to the edge. Bath bombs and recovery balms followed, turning her evenings into a quiet ritual of care.

For Laura, this wasn't about a miracle cure or a quick fix. It was

about listening to her body and choosing to explore something different when the usual answers didn't work. She shares her story because she knows others are walking through the same uncertainty.

Her advice is simple: trust what your body is telling you, try new solutions with intention, and don't wait to put your well-being first. It's not about chasing perfection. It's about creating small, consistent changes that bring you back to yourself.

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“Our goal is to help people build connections before they’re in crisis,” says Crystal, founder of Strength in Service, here with husband Joe


 A photograph of Crystal and Joe in a ship's cockpit. Crystal is seated at the controls, smiling, wearing a black top. Joe stands behind her, also smiling, wearing a white naval officer's uniform with a cap and medals. The background shows the ship's interior and windows.
 

# She turned her struggles *into strength for families!*

Crystal knew the stress of being a military spouse—being constantly on the move made it difficult to put down roots or build a steady support network. But when she realized military spouses received far less help and support than their partners, she felt called to action!

**A**s a clinical social worker, Crystal Bettenhausen-Bubulka knew she needed help. Her husband, Joe, was captaining a ship on the Persian Gulf, leaving her alone in Bahrain with three kids—including a two-month-old.

“How can I get help for my postpartum depression?” she asked at the base, but there were no resources.

Eventually, Crystal called the States for help.

“Suicide hotline,” they answered.

“I’m not suicidal,” she said. “But I really, really need someone to talk with.”

Crystal didn’t grow up in a military family, so when she married Joe, she didn’t know what to expect when her

husband graduated college and joined the Navy. She’d hoped to finish her own degree in Gerontology, but they were soon stationed in Japan, and it was difficult finding a program from halfway around the world. When they returned to California, finding a job became even harder.

### Finding a new purpose

“You’re perfect for the position, but you’ll likely get transferred after a year,” Crystal heard again and again.

Her girls attended a different school nearly every year, and making long-term plans was impossible. Crystal was constantly packing and unpacking—making new friends and joining PTAs. And as

soon as she felt settled, “I got a promotion...and a transfer,” Joe would say.

In Hawaii, degree in hand, Crystal finally found a hospice job. But the job was in administration and she yearned for one-on-one patient contact. So it was back to school, this time studying clinical social work.

As her studies progressed, Crystal realized how strong a need there was for clinicians who understood the military life—the constant upheavals, the isolation and stress.

So when Crystal got her social work degree, she set up a practice specializing in helping military families. She also reached out to others studying social

work, mentored them in the military specialty and offered the hours of supervision they needed to become licensed.

But one day, her intern Andrea arrived in tears. “My husband’s retiring and we’re moving back to Colorado, and none of my supervision hours will transfer. I’ll have to start all over.”

Crystal tried to help, but she learned there was only one exception. If Andrea had been supervised under a nonprofit, her hours would have transferred.

Crystal couldn’t help Andrea, but she was determined to help others like her.

### A helping hand

“I’m going to start my own nonprofit,” she told Joe, and dove into the reams of paperwork to start Strength in Service ([StrengthInService.org](http://StrengthInService.org)).

After recruiting other social workers nationwide, Crystal and her colleagues began offering internships to others interested in helping military families.

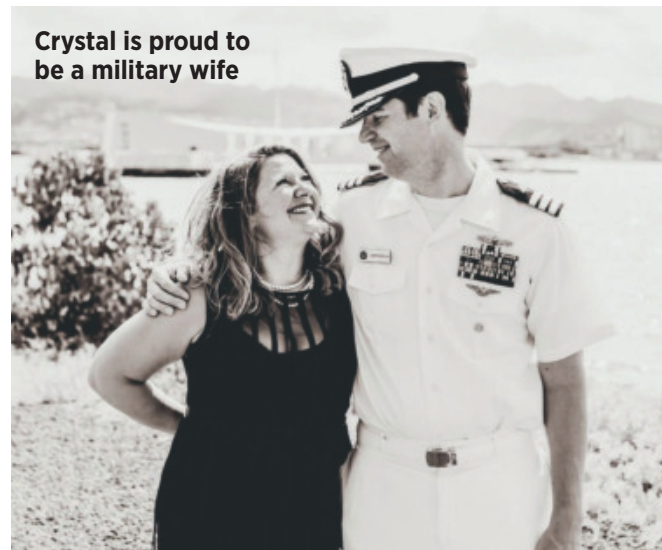
“It’s difficult to go into therapy and spend so many sessions explaining why you can’t make lasting friendships before you even get started with actual therapy,” she explains during regular webinars and tele-counseling sessions.

Crystal also meets with military officials to highlight family needs that are too often overlooked.

“Our goal is to help people build connections before they’re in crisis,” she says. “That way, when something happens, they already have a support network to fall back on.” —*Bill Holton*



**Crystal serves with others to offer support and a helping hand to military families**



**Crystal is proud to be a military wife**

## 3 other ways to support military families



### 1 Lend a hand

Go to [CreateTheGood.org](http://CreateTheGood.org), [AARP.org](http://AARP.org), click “DIY Project Guides.” Then type in “military families” and click “Help military families” to find ways you can volunteer to connect with families, assist with meals and errands to help them find community wherever they are.

### 2 Host a fundraiser

Visit [WoundedWarriorProject.org](http://WoundedWarriorProject.org) to help families of service members by offering no-cost mental health care and wellness services to military families. Help them serve by clicking “Get Involved,” then “Fundraising Events” to host your own or join one of theirs.

### 3 Fulfill a need

[OperationHomefront.org](http://OperationHomefront.org) posts military families’ and veterans’ urgent needs. Click “Urgent Needs” to donate toward fulfilling one. From supplying a hot meal to covering home repairs or electric bills, just a few dollars could help a family when they need it most.

**We’d love to print your inspiring story!** Email the story with your name, phone number and a current photo to: [WWFeatures@WomansWorldMag.com](mailto:WWFeatures@WomansWorldMag.com). Or mail it to: *Woman’s World*, 1601 Alhambra Blvd., Suite 100, Sacramento, CA 95816. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in a360 Media, LLC publications and affiliated organizations including, but not limited to, related newspaper brands. Due to a high volume, we are unable to return submissions received.

PETS

## Itchy dog

■ **SOLUTION: Try supplementing his diet with evening primrose oil.**

The oil is high in gamma-linolenic acid (GLA), a lack of which is associated with dry skin in animals. Veterinarians recommend giving your pup one 50-mg capsule of evening primrose oil per every 20 pounds of his body weight with food once a day, but check with your vet before you do. The oil will restore the skin's moisture barrier to fend off itching and dryness.



## CLEANING

# Hand-vac not picking up grime

■ **SOLUTION:** **Static buildup in the vacuum's canister may be keeping dust and dirt from flowing freely.** To fix in a pinch, cut a strip off of a dryer sheet and suck it up with the vacuum. Let it swirl around for a few seconds, then turn off the vacuum and empty the canister. The sheet will neutralize static, restoring your vacuum's suction power. No dryer sheets on hand? Use a damp microfiber cloth to lightly wipe the inside of the canister and filter before vacuuming. The slight moisture reduces static buildup, so dust is released instead of clinging to the sides, keeping your vacuum's suction strong.



## TECH

# Cell phone has no storage

■ **SOLUTION:** **One reason? Text threads quietly hoard photos.** To fix it, try this: On an iPhone: Open a text, tap the contact name, scroll to Photos, tap the Edit button in the top right corner then click Select Photos. Tap on images you don't need, then delete! On an Android: Open the text, tap the contact name or three dots, choose Media, multi-select photos, then delete.

## FASHION

# Dirty leather boots

■ **SOLUTION:** **Mix ½ cup of vegetable oil and ¼ cup of lemon juice in a spray bottle; shake thoroughly to mix.** Spritz the mix on boots and buff with a soft, clean cloth. The lemon's citric acid will cut through dirt while the oil will nourish dried-out leather, restoring shine and suppleness. No need to pay for expensive shoe polishes with these kitchen essentials!



## FOOD

# Bananas aren't ripe yet

■ **SOLUTION:** **Place under-ripe bananas (peels on) on a baking sheet and bake at 350°F for 5 to 7 minutes, until the peel darkens.** The heat speeds the release of ethylene gas, the natural compound that triggers ripening, so the bananas soften and sweeten. Let cool slightly, then peel and mash—they'll be ready for banana bread, muffins or pancakes, no waiting required.



## BATH ADD-INS TO HEAL WINTER-WEARY SKIN



### PRO TIPS Dr. Doris Day

New York City dermatologist and clinical professor of dermatology at New York University Langone Medical Center.

### Baking soda

Add ¼ to ½ cup of baking soda to soften water and soothe irritation. Baking soda helps reduce itchiness and leaves skin feeling smoother.

### Powdered milk

Pour ½ cup of powdered milk into a warm bath. The milk boasts fats and proteins that will soften and soothe dry, irritated or rashy skin.

### Plain oats

Grind ½ to 1 cup of rolled oats into a fine powder and add directly into warm water. Oats have been shown to calm itching and support the skin barrier to prevent irritation.

### Epsom salt

Add ¼ to ½ cup of the salts to relax muscles and reduce itching. Tip: For easy cleanup, add to the leg of a pair of pantyhose, tie a knot on top and drop in the tub.

# Beat winter back pain

Cold weather can take a toll on your back. In fact, findings in the *International Journal of Environmental Research and Public Health* suggest that back pain episodes escalate sharply during the winter months. But a study out of the Netherlands concluded that the over-the-counter painkillers we reach for only ease back pain to a “modest” degree. Here’s how to soothe a sore back naturally

## ✓ Smooth on sesame oil

Sesame oil is more than just a tasty tahini ingredient: A study in the journal *Traditional and Integrative Medicine* showed that people who applied 1 tsp. of the oil to painful areas on their backs experienced significant relief within one week. Credit goes to compounds such as sesamin and sesamol in sesame seeds, which reduce inflammation that triggers pain.

## ✓ Reach for a tennis ball

A simple self-massage can tame even chronic back pain—and all you need is a tennis ball to do it. Researchers reporting in the *Journal of Emerging Technologies and Innovative Research* found that people who used a tennis ball to massage their backs twice daily lowered their pain levels by 66% in four days. The technique tames muscle tension and



stimulates the release of endorphins, natural chemicals that decrease pain. (See the easy how-to below!)

✓ **Try ‘wall angels’**  
“Wall angels open up your chest and bring your shoulders back, alleviating a major source of pain between the shoulders and neck,” says spinal and orthopedic surgeon Ken Hansraj, M.D. To do the simple exercise, tuck your pelvis so that your lower

back is against the wall, arms at your sides. Pull your shoulders and head back to touch the wall. Next, slowly raise your arms up so they skim the wall until your hands touch overhead, then lower them to the starting position. Repeat 5 to 10 times, 3 to 5 times a week.

## ✓ Consider a supplement

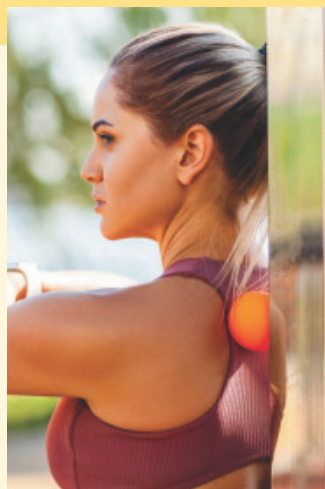
A compound called pycnogenol is derived from the bark of a French pine tree. And according to an Italian investigation, supplementing with 200 mg of pycnogenol daily can deliver marked improvements in back pain while increasing mobility within seven days. According to the researchers, pycnogenol fights inflammation. Plus, it blunts the activity of pain-producing enzymes. A brand to try to get the perks: Source Naturals Pycnogenol Proanthocyanidin Complex (Amazon.com).

—Melissa Gotthardt

## DIY massage calms aches

Try this self-massage from Raj Desai, M.D., who’s double board-certified in interventional pain management and physical medicine and rehabilitation, to feel relief fast:

- Lie on a tennis ball with your knees bent and feet flat on the floor. The tennis ball should be just off center from your spine, over the low back muscles. Avoid placing it beneath bony areas, which may be painful.
- Using your heels, glide your low back over the tennis ball, moving up and down your back.
- Aim for 2 minutes of self-massage in each sore spot for a total of about 10 minutes per session. Tip: You can do this for your mid-back and neck too!



# Put an end to 'stresslaxing'

Ever try to unwind, only to end up feeling worse? "Stresslaxing," or relaxation-induced anxiety, is real. "For those accustomed to high stress, attempts to relax can trigger agitation due to the nervous system being overactivated," says psychotherapist Kristie Tse. How to break the cycle:

## ✓ Practice mindfulness

Mindful breathing exercises (find free ones on YouTube) help reset the nervous system and provide a sense of calm. "Spend 5 minutes a day practicing mindfulness," says Kiki Ramsey, CEO of The Positive Psychology Coaching and Diversity Institute. "Focus on your breathing and your surroundings without judgment. This helps

you become more aware, reducing stress over time."

## ✓ Make time for hobbies

"Engaging in activities you genuinely enjoy can divert your mind from stress," says Ramsey. "Consider getting a manicure, going to the movies or reading a book. Fun, enjoyable activities promote relaxation and reduce stress." Similarly, creative



pursuits like painting or writing offer a mental escape from daily pressures, says Tse, founder of Uncover Mental Health Counseling.

## ✓ Prioritize to-dos

The "Do It, Delay It, Delete It or Delegate It" method, recommended by Ramsey, involves categorizing

tasks into those you must do immediately, those that can be delayed, those that can be deleted and those that can be delegated. "By prioritizing tasks, you reduce the overwhelming feeling of a never-ending to-do list, creating more time for relaxation," she says.

—Jenna Fanelli

# How to keep your hearing sharp

About a third of us will deal with some degree of hearing loss by age 65, according to Harvard researchers—and that number climbs to 50% by the time we hit our mid-70s. The good news? There are science-backed steps you can take to make sure you never miss a word. Just...



## ✓ Play music

"We don't hear with our ears, we hear with our brains—and our brains love music," says clinical audiologist Dawn Heiman. "Research shows trying to learn a musical instrument at any stage of life improves our ability to hear background noise." Simply listening to your favorite song may stimulate the parts of the brain that help you hear, she adds. "The entire brain lights up when music is playing."

## Get tested

The No. 1 way to protect your hearing? Get a hearing screening at age 40 and keep monitoring it, Dr. Heiman says.

## ✓ Dig into tuna casserole

Nothing beats a casserole on a cold day, and enjoying the classic tuna variety may protect your hearing. A study in the *American Journal of Clinical Nutrition* found people who ate at least two servings of fatty fish a week lowered their risk of hearing loss by 42%. The omega-3 fatty acids in seafood boost blood flow to the cochlea, the part of the ear involved in hearing.

## ✓ Skip the swabs

Wax blockage is one of the most common causes of hearing loss, and it's often caused by attempts to remove wax with cotton swabs. Dr. Heiman advises using drug-store ear drops if you feel wax building up. "They're usually made with a mixture of hydrogen peroxide and mineral oil, and they're very safe and effective."

## ✓ Sip hot cocoa

Both milk and cocoa powder are rich in magnesium, a mineral that protects hearing by dilating blood vessels to help blood flow more freely to the inner ear, per research in the *American Journal of Otolaryngology*.

—Alex Fulton



## Smooth wrinkles with soy

If you're ready to ditch expensive eye creams, set your sights on this *Frontiers in Nutrition* study: It found that 47% of the postmenopausal participants who took a daily soy supplement for 12 weeks saw skin improvements in under-eye wrinkles and overall skin hydration. Even hard-to-treat crow's feet diminished by 6%, while the placebo group's wrinkles worsened. Credit goes to soy's ability to boost levels of S-equol, a gut compound linked to healthier skin.

## Crunching nuts can improve your smile

If you tend to reach for almonds for a mid-day snack, you're doing your teeth a favor. In a study published in the *International Journal of Oral Science*, cavity-prone adults had their dental plaque treated with arginine, an amino acid naturally found in almonds, walnuts, peanuts and hazelnuts. As a result, they maintained a healthier pH balance in their mouth, which led to fewer cavities developing. To get the benefits, dentists say adding more arginine-rich foods into your routine is a helpful starting point.



## New help for hard-to-treat UTIs

Good news for women who suffer from “complicated” urinary tract infections, or c-UTIs. These infections are often linked to resistant bacteria and other health issues, making them harder to treat. The FDA recently approved the injectable antibiotic fosfomycin (Contepo) for adults with c-UTIs. In studies, the treatment was about 14% more effective than existing options. Ask your doctor if it could work for you.

**Q** I haven't had a cycle in two years and suddenly I started spotting today. **Is it normal to bleed after menopause?**

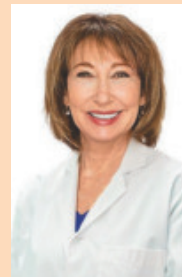
**A:** Spotting can feel scary and it's a common reason women reach out to their clinician. In general, new or unexpected bleeding after menopause should be evaluated so we can make sure nothing serious is going on. Many causes are temporary or treatable.

**One common reason is hormones.** If you're using menopausal hormone therapy (MHT or HRT), bleeding can happen, especially in the first months, as the uterine lining responds to changing hormone levels. Some therapy plans are intentionally “cyclic,” meaning progesterone is taken in a pattern designed to create short, predictable, period-like bleeds. So scheduled bleeding is normal. What we don't want to ignore is new, heavy, persistent or unexpected bleeding.

**Growths and tissue changes** can also cause bleeding. These include uterine polyps, small, usually noncancerous growths on the uterine lining that may cause abnormal bleeding, and fibroids—noncancerous growths in the uterine muscle that can also cause bleeding, pelvic pressure or back pain. Another culprit: thinning and dryness of the vaginal and urinary tissues, which can lead to light spotting, especially after intercourse.

**Screening is key.** We want to rule out problems like precancerous changes in the uterine lining because early detection makes treatment much easier. Bottom line: Don't panic, but don't brush it off. Getting checked is the fastest path to peace of mind.

**Felice Gersh, M.D.,** is a board-certified integrative gynecologist and founder of the Integrative Medical Group of Irvine, using conventional, integrative and holistic medicine. She is the author of *Menopause: 50 Things You Need to Know* and a medical advisor at Wonderfeel.



# A GOLDEN GIFT FOR YOUR GRANDSON

His gift from you also includes the touching poem shown below

## Blessings for My Grandson

My precious Grandson,  
May God bless you,  
With His generous gifts  
For all you do.

May you have strength  
For each journey,  
And a heart of hope,  
Free from worry.

May you trust in Him  
To guide your way,  
And grow in wisdom  
Each passing day.

May the Lord keep  
And protect you,  
In His light of love  
All your life through.

I love you, my Grandson,  
Forever and Always.

**Solid Stainless Steel  
Ion Plated in 24K Gold**

**Genuine White Sapphire**

**Meaningful Poem**



Reverse Side is Finely Etched  
with an Inspirational Message



## BLESSED GRANDSON SAPPHIRE GOLDEN CROSS PENDANT

### AN HEIRLOOM-QUALITY GIFT!

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## THE PERFECT REMINDER OF YOUR LOVE AND GOD'S GUIDANCE

This thoughtful gift is a wonderful way to create a memory of the faith you share with your grandson. The hand-crafted solid stainless steel pendant is ion plated in 24K gold for a durable finish that withstands everyday wear and still looks great year after year. The handcrafted cross with contemporary styling features a raised, sculpted design and a genuine white sapphire in the center. The back is etched with the blessing, "God Bless and Protect My Grandson" and it suspends from a stainless steel 24" curb chain, also ion plated in 24K gold. Your grandson's meaningful cross pendant arrives ready to give in a warmly finished wooden valet box, which also includes a special poem with the personal blessings you wish for him. The golden plaque on the front is etched with the poem's title, "Blessings for my Grandson." The pendant, poem and valet box together make this a unique and unforgettable keepsake—one that is sure to be cherished for many years to come!

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This cross pendant with deluxe valet box is a remarkable value at just \$99.99\*, and you can pay for it in 3 installments of \$33.33. To reserve a pendant for your special grandson, backed by our unconditional 120-day guarantee, send no money now; just mail in the Priority Reservation today!



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# 11 ways to fight



Many of us assume that fatigue, mental fog and aches are signs that the years are going by faster than we thought. The truth? These changes may not reflect early aging at all. Instead, they're messages from your body telling you it's out of balance—due to stress, nutritional gaps or hormone changes—making you feel older than you should. The good news: You can reverse symptoms and restore your vitality.

—GABRIELLE LICHTERMAN

## Tame daily tension

In short bursts, stress can be helpful, ensuring we react quickly. “But when stress stays on—as it often does in modern life—it leads to long-term elevated cortisol,” says Erin Stokes, N.D., medical director of WishGarden Herbs. This can interfere with sleep, cutting into overnight cellular repair that keeps us refreshed and resilient. The fix? Simple strategies that induce calm and give you the restorative slumber you need:

- **Breathe slowly**

“Starting your day with a 10-minute meditation, a walk outdoors or another relaxation habit resets your stress level,” says Stokes. A British study found that techniques like these lower cortisol, helping you settle into a calmer state that lasts when you do them repeatedly.

- **Build a stress buffer**

“Herbs called adaptogens taken daily for several months help improve your body's ability to handle stress by

# early aging



increasing resilience,” says Stokes. This makes everyday hassles feel more manageable. One option Stokes uses herself: WishGarden Deep Stress Daily Calm, a blend that includes the tension-taming herbs ashwagandha, holy basil and eleuthero.

## ● Soothe nerves fast

When tension flares, “nervine” herbs like passionflower and valerian root work in the moment to calm the nervous system quickly, Stokes says.

## Fuel up cells

Diet plays a powerful role in how energized you feel, says Stokes. Even minor shortfalls of vitamins, minerals and food groups can sap stamina, weaken muscles and cloud thinking. The solution?

## ● Prioritize protein

“Protein helps stabilize blood sugar, supports steady energy and protects against muscle loss, which impacts strength, balance and mobility,” says Stokes. A trick she recommends: When fixing yourself a plate, ask “Where’s my protein?” If you don’t have any, add eggs, fish, poultry, beef, beans or tofu.

## ● Replenish iron stores

Low iron can mimic signs of aging, including fatigue, says Stokes. “This mineral is essential for transporting oxygen to every cell in your body.” Aim for the daily recommended amount (18 mg for women ages 19 to 50 and 8 mg for those



Getty (4)

age 51 and up) by eating iron-rich foods like beef, lentils and spinach or by taking an iron supplement.

## ● Get more of these vitamins

Vitamin D supports bones, immunity and mood, while B12 plays a key role in energy and brain function. To maintain adequate levels, take a D3 supplement (600 IU for those ages 19 to 70 and 800 IU for women 71+) every day, or get D from fortified milk and fatty fish. And get 2.4 mcg daily of B12 from a pill or by consuming fish, beef or milk.

## Ease hormone shifts

“During perimenopause, levels of estrogen, progesterone and testosterone fluctuate. And in menopause, they plummet,” explains ob-gyn Sherry Ross, M.D., chief medical officer of Menopause Hormone Therapy for QuickMD. These changes can make fatigue, fuzzy thinking and joint discomfort more noticeable. To reduce these effects:

## ● Ask about hormone therapy

For many women, hormone replacement therapy (HRT) can ease symptoms, says Dr. Ross. Replenishing hormones that naturally decline may improve sleep, energy, mood and mental clarity. Ask your gynecologist if this option can help you feel better.

## ● Explore hormone-free remedies

If hormone therapy isn’t a good fit, there are alternatives, assures Dr. Ross. Newer prescription drugs like Veozah and Lynkuet help manage hot flashes, while some women get relief with relaxation-based approaches, like yoga or Tai Chi.

## Feed your gut

Low-grade chronic inflammation can spur aches, fatigue and other changes. One major driver is an imbalance in the gut microbiome, Stokes says. “Stress, antibiotics and diet can cause an imbalance, causing good bacteria to



dwindle.” The good news: You can restore harmony with diet tweaks:

## ● Pour a cup of tea

Getting a daily dose of polyphenols (found in green tea, berries and dark chocolate) reduces inflammation in eight weeks, reveals a new study.

## ● Enjoy yogurt

“Foods with probiotics, such as kefir and yogurt with live active cultures, add beneficial bacteria to your gut,” says Stokes. Once there, they help strengthen the existing community of good microbes to support digestion and immune health.

## ● Fill up on this fiber

“Foods like oats, apples and bananas deliver prebiotic fiber, which feeds the beneficial bacteria already in your gut, helping them thrive,” says Stokes.

## 3 WAYS TO SLOW CELLULAR AGING

### Visit friends

In a University of Pittsburgh study, people who regularly connected with pals had a younger biological age. How? Support from loved ones activates genes tied to cellular repair.

### Leave a few bites behind

Putting down your fork when you feel full revs vitality. In one study, eating about 12% less turns on genes responsible for energy production.

### Pick up your pace

People who walk faster have younger-looking DNA. It seems a quicker stride appears to help regulate gene activity that maintains healthy cells.

# “Omega-3s cured my brain fog!”

Menopause-triggered brain fog left Teralyn Sell fearing the worst—until an inexpensive supplement restored her word recall, mental clarity and confidence. Now she has sharper memory, more focus and the support her mind needs.

**W**hat is happening to me? Am I experiencing early signs of dementia or Alzheimer’s? worried psychotherapist Teralyn Sell, 56, after struggling to remember simple words while speaking to a patient. Brain fog had become a constant companion, making it hard for her to focus.

Clear communication was essential for building trust and connecting emotionally during her sessions, but over the past few years, her thoughts had grown increasingly muddled.

Frustrated and tired of circling around words to make her point, Teralyn was determined to find answers. Because her work revolves

around brain health, she delved into research and discovered that menopause could be the culprit.

She learned that as estrogen declines during menopause, it disrupts brain chemicals that support memory and focus. Coupled with sleep disturbances and stress, it often results in brain fog, word-finding difficulty and slower thinking.

Her research also revealed the benefits of omega-3 fatty acids—particularly EPA and DHA, key components of brain cell membranes. These essential fats, which the body cannot produce on its own, help reduce inflammation, support the structure of neurons and enhance memory-

related brain functions. *Maybe this is my solution, she thought, feeling hopeful. It’s a good place to start!*

## A healthy fix

Omega-3s are naturally found in fatty fish like salmon and sardines as well as plant sources such as walnuts, flaxseeds and Brussels sprouts. Because Teralyn didn’t eat many of these foods, she decided to try a daily supplement. She began taking 1,600 mg of Designs for

Health Omega-3s (other brands are available for roughly \$20 on Amazon). Within just a couple of weeks, Teralyn noticed a remarkable improvement.

And today, she feels sharper than ever.

“Finding a supplement that helps me recall my words has been game-changing,” she says. “For menopausal women, it’s a simple and affordable solution that really works. Now my mind is clear—and at ease!” —Katie Smith

“EPA AND DHA SUPPORT BRAIN FUNCTION IN MIDLIFE AND HELP WITH BRAIN FOG DURING MENOPAUSE.”

—Mary Claire Have, MD



“Finding a supplement that helps me recall my words has been game-changing,” says Teralyn

## Other powerful benefits of OMEGA-3S

**✓ Helps the heart**  
Omega-3s are associated with a lower risk of death from heart disease and heart attack, researchers say. How? The acids have the ability to lower triglycerides, a blood fat linked to cardiovascular risk.

**✓ Boosts gut health**  
Research links higher omega-3 levels to greater diversity in the gut microbiome because they help beneficial bacteria grow and crowd out less helpful microbes, allowing the gut to work more efficiently.

**✓ Relieves joint pain**  
Studies suggest omega-3s can help reduce pain and stiffness in inflammatory arthritis, including rheumatoid arthritis. Researchers say their anti-inflammatory action helps calm immune-driven joint irritation.



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# Fastest HEALTHY WEIGHT LOSS

A new study reveals the surprise approach that crushed other good-for-you plans

We're over crazy fad diets, yet sometimes we still want to drop spare pounds in a hurry. Our best option? A recent European study compared five very healthy approaches, and all proved beneficial—yet it was folks who were put on a 100% plant-based plan who saw the scale move most in six weeks, slimming up to eight times faster than other groups. So while we may not want to skip meat forever, for big results right away, “it makes sense to give this way of eating a try,” says *Plant Powered Plus* author Will Bulsiewicz, M.D. —by **ALLISON NEMETZ**

**F**or those who are wondering, the five diets compared in the study were a 100% plant-based/vegan plan; the Mediterranean diet; an eco-friendly regimen created by nutrition scientists; a vegetarian diet with eggs and dairy; and guidelines from the World Health Organization. The playing field start-

ed out level: All plans encouraged plant foods and discouraged processed food. All subjects were coached to eat portions that would lead to safe, steady fat loss. Full disclosure: Some diets actually improved blood pressure and cholesterol *more* than vegan eating. But going vegan shrank waists quickest

## Angel lost 127 lbs + her pain

Back when she weighed 242 pounds, “I struggled with back issues, knees hurting, muscle aches,” says Angel Grier. “I couldn’t just get out of bed in the morning and walk. I had to get the kinks out.” Then she went plant-based. “Before I even lost much weight, I was jumping out of bed like Tigger,” she shares. So she had her mom Frani, 75, try the approach. Now Frani has so much energy, “I might have to give her a pork chop to slow her down,” Angel laughs. And between the two of them, they’ve shed 195 pounds.



**BEFORE**

**“It Worked  
For Me”**



for a few key reasons, says Dr. Bulsiewicz.

### 3 ways plants blast fat

Dr. Bulsiewicz, who goes by Dr. B., says compounds found only in plants help trigger the following benefits:

#### ● We eat way less with ease

All the fiber and water in plants creates lots of volume for minimal calories, so people often feel full sooner and eat fewer calories without trying. On top of that, Dr. B. has published evidence showing that fiber forces us to chew more and eat more slowly, “which is associated with better blood-sugar control and metabolism,” he says. “It also makes us more satisfied.” This helps explain why vegan dieters immediately feel content with about 550 fewer calories a day.

#### ● Inflammation vanishes

Most of us are inflamed without realizing, thanks to all the ultra-processed food and stress in modern life—and inflamed tissue secretes compounds linked to countless diseases and weight gain. To the rescue: polyphenol antioxidants from plants. In a Harvard-led clinical trial, adding extra polyphenol-rich foods like walnuts and green

tea made an already good-for-us Mediterranean diet doubly anti-inflammatory and doubly effective for weight loss. And the polyphenol-boosted diet worked about five times better than a traditional diet.

“All plants have polyphenols, and there are different types in plants with different colors,” says Dr. B. The greater variety of plants you eat, the greater quantity and variety of these powerhouse nutrients you get—a big reason eating a 100% plant-based diet can work so well.

#### ● A ‘dream team’ activates

The food we eat has near-instant impact on trillions of bacteria in our guts, and only plants help the most beneficial types of bacteria thrive. Eat a lot of plants, and you end up with what Dr. B. calls a “dream team” of microbes that help drive you to optimal health and an optimal weight. Proof: One study compared a group of women with very high plant consumption to women eating a lower-plant American diet. Both groups ate sweets and starch, and

both burned about the same calories through exercise. Yet the plant-loving women had far better gut bacteria and about half the body fat of women who ate fewer plants.

### Find your sweet spot

Yes, you’ll get maximum benefits eating only whole plants all the time. And it can get you a lot healthier in a short period. But

if it doesn’t feel sustainable? No worries. Just *prioritize* plants, even if you still eat other things, says Dr. B., who personally lost 50 pounds by gradually increasing his plant consumption. He found trading one fast-food meal a day for a plant-packed smoothie was enough to start transforming his body. It gave him more energy and instant motivation to keep exploring more ways to add plants to his diet.

The bottom line: “Even small steps toward eating more plants can have a huge impact,” Dr. B. says.

### Angel’s amazing story

Six years ago, Angel Grier’s fitness-buff hubby, Terry, had

a reaction to cholesterol meds that was so severe, she worried he was dying. Doctors insisted he keep taking a similar med. “It didn’t sit right with me,” recalls the Pennsylvania business owner. “I started researching.”

Eventually she learned about whole-food, 100% plant-based eating. The couple was soon enjoying their fill of pumpkin waffles, veggie-loaded pasta dishes and pizza with cashew-based cheese. “I just did it to support him. I was eating so much, I figured I’d *gain* weight,” she recalls. Instead, she dropped 20 pounds in two months. “It’s so easy to take weight off this way, you won’t believe it!”

Angel’s high cholesterol dropped along with Terry’s. He got off meds. Over time, she lost 127 pounds without counting a calorie. “I have a big appetite, and I’d done every diet. Nothing worked like going plant-based. Not even close,” says Angel, 54, and maintaining for five years. “I can’t believe more people don’t eat like this. For me, it was a miracle.”

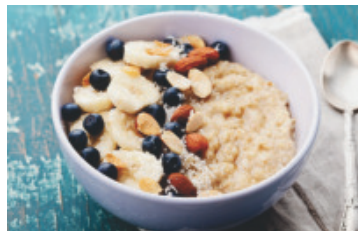
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veggies, nuts and  
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## Get speedy results eating easy, delicious meals like these

The great thing about whole-food plant-based eating is that it tends to stimulate weight loss naturally—no need to count calories or limit portions. There are also lots of easy and familiar foods to enjoy. We’ve got ideas to inspire you. Find more in Dr. B.’s book and on Angel’s website, [Plant-Based-Love.com](#).



**Creamy oat porridge**  
Prepare steel-cut oats with protein-rich plant milk; top with fruit and nuts or seeds



**Hummus sammies**  
Slather whole-grain bread with hummus and pile high with any veggies you like



**Protein pasta**  
Top any protein-rich pasta (such as Barilla Protein+) with veggies and plant-based sauce

# “Help me be myself”

We all want to feel like our true selves—after all, that’s where confidence begins. Here, empowering ways to unleash your potential

by KRISTINA MASTROCOLA

## Shine your light

### Own your worth

“I’ve always believed honoring your authenticity is the key to leading a full life,” says expert Pallas Hupé Cotter. “This belief became my mission when I lost my brother to suicide. We can lose people we love because they can’t see their true value or believe others don’t value them for who they are. This heartbreaking reality highlights both the importance and challenge of authenticity. Yet the reward for those who live authentically is that anyone who chooses you—for a job, a friend or a life partner—chooses you for exactly who you are. When your sense of self is clear, it’s easier for people to recognize what you offer the world.”

### Find your ‘key words’

Too often, we take the qualities that make us unique for granted. “Ask people who know you well to reflect what they see—attributes you may not even recognize in yourself,” encourages Hupé Cotter. “As these characteristics come

into focus, you’ll begin to uncover what I call your ‘defining words,’ the ones that guide your choices around work and relationships, helping you decide how to spend your time and energy and how to connect authentically with others. I call this *strategic* authenticity.”

### Boost your confidence

The best way to practice authenticity is through an exercise I call the Authenticity Inventory, reveals psychologist Susan Campbell, Ph.D. “At the end of each day, ask yourself: When did I not show up for myself? When did I hide something important, like a need for reassurance? What fear held me back? Then imagine how you would have responded if you had felt safe. Say it out loud, like: ‘When you interrupted me, it hurt my feelings and I need to feel like what I say matters.’” Saying the words trains your nervous system, shortening the gap between feeling something and expressing it authentically.



## Keep growing

### Embrace change

When our roles shift, we often struggle with our identity, or who we are beneath whatever label we believe defines us, says expert Debbie Peterson. “I’ve been there myself when my son went to college—it was a huge adjustment and I was a hot mess,” she laughs. “Ask yourself, ‘Who am I besides X role, like being a mom?’ ‘What lights me up?’ For me, a large part of life is my faith, including church and spending time with my women’s group. These are things I’ve learned to protect.”

### Spark creativity

“We can’t express all our strengths and passions at the same time, so it’s about finding where they overlap,” shares Hupé Cotter, who says journaling helps her do exactly that. “What kind of expression helps you find your voice? Whether it’s art,

movement or meditation, the creative flow lets you reflect on deeper questions.”

## Your Coaches

### THE LEADERSHIP MAVEN

**Pallas Hupé Cotter**, author of *Discover What Makes You Feel Truly Alive*, is an Emmy award-winning former TV reporter, TEDx speaker and founder of POP, a personal leadership consultancy. More at PallasWrites.com.

### THE PSYCHOLOGIST

**Susan Campbell, Ph.D.**, author of *Getting Real: 10 Truth Skills You Need to Live an Authentic Life*, is an authenticity expert who focuses on helping people communicate honestly, build deeper relationships and live with emotional courage.

### THE CONFIDENCE EXPERT

**Debbie Peterson, CSP** is an award-winning keynote speaker and creator of *The Readiness Reset*, helping leaders reconnect to purpose, gain clarity and take confident, actionable steps forward.

**NEW ISSUE ALERT!**

# Heal With Every Meal

Minimize inflammation with science-backed (and delicious!) food strategies

## Beat Inflammation

REBUILD YOUR PANTRY  
AROUND A BETTER  
FOOD PYRAMID

## Beans, Grains & Mushrooms

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FOODS YOU  
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CERTIFIED  
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**DIANA  
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18  
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Recipes

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breakfast to dessert

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**JOAN  
LUNDEN**

Beloved for her landmark run as an anchor on *GMA*, Joan Lunden defined American mornings for decades. Here, the veteran journalist sits down with *Woman's World* to discuss the power of perspective, the art of reinvention—and why she's never retiring

by LIZ VACCARIELLO

*The Making of an*

**ICON**

**W**hen Joan Lunden settles into her chair, there's an immediate warmth that radiates from her—the same energy that welcomed millions of Americans into their mornings for two decades on *Good Morning America*.

But ask her what matters most now, and the answer comes without hesitation: “My family, my seven children and my husband, Jeff. I got one of the good ones.”

It's a simple answer that belies a remarkable journey of balancing motherhood with one of the most demanding careers in television.

Her grown daughters recently gave her the ultimate compliment: “What they really got from those years was that I was at everything important, but I also showed them that as a woman, you can be a lot of different things in life,” Joan says. “We could be a wife and a mom, but we could also have a career. We could even do multiple careers.”

Those early mornings weren't without their challenges. Joan remembers her daughters coming downstairs, seeing her on TV, kissing the screen—“but then we'd sometimes change to a cartoon,” she laughs. Yet what could have been a source of guilt became a powerful lesson in possibility. “They saw me doing television, writing books.” Years later, her daughter told her: “That was really a good thing to imbue upon us.”

### The art of reinvention

When Joan left *GMA* at 47, a young reporter asked if she thought she'd ever “top this.” The question stung—but it sparked something profound. “Everyone expected me to jump to another major TV show,” she recalls. “But by not doing so, I learned the importance of letting life breathe and allowing yourself to find other meaningful things in your life.”



Joan and husband Jeff Konigsberg with twins Max and Kate

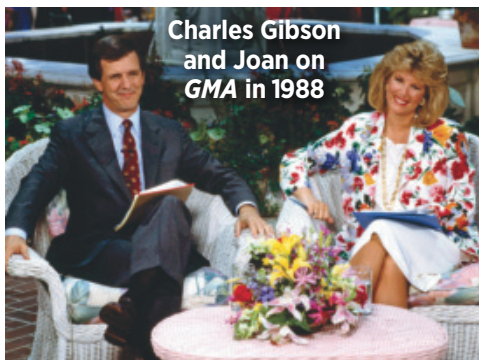
This philosophy has become Joan's mantra: “Reinvention never retires.” It's the title of one of her favorite chapters in her new memoir, *JOAN: Life Beyond The Script*, and it's how she's approached every stage of life since leaving the anchor desk. “If you just stay open to doing new things—that's kind of how I've lived these next chapters.”

She never expected her *GMA* years to be a 20-year chapter, and she certainly never imagined the many milestones that would follow: hosting multiple TV shows, conquering her fear of public speaking (touring with Tony Robbins was “baptism by fire”), writing books, giving dozens of speeches annually and dedicating herself to advocacy work. “People always say, ‘I can't believe all the things you've done,’” she reflects. “It's because I said yes every time somebody asked me to do something.”

### Breaking barriers

Joan's journey to television wasn't planned—it was a fluke. Growing up as the daughter of a cancer surgeon, she expected to follow in his footsteps. “I graduated from high school and couldn't wait to go to work in a hospital that he had helped found,” she remembers. “I found out quick—scalpels and stitches were not part of my storyline.”

A family friend suggested a career in newscasting in 1973, when there were virtually no women on television. “I mean, Barbara Walters was on *The Today Show* at the time, but I don't know if I could name another woman who was on TV in 1973.”



Charles Gibson and Joan on *GMA* in 1988

But soon, Joan heard opportunity knocking, and she answered.

Her first audition at a Sacramento station led nowhere—until the weather-caster spotted her in the parking lot. “I just saw your audition, and I'd like to make you Sacramento's first weather girl,” he told her. Joan knew nothing about weather and cared even less, but she heard that word again: opportunity. “Somehow, I heard an opportunity, and I said, okay.”

The Monday morning start time—5 AM—should have been “the omen for the rest of my life,” she jokes. Within two

years, she went from weather girl to consumer reporter to anchor. She wasn't welcomed with open arms in that newsroom, and she understood why.

“Those men had probably worked at three newspapers and a couple of radio stations before ever getting to be on TV in Sacramento. And then the young blonde—a 23-year-old—comes in with no experience and you're gonna make her an anchor. It's not fair.”

But Joan had discovered a powerful truth: “Be so good they can't ignore you.” She lived by it, always being ready when opportunity called—even when it meant rushing to the studio with David Hartman out sick, throwing on clothes and hosting the show unprepared but willing.

### A revolutionary moment

In 1979, when ABC asked Joan to become co-host of *GMA*, she had just one condition at the time: “I'm breastfeeding, and I need to bring the baby.” The network, desperate to fill the seat, said yes—but wanted it kept secret. “They're like, ‘We're letting you do this, but don't tell anybody. They'll think that you can't concentrate.’”

At her first press conference, the secret lasted approximately one question.



Joan and Barbara Walters in 1985



Fun in Vegas with daughters Sarah, Jamie and Lindsay

“*Time* magazine asked, ‘We hear you’re bringing your baby to work. How did you work that out with ABC?’” Joan had to come clean, and in doing so, she became a pioneer. ABC contractually agreed she could take her baby anywhere in the world during the first year of life. At 1 year old, her daughter Jamie accompanied her to cover the royal wedding of Prince Charles and Lady Diana.

“There was something ingratiating about waking up in the morning and having a person that’s telling you the world is still spinning on its axis and giving you the news of the day, who is also a woman with children who has to deal with diapers and breastfeeding,” Joan explains. “By the way, you couldn’t even say breastfeeding on TV at that time.”

Her daughter Jamie later told her: “You were a mom-fluencer before that word was invented.” It’s true. Baby products companies came calling, and because *GMA* was developed by the entertainment division, not news, Joan had the right to do endorsements. She worried about the ethics, but ultimately, her authenticity as a working mom resonated with millions. “On behalf of American mothers everywhere, thank you, Joan, for paving the way,” I tell her. She smiles and adds, “Thank you, ABC.”

### Honor every season

Two sets of twins, born when Joan was in her late 40s, changed everything in her life *again*. “I know it sounds like, oh my God,” she acknowledges. But at a party

shortly after the second set arrived, something profound happened. Her high-powered working girlfriends walked in the front door, took one look at the chaos—20-month-old twins running around, newborn twins sleeping in a double stroller—and said, “Oh God, I’m exhausted just looking at this.”

The caterers, a group of French women, came in the back door, looked at the same exact scene, and said, “You will never grow old.”

“Same two sets of eyes look at exactly the same thing,” Joan reflects. “One sees it as exhilarating, and the other sees it as exhausting. And in that, there is a lesson. It’s all how we approach things in life.”

That lesson extends to every aspect of aging successfully. Joan has written extensively on the subject, and the research is clear: The key ingredients to successful aging aren’t money or location—they’re staying engaged and strong friendships.

“Women are so busy working that they sometimes don’t continue friendships as much as they should,” she says. “Whereas men go play basketball or have dinner with their buddies.”

Joan’s wise advice on caregiving is equally practical and profound. When visiting aging parents, “you need to be a snoop and a detective. Look in the refrigerator—are their foods up to date? Go into their bathroom—are they compliant with medication? Put a few nightlights in the hallway. Piles of unopened mail, expired food—these are the giveaways.”

But her most important wisdom: Start the conversations early—at 60, not 80. Interview them with your

phone’s video camera. Ask them about memories, their medical history.

“What was I like as a little kid? Did any of our relatives have colon cancer or breast cancer?” These recordings become treasures, and the information could save your children’s lives.

Joan made photo books for her mother Gladly, organizing pictures by themes, to spark memories and conversations: childhood, Dad’s romance with Mom, family trips. “Even if you don’t know whether they recognize you, keep telling them you love them.”

From her family to her friends,

Joan says honoring every season of a woman’s life is an act of love. In fact, her book’s dedication reads, *Behind every successful woman is a cadre of other strong, capable women who helps her get there.*

“None of us get here by ourselves,” she says. “Over the years, I’ve had seven or eight assistants, and each of them worked for a different Joan Lunden—the newbie, the new mother, the one not happy in the marriage, the divorce, the one dating again, the one happily married, the one daring to have twins with a husband who’s 10 years younger, the one who goes on to dedicate her life to advocacy. Those were all distinct women—and yet they’re all the same Joan Lunden.” **Ww**



All smiles with her sweet pup Bentley



Joan speaking at the BCRF in New York City

## Don’t miss Joan’s latest book!

Joan’s newest memoir, *JOAN: Life Beyond the Script* (out March 3) is her 11th book. Her previous work includes *Why Did I Come Into This Room? A Candid Conversation About Aging*, which features a chapter titled “When I Die, I Want to Be Cremated. It’s My Last Chance for a Smokin’ Hot Body.” In her latest, readers get a glimpse of the woman behind the broadcast—the fearless pioneer who said yes to everything, the working mother who changed what was possible and the woman who proves reinvention truly never retires.





## Quick Questions, Honest Answers *with Joan*

**Q** **Favorite words?**  
“Thank you.”

**Last time you cried?**  
“My father-in-law passed away last week. He was a man who was all about family and connection. I married into a very big, loving, connected family.”

**Biggest lesson learned from kids?**  
“Mindfulness. When I came home from *GMA*, there was nothing better than getting down on the floor and coloring in between the lines. All you had to worry about was keeping that color inside the lines. It was almost like meditation—transferring your focus totally to the children. It was stress-relieving.”

**What has kept you feeling youthful?**  
“I was back on the playground with these four little kids, and my older girls were in middle school, high school and college. But they were still around all the time because it was a fun house filled with such love and joy that they didn’t want to miss out. I live an active, full life. It makes me feel like I’m still in my 40s.”

**Favorite genre to read?**  
“Historical fiction. I love Brad Thor, Michael Connelly. My husband’s grandmother lived to 100, and she used to say, ‘A reader never goes to bed alone.’ When you’re into a book, you can’t wait till tomorrow morning when you can open it up again.”

**Your approach to life?**  
“Open arms and say yes. So much has come into my life because of that. People say, ‘I can’t believe all the things you’ve done’—flying with the Thunderbirds, deploying with Navy SEALs, jumping out of planes, flying at the edge of space. It’s because every time somebody said, ‘Do you want to do something?’ I was like, ‘Yes, that’s my ticket to adventure.’”



# Supper

# SOUPS & STEWS

Ladle up a bowl of mmm with our easy-do dinners

## Beef Stew with Chickpeas and Squash

*For a lighter twist on the comforting classic, we replaced some of the beef with protein-packed chickpeas and fiber-rich butternut squash, then added spinach at the end for a fresh finish*

1 lb. butternut squash chunks, cut into 1¼" pieces  
 1 small red pepper, diced (about 1 cup)  
 1 onion, diced  
 1 (19 oz.) can chickpeas, rinsed, drained  
 1 Tbs. chili powder  
 ¾ tsp. salt  
 ½ tsp. pepper  
 2 lbs. beef stew meat, excess fat trimmed, cut into 1¼" pieces  
 1 Tbs. olive oil

1 (10 oz.) can mild enchilada sauce  
 3 cups packed baby spinach

- Coat bottom of 6-qt. slow cooker with cooking spray; add squash, pepper and onion. Scatter chickpeas on top. In bowl, combine chili powder, salt and pepper; add beef. Toss until evenly coated. In large nonstick skillet, heat oil over medium-high heat. In batches, brown beef on all sides, 3–5 min. per batch, then transfer to slow cooker on

top of chickpeas. Pour enchilada sauce over beef.

- Cover; cook stew on low until beef is very tender and vegetables are cooked through, 8 hrs. Stir in spinach. Cover; let stand until spinach is wilted, 1–2 min.

**Servings: 8. Active time: 15 min. Total time: 8 hrs., 30 min.**  
**Calories: 380 Protein: 43g Fat: 11g (4g sat.) Chol.: 115mg Carbs.: 28g Sodium: 800mg Fiber: 7g Sugar: 7g**

## Loaded Potato Soup

*Set it and forget it with this delicious dish that gets a smoky kick from crispy bacon*

- 1 onion, chopped
- 3 lbs. Yukon Gold potatoes, peeled, cut into  $\frac{3}{4}$ " pieces
- 2 bay leaves
- 8 cups lower-sodium chicken broth
- 2 ears corn, kernels removed (or  $1\frac{1}{2}$  cups thawed frozen corn)
- $1\frac{1}{2}$  cups frozen peas and carrots, thawed
- $\frac{1}{2}$  cup heavy cream
- 6 slices cooked bacon, crumbled
- 1 Tbs. chopped chives

- Coat 6-qt. slow cooker with cooking spray. Add onion; top with potatoes and bay leaves. Add 4 cups broth. Cover; cook on low until potatoes are tender, about 5 hrs.

- Let cool slightly. Discard bay leaves. In batches, transfer soup to blender; cover. Puree until smooth, adding remaining 4 cups broth. Transfer back to slow cooker; stir in corn, thawed vegetables and heavy cream; season to taste

with salt and pepper. Cook on low until heated through, 30 min. Transfer to bowls; top with bacon and chopped chives.

**Servings: 6. Active time: 25 min.**  
**Total time: 5 hrs., 55 min.**  
**Calories: 350 Protein: 14g Fat: 9g (5g sat.) Chol.: 30mg Carbs.: 58g Sodium: 1,030mg Fiber: 7g Sugar: 7g**





## Green Curry Chicken

*Convenient canned coconut milk is the secret to fast flavor in this one-skillet sensation*

1 (13.5 oz.) can coconut milk (unsweetened)  
 ¼ cup green curry paste  
 ¼ cup finely chopped basil  
 2 Tbs. lime juice  
 1½ lbs. boneless, skinless chicken breast halves, cut into 1½" pieces  
 ¼ tsp. salt  
 ¼ tsp. pepper  
 1 Tbs. olive oil  
 2 shallots, chopped  
 4 cups broccoli florets  
 2 cups green beans, trimmed

1 small zucchini, trimmed, cut into ½" half-moons  
 1 (14.11 oz.) can whole baby corn, drained

• In medium bowl, whisk together coconut milk, curry paste, basil, lime juice and ½ cup water; reserve. Coat large nonstick skillet with cooking spray; heat over medium-high heat. Sprinkle chicken with salt and pepper; add to skillet. Cook, stirring, until lightly browned on all sides, 3 min. Remove.

• Add oil to same skillet; heat over medium. Add shallots; cook, stirring, 5 min. Add broccoli, beans, zucchini, baby corn, chicken and coconut milk mixture. Bring to a boil; reduce heat to medium-low. Cover; cook until veggies are tender and chicken is cooked through, 10–15 min.

**Servings: 6. Active time: 25 min. Total time: 40 min.**

**Calories: 250 Protein: 29g Fat: 8g (2g sat.) Chol.: 65mg Carbs.: 17g Sodium: 820mg Fiber: 3g Sugar: 5g**

## Creamy Carrot-Ginger Bisque

*To make it heartier, stir in shredded cooked chicken or top with sautéed shrimp*

- 1 Tbs. oil
- 1 lb. carrots, cut into 1" pieces
- 2 ribs celery, cut into 1" pieces
- 2 leeks, white and light green parts only, halved, cleaned, sliced
- 2 Tbs. chopped peeled fresh ginger
- $\frac{3}{4}$  tsp. curry powder
- $\frac{1}{2}$  tsp. dried thyme
- $\frac{1}{2}$  tsp. salt
- 2 (14.5 oz.) cans lower-sodium chicken broth
- $\frac{1}{2}$  cup heavy cream + additional
- 2 Tbs. honey
- 1 Tbs. chopped fresh dill

• In large pot, heat oil over medium heat. Add carrots, celery, leeks, ginger, curry powder, dried thyme and salt. Cook, stirring often, until vegetables start to soften, 4–5 min. Add broth and  $1\frac{1}{2}$  cups water. Cover; simmer until vegetables are very tender, about 45 min. Let cool slightly.

• In batches, in blender, puree soup. Return to pot; over low heat, stir in  $\frac{1}{2}$  cup cream and honey. Cook until heated through. Transfer to serving bowls; drizzle with additional cream and sprinkle with chopped dill.

**Servings: 4. Active Time: 20 min.**  
**Total Time: 1 hr. 20 min.**  
Calories: 270 Protein: 7g Fat: 18g  
(8g sat.) Chol.: 35mg Carbs.: 30g  
Sodium: 860mg Fiber: 4g Sugar: 19g



# SPOONFULS OF

*Yum!*

These creamy treats are so light and dreamy, no one will guess how simple they are to whip up



Easy as  
1,2,3!

## Coffee Panna Cotta *No-bake easy!*

1 (¼ oz.) env. plain gelatin  
 1¼ cups heavy cream  
 ¾ cup half-and-half  
 ½ cup brewed coffee  
 ¼ cup packed brown sugar  
 ¼ tsp. ground cinnamon  
 1 tsp. vanilla extract  
 1 cup coffee yogurt, stirred  
 ⅓ cup whipped cream  
 2 Tbs. dark chocolate curls

**1** Coat 6 (6 oz.) ramekins with cooking spray. In microwave-safe bowl, sprinkle gelatin over 2 Tbs. cold water; let sit 5 min. In pot, mix cream, half-and-half, coffee, brown sugar, cinnamon and vanilla; over medium-high heat, cook, stirring, until sugar melts, about 3 min.

**2** Remove pot from heat. Microwave gelatin 15 sec.; stir into mixture in pot. Let cool slightly, then fold in yogurt

and divide among ramekins. Cover each with plastic wrap and chill overnight.

**3** Uncover ramekins and dollop with whipped cream. Sprinkle each with chocolate curls.

**SERVINGS: 6.**  
**ACTIVE time: 20 min.**  
**TOTAL time: 20 min. + overnight**

**COLLECT  
A MEAL**

# **DINNER** *made easy!*



*Veggie Spring Rolls*



*Pork Fried Rice*



*Nutty Chicken Stir-Fry*



*Apricot Parfaits*

## Pork Fried Rice

*This crowd-pleaser speeds to the table in just 30 minutes*

- 1 lb. boneless pork chops, cut in ½" pieces
- 4 Tbs. hoisin sauce
- ¼ cup teriyaki sauce
- 2 eggs, beaten
- 1 Tbs. oil
- 1 red pepper, diced
- ½ cup thawed peas
- 2 scallions, sliced
- 4 cups warm cooked rice
- ½ cup fried wonton strips

- Toss pork with 2 Tbs. hoisin; reserve. In small bowl, mix teriyaki and remaining hoisin; reserve. Coat nonstick skillet with

spray; heat over medium. Add eggs, tilting pan to spread. Cover; over medium-low, cook until set, 2 min.; transfer to board. Roll up. In same skillet, heat oil over medium-high; add diced pepper. Cook, stirring, until tender, 5 min.; remove. To same skillet, add pork mixture; cook until browned, 5 min. Add peas, scallions, rice, teriyaki mix and pepper; cook 2 min. Slice egg; stir into rice mixture. Top with fried wonton strips.

**Servings: 6. Active time: 30 min. Total time: 30 min.**  
**Calories: 409 Protein: 23g Fat: 16g (5g sat.) Chol.: 107mg**  
**Carbs.: 42g Sodium: 741mg Fiber: 2g Sugar: 6g**

## Veggie Spring Rolls

*Prep these tasty rolls up to an hour ahead to allow the ingredients to mingle and enhance their flavor*

- 10 fresh snow peas
- 1 seedless cucumber
- 1 small red and/or orange pepper
- 1 cup shredded lettuce
- ¼ cup fresh basil leaves
- ¼ cup fresh cilantro
- 2 scallions, minced
- 12 (6") rice paper sheets
- ½ cup sweet chili sauce

- Thinly slice vegetables into 2" strips. Line plate with damp paper towel. One at a time, dip sheet of

rice paper in hot water; let soak 10 sec. Transfer to work surface. Arrange some lettuce, a few herb leaves and vegetables on center of paper; sprinkle with scallion. Tightly roll up. Transfer to plate.

- Repeat with remaining ingredients to make 12 rolls. Cover with damp towel; chill until ready to serve. Transfer to serving plate; serve with sauce.

**Servings: 6. Active time: 20 min. Total time: 1 hr., 20 min.**  
**Calories: 170 Protein: 3g Fat: 2g (0g sat.) Chol.: 5mg**  
**Carbs.: 37g Sodium: 600mg Fiber: 1g Sugar: 16g**

## Apricot Parfaits

*So rich and delicious, no one would ever guess this comfort dessert whips up in less than half an hour*

- 1 (3.4 oz.) pkg. French vanilla instant pudding and pie filling mix
- 1½ cups milk
- 1 cup frozen whipped topping, thawed, + additional
- 2 cups vanilla wafer cookies, crushed
- 1 can (15.25 oz.) apricot halves in syrup, drained, quartered
- Mint sprigs (optional)

- In bowl, whisk together

pudding mix and milk until thickened; fold in ½ cup whipped topping. Divide cookies among 6 (6 oz.) dessert glasses.

- Dividing evenly, top cookies with a few Tbs. pudding mixture in each glass, then sliced apricots and remaining pudding mixture. Cover. Chill until ready to serve. Top with additional whipped topping and, if desired, mint.

**Servings: 6. Active time: 25 min. Total time: 25 min.**  
**Calories: 330 Protein: 4g Fat: 11g (7g sat.) Chol.: 20mg**  
**Carbs.: 57g Sodium: 410mg Fiber: 2g Sugar: 43g**

## Nutty Chicken Stir-Fry

*Cashews add crunch to this quick dish*

- ¾ cup chicken broth
- 2 Tbs. honey mustard
- 1 Tbs. balsamic vinegar
- 1 tsp. cornstarch
- 1 lb. boneless, skinless chicken breast strips
- ¼ tsp. salt
- 6 oz. broccolini, halved
- 1 tsp. olive oil
- 2 scallions, sliced
- ½ cup cashews

- In bowl, whisk first 4 ingredients; reserve. Sprinkle chicken with salt. In 12" nonstick skillet, bring broccolini and ¼ cup water

to a boil over high heat. Cover; over medium-low, cook 3 min. Drain; remove.

- In same skillet, heat oil over high. Brown chicken, stirring until no longer pink, 3–4 min. Remove. Reduce heat to low. Add broth mixture; bring to boil. Cook until slightly thickened, 1–2 min. Add chicken, broccolini and scallions; heat through, about 30 sec. Top with cashews.

**Servings: 4. Active time: 15 min. Total time: 25 min.**  
**Calories: 266 Protein: 30g Fat: 11g (2g sat.) Chol.: 83mg**  
**Carbs.: 13g Sodium: 356mg Fiber: 2g Sugar: 5g**

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# Turn kitchen scraps into culinary gold

The cooking habit that saves money, adds flavor and protects the planet? Transforming humble scraps into delicious snacks, sides and sweets, making every meal more creative and satisfying. It's like finding free food hidden in your fridge!

by KATIE ALBERTS

## GIVE SOUPS A BOOST with Parmesan rinds

“Always save your Parmesan rinds’ is one of my kitchen mottos,” shares chef Patty Morrell-Ruiz, who shares recipes at [TheMadTable.com](http://TheMadTable.com). “I keep them in the freezer and drop one into soups and stews for a subtle salty finish.” Making mashed potatoes? Toss a cheese rind into the cream and simmer for 10 minutes to give your dish an extra layer of richness.

## WHIP UP PESTO with carrot tops

“You can make great pesto from combos of greens, nuts and oil for far less than store-bought pesto,” says Jenné Claiborne, author of *Sweet Potato Soul Vegan Vibes*. “I love pairing carrot tops with pumpkin seeds or beet greens with almonds.” Toast nuts or seeds to boost flavor, pulse the greens, then add nuts or seeds in a

1:1 ratio and blitz while drizzling in olive oil. Season with salt, pepper and chili flakes.



## MAKE SORBET with pears

“I often buy pears at Costco and was frustrated when they'd start to brown before I had the chance to eat them,” shares Claiborne. “But since I've started turning them into maple syrup-sweetened sorbet, I actually look forward to my pears over-ripening and will speed it up by putting them in a brown paper bag.” To make the decadent dessert: Core, chop and freeze 4 overripe pears until solid. Blend in a food processor with 1–2 Tbs. maple syrup, ½ tsp. cinnamon and 1 tsp. lemon juice. Enjoy immediately for a soft-serve consistency, or freeze 1 hour for a firmer texture.



## ADD ZING TO RICE with herb stems

Herb stems are full of flavor and a secret ingredient in many Latin dishes, reveals Morrell-Ruiz, who's known for her Cuban fusion recipes. “After you've torn off the leaves, finely chop parsley and cilantro stems and add to rice or bean preparations for an infusion of zing! They lend a bright, aromatic note that elevates simple dishes, and you'll be amazed at how much flavor often goes unused.”



## REPLACE CROUTONS with potato peel 'chips'

Next time you peel a potato, scrub it first and save those precious peels, encourages Morrell-Ruiz. “Let the peels dry on a paper towel, then toss them with a little olive oil and salt or chili powder, and roast or air-fry them into crispy, golden chips. They're delicious on their own or can be used as a crunchy crouton-style garnish on soups, salads or grain bowls,” she adds.

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Fill out this coupon and send to *Woman's World*, P.O. Box 35059, Seattle, WA 98124. Offer of 2 bonus issues valid for U.S. orders only. Canadian orders must enclose \$55.80 for 20 issues and \$139.50 for 50 issues, prepaid in U.S. funds. Foreign orders other than Canada must enclose \$75.80 for 20 issues and \$189.50 for 50 issues, prepaid in U.S. funds. Make check payable to "Woman's World." Allow 4-8 weeks for delivery of your first issue. \*Savings based on 50 issue offer + 2 bonus issues comparison to U.S. newsstand price. Plus sales tax where applicable. Void where prohibited. *Woman's World* is currently published weekly. Frequency is subject to change without notice. Double issues may be published, which count as 2 issues. All subscription account payments are non-refundable. Your subscription is subject to A360 Media's Terms & Conditions: [accelerate360.com/terms-and-conditions/](http://accelerate360.com/terms-and-conditions/) and Privacy Policy: [accelerate360.com/privacy-policy/](http://accelerate360.com/privacy-policy/). To manage any details of your subscription, including opting out of automatic renewal, please contact customer service online at [my.womansworld.com](http://my.womansworld.com) or (800) 216-6981.

## ASK SUZE ORMAN

**Q:** I recently went through a divorce—what steps can I take to rebuild my credit and grow my savings?

**SUZE:** When you say you want to rebuild your credit score and reclaim your power, I hear something important: At one point, you had good credit. At one point, you felt powerful. Something happened—maybe money was part of it, maybe it wasn't. But here's what I know for sure: If you did it once, you can do it again. Before we talk about credit scores, it's important to do three things:

### 1. Stand in your truth

Your self-worth is not defined by your net worth. A low credit score has nothing to do with who you are. Real power doesn't come from a bank account—it comes from reconnecting to the source of yourself: your values, your purpose and the goals that matter most to you. That is the key to true, lasting wealth.

### 2. Don't let the past define you

Rebuilding your credit is actually the easy part. The hard part is giving yourself enough credit to know that you have what it takes to create the life you deserve—and the life you want—on your own. You've been through hard things and overcome them. You can do exactly that again.

### 3. Silence your fears

Anxiety loses its power when you replace it with a new truth. For example, if your fear is, "I feel insecure," your new truth is, "I am more powerful and financially secure than ever." Say it out loud, 30 times, every time fear shows up. Retrain your mind, and I promise you, your money will follow.



**SUZE ORMAN** is on a mission to help you secure your financial future. Here, the host of the *Women & Money* podcast and author of *The Ultimate Retirement Guide for 50+* addresses your top money concerns

Have a financial question for Suze? Email us at: [AskSuze@WomansWorld.com](mailto:AskSuze@WomansWorld.com)

**Now, the practical part:** My forever rule is that after the loss of a loved one, through death or divorce, you're to do nothing with your money for six months to a year, other than paying off debt.

Next, pull all three credit reports. Go to [AnnualCreditReport.com](http://AnnualCreditReport.com) and get them for free. Review every line, making sure your name is not on any credit cards or loans connected to an ex.

Finally, if needed, open a secured credit card. You'll deposit a few hundred dollars, use it for one small recurring expense and pay it in full every month. Over time, your credit will rebuild. Go one step at a time. You're not just rebuilding your credit—you're rebuilding *you*.

**Q:** I've heard of the 4% rule for retirement. Is it still safe to withdraw that much a year, or should I be more cautious to avoid running out of money?

**SUZE:** Before I tell you whether the 4% rule still works, let me first explain what it is. It's a retirement guideline created in the early 1990s that says if you withdraw 4% of your savings in your first year of retirement, then increase that dollar amount each year for inflation, your money should last about 30 years.

**Here's the problem:** That rule was created in a world that no longer exists. In the 1990s, people didn't routinely live

into their late 80s and 90s the way we do today. No one was planning for artificial intelligence changing careers, people being pushed out of the workforce earlier than expected or health insurance premiums becoming one of the largest expenses in retirement.

And I can promise you this: They did not plan for a global pandemic or the kind of economic uncertainty we now live with. Yet people still treat the 4% rule like it's a guarantee.

### My rule is 3 to 3.5%

I've been criticized for years for being "too conservative." And my response has always been the same—I'm not conservative, I'm realistic. Not because you should live in fear, but because you need to live with options.

And here's what most retirement rules never talk about—it's not just what you withdraw; it's what you spend. You take money out with one hand, and it immediately leaves with the other. Mortgage payments. Debt. Insurance. Taxes. Healthcare.

If you retire owning your home outright, totally out of debt and with intentionally low expenses, you simply don't need to withdraw as much. And the less you take, the longer your money lasts. And my rule isn't extreme. An example: On \$1 million, 4% is \$40,000. At 3 or 3.5%, it's \$30,000 to \$35,000.

That difference isn't deprivation—it's protection. Retirement isn't about seeing how much you can take. It's about making sure your money never abandons you. That's real security, *Suze-style*.

## Enjoy free entertainment

No need to pay for yet another streaming service or upgrade your cable package to enjoy premium entertainment. Just consider these free alternatives:

### • Sample hit shows

Some major networks, including Animal Planet and HGTV, offer samples of full episodes without a subscription or TV login. Just check their websites and apps for rotating selections and seasonal specials.

### • Watch live concerts

YouTube.com hosts thousands of concert videos by well-known musicians and bands, such as The Beatles and The Go-Gos. Search a musician or band's name plus "concert" to watch entire performances.

### • 'Attend' virtual theater

PBS streams a steady mix of limited-time plays, musicals, ballets and operas. Visit [PBS.org](https://www.pbs.org) and search "Great Performances" to watch acclaimed productions.



# 38%

## OF AMERICANS ARE LOOKING FOR A NEW JOB THIS YEAR

ROBERT HALF

## Score local deals

You've probably noticed fewer coupon inserts in your Sunday newspaper these days. But that doesn't mean you have to miss out on savings. You can find plenty of discounts for nearby supermarkets and retailers online. For example, at [Clipp.com](https://www.Clipp.com), you'll find both coupons and prepaid digital vouchers that stretch your dollars by giving you credit for more than you pay. For example, you might spend \$20 for a \$40 certificate to use at your favorite eatery.

**SMART SAVINGS**

## Pinpoint top products

**AVOID BUYER'S REMORSE BY HAVING A CHATBOT CHECK PRODUCT REVIEWS. Try asking ChatGPT, "What do buyers say matters most in a hand cream, and which highly rated ones are under \$10?" You'll get a list of choices.**

**SAVINGS SECRET**

## DODGE 'FRIENDLY' SPLURGES

**When a salesperson is nice, be careful not to overspend.**

The warm glow from a positive customer service experience leads 73% of us to buy more than we planned. At a clothing store, say, you might add a top after an associate helps you track down a scarf. Or when ordering take-out, you might tack on dessert after the cashier asks how your day is going. To avoid overspending, ask yourself whether you want the extra item—or if you're just enjoying the good service.



## Sidestep the new postmark 'fees'

Need to send mail that must be postmarked by a specific deadline? There's a new rule from the U.S. Postal Service: The postmark on your envelope now reflects the date it was processed by a sorting machine, which can be several days after you drop it in the mailbox. This change could make a bill payment officially late, resulting in fees, penalties or denials. The good news? You can go inside the post office and request a free hand-stamped postmark, which shows the date the Post Office received your mail. For additional proof, you can buy a Certificate of Mailing for \$2.40, which provides a dated receipt.

## Q&A

# The Crazy Coupon Lady's tips for saving big!

The days of clipping physical coupons may be over—but the deals are better than ever! On a recent episode of the “Happy Money with *Woman’s World*” video series, our Digital Director Julia Dennison sat down with Heather Wheeler, co-founder of The Crazy Coupon Lady, who shared savvy penny-wise secrets

**Woman’s World:** How is couponing changing?

**Heather Wheeler:** You still can use the coupons from the newspaper, but you don’t have to do those things. It’s really gone digital. Store apps have hundreds of dollars’ worth of coupons in them, and so that’s a big change, as well.

**WW:** What are your top money-saving hacks?

**HW:** The first one that I always say is that you have to change the way that you meal plan. Instead of going to your recipe book and saying, “Okay, these are the five things that I’m going to buy,” look at what’s on sale first, and then plan your meals around that.

**WW:** Where are you looking for these sales?

**HW:** You can look on the retailer website and look at their weekly ad. They don’t distribute it in the newspaper anymore, but you can get their app or you can log on to their website. Usually, on the front page you’re going to see the meat that’s on sale and all of that. That will give you the first start for meal planning.

The second one, I would say, is that when something is on sale with a coupon or it’s just a great price, make sure that you’re buying as many as the store will allow, so that you can create just a small little stockpile of those items. I’m not talking about filling a room in your house, just one little side of your pantry where you’re putting the toothpaste that you get for free and the shampoo that’s 50% off. That way, when you run out, you’re not going to the store and paying full price—you’re going to your pantry.

**WW:** What’s the best way to get started?

**HW:** Just pick one grocery store or retailer, start small and try to figure out their rewards program or the way that they run sales, because each store is a little bit different. I would also pick a drugstore, find the one that’s closest to your house and learn their savings program. I like to have both a drugstore and a grocery store as part of my savings arsenal.

**WW:** That’s so interesting about drug stores, because you think, do everything at a grocery store. How about savings and rebate apps?

**HW:** Savings and rebate apps are a really big key to this puzzle. There’s one called Ibotta, there’s one called Fetch, one called Shopkick, and you don’t need all of them, but just pick one of those. And then just get into this habit: After you go to the grocery store, grab your receipt, scan it and you’re going to save several dollars every time.

**WW:** What about tracking prices for your favorite foods?

**HW:** Some people get a little overwhelmed by this. Just think of those 10 or 20 things that you’re buying over and over and just jot down what price you’re paying normally, so that when you see a deal, you have the context for how good of a deal this is. How much should I be stocking up? My aim is always to be saving around 40% on those items where coupons are being released and they’re going on sale frequently.

**WW:** How about the clearance sections, or shopping clearance grocery stores?

**HW:** The clearance section at a grocery store is one of my favorite things. People don’t realize produce goes on clearance. The meat department puts things on clearance, the bakery, you name it. Even outside of the traditional items that you would think go on clearance, be sure to browse. Don’t plan your meals and then go shop for it, browse the clearance at your grocery store, because you can get 50% savings without doing anything.





And same thing goes on Facebook. They're using their Facebook pages to release coupons to consumers and make those connections. Those are great places to find coupons that you might not otherwise find.

**WW:** Let's dig deeper into those grocery store tips. Where are you going to buy your groceries and where do you recommend people shop themselves?

**HW:** If you're willing to shop outside of that one store that you always go to, that's going to be the most helpful. I love a regional chain like Kroger or Publix or Safeway. They run a lot of really competitive sales, especially with their loyalty programs, which is key to grocery savings. But you have to make sure you sign up for the retailer's loyalty program. That's how you get the sale prices.

**WW:** How do you feel about big box grocery stores or big retailers when it comes to stocking up on some of your favorite products?

**HW:** Those are some of the best deals you can find. But you have to be careful, because not everything is a good deal. That's why that it's important to jot down prices of the things you use most. So that you don't just walk into a Costco or a Sam's Club and assume that everything is a great price, because it's not. But they do have instant savings that are going to come off at the register on many items. Plus, you can stack them with rebate apps for a bigger discount.

**WW:** What are some of your tips when it comes to buying beauty products?

**HW:** Beauty is one of the categories that releases the most coupons. Most often they're releasing coupons when there's a new innovation, or there's something new to market and they want consumers to try it. There's a ton of coupons for these types of products every week, and

Target, Walmart, the drugstores, even grocery stores all have big sales. But then sometimes you also have to be willing to try a brand that maybe you wouldn't have otherwise. But it can be great—I mean, 50%, 60%, 70% savings.

**WW:** What are your tips when it comes to buying clothes and saving money?

**HW:** My number one tip, especially for kids, is buy a season ahead for them. Look for those clearance sales and buy the size ahead, so that when winter comes, you're not paying full price for great items.

**WW:** You have given us so many great tips and tricks here today. It can feel a little overwhelming some-

times, because it's like, Where do I even begin?

**HW:** My number one tip is to download the Crazy Coupon Lady app, because it is like a personal shopper for the very best deals. Lastly, I'd say pick one store that you want to try these techniques out on and go for it. Learn the ins and outs of the store you're couponing at—they're going to have some specialty programs and ways that they do their sales—and just give it a shot.

**"YOU HAVE TO  
SHIFT YOUR  
MINDSET AROUND  
BRAND LOYALTY."**

**HEATHER WHEELER**

## Don't miss our new video series "Happy Money"

Whether you're planning for retirement or just looking to stretch your dollars a little further, our new video podcast series, "Happy Money with *Woman's World*," makes it easy and enjoyable! Each 20-minute episode serves up friendly, practical advice from financial experts, celebrity guests and women who've reinvented themselves in powerful ways. New episodes drop every Tuesday on YouTube, Spotify, Amazon Music and Apple Podcasts, with highlights on Instagram, Facebook and TikTok.

**WW:** How about stacking your savings? What does that mean?

**HW:** It's not about finding that 50-cent-off coupon and going and using it at the grocery store. It's about timing it on purpose for when there are other things that you can do. So my favorite is when it's on sale *and* it's part of a promotion. Maybe it's at Target, they run their gift card promotions, where if you buy three items, you get a \$5 Target gift card. Sales price plus promotion, now we get a coupon involved and then maybe there's a rebate app after that. So instead of just a \$1 coupon, now you're getting \$4 in savings, and it drops that price real fast.

**WW:** You have to be flexible...

**HW:** Yes, you have to sort of shift your mindset around brand loyalty and even store loyalty, but you'll save the most when you're a little bit flexible on the brand that you're buying. I always say, be loyal to the price you're willing to pay, not the brand you're buying.

**WW:** And the last two tips are around your relationship with the brands themselves: Contact the brands and then follow them on social media.

**HW:** Brands really want to hear from their consumers and when you think about it, they don't often have a direct relationship with the consumer. When you email them and say, "Hey, I love your products, thank you so much," they will send you a coupon that you can use.

# Soak up the sun in **NAPLES!**

Miles of pristine beaches, thriving marine life, thrilling outdoor activities and perfect temperatures beckon you to this Florida seaside oasis

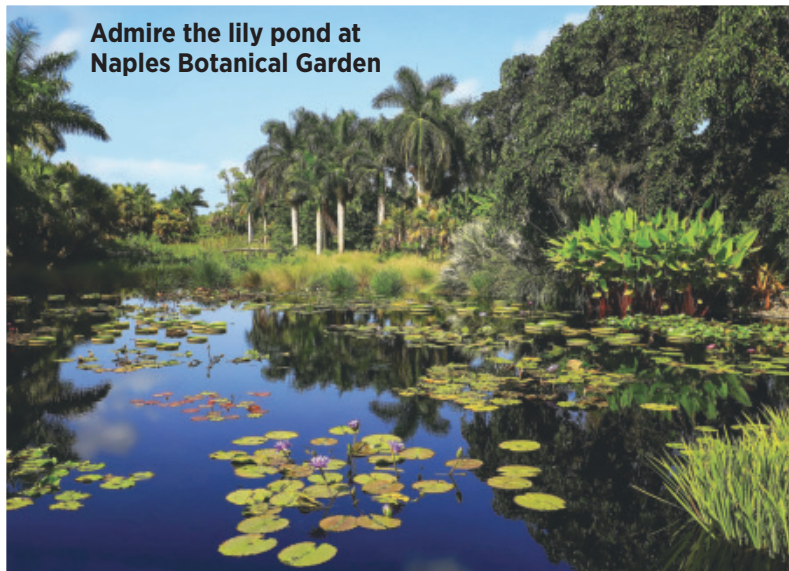
—SHAY TROTTER

**G**et whisked away to Naples, aka Paradise Coast! Located on the Gulf of Mexico, this picturesque destination is known for its golfing and world-class resorts, but there's so much more to appreciate. A visit here also means a chance to enjoy award-winning restaurants and historic landmarks.

Start your trip by basking in the natural beauty of the Naples Botanical Garden. It's home to 170 acres of thriving tropical and subtropical plants, plus walking trails in restored natural habitats. After you work up an appetite, head down the street to Seventh South Waterfront for a waterside lunch. Nosh on their famous smoked salmon bruschetta, brown-butter lobster roll or roasted oysters.

End your day with an evening of entertainment at the Off the Hook Comedy Club. This cozy spot regularly features national comedians. Plus, they offer delicious late-night eats!

Admire the lily pond at  
Naples Botanical Garden





## TAKE A MINI VACATION —at home!

Nothing says Naples like a cocktail inspired by the Turtle Club Restaurant and a walking tour of a popular beach

### **Piña Colada**

1 ½ oz. black rum  
2 Tbs. fresh lime juice  
2 Tbs. pineapple juice  
1 Tbs. cream of coconut  
¼ cup crushed ice

- Add all ingredients to blender. Blend on high until smooth. Pour into a glass. Garnish with cherries and pineapple as desired. *Makes 1 drink.*



### *Virtual Tour: Naples Beach*

Imagine you're taking a stroll on this beautiful white-sand beach. Simply watch the Naples Beach video posted by "Walking Florida" on YouTube.



See exciting wildlife at the Naples Zoo



Savor fantastic Italian food at one of the city's many highly rated restaurants



# RELAX WITH Brain Games

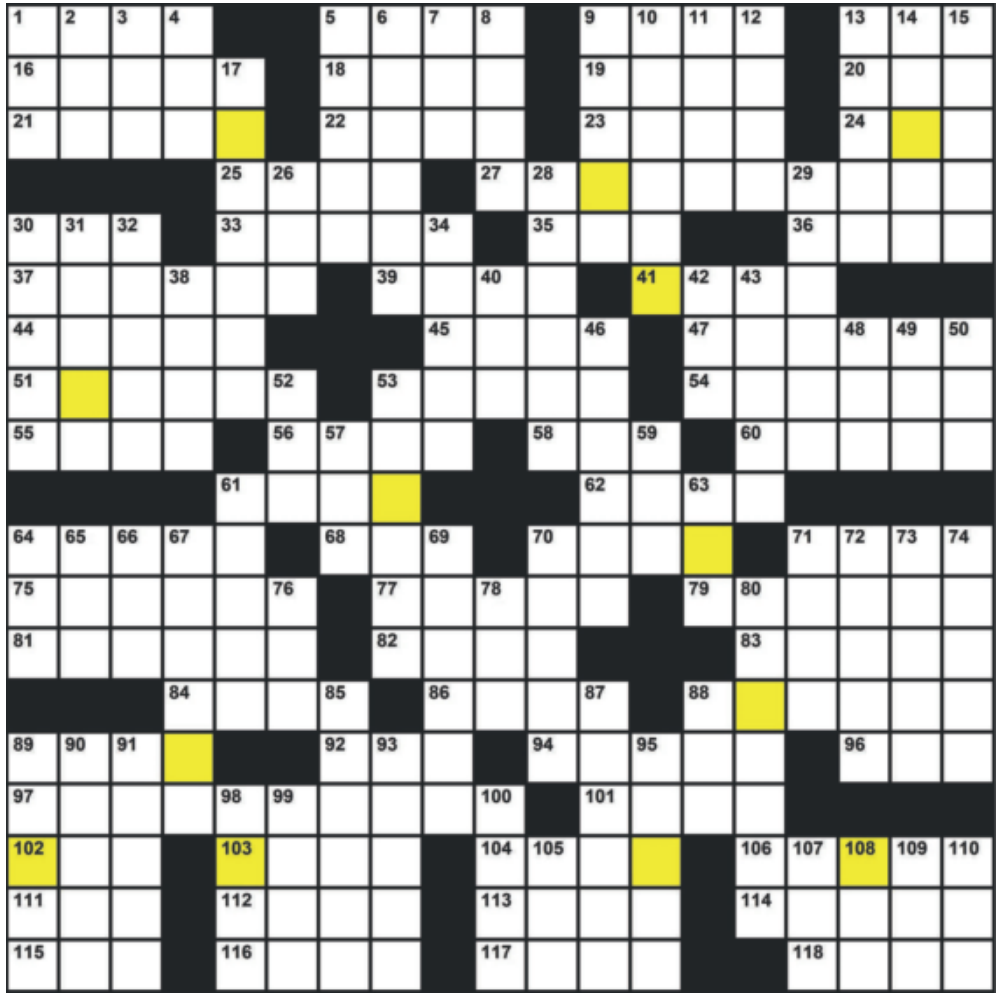
## CROSSWORD

# Throat trouble

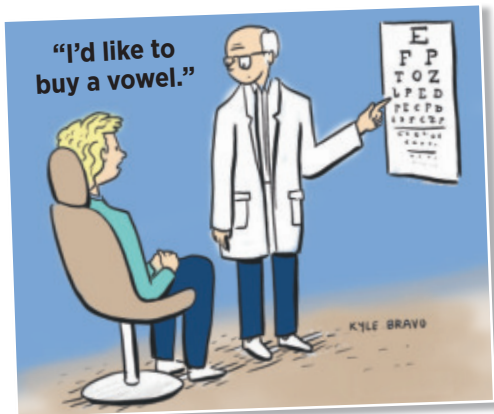
Use the highlighted letters to reveal a phrase describing a slightly raspy voice.

### ACROSS

- 1 Exclamation after making a mistake
- 5 A stallion is one
- 9 Region
- 13 "You \_\_\_ my sunshine"
- 16 Banana or orange e.g.
- 18 Follow orders
- 19 Thin
- 20 Little fella
- 21 Go and get
- 22 Strong impulse
- 23 Sharp-tasting
- 24 Musical performance
- 25 Interested in
- 27 Not very big, 2 words
- 30 Brief sleep
- 33 Treatment facility, informally
- 35 Pitcher's pride
- 36 Not as much
- 37 Among
- 39 Daybreak
- 41 Rescue
- 44 Divide
- 45 Performed vocally
- 47 Captain Jack Sparrow, e.g.
- 51 Cat hangouts
- 53 Social party
- 54 Jail
- 55 In case
- 56 Computer symbol
- 58 Time the Earth takes to turn
- 60 Felt pain
- 61 Shoelace woe
- 62 Face covering
- 64 Burdened
- 68 Place for peas
- 70 Departed
- 71 Minor quarrel
- 75 Unsealed
- 77 Kingly
- 79 Public address
- 81 With soft pressure
- 82 Self-satisfied
- 83 Take place
- 84 List component
- 86 Dated music device
- 88 Turn around an axis
- 89 Beloved
- 92 Oprah's network
- 94 More recent
- 96 Recently made
- 97 Salvation
- 101 Gradually disappear
- 102 Artistic period
- 103 Very dry
- 104 "\_\_\_ Ways" Santana song



- 106 Plant stalks
- 111 Small drink
- 112 "Shake a leg!"
- 113 Signal with one eye
- 114 "\_\_\_ Eclipse of the Heart" (Bonnie Tyler song)
- 115 Collection
- 116 Prayer ending
- 117 Observes
- 118 Cautious
- 10 Regions
- 11 Noble rank
- 12 Tiny insects
- 13 Aquatic plants
- 14 Train tracks
- 15 Borders
- 17 Needing a drink
- 26 Celtic rival in basketball
- 28 Staffed
- 29 Religious official
- 30 \_\_\_ twang
- 31 Plentiful
- 32 Medicinal tablets
- 34 Watery geographical feature
- 38 Food regimen
- 40 Candle material
- 42 Solitaire on the phone, e.g.
- 43 Spreading rapidly online
- 46 Small stones
- 48 Fireplace residue
- 49 Foot digit
- 50 Conclusion
- 52 Break a Commandment
- 53 Engines
- 57 Police officer
- 59 Japanese currency
- 61 Prepared to propose
- 63 The "I" of TGIF
- 64 Tree trunk section
- 65 Primate
- 66 Animal's lair
- 67 Whole
- 69 Game tile with white dots
- 70 Four-wheeled vehicle
- 71 Breakaway group
- 72 Type of nut
- 73 Not chronic
- 74 Hurled
- 76 Color changing substance
- 78 Affirmative response (slang)
- 80 Least wealthy
- 85 Reason for an action
- 87 Explain meaning
- 88 Primary color
- 89 Garment
- 90 Uncannily strange
- 91 Adjust
- 93 Make broader
- 95 Strolls
- 98 Mother, informally
- 99 School dance
- 100 Current events
- 105 Compete (for)
- 107 Pull behind
- 108 Airport sched. abbr.
- 109 Damage
- 110 Crafty



**SUDOKU**

Fill the empty squares with the numbers 1 through 9 so that each row, column and 3x3 square contains all the numbers from 1 through 9.

	8	4	2				7	
							8	5
5			6				2	
3	6	9	4				5	
					6	3		
			8			7	6	
		8	7		3			
4		2	5					7
	7			4		2		8

**WORD SEARCH**

**1 Word, 2 Meanings**

- |         |          |             |
|---------|----------|-------------|
| PROTEST | PERFECT  | CROOKED     |
| MOPED   | PROCEEDS | APPROPRIATE |
| REBEL   | OBJECT   | RECOUNT     |
| CONTENT | RECORD   | WOUND       |
| SEW     | CONTEST  |             |
| RESENT  | MINUTE   |             |

R P O B R R E C O R D E P  
 T T E C I E T O T M S E T  
 B C N R O T O N S D W T O  
 C E T U F N P T E O O N I  
 D J T C O E E E T T U C O  
 T B I O R C C S O T N N E  
 P O P E T O E T R B D O O  
 E T A I R P O R P P A O C  
 I P I P D T E K E R P N U  
 R S N M I N U T E S C T C  
 E B R O R E W B T D E R N  
 N P C M O P E D E F C N E  
 C C U J O L S N C E N D T

For answers to Crossword, Sudoku and Word Search, turn to pg 53

**SOLVE-IT-YOURSELF MYSTERY**

**Have a heart**

**M**s. Edna Robins, a local philanthropist, had arranged the charity fundraising event for St. Jude Children’s Hospital. To kick off the donations, Ms. Robins offered up the famous heart-shaped ruby that had long been in her family. Detective Stanley and Sheriff Taylor had been asked to provide security. Stanley was watching the door when she walked over.

“Detective, when Dr. Mark Rawlings, the representative from St. Jude, arrives, please send him to the conference room. I haven’t seen him in almost 20 years, and I’m really looking forward to it.”

“Yes, ma’am, I will.”

About 10 minutes later, before Detective Stanley directed him to the conference room, Dr. Rawlings arrived and introduced himself.

A few minutes later, there was a loud scream. A young woman, with a terrified expression, stood beside a serving cart outside the conference room.

Detective Stanley and Sheriff Taylor raced over to find Ms. Robins sprawled on the floor, her upturned handbag and its contents beside her. One man was taking her pulse and another knelt beside her with his hand on the handbag. The ruby was not in sight.

“Who are you, gentlemen?” asked the sheriff.



“That’s Dr. Rawlings from St. Jude,” volunteered Detective Stanley, pointing to the man taking her pulse. “He’s an old friend of Ms. Robins. She asked me to send him here when he arrived. The other gentleman is Mr. Simmons, the event coordinator.”

“What happened?”

“I sent Suzy to get tea, then walked over to remind Edna that the event would start in 10 minutes,” said Simmons. “When I opened the door, Edna was on the floor, and the doctor was beside her.”

“And you were with her when this happened, doctor?” asked the sheriff.

“Yes. I hadn’t seen Edna since I treated her broken ankle back when I first started at St. Jude. When I entered the room, Edna started across the room to greet me, then suddenly collapsed. I was checking vitals when you arrived.”

“Should I get an ambulance?” asked Stanley.

“Yes,” answered the sheriff. “And I’ll handle the arrest.” —Garry F. Taylor

**Q: Who was he arresting?**

**A: Turn to pg 53**



## MY GUARDIAN ANGEL

## My mother, my angel

My mom passed away at age 95 after a year of hospital visits. It was sudden and we weren't prepared, even though we should have been.

Fortunately, her children and four of her grandchildren and their spouses made it to the hospital to say goodbye before she died.

As the oldest, she and I had an interesting relationship. I had divorced at 35, and she never got over it. I remarried at 42, had a son at 43, and have been happily married for 30 years.

Our relationship did heal when she joined my weight loss group in 2009, and we



*“Was it Mom? I’ll never know, but it was my small miracle!”*

saw different sides of each other.

Her death hit me hard. A week after she died, I was at her house going through everything and my husband, Bob, called and said, “Come home, I think your mother is here.”

I said “What?” and went right home. When I went out to our backyard, I started walking around, and there was a white dove. I had never

seen a dove in person before. I had seen pigeons, but never a real dove.

The dove had come out of nowhere and didn't seem interested in flying away. We weren't sure it could even fly, but we wondered how it got in our backyard.

The dove hopped up on a table, and I sat and talked to her as if she was my mom. I told her how much I missed her, and that I wished we had had more time. The dove

proceeded to walk around the backyard as if she owned it—yep, that was Mom!

Concerned about the welfare of the dove, I finally called Animal Control and a lovely officer came out. He kindly captured the dove and took it to the local no-kill shelter. Not long after, I saw “Mom” listed for adoption the following week.

Was it Mom? I will never know, but it was my miracle!  
—Marji Clark, Fairfax, VA



## POWER OF LOVE

## A fated friend

Moving from Cleveland to Tampa to retire meant leaving my son, Jimmy. I always called him my “buddy,” which stuck as his nickname. To help fill the void, I went to an animal shelter hoping to find a pup to become my new companion. Jimmy assured me I'd know just the right one. Suddenly, I saw a beagle mix shyly sitting in the corner. “What's this one's name?” I asked the shelter volunteer. “That's Buddy,” she answered. I gasped, gazed into Buddy's loving eyes and knew it was meant to be.

—Georgia Anne Pizzo, Tampa, FL

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**CIRCLE OF KINDNESS**

# Help in a time of need

After an automobile accident that totaled my car, I had trouble getting around town to do my daily chores, run errands and take my clothes to the laun-

dry. But I wasn't in a position to purchase another car at that time. I wasn't sure what I was going to do to get everything done that I needed to do.

Just after my car accident, a friend offered to help me however she could.

So I asked her if she could pick me up and take me to the laundromat so I could do my wash, then drive me home again.



*"Her kindness made all the difference!"*

She said that was silly, and instead she offered to pick me up, take me to her house and do the laundry in her own personal laundry room. "That way," she said, "we can sit and chat and have a cup of tea while you're waiting for your wash to be done!"

It was a simple offer, but it really made me feel good and it was such a help until I could get a new car!

—Muriel J. Smith, Atlantic Highlands, NJ

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## A SAMPLE OF OUR 5 STAR REVIEWS

### Thyria Butler

This product is well worth the price. Definitely improved my eye puffiness problem. Will last a long time because you only need to use a very small dab around the eye area.

### Mary C.

This cream goes on very smooth and doesn't irritate my sensitive skin like other creams that I have tried. I have noticed an improvement in the delicate lower lid tissues.

### 1069

This product is great! When I saw an actress interviewed who stated she used this product 14 years ago and I've used it ever since. Excellent product!

### Jervey

I have used this product for 3 years it makes the puffiness under my eyes go away . Strongly recommend this product

### Joann Seyller

The airbrush product did a great job of reducing puffiness. It started working the second day as I could see less puffiness under my eyes. It is one of the first products that actually work.

### JT

Fabulous cream. Fast shipper. Great customer rapport. I keep mine eye cream in the fridge for a nice cooling wake up in the morning.

### Erin Martin

I keep this in the refrigerator so it's nice and cool, I look forward to it every day. It has changed my under eyes and now I am so confident!

### Karen Robinson

At 69 years of age, I had tried so many eye creams without satisfaction. Airbrush eye cream, especially when refrigerated, is a game changer.



## ARIES Mar. 21 — Apr. 19

**Life:** Momentum builds around a financial idea worth pursuing. Go for it! **Love:** Honest conversations spark renewed excitement and closeness within your relationship. **Wellness:** Light movement helps boost energy and confidence. **Your lucky days:** March 8, 11, 14 **Your lucky numbers:** 1, 9, 17



## LEO July 23 — Aug. 22

**Life:** Collaboration brings progress and well-deserved recognition from higher-ups. **Love:** Expressing appreciation strengthens mutual trust. **Wellness:** Energizing workouts lift your spirits and leave you feeling invigorated. **Your lucky days:** March 8, 10, 12 **Your lucky numbers:** 1, 5, 9



## SAGITTARIUS Nov. 22 — Dec. 21

**Life:** A change of perspective brings clarity to an ongoing conflict. **Love:** Shared adventures rekindle excitement within your relationship. **Wellness:** Prioritizing regular moments of rest and movement boost vitality. **Your lucky days:** March 8, 11, 13 **Your lucky numbers:** 3, 9, 17



## TAURUS Apr. 20 — May 20

**Life:** Patience pays off after a personal matter resolves smoothly. **Love:** Shared laughter brings you closer than ever. **Wellness:** Treat yourself to extra rest to feel recharged. **Your lucky days:** March 9, 10, 13 **Your lucky numbers:** 4, 6, 15



## VIRGO Aug. 23 — Sept. 22

**Life:** Organization helps you move closer to a goal. **Love:** Small gestures create meaningful moments. **Wellness:** Take small breaks during your everyday routine to prevent burnout. **Your lucky days:** March 9, 11, 14 **Your lucky numbers:** 6, 7, 16



## CAPRICORN Dec. 22 — Jan. 19

**Life:** Steady efforts bring encouraging results on moneymaking endeavors. **Love:** Vulnerability strengthens emotional connection. **Wellness:** Focus on structure to support healthier habits. **Your lucky days:** March 9, 10, 12 **Your lucky numbers:** 4, 8, 14



## GEMINI May 21 — June 20

**Life:** A new conversation opens doors to exciting possibilities. **Love:** Playful energy keeps the romance with someone special fresh and fun. **Wellness:** Regular journaling helps clear your mind and focus intentions on what matters most to you. **Your lucky days:** March 8, 12, 14 **Your lucky numbers:** 3, 7, 11



## LIBRA Sept. 23 — Oct. 22

**Life:** Balanced decisions bring satisfying results in long-term goals. **Love:** Romantic energy flows when you stay present, so focus on the moment when you're together. **Wellness:** Trying something creative can lift your mood. Let your heart lead the way! **Your lucky days:** March 8, 10, 13 **Your lucky numbers:** 2, 6, 12



## AQUARIUS Jan. 20 — Feb. 18

**Life:** Innovative thinking leads to a smart decision, so allow yourself to explore new ideas. **Love:** Clear communication smooths misunderstandings. Honesty is key. **Wellness:** Consider trying a new routine. You will find that it noticeably refreshes your energy. **Your lucky days:** March 11, 13, 14 **Your lucky numbers:** 5, 11, 19



## CANCER June 21 — July 22

**Life:** Trust your instincts when managing shared resources in money-making endeavors. **Love:** Emotional honesty about your heartfelt needs and desires deepens your bond. **Wellness:** Gentle day-to-day routines support your long-term wellbeing goals. **Your lucky days:** March 9, 11, 13 **Your lucky numbers:** 2, 10, 18



## SCORPIO Oct. 23 — Nov. 21

**Life:** Determination helps you make powerful progress. Know you have what it takes! **Love:** Passionate conversations with someone special strengthen intimacy and send sparks flying. **Wellness:** Daily mindfulness practices help restore inner calm. **Your lucky days:** March 9, 12, 14 **Your lucky numbers:** 8, 11, 14



## PISCES Feb. 19 — Mar. 20

**Life:** Creative ideas gain positive attention and can earn you applause. **Love:** Deep heart-to-heart talks and emotional openness enhance romance. **Wellness:** Let go of an old habit that's no longer serving you. The change will help you feel lighter. **Your lucky days:** March 8, 10, 12 **Your lucky numbers:** 6, 7, 15

Happy Birthday!

Year-ahead forecast for those born this week



Sharon Stone  
March 10, 1958



Pisces, you'll feel especially motivated in late spring and again in early fall, when energizing Mars and expansive Jupiter activate your communication and goal-oriented zones, helping you make meaningful

progress on ambitions and work projects.

In early summer, as Venus and Mercury highlight your relationship sector, heartfelt conversations and creative collaboration can deepen bonds with loved ones and renew

your sense of emotional fulfillment.

By early winter, when the sun teams up with Saturn in your sign, you'll step into a more confident version of yourself, making it easier to commit to long-term plans.

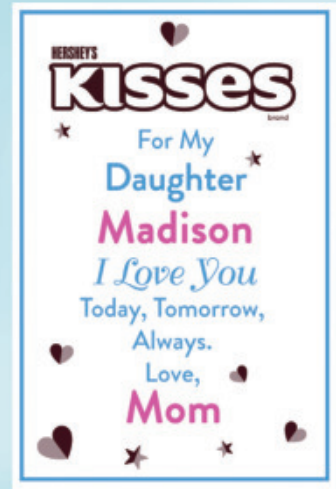
# HERSHEY'S KISSES For Your Daughter



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Actual size is about 3 3/4" H

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Mrs. Mr. Ms. \_\_\_\_\_  
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The world benefits from your presence, your voice and your gifts more than you may ever fully realize.

The wind whistled past Roxie's ears as she pulled her blue knit hat down to cover them. She wasn't used to temperatures like this and didn't really understand how anyone ever became used to it. At least there wasn't a sheet of ice on the ground to deal with—well, not yet, anyway.

It was her first week in this northern climate, and she was thinking she had made a terrible mistake in coming. Her previous town was 40 degrees warmer today, and that sounded about right.

Unable to stand it any longer, Roxie ducked into a little cafe and grabbed the door, forcing it shut against the wind. Shivering all over, she figured she was minutes away from hypothermia.

There was one vacant stool at the counter, and she gratefully took it. As she peeled her gloves from her red hands, a deep voice asked what he could get her.

"Hot coffee, please," she said, then looked up into the bluest eyes she had ever seen.

"Coming right up," he said, and mere moments later a steaming cup was set in front of her.

"Thank you," she said, and sipped the scalding liquid. He stayed in front of her. "I haven't seen you be-

## A cozy new beginning

When Roxie braves her first brutal cold snap in a new town, a cup of coffee and a stranger's kindness offer more warmth than she expected

fore." The handsome man with blue eyes looked right at her. "Are you new in town?"

She nodded. "I am. I've actually been here less than a week. Is it always this cold?"

"Nah," he said, smiling. "Sometimes a cold front comes through, and it gets much, much colder."

Her eyes widened before she noticed the little lopsided grin form immediately on his handsome face. "I deserved that," she said. "I should have asked what I need to do to survive in the cold."

"Ah, a practical woman," he said, smiling, "I like that."

He paused for a moment before saying, "First, I think you should get a real coat."

Her forehead wrinkled, and she looked down at her cute gray coat. There had been a hint of teasing in his voice, but he might be onto something. "Oh, really? This isn't a real coat?" she asked.

"Not for this kind of weather. You really need something made for these conditions. It will make a huge difference," he replied.

Her coat was fine for her hometown, but there was quite a weather difference between there and here.

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"I can't argue with that," she quipped. "Any local stores nearby that sell coats?"

He smiled. "The store right across the street has a great selection of warm coats. They have hats, gloves and even boots, too."

She looked sheepish. "I guess I never thought I'd need a whole new wardrobe, but you're right, my things just aren't up to the job."

"Happy to help—seriously," he said.

"Hey there, Harrison," came a feminine voice. "I'm back from my break!"

"Be right there," he called to his coworker and with a bright smile and nod for Roxie, he went through the door leading to the kitchen.

A few minutes later, an older woman took his place behind the counter. She smiled at Roxie. "Oh, so *you* must be the newbie."

"How did you know?"

She gave a deep chuckle. "My boss, Harrison, just told me," she continued.

"And, besides, you just look like you haven't been here all that long."

"Your boss?"

The woman jerked her chin toward the back of the cafe.

"Harrison. He owns this place and a couple more local businesses. He covers when we're short handed. His office is in the back."

"He seems nice," Roxie said, hoping the woman would tell her more.

"He said the same about you, honey," she said with a grin, then rushed off to refill the coffee pots.

Roxie was surprised by how quickly she thawed.

She lingered for a little while, hoping to see Harrison again, but he didn't reappear.

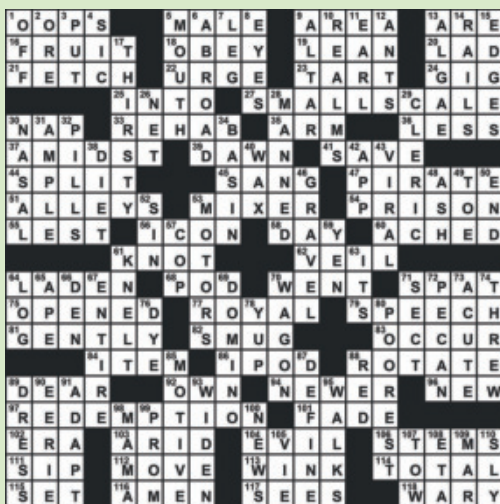
She gathered her things and entered the store across the street. The women's clothes were on her right. She saw practical things for staying warm, but they also stocked nice fashionable items. She would love shopping here, but practical clothes first.

*"She looked up and saw the same sparkling blue eyes and easy smile."*



## BRAIN GAMES ANSWER KEY Games on pages 44 to 45

### This week's Crossword solution



### Crossword Jumble: A little hoarse

### Mystery solution

*St. Jude treats children, not adults. The man who had introduced himself as Dr. Rawlings had impersonated the real doctor to steal the ruby. Ms. Robins knew Rawlings because he treated her granddaughter as a child.*

### This week's Word search answers



### This week's Sudoku solution

9	8	4	2	1	5	6	7	3
7	2	6	3	9	4	1	8	5
5	1	3	6	8	7	4	2	9
3	6	9	4	7	2	8	5	1
8	4	7	1	5	6	3	9	2
2	5	1	8	3	9	7	6	4
1	9	8	7	2	3	5	4	6
4	3	2	5	6	8	9	1	7
6	7	5	9	4	1	2	3	8

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## 7 DAYS OF *Inspiration*

Take one a day and  
feel great all week!

### Day 1

**Solutions are  
always more  
plentiful than  
problems!**

### Day 2

**You make life  
good**

### Day 3

**Joy has a GPS.  
It can find you  
anywhere!**

### Day 4

**A wish + a  
plan = a dream!**

### Day 5

**You add beauty  
to every day**

### Day 6

**Positivity has  
more power than  
you think!**

### Day 7

**Give your day and  
someone else's an  
instant upgrade.  
Smile!**



**KID HERO**

# This little artist has a big heart for loving others!

When Darya Haija asked her mom where unsheltered people sleep, her answer jump-started the 9-year-old's mission to help those in need—and the crafty kid found a way to make a big difference!



**P**arisima Taeb and her 9-year-old daughter, Darya Haija, were heading home from their local Fort Myers, Florida, grocery store when Darya spotted a group of homeless people in a nearby lot.

"Where do they sleep?" she asked her mom, worried.

"There are shelters that try to help them," Parisima explained, but Darya wasn't satisfied. "Where do they get money for food? How can I help?" she persisted, but this time her mom had no answer.

"Let me ask your teacher," Parisima said. "Maybe she knows how you can help."

"Your timing couldn't be better," Darya's teacher said the next afternoon when Parisima approached. "The school is starting a food drive. Darya is welcome to help!"

Thrilled, Darya and her classmates collected canned goods and helped sort them

for a local food pantry. *Maybe there's more I can do,* she thought as the drive ended.

Darya loved making jewelry at home. "What do you think?" she asked her mom, showing off a beaded bracelet.

"It's beautiful!" Parisima smiled, and the next afternoon, Darya made another.

Soon she had 20—and then she began decorating pens.

"I'm going to sell them and raise money for the homeless," Darya declared. "Where should the money go?"

Parisima researched shelters and visited several with Darya. One of them, Fort Myers Women and Children Shelter, tugged at Darya's heart.

"This is the one," Darya decided, and soon she was going door-to-door selling her bracelets and pens.

People were touched by the little girl's kindness and almost everyone she spoke to made a purchase. When Darya had

\$1,000, Parisima helped her open a bank account and write a check. "This is for you," she told Rachel McKinnon, director of Fort Myers Women and Children's Shelter. "This will help us buy food and supplies for residents," McKinnon said gratefully, but for Darya, it was just the beginning.

She created more bracelets and pens, and with unusually cold weather approaching, she used the money for PJs, sweatshirts and sweaters.

"It's always a blessing when members of the community get involved," says McKinnon. "It shows the residents someone cares about them."

For her latest and greatest project, Darya has made 100 bracelets, and she's recruiting friends for a big community sale. "People need food and a place to sleep," she says. "I love helping them any way I can." —*Bill Holton*

**Has a person or animal come to your rescue?** Email the story with your name, phone number and a photo to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, *Woman's World*, 1601 Alhambra Blvd., Suite 100, Sacramento, CA 95816. By submitting your story, you are granting *Woman's World* permission to use it and your photo in a360 Media, LLC publications and affiliated organizations including, but not limited to, related newspaper brands. Due to high volume, we are unable to return submissions received.

## Boy was my face red!

**M**y family and I had gone out to eat one Friday night, and we were having a great time. At one point, I heard the waiter ask, "How is everything?" Without looking up I yelled out, "It's great!" Suddenly everyone chuckled and I saw he was talking to the table behind us. Boy, was my face red! —A.J., Denver



"It goes on the bottom of a suitcase."



**Feeling fab-bow-lous**  
Aryn, 15 months, submitted by  
Marlyn Brown, Middletown, DE



**Feline fine!**  
Suleigh, submitted by  
Stacy Newkirk, Ivanhoe, NC



**Fast and flurriest**  
Vaeda, 4, submitted by Cheryl  
Molitoriss Myers, Roanoke, VA

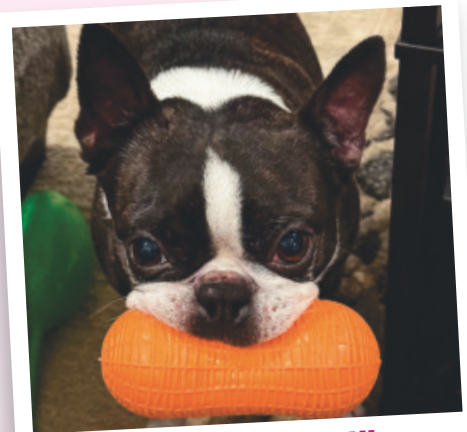


**Brothers are the best**  
Tripp, 4, Vivian, 2, and newborn  
Beau, submitted by Vivian Higgins,  
Spring, TX

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**"Let's go nuts!"**  
Rose, submitted by Marla Eggert,  
San Diego, CA

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—Robin L.,  
Hilton Head, NC



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