

June 16, 2025

God Bless America

Woman's World

Make it a great week!

HOPE FOR CAREGIVERS

Scandal star opens up about her caretaking journey

DROP A SIZE THIS MONTH!

Dr. Michael Aziz: One surprise sugar swap that makes excess pounds disappear

"It was shockingly easy!"

—Yvette, 55, who also reversed her prediabetes

MEGA-ENERGY SUMMER!

4 genius hydration hacks

HAPPIER THAN EVER AT 74!

JANE SEYMOUR shares how a near-death experience changed her outlook on health and how she finds true joy

TINY WALKS, STRONG MUSCLES

DEEPER SLEEP FOR TV WATCHERS

GRILL UP Father's Day fun!



- ✓ Bobby Flay's turkey burgers
- ✓ Guy Fieri's glazed ribs
- ✓ Eddie Jackson's teriyaki wings

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This week in a *Woman's World*

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Fill your week

SUNDAY, JUNE 15 FATHER'S DAY

Raise a glass!

Celebrate the dads in your life today with an Old Fashioned cocktail. This classic drink featuring bourbon is believed to have been created in the late 1800s. Our fun variation gets a sweet twist, thanks to the inclusion of maple syrup!

To make a Maple Old Fashioned: Combine 1½ cups of bourbon, ½ cup of maple syrup, ¼ cup of orange juice and 2 tsp. of orange bitters in a large pitcher. Chill until ready to serve. Serve over ice and garnish each with an orange slice and a cherry. *Makes 6 drinks.*

JOKE OF THE WEEK

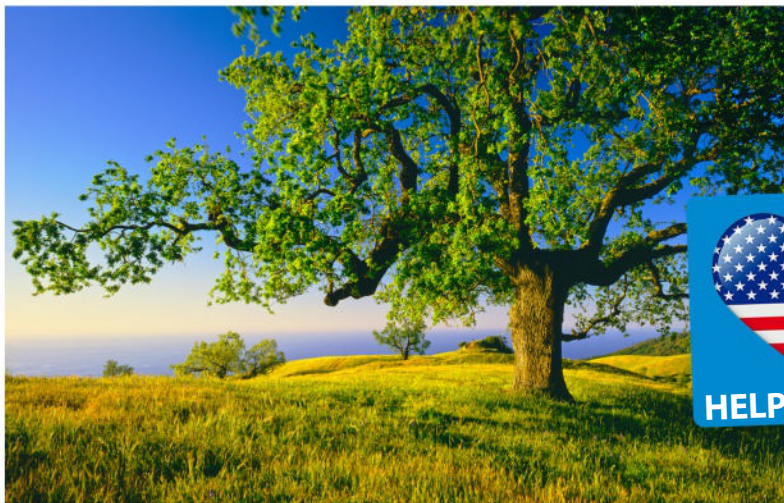
Not-so-well wishes

A retired man volunteers to entertain patients in assisted living homes and hospitals. One day, after playing his keyboard, singing and telling jokes at patients' bedsides, he said farewell, telling the residents, "I hope you get better." One elderly gentleman replied, "I hope you get better too."

JUNE 1-30
GREAT OUTDOORS MONTH

Admire nature

A fun way to make your time outside this month even more restorative? Nature journaling! This practice involves making observations of the natural world through writing, drawing or a combination of both. Not only is it a great way to connect with the world around you, a study in the *Journal of Adventure Education and Outdoor Learning* reveals that it improves mental health and wellbeing. Why? The researchers say nature journaling allows us disconnect from stress and creatively capture our surroundings.



WEDNESDAY, JUNE 18
NATIONAL SPLURGE DAY

Pay it forward



This holiday is the perfect excuse to treat yourself! You know indulging in a fancy coffee, a new bag or a fun dress feels great—but research shows that spending money on others (known as prosocial spending) can deliver just as powerful a mood boost. In a study published in the journal *PLOS One*, researchers found that people of any age or economic background who donated money to charity reported the highest levels of happiness. Other studies have found that spending on others activates the brain's reward system, releasing the feel-good chemical dopamine.

Support brave pups!

Do you have Petco, Chewy.com or Amazon.com gift cards to spare? If so, send them to the Search Dog Foundation. The nonprofit—which trains dogs to rescue humans during disasters—will use them for supplies. Mail to Search Dog Foundation, Attention: Molly Biary, 6800 Wheeler Canyon Road, Santa Paula, CA, 93060

with smiles!

THURSDAY, JUNE 19 NATIONAL EAT AN OREO DAY

Indulge

Enjoy cookie bliss today with an Oreo cake! It's easy when you start with a 9" baked chocolate cake layer.

To make: On medium-high speed, beat 2 (8 oz.) pkgs. cream cheese and 6 Tbs. of sugar until fluffy, 3 min. In separate bowl, whisk 1½ cups milk with 1 (3.9 oz.) pkg. instant vanilla pudding mix until smooth; let stand until slightly thickened. Beat into cheese mixture. Crush 5 Oreos and fold pieces and 2 cups thawed extra-creamy frozen whipped topping into cheese mixture. Place baked cake layer in an 8" springform pan, then spread cream cheese mixture on top. Chill at least 8 hrs., then pipe on 12 whipped topping rosettes. Top with Oreos. Serves 12



SATURDAY, JUNE 21 WORLD MUSIC DAY

Get grooving!

Cranking up energizing tunes today can help you be more productive! That's the word from researchers in *PLOS One*. In the study, subjects were asked to complete demanding tasks while listening to office noise, pop/rock music, deep-focus music (instrumental and tranquil) or work-flow music (instrumental but upbeat) for 10 minutes. What they found: The people listening

to the work-flow music had better concentration, increased productivity and higher spirits compared to their counterparts. Turns out the rhythmic patterns of the instrumental music helps stimulate the brain without diverting attention the way lyrics do. Enjoy the perks by listening to music labeled "happy," "energetic" or "upbeat" posted by StockSounds on YouTube.com.

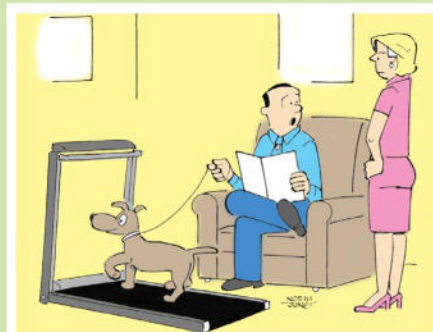


Start your week with a Laugh!



Q Why don't eggs tell any jokes?

A They'd crack each other up!



"But, dear, I am walking the dog."

Kids are funNy!

While hiking with my 7-year-old daughter, Michelle, one Sunday afternoon, I explained how you can get Lyme disease from ticks. When we got home and I checked her for ticks, she told her father, "It's so I don't get the lemon disease!"

—E.M., Greenville, SC

WW



Dierks Bentley has been nominated for 30 Country Music Association (CMA) Awards and won 3

MUSIC *Sing along to Broken Branches*

Explore a raw, roots-driven return from country music legend Dierks Bentley as he unveils his 11th studio album on June 13. Steeped in acoustic grit and country soul, the record honors life's outsiders with tracks like "She Hates Me," "Never You" (featuring Miranda Lambert) and the bluegrass-fired "Well, Well Whiskey." Bentley co-wrote four original songs alongside producers Jon Randall and Ross Copperman. The album drops just after the start of his 30-city *Broken Branches Tour*, kicking off May 29.

NETFLIX *Revel in the drama of The Waterfront*

Dive into the treacherous tides of family loyalty on June 19. From the creator of *Dawson's Creek*, this eight-episode Southern gothic series follows the Buckleys, a powerful family in Havenport, North Carolina, whose fishing empire falters after patriarch Harlan (Holt McCallany) suffers two heart attacks. As matriarch Belle (Maria Bello) and son Cane (Jake Weary) scramble to hold on to power, daughter Bree (Melissa Benoist), a recovering addict, faces personal demons that unravel the family's legacy.



The series (starring Melissa Benoist) is inspired by true events and filmed on location in North Carolina



There are now 9 different *How to Train Your Dragon* movies and shows in the beloved franchise

IN THEATERS

Lift your spirits with How To Train Your Dragon

Embark on a breathtaking journey when this live-action adaptation soars into theaters on June 13. The reimaging of DreamWorks' beloved animated classic stars Mason Thames as Hiccup, a young Viking who defies tradition by befriend-ing a feared Night Fury dragon, Toothless. Co-starring Nico Parker as Astrid and Gerard Butler reprising his role as Stoick, the film blends stunning visuals and an evocative score to bring the tale of courage to a new generation.

calendar

Star Emily Alyn Lind (left, with Shubham Maheshwari) also narrates the new *We Were Liars* audiobook



PRIME

Enjoy the twists and turns of *We Were Liars*

Based on E. Lockhart's bestselling novel of the same name, this psychological thriller follows 17-year-old Cadence (Emily Alyn Lind) as she returns to her family's private island, seeking answers after a mysterious accident leaves her with memory loss. As she reconnects with her cousins, dubbed "the Liars," long-buried truths begin to surface. With themes of privilege, trauma and betrayal, this mystery-drama series promises a haunting exploration of family and identity. Stream it on June 18.

PODCAST

Savor a good story with *Your Last Meal*

Mixing food and storytelling, this James Beard Award finalist podcast is hosted by National Edward R. Murrow Award-winning reporter Rachel Belle. In each episode, Belle asks celebrities—from Neil deGrasse Tyson to Josh Groban—what they would choose for their last meal, then dives into the cultural, historical or scientific roots of the dish with global experts. With her signature humor and curiosity, Belle serves up weekly episodes every Thursday that are both enlightening and entertaining. Listen on Apple Podcasts and Spotify.



Rory McIlroy came in second at the 2024 U.S. Open



FOX

Take a swing with the 2025 U.S. Open

Return to one of golf's most challenging venues when the 125th U.S. Open tees off June 12–15 at the iconic Oakmont Country Club in Pennsylvania. Defending champion Bryson DeChambeau will face competition from Rory McIlroy—fresh off his career Grand Slam at this year's Masters—and rising star Matt McCarty, who earned his PGA Tour card with three wins in 2024. With new qualifying rules, the Open promises a thrilling clash among golf's elite.

It Happened This Week



● *Hee Haw* premiered in 1969. The variety show ran for 25 seasons with 655 episodes.

● The original Chex Party Mix recipe was first published in 1952 in *Life* magazine.



● In 1975, *Jaws* was released in theaters. It became the first summer blockbuster.

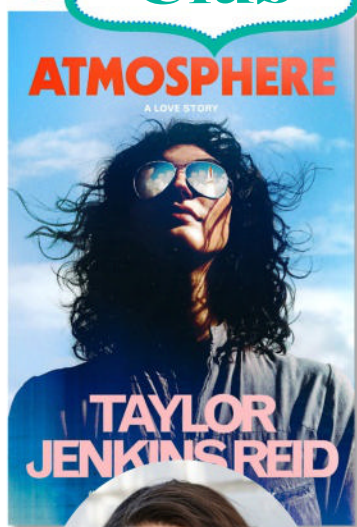
● "Chapel of Love" by the Dixie Cups was No. 1 on the Billboard Hot 100 in 1964. The trio was two sisters and their cousin.



● *Garfield* was introduced in 1978. He holds the Guinness World Record for the most widely syndicated comic strip.

WW

Fiction



HISTORICAL FICTION

Atmosphere
by Taylor Jenkins Reid
Bestselling author Taylor Jenkins Reid's dazzling new book transports readers to the 1980s, where Joan Goodwin makes history as one of the first female scientists accepted into NASA's prestigious Space Shuttle program. She trains alongside an extraordinary group of fellow candidates. But in 1984, a mission goes wrong and Joan must do everything she can to bring her friends—and the person she loves—home.



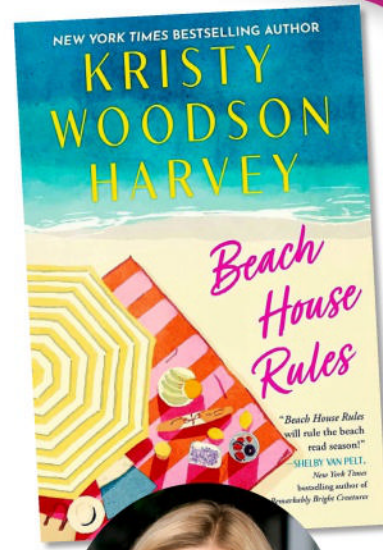
MYSTERY

We Don't Talk About Carol
by Kristen L. Berry
A generations-old family secret, unsolved mysteries, suspense... Kristen L. Berry's debut novel has it all. After her grandma's passing, Sydney finds a hidden photograph of a girl who looks a lot like her. She learns the girl is her aunt, Carol, who was one of six North Carolina Black girls to go missing in the 1960s. But for decades, her family didn't speak of her. As Sydney digs for the truth, the past reemerges and has her questioning everything.



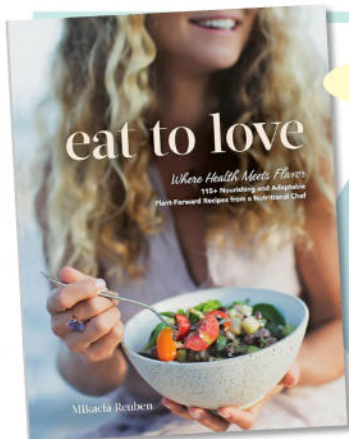
FAMILY SAGA

The Lost Book of First Loves
by RaeAnne Thyne
Emotional moments and scenic settings abound in this heartfelt saga. Alison "Ali" Wells was raised by her literary icon father. But when a DNA test reveals she has a half sister named Juniper Connolly, Ali decides to take a job as Juniper's intern. This plan is quickly diverted when June suffers a cardiac arrest from a congenital condition—and Ali saves her life. What follows is a summer of healing, hope and learning the meaning of family.



WOMEN'S FICTION

Beach House Rules
by Kristy Woodson Harvey
Filled with coastal Carolina charm and a vibrant cast of characters, this story centers on mother-daughter duo Charlotte and Iris. When Charlotte's husband is arrested for fraud, a local mom invites Charlotte and Iris to live at her beachfront B&B that's home to single moms. Then a gossipy local Instagrammer targets the families living in the 'mommune.' A tale about the joys of friendship and reclaiming your life.



Nonfiction



Eat to Love by Mikaela Reuben
On busy weeknights, cooking up a meal that's easy and nourishing can feel like too much work. But according to nutritional chef Mikaela Reuben, it's not as difficult as we think! In her new cookbook, she shares more than 115 delicious, simple plant-forward recipes, including Lemon Lentil Soup, Zucchini Enchiladas, Garlicky Roasted Portobellos and Raspberry Coconut Muffins, along with science-backed tips on nutrition. Plus, each recipe can be adapted to any diet—from dairy-free to gluten-free and more. There's something for everyone!

"Adding something like a few cups of purple cabbage can change how your body experiences a meal and the nutritional benefits it receives."

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These dads help students feel extra love & support!



When Percy Scott's son transferred high schools, he and other dads saw just how many of the students needed father figures to support them. So they formed The Dad Squad to spread encouragement and love

Look," Percy Scott said to his wife, Joni, pointing to a table at the open house for the high school where his son, Xavier, would be attending in Flossmoor, Illinois. Volunteers were recruiting members for the school's parents association. "How many dads are members?" Percy asked.

"Just me," said Hubert Stalling. "If you sign up, there will be two of us."

"That's not right," Percy said. "These kids need more male influences in their lives."

Hubert agreed that many kids needed father figures, and the duo soon discovered the school's new principal, Dr. Clinton Alexander, was also on their side. It was his first year at the high school, and he'd already noticed students' mothers were doing more than their share. "We need to get more dads involved," Principal Alexander said at the next parents' association meeting, and told the parents about a program he'd heard about in another state called Dads on Patrol.

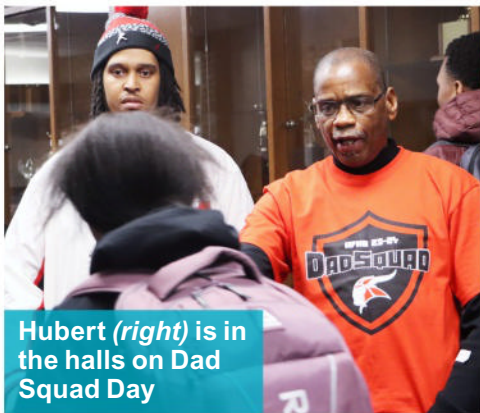
"The students' fathers come to school to help with discipline," he explained. "We don't need that, but what we do need are dads on campus showing the kids they care about our school and our students."

"We can call it The Dad Squad," one mom suggested, and Percy and Hubert happily signed up to spearhead the effort.

▲ Percy Scott (left) knew he and other dads could do something to make a difference—now, they make students' days with smiles and high-fives in the hallways

◀ Homewood-Flossmoor High's principal, Dr. Clinton Alexander (right) encouraged Percy and Hubert to start The Dad Squad, and he consistently cheers them on in their efforts to be supportive to teens

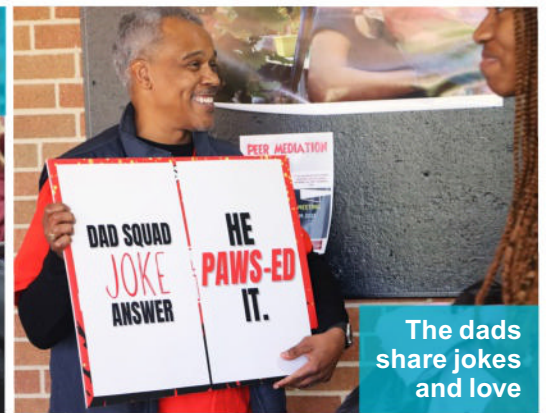




Hubert (right) is in the halls on Dad Squad Day



The dads offer motivation and fatherly advice



The dads share jokes and love

Spreading smiles

The school sent emails to all the parents, then 50 fathers and a few grandfathers signed up immediately and gathered on Zoom calls to plan and organize.

“We want the kids to know they have a community that values and supports them,” Hubert said, explaining the mission.

In March of 2022, the men divided into two shifts, one for the morning and one for the afternoon. While the kids were in class, the dads toured the school’s two campuses.

Percy was amazed to learn the school had nearly 3,000 students and two buildings offering college-level courses in aeronautics, radio and TV, and an auto shop to train non-college bound students.

The facilities are so vast, students need 11 minutes to switch classes. And on Dad Squad Day, as they checked their lockers and hurried down hallways, they encountered groups of smiling dads, fist-bumping students, telling “dad jokes” and passing out candy.

Dad Squad Day was a rousing success for the dads and students alike. At first, Xavier was embarrassed his dad was there meeting all his friends. But they told him, “I really like your dad,” and that evening, he told Percy, “I’m glad you came, Dad!”

As for Hubert’s daughter, Mary-Kathleen, she would have been shocked if her dad

wasn’t there since he’s always been deeply involved in all of her schools ever since kindergarten. And now, he was helping even more kids feel special.

Making a difference

The men decided Dad Squad Day should be more than a one-time thing for the students.

So that summer, they arranged a big barbecue and basketball game—dads vs. students.

Last year, they held another summer barbecue and two other events throughout the year, where they love on students during the school day.

During the most recent Dad Squad Day, the dads were congregating in the hallway when they saw a student in tears. The dads stopped what they were doing and spent time giving hugs

and encouragement to ensure that he felt seen and understood.

“If you need anything, we got you,” the men told the boy as he went on to class with a smile on his face.

“That is what it’s all about,” the squad agreed, realizing how much of an impact they made simply by showing up.

In October of 2024, nearly 100 dads met up at the school to plan even bigger events. And it’s not just the students who benefit. “Many of us dads have now become great friends,” notes Percy.

“We know each other’s kids and stop to say hello when we see one another around town,” adds Hubert with a smile.

“The kids look forward to it, and most of the teachers tell me Dad Squad Day is their favorite day of the school year,” says Principal Alexander. “But I think the ones who enjoy and get the most out of The Dad Squad are the dads themselves.”

—Bill Holton

“The kids look forward to it, but the ones who get the most are the dads themselves!”

3 ways to honor fathers

1 Take care of to-do’s
Whether it’s fixing a leaky sink or doing yard work, take something off Dad’s to-do list by downloading the free TaskRabbit app. There, you can hire a local handyman to help with tackling home projects. Safely pay the Tasker through the app and save Dad a chore to free up time for fun.

2 Give a ‘coupon’
A coupon book is a sweet way to show Dad that you care! Simply staple together 5"x8" cards and write tasks that he can cash in—like “Good for a sweet treat” or “Valid for a movie night.” Even easier: Go to Pinterest.com, search “printable coupon book” and print a premade booklet for free.

3 Craft a memory jar
Clean out an old mason jar and cut slips of paper. Take time to record fun memories with Dad, inside jokes or qualities you admire about him. Then he can pull from the jar anytime he needs an extra lift of love.



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WW BEAUTIFUL
YOU

Summer-proof your hair

The season's sun, heat and humidity can really do a number on your locks. But with a few simple tweaks, you can keep your hair healthy, shiny and damage-free—no matter how high the mercury rises

BY LAUREN STACHIW



Give limp locks a boost

High temperatures can make strands appear lifeless. A lightweight root-lifting mist can work wonders. It gives hair a boost of body and bounce, so your style stays full and fresh—even in sticky weather.

■ **TRY:** Not Your Mother's Plump for Joy Thickening Hair Lifter (Ulta.com)



Keep color looking its best

Sunlight can seriously fade your hue, but a UV-protecting leave-in conditioning spray acts like sunscreen for your strands. Just a few spritzes coat hair in antioxidants, which help preserve vibrancy and shine, so your color keeps turning heads.

■ **TRY:** Pantene Miracle Rescue 10 in 1 Multitasking Spray (Target.com)



Stop frizz before it starts

Humidity doesn't stand a chance when you've got hyaluronic acid on your side. This hydrator smooths hair's cuticle and locks in moisture, so hair stays sleek instead of swelling into a frizzy pouf. Fun fact: If you have a hyaluronic acid face serum, it can double as a hair smoother in a pinch!

■ **TRY:** Garnier Fructis Hair Filler Hyaluronic Moisture Repair Serum (CVS.com)



Nix oily roots

Hot days can put oil glands on the scalp into overdrive, leaving roots looking slick in no time. The surprising solution? Micellar water! It gently lifts away oil and buildup from the scalp, giving roots a fresh, just-washed look—no shampoo required.

■ **TRY:** Saturate a cotton pad with micellar water and dab onto oily roots for 1 minute. Let air-dry or quickly blow-dry on a low heat setting.

HOT WEATHER HAIR HELPERS



For short cuts
Shorter strands can fall flat, but a thin zigzag headband lifts and keeps them off your face, adding volume and flair.
Try: Kitsch Neutral Zig Zag Headbands (MyKitsch.com)



For medium-length locks
Claw clips easily place shoulder-length hair in twists, half-up styles or updo's that stay put.
Try: Squiggle Hair Claw Clip (Anthropologie.com)



For long hair
A stretchy clip expands to gather thick, long hair with ease, then snaps back into place for a secure, all-day hold without any tugging.
Try: Calista FlipClip (CalistaTools.com)

Steps to a mega-energy summer

Preventing dehydration is smart, since even mild fluid loss can trigger brain fog and fatigue. Plus, a recent study published in *JAMA Network Open* suggests that staying well-hydrated doubles weight loss success while also safeguarding against kidney stones, UTIs and migraines. And while summer heat can sap your fluid levels, these strategies make outsmarting dehydration surprisingly easy

✓ Add a scent to your water

It's no secret that adding a squeeze of lemon or a sprig of mint to plain water makes it taste more refreshing. But Canadian research suggests the olfactory stimulation provided by these add-ins also encourages you to drink up. In fact, scientists found that when people were offered lemon-scented water, they drank 124% more at a sitting than they did when offered plain water. And adding a peppermint scent to water increased consumption by 105%.

✓ Scoop up some salsa

Or snack on juicy strawberries. Tomatoes and strawberries are made up of over 90% water. Plus, they contain electrolyte minerals such as potassium and magnesium that help optimize fluid levels in the body. No wonder a study in *The American Journal of Clinical Nutrition* found that "free water reserve" (a measurement of hydration status) was up to 72% higher in participants who ate five servings of whole fruits and vegetables daily compared to



those who skimmed on the foods. Other delicious options that deliver hydrating benefits include bell peppers, cucumbers, watermelon and cantaloupe.

✓ Download a free 'sip assist'

Busy days can interfere with our best intentions to stay hydrated. In fact, an Ohio State University survey found that 42% of participants admitted they simply forget to drink water throughout the day. Luckily, a report in the *Journal of Exercise and Nutrition* found

that people who used a water-reminder app increased their daily water intake so effectively, they hit their hydration targets within five weeks. An app that earned top marks for enhancing hydration in a Johns Hopkins University study: WaterMinder (WaterMinder.com). Free for iOS and Android devices, it reminds you to drink and lets you earn awards for meeting your water consumption goals.

✓ Step into sleep mode

Penn State research reveals that running short on sleep increases your dehydration risk by lowering vasopressin, a hormone that helps your body hold on to water. But New Zealand scientists say that brief bouts of walking around the house or dancing in front of the TV in the evening can help you get more Zzzs. They found that people who got 3 minutes of light-intensity activity every half hour from 5 to 9 PM slept for nearly 28 minutes longer than they did after sitting for 4 hours straight. —Melissa Gotthardt

Tomato Mozzarella Salad Stacks

- 1 (12 oz.) pkg. fresh mozzarella
- 3 ripe heirloom tomatoes
- 6 Tbs. olive oil + additional
- 2 Tbs. balsamic vinegar
- ½ tsp. salt
- ¼ tsp. pepper
- 1 small bunch fresh basil

1 Thinly cut mozzarella into 18 slices. Cut each tomato into 6 slices. In small bowl, whisk together olive oil, balsamic, salt and pepper until blended.

2 On serving platter, arrange 6 tomato slices in single layer; top each with 1 slice mozzarella and 1–2 basil leaves. Drizzle with some of dressing. Repeat layering twice. If desired, drizzle tops with additional olive oil. Serve with remaining dressing. *Serves 6*

Tomatoes are full of electrolytes that help you stay hydrated with every tasty bite



Note: Check with your healthcare provider before supplementing

Home remedies that cure toenail fungus

If your toenails are thick, yellowed or flaky, you could be among the 50% of older adults with toenail fungus. While prescription treatments help, they can cost up to \$1,500. Here's how to nix the infection naturally

✓ Blow-dry your feet

After you bathe or shower, blow-dry your toes with a hair dryer. Fungus thrives in the nooks and crannies around and under nails, as well as microscopic cracks in the nails themselves. But German research suggests that using a hair dryer on toes evaporates trapped water lurking in these ridges, creating an environment that prevents them from breeding.

✓ Spritz with ACV

Mist apple cider vinegar over your feet and toes before putting on your socks and shoes (or sandals!). ACV's acetic acid lowers the pH of feet and nails, reducing spores' ability to reproduce. Indeed, Belgian research found that applying a solution containing acetic acid daily helped clear nail fungus infections within 24 weeks. Tip: Spritz apple cider vinegar

deep into the toe bed of your shoes too. A Nigerian study found that it harbors nearly twice the fungal spores as the rest of the shoe.

✓ Paint on polish

Quash an infection and prevent it from returning with spore-fighting polish. Embedded with tea tree oil, the clear lacquer provides protection that lasts for a week

per application. Research at the University of Rochester in New York suggests that tea tree oil may be as effective a cure as antifungal drugs like topical clotrimazole for those who apply it consistently. Bonus: You can paint colored nail polish on top if you'd like! One to try: Kerasal Fungal Nail Renewal with Natural Tea Tree Oil (Amazon.com).

—Ann Green



Reverse age-related muscle loss

We lose up to 5% of our muscle mass per decade starting in our 30s. For up to 20% of us, this loss of muscle and strength leads to sarcopenia, a condition that makes everyday tasks challenging while raising the risk of falls or injuries. The good news? Sarcopenia is reversible with the help of simple steps like these



✓ Savor a stir-fry

Toss tofu cubes in a pan with veggies and a splash of soy sauce and you'll have a muscle-building meal. Just ½ cup of tofu has 21 grams of complete protein (meaning it contains all nine of the amino acids that are the building blocks of muscle tissue), as well as minerals like calcium and iron that aid muscle growth. A study in the *Journal of the American College of Nutrition* found that tofu works as well as animal protein to build muscle.

Don't skip snacks

Research suggests many people with sarcopenia don't consume enough calories to build strong muscles. Eating healthy snacks between meals (especially ones high in protein like nuts and yogurt) helps ensure you stay strong.

✓ Get a grip

Weak hand grip is a key symptom of sarcopenia—one that can turn opening a jar or turning a doorknob into a hassle. To strengthen your grip, hold a tennis ball in your palm and slowly squeeze. Hold for 5 seconds, then release. Repeat 10 times, resting for a few seconds between each squeeze before switching to the other hand.

✓ Enjoy a stroll

Japanese researchers found that adults over 65 who increased their daily step count by just 10% (up to about 5,000 steps a day) got significantly stronger in six months. And people who had low muscle mass to begin with made the biggest gains.

✓ Consider creatine

Creatine is a compound made from three amino acids that's stored in your muscles, and it's a popular supplement for those looking to reverse muscle loss. A recent review in the journal *Frontiers in Psychology* suggests taking a small dose (3 to 5 grams) of creatine daily along with regular strength training can reverse muscle loss linked to sarcopenia. —Alex Fulton

Moves to reverse prediabetes

Up to 96 million U.S. adults have prediabetes, meaning their blood sugar is elevated but not high enough to be considered diabetes, and over 80% don't even know they have it. Prediabetes is a wake-up call, says Tina Claypool, PharmD, a certified diabetes educator. "You can make changes now that will affect the rest of your life." Here's what can help. —KATHERINE WANDERSEE

Trade juice for berries

"It's true that fruit is mainly carbohydrates, or sugar, but berries and fruits contain a lot more than that" says Jill Weisenberger, MS, RDN, author of *Prediabetes: A Complete Guide: Your Lifestyle Reset to Stop Prediabetes and Other Chronic Illnesses*. Researchers at California Polytechnic State University found that raspberries contain enzymes and antioxidants that help prediabetes by improving glucose, insulin and lipid



metabolism. The antioxidants in blueberries have been shown to have similar effects. The key to maximizing the benefits: Opt for whole fruit over fruit juice. Claypool says fruit juices strain out the beneficial fiber and often add extra fructose, leaving you with a sugary drink not much better than soda. "Cutting out sugary drinks and fruit juice is one of the easiest steps toward improving your diet," she says. "You can eat apples with their skin on every day, but don't substitute by drinking apple juice."

Don't deprive yourself

"People think I'm going to take away all the foods that they love, but I don't live that way myself, so why would I suggest it for them?" says Weisenberger. "Deprivation only increases cravings." A smarter strategy: Enjoy some of the foods you love, but as special treats as part of an overall healthy diet. "Maybe you allow yourself two squares of rich dark chocolate every day and love the heck



out of it because that's how you treat yourself," Weisenberger suggests. "That will help you skip the fast food burger or bag of chips and cook yourself a more wholesome meal."

Take a dance break

One study found that people who sit for 5 or more hours a day had a greater risk of developing diabetes than those who sit less than 4 hours a day. The good news: Regular exercise improves blood sugar. "Every time you exercise, you improve your insulin sensitivity for at least a couple of hours," Weisenberger says. "What if you did that every day, or several days a week?" Instead of slogging your way through a gym workout, Claypool advises finding activities you enjoy. Try

Prediabetes Rx

"Metformin is the only medication currently approved for prediabetes," Claypool says. "It slows the progression of diabetes by preventing your body from making extra sugar." For those prescribed metformin, she recommends taking it with food to help prevent side effects like GI upset.

cueing up your favorite upbeat playlist and dancing around your kitchen or toiling away in your garden while you soak up the sun. You could even walk in place at home while listening to an audiobook.

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Backyard health boosters!

The secret to great health and happiness lies just outside your back door. —BY GABRIELLE LICHTERMAN



Amplify joy with an iced latte

There's nothing like putting up your feet on a patio lounge while sipping your favorite cold drink. Now, research in the *Journal of Happiness Studies* shows savoring small pauses like these makes you more upbeat in your everyday life. Focusing on what you love most about an experience (such as a beverage's sweet flavor or refreshing chill) increases your appreciation of it—and this trains your brain to enjoy happy moments more deeply in the future.

Sleep better by taking a dip

It's the best time of year to jump into a pool to swim laps, play badminton or do water aerobics. And when you do it twice a week for 60 minutes, you'll end up falling asleep 8 minutes faster and getting deeper, more restorative sleep, reveals a U.K. study. Physical exercise increases the production of the hormone melatonin that regulates sleep-wake cycles. And being active in water is easier on your joints, so you keep at it.

OR TOAST S'MORES Spark up a firepit to make your favorite outdoor summer treat, or just sit back and watch the flickering flame, and you'll get better sleep. An Indian study shows that gazing at a flame reduces activity in your sympathetic nervous system (responsible for your "fight or flight" response), allowing you to relax more easily and drift off.



Ease pain by admiring flowers

If you've got a backache, painful joints or another ouch, there's an easy fix: Look at blooming roses, lush trees or other greenery around your yard. You'll feel less discomfort in seconds, shows new research out of Austria. Why? The sight of nature's beauty is so soothing that it dials down activity in pain processing areas of the brain, giving you as much relief as a mild analgesic. Bonus: A separate study found that admiring flowers is especially effective as easing stomach pain.

OR LIE ON THE GRASS

British scientists discovered that soft textures brushing gently against your skin, especially near the area that hurts, eases discomfort by reducing pain signals to the brain.



Sharpen memory by hosting a barbecue

Fire up the grill, then invite loved ones for a summer feast. It's guaranteed fun, plus you'll have better recall and mental processing speed the same day you gather, as well as the following two days, shows a Penn State study. Pleasant social interactions are like vigorous workouts for your brain, keeping it in tip-top shape. And a new Rush University study shows that making it a habit to regularly socialize slows memory decline by five years.

OR GARDEN A new U.K. study found that gardening involves mentally stimulating tasks like planning and learning about plants, which exercise your brain.



Dodge falls by sunbathing

Basking in the sun's rays for about 10 minutes every day during summer is an easy way to keep your body's store of vitamin D replenished. That's important since a new study published in the journal *BMC Geriatrics* shows the "sunshine" vitamin reduces your risk of falling, helping you avoid broken bones. A daily dose of D maintains muscle strength, which is crucial for stability in your legs. Live in a cloudy area? No problem! Taking a vitamin D3 supplement every day (600 IU for those up to 70 years old or 800 IU for people over 70) gives you similar benefits.

OR STRETCH Heading outdoors leaves you plenty of room to practice the slow, gentle stretching movements of tai chi. And when you do it three times a week, new Chinese research reveals you'll improve your balance. Follow free instructions by searching for "beginner tai chi" at YouTube.com.

Tamp down stress by stargazing

This month, the June Bootids meteor shower lights up the night sky across the country. So head outside after dark to catch a glimpse of a shooting star. A new U.K. study shows that awe-inspiring moments make you feel connected to something greater, sparking self-compassion that encourages you to treat yourself with kindness. That's key since Brandeis University experts found that self-compassion lowers levels of the stress hormone cortisol.

OR PLAY FETCH Tossing a stick for your dog eases anxiety, shows a British study. Playing with your pooch spurs a rise in the bonding hormone oxytocin, which has a calming effect.



“Caregivers are never really alone!”



Award-winning actress and advocate Bellamy Young, 55, known for her portrayal of Mellie Grant on *Scandal*, silently carried a burden of shame, guilt and regret while caring for her father as he battled alcoholism and cirrhosis. Then she discovered a secret superpower that filled her heart with peace

This is just a bump in the road, Bellamy Young told herself as she made up another excuse for why a friend couldn't come visit her home. The truth was, Bellamy—then a teen—was helping her mother care for her father while the family watched him painfully slip away. Years of trying to hide his battle with alcoholism colored Bellamy's childhood and teen years with shame and guilt as she struggled to understand her dad's addiction, which led to a cirrhosis diagnosis and permanent liver damage. Here, Bellamy shares in her own words how, years after caretaking then losing her father, she finally overcame the haunting feelings of regret and healed her heart.

“Even in the darkest hours, hope exists in the kindness and support of others.”

It was hard and confusing. I saw everyone drink socially. I also knew my dad drank at home by himself too. And because there wasn't a comfortable, open dialogue about alcoholism—and the mere mention of it would spark critical whispers in a corner—I, along with my mom, insulated myself by silencing my voice. As long as I kept my dad's alcoholism in a locked box and didn't talk about his drinking,

I thought the world would see us as the 'perfect family' everybody strives for. I didn't realize no family is perfect.

Learning to cope

“The silence became deafening when my dad's demeanor started to change and he grew frustrated and angry. He was an accountant and lost control of numbers, and once, he even forgot how to get home from the building where he'd worked for 25 years.

“Because his speech was slurred and he had a tic with his hands, I grew very judgmental, often rolling my eyes and getting angry, thinking, *Dad's drinking...again!*”

“Looking back, I was my worst self—mostly because I felt so alone. My home life didn't look like what I saw on TV because, in real life, I was also trying to help care for my father and keep my family's skeletons hidden deep in the closet.

“Helping my mom care for my dad while guarding our family secret had me

“As a kid, instead of hosting sleepovers at my house, there was a hospital bed in the middle of our living room with my ill dad clinging to life, lying in it. So as a teen, going on dates or to football games all felt a bit fatuous as resentment swelled in me about my dad's health.

“Of course, I deeply loved my father, and I was Daddy's little girl, but my dad was a drinker, which led to the cirrhosis diagnosis.

◀ **Despite the tough times Bellamy endured during her father's illnesses, she always deeply loved her dad**



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navigating several iterations of myself, including a phase of being mad at the world despite painting on a brave, happy face. I was terrified about a future without my father and closed myself off emotionally as I tried to tackle much more than any one person can handle—mentally or physically—without help.

“After nearly a year of what we assumed were signs he was drinking even more, we went to the doctor and received devastating news: My dad actually had stage 4 hepatic encephalopathy (HE), a neurological disorder caused by chronic, severe liver disease. The doctor briefly explained that with HE, the liver struggles to filter toxins out of the body, and those toxins can travel to the brain. Symptoms include anxiety or irritability, cognitive impairment, personality changes, coordination or balance problems, disorientation and more.

“We left the doctor’s office filled with anger that we hadn’t known HE was a possible complication—and that we were finding out so late. We felt powerless, unable to help him and angry that this was one more shameful aspect of our lives we had to hide.

“Soon, I was preparing my dad’s meals, worrying that he was too sick to eat, and helping him with daily functions—all while watching him fade away, wishing there was something more I could do. I tried helping him find the words he’d frequently lose—until he was no longer able to speak at all.

“I wondered if the heartache and pain our family was careening toward could have been prevented had he been diagnosed with HE sooner, or if someone could have done something to stop his drinking.

“Five million people in the United States have been diagnosed with chronic liver disease and 80% of people with cirrhosis

may develop HE, but we didn’t know. I also learned that you can stop HE from causing permanent brain damage if you catch it early, and because we were unaware, I’ve cloaked myself in guilt and regret for years.

Finding true healing

“My father succumbed to the disease when I was 15. After losing my dad, I was devastated, but going to therapy helped me discover the value of sending your superhero cape to the dry cleaner and giving yourself space to take a deep breath instead of constantly holding everything in, afraid to exhale. If I could go back in time, I’d hug my dad, my mom and myself and say, ‘I’m sorry. This is so scary, but it’s something you don’t have to go through alone.’

“The first time I opened up about my dad’s journey with alcoholism and the resulting health complications was terrifying. It’s scary to talk about things we’ve deemed unspeakable. But coming together as a community to help one another and share knowledge and strategies—like how to talk with doctors or how to care for our loved ones—has been such a blessing. Talking about our family’s experience has helped me revisit times I wasn’t at my best, admit failures and have compassion for who I was. That has healed my soul.

“It’s energizing to be of service to others, and caregivers should never feel alone—because isolation is a terrible disease unto itself. Even in the darkest hours, hope exists in the kindness and support of others. It’s tempting to stay in your own darkness, and it’s hard to watch someone you cherish suffer, but allowing yourself the space to lean on those around you while being gentle with yourself is a gift every caregiver should give themselves.” —As told to Gina Roberts-Grey



How to restore hope to caregivers

✓ Create your dream team

Caregiving doesn’t have to be a solo effort. “Most caregivers burn out without support,” explains Jennifer Fink, home care expert with the Alzheimer’s Association. Take time to identify your loved one’s daily needs and who can help with specific tasks. Matching responsibilities to each person’s strengths makes it more likely they’ll follow through when they offer to help.

✓ Try ‘tiny’ self care

We’ve all heard, “Anything worth doing is worth doing well.” But when it comes to taking care of yourself, “Anything worth doing is still worth doing poorly—in other words, just 1 minute of self-care, even if it’s not exactly what you imagined, is powerful,” says psychotherapist Loren Gelberg-Goff.

✓ Tap larger resources

Learning to be comfortable leaning on others is invaluable—especially when feeling isolated and alone. “There are many helpful resources even when you can’t rely on family,” says Dr. Cheryl Woodson, M.D. The Aging Life Care Association (AgingLifeCare.org) provides eldercare consultants for those in need of help or answers. “It’s freeing for caregivers to connect with people who have experienced the same thing.”



Bellamy has sweet childhood memories with her father



Bellamy with her mother

Drop a size this month

Women like Yvette Cruz, down 58 lbs, swear by Dr. Michael Aziz's surprise sugar swap that **makes excess pounds just fall off**

We've all heard eating less sugar helps melt spare pounds. Yet it often feels too darn hard. Enter *The Ageless Revolution* author Michael Aziz, M.D. He has a hack to make cutting sweets easy as pie: "As you reduce sugar, up your intake of natural fats. You'll feel so satisfied, you won't miss the junk," he says. Backing him up: A new study found healthy fats make us want less sugar and processed food. Plus there's evidence healthy fats boost the hormone GLP-1, "mimicking weight-loss meds like Ozempic without the cost or side effects," says the doc. For Yvette Cruz, good fats worked *better* than diet pills. "I lost 6 sizes and felt amazing and it was shockingly easy!" says the New York mom, 55. Read on to learn how good-fat swaps can help you. —BY ALLISON NEMETZ

We've been eating honey, maple syrup, even white sugar since the days when few folks were overweight. The real issue: Fifty percent of what we eat today is highly processed foods hiding more sugar than most of us can handle, says Dr. Aziz. Beyond candy and cola, there's sugar in dressing, soup, fast food and countless items marketed as healthy. An average person consumes 152 pounds of sugar a year, plus 146 pounds of white flour. "Refined carbohydrates become blood sugar once you eat them," he notes.

And this sugary overload has an impact on our brains that "is very addicting."

A better way to quit sugar

For decades, as we were told to eat less dietary fat, obesity rates soared. Finally scientists began to figure out it's ultra-processed foods—typically high in added sugar, refined carbs, processed fats, chemical additives and salt—that drive overeating, obesity and many health woes. In addition to sugar's addictive properties (more on that in a moment), there's another reason we can't

"It Worked For Me"

Yvette lost 58 lbs!

As Yvette shifted her focus from sugar and processed food to healthy fat and natural options, "I didn't measure anything or keep a food log," she shares. "For me, that makes me fixate on food and I end up eating more." At first skeptical she would stop eating when she was full, Yvette found that good fats made it automatic. Will this approach work for you? If you stay consistent and listen to your body, Dr. Aziz says it works for a surprising number of us. "My approach is about eating natural food and finding balance," he says. "Focus on that, and you not only lose weight, you set yourself up for great health and longevity!"



BEFORE

Easy snacks to

To try Dr. Aziz's technique, skip added sugar and ultra-processed foods. Instead, emphasize protein, produce, fiber-rich starch and natural fat. Fat is key to reducing hunger and cravings as you shift to "clean" eating, so include options like full-fat dairy, salmon, olive oil, avocado and nuts at each sitting. (Snack swaps to inspire you, *right*). The key to speedier success: Listen to your body and eat only until pleasantly full.

Additional reporting by Cailey Griffin

stop eating these foods: Over time, excess sugar damages cells, making it hard for them to take in and burn fuel. As this happens, we're on the path to diabetes. Insulin, a fat-storing hormone, goes haywire. Plus our cells are starving, which triggers intense cravings.

Another problem: Processed foods are everywhere, and phasing them out can seem impossible. That's why Dr. Aziz got inventive. "Start by cutting added sugar and replacing it with a little natural fat," he suggests. So you might eliminate granola bars, ranch dressing and honey ham, while adding options like olive and coconut oil, avocado, nuts, seeds, full-fat dairy and fatty fish. "Before long, you'll feel more satisfied with less food." As urges to eat lessen, replace more and more processed food with natural fare.

How fat can cure cravings

Why natural fat works wonders:

• It replaces addictive junk

Food scientists have manipulated processed foods to get us to buy and eat more, says Dr. Aziz. Simply reaching for natural foods and natural fats leaves less room for fare that triggers cravings, and your body's hunger-control mechanisms are able

to take over. During a Drexel University pilot study, adults coached to replace ultra-processed foods with less processed options cut sugar intake by 50% and ate 612 fewer calories a day. They also lost about a pound a week *without* portion control.

• It soothes your brain

Brain scans show sugary and processed foods activate the same craving-inducing region of the brain as hard drugs. Natural fats do the opposite: A Harvard-led study used scans to demonstrate that when participants sipped a walnut-enriched smoothie, an area of the brain that suppresses cravings literally lit up. And when the same test subjects sipped smoothies that contained no good fats, their appetite-control centers remained dark and inactive. "It's a powerful effect," says Dr. Aziz.

• It boosts satiety hormones

We already told you good fats stimulate the release of GLP-1, a hormone that helps kill 'food noise' and improve blood sugar. Studies show these healthy fats also increase anti-hunger hormones like CCK and leptin.

It gets better. As fat moves through the small intestine, it can activate the "ileal brake," a mechanism that slows food's movement in the GI tract—so we're literally full longer and have more time to absorb cravings-fighting nutrients from our meals. Pretty cool, right?

There are lots more amazing ways fat helps us slim down. For example, fat in coconut oil creates so much metabolic heat as it digests, one Columbia study found it can triple the speed of weight loss.

Meanwhile, omega-3s help offset issues caused by falling estrogen and have been shown to help women lose more weight than men (for once!). "Expect to feel a difference in a few days to a week," says Dr. Aziz. "And as you continue to eat better, better health and weight loss will follow."

Yvette's success story

For decades, Yvette was drawn to extreme diets. "If I lost weight, it was a struggle," she says. Eventually she'd end up eating bagels and doughnuts again. Then the mom of four was diagnosed with

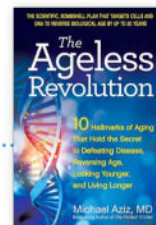
prediabetes. "My family history isn't great. I worried I was on a bad road," she shares. Reading everything she could about healthy eating, she found Dr. Aziz and made an appointment.

Encouraged to eat more natural foods, Yvette began trading sugary, processed meals for cheesy scrambles, avocado-and-chicken-topped salads, salmon with veggies and potato, even full-fat yogurt piled with fruit. **The first month, "I lost around 10 pounds!"** That's equal to a pant size in 30 days.

After six months, "I saw a huge difference," says Yvette, now down six sizes. She reversed her prediabetes and eliminated joint pain and GI issues. Today, "avocados are my obsession and I'm never afraid to use butter. I feel satisfied and energized and for the first time

ever, maintaining weight loss has been easy!" **WW**

Learn more in *The Ageless Revolution*



Whipped feta dip

This viral sensation is delicious and full of cravings-busting good fats

- 8 oz. feta cheese
- ¾ cup whole Greek yogurt
- 1 Tbs. lemon juice
- 1 tsp. minced garlic
- 1 Tbs. olive oil
- Red pepper flakes, optional
- Assorted sliced veggies

Blend feta, yogurt, lemon juice, garlic and oil in blender or food processor until silky smooth. Add salt to taste. Garnish with pepper flakes. Enjoy with veggies. Serves 8

Fact!
Satisfying, natural saturated fat has no link to heart risks, per a massive Cambridge analysis that included over half a million people.

kill cravings for sugar + processed food



GO A LITTLE NUTS

A handful of nuts is highly satisfying in place of sweets or any ultra-processed snack.



DIY AVOCADO POPS

Blend 1 ripe banana, 1 avocado and ½ cup of whole Greek yogurt; add to ice pop molds and freeze.



SIMPLE EDAMAME

Buy frozen, thaw in fridge and enjoy. There's protein, fiber and good fat in every bite!

Individual results vary. Dr. Aziz encourages us to focus on steady, sustainable progress. Always get your doctor's okay to try a new dietary strategy.

“Help me spark my creativity”

Whether you're brainstorming at work or conjuring a dinner recipe, you harness creativity every day. Here, easy ways to enhance this superpower

BY KRISTINA MASTROCOLA

Believe in you Trust your unique vision

“Creativity means producing an idea that's both novel and useful,” says expert Jack Goncalo, Ph.D. He emphasizes that we all have this ability—we just need to believe in ourselves. “Research shows that having a strong sense of independence actually motivates people to pursue unique ideas and share what makes them different,” he explains. In other words, reminding yourself of your intrinsic worth can help spark your creativity.

Balance wonder & rigor

Inspiration is nothing without effort. That's why creativity strategist Natalie Nixon, Ph.D., devised the WonderRigor™ Theory. “It's about toggling between the two: imagination

and deep focus,” she says. “I'm a big proponent of daydreaming to spark wonder. It activates the Default Mode Network—the ‘washing machine’ of the brain—relaxing your mind so when you return to the rigor of hard work, you're much more innovative.”

Tap into positivity

Being passionate about what you do is key to creativity—it encourages you to explore more, says Goncalo. Simply telling yourself you love your work can boost your imagination. “A study on intrinsic motivation found that poets who believed they were writing for the joy of it—not for external rewards—produced more creative work.” This mental shift can also lift your confidence, another cornerstone of original thinking.



Have fun Unleash your inner child

Play is essential to creativity, yet it's often overlooked. “It's no coincidence that when we're at play, we're using the same attributes we want in leaders: active listening, curiosity, improvisation and collaboration,” says Nixon. For her, ballroom dancing—with its demands on pattern recognition, body awareness and quick thinking—keeps her brain sharp and her creative muscles strong. “I learn so much not just from my instructors but from my peers.” After all, learning is at the heart of creativity.

Take a chance on yourself

“Creativity is an invitation to listen inward—to explore your own voice, the part of you that's excited,” says business psychologist Camille Preston, Ph.D.,

who recalls a time when this openness helped her heal. “I was going through a season of grief when I was asked to coach my daughter's lacrosse team,” she shares. “At first, I did it out of obligation, but I ended up loving it.” Indeed, trying new things is essential to both creativity and resilience.

Bounce off a friend

It's hard to be creative in a vacuum. In fact, even a simple conversation demands ping-pong-like neural agility. What's more, our social connections “help us test out our ideas that are still percolating at the edges of our mind,” notes Nixon. Whether you send a friend a quick “thinking of you” text or enjoy a laugh-filled coffee date, connecting with others is a nourishing act of creativity.

Our expert panel



Jack Goncalo, Ph.D., is Professor of Business Administration at the University of Illinois Urbana-Champaign. His interests include team creativity.



Natalie Nixon, Ph.D., is a creativity strategist, CEO of Figure 8 Thinking and author of the award-winning *The Creativity Leap*, plus the forthcoming *Move. Think. Rest.*



Camille Preston, Ph.D., author of *Living Real: Redefining Success, Presence*, is a business psychologist and leadership coach. Visit AIMLeadership.com.

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Jane's secrets to happy and healthy



Beloved for her roles in *Dr. Quinn, Medicine Woman, East of Eden, Live and Let Die* and currently, Acorn TV's *Harry Wild*, Jane Seymour has delighted audiences for more than 55 years. But she admits it hasn't always been easy. Here, Jane shares how a brush with death and staying true to herself transformed her perspective

BY BONNIE SIEGLER

As an Emmy- and Golden Globe-winning actress, artist, grandmother and entrepreneur, Jane Seymour says she's grateful for every moment in her life—especially because she almost lost it. In 1988, while filming in Spain, she contracted bronchitis and had a severe reaction to an antibiotic that was injected into a vein rather than a muscle. “I went into anaphylactic shock and left my body,” recalls the 74-year-old. “I remember looking

down at myself and everything going very calm. I realized then that the only thing you take with you when you pass is the love you shared and the difference you made. When I recovered, I also knew I had to care for myself physically, emotionally and spiritually because life is a gift.”

Today, Jane lives by the motto “health is wealth.” “I’ve made the choice to eat sensibly, exercise carefully and prioritize creatively.” Here, her tips for living your best, most joyful life.

Don't miss Jane's new reality show!

Relative Secrets, a new unscripted series hosted by Jane Seymour delves into an everyday American family's history to uncover the dark truths buried in their ancestry. “Everyone has a family story, and now with DNA, it's fascinating,” Jane says. Watch the premiere June 2 at 10 PM ET/PT on BBC America and streaming on Acorn TV.



Be your best self

"Before I was an actress, I was a ballet dancer. I was constantly looking in the mirror to see if my lines were right and if my legs looked long, lean and turned out. But when I became an actress, my father gave me really good advice," Jane says with a smile. "He would always tell my sister and me that you can only be your own best. So don't try to be like somebody else or turn yourself into somebody else. I'm capable

of making my own choices. And, of course, when you're acting, you must be somebody else. It's an interesting job for me to have because every time I go in and play a character, I'm playing somebody else. But I've learned that being real is the key to happiness. Be authentic. Open your heart and reach out to help someone else and be there for them—if for no other reason than just to listen and love."

Jane teaches her 3 grandkids (shown here) to be true to themselves



Intermittent fasting helps Jane recharge

Eat for energy

"I don't do a lot of diets. I just try to eat to feel good," shares Jane. "Sometimes I do intermittent fasting—it's a great way to give my body a chance to recharge. But normally, I'll have my main meal in the middle of the day and eat anything I want. I might have a snack around 5 PM—like hummus with raw vegetables, almonds or walnuts. My naughty snack is 70% dark chocolate."



Find your peace place

"I love to take a few moments to breathe deeply—5 seconds in

and 5 seconds out," says Jane. "I also like to sit by a body of water and just watch it flow by. Most importantly, I stop looking at my phone when I need peace. That way, I don't go down the dark news hole!"

Tap creativity

"Art is my biggest meditation and stress reliever. I like creating what I call a 'happy accident,'" says Jane, who always travels with her paints. "I wet the paper, then touch color on it and watch the pigments interact with each other. Then I take a Sharpie and define shapes I see. Anybody can do this as a meditative process. It's my daily emotional release on paper."

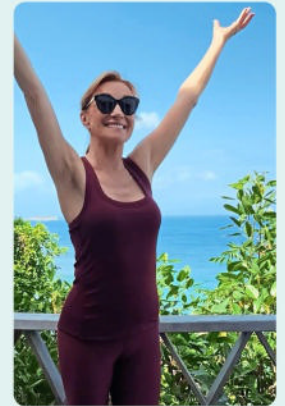
Painting is a stress reliever for Jane



Jane's keys to vibrant energy

Move where you are

"When I was 6 years old, I'd dance to Vivaldi's *Four Seasons* in our back garden while my mother hung sheets up to dry," says Jane. "That sweet memory reminds me that there's always some way we can move, even if we can't get to the gym. Now I take walks or do a Pilates floor exercise to stay fit and flexible. You can even do press-ups at the kitchen sink, lift your legs sitting in a chair or dance in the garden. It's a fun way to do something good for yourself."



Try simple skincare

"I'm a great believer in cleansing my face, hair and body really well," Jane says. "I then use Cr pe Erase cream to keep my skin supple—it really works! I also wear large hats that cover my face and shoulders, and lots of sunscreen when I am outside. It helps keep my body confidence up, and I don't have to try 100 different treatments."



Grill up a good time!

These Father's Day dishes—inspired by chef dads—are sure to win raves



Bobby Flay

Loaded Turkey Burgers

For standout burgers every time, Bobby coats the patties with cooking spray before grilling to seal in juices and prevent sticking

- 1 mini cucumber
- 1½ lbs. ground turkey
- ¼ cup plain dry breadcrumbs
- 1 clove garlic, minced
- ½ tsp. grated lemon zest
- ¼ tsp. salt
- ¼ tsp. pepper
- 4 slices white cheddar
- 4 sesame seed hamburger buns
- 4 leaves green leaf lettuce, torn
- ½ cup drained pickled red cabbage, from 16-oz. jar

- ⅓ cup sliced red onion
- ½ cup cherry tomatoes, sliced

- Using vegetable peeler, shave cucumber lengthwise into thin ribbons. Transfer to bowl; cover and chill.
- In large bowl, combine ground turkey, breadcrumbs, garlic, zest, salt and pepper; gently mix until just combined. Shape into 4 patties; cover and chill 20–30 min.
- Meanwhile, prepare grill for medium-high direct-heat cooking. Grill burgers,

flipping once, until no longer pink in centers, 6–7 min. per side.

- Top each burger with 1 slice cheese. Grill until cheese is melted, about 1 min. Top bun bottoms with lettuce, pickled cabbage, burgers, cucumber, onion and tomatoes. Add bun tops. Transfer burgers to serving platter.

Servings: 4. Active time: 25 min.
Total time: 25 min. + grill prep time
Calories: 531 Protein: 40g Fat: 23g (3g sat.)
Chol.: 137mg Carbs.: 37g Sodium: 691mg
Fiber: 3g Sugar: 8g

Honey-Teriyaki Wings

Searing pineapple slices over an open flame caramelizes the fruit's natural sugars and adds irresistible smoky flavor in our take on one of Eddie's go-to dishes

1/3 cup ketchup
1/3 cup teriyaki sauce
2 Tbs. honey
1 Tbs. grated peeled fresh ginger
2 cloves garlic, minced
1/4 tsp. onion powder
4 lbs. chicken wings
1/2 tsp. pepper
3 baby bok choy, halved
2 (1") slices fresh pineapple
2 red peppers, seeded, quartered
2 Tbs. oil

1/4 tsp. salt
2 tsp. toasted sesame seeds

● Prepare grill for medium direct-heat cooking. In medium bowl, combine ketchup, teriyaki sauce, honey, ginger, garlic and onion powder; reserve half of mixture. In large bowl, combine wings, remaining mixture and pepper; toss until evenly coated. Let stand 30 min.

● In separate bowl, toss bok choy, pineapple, peppers, oil and salt; grill, flipping once, until tender, 3–6 min. per side.

● Grill chicken, flipping once, until no longer pink near bones, 10–12 min. per side, brushing with reserved glaze mixture during last 5 min. of cooking time. Cut pineapple into chunks. Serve wings with pineapple, pepper and bok choy. Sprinkle with sesame seeds.

Servings: 6. Active time:
20 min. Total time: 1 hr.,
10 min. + grill prep time
Calories: 440 Protein: 30g
Fat: 26g (7g sat.)
Chol.: 180mg Carbs.: 22g
Sodium: 540mg Fiber: 1g
Sugar: 17g





Guy Fieri

Glazed Spareribs

This version of Guy's fired-up classic uses apple cider vinegar and molasses to give sweet zing to from-scratch BBQ sauce

- 1 slab pork spareribs, about 4 lbs.
- 1 cup ketchup
- ¼ cup apple cider vinegar
- 2 Tbs. molasses
- 2 Tbs. less sodium soy sauce
- 1 tsp. garlic powder
- 1 tsp. smoked paprika
- ½ tsp. salt
- ¼ tsp. pepper

- Prepare grill for indirect-heat cooking. Remove tough membrane on underside of ribs. In pot, combine ketchup, vinegar, molasses and soy sauce. Over medium heat, bring to a boil. Reduce heat to medium-low. Cook, stirring often, until thickened, about 5 min.; cool. Reserve.

- In small bowl, mix garlic powder, paprika, salt and pepper. Rub spice mixture all over ribs. Grill ribs, covered,

15 min.; flip ribs. Cover; grill until very tender, about 2 hrs., brushing with half of reserved sauce several times during last 20 min. of cooking time. Transfer to platter. Let stand 10 min. Serve with remaining sauce on the side.

Servings: 6. Active time: 20 min.
Total time: 2 hrs., 35 min. + grill prep time
Calories: 578 Protein: 30g Fat: 43g (13g sat.)
Chol.: 147mg Carbs.: 18g Sodium: 928mg
Fiber: 0g Sugar: 15g

Steak with Chimichurri

Make a double batch of this herb sauce inspired by one of Gordon's signature dishes, then cover and chill for up to 3 days and use to drizzle over grilled chicken or fish

- 1 cup fresh parsley
- 1 cup fresh cilantro
- ½ cup + 1 Tbs. olive oil
- ½ small red onion, chopped
- 2 cloves garlic, roughly chopped
- 1 tsp. grated lemon zest
- 2 Tbs. lemon juice
- 1½ tsp. seasoned salt
- ½ tsp. crushed red pepper flakes
- 1½ lbs. beef sirloin steak, about 1½"-thick

● Prepare grill for medium-high direct-heat cooking. Meanwhile, in food processor, combine parsley, cilantro, ½ cup oil, onion, garlic, lemon zest, juice, ¾ tsp. seasoned salt and pepper flakes. Pulse until finely chopped; reserve.

● Coat steaks with remaining 1 Tbs. oil; sprinkle both sides with remaining ¾ tsp. seasoned salt. Grill, flipping once, 5–6 min. per side for medium-rare or until

desired doneness. Transfer steak to cutting board; tent with foil. Let stand 5 min. before slicing. Drizzle with some of chimichurri sauce. Serve with more sauce on the side.

Servings: 6. Active time: 15 min. Total time: 35 min. + grill prep time

Calories: 300 Protein: 21g Fat: 24g (6g sat.) Chol.: 65mg Carbs.: 3g Sodium: 250mg Fiber: 3g Sugar: 1g



Layered delight

Buttermilk in the batter plus easy from-scratch frosting elevate fudge cake mix to a stunning showstopper



Easy as
1,2,3!

Caramel Chocolate Cake

Rich dulce de leche drizzle

- 1 (15.25 oz.) pkg. dark chocolate fudge cake mix**
- 3 eggs**
- 1/3 cup oil**
- 1 cup buttermilk**
- 1 cup pecan halves**
- 1 1/2 cups butter, at room temp.**
- 3 cups confectioners' sugar**
- 1 1/2 tsp. vanilla extract**
- 1/2 cup dulce de leche, from 1 (13.4 oz.) can**

1 Heat oven to 350°F. Coat 2 (8") round cake pans with baking spray with flour.

On low speed, beat cake mix with eggs, oil, and buttermilk until just blended, about 30 sec. On medium, beat until light and fluffy, about 2 min. Evenly divide batter between pans. Bake until toothpick inserted in centers comes out clean, 23–25 min. Let cool in pans 15 min. Transfer from pans to rack; let cool completely.

2 Chop 2/3 cup pecans. On medium, beat butter until fluffy, about 2 min. On low, gradually beat in confectioners' sugar, then vanilla until combined. On medium-high, beat until light and fluffy, 2–3 min. Place 1 cake layer on serving plate. Spread with

1 cup frosting; top with remaining cake layer. Spread top and side of cake with remaining frosting. Press 1/2 cup chopped pecans along bottom of cake. Chill until set, about 30 min.

3 In small bowl, stir together dulce de leche and 4 tsp. water until smooth. Spread over top of cake allowing some to drip down side. Top with remaining chopped and halved pecans.

SERVINGS: 16
ACTIVE time: 50 min.
TOTAL time: 2 hrs., 55 min.

Drinks made easy!

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Orange-Aperol Spritzes



*Blueberry-Lime
Gin & Tonics*



Chile Pepper 'Ritas



*Watermelon
Mojitos*

So fast, so delicious!

Blueberry-Lime Gin & Tonics

This berry-licious libation would be just as tasty made as a mocktail—simply sub in cranberry juice for the gin

½ cup blueberries + additional

¼ cup sugar

1 oz. lime juice

Ice cubes

8 oz. gin

1 (1 liter) btle. tonic water

Lime wedges and fresh mint sprigs (optional)

● In small pot, combine ½ cup blueberries, sugar, lime juice and ⅓ cup water; over

medium heat, cook, stirring until sugar is dissolved and berries break down, 5–8 min. Using spatula, stir and push mixture through fine mesh strainer; discard solids.

● Dividing evenly, pour berry syrup into 4 rocks glasses; fill with ice cubes. Dividing evenly, add gin; top off with tonic water. If desired, garnish with additional blueberries, lime wedges and mint sprigs.

Servings: 4. Active time: 15 min. Total time: 20 min.
Calories: 280 Protein: 0g Fat: 0g Chol.: 0mg Carbs.: 39g Sodium: 30mg Fiber: 0g Sugar: 37g

Orange-Aperol Spritzes

We gave the popular sparkler an easy upgrade with orange-flavored liqueur and a splash of citrus juice

2 cups ice cubes

8 oz. Aperol

6 oz. orange juice

2 oz. orange liqueur, such as Grand Marnier

1 (750 ml.) btle. prosecco, chilled

1 (12 oz.) can club soda

Orange slices (optional)

and orange juice; stir in orange liqueur. Divide evenly among glasses.

● Tilt one glass and slowly pour in prosecco, being careful not to overflow; repeat with remaining glasses. Top off with club soda. If desired, garnish with orange slices.

● Place 6 wineglasses in refrigerator; chill until cold, 20–30 min. Dividing evenly, fill wineglasses with ice cubes. In small pitcher, combine Aperol

Easy variation: Make them Rosé Aperol Spritzes. Sub in sparkling rosé for the prosecco and add a squeeze of lime juice. Continue with recipe.

Servings: 6. Active time: 15 min. Total time: 35 min.
Calories: 290 Protein: 0g Fat: 0g Chol.: 0mg Carbs.: 26g Sodium: 20mg Fiber: 0g Sugar: 23g

Watermelon Mojitos

Our from-scratch lime syrup adds easy zing to this fruity twist on a classic summertime refresher

¼ cup sugar

4 oz. lime juice

4 cups seedless watermelon cubes

4 sprigs fresh mint + additional for garnish

8 oz. light rum

Ice cubes

Watermelon wedges and lemon halves (optional)

● In small pot, mix sugar and lime juice; over medium-low heat, cook, stirring, until sugar is dissolved, 1–2 min. Place in heatproof bowl; cool.

● In food processor, puree watermelon cubes; reserve. In cocktail shaker, combine 4 sprigs mint, rum and lime syrup; using back of wooden spoon, muddle mint. Add ice cubes; cover. Shake vigorously until well chilled, 30 sec. Strain into ice-filled glasses.

● Dividing evenly, top with reserved watermelon puree; stir to combine. Garnish with additional mint sprigs and, if desired, watermelon wedges and lemon halves.

Servings: 4. Active time: 15 min. Total time: 15 min.
Calories: 230 Protein: 0g Fat: 0g Chol.: 0mg Carbs.: 26g Sodium: 0mg Fiber: 1g Sugar: 22g

Chile Pepper 'Ritas

Marinate jalapeño pepper slices in silver tequila to create the fiery base for this slushy cocktail

6 oz. silver tequila

1 jalapeño pepper, sliced

1 Tbs. coarse salt

4 cups ice cubes

2 oz. Cointreau

2 oz. fresh lime juice

Lime wheels and fresh mint sprigs (optional)

● Scatter salt over small plate. Dip rims of 4 margarita glasses in water, then salt; invert. In 2 batches, in blender, combine 2 cups ice cubes, 3 oz. jalapeño tequila, 1 oz. Cointreau and 1 oz. lime juice. Puree until slushy; divide between 2 glasses.

● In jar with lid, combine tequila and jalapeño; cover with lid. Chill until flavors blend, at least 4 hrs. Strain into small pitcher, reserving pepper slices.

● Repeat once with remaining ice, tequila, Cointreau and lime juice to make 4 drinks. Garnish with reserved pepper slices and, if desired, lime wheels and mint sprigs.

Servings: 4. Active time: 20 min. Total time: 4 hrs., 20 min.
Calories: 160 Protein: 0g Fat: 0g Chol.: 0mg Carbs.: 7g Sodium: 720mg Fiber: 0g Sugar: 6g

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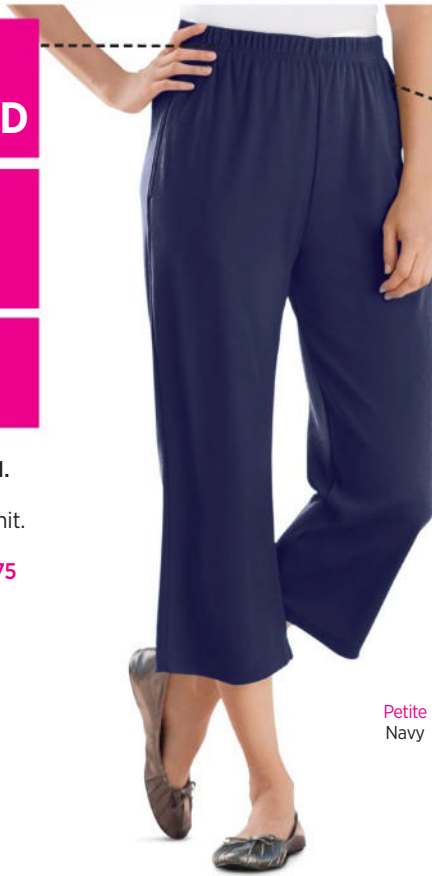


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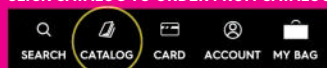
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Outsmart summer smells

Warm weather brings sunshine, cookouts and outdoor adventures—but it also ushers in less-welcome guests: stubborn seasonal odors. Here, natural ways to send smells packing!

BY LINDSAY BOSSLETT

Erase garbage can odors *with fabric softener sheets*

Keeping trash can smells contained is simple: When you replace a bag, simply drop a scented fabric softener sheet at the bottom. Not only will it help absorb drips that might leak out of the bottom of the bag, it'll also eliminate odors and replace them with the pleasant smell of freshly cleaned laundry.



Banish drain stink *with a lemony sink bomb*

Even if your house is air-conditioned, your plumbing is still exposed to the hotter temps outside—which can cause gunky drain smells. To the rescue: In a jar, combine ½ cup of baking soda, ½ cup of salt and ⅛ cup of cream of tartar. Pour the mixture down the drain, then add ¼ cup of lemon juice. “The acids in the lemon will cause the dry ingredients to fizz, deodorizing the drain for a fresh scent,” says Alex Varela of Dallas Maids (DallasMaids.com).

Refresh mildewy towels *with a baking soda bath*

To ward off mildew, “wash towels with hot water and unscented laundry detergent,” says Alicia Sokolowski of AspenClean.com. “When the rinse cycle starts, add ½ cup of baking soda and ½ cup of white vinegar. The detergent cleans, but it’s the baking soda and vinegar that eliminate odors.”



Stop shoe stench in its tracks *with black tea bags*

Hot weather + bare feet + enclosed shoes = funky odors. The simple solution: When putting away your sneaks, stash a dry black tea bag in each shoe. The tea will absorb moisture and odors, and black tea boasts natural antibacterial properties that will help prevent smells from coming back.



Deodorize couch cushions *with a DIY fabric freshener*

Humidity can cause upholstered furniture to trap moisture and develop a stale smell. The fix: In a spray bottle, combine 1 cup of water, ½ cup of vodka and 10 to 15 drops of essential oil, like lavender or eucalyptus. Lightly spritz your cushions. The vodka kills odor-causing bacteria and the essential oil leaves a pleasant scent behind.

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Q

“I’d love to rent a vacation house this summer to fit my whole family, but I’m worried about the expense and fees. **How can I save?**”

Renting a vacation home for a large group can be a smart money move.

After all, you often get more space than you would if you booked multiple hotel rooms. Still, prices on Airbnb and Vrbo have climbed—and hidden fees can push the total even higher. The good news? There are easy ways to save a bundle. Read on for expert tips from budget travel pro Jen Ruiz, author of *12 Trips in 12 Months* (JenOnAJetPlane.com).

Uncover unexpected fees

To avoid surprise charges, take a few minutes to read the property’s full listing before booking, advises Ruiz. Even when a rental site claims to include all fees in the price, hosts may still tack on extra charges after payment. “Some hosts, for example, include mandatory tasks like stripping the beds, taking out the trash or doing laundry before you check out. If you skip such chores, they might withhold part of the deposit or request a fee after your stay.”

These policies are usually listed under “House Rules”—but keep looking. Additional requirements are often scattered in other sections like “About This Property” and “Important Information.” Scanning the entire listing gives you more confidence in the total cost.

Ask for a discount

If you’re planning to stay a week or more, message the property host through the rental site and ask if they’ll offer a price break, suggests Ruiz. “You can also make a direct

offer by saying something like: ‘I see you’re charging X per day. Would you consider Y for two weeks?’”

Many hosts are open to negotiating for longer stays. In fact, a recent NerdWallet study found that Airbnb prices averaged 32% less for a seven-night stay—and 46% less for a 30-night stay—compared to a single night. Most hosts would rather lock in a longer booking at a lower rate than risk having the property sit empty and bring in no revenue at all.

Score a new-listing deal

If you spot a great property at a surprisingly low price but it only has one or two reviews, don’t automatically pass it up, advises Ruiz. “Check if the host’s other listings have strong ratings, and see if they’ve earned a high status—such as Superhost on Airbnb or Premier Host on Vrbo—which signals they’re trustworthy.” If both check out, it’s likely a brand-new rental the host is trying to build up. “Owners often discount new properties to gather early reviews, which helps them attract future bookings,” she explains. “This can save you about 20%.”



Find the lowest price easily

Once you spot a rental you like, you may be able to get it for less on a different platform. “Many hosts advertise their properties on multiple sites, and the prices can vary,” says Ruiz. “That’s because each platform charges hosts different service fees, which directly impacts how much they charge guests.”

Luckily, there’s an easy way to compare: Create a free account at Hichee.com, paste

the rental’s URL into the site, plug in your vacation dates and number of guests—and you’ll instantly see how much the rental costs across Airbnb, Booking.com and Vrbo, so you can grab the best deal.

You can sometimes save even more by booking directly with the host. “Some hosts have their own websites so they don’t have to pay third-party fees—this can lower the price by about 10%,” Ruiz notes.

To find these privately listed rentals, search online for the property’s title or right-click a listing’s photo, then use reverse image search. If it pops up on another site, confirm it’s legitimate by ensuring it has a working customer service number or email, accepts credit cards—which protect against fraud—and includes “https” at the start of its URL, indicating it’s secure.

Check cancellation policies

Plans can change, so it pays to choose a rental with a flexible cancellation policy, says Ruiz. “My mom had to cancel a booking three months ahead of time, but the strict policy made it tough to get her deposit back,” she shares. To avoid a similar hassle, look for rentals that offer a full or partial refund if canceled by a certain date. That way, if your plans shift, you’ll have options—and peace of mind.

—BY GABRIELLE LICHTERMAN

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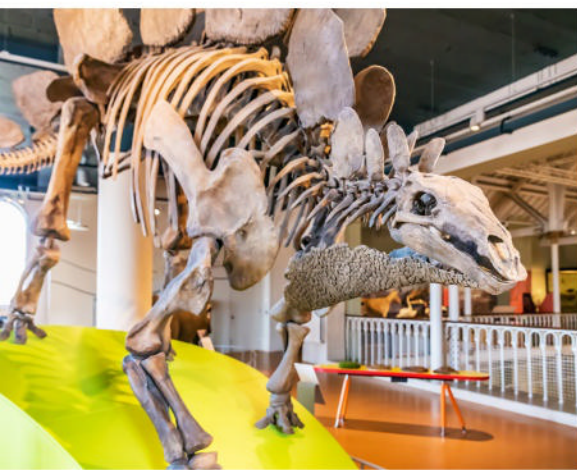
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Save big on streaming services

Love to watch movies and TV shows online but dread the monthly costs? Good news: More streaming platforms now offer lower-priced plans if you don't mind a few ads or skipping some features. YouTube, for instance, recently launched its Premium Lite tier for \$7.99 a month—\$6 less than its regular Premium plan—letting you watch videos with fewer ads, but without YouTube Music Premium or offline downloads. Netflix's Standard with Ads plan is also \$7.99 a month, saving you \$10 compared to the ad-free version. Hulu's ad-supported option runs \$9.99 monthly—\$9 cheaper than its no-ads plan—and Disney+ Basic with ads is also \$9.99 a month, saving you \$6 over the ad-free price. In short, it pays to check the latest prices on your favorite streaming services.



Enjoy free museums

Summer is the perfect time to explore art, science and history exhibits—and escape the heat in the cool air-conditioning. The best part? Many museums offer discounted admission. Seniors, for example, qualify for reduced-price tickets at top spots around the country, including \$8 off for visitors 65+ at New York City's Metropolitan Museum of Art and \$5 off for those 55 and up at Florida's Kennedy Space Center. Some museums even waive admission on select days, while others don't charge an entrance fee at all, like the National Museum of American History in Washington, D.C., and the California Science Center in Los Angeles. To find savings in your area, just log on to ChatGPT.com and ask, "Which museums near me have discounted tickets or free admission?" It'll pull up local options, so you can start planning your next adventure.

Honor dads with deals

Restaurants love to celebrate Father's Day on June 15 with delicious discounts on everything from appetizers to main courses to drinks. Last year, for example, Beef 'O' Brady's gave dads a free meal with the purchase of another entrée, Starbucks Rewards members scored a second handcrafted beverage for free and TCBY offered dads 6 oz. of frozen yogurt on the house. Find similar Father's Day specials at EatDrinkDeals.com and RetailMeNot.com.



SAVINGS SECRET

SMALL STEPS TO BIG GOALS

There's a simple way to put 78% more money into your piggy bank: Instead of aiming for a big savings target—like \$600 in six months—commit to setting aside a smaller amount on a regular schedule, like \$50 every Friday. Research from Rice University found that even though a big, future goal seems like it would be motivating, the end date feels so far off that we often postpone stashing away money. On the other hand, when saving is part of our usual routine, our balance steadily grows and grows, helping us achieve our goals.

54%

PEOPLE WHO SHOP IN PERSON TO GET ITEMS FASTER THAN THEY WOULD WHEN BUYING ONLINE

PYMNTS INTELLIGENCE

SCAM BEWARE

Sink travel tricksters

PLANNING A CRUISE THIS SUMMER? Scammers posing as travel agents are duping vacationers into paying for sea voyages that they never book. By the time people find out, the scammer has disappeared. Stay safe by reserving directly through the cruise line's website, or find a trusted travel pro at VeriVacation.com.

What Makes Bladder Control Underwear Actually Work?

By Susan Miller

Bladder leaks can be frustrating—but the right underwear can make all the difference. Behind the comfort and confidence is some seriously clever science. We took a closer look at what makes today's best bladder control underwear so effective, and the high-tech secrets hiding in plain sight.

The Science of Dry, Comfortable Protection

- **Super Absorbent Polymers:** These tiny crystals can hold up to 300x their weight in liquid. When moisture hits, they instantly turn it into gel to keep you dry.
- **Multi-layer Absorbent Cores:** Advanced designs use layers that wick moisture away from skin, distribute it evenly, and lock it deep in the core.
- **Odor Control Technology:** Some materials neutralize the ammonia in urine, stopping smells before they start—lasting up to 12 hours.
- **Reinforced Leak Guards:** These create a barrier around the leg openings to keep leaks where they belong: inside the underwear.
- **Soft, Breathable Fabrics:** Designed for sensitive skin, top layers keep you dry while feeling just like regular underwear.

What to Look For—and Where to Find It

Not all incontinence underwear is created equal. When shopping, look for products with odor control, rapid-absorbing cores, moisture-wicking layers, and reinforced leak guards. **Because** underwear checks every box—designed with medical-grade technology and ultra-soft materials for everyday comfort and confidence.



*Built to Hold More
- Here's How*

Odor Control technology
neutralizes unwanted odors to keep you fresh for up to 12 hrs

Anti-leak channels
absorb liquid in seconds to lock away moisture, turning liquid into gel



Moisture-wicking top layer keeps moisture away from the skin to keep you feeling dry

Reinforced leak guards
prevent leaks at leg holes

See the Difference

	Because [®]	Others
Holds up to 6 cups of liquid	✓	✗
Ultra soft & comfortable	✓	✗
Urologist recommended	✓	✗
Odor protection	✓	✗
Free of harsh chemicals	✓	✗
Discreet delivery	✓	✗
Made in USA	✓	✗

Try for

FREE

BecauseMarket.com/WW
1-800-256-0891

Get a FREE Starter Pack, just pay shipping

Fall in love with Yellowstone National Park!

Surround yourself with the natural beauty of Yellowstone! With five entrances spread out through Idaho, Montana and Wyoming, this lush national park has plenty of opportunities for hiking, boating, camping and exploring.

Kick off your visit by saddling up for a horseback ride hosted by Roosevelt Corral. During the 1- or 2-hour scenic tour, you'll trot through sagebrush flats, meadows, hills and streams while admiring views of the stunning landscape.

After you've worked up an appetite, enjoy lunch at the Old Faithful Inn Dining Room. Its ever-changing buffet offers the chance to try local favorites like bison chili, cowboy caviar and the brownie du jour.

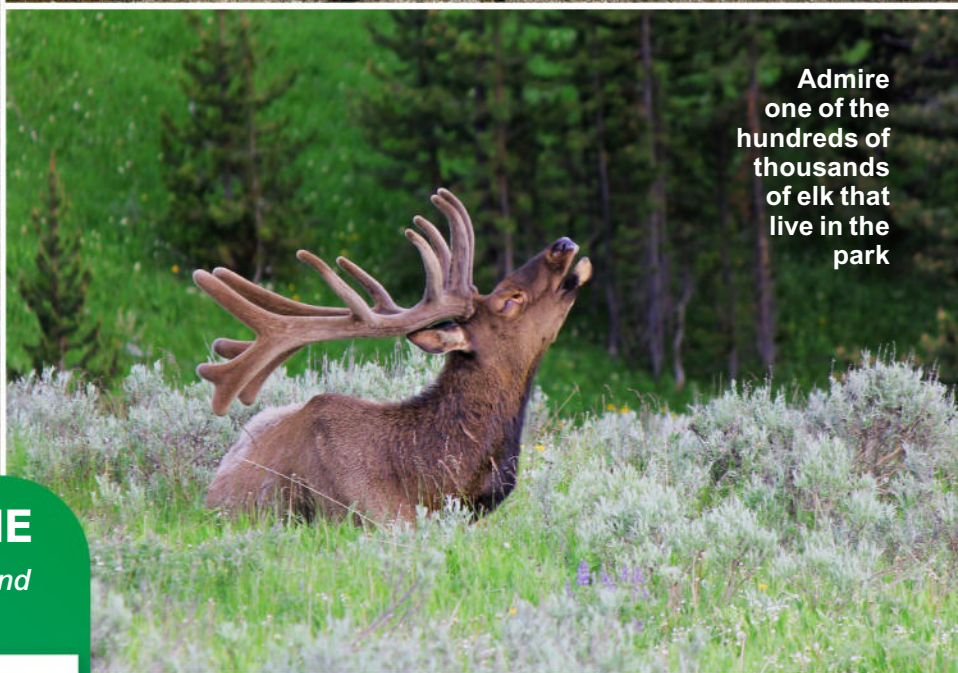
As dusk approaches, embark on a guided evening wildlife expedition departing from Mammoth Hot Springs Hotel or Canyon Lodge. During the 4-hour drive, you can marvel at bighorn sheep, elk and osprey.

Majestic mountains, roaming wildlife, cascading waterfalls, spectacular hot springs and incredible views welcome you to this 3,472-square-mile park

BY SHAY TROTTER



Walk the trail around the West Thumb Geyser Basin, the largest on the shore of Yellowstone Lake



Admire one of the hundreds of thousands of elk that live in the park

TAKE A MINI VACATION—AT HOME

An ice cream float inspired by Canyon General Store and a virtual tour of a park fort will instantly transport you

Root Beer Float

- 1 pint vanilla ice cream
- 4 pinches of nutmeg
- ½ cup maraschino cherry juice
- 1 tsp. vanilla extract
- 2 cans root beer
- Whipped cream



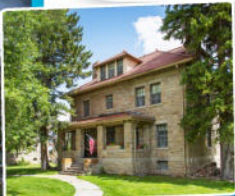
● Divide ice cream among 4 chilled glasses; sprinkle scoops with a pinch of nutmeg. Drizzle 2 Tbs. of juice and ¼ tsp. of extract into each mug. Tilt 1 glass and slowly pour in ½ can of soda. Repeat with remaining glasses. Top all with whipped cream.

See the 121-foot-deep Grand Prismatic Spring, the largest hot spring in Yellowstone



Virtual tour: Fort Yellowstone

Get to know the U.S. Army Fort Yellowstone, established in 1891 at Mammoth Hot Springs. Visit [NPS.gov/thingstodo/yell-tour-fort-yellowstone.htm](https://www.nps.gov/thingstodo/yell-tour-fort-yellowstone.htm)



Relax with Brain Games



CROSSWORD

Say cheese!

Use the letters highlighted in the finished puzzle to spell a person who makes you smile

ACROSS

- 1 Skin moisturizer
- 5 Do something
- 8 Mary's pet
- 12 Marathon
- 16 Royal crown
- 18 "Steady as ___ goes"
- 19 "I had no ___!"
- 20 Zip
- 21 Fourth in a series
- 22 Topper
- 23 Oven user's aid
- 24 "___ it the truth!"
- 25 Stand for something?
- 27 Milne bear
- 28 Transparent
- 29 Student-focused organization
- 32 Swiss miss of fiction
- 34 With gravity
- 36 Tax org.

- 37 Take off
- 38 Ump
- 40 Pa. neighbor
- 41 Treat for kitty
- 43 Warmer and sunnier
- 45 ___ Newton-John
- 50 Turn sour
- 51 Relies (upon)
- 53 Great balls of fire
- 54 Bundles of joy
- 56 Fence feature
- 58 Easy task
- 59 French yes
- 62 "Wheels"
- 63 "Yuck!"
- 65 Twisty turn
- 66 For ___ the Bell Tolls
- 68 24-hr. cash devices
- 71 Kitchen appliances
- 74 Decrease

- 76 Show boredom
- 78 With it
- 82 Singer Twain
- 84 Overly thin
- 85 Does salon work
- 86 Bro or sis
- 88 One of a couple
- 89 Mayday!
- 90 "Yikes!"
- 91 Was important
- 96 "Later, alligator!"
- 98 Section of a record store
- 99 Garlic's kin
- 100 Fishing locale
- 102 Inquired
- 105 Not fooled by
- 106 Stubborn animal
- 107 Insurance co. employee
- 108 All-important
- 112 Somersault
- 113 Like a storied duckling

- 114 Tee follower?
- 115 Manicurist's board
- 116 Spud's buds
- 117 February has the fewest of them
- 118 Usher's offering
- 119 Suffix with refer or exist

DOWN

- 1 ___ moment's notice (2 wds.)
- 2 Place for gloss
- 3 Crew tool
- 4 Buffalo's lake
- 5 Out for the night
- 6 Texas cook-off dish
- 7 Newsmen Koppel
- 8 "Stretch" car
- 9 Parting word
- 10 Process
- 11 Cave dweller
- 12 Kingdom
- 13 Unfamiliar
- 14 Ear part
- 15 Way in
- 17 Pie ___ mode
- 26 Work area
- 27 Not the whole thing
- 28 Biologists' study
- 29 Cropped photos?
- 30 Sting operation
- 31 Regarding (2 wds.)
- 33 Faucet problems
- 35 Summer zodiac sign
- 37 Air freshener option
- 39 ___ shui
- 42 Point

- 43 Wedding page word
- 44 Vitamin bottle info
- 46 "___ alive!"
- 47 Windmill part
- 48 Some nest eggs
- 49 Nile snakes
- 51 Like clothes in the hamper
- 52 Attacked by bees
- 55 Call to Bo-Peep
- 57 Omelet ingredient
- 59 Night fliers
- 60 "Whoops!"
- 61 *Field of Dreams* setting
- 64 Puts on the burner
- 67 Fellows
- 69 Newsstand purchase, for short
- 70 Did laps, say
- 71 Remove suds
- 72 Pesky picnic intruder
- 73 Wily
- 75 Above the horizon

37 down

- 77 Nightingale, for one
- 79 Util. bill
- 80 Swamp thing
- 81 Sounds of disapproval
- 83 Balloon filler
- 85 Good, long bath
- 87 Caviar source
- 89 Solar ___
- 91 Actress Demi
- 92 Tick off
- 93 Sir or madam
- 94 Do-it-yourself needs
- 95 Waste time
- 97 Raring to go
- 101 Things on rings
- 103 Time to look ahead
- 104 Small change
- 106 Strong joe
- 107 Triumphant cry
- 109 Start of a countdown, often
- 110 Rainbow's shape
- 111 Strong cleanser

1	2	3	4		5	6	7		8	9	10	11		12	13	14	15	
16				17		18			19					20				
21					22				23					24				
			25		26				27					28				
29	30	31			32				33			34		35				
36				37					38			39		40				
41			42				43				44		45		46	47	48	49
50							51					52		53				
			54		55						56			57		58		
59	60	61			62							63		64		65		
66			67		68		69	70			71	72				73		
74				75		76			77					78		79	80	81
82					83				84					85				
					86		87		88					89			90	
91	92	93	94				95		96		97					98		
99							100		101					102		103	104	
105							106				107			108		109	110	111
112									113				114		115			
116											117			118				

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

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

For answers to Crossword and Sudoku, turn to pg 51

Father time theft

Tears of joy glinted in Murray Tomas' eyes as the middle-aged man unwrapped the gold Swiss-made watch and held it up for all to see at the Father's Day party. His three grown children, his wife and his three adult stepchildren all applauded and cheered their appreciation for Dad.

Murray had known he'd be getting the wristwatch as a Father's Day present from his family. He'd told his eldest biological son, Major, exactly what make, model and strap he wanted. Murray had a collection of wrist and pocket watches, and this new one would be the prized jewel in the ticking crown.

"I'll wear it when we go out to dinner at the restaurant!" he exclaimed, placing the large, display case-mounted watch on the table in the enclosed dining room of the home he shared with his wife.

"Thank you everybody! I love it!"

"Time to eat," Major proclaimed aloud.

"Just have to change my shirt," Murray said,

pointing to the cake and wine stains on his golf shirt.

More good-natured laughter followed. Plates clinked, wine glasses sloshed, someone sneezed. Family chaos was in full, familiar bloom.

Murray beamed, soaking in the domestic joy like a porous sponge in warm water. These were the moments he lived for: shared meals, loud voices, clashing personalities.

As the group turned to leave the dining room, Murray ran up the nearby stairs to his bedroom. And when he quickly returned to the now-empty dining room to strap on his beautiful new watch, he saw that the expensive gift was gone.

"Everybody hold it!" Murray yelled, hurrying out of the dining room and into the living room, where his family was

gathered by the front door. He held up the empty display case. "Somebody's trying to walk off with my new watch!"

They all stared at Murray.

It was a hot evening, the house windows closed and locked to allow the central air-conditioning to do its job. The plan had been to have dinner together after the party and then everyone would disperse to their own homes.

"Who would take it, Dad?" Major asked.

Murray grimaced. He automatically eliminated his own offspring and his wife as suspects. Leaving his three stepchildren—based on what Major had told him when his son had been collecting everyone's equal share of the money to purchase the costly watch.

Lane owned a bike shop which, apparently, wasn't peddling much of a profit. The slim young man was wearing his usual cycling outfit of skin-tight shirt, shorts and ankle-baring biking shoes.

As Murray eyed him, Lane angrily flipped over his bike helmet, exhibiting the interior to the older man. "It's not in here, Dad!"

Lux was an Internet fashion influencer whose influence,

apparently, was fading. The slender young woman was barely dressed in a tube top and hip-hugging pair of booty shorts, calf-high cowgirl boots. She haughtily emptied her designer bag on the coffee table. "No watch here, Father!"

Leo, the eldest, was a hippie throwback who had a low-paying, sessional TA job at a local college. The tubby man was attired in a stretched-tight tie-dyed T-shirt and a pair of ripped jean shorts, his bare feet strapped into open-toed sandals. He begrudgingly unloaded his bulging fanny pack. "You won't find your materialistic luxury item here, either, Big Daddy!"

The air suddenly felt thick with something heavier than humidity. No one moved. Somewhere, a phone buzzed—it went ignored.

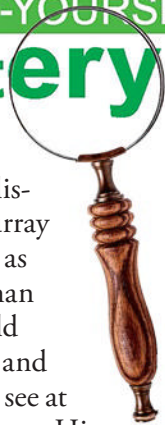
"What should we do now, Dad?" Major asked.

Murray pointed at the Father's Day gift giver and getter. "You should return my watch before you tick off the police, as well," he stated.

—Laird Long

Q: Who stole Murray's watch?

A: Turn to pg 51



Order Up!

Can you guess which happened first, second and third?

- ___ **A.** *Finding Nemo* makes a splash at the box office
- ___ **B.** *Water for Elephants* hits bookstore shelves
- ___ **C.** *Teletubbies* debuts on PBS



Person, Place or Thing?

Can you guess what I am?

- | | |
|---|--|
| <input type="checkbox"/> I was born in 1922 | <input type="checkbox"/> I was famously addicted to pills |
| <input type="checkbox"/> I was in nine Mickey Rooney films | <input type="checkbox"/> Liza was my first child |
| <input type="checkbox"/> I have over two dozen biographies | <input type="checkbox"/> I think there's no place like home |
| <input type="checkbox"/> I signed to Metro-Goldwyn Mayer | <input type="checkbox"/> You can <i>Meet Me in St. Louis</i> |
| <input type="checkbox"/> I recorded an iconic album live at Carnegie Hall | <input type="checkbox"/> "Over the Rainbow" is my signature song |



My Guardian Angel

Readers share their stories of divine intervention

7 Days of Inspiration

Take one a day and feel great all week!

Day 1

It's always a good time to dream new dreams

Day 2

You are one of a kind

Day 3

All your hard work will pay off

Day 4

The world is filled with people you can count on. People like you!

Day 5

You're one of the best things in life

Day 6

Blessings big and small are headed your way

Day 7

Each morning comes with a gift: a new day!

My father, my angel

Woman's World reader Patti Pullman missed her dad after his passing. Before long, he sent two signs from Heaven to comfort her. She writes:

All my life, my father and I had a very close relationship. We made many wonderful memories together throughout my childhood and we remained close even as I grew into an adult. He was a steady constant for me, and I always knew I could count on him—anytime.

I loved my father dearly, so when he was diagnosed with brain cancer at 73, I was distraught. Dad lived almost two years after his diagnosis, but he slowly lost his ability to remember things due to the impact of brain surgery and radiation treatments.

At the time, my oldest child was two and used to regale the radiation waiting room with her singing and dancing. I can still see smiles on the faces of the members of her "audience" as she made them wait a little bit better with her little show.

Dad passed in October, soon after his 75th birthday.

One day, I went to the cemetery to visit him. I was so upset and cried into my hands.

When I looked up, I saw a drop of water coming down from the "praying hands" sculpture on his tombstone. It was a bright, sunny day and hadn't rained in days. I was sure it was a tear droplet from Dad, as I know he was sad I was so upset.

A couple of weeks later, I had an amazing dream. I was in an empty room when dad came through the door. I remember screaming, "Dad! Dad! You're alive!" He came over and hugged me tight. I could feel and smell his scent like he was right there.

Just then, the door behind him opened. A bright light like I'd never seen came through the door with an angel. She said to Dad, "Gene, now you know you're not allowed to touch the living." With that, my dad backed through the door, never taking his eyes off mine. He was smiling so brightly!

I knew then that he was in Heaven and so happy. I will never forget that dream and the happiness it brought me!



"I know it was a sign from Heaven from my dad!"



ANGEL EXPERT SUNNY DAWN JOHNSTON SAYS...

Patti's story reminds us that the bond

between a father and daughter never ends—it simply shifts into a new form. Love doesn't vanish with physical loss. It lives on and, sometimes, as Patti experienced, sends messages that are impossible to ignore. The teardrop was an unmistakable sign of shared sorrow from her father's spirit. The dream offered a message only love could deliver: "I'm here. I'm okay." May we celebrate the beautiful dads who watch over us still and trust that their love finds a way to hold us close.

GET \$50

Do you have an angel story you'd like to share? Send it to us and you could win a \$50 gift card! Please send your story, along with a clear photo of yourself and your name, address and phone number to: Angels, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or email us at Angels@WomansWorldMag.com. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

Sunny Dawn Johnston, Angel Expert & CEO of School of Light, created a holistic movement dedicated to spiritual, personal and business growth. Learn more at www.SchoolOfLight.biz.



Circle of Kindness

Readers share little reminders of how much goodness there is in the world



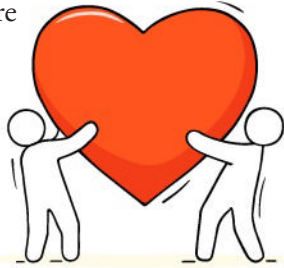
“THEIR KINDNESS MADE US ALL FEEL SPECIAL!”

When my husband and I adopted a dog named Baby Bear, we discovered she had lived a sad life. So we made it our mission to ensure she had plenty of love and fun vacations with us.

During one trip, we booked a room with windows overlooking the ocean. As we arrived, the clerk at the desk apologized that the hotel’s supply of dog treats needed replenishing. But later that evening, we heard a knock on our hotel room door. It was a smiling hotel employee with a paper gift bag filled with dog biscuits. “I have a special delivery,” she said. Thanks to the staff’s kindness, Baby Bear had a spectacular view and room service! —*Colleen Lent, Deerfield, NH*

“I REALLY APPRECIATED THE HELP!”

One afternoon, I needed more room in the car for a shopping trip. My husband had a massage table in the back seat, and I thought I could move it into our apartment. Despite its 40-pound weight, I managed to get it out of the car and to the front door of the building. But I still needed to haul it up three stairs, to the elevator and down our long hallway to our apartment. When I got to the stairs, I stopped to catch my breath—and one of our neighbors appeared. He asked, “Do you need some help?” I was so grateful as he picked it up and carried it up the stairs, into the elevator and down the hallway to our apartment. Such a kind thing to do, and I really appreciated the help! —*Dena Arenz, Cumming, GA*



GET \$25

Do you have an act of kindness of your own to share? Send it to us and you could win a \$25 gift card!

Please email it, along with your name, address and a clear photo of yourself to: CircleOfKindness@WomansWorldMag.com. Or

mail it to: Circle of Kindness, *Woman’s World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

Instant ahh...

Take a moment to leave your worries behind and lose yourself in loveliness

“Dads are most ordinary men turned by love into heroes, adventurers, storytellers and singers of song”

—Pam Brown



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ARIES Mar. 21–Apr. 19

You'll be fired up to make meaningful changes to your routine in order to bolster your inner peace from the 17th on. Starting the 20th, more downtime with loved ones replenishes your energy and nurtures emotional wellness.

Your lucky days: June 18, 19, 20

Your lucky numbers: 4, 6, 15



TAURUS Apr. 20–May 20

On the 15th, watch out for a family- or home-related conflict. A slow, patient approach might preempt arguments. After the 17th, enjoy a surge of lightheartedness you can channel into close bonds and artistic outlets.

Your lucky days: June 17, 20, 21

Your lucky numbers: 2, 4, 5



GEMINI May 21–June 20

Starting the 17th, you can make strides on a home redecoration or beautifying endeavor. From the 20th on, your confidence around moneymaking takes flight. Go to bat for a thrilling new income-boosting opportunity.

Your lucky days: June 15, 16, 20

Your lucky numbers: 2, 3, 11



CANCER June 21–July 22

From the 17th on, you could be eager to hone a new skill set. Steel yourself for a welcome surge of confidence after the 20th. You'll be eager to hit the ground running toward your ambitious aspirations. You're destined to impress!

Your lucky days: June 17, 18, 21

Your lucky numbers: 1, 3, 9



LEO July 23–Aug. 22

You could find yourself craving a shake-up related to your professional path on the 15th. Strike out on your own with a new approach to a project. After the 17th, you'll have more drive to pour into income-boosting efforts.

Your lucky days: June 18, 19, 20

Your lucky numbers: 2, 8, 10



VIRGO Aug. 23–Sept. 22

From the 17th on, you'll be more assertive, energized and eager to make your mark out in the world. Beyond the 20th, working with colleagues and friends has you feeling connected and appreciated for your skill set.

Your lucky days: June 17, 20, 21

Your lucky numbers: 1, 9, 11



LIBRA Sept. 23–Oct. 22

Prioritizing your favorite mind-body wellness practices can be inspiring and centering from the 17th on. After the 20th, you'll be prepared to make applause-worthy moves to own the spotlight and step into a position of authority.

Your lucky days: June 15, 16, 20

Your lucky numbers: 7, 10, 12



SCORPIO Oct. 23–Nov. 21

Beginning the 17th, you'll be excited to devote more energy to team efforts. From the 20th on, you could experience a burst of restlessness that's best addressed with moving beyond your comfort zone.

Your lucky days: June 16, 17, 18

Your lucky numbers: 9, 11, 18



SAGITTARIUS Nov. 22–Dec. 21

You'll be ready to go to bat for your big-picture ideas on the job from the 17th on. Beyond the 20th, making a more concerted effort to wear your heart on your sleeve strengthens mutual understanding within your bonds.

Your lucky days: June 18, 19, 20

Your lucky numbers: 5, 10, 14



CAPRICORN Dec. 22–Jan. 19

Starting the 17th, you could be encouraged to break out of your routine by going on a long-distance trip or working closely with a mentor. From the 20th on, your one-on-one bonds will be more of a focus.

Your lucky days: June 18, 20, 21

Your lucky numbers: 7, 9, 16



AQUARIUS Jan. 20–Feb. 18

On the 15th, watch out for friction with loved ones that is spurred by impulsive behavior. Wait until the dust settles to talk it through. After the 20th, you can build momentum on wellness goals, thanks to a wave of confidence.

Your lucky days: June 15, 16, 19

Your lucky numbers: 2, 4, 6



PISCES Feb. 19–Mar. 20

You'll be ready to pour into goals you've been pursuing alongside a friend or colleague from the 17th on. Beyond the 20th, you can infuse your life with more romance and spontaneity, which fuels heartfelt memories.

Your lucky days: June 16, 17, 18

Your lucky numbers: 2, 5, 7



Juliette Lewis
June 21, 1973



Happy Birthday! Year-ahead forecast for those born this week

Gemini, in late June, messenger Mercury in your money sector forms a harmonizing angle to Uranus in your spirituality zone, sparking light-bulb moments you can use to boost your income. Then in early July, social Venus pairs with Uranus

in your dreams sector, and your imagination soars. Take advantage of your creativity by planning a get-together with friends or loved ones that feels like a true escape from reality.

Cancer, around the end of June, the new moon in your sign

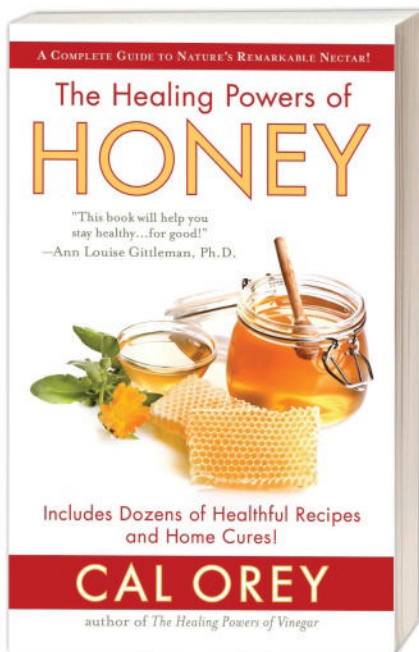
offers an ideal opportunity to set an ambitious goal and begin making it a reality. Early July brings a full moon in your partnership zone—perfect for crossing the finish line on a dream you've pursued with someone special.

DISCOVER THE LATEST BUZZ ABOUT HONEY

PRAISED for its amazing ability to heal the body, the ancient “nectar of the gods” may just be a 21st century healing miracle — the closest thing we have to a “cure-all” for dozens of ailments from heart disease and heartburn to insomnia, low libido, fatigue, cough and cold, headaches, and more.

If you're a weight-loss warrior, this gooey, golden syrup can even help flatten your belly and whittle your waist!

Surprisingly, 50% of Americans have this nourishing nectar in their kitchen cupboard. Chances are, you do, too, but you haven't even begun to tap into its healing powers. More than a sweetener for tea and toast, **this ancient superfood has been scientifically shown to help:**



Inside your **FREE BOOK** you'll discover 30 different healing varieties of honey — each with unique and remarkable “do your body good” powers. For example: Researchers at the Universiti Sains Malaysia reported dozens of studies found tualang **honey can halt the growth of some cancer cells.**

SWEET FACT

2 MILLION
Number of flowers it takes for honeybees to make 1 pound of honey.

Then there's the popular manuka honey, which can help **you beat antibiotic-resistant MRSA and staph bacteria.** Research shows manuka has a high antibacterial potency — great for treating skin infections and aiding digestion. But . . .

- 🍯 Prevent blood sugar swings
- 🍯 Stop Insomnia
- 🍯 Improve regularity — no constipation
- 🍯 Heal cuts and scrapes
- 🍯 Ease asthma and allergies
- 🍯 Ease tension
- 🍯 Send pain packing
- 🍯 Blast body fat
- 🍯 Relieve heartburn
- 🍯 Fight wrinkles
- 🍯 MUCH MORE!

SWEET FACT

1.31 POUNDS
Approximate amount of honey each person in the U.S. consumes every year.

Nature's honey. Yes — the same honey that comes from a flower's nectar consumed by the honeybee. In his new book, **The Healing Powers of Honey**, bestselling author Cal Orey draws on interviews with doctors, researchers, and beekeepers to reveal the true power of this golden nectar.

Not all honey is the same . . .

Before you start plucking honey from your cupboard and adding it to your food or downing it by the spoonful, order your **FREE COPY** of **The Healing Powers of Honey**.

There's one little trick you must know before you use it. Make sure it's medical-grade manuka honey. Find out how to tell if it's the real deal in **The Healing Powers of Honey**.

And when you want to increase the number of healthy antioxidants in your body . . .

Try buckwheat honey. One study showed healthy men who drank water with buckwheat honey had a 7% boost in their antioxidant levels. This isn't the only honey to power up antioxidant levels. Discover the two other varieties on page 74 of your **FREE BOOK**. (**Hurry, claim it today** before all the **FREE** copies are gone!)

The Healing Powers of Honey doesn't just give you the buzz on one, two, or three varieties of honey. Nope, it gives you the scoop on **30 different healing varieties** so you know exactly which one, how much, and how to use it for what's ailing you.

Wait until you see how much healing with honey is packed inside this breakthrough new book . . .

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A Moment for

You

WW 5-MINUTE ROMANCE

Grillin' up romance

Jessie was shopping for a Father's Day grill when she meets the charming shop owner, Matt. As they talk, sparks fly!

You are so much more than you think you are!

More talented.
More creative.
More capable.
More special.
More important.
You have more reasons to believe in yourself, more ways to succeed, more dreams to live—and more great things in store for you than you could ever imagine!

Score!" Jessie said to herself as she parked her car at Tools and More Hardware Store. She was pleased to see a variety of grills on display outside the front doors. Her mission was to find her dad the perfect grill for Father's Day.

Tantalizing aromas wafted through the air as Jessie headed toward the grill display. A happy crowd was out front enjoying hot dogs and lemonade. Jessie smiled at the two guys wearing BBQ aprons who were grilling the franks. One was a high school-aged boy, and the other was a very handsome man who gave her a big smile and waved his tongs. Jessie couldn't help but appreciate his charisma as she headed to the display.

Strolling among the many grills that were available, Jessie lifted the lids.

"Thinking of hosting a backyard BBQ?" a mellow voice startled Jessie.

Turning, she found the

attractive man from the grill station standing behind her, dazzling her again with that amazing smile.

"Actually, I'm looking for a Father's Day gift for my dad. He loves to grill, and I want to surprise him with an update."

"Ah, perfect.

I'm Matt. This is my store. And you've come to the right place—all grills are on sale this week. We assemble and deliver," Matt grinned. He found himself captivated by Jessie's big baby-blue eyes.

"Sold!" Jessie said, her eyes widening, sending butterflies through Matt's insides. "It's just me and my little compact car, so service like that is a winning perk."

"It's my pleasure to help, but first I insist you sample what the grill can cook up. Join me at the hot dog station? It's my week to have my son, and he's

partnering with me as assistant chef. Get ready, because we're truly grill masters," Matt said with a sweeping gesture, ending with that killer grin

"Jessie felt a connection and a growing warmth, especially on her cheeks."

"If it tastes anything like it smells, you might be right." Jessie glanced up at Matt, and their eyes lingered for a moment.

At the grilling station,

Matt introduced Jessie to his son as he handed her a bun.

"Ketchup or mustard?" Jessie's hand glided above the condiments and she exclaimed, "The works, of course!"

"A girl after my own heart." Matt flirted, loving the rapport he was feeling.

Likewise, Jessie felt a connection and a growing warmth, especially on her cheeks. Was it really the heat from the grill or the excitement of spending time with Matt?

A few bites in, Matt swallowed and said, "What do you



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lid simultaneously causing each to feel a tingling heat.

Inside the store, Matt wrote up the sale bill and gathered delivery information. Jessie talked about her father's love of grilling and the many neighborhood BBQ parties her parents liked to host. She discussed how happy she was to be living near her parents, her fresh start since her divorce and her job at a clinic as an office manager.

Matt shared his history of growing up in the family hardware business and taking over the store from his parents.

"I'm really impressed with your friendly small-town customer service. That's not always the norm. You have yourself a return customer once I decide on paint colors for my house," Jessie promised putting her credit card away.

"I'm looking forward to it," Matt grinned, revealing dimples that melted Jessie's heart.

A week later, Jessie pulled up to her parents' home for one of their BBQ parties. She was puzzled by the Tools and More van parked in front.

"Is something wrong with the new grill, Dad?" Jessie asked as she stepped onto the back patio.

Just then, Matt and her mom gave her a big wave from the refreshment table.

"Da-a-d, why is Matt here?" an increasingly suspicious Jessie asked.

"Matt? Great guy," her dad responded. "When he delivered the grill, we discovered we both have a passion for outdoor cooking—and other things. He asked a lot of questions about you." Her dad paused with a smirk. "So I thought he might want to stop by our family BBQ."

As Matt walked toward Jessie and her father, she was filled with warmth and admiration for her father. She let out a quiet laugh and leaned in to kiss his cheek.

"I love you, Dad. But you are always grillin' up something, aren't you?"

Jessie then turned to greet Matt, hoping this BBQ would make romantic sparks fly.

—Debra McNally

think? I told you our grill skills were *on fire!*" he exclaimed, trying to stifle a grin.

Jessie rolled her eyes, "Fabulous hot dog—terrible pun." She laughed, and their eyes locked again.

After inspecting several grill models, Jessie paused. "I like this model. I just want to keep it 'grill' simple for my dad," she said smiling and acting innocent while lifting the lid.

"Now who is punning around?" Matt teased totally captivated by this sweet and beautiful customer. Their fingers touched as they closed the

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Brain Games Answer Key Games on pages 44–45

This week's Crossword solution

A	L	O	E		A	C	T		L	A	M	B		R	A	C	E	
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Crossword Jumble: Photographer

Mystery solution

Lux stole the watch. She had strapped it to her ankle, her calf-high cowgirl boots cleverly hiding the valuable timepiece from sight. Lane and Leo had no obvious place to conceal the large wristwatch on their persons. Lux had planned to sell the pricey watch on an internet auction site under a made-up name. She hoped to boost her dwindled bank account and restore her waning online credibility with a splashy cash infusion—and maybe even fund her next photo shoot.

This week's Sudoku solution

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

You deserve

Good things!

You're on your way!

You don't have to have the route completely mapped out. What matters most is you've got a destination, a dream. Life is a journey. You've got the key. Your GPS is already set to success. All you need to do is get in and drive!



Kid Hero

Proof that it only takes one person to make a difference

Brave 3-year-old saved his great-grandmother!

When 77-year-old Sharon Lewis tripped and struck her head, she couldn't move. The only person who could help was her great-grandson, Bridger—who faced his fear of the dark to come to her rescue

Let's stop at McDonald's," Sharon Lewis told her 3-year-old great-grandson, Bridger, after picking him up from the hospital where he'd been visiting his sister, who had injured herself climbing out of a shopping cart.

"She needs stitches. We're going to be here awhile," Bridger's mom, Stephanie Peabody, told her grandmother. Sharon had happily offered to take the toddler home, feed him dinner and put him to bed.

"She bled everywhere, but Jesus will make her better," Bridger told his GiGi as she parked her car in the alley behind their Strasburg, Colorado, home. Sharon fetched her walker from the trunk, then returned to unbuckle Bridger's car seat and grab her purse and takeout bag.

"I got it!" Bridger said as he opened the back gate. When the alley motion light went out, he gripped GiGi's hand—he didn't like the dark.

Bridger bounded up the two back steps, but a metal overhang snagged the tip of Sharon's foot.

"Ack!" she gasped as she stumbled forward and struck her head.

"GiGi!" Bridger cried, and for the second time that evening, he witnessed a loved one bleeding. Sharon could feel the blood flowing onto the steps. She couldn't get up, and her walker was out of reach. Bridger froze.

"I'll call for help," Sharon said. But when she reached into her purse, her phone wasn't there—she'd left it in the car.

"You're going to have to go get my phone from the car," Sharon told Bridger, and an alarmed look crossed his face.

"I can't," he protested. "It's dark. I'm afraid of the dark!"

"I'll be right here watching you," Sharon reassured him. Bridger took a few steps down the sidewalk, then dashed back.

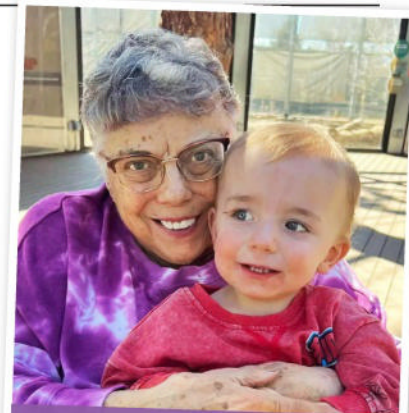
"It's too scary!" he sobbed.

Sharon's head throbbed. "GiGi needs you," she gently coaxed. "Jesus will walk with you." For a second time, Bridger stepped toward the gate, his tiny hands balled into fists.

"Don't be scared," he repeated to himself until he reached the car and pulled on the handle.

"It won't open!" he cried out.

"Go around to the other side," she called. Bridger circled to the driver's side, and this time the door swung open.



"He was very brave!" says Sharon of her adorable and courageous great-grandson, Bridger

Bridger disappeared into the car and emerged a few seconds later clutching the phone, and he even remembered to close the door before bolting back to Sharon's side.

"Thank you so much," Sharon said and called her daughter, Tobi.

"I'll be right there," Tobi said, and she called an ambulance and her mother's neighbors, Tim and Darcee.

The couple raced over. "Are you alright?"

"I'm going to be fine, thanks to Bridger," Sharon said. Bridger told them, "I got GiGi's phone and I wasn't scared...well, maybe a little."

At the pediatric ER, Tenleigh needed eight stitches. At the adult unit, Sharon required 22 staples to close her head wound, and stayed two nights to treat her concussion. "He was very brave," says Sharon, but Bridger protests the compliments. "I'm not a hero," he says, "I'm just Bridger!" —*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*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to high volume, we are unable to return submissions received.

Popular CoQ10 Pills Leave Millions Suffering

Could this newly-discovered brain fuel solve America's worsening memory crisis?

PALM BEACH, FLORIDA — Millions of Americans take the supplement known as CoQ10. It's the coenzyme that supercharges the "energy factories" in your cells known as *mitochondria*. But there's a serious flaw that's leaving millions unsatisfied.

As you age, your mitochondria break down and fail to produce energy. In a revealing study, a team of researchers showed that 95 percent of the mitochondria in a 90-year-old man were damaged, compared to almost no damage in the mitochondria of a 5-year-old.

Taking CoQ10 alone is not enough to solve this problem. Because as powerful as CoQ10 is, there's one critical thing it fails to do: it can't create new mitochondria to replace the ones you lost.

And that's bad news for Americans all over the country. The loss of cellular energy is a problem for the memory concerns people face as they get older.

"We had no way of replacing lost mitochondria until a recent discovery changed everything," says Dr. Al Sears, founder and medical director of the Sears Institute for Anti-Aging Medicine in Palm Beach, Florida. "Researchers discovered the only nutrient known to modern science that has the power to trigger the growth of new mitochondria."

Why Taking CoQ10 is Not Enough

Dr. Sears explains, "This new discovery is so powerful, it can multiply your mitochondria by 55 percent in just a few weeks. That's the equivalent of restoring decades of lost brain power."

This exciting nutrient — called PQQ (*pyrrolo-quinoline quinone*) — is the driving force behind a revolution in aging. When paired with CoQ10, this dynamic duo has the power to reverse the age-related memory losses you may have thought were beyond your control.

Dr. Sears pioneered a new formula — called **Ultra Accel Q** — that combines both CoQ10 and PQQ to support maximum cellular energy and the normal growth of new mitochondria. **Ultra Accel Q** is the first of its kind to address both problems and is already creating huge demand.

In fact, demand has been so overwhelming that inventories repeatedly sell out. But a closer look at **Ultra Accel Q** reveals there are good reasons why sales are booming.

Science Confirms the Many Benefits of PQQ

The medical journal *Biochemical Pharmacology*

reports that PQQ is up to 5,000 times more efficient in sustaining energy production than common antioxidants. With the ability to keep every cell in your body operating at full strength, **Ultra Accel Q** delivers more than just added brain power and a faster memory.

People feel more energetic, more alert, and don't need naps in the afternoon. The boost in cellular energy generates more power to your heart, lungs, muscles, and more.

"With the PQQ in Ultra Accel, I have energy I never thought possible at my age," says Colleen R., one of Dr. Sears's patients. "I'm in my 70s but feel 40 again. I think clearly, move with real energy and sleep like a baby."

The response has been overwhelmingly positive, and Dr. Sears receives countless emails from his patients and readers. "My patients tell me they feel better than they have in years. This is ideal for people who are feeling old and run down, or for those who feel more forgetful. It surprises many that you can add healthy and productive years to your life simply by taking **Ultra Accel Q** every day."

You may have seen Dr. Sears on television or read one of his 12 best-selling books. Or you may have seen him speak at the 2016 WPBF 25 Health and Wellness Festival in South Florida, featuring Dr. Oz and special guest Suzanne Somers. Thousands of people attended Dr. Sears's lecture on anti-aging breakthroughs and waited in line for hours during his book signing at the event.

Will Ultra Accel Q Multiply Your Energy?

Ultra Accel Q is turning everything we thought we knew about youthful energy on its head. Especially for people over age 50. In less than 30 seconds every morning, you can harness the power of this breakthrough discovery to restore peak energy and your "spark for life."

So, if you've noticed less energy as you've gotten older, and you want an easy way to reclaim your youthful edge, this new opportunity will feel like blessed relief.

The secret is the "energy multiplying" molecule that activates a dormant gene in your body that declines with age, which then instructs your cells to pump out fresh energy from the inside-out. This growth of new "energy factories" in your cells is called mitochondrial biogenesis.

Instead of falling victim to that afternoon slump,



MEMORY-BUILDING SENSATION: Top doctors are now recommending new **Ultra Accel Q** because it restores decades of lost brain power without a doctor's visit.

you enjoy sharp-as-a-tack focus, memory, and concentration from sunup to sundown. And you get more done in a day than most do in a week. Regardless of how exhausting the world is now.

Dr. Sears reports, "The most rewarding aspect of practicing medicine is watching my patients get the joy back in their lives. **Ultra Accel Q** sends a wake-up call to every cell in their bodies... And they actually feel young again."

And his patients agree. "I noticed a difference within a few days," says Jerry from Ft. Pierce, Florida. "My endurance has almost doubled, and I feel it mentally, too. There's a clarity and sense of well-being in my life that I've never experienced before."

How To Get Ultra Accel Q

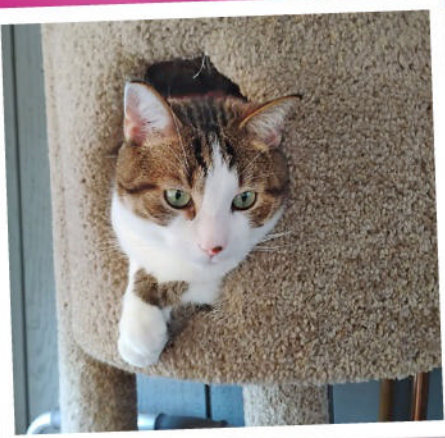
This is the official nationwide release of **Ultra Accel Q** in the United States. And so, the company is offering a special discount supply to anyone who calls during the official launch.

An Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try **Ultra Accel Q**. And your order is backed up by a no-hassle, 90-day money back guarantee. No questions asked.

Starting at 7:00 AM today, the discount offer will be available for a limited time only. All you have to do is call TOLL FREE **1-888-358-9713** right now and use promo code **WWUAQ625** to secure your own supply.

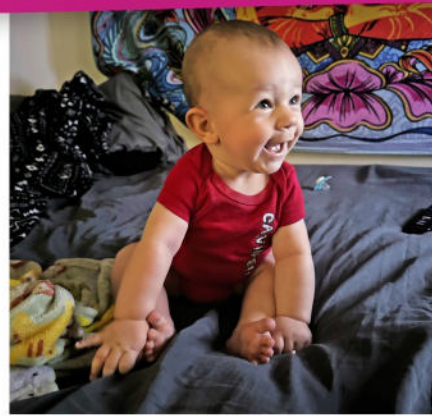
Important: Due to **Ultra Accel Q** recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

Love & Laughter



"If I fits, I sits"

Milo, submitted by Janis Gurnari, PA



Little giggle box

Amaris, 5 months, submitted by grandmother Sandy Brigman, ID



Day out with daddy

Walker, 6 months, submitted by mother Dianne Black, WI



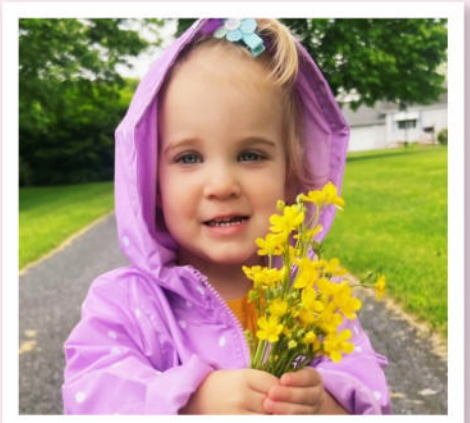
"This is my happy face"

Samuel, 9 months, submitted by mother Kirssy Lorenzo, AB, Canada

SEND US PHOTOS OF YOUR CUTEST 'BABIES' AND YOU MAY SEE THEM IN AN UPCOMING ISSUE OF WOMAN'S WORLD!

Please include the name and age of the child or pet, as well as your name, address, phone number and relationship to the child or breed of the pet. Send to: Love & Laughter, *Woman's World*, 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or email to LoveAndLaughter@WomansWorldMag.com.

By submitting your photo, you are granting *Woman's World* permission to use it in the print magazine. Due to high volume, we are unable to return submissions received.



Flower power!

Lydia, 2, submitted by grandmother Traci Cormany, PA

Was my face red!

Last Father's Day, my kids planned a backyard barbecue in my honor. I decided to show off my "legendary" grill skills by flipping a burger with flair. The first flip was seamless, but round two launched it straight into a nearby kiddie pool. Everyone froze. Then my youngest shouted, "Dad's burgers will be extra juicy now!" The whole party erupted in laughter. I tried to play it cool but even the dog looked disappointed. Boy, was my face red! —M.J., Des Moines, IA



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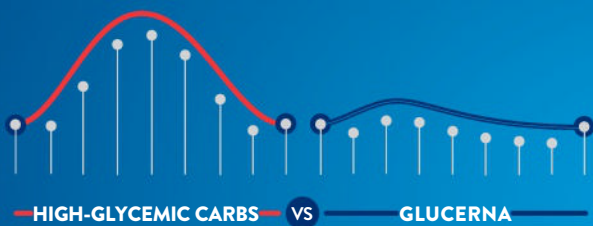
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