

June 23, 2025

God Bless America

Woman's World

Make it a great week!

ALL-NATURAL 'NECK LIFT'

Incredible before and after, pg 20

End Food Noise **WITHOUT OZEMPIC**

MDs: Surprise diet delivers near total relief from cravings

"MY BRAIN CHANGED— AND I LOST 60 LBS"

—Courtney Luna (she also got off antidepressants!)

LOVE IS ENOUGH

The Gilded Age star

ANDREA MARTIN

on overcoming loss, speaking the truth and the book that keeps her grounded

Deep-Sleep Nutrient

Improves Zzzs and stops hunger

JAY LENO'S CARETAKING JOURNEY

with his wife of 45 years

Dairy-free COCOA DELIGHT

pg 34



Win Any Argument with Kindness

Experts' best-kept secrets

Duke University scientists: **BOOST HEART HEALTH BY 45%**

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This week in a *Woman's World*

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Fill your week

JUNE 1–30 NATIONAL CANDY MONTH

Sugar rush!

This monthlong celebration is for those of us with a sweet tooth! Mark the holiday by indulging in a delicious shake made with cotton candy and other sweet treats.

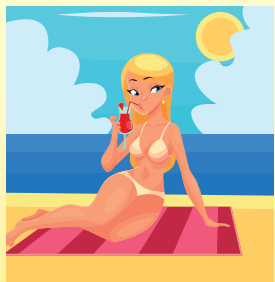
To make a Cotton Candy Milkshake:

In a blender, combine 1 cup of milk and a handful

of pink or blue cotton candy to taste. Cover and blend until smooth. Add 1 cup of vanilla ice cream and blend again. Pour into a glass and garnish with whipped cream, chocolate wafer sticks, Oreo cookies, candy-coated chocolates and blueberries, if desired. *Makes 1 shake*

JOKE OF THE WEEK

My list for a day at the beach? Tequila, limes, crushed ice, margarita glasses and salt for the rim.



TUESDAY, JUNE 24 SWIM A LAP DAY

Go for a dip!



Enjoying a swim in a cool pool, lake or ocean can do more than help you beat the heat—it can make you healthier, according to investigators reporting in the journal *Advanced Biology*. In a small study at the University of Ottawa, researchers found that spending an hour in cold water every day for 10 days reduced inflammation and kick-started autophagy (a process that allows cells to clear waste and repair themselves). This leads to stronger cells, which are crucial for warding off disease, promoting faster healing and slowing aging in the body.

MONDAY, JUNE 23 LET IT GO DAY

Feel carefree!

Today's the day to unleash your inner Elsa and release any negative feelings that may be dragging you down. The best way to let go of anger? Taking a breather instead of blowing off steam. When researchers at Ohio State University analyzed more than 150 studies, they found that deep breathing, yoga and meditation lowered anger and aggression more effectively than activities like hitting a punching bag. That's because these simple relaxation strategies decrease the physiological arousal that can amp up anger, so you feel more at peace.



Share extra miles!

If you have airline miles to spare, consider donating them to the Fisher House Foundation. The military nonprofit, which also accepts hotel rewards points, will use them to help wounded service members and their families during the recovery process. Visit their website (FisherHouse.org) to learn how to donate.

with smiles!

THURSDAY, JUNE 26 NATIONAL COCONUT DAY

Tropical treat

Crazy about coconut? Celebrate by dressing up a plain store-bought or homemade cake with coconut rum-infused frosting and shredded coconut topping.

To make: In heatproof bowl, melt 2 (4 oz.) bars of white chocolate (chopped) in the microwave at 30-second intervals, stirring after each interval. Let sit 3 minutes. Stir until smooth. Let cool to room temperature. Using electric mixer on medium speed, beat 2 (8 oz.) packages of softened cream cheese and ½ cup of powdered sugar for 2 minutes. Add the white chocolate and 2 Tbs. of coconut rum. Beat 1 minute or until smooth. Spread onto cake and top frosting with shredded coconut.



WEDNESDAY, JUNE 25 NATIONAL DAY OF JOY

Reminisce!

Take a few minutes today to reflect on the memorable experiences you've had—both big and small. It's one of the easiest ways to welcome more joy into your day, say researchers in the *Journal of Personality*. Scientists at the University at Buffalo interviewed 163 participants aged 56 to 65 three times over the course of eight years and discovered that reflecting on their life stories

led to greater happiness, self-acceptance and growth. That's because looking back as we age provides us with opportunities to examine our identity and adapt our perspective as we see fit—a phenomenon known as self-transcendence, which has been linked to increased wellbeing, optimism and coping skills, as well as improved mental health.

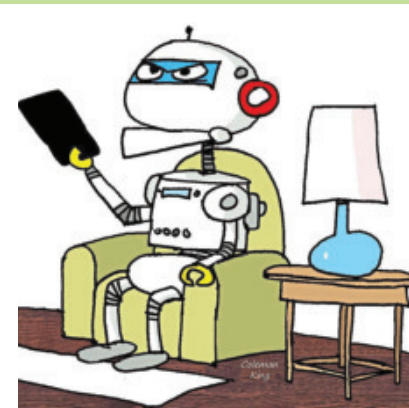


Start your week
with a
Laugh!



Q What do you call a hot dog on wheels?

A Fast food!



Kids are **fUnNy!**

During an outdoor celebration at my son's house, I offered my adorable 5-year-old granddaughters a couple of sodas. Rachel enjoyed the root beer I gave them, but her sister, Maggie, wouldn't even try it. She said politely, “Nana, you know I don't drink alcohol!”

—L.D., Everett, WA

WW



Charlize Theron, who plays Andy, has been in more than 11 action films

NETFLIX

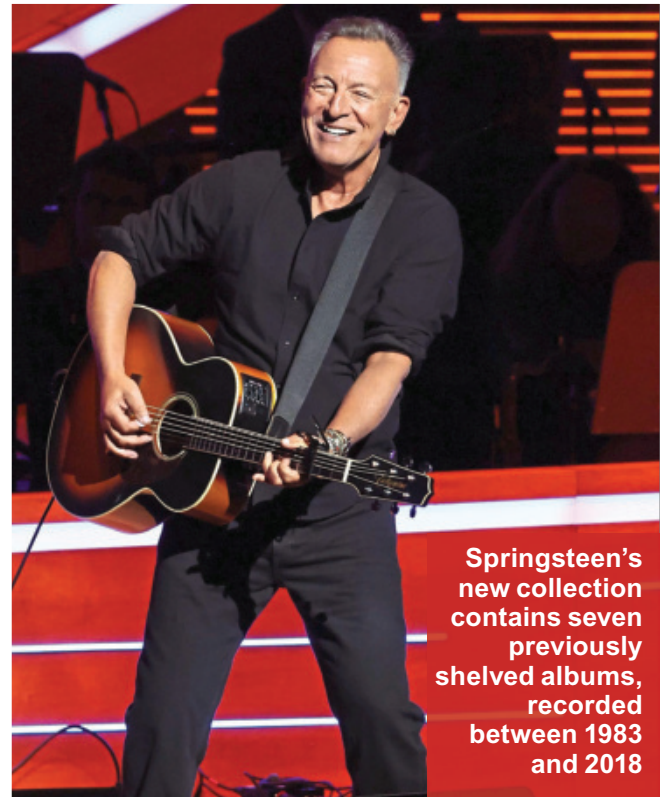
Enjoy the action with *The Old Guard 2*

In 2020's *The Old Guard*, Charlize Theron starred as Andy, an immortal mercenary. Andy and her crew used their quick-healing abilities to do good. However, when their secret was threatened, chaos ensued. In the second installment, Andy (no longer immortal) and her team return to face a new threat. This action-packed thriller also stars Uma Thurman, Henry Golding and Chiwetel Ejiofor, along with returning cast members like KiKi Layne. Available to stream on Netflix July 2.

ALBUM

Sing along with *Tracks II: The Lost Albums*

Music legend and 20-time Grammy Award winner Bruce Springsteen has given the world iconic tracks, from "Dancing in the Dark" to "Born to Run." Now, The Boss is set to debut a massive collection of 83 unreleased songs. The opus will consist of seven albums, with more than 70 never-before-heard tracks he worked on over the past several decades. Each album reflects various points in his illustrious career. The full collection will be available on Apple Music, Spotify and Amazon Music June 27.



Springsteen's new collection contains seven previously shelved albums, recorded between 1983 and 2018



Taron Egerton and Jurnee Smollett star in this series inspired by true events and the podcast *Firebug*

APPLE TV+

Bask in the drama with *Smoke*

This gripping crime series tells the story of Dave Gudsen, an enigmatic investigator (played by Taron Egerton) who teams up with troubled detective Michelle Calderone (played by Jurnee Smollett) to pursue two serial arsonists in the Pacific Northwest. The nine-episode drama also stars familiar faces like Anna Chlumsky, Greg Kinnear, John Leguizamo, Rafe Spall and Hannah Emily Anderson. Catch the two-episode premiere June 27, with new installments every Friday.

calendar

It Happened
This Week

Kayden Price as Blaster (left), Georgia Flood as Humility (center) and Shazad Latif as Nemo (right)



AMC

Thrill at the adventure with *Nautilus*

Based on *Twenty Thousand Leagues Under the Sea* by Jules Verne, this new adventure series tells the story of Captain Nemo, whose life was stolen by the East India Mercantile Company. Imprisoned and forced to build the Nautilus—an innovative vessel designed for underwater exploration—Nemo and a crew of fellow prisoners manage to escape on the ship and set out on a quest for vengeance. Watch the first two episodes June 29, with new episodes airing Sundays and streaming on AMC+.

GAME

Have family fun with *Sounds Fishy*

Grab a group of loved ones and see who has the best poker face! In *Sounds Fishy*, one player is asked a question from one of the game cards, while the other players see the correct answer on the back. Each of the players who can see the answer is given either a red fish card—meaning they must make up an answer—or a blue fish card—meaning they say the real answer. The guesser has to figure out which answers are real and which are fake and earn points for every false answer they debunk and lose points for incorrect guesses. Find it for your crew at Amazon, Target and Big Potato Games.



Will they catch the killer?



PRIME

Solve the case with *Countdown*

A murder in broad daylight forces an LAPD detective (played by Jensen Ackles) to team up with a group of fellow law enforcement officers to get to the bottom of the violent crime. But the investigation proves far more complicated than expected, with more lives at risk than anyone anticipated. The series also stars Eric Dane, Jessica Camacho, Violet Beane and Elliot Knight. The three-episode premiere airs on June 25.



● In 1955, *Lady and the Tramp* hit theaters. In 2019, a live-action version of the film was released.

● The basketball was patented in 1929 by George L. Pierce, founder of the Spalding Company.



● Prince's *Purple Rain* album was released in 1984. It spent 24 weeks at the top of the Billboard 200 chart.

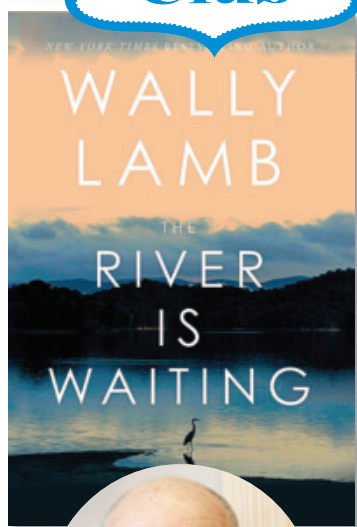
● In 1966, *Dark Shadows* premiered on ABC. The supernatural soap idea came to creator Dan Curtis in a dream.



● The first Johnny Rockets burger joint opened in 1986 in Los Angeles.

WW

Fiction



LITERARY FICTION

The River Is Waiting
by Wally Lamb

Bestselling author Wally Lamb returns with his first novel in eight years. The story follows a struggling young father, Corby, who is battling addiction. Then he is incarcerated after an unspeakable tragedy. In prison, Cody witnesses horror, but he also finds glimmers of hope, thanks to a prison librarian, fellow inmates and a teenager searching for a role model. A heart-wrenching, moving tale.



SCIENCE-FICTION

Meet Me at the Crossroads
by Megan Giddings

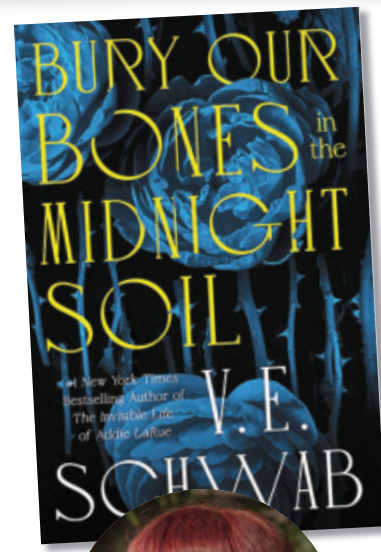
This magical, mind-bending novel begins on a seemingly ordinary day—until the arrival of seven mysterious doors that act as portals. Soon, the whole world is intrigued by these new dimensions. Ayanna and Olivia, two Black Midwestern teens—and twin sisters—have different opinions on the doors. But when one of them vanishes, the other vows to find her.



ROMANCE

Slow Burn Summer
by Josie Silver

Hilarious banter and crackling chemistry combine in Josie Silver's new rom-com. Talent agent Charlie Francisco's divorce ended his career. His other problems? He just inherited his dad's business *and* a surefire-hit romance novel, whose author wants to remain anonymous. So former soap star Kate Elliot is hired to "play" author on the book's summer tour. Can she and Charlie stick to the script?



HISTORICAL FANTASY

Bury Our Bones in the Midnight Soil
by V. E. Schwab

From the beloved author of *The Invisible Life of Addie LaRue* comes another fantastical story. In this tale, three young women were "planted" in the same soil at different times. One was in Santo Domingo in 1532, one was in London in 1827 and the last was in Boston in 2019. But despite the gaps in time and place, the women are linked—and frantic to escape their fate.

Nonfiction

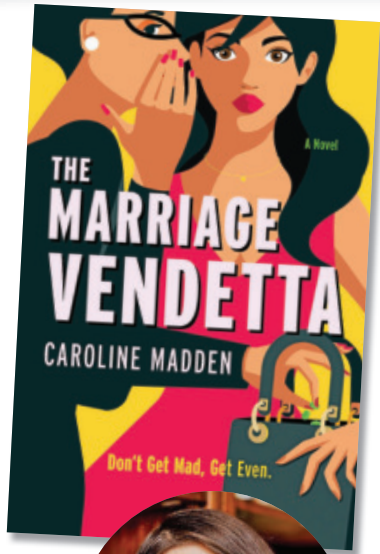


Braided Heritage by Dr. Jessica B. Harris

In her new cookbook, Jessica B. Harris, a James Beard Hall of Famer and star of the Netflix docu-series *High on the Hog*, reveals how Indigenous, European and African traditions combined to form an entirely new cuisine. Filled with more than 90 deliciously easy recipes, like Green Chili, Corn Pudding and Roasted Golden Beet Salad, and fascinating facts about how countless dishes share indigenous and European roots, *Braided Heritage* offers an in-depth, tasty look at American culinary history!

"The recipes and conversations elicited revealed that the American braid begins early and runs deep. We are all affected by the food and traditions of others."

new books



HUMOR

The Marriage Vendetta by Caroline Madden

Laugh-out-loud moments, a dark revenge plan and plenty of twists and turns...this sharp debut novel has it all. Eliza Sheridan's marriage is not going well. First, her husband Richard uproots their family to Dublin for his career. Then Eliza receives a photo of Richard with another woman. Seeking advice, Eliza visits Ms. Early, a marriage therapist with an eccentric approach: She suggests Eliza "retrain" her husband through vengeful acts. What follows is a series of darkly funny antics and a surprising shift in alliances!



THRILLER

Jill is Not Happy by Kaira Rouda

Kaira Rouda has penned 10 novels full of searing suspense—and her latest follows suit! Jill Tingley is married to her college sweetheart, Jack, and living in sunny Southern California. As recent empty nesters, Jill suggests a road trip to reconnect. But Jack has other plans...he's only still married to Jill because of a long-buried shared secret. As he plots their divorce for after the trip, he has no idea what else Jill is hiding. An eerie and addicting cat-and-mouse ride—a perfect pick for fans of the 1989 film *War of the Roses!*

Audio



FANTASY

Realm of Thieves by Karina Halle

Romantasy fans will delight over this thrilling, action-packed adventure! Brynla Ahr has always done whatever it takes to survive—which is why she's a dragon egg thief. Stealing the magical eggs is illegal and dangerous, but when Brynla is taken by Lord Andor, she's thrust into a political game of rivaling dynasties.

MYSTERY

The Bachelorette Party by Camilla Sten

Riveting and compulsively listenable, this book centers on four friends—Tilly, Anna, Linnea and Evelina—who take a trip to a remote island every year. Ten years later, true-crime podcaster Tessa Nilsson is drawn to the story of four friends vanishing on their annual trip. Will a visit to the island solve the case?



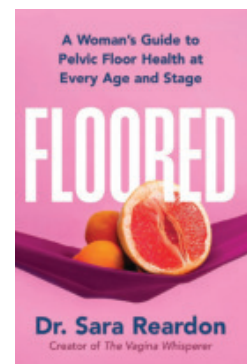
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Floored

A Woman's Guide to Pelvic Floor Health at Every Age and Stage

In this empowering and essential guide, board-certified pelvic floor physical therapist Dr. Sara Reardon breaks the silence surrounding women's pelvic health. From postpartum recovery to menopausal wellness, FLOORED is packed with expert advice, practical exercises, and clear insights to help women manage incontinence, enhance intimacy, and regain trust in their bodies. Full of compassion and expertise, this book is your roadmap to reclaiming comfort, dignity, and vitality at every stage of life.

"Our bodies tell our stories. With the right tools and care, we can rewrite them into ones of strength and joy."



She turned her pain into purpose!



After losing her mother to cancer, Laurie Zaleski vowed to care for her mom's 35 foster animals. Soon, Laurie's grief transformed into a mission to help animals *and* people find peace and joy

This moment is everything, whispered Laurie Zaleski's heart as she watched her terminally ill mother, Annie McNulty, walk the property Laurie had just bought for her. It wasn't simply a barn on 15 acres nestled in Mays Landing, New Jersey, it was her mother's dream—a place with plenty of room for Annie's 35 rescue animals to live happy lives.

But just two weeks before the farm was officially hers, Annie lost her battle with cancer.

Grieving and shattered, Laurie drew in a breath and made a decision that would dramatically change the course of her life. *You've saved so many animals throughout the years, Mom. Now it's time for your dream to be rescued*, Laurie vowed.

Acres of love

Laurie moved the rescue animals to the small farm, and she knew just what to name their new sanctuary. "I'm calling it the Funny Farm Rescue," she announced, drawing on the name her mother gave to the crazy menagerie Laurie and her two siblings grew up with.

As a single mother struggling to make ends meet, Annie worked at an animal shelter, where she brought home every animal facing euthanasia. Their humble abode became home to a small zoo—including a baby horse, raccoons, a pig, a goose, squirrels, rabbits, chickens, a skunk and many cats and dogs. "It's truly a funny farm," Annie would joke.

Now, the name would live on, but juggling the farm with her thriving career as founder and CEO of Art-Z Graphics became Laurie's biggest challenge.

Can I even handle this by myself? she wondered daily, feeling fearful and alone. But then out of the blue, during a moment of despair, her mother's distinct presence warmed her like a much-needed hug. "Get up and do it!" Laurie heard her mom say—and from that moment on, there was no turning back.



▲ "I'm honored and thankful to make a difference," says Laurie Zaleski, founder of the Funny Farm Rescue

◀ Laurie, here with her mom, Annie (left), started the sanctuary to honor her mom's dream

Drawing on what she had learned from caring for rescue animals most of her life, and leaning on help from her sister and close friends, Laurie began taking in more animals in need. Before long, the original 35 animals grew to 200.

Laurie would feed the animals early, go to work all day, then come home late and feed the animals again. Sleep was in short supply, but she never questioned her decision. *The Funny Farm isn't just a labor of love, she realized, it's my new calling.*

Living the dream

For the next 11 years, Laurie took in hundreds of rescue animals by word of mouth—most of them unwanted, abused, elderly or disabled.

With the animal count now reaching 400, things were expanding quickly. Horses, cows, pigs, goats, sheep, donkeys, mini horses, turkeys, alpacas, emus and swans—no animal was refused a safe place to live.

This is getting bigger than I ever dreamed, Laurie realized, and she decided to apply for official nonprofit status (FunnyFarmRescue.org) so she could help more animals. With the aid of generous donors and volunteers, Laurie soon began opening the farm for public visits two days a week on her days off.

Admission will always be free in Mom's honor, Laurie decided with a smile and a tear in her eye, thinking of how her mother would have wanted everyone to have access

to the joy, comfort and education the animals can provide.

As word spread online, volunteers and visitors began coming from all over the world. Some were veterans with PTSD, who found healing, calm and a sense of hope at the sanctuary, which gave them a new perspective on life.

"The Funny Farm saves animals and people too," exclaimed one of those grateful volunteers.

Now, 25 years later, the Funny Farm Rescue is home to more than 700 animals and hosts festivals, community events, weddings and "Critter Camps" for kids. It is open on Tuesdays and Sundays year-round and even hosts a *Funny Farm Live Show* on Facebook each week.

Because of her dedication and hard work, Laurie has not only won national honors but has turned the Funny Farm Rescue into one of the largest animal sanctuaries in the country, where millions of people are inspired by so many happy endings.

"I feel my mother looking down on me from Heaven every single day," shares Laurie, who wrote the book *Funny Farm: My Unexpected Life with 600 Rescue Animals* in 2022, describing her life-changing journey. "Mom's dream became my dream. Her love lives on through me, and I am so honored and thankful for all that she has taught me," Laurie adds. "We have made a difference in the lives of so many animals and people, and I owe that all to her." —*Diane Nichols*

"Her dream became my dream. Her love lives on through me. I owe that all to her!"



Other ways to help out rescue animals

1 Purchase necessities

Go to WildBirdFund.org, click on "How to Help" and then "Amazon Wish List." Next, click on the Wish List icon to shop for items like nuts, sponges, Q-tips and soap. The best part? They don't just help birds! Click the "About Us" tab, then click "Meet Our Patients" to read the success stories of squirrels, bunnies, owls and ducks that the Wild Bird Fund also supports.

2 Use your skills

Every animal needs toys and cozy bedding! Search "How to make [dog bed, dog toys, cat toys, etc.]" on YouTube for a variety of ideas on items to craft using old T-shirts or blankets to donate to your local shelter. Not crafty? Rescue shelters are always in need of web designers, writers, photographers and receptionists to raise awareness and funds for animals.

3 Invest in a sanctuary

Go to FarmSanctuary.org and click "More Ways to Give" to find all the ways you can help Farm Sanctuary support farm animals. Adopt an animal by sponsoring monthly feed, purchase an item from the online registry or memorialize an animal friend in their Rainbow Bridge Memorial Garden with a donation. Each option offers a better life for farm animals in need!

More than 700 rescues live at the Funny Farm



Laurie also hosts Critter Camp for kids



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WW BEAUTIFUL
YOU

Don't let trouble spots get you down! These genius tricks help 'erase' them, so you'll feel confident baring some skin this season.

BY LAUREN STACHIW

**Suit up with
confidence**

Beautify the décolleté

Give your chest a smooth, youthful appearance with a sunscreen oil that shields skin from wrinkle-causing UV rays. Plus, its nourishing oils like argan and grapeseed will plump fine lines for a smoother look. It's an instant glow-up and protection all in one!

■ **TRY:** Supergoop! Mini Glow Oil SPF 50 Dry Body Oil Sunscreen (Sephora.com)



Smooth cellulite

To visibly firm and tone skin on the thighs and bottom, look for a caffeine-infused body serum. Caffeine's natural diuretic properties temporarily tighten skin and improve circulation, flushing the fat-packing toxins that make cellulite stand out. Just rub a few drops onto dimply areas and you'll see soft, suppler skin in a flash.

■ **TRY:** Frank Body Booty Drops Firming Oil (FrankBody.com)



Banish body bloat

Summer heat and salty snacks can leave you feeling and looking puffy from head to toe, but a quick dry-brushing session can help. The gentle bristle massage boosts circulation and kick-starts lymphatic drainage to flush out the trapped fluids in no time.

■ **TRY IT:** Using a dry brush, like EcoTools Dry Body Brush (Target.com), massage skin in firm, upward strokes, starting at your feet, and work your way to your shoulders. Aim for 2 minutes per side.

Camouflage spider veins

If purple vein clusters on your legs have you feeling shy about showing them off, try an instant self-tanner lotion. The warm, sun-kissed tint cancels out the cool tones of veins, so they become less noticeable. Tip: Choose a water-resistant formula if you're planning to take a dip in a pool or ocean for all-day coverage.

■ **TRY:** Bondi Sands GLO Matte One Day Tan for Face and Body (Ulta.com)

Beach bag must-have: Baby powder

To end chafing

Walking around in a swimsuit, shorts or sundress can cause uncomfortable rubbing, but a quick dusting of baby powder on the inner thighs creates a barrier that keeps skin smooth, dry, and irritation-free.

To nix oily skin

An easy way to minimize shine on the face is to dab a bit of baby powder on the forehead, nose, and chin using a makeup brush. It acts like a lightweight setting powder, absorbing oil for a soft, matte finish that lasts.

To plump fine, thin hair

Have hair that looks limp and lifeless? Sprinkle baby powder on your roots and rub it in. The powder soaks up oil and adds instant lift, making hair look fresh, full and beachy in seconds.

Lower harmful blood fat levels

Keeping a lid on blood fats known as triglycerides has always been heart smart. In fact, Duke University experts found that keeping your levels in a healthy range (below 150 mg/dL) lowers your risk of heart disease by 45%. But outsmarting high triglycerides also helps combat cancer-causing inflammation and can even reduce the odds of developing lung, thyroid and rectal cancer by up to 50%. Here's how to lower your levels naturally

✓ Spoon up some baked beans

Enjoying $\frac{3}{4}$ cup of the barbecue favorite daily lowers triglycerides within four weeks, found a report in *The American Journal of Clinical Nutrition*. And in welcome news for those who are pressed for time, subjects in the study ate canned baked beans. The fiber in navy beans lowers the absorption of fat into the bloodstream while boosting gut levels of butyrate, a fatty acid that helps the liver use triglycerides for fuel. Other fiber-packed

beans that have similar effects: pinto, kidney, lima and black.

✓ Sip a cranberry spritzer

Cranberry juice is sweet-tart drink that's refreshing on its own or mixed into a mocktail. However you enjoy it, investigators at USDA's Agricultural Research Service found that drinking a cup of cranberry juice twice daily spurred significant triglyceride reductions among study participants in eight weeks. Compounds such



as quercetin and proanthocyanidins blunt the formation of triglycerides in the liver.

✓ Head outside for a walk

Enjoying a morning walk can lower your triglycerides within 8 hours, according to Japanese researchers. But their study found that working briefer bouts of walking throughout the day does the job too. Women who walked for $1\frac{1}{2}$ minutes 20 times daily reduced their triglycerides as

effectively as those who walked for 30 minutes at a time. The reason: Even short bursts of exercise increase the activity of lipoprotein lipase, an enzyme that removes triglycerides from the bloodstream.

✓ Consider a krill oil supplement

Scientists have long known that omega-3 fatty acids found in fish oil can lower triglycerides by helping to break them down and clear them from the bloodstream. But omega-3s derived from tiny sea crustaceans known as krill may do the job even better. In a Canadian study, people who took 1 to 1.5 grams of krill oil daily for 12 weeks experienced more dramatic triglyceride reductions than those who took 3 grams of fish oil. Study authors theorize that compounds called phospholipids in krill oil enhance its absorption and make its omega-3s more available to the body. Try: Source Naturals NKO Neptune Krill Oil (Amazon.com).

—Melissa Gotthardt

Citrusy Three-Bean Salad

- $\frac{1}{2}$ lb. green beans
- $\frac{1}{4}$ cup olive oil
- 1 Tbs. balsamic
- 1 Tbs. lime juice
- $\frac{1}{4}$ tsp. garlic salt
- 1 cup cooked kidney beans
- 1 cup cooked chickpeas
- 1 Tbs. chopped parsley

1 In pot of salted boiling water, cook green beans until crisp-tender, about 3 min.; drain. Rinse under cold water; drain well. Transfer to serving bowl.

2 In jar with lid, combine olive oil, balsamic, lime juice and garlic salt; cover. Shake until well blended. Add kidney beans and chickpeas to bowl with green beans; pour dressing over. Toss until evenly coated and combined; sprinkle with parsley. *Serves 6*

The beans in this summer-fresh salad lower harmful blood fats within one month



Note: Check with your healthcare provider before supplementing

Prevent a gout attack this summer

Hot, dry weather can hamper the kidneys' ability to flush out uric acid, allowing crystals to settle painfully in the joints. Fortunately, a few simple, pleasurable habits help you dodge discomfort on warm days

✓ Enjoy 2 iced Grandes

Go ahead and order another large coffee and you'll lower your risk of a gout flare, suggests research in *The American Journal of Clinical Nutrition*. In a study of nearly 90,000 women, researchers found that as coffee intake increased, gout risk decreased. Women who drank 1 to 3 cups a day had a 22% lower risk of gout, and those who drank 4 cups or more a day had

a 57% lower risk. Caffeinated coffee showed the strongest results, likely thanks to caffeine's ability to suppress uric acid. But decaf worked too. Indeed, women who drank a cup or more of decaf a day had a 23% reduced risk of gout, thanks to coffee's chlorogenic acid.

✓ Savor cherries

It's cherry season, and a study in the journal *Arthritis and*

Rheumatism found that savoring three servings of the ruby-red fruit daily for just two days cuts the risk of a gout flare-up by 35%. The fruit's high levels of anthocyanins are thought to help reduce inflammation and lower uric acid levels. Already taking the gout medication allopurinol? Scientists found that eating cherries in addition to taking the Rx cuts the risk of a gout attack by 75%.

✓ Play pickleball

Or go for a swim. Exercise may lower uric acid levels in your body. A UC Berkeley study found that those who packed the most moderate to vigorous physical activity into their day cut their risk of gout in half. Aerobic exercise improves the kidneys' ability to filter uric acid from the bloodstream and flush it from the body. —Ann Green



Reduce your risk of skin cancer

As the lazy days of summer have us lounging by the pool, picnicking in the park and tending to our gardens, sun safety becomes even more crucial. During the summer, the sun's UV rays are stronger and shine longer. To protect against skin cancer-causing sun damage and enjoy more time outdoors, just...



✓ Swap your sunscreen

We know that wearing sunscreen daily is one of the best ways to prevent skin cancer. But the type you use matters. Experts at MD Anderson Cancer Center say mineral formulas containing titanium dioxide and zinc oxide block UV rays better than chemical sunscreens by forming a physical barrier on the skin. Mineral sunscreens also last longer, and their color makes it easier to see if you've missed a spot.

Skin-supporting fix

A study in *Melanoma Research* found that having adequate levels of vitamin D reduces the risk of skin cancer. Take at least 800 IU of D3 daily to get the benefit.

✓ Savor caprese salad

Research in *Scientific Reports* suggests that lycopene—the chemical that gives tomatoes their red hue—can help protect skin from harmful UV rays. And add olive oil to boost not only flavor but also your salad's cancer-preventing power. A study in the *Asian Pacific Journal of Clinical Nutrition* found that olive oil helps the body better absorb lycopene.

✓ Sip iced green tea

A refreshing glass of iced green tea lowers your skin cancer risk. Research in *Genes & Cancer* found that tea's polyphenols disrupt the growth of melanoma cells. And caffeine also helps reduce the risk of basal cell skin cancers by altering the effect of UV rays on skin cells, found a study in *Cancer Research*.

✓ Bet on B3

Vitamin B3 (niacinamide) can be a powerful cancer-prevention tool. Research in *The New England Journal of Medicine* suggests that B3 protects the skin from UV damage and reduces the rate of skin cancer growth. You can find B3 in beef liver, chicken breast and turkey breasts. —Jennifer Bringle

Feel fuller for longer with 5 simple tips

As we age, physiological changes can trigger ravenous feelings. The problem: Hunger pangs can cause us to overdo it on foods high in fat or refined carbs, leading to weight gain. Here's how to stay satiated longer. —BY KELSEY KLOSS

Pair protein + fiber

A dip in estrogen during menopause can throw our hunger hormones off balance. “Lower estrogen is linked to increased ghrelin, the hunger hormone, and decreased leptin, the fullness hormone,” says Raj Dasgupta, M.D. This makes you feel hungrier even if you're eating the same amount.

The fix: Eat foods high in protein and fiber. “Lean proteins like eggs, chicken and tofu paired with high-fiber foods like vegetables, nuts and whole grains help balance these hormonal shifts,” Dr. Dasgupta says. “Strength training and

regular exercise also improve leptin sensitivity, helping your body recognize when it's full.”

Eat complex carbs

Our body becomes less efficient at processing carbohydrates over time, which can spike blood sugar and lead to crashes. “These fluctuations can trigger frequent hunger, especially cravings for quick-energy foods like sweets and processed carbs,” Dr. Dasgupta says. “Insulin resistance, which becomes more common in midlife, can make this worse, leading to a near-constant urge to eat.”

The fix: To keep blood sugar steady, prioritize complex carbs like quinoa, whole grains and sweet potatoes and pair them with protein and healthy fats to slow digestion.

Try deep breathing

We often have a lot to juggle, and all of that tension can add up and trigger the release of the stress hormone cortisol, which increases appetite and leads to cravings for high-calorie, sugary or fatty foods. “Over time, this can contribute to weight gain,



particularly around the midsection, and a cycle of stress-driven hunger,” explains Dr. Dasgupta. **The fix:** Combat stress eating by finding management techniques that work for you, whether it's meditation, yoga, walking outside or deep breathing. Dr. Dasgupta reveals, “Studies show that deep-breathing exercises and mindfulness techniques can significantly reduce stress and curb emotional eating.”

Catch more Zzzs

Whether it's from hot flashes, stress or shifting circadian rhythms, menopause-related sleep disruptions affect hunger hormones. Like declining estrogen, poor sleep can increase the hunger hormone ghrelin and decrease the satiety hormone leptin, says Dr. Dasgupta. “This makes it harder to feel satisfied after eating.” Electronics and work patterns can also disrupt sleep patterns.

Drink up!

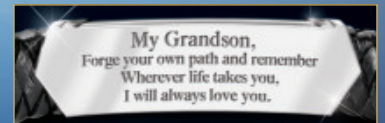
Thirst can masquerade as hunger, especially since our body's natural thirst cues weaken with age. “This can lead to unnecessary snacking when what you actually need is more fluids,” says Dr. Dasgupta. Sip a glass of water before meals and pause for 15 to 20 minutes to pinpoint if you're hungry or thirsty.

The fix: Habits like keeping a consistent bedtime and reducing screen time before bed helps regulate hunger hormones. Dr. Dasgupta adds, “Research suggests that magnesium-rich foods like spinach, almonds and dark chocolate—or even a magnesium supplement—may also improve sleep quality and reduce excessive hunger caused by fatigue.”



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Stay healthy on the road

Outsmart on-the-go health bothers so you can enjoy weekend getaways and beach days! —BY BRENDA KEARNS



Ease achiness with deep stretches

A long car trip can leave you stiff and sore—and so can a busy day of sightseeing. What can help? Stopping once each hour to do a deep muscle stretch. (Try straightening your legs with your toes pointing up so you feel a strong pull in your calves, or reach your arms high and lean from side to side to stretch your rib cage.) Danish investigators say that deep stretches make your pain threshold soar, plus they boost circulation to muscles and joints to ward off stiffness.

OR RUB ON ROSEMARY

Rosemary essential oil contains powerful, natural painkilling compounds that absorb easily through skin. And Duke University research suggests mixing 2 drops of the oil into 1 Tbs. of lotion, then massaging the mixture into sore spots can ease achiness as effectively as OTC painkillers can.

The sweet way to keep dehydration at bay

Keeping fluid intake steady can be hard on busy vacation days, and at least 60% of us end up dehydrated. The fix? Nibble on berries. They're rich in fruit sugars and electrolytes that Georgia Institute of Technology experts say help tissues quickly absorb water. That means more of the fluids you're drinking stay in your body instead of being lost through urine.



Stay calm with kindness

Sure, summer outings are fun. But getting organized and on the road, battling crowds and adapting to disruptions to your usual routine can also make you tense. Luckily, a study in the *American Journal of Lifestyle Medicine* found that doing something kind, such as treating your travel companions to ice cream or holding the door for a stranger, helps you feel calmer in 8 minutes. Lifting someone else's spirits dials down the production of the stress hormone cortisol.

OR TRY PEPPER

The aroma of black pepper can calm your nerves in 20 seconds, say Sri Lankan scientists. Pepper's volatile oils energize nerves that block stress hormone release, slow heart rate, lower blood pressure and ease muscle tension.



Sleep soundly with L-theanine

If the excitement of planning fun day trips and getaways makes you toss and turn, taking 200 mg of L-theanine at bedtime could help you drift off faster and sleep more soundly, a recent review suggests. L-theanine, an amino acid found in tea, increases your production of calming alpha brain waves. One to try: Nutricost L-Theanine (iHerb.com).

OR PICTURE YARN Stretch out in bed and visualize yourself doing something repetitive and soothing, like slowly unraveling a ball of yarn or running your toes through soft green grass. Doing so could help you drift off in 10 minutes. Scientists reporting in *Experimental Gerontology* explain that this simple form of meditation quickly calms a racing mind.

Prevent car sickness with peppermint gum

Getting to your destination can be grueling if you're prone to motion sickness. But just chewing gum on the drive calms the brain's nausea center, reducing your risk of queasiness, a German study found. And opting for peppermint-flavored gum can boost the benefits. Bumpy rides prompt the release of dopamine, a hormone that causes motion sickness when levels suddenly spike. But a soothing aromatic compound in peppermint keeps dopamine production steady.

OR TAKE THE WHEEL You naturally lean into turns when driving, which helps your brain feel balanced and prevents nausea, Taiwanese research reveals. Prefer the passenger seat? Leaning your head and shoulders into each turn (as if you're riding a bike) can also help.



Dodge GI upset with short strolls

On-the-go eating, trying new foods, enjoying generous restaurant portions...it's no wonder digestive upset is one of our most common vacation health hassles. The good news? A 10-minute stroll after a big meal can prevent bloat, heartburn and other GI symptoms. Australian researchers explain that relaxing exercise speeds stomach emptying and encourages gentle muscle contractions in the intestines.

OR NIBBLE AT NOON Penciling in time for a midday lunch break can reduce your risk of digestive troubles by 60%, Japanese investigators report. Eating three times daily trains your GI tract to respond quickly to meals by releasing stomach acid and digestive enzymes.



“This ‘neck lift’ boosted my confidence!”

After years of failed creams and fading self-esteem, Julie Halvorson-Wruble, 58, found unexpected hope when an at-home massage transformed her skin and her spirits

Julie Halvorson-Wruble’s heart sank when she saw a photo of herself. “My neck is so crepey!” she gasped. “Is it really that bad?” Already reluctant to be photographed, the image crushed her confidence, and she began avoiding cameras altogether.

Julie had tried multiple creams that promised to smooth and firm her skin, but they only drained her wallet. Desperate, she began researching plastic surgeons and started saving for a neck lift.

Then life threw another curveball: Julie went through a divorce, her confidence plummeted further and she began experiencing chronic neck pain. Hoping to lift her spirits and ease her discomfort, she searched online for at-home spa treatments—and stumbled across the FasciaBlaster. The plastic handheld massage tool was designed to

stimulate blood flow and loosen adhesions in the fascia—the layer of fibrous tissue just beneath the skin. Julie learned that fascia contains collagen and elastin fibers, which support the skin, but

as fascia breaks down, it can lead to cellulite, sagging and even pain. *How can a massage help my neck?* she wondered, skeptical but still intrigued.

A feel-good remedy

Curious, Julie joined the *FasciaBlasters for Women*

Facebook group, combed over hundreds of testimonials and saw several women had used it on their necks with great results. *Could this work for me?* she thought. With nothing to lose, she ordered the “Face Kit,” which included massage tools, a serum and an oil (\$99, FasciaBlaster.com). She hesitated to spend the money—until she saw the 1,000-day money-back guarantee. *Even if it doesn’t help my skin, maybe it will help*

“Massaging can help improve circulation and reduce the appearance of sagging skin.”

—Dr. Heather Levites, Plastic Surgeon



BEFORE



AFTER

“I’m thrilled to have this face-lifting tool with pain-relieving effects!”

my pain, she hoped, especially after an MRI revealed she might need neck surgery.

Once her kit arrived, Julie watched tutorial videos and followed along. She applied oil to her skin and gently used the massager on the back of her neck. *My pain level has dropped dramatically!* she realized after just a few days.

Encouraged, Julie expanded her routine: massaging the front of her neck, both sides of her jawline, under her chin, down her chest and around her lips—for 1 minute on each area daily. After a few months of consistent use, she was thrilled with the relief from pain—but Julie wasn’t convinced it was helping the appearance of her neck. Then one day her daughter exclaimed, “Wow, your neck looks amazing! I can see a huge difference.”

Now, Julie is saving for a vacation instead of a neck lift—and smiling confidently for photos. She beams, “I’m pain-free and so much more confident!” —Monica Romano

3 easy facial exercises that turn back the clock

✓ Reverse saggy jowls

Smile with your lips closed, then place your fingers at the corners of your mouth and push up; hold for 20 seconds and repeat 10 times. Strengthening the buccinator muscle under cheeks has a lifting effect.

✓ Reduce a double chin

Tilt your head back, then stick your tongue out and up. Hold for 5 seconds; repeat 10 times. Doing this twice a day for 30 days helps strengthen the platysma muscle, which firms the area under the chin.

✓ Sharpen the jawline

Chewing a mini “exercise ball” works all 57 facial muscles, helping sculpt the jawline and tone the chin and neck. Just 20 minutes a day can deliver results in one month. Visit Jawzrsize.com to try one.



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OFFER NOT GOOD IN STORES

“This is what true love *really* is!”

“Caregiving is a challenge, but I enjoy doing it,” said Leno, pictured with his wife, Mavis, in 2024



Former *Tonight Show* host Jay Leno shares how love and laughter keep him strong while caring for his wife, Mavis, who has advanced dementia

After more than four-and-a-half decades together, Jay Leno is standing by his wife in the face of life’s toughest challenges. The 75-year-old Emmy Award–winning host opened up about his experience being the caregiver of his wife, Mavis Leno, 78, after her dementia diagnosis. Here, we take a look back at the pair’s relationship and see how Jay is embracing this chapter of his marriage with grace and hope.

Appearing on the April 23 episode of the *In Depth with Graham Bensinger* podcast, Jay Leno opened up about the demands of caring for his wife, Mavis, who he revealed is living with advanced dementia.

“I have never been particularly challenged,” admitted Jay. “I was not in the Army; I didn’t have to shoot anybody. I didn’t have to risk my life.” But he admits life is not without its hurdles—and it’s all about keeping your promises. “When you get married, you take a vow,” he said, noting that he asked himself, “Will I live up to this? Or will I be like a sleazy guy if something happens to my wife?”

Jay confirmed the former. “I enjoy the time with my wife. I go home, I cook dinner for her, watch TV, it’s okay. It’s basically what we did before, except now I have to feed her and do everything for her. But I like it. I like taking care of her.”

In addition to the love and history the two share, Jay explained that Mavis has always been a “very independent person.” As she faces new obstacles each day, he cherishes being there as she needs him.

“When you have to feed someone and change them, carry them to the bathroom and do that kind of stuff, it’s a challenge,” Jay said. “But I guess I enjoy doing it.”

To keep things as positive as possible, the comedian revealed that one of his coping mechanisms is to find humor in simple moments. For example, he practices picture flashcards with Mavis to refresh her memory.

“Remember this, honey? It’s kind of funny,” he recalled telling her. “Honey, that’s President Obama—we had dinner with him.”



◀ Jay and Mavis Leno (here on *The Tonight Show* set in 2001) met in 1976 and were married in 1980

“Oh, not me,” Mavis rebutted.
 “Yeah, honey, it was you. We went to the White House!” Jay assured her.

A deep commitment

Jay and Mavis have been married for 45 years. He described the first 40 as “unbelievable.” The last five have been “challenging,” he admitted, but their connection and devotion to each other are his reasons for dedicating himself to her wellbeing.

“I think there’s more love now,” Jay said. “Because, why am I doing this?”

Well, this is why. I think that’s what defines a marriage. That’s really what love is. That’s just what you do. I’m glad I didn’t cut and run off with a woman half my age or any of that silly nonsense. I would rather be with [Mavis] than doing something else.”

In 1976, Jay met Mavis at The Comedy Store, a comedy club in Los Angeles. Mavis was an audience member and Jay was performing stand-up. Mavis told the *Los Angeles Times* she remembered being immediately struck by Jay.

“I always had this idea that I would never get married,” she told *People* in 1987. “But with Jay, I began to realize that this was the first time I was ever with someone where I had a perfect, calm sense of having arrived at my destination.”

The couple began dating, and on November 30, 1980, they had an intimate wedding held at a friend’s house—the same day as Jay’s parents’ wedding

anniversary. “I thought my mom would like that,” Jay told the *L.A. Times*. Mavis added that she was “crazy” about Jay’s parents, so it seemed the perfect date.

Mavis also revealed that Jay’s skyrocket to TV stardom threw the couple for a bit of a loop and tested their relationship.

“When Jay got *The Tonight Show*, the first years were hard,” she said. “All of a sudden, Jay had this job and everyone was asking him for something.”

So Mavis intentionally did the opposite and tried not to lean on her husband.

“That gave him relief at home, but that can also feel like distance,” she reflected. “I don’t know if he was aware of it because he was so swamped by the job—just the time demands alone.”

Mavis also shared that it took her some time to get used to Jay’s schedule and being away from each other, but navigating their new life together ultimately brought them closer.

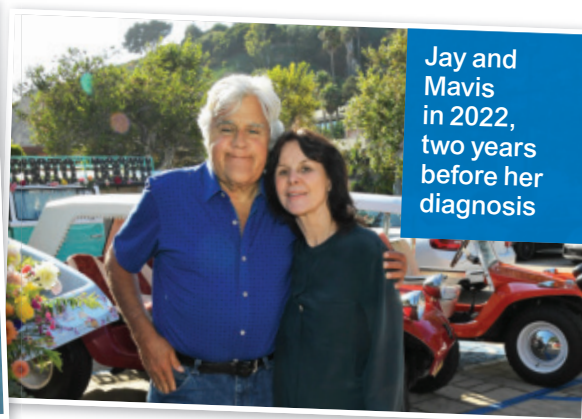
“However steadfast your feelings for each other, your life circumstances are going to go all over the place,” Mavis said. “We’ve been through the death of my parents and his, and the loss of Jay’s brother. We started off with not very much money, and now we have a lot. But we’ve stayed the same. The great thing about Jay is whatever he says, it’s genuine.”

Today, as Jay and Mavis face an uncertain future and new challenges, there is one thing that remains true: They will face it together. —*Jenna Fanelli*

“That defines a marriage...I would rather be with her than doing something else.”



It was love at first sight for the duo (here in 1992)



Jay and Mavis in 2022, two years before her diagnosis

Tips from other celebrity caregivers

1 Queen Latifah

The actress was a caregiver for her mother, who battled heart failure and scleroderma. “We’re in it with the people we love,” she says. “But take a break, get some sleep and just escape a bit. There can never be enough support for caregivers.”



2 Henry Winkler

Following his mother’s stroke in 1989, Henry served as a dedicated caregiver for nearly a decade. “Recognize and accept how hard things are. Be honest about how you feel,” he says. “Maintaining your wellbeing helps caregivers better support loved ones.”



3 Emma Heming Willis

When Bruce Willis was diagnosed with frontotemporal dementia in 2023, his wife, Emma, stepped in. “Knowledge is power, and building a supportive community around me has been vital,” she says. “Caregiving is heavy, but support doesn’t have to be complicated. A small act can make all the difference.”



4 Patrick Dempsey

Over the course of 17 years, Patrick’s mother battled ovarian cancer, and the actor helped care for her. “Whatever your strength is, that’s okay,” he says. “Be patient at the beginning to figure out your role. Don’t be afraid. Empower yourself with information.”



End food noise *without Ozempic*

Top doc: How the trendy carnivore diet is helping women like Courtney Luna get near-total relief from cravings and **slim down without struggle**

The term ‘food noise’ is pretty new. Yet food noise itself—it’s that constant brain chatter about what to eat next, even when we’re full—has dogged millions for decades. Yes, meds like Ozempic and Zepbound can help. But what if we can’t afford them, hate the side effects or simply don’t want to take medication? Well, an all-natural option is gaining popularity: the carnivore diet. “In 5 to 14 days, a carnivore diet greatly diminishes food noise, and in 21 days, it’s typically completely gone,” says low-carb expert Ken D. Berry, M.D., who works with thousands using the animal-based approach. Dr. Berry adds that as the mind quiets, weight loss and healing often happen with ease. Just ask Courtney Luna, 40, down 60 pounds. “This is the only thing I’ve tried that works with no struggle,” she says. —BY ALLISON NEMETZ

At an average supermarket, “80% to 90% of the choices are chemically engineered to make us overeat,” says Dr. Berry. They’re formulated to contain a precise balance of sugar, carbs, salt and cheap vegetable oil to bring us to a “bliss point” that sets off an addictive brain response. “Food manufacturers brag about it. They say you can’t eat just one, and they’re not joking.”

Factors like stress, lack of sleep and restrictive diets amplify hormones that tell us to eat more. So do environmental cues, such as driving past fast-food restaurants or seeing a friend’s food posts on Instagram. Given all that, it’s no wonder we think about eating so

much. More surprising is all the ways a carnivore diet can silence food noise.

How a carnivore diet works

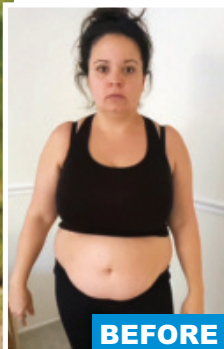
On a basic carnivore diet, you eat only zero-carb animal foods like butter, fish, poultry and meat. All plants contain carbs, so cutting them makes carnivore “the lowest carb of all diets,” says Dr. Berry. And as your body runs low on carbs, you burn fat around the clock.

As if that weren’t awesome enough, Harvard-led research found that 91% of carnivore dieters (including devotees up to 85 years old!) report significant improvements in both their hunger and food cravings. Dr. Berry says

“It Worked For Me”

Courtney lost 60 lbs!

Now that Courtney’s down four sizes and happily maintaining her weight loss, folks often ask her how she did it. When she tells them



BEFORE

about the carnivore diet, some worry it’ll be too pricey. “But it changes your hunger so much, you find yourself needing less food—so it actually evens out,” she says. “I personally wasted a lot on veggies that went bad at the back of my fridge. So I’m probably saving money!” For more great tips and inspiration, follow @ItsCourtneyLuna on Instagram or @KenDBerryMD on YouTube. Dr. Berry even has a “Carnivore Diet 101” playlist that’s perfect for beginners.

Here’s how to

Courtney came up with a simple guideline that makes starting a carnivore diet easy: “Eat lots of fatty meat, salt your food, drink lots of water and repeat!” Enjoy as many sittings as you need to feel satisfied. If you like, get creative with other animal foods, like dairy, eggs and pork rinds. Many carnivores do add small amounts of plants from coffee and spices. We’ve got ideas to inspire you here.

Additional reporting by Cailey Griffin

there are a few key reasons for this phenomenon.

Why food noise quiets

• **Triggers are gone** Carnivores not only ditch processed foods but also natural carbs, which can be an issue for highly sensitive people. “Addiction is gradually broken,” says Dr. Berry.

Also key: There’s a good chance carnivore eating eliminates an ingredient—say, a fake sweetener or a certain nut—secretly causing inflammation inside you. As inflammation comes down, you feel better and experience biochemical changes “that make weight loss much easier,” says the doc.

• Blood sugar gets fixed

With no carbs coming in, blood sugar production drops and insulin comes down and stays down, says Dr. Berry. That means no sugar spikes to set off cravings. And your body gets a break, allowing it to repair sugar-related damage and start to regulate blood sugar better. “Even with type 2 diabetes, blood sugar starts to return to normal within three

days,” says Dr. Berry. Worth noting: Drugs like Ozempic, administered in small initial doses to limit side effects, may not trigger significant changes in blood sugar for *weeks*.

• Nutrient absorption soars

Skimping on nutrients can also lead to cravings. “Meat is the most nutrient-dense food on the earth,” Dr. Berry asserts.

Even cheap ground beef contains a jackpot of amino acids, vitamins, minerals and more. And here’s a surprise: Studies show fiber and certain plant compounds can interfere with nutrient absorption, “so you absorb more nutrients from meat.” This helps keep you deeply satisfied as you move toward a healthy weight.

What about fiber?

Fiber and nutrients in plants have proven health benefits. If you’re eating a plant-based diet that has you happy and healthy, keep it up. But if you struggle with issues like food noise, fatigue and GI upset, giving up plants—at least for several weeks to let your system rest and repair—may be the best thing

for you. (You may experience mild constipation at first, but the body adapts.) “People try drugs like Ozempic, which have barely been around for a decade. A carnivore diet is the oldest diet in recorded history. It is safe, and it is healthy.”

Courtney’s success story

Courtney, who went to her first WeightWatchers meeting at age 13, battled the scale for decades—even during a four-year stint as a chef on luxury yachts. When she quit to start a family, she was burned out on diets and attempted to eat natural foods in moderation. “I gained 40 pounds and my mental health wasn’t great.”

Meanwhile, her husband heard about carnivore on TikTok and dove in; Courtney joined him on a whim, but figured she’d allow herself fruit. “After five weeks, he was doing great, and I was still obsessively wanting to eat, even after a pound of rib eye.” She dropped fruit to see what would happen. Within two weeks, “it cut all the noise.”

Courtney, who has always found joy in the kitchen, was soon whipping up new carnivore creations—like tuna melt patties, zero-carb pizza and even carnivore biscuits. (One

secret: Using ground pork rinds in place of flour.) “I love seeing what I come up with!”

She also loves how her body has responded. She lost 45 pounds right away and is now down 60 pounds. Her favorite benefit: “My mental health improved dramatically, and I got off antidepressants,” says the *Carnivore in the Kitchen* author.

Courtney’s kids eat carnivore and plant foods, and she’s tried adding plants back into her menus. The food noise returned. “Some people can do moderation, but some of us need to abstain. It’s important to know which you are.” She’s not complaining. She loves what she eats and how she feels. “A carnivore diet brought me back to life!”



Find great tips and recipes in *Carnivore in the Kitchen*



Courtney’s Bacon Cheeseburger Soup

This Carnivore in the Kitchen recipe is easy and incredibly delicious

- 1 Tbs. bacon fat or ghee
- 1 lb. ground beef
- 1 cup beef broth
- 4 oz. cream cheese
- ½ cup heavy cream
- 8 oz. shredded cheddar cheese
- 6 slices bacon, cooked

In pot over medium-high heat, brown beef in fat. Drain excess fat. Add broth, cream cheese and heavy cream. Stir occasionally until blended and simmering. Turn off heat. Add cheddar; stir until well combined. Salt to taste. Top with bacon. Serves 2–4

Yes!
Scientists surveying carnivore dieters found over 90% report better blood pressure, mental health, blood sugar, weight and more.

see if a carnivore diet works for you



CLASSIC BACON & EGGS
Cook bacon and reserve some fat to prepare eggs, any style. Add cheese if you like.



BUTTERY CHICKEN KEBABS
Rub chicken cubes with ghee (clarified butter), skewer and grill until done. Dip in sour cream.



SURF & TURF
Cook any cut of beef (even a burger!); enjoy with shrimp, melted butter and salt.

Individual results vary. Get your doctor’s okay to try this approach. Always focus on steady, sustainable progress. Soup recipe and photo from *Carnivore in the Kitchen* by Courtney Luna. Reprinted with permission of Victory Belt Publishing ©2024.

How to defuse conflicts with a loved one

We tend to repeat the same core arguments in our relationships. Here, simple strategies to trade irritation for open, healthy communication

BY KRISTINA MASTROCOLA

Express wants

Discover toothpaste cues

When we think about points of contention in a relationship, toothpaste doesn't often leap to mind. But one of the biggest fights communication pro Matt Abrahams ever had with his wife was over just that. "She's a roller, I'm a squeezer—you can imagine the turmoil," he says with a laugh. But at the time, it was no laughing matter. "People often fight over symptoms, not the actual issue, so we have to pinpoint the cause. Sometimes that means having a discussion." For him and his wife, this fight was really about *respect*, and just realizing that was a game changer.

Focus on the start

"The first 3 minutes of a conflict conversation predict not only how the rest of the conversation will go, but how the rest

of the *relationship* will go six years down the road with 90% accuracy," says psychologist Julie Gottman, Ph.D. "Start by describing yourself—not your partner, coworker or loved one. You might say, 'I'm angry the kitchen is a mess' or 'I'm worried X isn't getting done.'" This "soft start" fosters connection.

Share positive needs

There's no difference between wants and needs, says Gottman. "A want is just a need that hasn't been explained." Rather than share a negative need like, "Stop leaving a mess" or "Stop waiting to pay the bills," flip that on its head and share a positive one: "I would love it if you cleaned the kitchen" or "I would so appreciate you paying the bills a week early." It's a simple shift that can transform a defensive listener into a collaborative one.



Go deeper

Uncover secret contracts

"A big lesson my husband and I learned through the work we did in our marriage is something called 'secret contracts,' patterns we fall into without talking about them," says expert Kim Holderness. When you find yourself repeating a routine you didn't sign up for, bring it to light. "If your partner always handles money, you might tell him, 'I'd like to take a more active role in our finances.'" Oftentimes, giving voice to what was once unspoken is all it takes to build confidence.

Nix conflict with a scale

We tend to assume that in an argument, the other person holds their opinion as strongly as we hold ours, says Abrahams.

But in reality, they may be much more willing to negotiate. "That's why my wife and I use a scale to avoid conflict: If I want to get Mexican food, for example, I might say I'm a 4 out of 10. But if my wife's craving for Chinese is at a 10, there's no argument, as the choice is clear. It's so simple, but it works."

Let them feel heard

Just showing that we're listening by paraphrasing what the other person said builds mutual respect. "You might say something like, 'I really want to make sure I'm understanding your perspective,'" says Holderness. "Then put what they said in your own words. When a loved one says it out loud, they are showing me understanding—it's so important to feel heard."

Our expert panel



Matt Abrahams, author of *Think Faster, Talk Smarter*, is a lecturer at Stanford Graduate School of Business, and the host of *Think Fast, Talk Smart: The Podcast*.



Julie Gottman, Ph.D., author of the *New York Times* bestseller *Fight Right* and cofounder of The Gottman Institute, is a highly respected clinical psychologist.



Kim Holderness, coauthor, with her husband Penn, of *Everybody Fights: So Why Not Get Better at It?* is one-half of internet sensation The Holderness Family.



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“You are enough!”



Beloved for her roles in *My Big Fat Greek Wedding*, *Only Murders in the Building* and now *The Gilded Age*, funny woman **Andrea Martin** understands the power of being herself. But at 78, the Tony winner insists she's still a work in progress. Here, she reflects on rejecting worry, fueling creativity and embracing connection

BY DEANNA BARNERT

Loss can crush us, but after actress Andrea Martin's friend Claude Tessier was diagnosed with AIDS in 1992, he gave her two unexpected gifts. "Claude always believed I should be on Broadway, but I was living in L.A., bringing up two young boys," Andrea tells *Woman's World*. "I was also 45, and I had never considered it." Wanting to show support for her friend, Andrea auditioned for *My Favorite Year*. "I got the part and

he lived to see me do it—and I won the Tony for it!" she recalls.

Claude's final days also gave Andrea new perspective. "I couldn't do much for him, but I could be present for him," she says. "I'm constantly thinking, *I must do more*, but in that moment, it was enough to just love each other. I hope to apply that every day." Here, Andrea shares other lessons about confidence, speaking her truth and finding joy—no matter what.

See Andrea on *The Gilded Age*!

With HBO's *The Gilded Age* season 3 premiering on June 22, Andrea dives into the drama as Madame Dashkova. "I play a medium, and when *The Gilded Age* takes place, spiritualists were very popular," she teases. "I have a beautiful scene with Cynthia Nixon, and the audience will decide whether my character can truly speak with the dead or if she's a fraud." The veteran actress confesses the period's corsets initially made her want to run, but she concedes, "It's beautiful once you allow yourself to be in the world they've created. Everything is authentic, down to the buttons!"



It's okay to be you

"I think I naturally walk toward the light, but that doesn't mean I don't have dark days," Andrea says. "It's exhausting to feel like you have to do cartwheels to please people all the time. I'm in therapy, after all these years, working on that. I'm 78, so I guess learning to let go and just be me has been a lifelong lesson," she jokes. "What it really requires, I think, is being comfortable in your own skin. The reason we—especially women—do more than anyone even asks of us is because deep down, we feel like we're not enough. So I still work on it every day. I meditated before this conversation, and I constantly remind myself: 'You don't need to do more. You don't need to be more. It's okay to just be who you are.'"



Andrea (here, having fun with actor Sean Hayes in 2016) has learned to embrace her true self



Andrea (left) with the cast of *My Big Fat Greek Wedding 3*

Strengthen bonds

"When you get older, you're focusing more on how many years you have left," Andrea says. "So I accept things with an open heart. I put one foot ahead of the other. Despite how sad or self-loathing I might get, I'm able to connect to an inner strength, and I also connect with mankind. I thank the doorman or subway driver for making me smile because we all thrive on connection."



Let go of worry

"If I could give my younger self advice, I'd say, 'Stop worrying.' Worry doesn't serve anybody," says Andrea, who hops on her bike when she feels herself spiraling. "I can meditate, take deep breaths, and think of positive things. That can really shift my mood."

Speak your truth

"When I was younger, I could get obsessed with my body image," confides Andrea, who won her second Tony for athletically walking a tightrope—without a net!—in Broadway's 2013 *Pippin* revival. "I don't feel that way now, but I've worked hard to get here. I do Pilates three times a week, and I've learned to talk to people and speak my truth. It's hard to do any of this self-evaluation alone—and my temptation is always to do it alone—but it never works. If you can say to someone, 'I don't like the way I look,' or 'I'm depressed,' it's a start."



Andrea, confident on stage in *Pippin* on Broadway in 2013

Andrea's keys to happiness

Lay down your armor

"I can't say enough about the book, *The Artist's Way*, by Julia Cameron," Andrea says. "I wrote two one-person shows after doing the exercises. It touched me because it's so simple. It asks you to throw away the armor you developed over the years and ground yourself in your most innocent thoughts—where we all get our creativity. Because we didn't acquire creativity—we're born with it!"

Andrea performing sketch comedy on *Second City TV* ▶



Savor little loves

"My granddaughter and her pup, Lemon, are coming to stay with me in Toronto this summer. It's just so much life when you hang out with a 9-year-old girl!"

Andrea shares of the small things that bring on big joy. "I have a little house with a pond. I love gardening and feeding the swans."



Early summer farmstand suppers

Plentiful at-its-peak produce shines in these dinner winners that cook up bursting with flavor



'Zoodles' and Sausage Meatballs

Zucchini noodles stand in for spaghetti in this fresh take on a classic Italian-American dish

- 4 sweet Italian sausage links, casings removed
- 2 cloves garlic, chopped
- 2 cups tomato-and-basil pasta sauce, from 24-oz. jar
- 2 Tbs. coarsely chopped basil leaves + additional sprigs
- 1 (12 oz.) pkg. red and/or yellow cherry tomatoes
- 4 medium zucchini
- ¼ cup finely grated Parmesan cheese
- Cracked black pepper (optional)

- In medium bowl, gently mix sausage meat and garlic until combined; form into 16 (2") balls. Coat large nonstick skillet with cooking spray; heat over medium-high. In 2 batches, add meatballs; cook, turning occasionally, until browned, 3–5 min.

- Add pasta sauce and chopped basil; bring to a boil. Reduce heat to medium; cover. Cook, stirring occasionally, until meatballs are cooked through and flavors blend, about 20 min., adding tomatoes during last 5 min. of cooking time.

- Meanwhile, using julienne vegetable peeler or spiralizer, cut zucchini into thin strands; add to meatball mixture. Gently stir until coated and just combined, 1–2 min. Transfer to serving platter. Sprinkle with Parmesan and garnish with additional basil sprigs. If desired, sprinkle with cracked black pepper.

Servings: 4. Active time: 20 min.
Total time: 45 min.
Calories: 380 Protein: 27g Fat: 21g (7g sat.)
Chol.: 95mg Carbs.: 24g Sodium: 980mg
Fiber: 6g Sugar: 13g

Miso Chicken & Apple Slaw

Tender white meat cutlets are even tastier with our Asian-inspired glaze and sweet 'n' salty slaw

- 1 Tbs. miso paste
- 2 Tbs. + 2 tsp. rice vinegar
- 1 Tbs. + 2 tsp. honey
- 4 chicken breast cutlets, about 1 lb., cut into 2" pieces
- 1 Tbs. soy sauce
- 2 tsp. chopped pickled ginger
- ½ Chinese cabbage, shredded
- 1 red apple, cored, shredded
- 1 carrot, shredded
- 2 scallions, thinly sliced
- 1 Tbs. toasted sesame seeds

● In shallow bowl, combine miso paste, 2 Tbs. vinegar and 1 Tbs. honey; add chicken pieces and turn to coat. Let stand, flipping occasionally, 20 min.

● Coat grill pan with cooking spray; heat over medium-high. Add chicken and cook, flipping once, until no longer pink in centers, 2–3 min. per side. Transfer to plate and tent with foil to keep warm.

● Meanwhile, in small bowl, whisk together remaining 2 tsp. each vinegar and

honey, soy sauce and ginger. In large bowl, combine cabbage, apple, carrot and scallions; add dressing and toss until evenly coated and combined.

● Transfer slaw mixture to serving platter. Arrange chicken on top and sprinkle with sesame seeds.

Servings: 4. Active time: 20 min.

Total time: 50 min.

Calories: 220 Protein: 27g Fat: 5g (1g sat.)

Chol.: 85mg Carbs.: 18g Sodium: 510mg

Fiber: 2g Sugar: 13g





Zesty Fish Tacos

Smoked paprika adds a savory note to these handheld treats, but you can sub in regular if you prefer

2 Tbs. olive oil

2 Tbs. lime juice

½ tsp. salt

½ tsp. pepper

2 plum tomatoes, seeded, diced

1 avocado, peeled, pitted, diced

½ cup fresh cilantro leaves

⅓ cup sliced red onion

1 tsp. chili powder

1 tsp. smoked paprika

4 tilapia fillets, about 1 lb.

8 taco size corn tortillas, toasted

Sliced chili pepper and lime wedges
(optional)

● In medium bowl, whisk together 1 Tbs. olive oil, lime juice, ¼ tsp. salt and ¼ tsp. pepper. Add tomatoes, avocado, cilantro leaves and red onion; gently toss until evenly coated and combined; reserve.

● In separate bowl, combine chili powder, smoked paprika and remaining ¼ tsp. salt and pepper; rub over fish.

● In large nonstick skillet, heat remaining 1 Tbs. oil over medium-high. Add fish; cook, flipping once, until browned all over and opaque in centers, about 2 min. per side. Fill tortillas with fish and tomato-avocado mixture; transfer to plates. If desired, top with chili pepper and serve with lime wedges.

Servings: 4. Active time: 30 min.

Total time: 30 min.

**Calories: 380 Protein: 26g Fat: 18g (3g sat.)
Chol.: 55mg Carbs.: 31g Sodium: 380mg
Fiber: 4g Sugar: 2g**

Beef, Potato and Green Bean Platter

Thanks to spiced-right almonds, this meaty main has the perfect amount of crunch

- 1 lb. baby potatoes
- ½ lb. green beans
- 3 Tbs. olive oil
- 1 small onion, thinly sliced
- 1 clove garlic, sliced
- 1 (15 oz.) can diced tomatoes
- 1 Tbs. red wine vinegar
- 2 tsp. brown sugar
- ½ tsp. salt
- 1 dried chorizo sausage, sliced
- 1 lb. boneless beef sirloin
- 2 cups baby spinach
- ½ cup low-fat plain yogurt
- 2 Tbs. chopped smoked almonds

● In pot of salted boiling water, cook potatoes until tender, about 15 min., adding beans during last 3 min. of cooking time; drain well. Let cool, then halve potatoes.

● In nonstick skillet, heat 1 Tbs. oil over medium. Add onion; cook, stirring occasionally, until softened, 6–8 min., adding garlic during last 30 sec. of cooking time. Add tomatoes with juices, vinegar, sugar and ¼ tsp. salt; cook, stirring occasionally, until flavors blend, 5–7 min.

● Coat grill pan with cooking spray; heat over medium. Coat chorizo and beans

with 1 Tbs. oil; grill, flipping once, until browned, 1–2 min. per side. Coat steak with remaining oil and salt; grill, flipping once, 3–4 min. per side for medium-rare. Let rest 5 min.; slice.

● Transfer spinach, potatoes, beans, chorizo and steak to platter. Drizzle with yogurt and top with almonds. Serve with tomato sauce on the side.

Servings: 6. Active time: 20 min.

Total time: 1 hr.

Calories: 380 Protein: 21g Fat: 21g (6g sat.)

Chol.: 60mg Carbs.: 27g Sodium: 690mg

Fiber: 4g Sugar: 6g



Dairy-free mmm!

Avocados and dates are the secret to the deliciously fudgy frosting on our decadent layer cake



Easy as 1,2,3!

Berry Chocolate Bliss

Almond flour adds a nutty note

- 1 cup superfine almond flour
- $\frac{2}{3}$ cup whole-wheat flour
- $\frac{1}{2}$ cup + $\frac{2}{3}$ cup unsweetened cocoa powder
- 1 tsp. baking soda
- $\frac{3}{4}$ tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- $\frac{2}{3}$ cup almond butter
- $\frac{1}{3}$ cups unrefined coconut sugar
- 2 eggs
- Boiling water
- 1 cup pitted dates
- 2 avocados, peeled, pitted, quartered
- $2\frac{1}{2}$ cups mixed berries

1 Heat oven to 350°F. Grease 3 (8") round cake pans. Line bottoms with parchment paper; grease. In bowl, mix flours, $\frac{1}{2}$ cup cocoa powder, baking soda, baking powder and salt. On medium, beat almond butter and sugar until smooth. Beat in eggs. On low, alternately beat in $\frac{1}{4}$ cups boiling water and flour mixture. Pour into pans. Bake until toothpick inserted in centers comes out clean, about 15 min. Let cool in pans 10 min. Transfer to racks; let cool.

2 In bowl, mix dates and enough boiling water to cover; let stand 30 min. Drain. In food processor, puree dates and 1 Tbs.

water. Add avocados, remaining cocoa and $\frac{1}{4}$ cup water; process until smooth.

3 Reserve $\frac{2}{3}$ cup frosting and 1 cup berries; transfer remaining frosting to pastry bag fitted with $\frac{1}{2}$ " plain tip. Place 1 cake on serving plate. Pipe on half of frosting; add half of remaining berries. Repeat layering once. Top with remaining cake. Spread with reserved frosting; top with reserved berries.

SERVINGS: 12
ACTIVE time: 1 hr., 30 min.
TOTAL time: 3 hrs.

Dinner made easy!

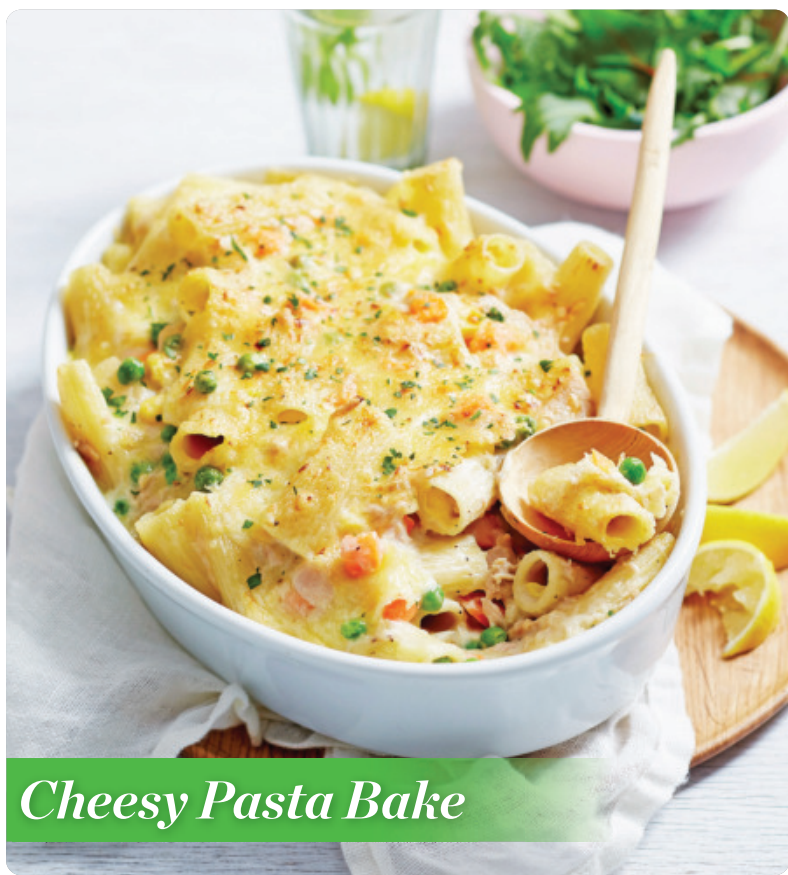
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*Blueberry Sloe
Gin Fizzes*



*Strawberry and Blue
Cheese Salad*



Cheesy Pasta Bake



*Mini Brownie Cups with
Mascarpone Cream*

Strawberry and Blue Cheese Salad

Crispy prosciutto adds a hint of smoky goodness to this toss

- 2 slices prosciutto** flipping once, until crisp, 1–2 min. per side. Let cool; break into pieces. In small bowl, whisk together $\frac{1}{3}$ cup oil, vinegar, mustard and salt.
 - $\frac{1}{3}$ cup + 2 Tbs. olive oil**
 - 2 Tbs. white balsamic**
 - $\frac{1}{2}$ tsp. Dijon mustard**
 - $\frac{1}{8}$ tsp. salt**
 - 4 slices ciabatta bread, torn** ● Meanwhile, heat oven to 400°F. On rimmed baking sheet, toss ciabatta with remaining 2 Tbs. oil. Bake, stirring occasionally, until crisp, 8–10 min. On platter, arrange lettuce, berries, prosciutto, croutons and cheese. Drizzle with dressing; serve.
 - 1 (5 oz.) pkg. salad greens**
 - 4 strawberries, halved**
 - 3 oz. blue cheese, crumbled**
- In nonstick skillet, cook prosciutto over medium heat,

Servings: 4. Active time: 20 min. Total time: 35 min.
Calories: 386 Protein: 8g Fat: 31g (7g sat.) Chol.: 15mg Carbs.: 16g Sodium: 580mg Fiber: 1g Sugar: 3g

Blueberry Sloe Gin Fizzes

We gave the retro tippie a modern upgrade with a deliciously easy berry-herb infused syrup

- $\frac{1}{3}$ cup sugar** stirring occasionally, until berries begin to break down, sugar is dissolved and flavors blend, about 5 min. Strain into heat-proof bowl; discard solids. Cover and chill.
 - $\frac{1}{2}$ cup blueberries**
 - 1 sprig rosemary + additional**
 - Ice cubes**
 - 8 oz. sloe gin**
 - 1 (10 oz.) btle. lemon seltzer**
- Evenly divide syrup among 4 ice-filled glasses; evenly divide sloe gin among glasses. Top off with seltzer; add remaining $\frac{1}{4}$ cup blueberries. If desired, garnish with additional rosemary sprigs.
- In small pot, combine sugar, $\frac{1}{4}$ cup blueberries, 1 sprig rosemary and $\frac{1}{3}$ cup water; over medium heat, cook,

Servings: 4. Active time: 15 min. Total time: 45 min.
Calories: 220 Protein: 0g Fat: 0g Chol.: 0mg Carbs.: 38g Sodium: 10mg Fiber: 1g Sugar: 37g

Mini Brownie Cups with Mascarpone Cream

Our two-bite sweets are the cherry on top of any meal

- 1 (18 oz.) pkg. milk chocolate brownie mix** directions with eggs, oil, $\frac{1}{4}$ cup water and extract. Divide batter evenly among muffin cups. Bake until pick inserted into centers come out with moist crumbs, 13–15 min. Let cool completely in pans on rack; transfer to platter.
 - 2 eggs**
 - $\frac{1}{2}$ cup oil**
 - 1 tsp. almond extract**
 - $\frac{3}{4}$ cup heavy cream**
 - $\frac{3}{4}$ cup mascarpone cheese**
 - $\frac{1}{4}$ cup sugar**
 - 36 drained Maraschino cherries**
- Just before serving, on medium speed, beat cream, mascarpone and sugar until soft peaks form. Spoon mascarpone mixture onto brownies; top with cherries.
- Heat oven to 350°F. Grease and flour 36 mini muffin cups. Prepare batter per package

Servings: 36. Active time: 45 min. Total time: 2 hrs.
Calories: 170 Protein: 2g Fat: 12g (4g sat.) Chol.: 33mg Carbs.: 16g Sodium: 45mg Fiber: 1g Sugar: 12g

Cheesy Pasta Bake

The creamy casserole is a snap, thanks to frozen vegetables

- 8 oz. rigatoni pasta** cook pasta per package directions for al dente; drain.
 - $1\frac{1}{2}$ Tbs. all-purpose flour**
 - $1\frac{1}{2}$ cups milk**
 - $\frac{1}{2}$ Tbs. Dijon mustard**
 - $\frac{3}{4}$ tsp. Worcestershire sauce**
 - 1 cup shredded cheddar**
 - 1 (5 oz.) can tuna in water**
 - $\frac{3}{4}$ cup frozen mixed vegetables, thawed**
 - $\frac{1}{2}$ tsp. grated lemon zest**
 - 1 Tbs. chopped parsley**
- In same pot, whisk flour into milk; over medium-high heat, stirring constantly, bring to a boil. Reduce heat to low. Stir in mustard and Worcestershire. Reserve $\frac{1}{2}$ cup cheese. Add remaining cheese to pot; cook, stirring, until melted, 2 min. Drain tuna and veggies; stir into pot with lemon zest and pasta; transfer to baking dish. Sprinkle with reserved cheese and parsley. Bake until hot and bubbly, about 15 min.
- Heat oven to 400°F. Grease $1\frac{1}{2}$ -qt. baking dish. In large pot of salted boiling water,

Servings: 4. Active time: 25 min. Total time: 45 min.
Calories: 400 Protein: 22g Fat: 13g (7g sat.) Chol.: 50mg Carbs.: 54g Sodium: 410mg Fiber: 2g Sugar: 7g

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Harness the power of nature in your decor!

This year's hottest wellness trend? Using decor to improve mental and physical health. Known as biophilic design, here's how to enjoy the benefits in your home

BY KATIE ALBERTS

Improve your health with foolproof fronds

Plants are a great way to add a health boost to your home, purifying the air and zapping stress. "I suggest a *Zamioculcas zamiifolia*, the ZZ plant. It's practically indestructible," says interior designer Michelle Jett, owner of Decorating Den Interiors of Southern California. "And its sculptural quality adds depth to any space." One big caveat: ZZ plants can be toxic to pets if ingested. "My second choice is a faux fiddle-leaf fig, which offers the drama so valuable in biophilic design without maintenance concerns."

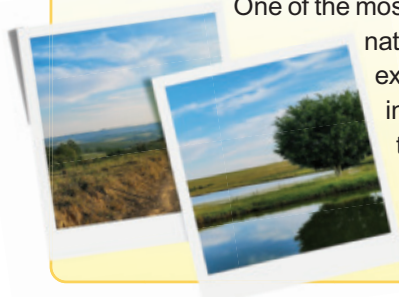


Boost joy with earthy colors

"Clients tend to gravitate toward two distinct color approaches," says Jett. One group seeks a muted look, which we achieve with rich browns and soft ivories. A second group craves visual energy and color. "Here, we lean into terra-cotta and sage to evoke earth and foliage. These hues shift subtly as the light changes, just as elements do in nature."

Get inspired by your happy place

One of the most liberating aspects of biophilic design is that nature provides perfect inspiration, notes Jett. "For example, a client fell in love with a coastal hiking trail, and our entire design scheme was right there—lamps in blue hues, sage throw pillows and driftwood accents." Find a photo of your happy place, whether it's a forest or tropical garden, and pull colors and textures from the image.



Wake up creativity with pops of botanical beauty

A signature piece in many biophilic interiors: pressed leaves in simple wooden frames. "Whether hung on the wall or interspersed with family photos, these botanical artworks add freshness to your decor," notes Jett. To try it yourself, press lightweight leaves between heavy books and display them in floating frames. Or shop for ready-made pressed-leaf wall art at Target and World Market.



Cue soothing softness with rounded accents

Fluid curves that echo natural forms are key to nailing the biophilic look, reveals Jett. "Simply seek out pillows, throws and small rugs that are circular or have scalloped edges. And it's even more mood-boosting if you choose chunky knits or textured fabrics because tactile engagement is another way biophilic design works its magic!"

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Q

“My credit score is in the low 600s, and I need to raise it. But I don’t want to wait a year or longer to see improvement. **Are there ways to boost my score more quickly?**”

Definitely! Depending on your credit history, your score can jump as much as 100 points in just a few months—you could even see improvement as soon as today. That’s great news since raising your credit score makes banks more likely to approve you for a mortgage, car loan or credit card. Plus, you could qualify for a lower interest rate that saves you thousands of dollars.

Getting started is simple: First, check your current score at the three major credit reporting bureaus for free. For TransUnion and Equifax, sign up at CreditKarma.com, and for Experian, go to Experian.com. Then use these pro tips to raise your score in no time at all!

See an instant boost

You’re probably making regular monthly payments for services like your wireless plan, utilities, car insurance and streaming platforms. While credit bureaus traditionally don’t count these bills toward your credit score, the free Experian Boost program does use these payments to increase your Experian score.

Just sign up at Experian.com/credit/score-boost. Then securely connect the credit card or checking account you use to pay monthly bills and choose those you want added to your Experian credit file.

“The program pulls in up to 24 months of payment history right away, giving your credit report a fast injection of on-time payment data,” says Rod Griffin, Senior Director of Public Education and Advocacy at Experian. “That’s key because payment history shows that you handle money responsibly and is the single biggest factor impacting your credit score,

accounting for 35% of it.” The best part is you’ll see results almost instantly. “Right after signing up, users see an average improvement of about 13 points in their Experian score,” says Griffin. “And for people with scores below 680, the bump is closer to 19 points.”

Choose *this* line of credit

If your TransUnion score is 619 or below, consider using Credit Karma Money’s free Credit Builder tool to help raise it, says Courtney Alev, Consumer Financial Advocate at Credit Karma. You can expect a spike of 17 points on average in your TransUnion score in as few as three days. Just follow four easy steps:

1. Open a free checking account

Visit CreditKarma.com/ck-money/checking to sign up for the Credit Karma Money Spend checking account—you’ll be able to link it to a bank account to fund it.

2. Enroll in Credit Builder

At CreditKarma.com/credit-builder, sign up for a \$500 line of credit that’s reported to TransUnion like a credit card. Instead of giving you the money to spend, Credit Karma sets it aside for you in a locked savings account.

3. Make monthly payments

Use the money in the account to pay back the credit line, starting with as little as \$20 a month. It’s like giving yourself a loan, then paying it off in installments. The benefit is that Credit Karma reports each payment to TransUnion, building positive credit history fast.



4. Unlock your savings

Once you’ve repaid the \$500, Credit Karma deposits this money into your Spend account, giving you full access to it. So not only do you increase your credit score but you end up saving \$500!

Use all your credit cards

About one in four credit cards sits unused, often because other cards earn you better rewards. But putting idle accounts to work can raise your score. “Credit reporting bureaus ignore cards that haven’t had activity for 6 to 12 months,” explains Griffin. When that happens, your total available credit looks smaller than it really is, which can hurt your score.

That’s because credit scores factor in your credit utilization—the ratio of how much you owe versus the total credit you have. If your reported credit limits drop but your balances don’t, it makes that ratio less favorable. By reactivating a dormant card with a small recurring charge (say, a monthly pedicure) and paying it off each month, the card gets factored in again, says Griffin. This makes your available credit higher, triggering a recalculation that can increase your credit score in 30 to 60 days.

—BY GABRIELLE LICHTERMAN

Have a money question? Email us at money@womansworld.com

Nab a hotel discount

Whether you're visiting friends, exploring a national park or soaking up the excitement of a big city, your birth year could unlock a better rate for your lodging. That's because many hotels offer age-based discounts. Best Western, for example, lowers room prices for guests 55 and over, and IHG Hotels & Resorts gives One Rewards Members 62 and older a special "Best Flex Rate." Savings vary by location and length of stay, but expect 3% to 15% off the total. Check the hotel's website for details, choose the senior discount when booking and bring ID to confirm eligibility.



Save on stamps

Heads up if you send lots of snail mail: Postage prices increase on July 13, so now is the time to stock up. First-Class Mail Forever stamps will go from 73 cents to 78 cents, saving you \$1 per book if you buy before the price hike. Since they never expire, you can use them even after the new rate kicks in. Domestic postcard stamps are also increasing, from 56 cents to 62 cents, which translates to \$1.20 saved per book if you buy now. But be prepared to use them quickly—postcard stamps do expire, so you'll need to pair them with an additional 6 cents in postage after July 12. Pick up your stamps at your local post office or order from [USPS.com/shopstamps](https://www.usps.com/shopstamps) or 844-737-7826.

Get paid as a poll worker

November isn't the only time Americans cast their votes. Local, special and primary elections occur year-round, and organizers need poll workers to welcome voters and explain procedures. If this sounds like something you'd enjoy, you can earn \$100 to \$300 on Election Day, plus receive paid training. Visit the United States Election Assistance Commission at [EAC.gov/help-america-vote](https://www.eac.gov/help-america-vote) to sign up.



70%

PEOPLE WHO SAY A DISCOUNT HAS LED THEM TO MAKE AN IMPULSE PURCHASE

SALSIFY

**SCAM
BEWARE**

**Skip phony
friend texts**

GOT A TEXT MEANT FOR SOMEONE ELSE? Watch out if the sender tries to start a friendly conversation. Scammers use this tactic to build a relationship with you over time, then eventually ask for personal information or money. Stay safe by deleting any texts sent to you "by accident."

**SAVINGS
SECRET**

**SLEEP IN
TO SPEND
LESS**

To curb impulse buys at farmers markets, arrive later in the day. A Cornell University study reveals that afternoon shoppers tend to buy fewer items than early birds. One key reason: Markets are busier later in the day, so vendors have less time to suggest additional products that might be tempting. Another smart way to save? Bring only the cash you need and leave credit cards at home. The same study found that paying for wares at farmers markets with dollar bills helps shoppers stick to a budget by setting a clear spending limit.

Adventure awaits in Sandusky!

Charming amenities, ferry rides and the 364-acre Cedar Point Amusement Park beckon you to this Ohio town

BY SHAY TROTTER

Make summer memories in Sandusky! Named one of the best coastal small towns in America, this welcoming Ohio destination along Lake Erie is known for its downtown architecture, world-class amusement park, rich history and more.

Kick off your visit at the Merry-Go-Round Museum, where you can learn about historic wooden carousel sculptures, see some being carved and even take a ride on an antique working carousel.

Next, satisfy your appetite at Berardi's Family Kitchen, which has been serving local favorites for more than 75 years. Try their famous french fries, Lake Erie yellow perch, Berardi Burger or breaded buttermilk chicken sandwich.

As the day winds down, head to the laid-back Shoreline Park. Picnic tables and benches make it easy to relax, enjoy a bite to eat and admire the views of Cedar Point amusement park and the sunset.



Sip world-class wines at Firelands Winery, which was founded in 1880 as Mantey Vineyards



Admire the views of Cedar Point Beach at Hotel Breakers

TAKE A MINI VACATION—AT HOME

Imagine you're in Sandusky with a cocktail inspired by Crush Wine Bar and a virtual coaster ride

Pink Martini

- 2 oz. citrus-flavored vodka
- 1½ oz. cranberry juice
- ¾ oz. orange liqueur
- ¾ oz. lime juice



● Pour all ingredients into an ice-filled shaker. Shake for 10 seconds and strain into martini glass. Garnish with a lime wedge.

Virtual ride: Millennium Force

Experience Cedar Point's famous Millennium Force, the world's first giga roller coaster—meaning it soars more than 300 feet high. Search "Millennium Force—Official POV" by Cedar Point on YouTube.com.



See goats and other barnyard animals at Wild Acres Ranch



Relax with Brain Games



CROSSWORD

Spell it out

Use the letters highlighted in the finished puzzle to name a classic board game

ACROSS

- 1 Revise
- 5 Calculates a total
- 9 Squabble
- 13 Feathery neckwear
- 16 Like some eclipses
- 18 Fishing rod attachment
- 19 Toothpaste holder
- 20 Shoemaker's tool
- 21 Picket line?
- 22 Old Peruvian
- 23 Previously occupied
- 24 Some trial evidence
- 25 Eightsome
- 27 You can see them at marinas
- 29 Valuable stone
- 30 Venomous snake

- 33 Relative by marriage
- 35 Stretch (out)
- 36 Round number
- 37 Lines to be memorized
- 39 Place to hibernate
- 41 Postpaid encl.
- 44 Tartar ___
- 45 Very smooth
- 47 Open to everyone
- 51 Writer Hemingway
- 53 Like some opposites
- 54 Jack Sparrow or Captain Hook
- 55 Casual tops
- 56 Wee warbler
- 58 Allow
- 60 It's a no-no
- 61 ___ list

- 62 Sounds of relief
- 64 Overflowing (with)
- 68 Spring mo.
- 70 Gumbo add-in
- 71 Tiniest bit
- 75 Cheerleader's prop
- 77 Ballet practice
- 79 Group's mood
- 81 Pal of Pooh
- 82 Vogue rival
- 83 Bamboo lover
- 84 Wild about
- 86 "This ___ joke!" (2 wds.)
- 88 Greater in size
- 89 Playful marine mammal
- 92 Salmon eggs
- 94 "Black-eyed" flower
- 96 TV drama settings

- 97 Kit mitt
- 98 Rock faces
- 101 Hip-length blouse
- 103 Id's partner
- 104 Plant part
- 105 Ring bearer
- 107 Mary-Kate or Ashley
- 111 Yellowstone sight
- 112 Up to the task
- 113 Battery contents
- 114 Library no-no
- 115 Ruby or Sandra
- 116 Existed
- 117 Memory unit
- 118 Head-turner

- 30 Item of value
- 31 Frighten
- 32 Wrinkly fruit
- 34 Part of a train
- 36 Striped animal
- 38 Frosts, as a cake
- 40 Under the weather
- 42 Mobile download
- 43 They're taken to the cleaners
- 46 They can be lucky
- 48 "Chocolate" dog
- 49 "Am ___ believe ...?" (2 wds.)
- 50 VIP at the top of a ladder
- 52 Tango need
- 53 Folks
- 57 Vitamin bottle info
- 59 Oozy stuff
- 61 Barb in a bush
- 63 Deli meat
- 64 Tarzan extra
- 65 Sadness
- 66 Actress Adams
- 67 Turn sour
- 69 "Whew!" feeling
- 70 Starts

89 across

- 71 Use a trawl
- 72 Where the deer and the antelope play
- 73 More dated
- 74 Boscs and Bartletts
- 76 Satisfied
- 78 Roker and Pacino
- 80 View
- 85 Baltimore bird
- 87 Costume
- 88 Shut out
- 89 Drive too fast
- 90 American symbol
- 91 Came to
- 93 Many times
- 95 Soft leather
- 98 Seafood choice
- 99 Stud site
- 100 Q-tip
- 102 Hoofbeat
- 106 Slick
- 108 Female sib
- 109 Twisty turn
- 110 Tennis court divider

DOWN

- 1 Little helper
- 2 Rightful
- 3 Holiday ___
- 4 Folded fast food
- 5 The Little

Mermaid

- 6 Of the teeth
- 7 Datebook abbr.
- 8 Overwhelm with laughter
- 9 Baffled
- 10 Presses forward
- 11 "Not on ___!" ("No way!")
- 12 Williams and Koppel
- 13 Symbol of authority
- 14 Title holder
- 15 San Antonio landmark
- 17 Chef's collection
- 26 Blasting letters
- 28 Shot from above

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				
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																			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

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

Getty (3); Van Scott

For answers to Crossword and Sudoku, turn to pg 53

Mystery

House of cards

When State Police Detective Kelly Stone was only six, she had accompanied her father to a barber shop. Since then, she had never set foot in a hair salon. So early Friday morning, the detective sat in the chair as Dad's favorite barber, Sal, provided her monthly trim.

"I'm surprised you weren't sent to investigate the early-morning attempted burglary," said Sal between snips.

"Here?"

"Upstairs. Their door beside ours was smashed in last night."

"What's upstairs?" asked a curious Kelly.

"The House of Cards, a store that specializes in play-time collectibles—everything from baseball to Pokémon cards."

"Anything taken?" continued the detective.

"We don't know," said Sheriff's Deputy Rick Peters, suddenly sitting in the chair next to the detective. "Just came from the House, and my being here's no coincidence—Sal said you were coming in. When the owner, Pat Forsythe, locked up last

night, he told Sal he was going to a trade show in Vegas for the whole weekend."

"Security cameras?" said an interested Kelly.

"Only Sal has them, but they're old, not time-stamped. Caught a hooded figure," said Rick. "Showed someone going upstairs, but not coming out."

"Could they still be there?"

"We got the call at 7:30 this morning," the sheriff's deputy explained. "When the sales clerk, Melissa, came to work, she heard the alarm going off, noticed the smashed-in door, and called us."

"Deputy Peters was here when I opened," said Sal, "before going back upstairs."

"You search the card shop's premises?" posed Kelly. "Maybe Melissa didn't notice and the thief is still there?"

Peters headed for the door. Kelly followed close behind, exiting the barber shop, executing a 180 at the smashed door, and running up the stairway and into the House of Cards.

Seeing the two officers of the law approach, a ponytailed teenager jumped and threw her hands across her chest.

"Melissa, you all right?" blurted out Deputy Peters.

"Yes," she said, composing herself. "Why shouldn't I be? The alarm timed out and saved my ears."

Immediately, Kelly and Rick checked the counter-lined sales room as well as the back office and bathroom.

"Clear," said Kelly.

"OK, back here," said Rick.

At that moment, a phone on a sales counter buzzed. Melissa picked it up and looked at the caller ID. "It's Mr. Forsythe," she announced.

"May I?" said Kelly, extending her hand.

Answering the call, Kelly put the phone on speaker, then explained who she and Rick were and why she was here.

"Nobody but me has the key to get in," said Forsythe over the phone. "I woke up because of an alert on my phone that someone had entered the shop."

I was hoping the police had been sent to investigate. Has anything been taken?"

"We haven't determined that yet," responded Kelly. "Tell me, though, if I were a thief, what would I be most interested in stealing?"

"That's easy," said Forsythe. "Just yesterday, The Shadow Falls Gazette ran a front-page story on the mint-condition, signed Mac Turner rookie card I recently acquired."

"Yeah," said Kelly, silently thanking her father's obsession with sports. "His first year in the bigs, Shadow Falls' own Mac Turner pitched for the Boston Red Sox in their Impossible Dream run into the World Series."

Melissa pointed to an empty spot on the top row in the counter by the door.

"What's the card worth, Mr. Forsythe?" pressed Kelly.

"I just turned down a local collector who offered me only \$20,000. Please, please tell me it's not missing."

"It is, but I think I know where to find it," said Kelly.

—Hal Charles

Q: Where was the missing card?

A: Turn to pg 53



Order Up!

Can you guess which happened first, second and third?

- ___ A. Captain & Tennille hit #1 on the music charts with "Love Will Keep Us Together"
- ___ B. Sesame Street introduces Elmo
- ___ C. Mrs. Fields Cookies opens in California



Person, Place or Thing?

Can you guess what I am?

- I come in a variety of shapes
- There are two syllables in my name—both start with the letter S
- I'm washed up, but not a has-been
- People sometimes collect me
- If you're crafty, you might glue me
- Some creatures call me home
- I'm a light pink color
- I'm definitely the beachy type
- My Mother of Pearl has often been used to make jewelry
- Sally sold me by the seashore



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

Smiles are still priceless. Especially yours

Day 2

Your kind of wonderful is one of the best kinds!

Day 3

Today matters more than yesterday

Day 4

Be a dreamer and a doer and there will be no stopping you!

Day 5

Your hard work is already paying off

Day 6

You have so much to offer!

Day 7

Plan. Hope. Reach. Win!

My friend, my angel

Woman's World reader Marcia Sinclair was grieving the loss of her dear friend when he sent her a beautiful sign from above. She writes:

Rick and I were more than friends—we were family. We had been friends since high school, and I was the healthcare power of attorney for him. My parents loved him like a son. Because he lived in Denver and I lived in New Hampshire, we didn't get to see each other often, but every time we spoke, it felt like we had just talked the day before.

Rick was very sick, and I had already been to Denver in January to see him. When I got the call from his doctor

in February that he had taken a turn for the worse, I was on a plane the next morning.

Ultimately, Rick went into hospice care, and I stayed with him in his final days.

Another of his friends, Kris, flew out to see him as well.

Before she left to fly home, we told him that we wanted a sign when he got to Heaven.

On what we knew would

be his last day, I had music playing. Rick's brother, Paul, was also there, and we were both holding Rick's hand. "On Eagle's Wings" was playing when he died. The lyrics were perfect: *And He will raise you up on eagle's wings, bear you on the breath of dawn, make you to shine like the sun, and hold you in the palm of His hand.*

The next day, Paul and I were on our way to the airport. I looked out the window, and the sun was surrounded by a bright halo. I clicked a picture, knowing this was the sign we had asked for. Rick was in Heaven—and we know he lit up the Heavens when he arrived.



"We know he lit up the Heavens when he arrived!"



A beautiful halo around the sun reminded Marcia that Rick would always be near



ANGEL EXPERT SUNNY DAWN JOHNSTON SAYS...

Marcia's story reminds us that when we ask for a sign from Heaven with an open heart, our prayers are answered in the most beautiful ways. The halo around the sun was no ordinary sight—it was Rick's way of keeping his promise, letting Marcia know he made it home safely. The timing of the song was also divinely orchestrated to bring peace to grieving hearts. When we lose someone dear, their soul finds ways to comfort us—through music, nature and moments too perfect to be chance. Love endures, and Heaven is closer than we think.

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



“SHE RESCUED ME!”

I was out running errands one day, and when I got back to my car, the battery was dead. I have roadside assistance, but when I called, they said they wouldn't be able to come out for an hour or more.

I was really worried about having to sit on the side of the road for that long. Just then, a woman saw my dilemma and came running over with jumper cables in hand. As it turns out, we had the same car, the same year and the same color. I found out she was from New York, and I'm from New Jersey—and she was so kind. I know God sent her to rescue me!

—Carol Odom, Lancaster, SC

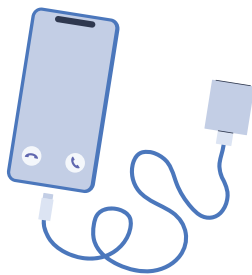
“HE WENT ABOVE AND BEYOND!”

When the company I had worked at for 25 years had to do lay-offs, I was one of the unfortunate ones who lost their job. I was so stressed and worried because this was the only job I had ever had, and I didn't even know where to begin looking for another. Luckily, my neighbor showed me how to make a LinkedIn profile and put myself out there to look for new opportunities. Within a few weeks, I was getting job interviews and finally received an offer. I was so thankful to have his help in my job search. I made some treats for him and his wife and babysat for them so they could have a date night out. My neighbor went above and beyond his neighborly duties, and I will never forget his help that changed my life! —Debbie Romano, Hartford, CT

“I WAS SO GRATEFUL FOR HER!”

My granddaughter recently moved to New York City. I was determined to visit her without having issues navigating around. I did a great job getting through the airport and onto the bus that would take me into the city. But once I got to the subway, I realized my phone had died. I didn't have a MetroCard, and the MetroCard machine was down—it was the worst-case scenario. Luckily, I stood by the turnstile for a few minutes, and a nice young woman asked if I needed her to swipe me in. I also asked if she happened to have a portable phone charger, which she did. She let me borrow it to power up my phone just enough to get to my destination. I was so grateful to her and proud that I made it!

—Sandra C. Adams, Clinton, NC



Instant ahh...

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



“Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.”

—Langston Hughes

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.

ARIES Mar. 21–Apr. 19

Around the 25th, consider setting an ambitious intention related to your relationships with family members. From the 26th on, tapping into artistic impulses and expressing yourself creatively feels right intuitively.

Your lucky days: June 23, 26, 27

Your lucky numbers: 1, 4, 5



TAURUS Apr. 20–May 20

On the 24th, you'll enjoy a burst of can-do, optimistic, positive energy that fuels social and learning experiences. After the 26th, heart-to-hearts with loved ones might happen more organically and boost mutual understanding.

Your lucky days: June 22, 25, 26

Your lucky numbers: 2, 3, 4



GEMINI May 21–June 20

Around the 25th, consider zeroing in on a powerful intention related to moneymaking and saving. Starting on the 26th, your social life will be even buzzier than usual. Prioritizing get-togethers with friends fuels your bliss.

Your lucky days: June 22, 23, 27

Your lucky numbers: 3, 9, 12



CANCER June 21–July 22

You'll have an exciting chance to pinpoint a meaningful aspiration and take a significant step in that direction around the 25th. Beyond the 26th, start researching promising moneymaking game plans.

Your lucky days: June 24, 25, 26

Your lucky numbers: 1, 2, 5



Meryl Streep
June 22, 1949



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

Cancer, in late July, the new moon in your money zone presents an exciting opportunity to move the ball forward on an income-boosting endeavor. Set aside time to meditate on your values and nurture your self-worth, and you're sure

to knock it out of the park. In early August, the full moon in your intimacy sector could set the stage for sharing what's on your mind and in your heart with someone special. The new moon in Virgo in late August presents a chance to connect

with friends and colleagues, brainstorm and kick off a thrilling learning experience. Then in early September, the lunar eclipse and full moon in your adventure zone could stir up restlessness, nudging you to take a leap of faith.

LEO July 23–Aug. 22

Starting on the 25th, carving out time for rest and reflection can lead to bolstered self-awareness. You'll be feeling more prepared to pitch passion projects from the 26th on. Step up to the plate and you're sure to feel heard.

Your lucky days: June 26, 27, 2

Your lucky numbers: 1, 5, 12



VIRGO Aug. 23–Sept. 22

On the 22nd, you'll be fired up to make bold moves to build momentum on a group endeavor. Past the 26th, you'll enjoy stepping up self-care practices related to nurturing your mental and emotional wellbeing.

Your lucky days: June 22, 25, 26

Your lucky numbers: 6, 9, 11



LIBRA Sept. 23–Oct. 22

Consider meditating on what you want to achieve professionally after the 25th, then write it down or share it with a trusted confidant. From the 26th on, time with your social circle helps you get clear on a long-term wish.

Your lucky days: June 22, 23, 27

Your lucky numbers: 7, 10, 11



SCORPIO Oct. 23–Nov. 21

Around the 25th, you'll be itching to break free of your routine and experience something out of the ordinary. After the 26th, trading notes about big-picture projects can lead to more recognition for your hard work.

Your lucky days: June 24, 25, 26

Your lucky numbers: 9, 10, 18



SAGITTARIUS Nov. 22–Dec. 21

Around the 22nd, think about joining forces with a loved one or significant other to move the ball forward on a financial plan. Beyond the 26th, trust gut impulses while planning an eye-opening experience like a vacation or day trip.

Your lucky days: June 26, 27, 28

Your lucky numbers: 8, 16, 17



CAPRICORN Dec. 22–Jan. 19

Soaking up knowledge by working with a mentor or higher-up can be truly empowering on the 22nd. Around the 25th, you can take your bond with a friend, loved one or colleague to the next level.

Your lucky days: June 22, 25, 26

Your lucky numbers: 6, 9, 18



AQUARIUS Jan. 20–Feb. 18

Starting on the 25th, focus on how you can bring balance to your day-to-day hustle. Even a slight tweak to your routine can make a big difference for vitality. From the 26th on, leaning on someone close can help you feel seen.

Your lucky days: June 22, 23, 27

Your lucky numbers: 3, 7, 15



PISCES Feb. 19–Mar. 20

Around the 25th, opening up about your most heartfelt needs means embarking on a chapter full of creativity and lighthearted fun. After the 26th, learning new ways to tend to your wellbeing daily proves rewarding.

Your lucky days: June 24, 25, 26

Your lucky numbers: 5, 6, 14



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What your dream vacation says about you

According to a study in the *Journal of Research in Personality*, extroverts and introverts are drawn to different types of travel spots. Just pick your bucket-list trip below to discover what it reveals about your unique personality traits

—BY KRISTINA MASTROCOLA

If you prefer...



Thailand: You're a spiritual searcher

Home to everything from other-worldly islands to ancient temples, Thailand is a spiritual Shangri-La. In fact, it's been said that you don't visit Thailand, you discover it. More than a mere traveler, you are a seeker, posing deeper questions about your purpose in life and the steps that will help you become the best version of yourself. In other words, planning your trip doesn't just bring you closer to paradise, it brings you closer to yourself.



Africa: You're an open-minded thinker

Africa's ancient name, Alkebulan, translates to "mother of mankind," and is the perfect reflection of the larger-than-life continent. A curious thinker with a voracious appetite for knowledge, you devour everything from history to cultural trends and would jump at the chance to do what most of us only dream of—like taking an exciting safari or visiting the breathtaking Victoria Falls. In other words, for you, a trip is only worth the ticket if it truly transports you to a different world.



Hawaii: You're an effervescent and sensitive soul

From black-sand beaches to blood-red hibiscus dotting its rain forests like jewels, Hawaii is quite simply a feast for the senses, and your desire to visit it above other lovely locales reflects your joyful energy. Highly visual and sensitive to even the subtlest change in your environment, you likely have a flair for design and infuse your home with natural touches and lush plants that remind you of this island escape.



Tuscany: You're a complex idealist

The region where the Renaissance took root is still a cultural hot spot, but what makes Tuscany unique is its blend of cosmopolitan sophistication and rural romance. Whether you yearn to visit its many museums or sip a glass of wine while drinking in the serene landscape, you exude optimism and are just as layered and multifaceted as Italy itself.



Paris: You're a resourceful free spirit

With art on every corner—including in the pastry shops brimming with decadent inventions—the City of Light is a beacon for creative types like you. More than that, Paris is an “open-ended story,” a place of meandering streets and endless history that allows you to lose yourself in the best way possible. You are so imaginative and independent you don't need a firm itinerary or even a map to guide you because exploration itself is the thing you find most rewarding.

Australia: You're a detail-oriented doer

Famous for exotic animals and an arguably even more exotic accent, “The Land Down Under” is not for the fair-weather traveler. Bold and assertive, you never let anything get in your way, and your travel aspirations are as lofty as the personal and professional goals you set for yourself. Meticulous and ultra-organized, you won't embark on your bucket-list trip until every detail of your itinerary is planned to perfection. After all, Australia is a once-in-a-lifetime destination, and you wouldn't have it any other way.



A Moment for

You

*You're
awesome
just the way
you are!*

You don't need
a personal
shopper or a
makeup artist,
a life coach or a
plastic surgeon.
Imperfections are
perfectly normal,
and you don't
need any fixing.
Why redo the
real you? You're
100% wonderful
already!

WW 5-MINUTE ROMANCE

A home run to the heart

Sharon meets a silver fox while teaching a senior social media class, but sparks fly when they bump into each other at a game

Sharon smiled at her grandson, whose face grinned back at her from her smartphone screen. "I've got to run now, Tyler, or else I'll be late for my own class! I'll see you at your baseball game this weekend."

Tyler waved. "Bye, Gram!" Sharon waved back and ended the video call, hurrying into the community center with a spring in her step. She'd agreed to teach the Social Media for Seniors class as a way to make some new friends her age, but Sharon had never expected to end up with a crush on one of her students.

A thrill raced through her body as she entered the classroom and scanned the space. When her gaze met a pair of sparkling blue eyes, she couldn't help a giddy grin from spreading over her face.

With his charming smile and stylishly cut hair, Max was a silver fox. All the single women in the class were half-smitten with him, but Sharon

liked to think she'd developed a special connection with Max. He always stayed after class to ask questions, lingering to chat.

Now, he smiled at her and tipped his head in greeting. "Ms. Wilson."

Butterflies swirled in Sharon's stomach, and she grinned. "Mr. Davenport." Quickly, she greeted the other students and passed out the handouts for the evening's lesson.

"Now, please get out your phones," Sharon said.

Max chuckled. "I highly doubt my grandkids' teachers say that very often."

Sharon laughed along with the class. "You're definitely right about that!"

The interactive lesson passed quickly, and soon Sharon found herself dismissing her students. "See you all next week. Don't forget to send me a photo through one of the

message apps we discussed." As the other students left, Max approached Sharon.

"Thursdays have become my favorite night of the week by far. I don't know what I'll do when the class ends. Maybe you should offer private tutoring," he winked warmly.

Sharon's cheeks heated. Digging deep, she mustered her courage. She hadn't asked a man out on a date since her divorce last year, but surely, she could go ahead and invite Max to coffee. "Would you—"

Max stepped back. "I've got to run, but great lesson tonight. I'll be sure to start using those apps." With a quick wave, he was suddenly gone.

Sharon sighed. At least she'd tried. That counted, right?

On Saturday morning, Sharon sat in the sunshine on the park bleachers, cheering for her grandson as his team prepared for their game.

**"Butterflies
swirled in
Sharon's
stomach, and
she grinned."**



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her phone chimed again. This time it was a picture of— “Cracker Jacks?” Sharon shook her head, trying to figure it out.

Just then, the umpire hollered, “Play ball!”

“Wait a second. Baseball. Peanuts and Cracker Jacks!” Sharon gasped. “I think Max is here!” Twisting in her seat, she gazed over the crowd. No, no, yes! There was Max, grinning at her, waving one hand and holding his array of snacks in the other. With a laugh, Sharon happily waved back.

Max made his way to the open seat next to her. “It must be my lucky day, running into the prettiest teacher in town.”

Sharon’s stomach somersaulted. “What, uh, are you doing here?”

“My granddaughter is trying Little League this year.” He pointed to a girl in the outfield. “That’s Kaley there.”

“I hate to tell you this, but I happen to be rooting for the opposing team.”

Max bumped her shoulder with his. “A little friendly competition never hurt anyone.” He

held out the red and blue box. “Cracker Jacks?”

Sharon giggled like a little girl. “Sure. Thanks.”

They spent the entire game chatting, smiling and laughing, pausing to cheer for their respective grandchildren. Sharon nearly jumped out of her seat, hollering and clapping when Tyler’s team won.

As the crowd began to slowly disperse, Max turned to Sharon, gazing into her eyes. “I’m glad I ran into you today. I’ve been wanting to ask you out, but I wasn’t sure if I should ask the old-fashioned way or...” He held up his cell phone and jiggled it.

Her heart soared like a home run hit. She was so happy. “Either way, I’d say yes.”

With his blue eyes twinkling, Max gestured to the empty bleachers. “Well, it’s too late to take you out to the ballgame, but how about lunch?”

Sharon beamed, her heart warm and the blush on her face reflecting that warmth. “That sounds perfect.”

—*Marcie McEachern*

Her daughter, Amanda, sat next to her. “They’re up against a new team. Maybe today will be their first win.”

Sharon crossed her fingers. “Here’s hoping!”

Ding! Sharon’s phone chimed. She unlocked the screen to find a message from Max. It was a picture of... *hmm*. She squinted and then extended the phone to Amanda. “Is that a bag of peanuts?”

Amanda glanced at the photo. “I think so.”

Sharon furrowed her brow. “How odd.” The words were barely out of her mouth before

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Brain Games Answer Key Games on pages 44–45

This week's Crossword solution

E	D	I	T		A	D	D	S		S	P	A	T		B	O	A	
L	U	N	A	R		R	E	E	L		T	U	B	E		A	W	L
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S	E	A	L		R	O	E		S	U	S	A	N		E	R	S	
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D	E	E		B	E	E	N		B	Y	T	E		P	S	S	T	

Crossword Jumble: Scrabble

Mystery solution

In Melissa's pocket. Kelly wondered why the female clerk came to work if Pat Forsythe had the only key. Then Kelly realized Rick described security footage showing the hooded thief arriving—but not leaving—not Melissa's arrival. Melissa must have been the thief who smashed the door, unaware the alarm was set. When Deputy Peters arrived before she could slip away, she posed as a clerk but couldn't leave. Melissa confessed to wanting the items but not being able to pay for the rookie card of her uncle.

This week's Sudoku solution

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

You deserve

Good things!

You were meant to be happy!

You don't have to work for happiness or wonder what's taking it so long. Happiness can happen right here, right now. The secret? Welcoming it. Happiness is never far. In fact, it's always where you are. It's just waiting for you to notice!



Everyday Hero

Proof that it only takes one person to make a difference

“I want to show kids how to support each other!”

After being diagnosed with brain and lung cancer, Mike Truskoski refused to give up coaching coed little league hockey. And just eight days after surgery, he was back on the ice, inspiring his whole community

“What happened?” Mike Truskoski asked when he woke up in the hospital with a split lip and blood on his face.

“You had a seizure,” the doctor told him. “And you have a mass on the right side of your brain. We’ll need to do surgery.”

It had been a typical day at his Chicago office on his 41st birthday, until the seizure struck.

The paramedics rushed Mike to the hospital, where doctors discovered the mass. Then, just two days after surgery, Mike got more devastating news: The mass was a secondary tumor that had spread from his chest, and he had stage 4 lung cancer.

I won't let this steal my life, Mike resolved as he thought of his wife and two daughters, Charlie, 8, and Willa, 4. *I'm going to fight this!*

Mike, a planner at an engineering firm, asked his doctors: “Well, what’s our next step here? What can we do?”

Thankfully, medications have worked well in preventing the progression of the lung cancer and painful symptoms, but the prognosis is uncertain.

No matter what happens, I'm not giving up my coaching

position, Mike thought, vowing to continue living life as fully as he did before the diagnosis.

He had spent 19 years coaching coed children’s hockey teams with the Northern Illinois Hockey League.

I've got to get back out there for the kids, he thought, remembering how he’s a hero to them.

Just eight days after returning home from the hospital following his craniotomy, Coach Mike mustered up the strength to get back to the rink with his young hockey players...and they won the championship game!

“We’re so glad you’re back, Coach!” said the adoring kids, who ironed patches with Mike’s initials onto their jerseys.

When Coach Mike resumed coaching after his surgery, you couldn’t even tell he was sick.

“He’s such a tender, kind soul and had a smile on his face. He’s a local superhero to the kids, and they were so thrilled he was there with them,” says Nineveh “Nin” Ewan, whose 10-year-old son, Christopher, has been on Coach Mike’s teams twice. “It’s clear that his resilience and his love for the game, the sport and the kids gave him the strength to come back so soon.”



“We can all be an example of how to persevere in hard times,” says Mike, here with his wife and daughters

Dane Watkins, whose son has played on Coach Mike’s team, cried when he heard the news about his cancer. As a fellow coach, Mike feels like family.

“He’s doing this because he loves teaching kids,” says Dane. “That’s what his specialty is: developing kids into good kids and good hockey players too.”

Mike’s wife, Hannah, is so proud of her husband. “He has been unwavering in his commitment to life, and he does not wallow,” says Hannah. “I don’t think he understands how unusual his perspective is.”

As for Mike, whose cancer is still being managed by medication, he couldn’t stay away from his hockey community, which inspires him to continue his normal life.

“When you get the level of support that I have, you want to live as normally as you can,” Mike says. “We can all be an example to kids of how to support each other!”

—Kellie B. Gormly

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Love & Laughter



“She looks familiar”
Scarlett Rae, 2, submitted by
grandmother Rebecca Pullen, AR



“Cake? What cake?”
Brady, 1, submitted by grandmother
Kelly Lathers, MI



The pawfect pair!
Madiynn, 3, submitted by mother
Nadine Brown, OR

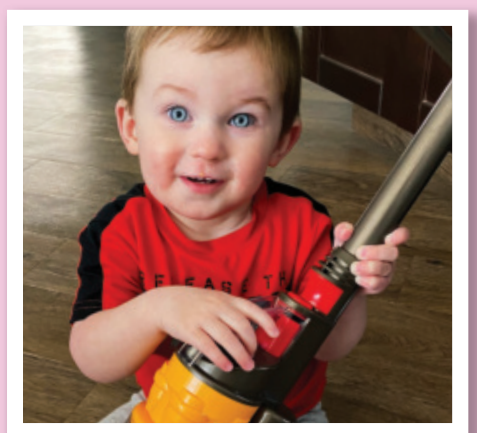


“I’m feline fine today!”
Daisy, submitted by Angie
Grimes, TX

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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.

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Mommy’s little helper
Emmett, 1, submitted by mother
Erika Gourlay, AB, Canada

Was my face red!

One sunny Saturday morning, I set out for the local nature preserve, ready to do some bird-watching. I spotted what I thought was a rare hawk perched on a branch and snapped about 20 blurry photos while whisper-screaming “Yes!” to myself. A nearby group overheard and came over to look—only to inform me I’d been intensely watching a very realistic plastic owl placed there to scare off squirrels. Boy, was my face red! —M.S., Lodi, CA



“Don’t worry about buying the wrong color. We have a marriage counselor on staff.”

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