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February 3, 2020

God Bless America

# Woman's World

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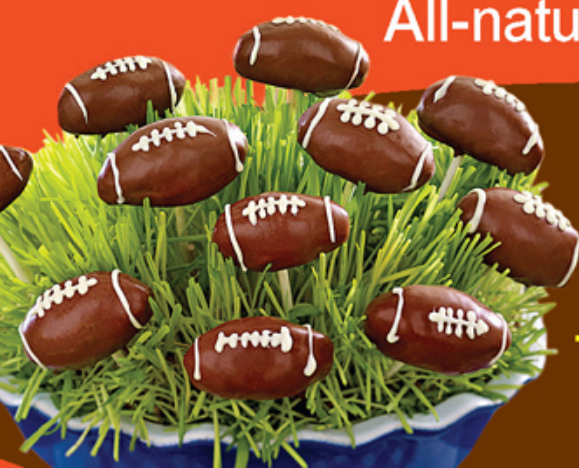
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**SUPER  
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Debbie Matenopoulos'  
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**WW** | To get in touch or share your story

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# Fill your week

SUNDAY, FEBRUARY 2 SUPER BOWL SUNDAY

## Toast to the big game!

Nothing pairs better with the Super Bowl than a cold beer—and this simple beer cocktail created by Jon Yeager, co-author of *The Ultimate Guide to Beer Cocktails*, takes it up a notch! “It’s similar to a mimosa: Easy to make and beyond refreshing,” he says. “It’s a wonderful

alternative to the heaviness of the snack table.”

**To make ‘The Drop’:** Pour grapefruit beer (like Stiegl Grapefruit Radler) into a glass. Add 1 oz. of dry cherry liqueur (like Luxardo maraschino liqueur). Garnish with a lime wedge, if desired. *Makes 1 drink*

JOKE OF THE WEEK

### A message from above?

A man goes ice fishing for the very first time. All of a sudden, he hears a voice. “There are no fish under the ice!” He ignores it and moves to another area, cuts a hole and tosses his line in. Again, he hears the booming voice: “There are no fish under the ice!” He nervously looks up and asks, “Lord? Is that You?” “No,” the voice responds, “This is the rink manager!”

FRIDAY, FEBRUARY 7 ROSE DAY

## Celebrate you!

Next week is all about red roses and romance, but *today*, you can treat yourself to a pink and peach bunch, which cost less and are just as gorgeous. The combination of peach roses (which symbolize gratitude) and pink (which represent happiness) is sure to bring you joy. To make the stunning display shown below, simply pick up a bunch of roses from the supermarket, cut them to 3", pop them into soaked floral foam and set on a pedestal plate. The open “vase” design lets each bloom shine!



THURSDAY, FEBRUARY 6  
PAY-A-COMPLIMENT DAY

## Make her day!



Today, we’re encouraged to say a kind word to a friend, co-worker—even a stranger! The compliment women love to receive most, according to a survey by U.K. retailer JD Williams: “You look happy.” Etiquette expert Elaine Swann (ElaineSwann.com) notes, “Every human being strives to find joy in their lives. And when someone recognizes that you found it, then hands that to you in the form of a compliment, it’s more readily accepted because it’s something you’re striving for.” No matter what you compliment someone on today, Swann suggests maintaining eye contact to show that you’re sincere.

### Send restaurant cards!

If you have gift cards to national restaurant chains to spare, send them to Concerns of Police Survivors (C.O.P.S.). The nonprofit will use them in silent auction fundraisers, with proceeds assisting families of fallen officers. Please note balance, and mail cards to C.O.P.S., Attn: Development, PO Box 3199, Camdenton, MO 65020





# with smiles!

MONDAY, FEBRUARY 3 FEED THE BIRDS DAY

## Spark joy!

Birds need our help providing food more than ever on winter's chilly days, so consider setting out some birdseed and water for them today. Or if you've got more time, you can make a birdseed wreath that they can snack on all month long!

**To make a birdseed wreath:** Add 3 blocks of rendered suet (at home-improvement stores) and ½ cup of peanut butter to a saucepan over low heat; stir until melted. Stir in 1 cup each of cornmeal, birdseed and whole-wheat flour and a handful of cranberries. Place mix in a greased mini-Bundt pan. Freeze until hardened; pop out of pan. Loop ribbon around the wreath and hang from a branch.



WEDNESDAY, FEBRUARY 5  
NATIONAL CHOCOLATE FONDUE DAY

## Dip into delicious!

What better way to celebrate this tasty holiday than by making your own fondue? “The key is to melt the chocolate very slowly—preferably in a double boiler or a stainless steel bowl set over a saucepan of boiling water—stirring constantly,” says Ilana Simon, author of *The Fondue Bible*. For best results, she recommends

starting with high-quality pure chocolate, like semisweet or dark chocolate baking squares. The best treats to dunk in the chocolate? “Cut-up fruit marries beautifully with melted chocolate,” says Simon. “But I also love mixing things up with salty dippers such as pretzels, pretzel crackers and breadsticks.” Yum!



Start your week  
with a  
**Laugh!** 😊



**Q** Why did the football coach go to the bank?  
**A** To get his quarter back



Kids are **fUnNy!**  
**M**y 7-year-old granddaughter, Elizabeth, was sleeping over one night, and I told her I would draw her a bath. Excitedly, she asked, “Grandma Susie, can I color it in please?”

—S.W., Albuquerque, NM

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# Relax and have

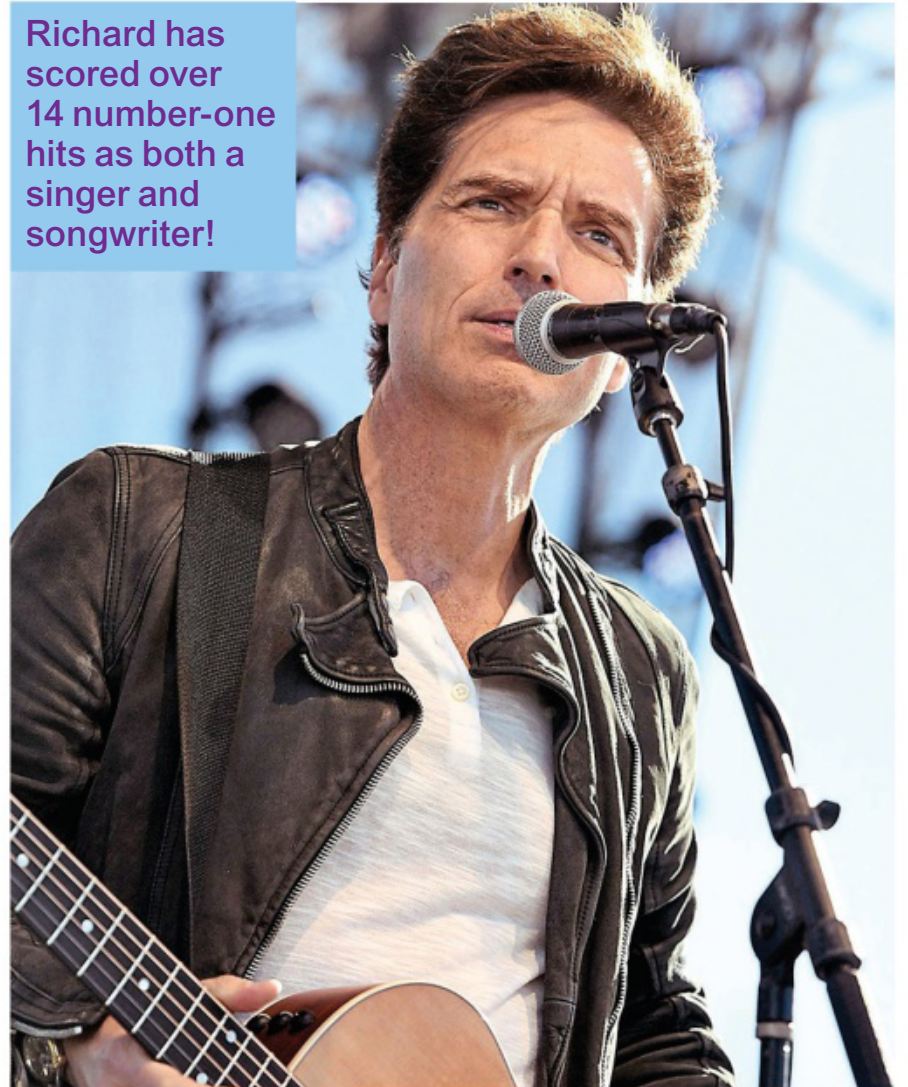
## TV: NBC *Take a laugh break* with *Indebted!*

Fran Drescher returns to TV in this new comedy that'll have you in stitches! Dave and Rebecca are finally ready to reclaim their lives after years of diapers and sleepless nights, but things take an unexpected turn when Dave's parents, Linda (Drescher) and Stew (Steven Weber), show up unannounced and broke after having mismanaged their finances. They have no choice but to welcome his parents into their home. But as Mom and Dad soon show, they aren't great with boundaries. The question becomes: Who's parenting whom? See the lines get hilariously blurred when the show premieres on February 6.

## MUSIC *Hear new music* from Richard Marx!

It's been 30 years since the release of his breakthrough album, *Repeat Offender*, featuring his hit song, "Right Here Waiting," and now Richard Marx is back with his latest record, *Limitless*. Hear his first single, "Another One Down," which he cowrote with his son, Lucas. He also collaborated with wife Daisy Fuentes and songwriter Sara Bareilles to pen other tunes for the album. You can catch him singing them live on tour now. Check out [RichardMarx.com](http://RichardMarx.com) for information about dates and tickets.

Richard has scored over 14 number-one hits as both a singer and songwriter!



Fran's breakthrough series, *The Nanny*, first aired in 1993!



## TV: FOOD NETWORK

### *Sweeten the day* with the *Girl Scout Cookie Championship!*

Thin Mints, Trefoils and Tagalongs, oh my! This gotta-see competition challenges folks to use Girl Scout cookies to create over-the-top edible masterpieces that not only look amazing but taste delicious too. The bakers will be judged over four weeks on their quest to win the ultimate prize: an outdoor adventure of a lifetime, plus a year's supply of Girl Scout cookies. Tune in February 3 to see the competition kick off and to hear from former Girl Scouts and those who carry on the tradition.

See judges (from left) Carla Hall, Nacho Aguirre and Katie Lee, and host Alyson Hannigan reminisce about their favorite cookies!





# fun this week



TV: FOX

J.Lo reportedly began rehearsing back in September!

## Wow at the spectacle of the Super Bowl Halftime!

Whether you're into the game or just watching for the commercials, you'll want to be sure to tune into this year's Super Bowl Halftime Show featuring Jennifer Lopez and Shakira! They'll be performing hits like "Waiting for Tonight" and "Hips Don't Lie"—and since the game marks the end of the National Football League's 100th season, there are sure to be plenty of surprises. Could local Miami favorites like Pitbull, DJ Khaled or Gloria Estefan pop in for a song or two? Tune in on February 2 to find out.

TV: CBS

## Get caught in a crime drama with Tommy!

Can a true-blue New Yorker make it as the City of Angels' top cop? When Abigail "Tommy" Thomas lands the job as the first female police chief in Los Angeles, she must use her honesty and hardball tactics to navigate the social, political and national security issues that all impact enforcing the law. Will she show everyone who's boss? See the series premiere February 6.



Emmy Award winner Edie Falco stars!



TV: PBS

The opera was first performed at the Met in 1907!

## Feel swept away by Madama Butterfly!

Take in the splendor of one of the most beloved operas when Puccini's *Madama Butterfly*, performed by New York City's Metropolitan Opera in a production by Anthony Minghella (director of *The English Patient*), airs February 2. It tells the story of a young Japanese geisha who marries an American naval officer. After years of waiting for him to return to Japan, she is heartbroken to discover that things are not at all what she believed...

## It happened this week!



● **Good Times**, a spin-off of *Maude*, also a spin-off of *All in the Family*, premiered in 1974.

● **Queen Elizabeth II** became queen in 1952. At the exact moment of succession, she was in a tree house at the Treetops Hotel in Kenya.



● The largest **Jell-O** mold ever, 9,246 gallons of watermelon flavor, was made in 1981.

● **Garth Brooks** won Best Country Artist at the American Music Awards in 1994. He is the highest-selling artist in country music history.

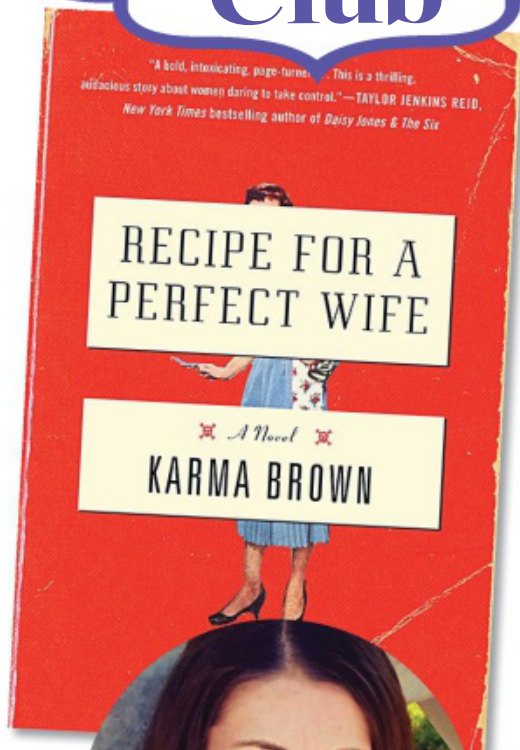


● **Kelly Ripa** was announced as co-host of *Live!* with Regis Philbin in 2001. The two wouldn't speak off set in order to keep their banter witty!

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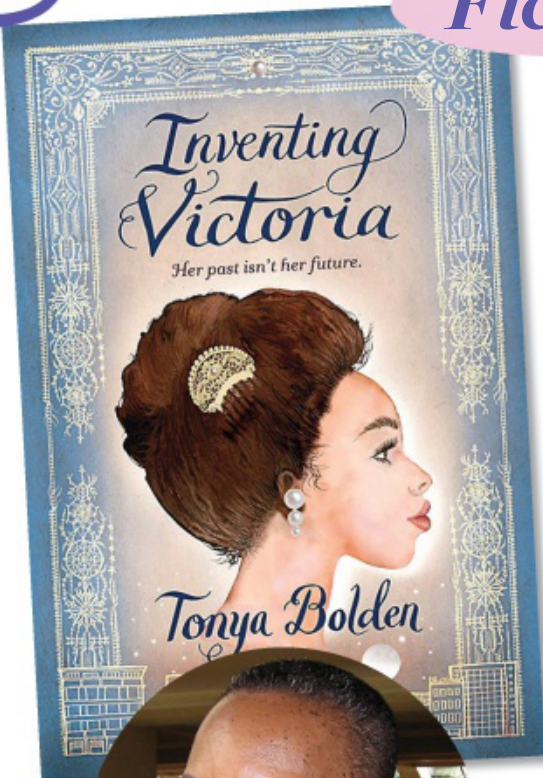
## Fiction



### WOMEN'S FICTION

#### **Recipe for a Perfect Wife** by Karma Brown

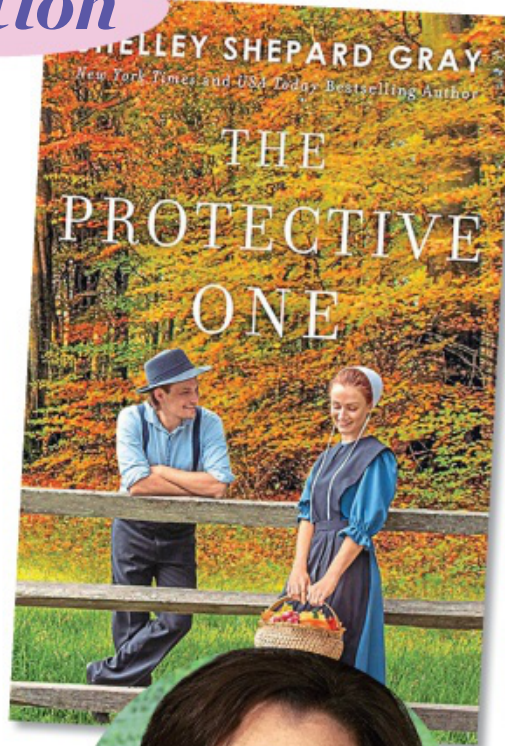
This captivating novel alternates between the perspectives of Alice Hale, a modern-day woman who leaves her big-city career and moves to the suburbs with her husband, and her new home's previous owner, a 1950s housewife named Nellie. After finding a cookbook with Nellie's notes in the margins, Alice discovers astonishing parallels between their lives—including a sinister side to Nellie's marriage. Clever, dark and empowering.



### HISTORICAL FICTION

#### **Inventing Victoria** by Tonya Bolden

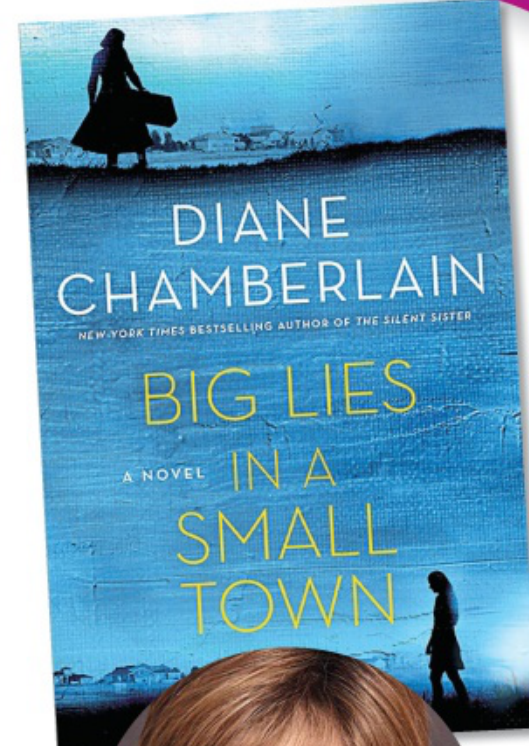
As a young black woman in 1880s Georgia, Essie finds herself longing for a more luxurious life. And after meeting a rich and cultured lady named Dorcas Vashon—who transforms her into “Victoria” with education, etiquette lessons and a beautiful new wardrobe—the life Essie desires is finally within reach. But as Victoria enters high society, she must decide how much of her true self she's willing to give up.



### AMISH ROMANCE

#### **The Protective One** by Shelley Shepard Gray

Filled with heartbreaking and uplifting moments, this love story stars Elizabeth Anne, or “E.A.,” as she reevaluates her life and breaks things off with her suitor, David. Unsure of how to navigate her future, E.A. turns to her friend Will for support...and the duo quickly realize they have deep feelings for each other. Now, E.A. must go on a heart-opening journey that may lead her to everything she's been searching for.



### MYSTERY

#### **Big Lies in a Small Town** by Diane Chamberlain

Author Diane Chamberlain is known for her heart-pounding whodunits—and her latest is no exception. After taking the fall for a crime she didn't commit, artist Morgan Christopher faces three years in prison, until a mysterious visitor offers to have her released if she'll restore a small town mural from the 1940s. Morgan accepts and is swept up in the mystery of the mural's creator...and finding out what really happened to her.

## Nonfiction



#### **The Secret Garden Cookbook** by Amy Cotler

Inspired by the enchanting classic novel *The Secret Garden*, which has delighted readers for generations, culinary historian Amy Cotler serves up 50 delicious recipes that celebrate comforting dishes and the joy they can bring to our hearts. With easy step-by-step how-to's and spins on Victorian-style recipes for brunch, teatime, dinner and picnics—including Cozy Currant Buns, Little Sausage Cakes and Summer Berry Pudding—this sweet book also offers insights into the customs of the time period that are guaranteed to bring magic and love into your kitchen!

**“For a fancy dessert, serve it with melted vanilla ice cream, a superb shortcut to English custard sauce”**



# THE TASTE YOU'LL LOVE FROM THE BRAND YOU TRUST.

For over 40 years, millions of Americans have trusted SlimFast to lose weight fast and keep it off.\* Why?

## It Works!

50 clinical studies prove the SlimFast Plan helps you effectively lose weight. You can see results in just 1 week!\* So, reach for the experience of over 40 years of clinically-proven SlimFast success to help you lose weight fast and keep it off.

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There's a reason why the SlimFast Original shakes have remained popular for so many years ... they taste amazing! Packed with 10g of protein, 5g of fiber, and 24 vitamins and minerals, each weight loss shake is a total meal replacement solution, but tastes like an indulgent treat!

**40** YEAR BRAND  
***SlimFast***  
**ORIGINAL**



## THE CLINICALLY PROVEN SLIMFAST PLAN



## It's Flexible!

Available in both versatile shake mix powder and ready-to-drink shakes, SlimFast Original is easy to enjoy at home, work, or on-the-go. Blend up your favorite custom breakfast creation or grab a bottle and go - either way adds a little more delicious to your day.



## Real Success Stories

Get inspired by real men and women who have lost weight on the SlimFast Plan! Meet Tonia, a mother of 4 who admits she "packed on the pounds" during her pregnancy years. While she gained weight, she lost her confidence and energy to keep up with her kids. Simply by following the SlimFast Plan for 48 weeks, Tonia reached her goal weight, without feeling deprived.

**Tonia C.**  
**LOST 90 lbs**  
& 25" in 48 weeks\*

## 50 Clinical Studies

You may know that the SlimFast Plan has been trusted for over 40 years to help Americans lose weight fast and keep it off, but did you know that the SlimFast Plan is backed by 50 clinical studies? Combining the proven science with the guidance of our Registered Dietitian and SlimFast Plan consultant, Maryann Walsh, the flexible and delicious SlimFast Plan encourages positive lifestyle changes to achieve weight loss goals and long-term success.

TEXT^ **40YEARS**  
**TO 44123**

for a quick-start guide that includes a 7-day meal planner, shopping list, tips for success and more!

\* Based on the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). \* Tonia used the SlimFast Plan for 48 weeks. She was not remunerated for her weight loss, only for her testimonial. Results not typical. Average weight loss is 1-2 lbs per week. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. \* Message and data rates may apply. For the SlimFast privacy policy go to [slimfast.com/privacy-policy](https://slimfast.com/privacy-policy). For terms and conditions go to [slimfast.com/legal](https://slimfast.com/legal). © 2020 SlimFast®.



# “Just a little bit of transform lives!”

Through his Helmets4Helmets organization, Bryson, who has epilepsy, collects and auctions off sports memorabilia to help other kids with costly medical issues



When Sarah Thompson's insurance wouldn't cover the cost of her son Bryson's lifesaving helmet, a nonprofit stepped in to help—and sparked an idea in the little boy's heart that led him to help hundreds of kids in need!

Sarah Thompson anxiously hugged her 4-year-old son, Bryson. The California mom of four had watched helplessly as he struggled with refractory epilepsy, which caused him to fall down and convulse with up to 100 seizures a day.

“Can't you help him?” she desperately asked doctors during her son's hospital visits. But after getting no definitive answers, Sarah had to find ways to help Bryson manage the seizures on her own.

So when one of her son's seizures came on, Sarah began trying to coax the boy out of it with gentle words of encouragement.

“You gotta come back,” she said one day. “We'll find a Saints' game to watch.”

To her delight, with the mention of his favorite football team, Bryson came to. *Did football do that?* Sarah wondered. After all, football was her family's passion: Her father was formerly an NFL player for the Saints, and her husband was a football coach at California Polytechnic State University. So when another seizure came, she tried the same tactic—and Bryson came to again.

“It's a miracle!” she said to her husband, Aristotle. But as Bryson's seizures continued to worsen, doctors advised getting a special helmet to protect his head. Little did Sarah know that getting Bryson that helmet would trigger many more miracles to come.

## An inspired idea

“They won't cover the cost of his helmet,” Sarah sighed after weeks of trying to negotiate with the family's insurance company.



Bryson and his brother Brock (left) collect helmets, footballs, jerseys, basketballs—and have raised \$75,000



# love and kindness can

Football star Odell Beckham Jr. donated his Giants jersey and helmet



Kobe Bryant (here with the Thompson family) donated his jersey



Players like Russell Wilson give Bryson encouragement

"Without their help, we really can't afford all of this...there has to be some other way."

The family was involved with a community nonprofit called Jack's Helping Hand, which assisted children with medical needs. "We'll buy the helmet for you," the director of the organization assured. And when they also offered to pay for Bryson's transportation to his doctor's office, Sarah wanted to pay it forward.

"I want us to help others, but how?" she asked her kids one afternoon. Suddenly, Bryson's eyes widened. "What if we make our own foundation?" he asked.

"Yeah!" his older brother, Brock, agreed. "We'll collect sports stuff, sell it and donate the money to Jack's Helping Hand."

*"Watching my son working to help others in the midst of his own fight makes me so proud!" says Sarah*

Sarah's heart swelled to see her boys' excitement, and she took a video of them asking for help collecting memorabilia and sent it out to all of her sports contacts. "I was wondering if you could help me," Bryson began in the recording.

"I'm trying to raise money for a foundation that gives me everything I need."

"Can you help us by getting autographs from your team on a football, helmet or jersey?" Brock added, before ending with a "Thank you!"

As donations poured in, from football memorabilia to basketballs, boxing gloves and even instruments from the band, Little Big Town, the family knew they'd started something—and weeks later, the Helmets4Helmets (Helmets4Helmets.com) nonprofit was born.

## The power of giving back

Today, four years from the start of Helmets4Helmets, the boys have donated over \$50,000 worth of helmets to Jack's Helping Hand, and have auctioned off over \$75,000 worth of memorabilia to buy medical helmets for children across the country and Canada.

Bryson, now 8, still wears his trusty helmet, and thanks to his mission to help others and a treatment called VNS Therapy, his number of seizures has dropped from 100 a day to just one. "It's incredible how much his work with Helmets4Helmets has helped him," Sarah says. "As a mom watching her sons—one of whom is in the fight of a lifetime—work to help others, I feel so proud. It shows that the smallest acts of kindness can transform lives!"

—Alexandra Pollock



## 3 ways to turn secondhand items into smiles!

### 1 Repurpose old jewels!

The Seattle Metals Guild welds old jewelry into new creations to be donated to women's shelters across the U.S. The best part? Even a single earring can be reworked into a pendant! Visit Facebook.com/WomensShelterJewelryProject and click "About" to find jewelry drop-off locations or visit SeattleMetalsGuild.org for the mailing address to ship your old jewelry!

### 2 Host an online yard sale!

It's tough to plan a yard sale in the winter, but you can still clean out your closet *and* help people in need by hosting one online! Just create a profile on VarageSale.com, upload photos of the goods you're selling and people in your community can buy them online and come pick them up. Then you can donate the proceeds to a cause you love.

### 3 Recycle gently used clothes!

Have a bunch of professional attire you don't wear anymore? Log on to DressForSuccess.org, then click the "Get Involved" tab to find out how to donate suits and dresses to job-searching women in need of work-wear. Your gently used wardrobe could give another woman a wonderful chance at success.

**Share your own inspiring story with us, and we'll pay you \$250 if we publish it!** Read or heard someone else's story you think belongs in *Woman's World*? Send it to us! If you're the first to share it and we publish it, we'll pay you \$100! Email the story with your name and phone number to: WWFeatures@WomansWorldMag.com. Or mail to: Scoop, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

*We pay \$250!*



# Show team

Whether you're a football fanatic or just love Super Bowl party fun, you're sure to look sporty-chic with these fashionable pieces that can be worn long after the season ends



Hoda  
Kotb



▲ Cute, compact crossbody can sport any team logo and doubles as a clutch  
\$30, Little Earth (QVC.com, "NFL Foldover Crossbody")

## STEAL HODA'S STYLE!

Cozy thermal knit hat traps in heat while pom-pom topper adds fun, feminine flair  
Score the same hat for any team: \$28 (NFLShop.com, "Sideline Cold Weather Official Sport Knit Hat")

## STEAL JORDIN'S STYLE!

This jersey's fitted bust, shoulders and arms show off curves instead of hiding them  
Score the same top for any team: \$100 (Fanatics.com, "Women's Nike Alternate Jersey")



▲ Adjustable team logo bracelet comfortably fits any size wrist  
\$70, LogoArt (Fanatics.com, "Gold-Plated Adjustable Bar Bracelet")



▲ Suede sneakers boast rubber soles for all-day comfort when cheering on any team  
\$87, Steve Madden (Amazon.com, "Women's Gills Fashion Sneaker")



Jordin  
Sparks



# spirit *in style!*



◀ Sparkly charm necklace brings rah-rah radiance to any ensemble

\$30, NFL Shop (NFLShop.com, "Cluster Logo Necklace")

◀ Team insignias give this simple denim button-up a custom upgrade

\$70, NFL Shop (NFLShop.com, "WEAR By Erin Andrews Denim Long Sleeve Button-Up Shirt")



◀ All-in-one wallet, phone case and crossbody holds all game-day essentials, plus comes in 14 fun colors \$45, Dasein (DaseinBags.com, "All-In-One Crossbody")

◀ Side-stripe jeans are chic whether sitting in the stands or lounging on the sofa

\$99, Skinny Girl (Belk.com, "Red Side Stripe Jeans")



◀ Faux fur and sheepskin lining keeps feet toasty on game days

\$99, Koolaburra (Koolaburra.com, "Victoria Short")



Erin Andrews

## Flash a trendy football mani!

Score major style points, whatever your team, with this super-fun nail art courtesy of FabFatale.com

□ White polish (like Wet n Wild Wild Shine Nail Color in French White Crème, \$1, RiteAid.com)

□ Burgundy polish (like Smart Nail Lacquer in Dark Wine, \$2, KikoCosmetics.com)

□ Gold nail tape (like Nail Art Line Tape-Gold, \$2, Kooding.com)

□ Football nail wraps (like Footballs on Clear-Jamerry Nail Wraps, \$12, Amazon.com)

□ Top coat

1. Paint two fingers with two coats of burgundy polish; let dry. Paint the rest of nails with two coats of white polish; let dry.
2. Place four pieces of gold nail tape across two burgundy nails and one white nail. Place football nail wraps on the other two white nails.
3. Apply top coat and let dry.





WW BEAUTIFUL  
YOU

# Pamper yourself gorgeous

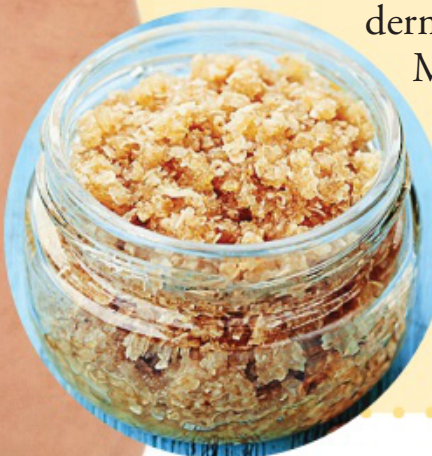
Turn your bathroom into a spa with these nutrient-packed masks guaranteed to leave you refreshed, relaxed and rejuvenated in no time

Reduce redness *with a honey + oatmeal face mask*



Honey's anti-inflammatory properties calm inflamed, irritated skin on contact, says dermatologist Joshua Zeichner, M.D. And compounds in oats deeply moisturize to further soothe rashy skin.

■ **ONE TO TRY!** St. Ives Gentle Smoothing Oatmeal Scrub & Mask, \$4, Target.com







## De-puff bags with a green tea eye mask



The tea's caffeine increases circulation to help flush out the puffiness-causing fluids that accumulate under the eyes. Dr. Zeichner's tip: Look for an eye mask in a hydrogel formula. The cooling sensation constricts blood vessels to prevent blood from pooling, which shrinks bags and nixes dark circles.

■ **ONE TO TRY!** Patchology Moodpatch Perk Up Eye Gels, \$15 for 5 pairs, [Ulta.com](http://Ulta.com)

## Fade spots with a turmeric spot mask

Turmeric's high vitamin C content brightens skin and encourages cell turnover to even out discoloration. "Plus, the spice's unique compound blocks the production of *melanin*—skin's pigment—to prevent new spots from forming," adds Dr. Zeichner. Combining it with Greek yogurt (which gently sloughs off dead, dry skin cells) boosts results.

■ **TRY IT!** In a bowl, combine 2 tsp. of turmeric and 2 Tbs. of plain Greek yogurt. Apply to brown spots on hands, chest or face and let sit for 10 minutes, then rinse.



## Thicken hair with a sandalwood oil hair mask

British researchers found that treating hair with sandalwood oil helps keep follicles in an active growth phase, increasing hair growth hormones in the scalp by 30% in just six days. Pairing it with castor oil, which is packed with hair-plumping fatty acids, gives tresses an instantly thicker and fuller appearance.

■ **TRY IT!** Mix 4 drops of sandalwood essential oil and 2 Tbs. of castor oil. Rub into damp hair from roots to ends. Let sit 20 minutes; rinse.



## Heal chapped lips with a 'green' lip mask

Soothing cucumber's vitamin E heals cracks and restores hydration to a parched pout. And anti-inflammatory aloe calms irritation to speed healing.

■ **TRY IT!** Puree half of a cucumber in a blender, then strain the juice into a bowl and add 1 Tbs. of aloe vera gel; mix well. Swipe a thick layer onto lips and let sit for 5 minutes; rub off any excess.



## Body-beautiful with sheet masks

### TO BOOST THE BUST:

Try Freeman Perky Bust Boosting + Toning Sheet Masks (\$5, [CVS.com](http://CVS.com)). Infused with pomegranate extract (to repair skin) and peptides (to increase collagen production), this mask helps lift a saggy bosom.

### TO SLIM THE BELLY:

Try Yes To Tighter + Firmer Belly Up Paper Mask (\$4, [Target.com](http://Target.com)). Made with diuretic guarana extract, this mask helps reduce water retention and bloat by flushing out stagnant fluids for a trimmer-looking midsection.

### TO FIRM THE BUTT:

Try Bawdy Beauty Shake It Mask (\$9, [BawdyBeauty.com](http://BawdyBeauty.com)). The mask's combination of plant-based skin-firming collagen and hydrating marine algae helps plump and tighten skin so the tush looks tauter.





# Natural ways to

## Outsmart the worst winter colds and flu

This year's flu season could be a doozy, since we're battling a bug (the H3N2 virus) that vaccines trounce only 33% of the time. As always, scrubbing your hands plummets the risk of influenza and winter colds by 55%. Add these simple strategies to make your immune system so feisty, it'll conquer any viruses that do invade—*fast!*

### ✓ Bite into hearty bread

Eating foods that require a bit of chewing can protect against illness, report National Institutes of Health researchers. Turns out regularly crunching on raw veggies, whole fruit, grainy breads and even al dente pasta can triple your production of flu-fighting immune cells! The reason: Chewing creates tiny abrasions in your mouth, and as your immune system repairs them, it produces the white blood cells that kill viral invaders. Tip: Chew around 30 times per bite.

### ✓ Take in sunshine

In the middle of summer, your skin can make a full day's supply of immunity-boosting vitamin D-3 if you stand outside for 20 minutes. In the middle of winter? Too cold! Thankfully, Boston University researchers say vitamin D-3 supplements can give you the same immunity-strengthening edge that sunshine can, cutting your risk of influenza and colds by as much as 64% if you take 3,000 IU daily. Note: Check with a doctor before starting a new supplement.

### ✓ Pork chops for dinner

Pork is loaded with zinc, a mineral that destroys germs at their most common point of entry, the tissues lining your nose and throat, says immunologist Laura Costarelli, Ph.D. No wonder Italian researchers say enjoying three pork meals weekly can cut your risk of viral infections by 25%, plus help you bounce back 48% more quickly if you do pick up a bug.

### ✓ Pedal inside

Hop on a stationary bike or take an indoor cycling class: Peddling for 30 minutes four times weekly can cut your risk of colds and flu by up to 60%, suggests research in the journal *Aging Cell*. Explains study co-author Ross Pollock, Ph.D., exercise turns back the clock on your immune system, helping it fight invading viruses as vigorously as it did in your youth. —*Brenda Kearns*

### This week's Radical Health tip

## The fun way to STRENGTHEN AGING BONES

**Women over 50 are more at risk of fracturing a hip than getting cancer**, according to research from the National Osteoporosis Foundation. Luckily, the best workout for your bones doesn't require spending hours in the gym—and it's fun! To encourage bone growth and prevent further bone loss, all you have to do is jump! The impact coaxes more calcium into bones, significantly increasing bone density. For best results, do three sets of 10 hops each day, keeping a chair nearby for stability, if needed.



courtesy of Ann Louise Gittleman, Ph.D.

For more, text RADICAL to 208-254-6002 or visit [RadicalMetabolism.com](http://RadicalMetabolism.com)

## Prosciutto-Wrapped Pork Tenderloin

### Zinc in pork cuts your risk of viral infections by 25%

- 4 slices toasted bread, cut into cubes
- 1 Tbs. dried Italian herbs
- 1 Tbs. olive oil
- 1 Tbs. Dijon mustard
- 1 1-lb. pork tenderloin, excess fat trimmed
- 6 slices prosciutto

**1** Heat oven to 400°F. In food processor, pulse bread and herbs until coarsely chopped. Mix with olive oil.

**2** Spread mustard over pork; coat with breadcrumbs. Wrap pork with prosciutto. Transfer to baking dish; bake until just cooked through, about 20 min. *Serves 4*





## Turn back your genetic clock!

Each strand of DNA is protected by endcaps called *telomeres*, and when they shorten, our cells age faster. “People who live to 100 have unusually long telomeres,” says William Li, M.D. Here’s how to keep yours in top condition

### ✓ Pour another cuppa joe

“Drinking coffee has been shown to increase the length of telomeres, which translates into lower risk of dying from any cause,” explains Dr. Li, author of *Eat to Beat Disease*. In fact, a large-scale study found that two to three cups a day slashed women’s risk of death from a heart attack by 31%. “Coffee beans contain many natural chemicals that activate our body’s health defense systems,” reports Dr. Li. “Some of these compounds, like *chlorogenic acid* and *polyphenols*, also shield DNA from damage. So there’s a double-barreled benefit protecting our genetic code.”



### ✓ Snack on kiwis and almonds

“Kiwi is what I call a ‘grand slammer,’ because it’s a single food that activates all of your body’s health defense systems, and it contains many bioactives that protect telomere length and DNA,” explains Dr. Li. He also suggests reframing how you think about the foods you eat: “We have to literally think about food doses, just like a medicine.” For example, just one kiwi a day is shown to protect DNA from new damage by 60%, according to Scottish research. And you can supercharge the effect by teaming the fruit with six almonds. This tiny daily dose of the nuts lengthened telomeres so significantly, the benefit was equivalent to slowing cellular aging by a year and a half!



### ✓ Gab on the phone

An American study suggests that women who take a little time to dish on the phone with friends have longer telomere length than those who don’t. “Supportive friendships lower stress, which reduces inflammation and protects telomeres,” explains Dr. Li. “Spending time with friends also causes the brain to release *oxytocin*, the ‘social hormone,’ which has been shown to slow telomere shrinking.” —Katherine Kluznik

## Easy ways to ‘winterize’ your thyroid!

Your thyroid produces hormones that keep you happy and healthy. It also works hard to maintain a steady core temperature so you don’t catch a chill every time you go outside. No wonder Finnish researchers say your risk of a worn-out thyroid rises as winter drags on. Thankfully, experts say it’s easy to winter-proof your thyroid. Just...

### ✓ Reach for plates

You can cut your risk of a sluggish thyroid in half by avoiding the chemicals (PFAS) that are used to make grease-proof food packages, such as pizza boxes, hamburger wrappers and popcorn bags. PFAS sneak into food when packaging is heated, so putting take-out food on plates before warming could cut your exposure by 30%. Tip: Yale University researchers say eating home-cooked meals most days of the week could drop your exposure by 63%!



### While you’re puttering

Turn on some relaxing background music. Japanese researchers say soothing tunes cut your levels of thyroid-rattling stress hormones by 46% and restore your thyroid hormones to healthier levels in 10 days.

### ✓ Munch on a nut

Eating one Brazil nut daily will increase your thyroid’s production of its most energizing hormone (T3) by as much as 82%, Swedish researchers say. Explains nutritionist Denise Mafra, Ph.D., each Brazil nut contains 68 to 90 micrograms of selenium, which helps your thyroid convert its weaker hormone into the much stronger T3.

### ✓ Read in bed

Cozying up under the covers to read for 20 minutes before lights-out can make your thyroid (and you!) 35% perkier in five days. That’s the word from British researchers, who say bedtime reading makes your production of a thyroid-aging stress hormones plunge by 68%.

### ✓ Remember a multi

According to a study in the *Journal of the American College of Nutrition*, multivitamins can make a winter-weary thyroid 22% more active in one week. Explains study co-author Ali Keshavarz, Ph.D., multis contain almost a dozen thyroid-nourishing nutrients. Note: Check with a doctor before supplementing. —Brenda Kearns



## Love the skin you're in—even in January

Cold air and dry heat are rough on skin—no wonder 78% of us are bothered by itchy, flaky patches this time of year. To keep your skin summer-smooth all winter long...

### Itchy hands? Rub in coconut oil

Gently massaging coconut oil into your hands twice daily can cut dryness, itching, redness and even cracking by as much as 68% in three days, plus it destroys 95% of the staph bacteria that worsen hand rashes, three studies suggest. Explains dermatologist Lillian Lopez, M.D., coconut oil contains an antibacterial compound (*lauric acid*) that calms inflammation, blocks moisture loss and speeds healing.

### Cracked feet? Massage in aloe vera

Moisturizing winter-weary feet twice daily with aloe vera cream can cut dryness by 82%, plus help heal cracks in half the time, Swedish researchers say. Thanks goes to aloe compounds (*acemannan* and

*glucomannan*) that soften, moisturize and promote healing when skin's epidermal layer is damaged. Tip: For best results, gently buff calloused areas to remove dead skin cells before moisturizing.

### Rashy scalp? Scrub with lavender oil

If scalp itching and shoulder flakes are driving you mad, lavender oil can help! According to a study in the *Journal of Medical Microbiology*, this fragrant plant extract can tamp down itching and flaking in as little as three days. Explains study co-author Monica Zuzarte, Ph.D., lavender oil reduces scalp irritation, plus it kills the yeast that cause flaky dandruff.

Simply add 15 drops of lavender



### Banish dry-air acne

Dilute a drop of juniper berry oil in a carrier oil and dab on pimply areas twice daily, and you'll cut your risk of breakouts by 67%. Juniper berries contain natural antibiotics that knock out acne-forming bacteria.

essential oil to a dollop of your regular shampoo and massage into your scalp for two minutes.

### Flaky face? Dab on sea buckthorn oil

Feel like your usual moisturizer isn't doing enough these days? To the rescue: sea buckthorn oil. Turkish researchers say dabbing a few drops onto damaged facial skin at bedtime can reduce redness, prevent flaking and encourage healing in as little as

### Hot cocoa cure!

Sipping 14 oz. of hot cocoa daily can increase skin hydration and reduce irritation and redness by 30%. That's because compounds (*flavonoids*) in this winter warmer boost the flow of healing, nutrient-rich blood to winter-weary skin cells.

48 hours. The credit goes to sea buckthorn's *palmitoleic acid*—a rare building block of healthy skin cells. —Brenda Kearns

## Stay Young with Ww



## Soothing beauty soaks that heal

Transform aging winter *arghs* with just 15 minutes in a nutrient-infused bath. Aah!

### Beat bloat + rev circulation

Iodine in seaweed absorbs easily into skin, boosting circulation to improve lymph flow and expel trapped fluids. Drop a sachet of the algae into bathwater. Try: The Seaweed Bath Co. Whole Seaweed Detox Bath (Target.com).

### Erase lines + ease aches

Rich in magnesium, Epsom salts draw moisture to the surface of skin, plumping the look of fine lines. What's more, the salt relaxes the nervous system, cutting down on pain signals from tired, achy muscles. Pour 1 cup of salts into bathwater.

### Restore luster + stop a cold

Warming properties in ginger increase blood flow to bring a healthy flush to sallow winter skin. They also trigger perspiration to draw out cold-inducing toxins stored in the body's tissues. Add ½ cup of powdered ginger to bathwater.





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# Guaranteed happy

*Tip: Add a lemon wedge to your water! Researchers say the cheery scent helps you feel more focused in two minutes*

Say goodbye to winter blues with study-backed tricks for taming tension and sparking joy

## **Boost your concentration** with a glass of H<sub>2</sub>O

To wipe away brain fog fast, drink a large glass of water. Sounds simple, but Georgia Institute of Technology researchers say it can sharpen thinking and help you make up to 50% fewer mistakes on whatever task is at hand. Because cold weather dampens the body's thirst response, you can become mildly dehydrated without realizing it. When that happens, the body has trouble delivering nutrients to the brain and flushing toxins, leading to mental fuzziness.

### **AND CRACK A JOKE!**

Share a funny one-liner with your sister or call up a silly video on YouTube. Research in *Frontiers in Human Neuroscience* found that humor activates the part of the brain responsible for memory, so you can think more clearly.



## **Just spotting a good deal can make your day!**

One easy way to reverse a glum mood: Browse the sale aisle at your favorite department store or snip coupons from local supermarket flyers. Even if you don't buy anything, researchers say that feeling you get of scoring a deal when you spot big savings spurs a 38% increase in the mood-boosting hormone oxytocin, which quickly jolts you out of your winter doldrums.



Getty (9); Jumpfoto; Shutterstock. Text: Rachel Cosma



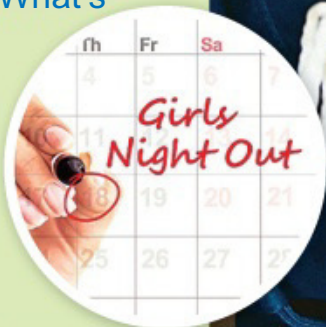
# happiness boosters!

## Lift your spirits by visiting a crafts fair

Winter's lack of sunlight can disrupt the body's production of "happiness hormones," sending you into a funk. But the good news is that even on dark days, you can reverse the effect by attending a crafts fair, strolling through a museum or catching a movie in theaters. Enjoying any type of cultural outing even just once a month reduces your risk of developing depression by 48%, according to a study in *The British Journal of Psychiatry*. Turns out that admiring art encourages socialization and fends off stress, both of which are proven to help regulate your mood.

### AND INVITE A GIRLFRIEND!

Regularly meeting up with pals makes you feel more connected and supported, something British scientists say significantly reduces your odds of feeling blue. What's more, a new study in the journal *Psychology of Aging* reveals you don't need a huge social circle to reap the positive perks—visiting with just one or two close friends is all it takes to feel sunnier!



## Sidestep irritability by pressing here

When frigid temperatures keep you cooped up inside, cabin fever can make you restless and cranky. The fix: Use your thumb and forefinger to firmly massage each ear for two minutes, moving your fingers in small circles from the highest point of your ears down to your lobes. University of Miami researchers explain that this stimulates acupressure points that release mood-elevating *endorphins*, so you feel 45% less edgy.

**AND HUG A MUG!** Pour yourself some coffee, tea or any other hot drink and wrap your hands around the mug. Yale researchers say simply holding something warm makes you feel warmer toward others, rapidly diffusing frustration.



## Banish worries by playing Candy Crush

Tense? Blame an out-of-sync body clock (common during winter's short, dreary days), which hampers your ability to keep stress hormones in check. Try taking a 10-minute break to play a smartphone game like Candy Crush or Block! Hexa Puzzle. A new U.K. study found that video games are more effective than meditation apps at relieving anxiety—they provide both a distraction from stressors *and* a fun challenge.

**OR DREAM BIG!** For five minutes, close your eyes and picture yourself successfully tackling problems both big and small. A British study found that doing this twice a day cuts tension by up to 65% since it trains your brain to keep calm under pressure while also reducing your output of the stress hormone *cortisol*.



## Renew your energy with artichoke dip

Shaking off seasonal sluggishness is easier than you think, thanks to this creamy and comforting dish. Artichokes are packed with revitalizing antioxidants and a unique compound (*silymarin*) that enhances the body's absorption of energizing minerals. Enjoy three a week, and Swedish investigators report you'll curb feelings of fatigue by 55%.

**OR DISPLAY A BOUQUET!** Adding a pop of colorful blooms to your kitchen counter can boost your energy by 35%, British scientists say. The bright colors prod your brain to produce energizing brain waves that renew your get-up-and-go. Bonus: A separate study found that cheery buds make you feel happier too!





# Lose 100 lbs

Fed up with age-related weight gain? Then you may want to consider a buzzed-about “spring cleaning” technique that promises to help you *permanently* burn fat like a kid again. The secret: neutralizing hidden acid. Turns out, all the junk food, stress and toxins in today’s world leave behind acidic waste in our systems, “and by age 45, 95% of us have a dangerous buildup,” insists bestselling *Alkaline Reset Cleanse* author Ross Bridgeford, a health coach whose millions of devotees report losing up to 18 pounds a week. “Growing research suggests it’s often the *main* factor driving weight gain, fatigue, premature aging and countless health problems. Once the buildup is gone, you let go of fat easily and feel much better. Plus, you continue to transform for months, even if your diet isn’t perfect. The results are phenomenal!”

**H**aving a little acid in the body is natural. Many protein-rich foods release acid as they nourish us, and certain crucial body functions produce acid too. “We can handle a normal amount of acid as long as we get enough mineral-rich plant foods like leafy greens and nuts,” says Bridgeford. The trouble starts when there’s too much acid, too few mineral-rich foods or both. “Since there are serious and even fatal side effects when blood becomes too acidic, your body takes crisis measures to keep levels safe,” he notes. “This process is stressful

and causes health to suffer overall.” That’s because every smidge of minerals like calcium, magnesium and potassium you consume is used only to buffer acidity, with none allotted for things like metabolism and sleep regulation. On top of that, these minerals are actually leached from your bones, leaving you weak and osteoporosis-prone. Then there’s the matter of weight gain...

## Why acid is so fattening

As acid-neutralizing nutrients are rapidly depleted from your body, “research shows that you

**IT  
WORKS!**

## Mary lost 90 lbs!

When months of diet and exercise failed to improve Mary Thomas’ weight or health, she sought help at Boca Raton’s Health Oasis clinic. There, Joel Fuhrman, M.D., prescribed an alkalizing diet built around veggies, berries, nuts, seeds and beans. “I was skeptical,” recalls the Florida attorney, 66. “But despite my age, I was losing 7 or 8 pounds a week. Within five weeks, my cholesterol was down 60 points and my blood sugar was normal.” All told, Mary shed 90 pounds. “This way of eating has changed my life forever!” Mary now coaches other women; to learn more, email [PlantsMakeMaryHealthy@gmail.com](mailto:PlantsMakeMaryHealthy@gmail.com).



**BEFORE**

## The fast ‘anti-acid’ fix that

Based on Bridgeford’s signature alkaline cleanse, this plan is designed to be followed for seven days. Starting on day 8 (or at any point that the regimen feels too challenging), simply aim to eat alkaline foods 80% of the time. Best bets: veggies, herbs, low-sugar fruit, nuts, seeds, beans, brown rice, quinoa, tofu and fish. As always, get a doctor’s okay to try any new plan.



**BEVERAGES:** Sip alkalizing options such as water with lemon; turmeric and ginger tea; and freshly squeezed green juice (with no sweet fruit).



# by spring!

**7-day detox cures a sneaky problem making 95% of us gain weight and age prematurely**

no longer produce key weight-control hormones properly,” says Bridgeford. That includes the flat-belly hormone *adiponectin* and the “fountain of youth” hormone HGH (which keeps energy and metabolism high). Acidity has also been

shown to cause chronic inflammation in our cells—a condition linked to obesity, low energy, skin aging, fuzzy thinking, joint pain, heart disease and a laundry list of woes often blamed on getting older. Making it worse: “To get acid out of the blood and away from vital organs, the body creates new fat cells to store it in,” says Bridgeford. And those cells stay locked, the contents “unburnable” until the acid can be handled. “For most, the problem gets worse and worse over time.”

## The quick solution

To lower acidity to optimal levels, Bridgeford says all we

have to do is spend one week limiting new acid that gets into our systems (skipping coffee, sugar, processed food, wheat and meat) while loading up on *alkalinizing* foods that neutralize acidity. That means getting

lots of veggies, lemon, avocado, beans, nuts, seeds, healthy fats, herbs and spices. Bridgeford also recommends daily servings of juice, smoothies and purees, since studies show blending food

makes nutrients easier to absorb so you get benefits faster. “As you reduce demand on your body’s acid-buffering system, it finally begins to tackle the backlog of acid waste building up for years. That’s the goal.”

Proof it works: University of Alberta scientists found reducing acidity significantly increases HGH in women over 50, which they say is key to boosting fat loss, increasing strength, sharpening memory, protecting the heart and improving overall quality of

life. Meanwhile, a University of Texas study determined that folks with the least acid in their systems have BMIs 52% lower than those with the most. “If you want to lose weight for the long term, you have to get your acid load down,” says Bridgeford. Europe’s leading alkaline expert Stephan Domenig, M.D., agrees. He routinely prescribes alkaline regimens at his prestigious Center for Detoxing in Austria and says: “You’ll look like you had liposuction *and* a facelift!”

## Real-world wow

Prescribed lupus medication with scary side effects, “I just started crying,” recalls Sherry “GiGi” Baker. “I was in so much pain, but I wanted a better solution.” She asked for two months to see if lifestyle changes would help. The Florida physical therapist, 57, did research and found a women’s alkaline group on the internet. Realizing she skimped on veggies in favor of acid-forming sugar and wheat, she focused on alkalinizing

plant foods, “and weight just fell off. In two weeks, I was down 15 pounds, and the pain reduction was amazing,” she recalls. In 16 months, she shrunk six sizes and saw her high blood pressure, brain fog, anxiety, heart palpitations, insomnia and fatigue all disappear. “Your skin starts glowing; the aging process slows down,” she adds. “Really *everything* gets better!” **WW**

To learn more, check out *The Alkaline Reset Cleanse* or [LiveEnergized.com](http://LiveEnergized.com)



## Soup that slims + boosts immunity!

*Nutrients in this hearty dinner fight acidity and late-winter colds*

- 1 Tbs. coconut oil
- 1 onion, diced
- 4 tsp. minced garlic
- 2 medium carrots, diced
- 4 cups canned cannellini beans, rinsed
- 2 tsp. ginger
- 1 tsp. turmeric
- 4-6 cups vegetable stock
- 3-4 cups chopped kale

Sauté onion in oil. Add garlic; stir 2 min. Add carrots, beans, ginger and turmeric; stir 3 min. Add stock; bring to boil, then simmer 10 min. Add kale; cook until soft. Enjoy with olive oil, salt and pepper to taste. *2 servings*

**transforms your body** *As acid wastes are neutralized, you feel younger and burn more fat*



**BREAKFAST:** Blend  $\frac{3}{4}$  cup soaked cashews,  $\frac{1}{2}$  avocado, 1 cup nut milk, 3 Tbs. coconut oil, 3 handfuls greens, 1 Tbs. sunflower seeds and 1 Tbs. chia.



**LUNCH:** In blender, puree 2 cups hot steamed broccoli, half an avocado,  $\frac{1}{2}$  cup veggie broth, 1 cucumber, 2 handfuls greens, a dash of garlic, ginger and lemon.



**DINNER:** 1 large baked sweet potato topped with veggies (such as onion, garlic, bell pepper, spinach) sautéed in coconut oil.



# “I’m happier and than I have

“I’m so glad that I kept searching for answers. Now I can finally enjoy eating again!” says Gina



For nearly two decades, Gina Hill battled severe food sensitivities that caused burning in her nose and throat and excessive mucus that made it difficult to breathe. Numerous doctors and countless tests were unable to explain her symptoms, and the mom of two began to slip into a state of depression. Then she stumbled upon an online video that unlocked the secret to her suffering...and led her to the cure that changed her life!

As she sat down to have lunch with friends, Gina Hill’s heart filled with dread. *Here come the confused looks and judging*, she thought, preparing to place her usual order of plain lettuce. As she stressed the importance of not having any dressing or toppings on her “salad” to the server, the mom of two couldn’t help but feel despair. *This has to change*, she thought. But Gina didn’t know what to change, or who could actually help her.

For nearly 20 years, she’d suffered with severe food sensitivities. About an hour after

eating, her nose would run as though she was experiencing a severe hay fever attack. She’d get a burning sensation in her nose and throat, and her lungs and sinuses would fill with mucus, making it difficult to breathe. A few hours later, she’d get a migraine, and the next day, her skin would breakout.

Thinking most of the symptoms were caused by acid reflux, her doctor prescribed heartburn medicine. It had helped reduce a few of the symptoms, but Gina didn’t want to just mask them. She wanted...*needed*...to find a way to end them.

## How YOU can avoid the sneaky effects of lectin sensitivity

Steven Gundry, M.D., author of *The Longevity Paradox*, says *lectins*—proteins found in wheat, corn, beans and other foods—are highly concentrated in our modern diet, triggering a rise in food sensitivities. To lower *your* risk, try these tweaks:

### ✓ Limit processed foods

The Center for Food Safety says 75% of processed foods contain genetically modified ingredients. And these GMOs have introduced new lectins to our diet, says Dr. Gundry, raising the lectin load higher than ever.

### ✓ Do this for heartburn

Instead of taking acid-blocking medication every day, pop a Tums or Rolaids only when needed. “Stomach acid digests lectins,” says Dr. Gundry. If you lower stomach acid every day, more lectins can get into the gut.

### ✓ Try a pressure cooker

Not only does the kitchen device cook meals faster, it destroys almost all lectins, says Dr. Gundry, making it the perfect choice for preparing legumes and sauces made with tomatoes, two foods loaded with lectin.



# WHAT IS AVAXHOME?



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# healthier ever been!”

Over the years, Gina had kept food journals and undergone dozens of tests, including multiple colonoscopies, an endoscopy, allergy testing and pulmonary testing, but doctors still couldn't pinpoint a cause of her suffering.

To sidestep discomfort, Gina consumed mostly green smoothies. But the minute she tried to bulk up her diet by eating meats, vegetables, legumes, fruit and grains, her symptoms flared up.

By 2017, Gina was at the end of her rope. *Why can't anyone fix me?* she sighed.

## Relief at last

Refusing to give up, Gina frequently searched the internet for possible causes of her symptoms. One day in February 2018, she clicked on a video of Dr. Steven Gundry speaking about *lectins* and how they affect your health. Gina had never heard of lectins, so she listened with interest as Dr. Gundry explained they were a type of protein that binds to sugar and can reduce the body's ability to absorb nutrients.

"In people with sensitivities to them, lectins can alter

gut bacteria, causing a host of physical symptoms," Gina told her husband, Dan. "The exact kind of symptoms I have!"

Hopeful, Gina ordered Dr. Gundry's book *The Plant Paradox* and read it in two days. *This is me!* she realized, and immediately adopted a lectin-free diet. That meant no foods cooked in, or with,

sunflower, canola or safflower oil—only olive oil was okay. And she had to replace white sugar with substitutes, like sorghum syrup. She also had to avoid wheat and grains, but found that

eating pizza with a cauliflower crust and breads with cassava and sweet potato flour were just as delicious. All legumes (beans, peanuts, lentils, etc.), white potatoes, peppers and eggplant had to be cut out.

Changing her diet brought Gina near-instantaneous benefits. And as weeks passed, and she stuck to the eating plan, all her symptoms abated. "I feel better, stronger and happier than ever," Gina beams. "The key to my healing was eating the right foods for me, and now I can really enjoy food again!"

—Gina Roberts-Grey

**"If you're sensitive to lectins, removing them can improve digestive health, and reduce pain!"**

—Steven Gundry, M.D.

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# “Are my ‘stories’ holding me back?”

We all have personal narratives about our lives—but if they’re embedded with negativity, they become self-sabotaging scripts. Here, our experts share how to turn the page to new possibilities

### Discover your hidden stories

#### Make sense of the spin

Our minds create stories about ourselves and others as short-cuts to help us make sense of the world. “These stories are so familiar to us, we don’t even notice them,” says therapist Linda Miles, Ph.D. If, say, a friend let you down at a formative time, you may replay the script, *I can never count on anyone*, as a subconscious defense mechanism. “When you find yourself using words like *always* or *never*, you’re starting to uncover story patterns.”

#### Your body ‘tells’ too

“Your body senses narratives before your mind catches up,” says Miles. “Stories aren’t always logical and are often rooted in the stress response.” Say you see a friend’s Facebook page bursting with photos of a recent trip, and you feel a sinking sensation in your stomach—a sign that you’re setting off a nonverbal script comparing yourself to her.

Counteract this tension with a few deep breaths. “Once your body releases anxiety, you can more easily let go of the story that triggered it.”

#### Shift your view

No matter how truthful they seem, our stories can trick us, says psychologist Timothy Wilson, Ph.D. “It’s called ‘naïve realism,’ the idea that we see life as it is, when, in fact, we filter it through our preconceptions.” Telling yourself it’s impossible to find love after a certain age? Step back and look around. Is anyone dating in their 60s? “Adopting a third-person perspective gets you out of your story and shifts your outlook.”

### Set happier filters

#### Recall the good

When a negative event infects our larger narrative, it can lead to a “contaminated life story,” reveals psychologist Robyn

Fivush, Ph.D. “We get stuck in that defining moment, and it colors all the other stories we tell ourselves.” The opposite of a contaminated narrative is a redemptive one, and it starts by mining meaning from the past. Simply recall a turning point event, and look for silver linings. Perhaps a career setback led you to repeat the story that *life isn’t fair*. Is there a more positive filter you can use? Is this change inspiring you to spread your wings? “A redemptive story describes how we persevered, so we can make *meaning* out of the event.”

#### Revise a challenge

A proven way to change our narrative is to literally write a new one, says Wilson, citing the example of late novelist Sue Grafton: “One of her goals was to create a heroine who would inspire her to write a different life story,”

he says. Through her bold lead character, she began seeing *herself* as more courageous and the world as less daunting. Take a page out of Grafton’s book by journaling about a recent setback for 10 minutes a few nights in a row. Would your heroine have done anything differently? “Revising” a challenge gives you insight into the small shifts you can make to write *your* next chapter.

#### Share stories

Narratives, by their nature, are meant to be told. “Sharing your stories with loved ones gives you a framework to reevaluate them and find new inspiration,” says Fivush. As Miles puts it, “When the people we trust listen to our stories with loving attention, we can begin to heal our past and move forward toward a happier future.”



## Our expert panel



**Linda Miles, Ph.D.,** author of *Change Your Story, Change Your Brain*, has worked in the mental health field for more than 30 years. More at [DrLindaMiles.com](http://DrLindaMiles.com).



**Timothy Wilson, Ph.D.,** author of *Redirect: The Surprising New Science of Psychological Change*, is a professor of psychology at the University of Virginia.



**Robyn Fivush, Ph.D.,** author of *Family Narratives and the Development of an Autobiographical Self*, is director of the Institute for the Liberal Arts at Emory.



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# Host a Super

Invite everyone to an exciting evening of football fun! This sporty gathering filled with creative snacks and winning flair will keep your team happy from kickoff till the clock runs out



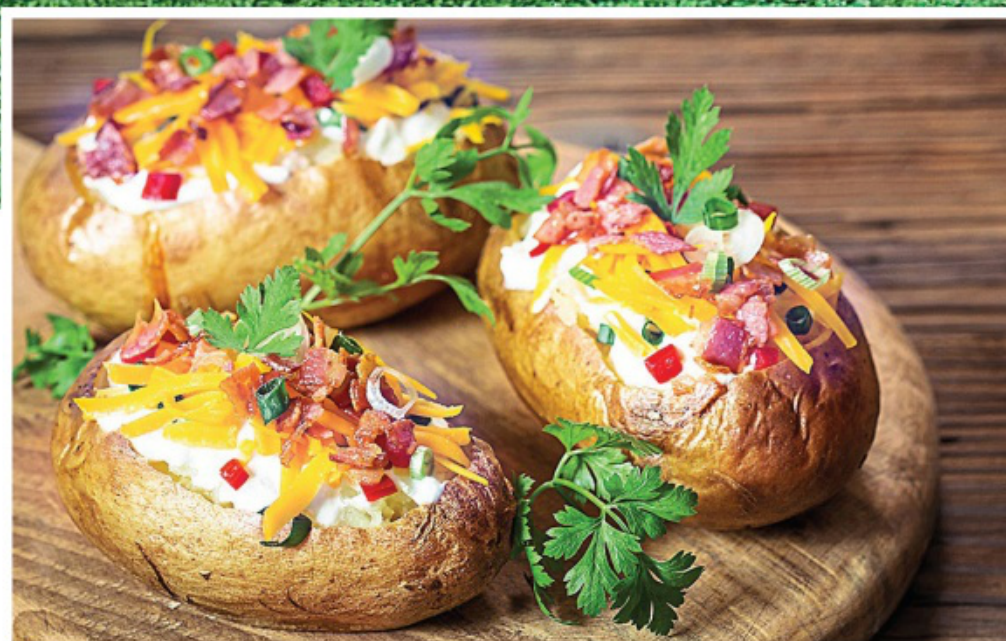
## Score with a snack bar

Make snack time-outs special with a table filled with bite-size fare, like this one styled by party pro Laura Aguirre (LaurasLittleParty.com). To do: Top a table with faux turf and a black-and-white striped runner, then add cupcakes, treat boxes and sliders displayed on slate trays with a “play” drawn in food-safe marker.



## Light up the night with turf twinklers

These tabletop twinklers give the room the ambience of a VIP suite—for pennies! To make, cut a rectangle of green felt to fit around a battery-run votive candle. Make snips in the felt to create grass blades, then hot-glue felt around the votive. Tie ribbon into a bow around grass to finish.



## ▲ Fill them up with football-shaped bites

Score points with a fan favorite: stuffed potato skins! To make, scoop the insides out of 4 baked potatoes. Set in a bowl and mash with shredded Cheddar cheese, parsley and a pinch of garlic powder. Fill skins with the mixture, top with crumbled cooked bacon and more cheese and bake at 400°F until filling is hot, then serve.



# Bowl party!



## Toast the day with a signature cocktail

A mule is the perfect halftime sip: The zesty flavors of ginger, lime and mint will cut through sweet, savory and salty fare. To make each drink: Fill a copper mule mug (or cocktail glass) with ice, then pour in 4 oz. of ginger beer, 1 oz. of vodka and 1 Tbs. of lime juice; stir together. Garnish mug with lime wedges and a sprig of mint to finish.

## ▼ Surprise everyone with game-day ‘souvenir’ favors

These favors aren’t just a thoughtful treat for guests—the boxes add a decorative touch to your party table! To make your own, decorate plain kraft-paper to-go boxes with strips of white tape to create football-like markings, or order pre-decorated boxes (like Football Favor Boxes, \$5 for 12, [OrientalTrading.com](http://OrientalTrading.com)). Fill boxes with bags of snacks and dollar-store koozies and mini footballs.



## ◀ Wow your crowd with a tower of tailgate snacks

Instead of serving snacks buffet-style in big bowls that guests have to scoop themselves, go for a pre-portioned setup that makes it easy to grab snacks and go back to the TV in a flash. Simply spoon chili or salsa into paper cups (decorated with cut-to-fit football-field printed scrapbook paper), nestle handfuls of tortilla chips into easy-to-hold french fry pouches (like Kraft Paper French Fries Boxes, \$6 for 12, [OrientalTrading.com](http://OrientalTrading.com)) and pile popcorn into black-and-white cups that mimic the look of a referee uniform. The real game-winning idea: Line up the snacks on a tiered server (or a tower of stacked cake plates). This allows you to fit all the treats on a vertical display, saving valuable table space for other delicious treats, decor, dishes and drinks.



## 3 tips for party success

### 1 *Make viewing easier*

The key to a perfect watch party? Ensuring that furniture is placed in the proper spot to maximize TV viewing! Simply position your buffet in an out-of-the-way spot so guests won’t have to walk in front of the TV for refills. To boost comfort and create extra spots for people to sit, set up “stadium seating” by creating a row of cushions in front of the TV and lining up chairs in a row on either side of the sofa.

### 2 *Have a serving strategy*

You have a home-field advantage when it comes to serving hot fare! Instead of keeping bulky slow cookers on the buffet where they’ll take up valuable space, hide them in the kitchen. Then check on the buffet during commercial breaks to see what needs a refill. Don’t have enough slow cookers? Place hot appetizers on cookie sheets and keep in an oven set on low.

### 3 *Play commercial bingo*

During commercial breaks in the big game, entertain your guests with a game of bingo that will definitely get them talking. To do: Before your party, search “Super Bowl Bingo” on [CreateCraftLove.com](http://CreateCraftLove.com) for bingo cards that feature the top brands advertising for the game. Print out several cards and give one to each guest along with a pencil to keep track. At the end of the night, gift winners with lottery tickets or dollar-store treats!



# Score extra smiles!

Whether you're watching the big game or gathering friends for a casual get-together, our winning spread is guaranteed to fuel the fun

Mexicali Turkey Chili

Smokin' BBQ  
Baby Back Ribs

Crispy Baked Veggie Chips

Buffalo Chicken Bites





Football  
Cake Pops

Golden Mac 'n'  
Cheese 'Muffins'

Stuffed Bacon-Cheddar  
Sweet Potato Skins

Turn the page for recipes & how-to ►





## Smokin' BBQ Baby Back Ribs

*Our finger-licking good, four-ingredient ribs will disappear in a flash*

- 6 lbs. pork baby back ribs
- 3 Tbs. dry barbecue seasoning rub
- 1½ cups Catalina salad dressing
- ⅓ cup yellow mustard

● Over high heat, bring large pot of water to a boil. Add baby back ribs and 1 Tbs. barbecue rub mix; simmer until ribs are tender, about 20 min. Using tongs, remove ribs from pot; let stand until cool enough to handle, about 10 min. Meanwhile, heat broiler.

● Remove skin from back sides of ribs. Place ribs in single layer on large rimmed baking sheet. In bowl, combine dressing, mustard and remaining 2 Tbs. rub; brush some of mixture over both sides of ribs. Broil, turning once and basting with some of remaining dressing mixture, until browned, 4–5 min. per side. Serve with any remaining dressing mixture.

**Servings: 8. Active time: 20 min. Total time: 1 hr. Calories: 610 Protein: 27g Fat: 52g (17g sat.) Chol.: 95mg Carbs.: 8g Sodium: 650mg Fiber: 0g Sugar: 8g**

## Buffalo Chicken Bites

*This boneless riff on the spicy classic cooks up in less than 10 minutes*

- Wooden skewers
- ½ cup buffalo wing hot sauce
- 2 cloves garlic, chopped
- 2 tsp. oil
- 1 tsp. Old Bay seasoning
- 2 lbs. chicken breast tenders, halved lengthwise
- ½ cup chunky blue-cheese salad dressing
- 2 Tbs. finely grated celery

● Soak skewers in water. Meanwhile, in small bowl, combine hot sauce, garlic, oil and seasoning. Transfer half of mixture

to large bowl; stir in chicken and cover. Let marinate at room temp. 30 min. Cover and reserve remaining sauce mixture.

● Heat broiler. Drain skewers; pat dry. Thread chicken onto skewers. Broil, turning once, until chicken is no longer pink in centers, about 3 min. per side. Brush with reserved sauce. In bowl, combine salad dressing and celery; serve dip with chicken.

**Servings: 8. Active time: 20 min. Total time: 1 hr. Calories: 209 Protein: 23g Fat: 12g (3g sat.) Chol.: 70mg Carbs.: 0g Sodium: 478mg Fiber: 0g Sugar: 0g**



## Golden Mac 'n' Cheese 'Muffins'

*A little microwave magic helps make this the easiest, cheesiest mac 'n' cheese ever*

- 8 oz. elbow macaroni
- 2 Tbs. butter
- 2 Tbs. all-purpose flour
- 1 tsp. mustard powder
- 2 cups milk
- 1½ cups shredded sharp Cheddar cheese, about 6 oz.
- 1 cup baby spinach, thinly sliced
- 1 egg white
- 1 Tbs. seasoned dry breadcrumbs
- Red pepper strips (optional)

● Heat oven to 400°F. Cook macaroni according to package directions; drain. Generously coat 12 muffin cups with cooking spray.

● In large microwave-safe bowl, microwave butter in 10-sec. intervals until melted. Whisk in flour and mustard; microwave in 10-sec. intervals until bubbles form. Slowly stir in milk; microwave in 1-min. intervals, stirring once, until thickened. Stir in cheese until melted.

● Add macaroni, spinach and egg white to cheese mixture. Evenly divide among muffin cups; sprinkle with breadcrumbs. Bake until golden brown, 15 min. Let cool 10 min. Run knife around edges to loosen; remove from cups. If desired, garnish with red pepper strips.

**Servings: 12. Active time: 25 min. Total time: 50 min. Calories: 182 Protein: 8g Fat: 8g (5g sat.) Chol.: 22mg Carbs.: 19g Sodium: 134mg Fiber: 1g Sugar: 2g**





## Mexicali Turkey Chili

*In under an hour, you can serve up this hearty turkey 'n' baked beans twist on a party favorite*

- 1 Tbs. oil
- 1 large onion, chopped
- 1 cup diced green pepper
- 1½ lbs. ground turkey
- 2 (22 oz.) cans baked beans, such as Bush's Grillin' Beans
- 1 can (11 oz.) Mexicorn, drained
- 1 cup minced mushrooms
- ½ cup chopped fresh cilantro
- ½ cup sour cream

● In pot, heat oil over medium heat. Add onion and pepper; cook, stirring often, until tender, 5–8 min. Add turkey; cook, stirring occasionally, until no longer pink, about 5 min. Reduce heat to medium-low. Add beans, corn, mushrooms and cilantro; simmer until flavors blend, 20 min. Top with sour cream.

**Servings: 8. Active time: 30 min. Total time: 50 min. Calories: 401 Protein: 22g Fat: 11g (3g sat.) Chol.: 60mg Carbs.: 56g Sodium: 735mg Fiber: 7g Sugar: 29g**



## Stuffed Bacon-Cheddar Sweet Potato Skins

*Sweet potatoes sub in for regular spuds for a gourmet-easy upgrade*

- 6 sweet potatoes ( about 2½ lbs.)
- 1 Tbs. oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 6 slices bacon, cooked, crumbled
- Salt and pepper (optional)
- ½ cup shredded sharp Cheddar cheese
- ½ cup sour cream

● Heat oven to 400°F. Coat potatoes with cooking spray. Bake on baking sheet until tender, 50 min. Let sit 10 min. Cut lengthwise in half; scoop out flesh, leaving ¼"-thick shell. Mash flesh. In skillet, heat oil over medium heat. Add onion and garlic; cook, stirring often, until tender, 5 min. Stir onion mixture and bacon into mashed potatoes. Season with salt and pepper. Divide among potato shells; cut each into thirds. Top with cheese. Bake on baking sheet until cheese melts, 10 min. Top with sour cream.

**Servings: 18. Active time: 25 min. Total time: 1 hr., 35 min. Calories: 83 Protein: 3g Fat: 4g (2g sat.) Chol.: 9mg Carbs.: 9g Sodium: 81mg Fiber: 2g Sugar: 3g**



## Football Cake Pops

*Our no-bake confections are even faster with store-bought cake*

- 1 (15 oz.) pkg. angel food cake, torn
- ½ cup cream cheese, at room temp.
- ½ tsp. grated orange zest
- 12 (6") lollipop sticks
- 2 cups dark cocoa candy melts, melted
- 1 tsp. oil
- Styrofoam blocks
- ⅔ cup white chocolate chips, melted

● In food processor, pulse cake, cream cheese and zest until smooth. Form mixture into 12 football-shaped balls. Insert 1 lollipop stick into each ball. Chill until firm, 15 min. In bowl, mix candy melts and oil. Working with one at a time, dip each football into candy to coat; insert sticks into Styrofoam. Chill until set, 10 min. Transfer white chocolate to plastic sandwich bag; snip small hole in corner. Pipe lines onto footballs.

**Servings: 12. Active time: 35 min. Total time: 1 hr. Calories: 379 Protein: 4g Fat: 18g (15g sat.) Chol.: 10mg Carbs.: 52g Sodium: 336mg Fiber: 1g Sugar: 31g**



## Crispy Baked Veggie Chips

*These smoky nibbles are just as delish as potato chips, but without the fat*

- 4 medium zucchini, cut into ⅛"-thick slices
- 1 tsp. smoked paprika
- ½ tsp. seasoned salt

● Heat oven to 225°F. Line 2 baking sheets with parchment paper; coat with cooking spray. Arrange zucchini in single layer over

sheets; coat with cooking spray. Sprinkle with paprika and salt. Bake, turning once until golden and crispy, about 1½ hrs., or longer if needed, checking every 10 min.

**Servings: 6. Active time: 15 min. Total time: 1 hr., 45 min. Calories: 27 Protein: 2g Fat: 1g (0g sat.) Chol.: 0mg Carbs.: 4g Sodium: 128mg Fiber: 1g Sugar: 3g**



# Super smiles guaranteed

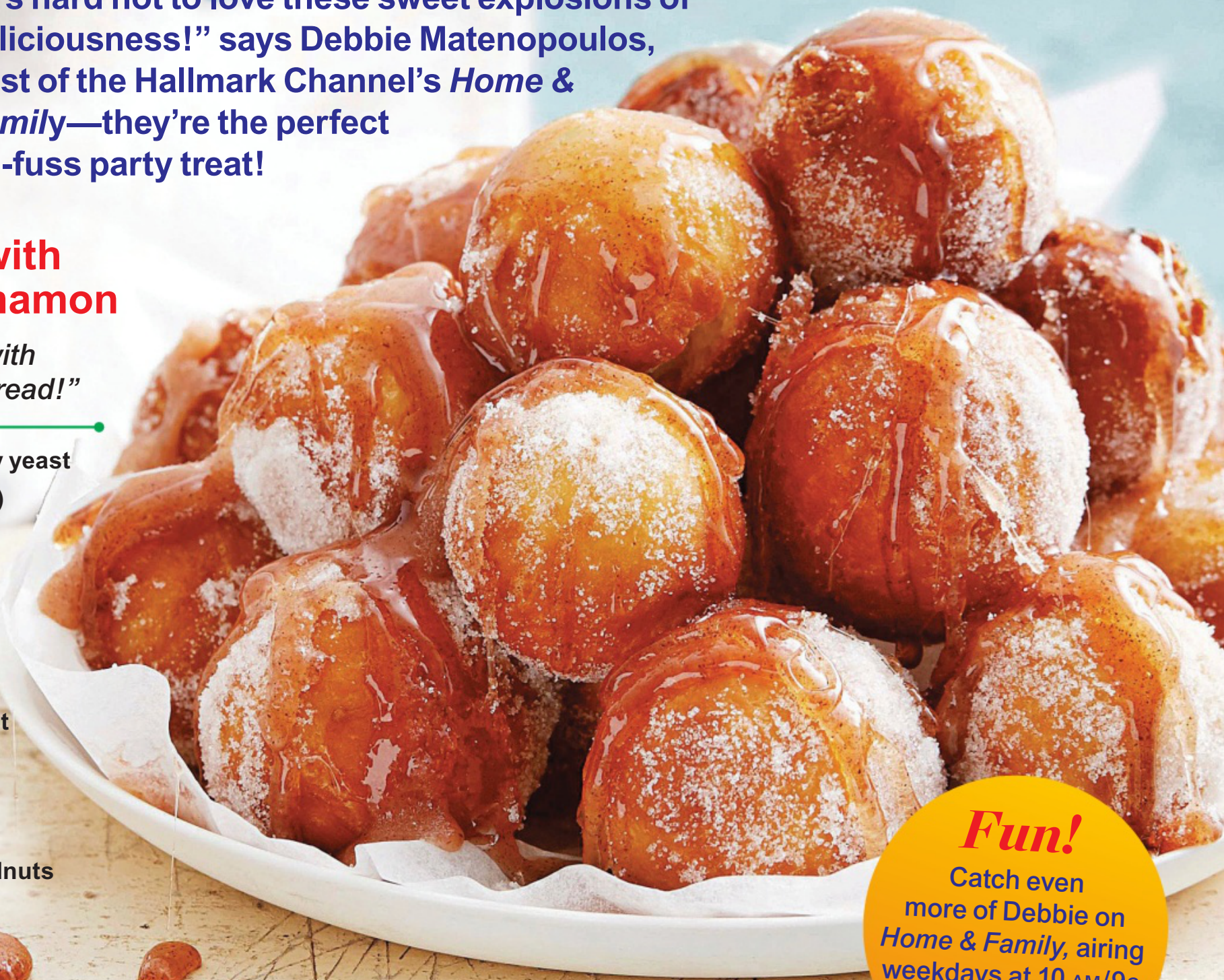


“It’s hard not to love these sweet explosions of deliciousness!” says Debbie Matenopoulos, host of the Hallmark Channel’s *Home & Family*—they’re the perfect no-fuss party treat!

## Greek Donuts with Honey and Cinnamon

“For a twist, try them with chocolate-hazelnut spread!”

- 1 (.25 oz.) pkg. active dry yeast
- 1 cup warm water (110°F)
- 2 cups all-purpose flour
- 1½ tsp. + 1 cup sugar
- ½ tsp. kosher salt
- ½ cup warm milk (110°F)
- ½ cup honey
- 1 (2"x1") strip lemon zest
- 1 cinnamon stick
- Oil for frying
- 2 Tbs. ground cinnamon
- ¼ cup finely chopped walnuts (optional)



**Fun!**

Catch even more of Debbie on *Home & Family*, airing weekdays at 10 AM/9C on the Hallmark Channel

### Easy as 1,2,3!

**1** Dissolve yeast in warm water; let stand 10 min. In large bowl, whisk together flour, 1½ tsp. sugar and salt; whisk in yeast mixture, then milk until smooth, thick batter forms. Cover; let rise in warm place until tripled in volume, 1–2 hrs.

**2** Line baking sheets with paper towels. In pot, combine remaining sugar with honey, ½ cup water, lemon zest and

cinnamon stick. Over medium heat, bring to a simmer. Reduce heat to low; cook 5 min. Remove from heat; cover to keep warm.

**3** In large pot, heat 2" oil until deep-frying thermometer registers 360°F. Using two spoons, carefully drop heaping tablespoons of batter into hot oil. Donuts will puff up and float to surface right away. Working in batches of 4–6 at a time, fry

donuts until golden brown, 3–5 min., turning occasionally. Using slotted spoon, transfer to paper towels to drain. Using slotted spoon, dip one at a time into syrup; transfer to serving platter. When all donuts are coated in syrup, sprinkle with cinnamon and walnuts. Serve immediately.

**SERVINGS: 30–36. ACTIVE time: 1 hr., 10 min. TOTAL time: 3 hrs., 10 min.**



# Debbie's best bites

RECIPES TO COLLECT **WW**



*Lightly Fried Zucchini*



*Greek Meatballs in Tomato Sauce*



*Chicken Souvlaki*



*Tzatziki*





## Greek Meatballs in Tomato Sauce

Debbie says these treats are delish with or without sauce—after baking, broil 'em for a minute or two for extra flavor

- 1 cup cubed crustless day-old bread**
  - 1½ lbs. lean ground beef**
  - 3 cloves garlic, minced**
  - 1¼ tsp. sea salt**
  - ½ tsp. pepper**
  - ½ tsp. ground cumin**
  - 2 Tbs. extra-virgin olive oil**
  - 5 medium tomatoes, seeded, diced**
- Heat oven to 350°F. Oil large baking dish. Moisten bread in bowl of water; squeeze dry. Transfer to large bowl; mix in beef, garlic, ¾ tsp. salt, ¼ tsp. pepper and ¼ tsp. cumin. Shape into 1" balls. Arrange in dish. Bake until cooked through, 35 min. Meanwhile, in large pot, heat oil over medium heat. Add remaining ingredients. Cook, stirring often, until tomatoes break down, 5–7 min; over low, cook until thickened, 15–20 min. Serve with meatballs.

**Servings: 6. Active time: 25 min. Total time: 1 hr.**  
**Calories: 256 Protein: 23g Fat: 15g (4g sat.) Chol.: 72mg Carbs.: 7g Sodium: 475mg Fiber: 1g Sugar: 3g**

## Lightly Fried Zucchini

This crispy-crunchy, party-friendly finger food is a healthier alternative to fries or chips

- 4 medium zucchini (each about 10 oz.)**
  - 1½ tsp. sea salt + additional**
  - ½ tsp. freshly ground pepper**
  - 1 cup all-purpose flour**
  - Oil, for frying**
  - Tzatziki sauce (optional)**
- In large skillet, heat ½" oil over medium heat until shimmering. Test temp. of oil by gently placing 1 zucchini wedge into it; oil should bubble vigorously around zucchini. Working in small batches, carefully slip zucchini into hot oil. Cook, turning once, until wedges are golden brown, 4–5 min. per side. Using slotted spoon, transfer to paper towels. If desired, sprinkle with salt. Serve immediately with, if desired, tzatziki sauce.
- Line baking sheets with paper towels. Cut zucchini in half crosswise; cut each half into 8 wedges. Sprinkle with salt and pepper, then coat in flour, shaking off any excess.

**Servings: 10. Active time: 1 hr., 15 min. Total time: 1 hr., 15 min**  
**Calories: 248 Protein: 2g Fat: 23g (2g sat.) Chol.: 0mg Carbs.: 10g Sodium: 386mg Fiber: 1g Sugar: 1g**

## Tzatziki

This yogurt dip is guaranteed to satisfy garlic lovers; for a milder version, Debbie omits a clove and adds a bit of dill

- Half of seedless English cucumber, peeled**
  - 1 tsp. sea salt**
  - 2 cups plain Greek yogurt**
  - ⅓ cup extra-virgin olive oil**
  - 1 Tbs. red or white wine vinegar**
  - 1 Tbs. minced fresh dill**
  - 3 cloves garlic, peeled and mashed into a paste**
  - Assorted vegetables**
- Coarsely grate cucumber into bowl; toss with ½ tsp. salt. Transfer to fine-mesh sieve set over another bowl; drain 10 min. Working in batches, squeeze as much remaining liquid from cucumber as possible and transfer to another bowl.
- Add yogurt, oil, vinegar, dill, garlic and remaining salt; mix well. Serve immediately or refrigerate, covered, for 2–3 hrs. to let flavors blend. Tzatziki will keep for up to five days in refrigerator, but garlicky flavor intensifies as time passes.

**Servings: 6 (1¼ cup). Active time: 20 min. Total time: 20 min**  
**Calories: 199 Protein: 8g Fat: 17g (4g sat.) Chol.: 11mg Carbs.: 4g Sodium: 271mg Fiber: 0g Sugar: 4g**

## Chicken Souvlaki

An olive oil, lemon and oregano baste gives these bites big flavor. For a fun twist, Debbie tops the cooked chicken with shredded cheese, bakes until melted and serves with salsa

- Wooden skewers**
  - 3 lbs. boneless, skinless chicken thighs, cut into 1½" pieces**
  - 1 Tbs. sea salt**
  - 2 tsp. freshly ground pepper**
  - ½ cup extra-virgin olive oil**
  - 6 Tbs. fresh lemon juice**
  - 1 Tbs. dried oregano**
- 15 min. Heat grill to medium for 30 min., or heat grill pan. Meanwhile, whisk together oil, lemon juice and oregano. Reserve in covered container at room temp.
- Soak skewers in water 30 min. In bowl, toss chicken with salt and pepper; let stand
- Dividing evenly, thread chicken pieces onto skewers; brush with ⅓ cup reserved oil mixture. Grill chicken, turning once and basting with remaining oil mixture, until chicken is no longer pink in centers, 3–5 min. per side.

**Servings: 8. Active time: 20 min. Total time: 40 min.**  
**Calories: 341 Protein: 29g Fat: 24g (5g sat.) Chol.: 156mg Carbs.: 1g Sodium: 845mg Fiber: 0g Sugar: 0g**



Madeleine wrote to us to tell her story of how Blue Berry™ has impacted her quality of life and helped her enjoy her favorite hobby: painting beautiful landscapes.

# Wonderful to have good eyes

“My name is Madeleine. I am retired and live in Montreal. I enjoy spending time in nature, painting beautiful plants and landscapes.”

## Eyes began to weaken

“As I got older, I got concerned that my eyes would begin to weaken. This would upset me, because I love painting, which is very demanding on the eyes and requires accurate vision.

When I went to my optometrist, he explained to me how eyes can degenerate with age and that the vision unfortunately often gets worse with time.”

## Read About Blue Berry™

“Then, in a magazine, I read about a man who had used Blue Berry tablets to maintain his eyesight. In hopes of getting the same results, I bought a box at my local pharmacy, and started the same day. I’ve been taking Blue Berry™ for almost a year, and I’m very happy with the product. I’m painting and my spirits have been lifted.

**I’m very happy to have found this product, and recommend it highly to anyone who wants to take good care of their vision.”**

- Madeleine F., Qc



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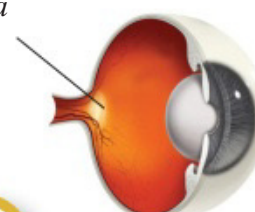
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# Color your home calm

Shades of blue are study-proven to bring relaxing energy into any space—and Classic Blue is Pantone's 2020 Color of the Year! We asked design pros for easy (and affordable!) ways to infuse this calming, peaceful hue into any room. Read on for their simple strategies guaranteed to bring on bliss

## BEAUTIFY A LIVING ROOM

"Color alone has the power to set the mood for an entire house—and to me, blue is such a calming choice," says design pro Jennifer Cox, founder of TheBlueHueHouse.com. "I love showcasing pops of blue all around—it's an elegant way to break up a neutral room," she says. "And repeating the same shade a few times pulls a room together in a cohesive way." Cox suggests starting small with blue accents such as pillows, throws or vases. Or for bigger impact, try painting an accent wall or corner.

For more style tips and inspiration, visit  
Cox's design blog, [TheBlueHueHouse.com](https://TheBlueHueHouse.com)



# with classic blue!



## INSTANTLY DRESS UP A BEDROOM

"Classic Blue is a solid and dependable blue hue," notes Leatrice Eiseman, executive director of the Pantone Color Institute.

"Overall, this color brings a sense of peace and tranquility to the human spirit, offering refuge." This makes it the perfect color to work into a bedroom. Easy ways to incorporate the calming hue: Display pretty blue accents and a horizontal stack of blue books atop a console or dresser and add finishing flair by hanging an oversize piece of blue artwork (like "I Love the Rain" Painting, \$43, Wayfair.com) above the vignette.

## REFRESH AN ENTRYWAY

"Entryway decor is important since it's the first room you see in the house, and displaying a jewel-toned hue, like the bright blue here, is surprisingly welcoming," says Cox. To warm up cool-toned blues, she recommends bringing plush accents or textured touches like baskets or wooden pieces into the space. Here, a wooden bench, a woven bin and a fun trio of patterned pillows perk up the blue-painted foyer. Highly rated blue paint hues to try: "Cobalt Glaze" or "Cobalt Stone" from Glidden.com.



## WW Picks: Little hits of happy!

### Enhance comfort ▶

Take your couch from simple to so-snuggly with a blue patterned pillow. (\$55, Blue Eleanor Pillow, GrandinRoad.com)



### ▶ Brighten a bare corner

Any houseplant is made prettier when popped into a chic woven basket. (\$27, Modicum Seagrass and Rope Basket, Amazon.com)

### Pretty up any surface ▶

A bold vase brings a burst of classic blue to a table or shelf. (\$25, Curvy Blue Glass Bottle Vase, Pier1.com)



Living4Media; Mark Lohman/Styling by Sunday Hendrickson (2); Text: Lauren Blum





## Try these tricks before calling a handyman

Appliance on the fritz? Before you pick up the phone, experts say these easy DIY fixes can save you hundreds of dollars!

### Speed a slow drain with plunger suction

Stubbornly sluggish drain stressing you out? First, pour hot water (never boiling since PVC pipes aren't fabricated to withstand extreme temperatures) down your sink to melt clogging grease and break up debris. The next step: Push a plunger down over the drain to create a tight seal, then make a quick, sharp pull up. The up-and-down motion dislodges the debris, helping break it up so it's easier to push through the pipe.

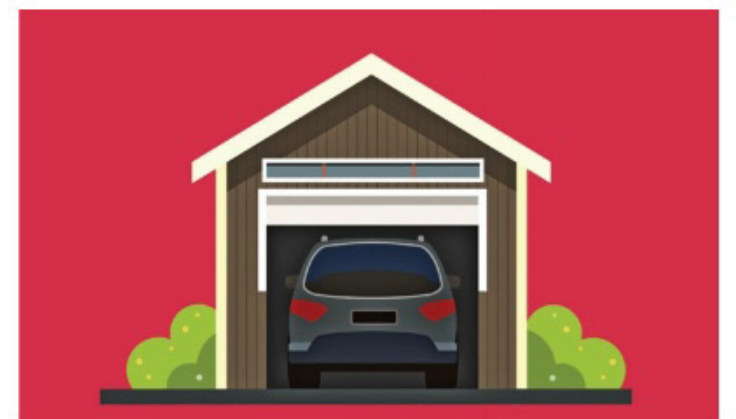


### Nix error messages with a vinegar rinse

Frustrated by an error message on your washing machine's control panel? "If your machine has a wire mesh debris filter [on the bottom front of the machine], remove it and soak it in vinegar for one hour," says Aaron Massey (MrFixItDIY.com). "Otherwise, run an empty load and pour 1 cup of vinegar into the bleach compartment." Vinegar's acid eats lime buildup in the machine's filter, clearing the error.

### Revive a microwave with baking soda

If your microwave won't turn on or shuts off before the cooking time is up, gunk is likely the culprit, reveals Jeff Campbell of KitchenApplianceHQ.com. "Food particles often build up on the door or hinges, creating a tiny fraction-of-an-inch gap that triggers the microwave's door-open sensor, shutting it off." The fix: "Sprinkle a moist sponge with baking soda and rub the door frame and hinges," Campbell advises. "This will help create a tight seal again."



### Close a stuck garage with a burst of air

If your automatic garage door won't close, blame dirty sensors—two devices that emit an invisible laser to stop the door from closing on someone. If dirt blocks the beam, your door won't shut. Just spray canned air on the lens (one option: Ultra Duster, \$5, Walmart) to gently blow away the dirt.



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Hand-crafted sculptures echo the distinctive  
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*A centuries old artistic tradition  
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Traditional Polish Stoneware's unique patterns are inspired by the peacock feather and its look is distinguished by clean lines and captivating designs in cobalt blue, peacock blue, iridescent greens and earth tones. This pattern is one of the most collected in the world, and often commands top dollar from avid collectors looking to complete or enhance their collection.

Now, labor intensive handcrafting by skilled artisans has captured that prized look in a first-ever from Hawthorne, the *Silent Night (Wśród Nocnej Ciszy)* Nativity Collection.

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The heirloom-quality figurine of "Mary and Baby Jesus" can be yours for only \$29.99 each\*, billed with shipment. Subsequent figurines will be sent about every other month with each billed separately at the same remarkable price as Issue One. Your Second Issue will be the "Joseph" figurine. You can cancel at any time, and our best-in-the-business 365-day guarantee, assures your satisfaction.

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This sculptural treasure is expected to generate unprecedented demand, so please don't wait. *Send no money now.* Simply complete and mail the Reservation Application today!

Shown smaller than actual  
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Issue One  
"Mary and  
Baby Jesus"

Issue Two  
"Joseph"



Equally beautiful when  
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### RESERVATION APPLICATION

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Allow 4-6 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

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Mrs. Mr. Ms. \_\_\_\_\_  
Name (Please Print Clearly)  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_

917581-E24401



# \$\$\$ Cash in this week!



Laura Jenkins, 49,  
Queens, NY

## “I make \$400 a month selling cake jars!”

Laura Jenkins turned a cherished hobby into a full-blown business. Here's how she did it

**B**aking has always been a source of joy for me. One day, I shared my homemade banana pudding with my co-workers. They loved it, and the cute Mason jar I had placed it in. Word spread around the office, and co-workers began putting in requests for their own ‘cake jars’ in different flavors!

“I decided to charge \$5 per jar to keep up with the cost of the ingredients, and earned almost \$1,000 in just two months. I was having so much fun, and I began to post pictures of the yummy treats on Facebook and Instagram (@kakejarkouture).

Soon, complete strangers were reaching out with order requests. I officially launched KakeJar Kouture—which seemed like a fitting name since I always decorate the jars myself—in the summer of 2018!

“Today, depending on how many orders I receive, I bake around 10 to 20 cakes per week (I use cookie cutters so that the cake fits perfectly in the jar) in flavors like Dulce de Leche, Cookies ‘n’ Cream and Strawberry Shortcake. Sometimes I get requests for a single order; others request by the dozen. I also do special

occasions, such as baby showers and ‘ladies night’ events, which can mean fulfilling up to 40 orders at a time! I typically earn \$100 per week, though that number increases when I’m busy or when I do pop-up shows.

“I’m a step coach for fourth and fifth graders, so I put some of the money I earn toward the team as well as 15% to Safe Horizon, a charity that assists victims of domestic violence. For me, kakejarkouture is like giving away a little of my love in a jar! I hope that in the future, I can pass this wonderful little business on to my grandchildren!”

## Win big at WomansWorld.com!



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### Watch movies!

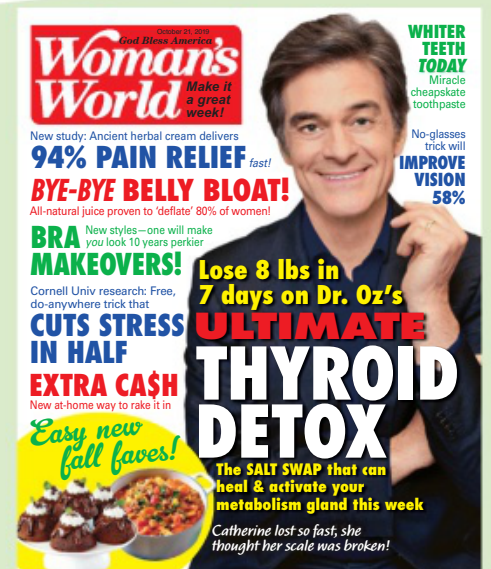
You don't need to pay a rental fee or subscribe to a streaming service to watch the latest must-see films and television shows. Thousands of comedies, action flicks, documentaries and sitcoms can be found for free at HooplaDigital.com (it partners with your local library to let you electronically borrow movies and TV shows), IMDb.com/tv, Pluto.tv, SonyCrackle.com, TubiTV.com, Vudu.com (click "free" on the top menu) and YouTube.com/movies (scroll down to the "free to watch" section). Make your choice, then start watching right now!

### Listen to music!

Pay streaming services like Spotify and SiriusXM aren't the only ways to listen to your favorite music. You can also enjoy it on free streaming sites like AccuRadio.com, Jango.com and Pandora.com. Just log on, select the band or music you'd like to hear and you'll get hours of tunes. Want to download new music to your MP3 player? Most online stores that sell music (such as Amazon and iTunes) offer a wide selection of songs at no cost. Simply use their price filter or search "free music." Also great? Visit Jamendo.com, where emerging artists post their latest songs at no cost!

### Play video games!

Whether your idea of a good time is blasting space aliens or doing word puzzles, you're in for a treat: You can play online without having to download pricey apps! For example, at MindGames.com, you'll find games that challenge your brain (such as crosswords and sudoku), or log on to Kongregate.com for adventure and strategy fun. Enjoy bingo, blackjack, poker or slot machines? Visit Pogo.com/casino-games or Zone.MSN.com. And for retro arcade games, head to ClassicGame.com, where you can play as much Donkey Kong, Frogger and other old favorites as you want!



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# Relax with Brain Games

## CROSSWORD

### Coffee break

Use the letters highlighted in the finished puzzle to spell a name for Italian coffee

#### ACROSS

- 1 "Naughty, naughty!"  
4 In the center of  
8 Waikiki welcome  
13 Country singer Paisley  
17 Inventor Whitney  
18 Doily material  
19 Batman's partner  
20 Fishing gear  
21 Refusals  
22 Small songbird  
23 They can swing  
24 Clearasil target  
25 Give up  
27 Go backpacking  
28 Now clean  
30 Needle hole  
31 Streets of Paris  
32 *Pretty Woman* star  
33 Scruffs  
36 Prominent features on elephants
- 37 In \_\_\_ straits  
38 Food stat  
41 And others, for short  
42 Rocker Joan  
43 After-dinner selection  
44 Imitation  
45 Sounds of laughter  
46 Canine's coat  
47 Lazy \_\_\_  
49 Part of a water park  
50 Apprentice doctor  
52 Pepper's partner  
53 Nat and Natalie  
54 Gardening tool  
56 *Days of \_\_\_ Lives*  
57 Boat with an open hold  
59 Snake poison  
62 Arm bone

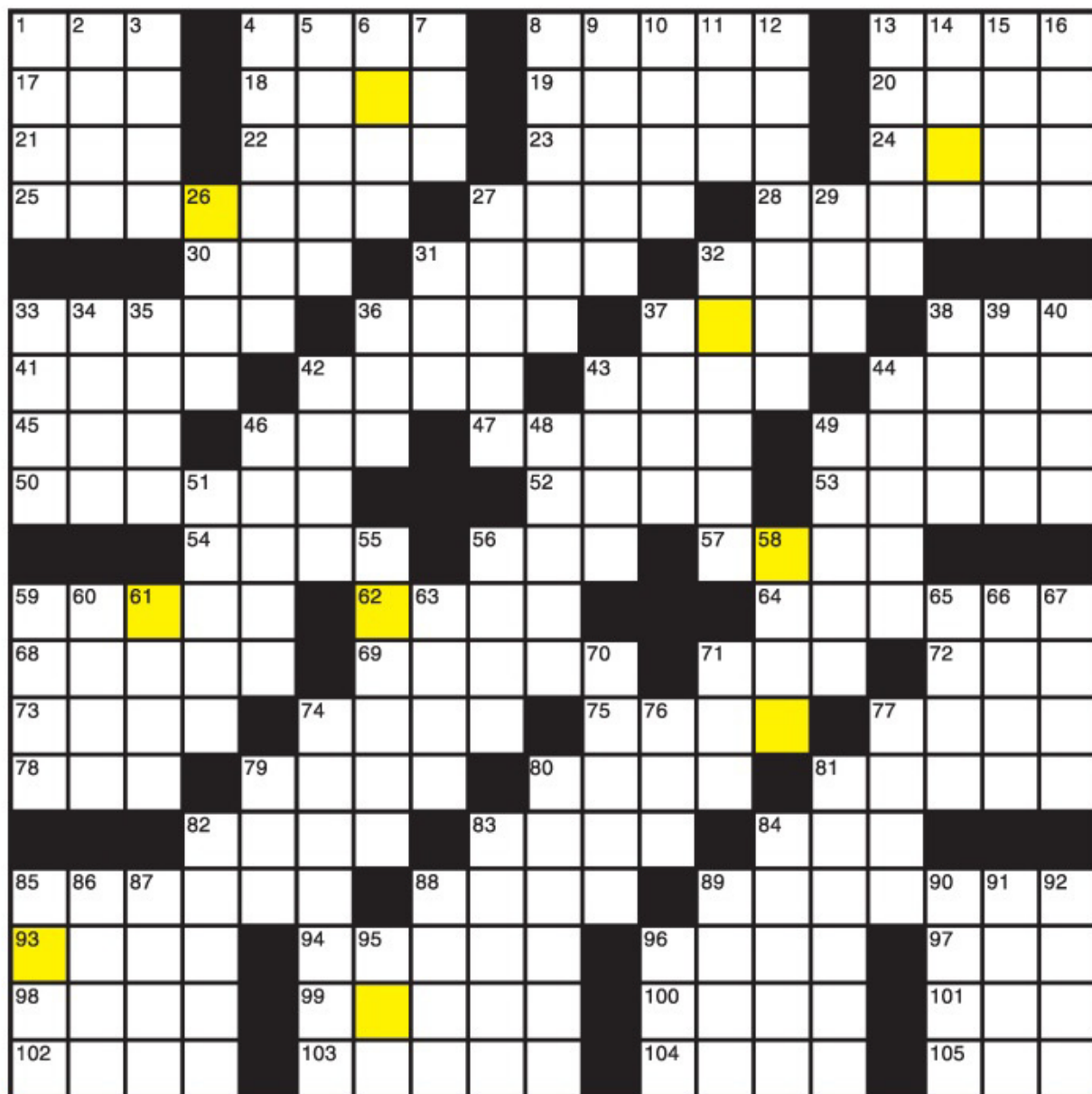
- 64 "That's the truth!"  
68 Give the slip  
69 Come from behind  
71 Write quickly  
72 Old record label  
73 Greet the day  
74 Small horse  
75 Above  
77 Fibber  
78 Chicken \_\_\_ king  
79 Kelly of daytime TV  
80 Q-tip  
81 Healthcare benefits giant  
82 Dressing ingredient  
83 Window part  
84 It has many keys: Abbr  
85 Wildlife protection area  
88 Rump, as hair  
89 Like the old days, they say
- 93 Away from the wind  
94 Milky gems  
96 Shirt style  
97 *Much \_\_\_ About Nothing*  
98 Coaster  
99 Like the Vikings  
100 Night fliers  
101 Driver's lic and others  
102 Singer Seeger  
103 Tour stops  
104 "Check this out!"  
105 Salon application

#### DOWN

- 1 Care for  
2 Gin flavorer  
3 Smooch  
4 Inevitably  
5 One of the Osmonds  
6 "Happy Birthday" writer

- 34 \_\_\_ impasse (2 wds.)  
35 After the hour  
36 Always, to a poet  
37 "You're on!"  
38 Train track  
39 Guy  
40 Chopping tools  
42 Kind of mail  
43 Former Russian ruler  
44 Taken wing  
46 Picture holder  
48 Regular  
49 Get a move on  
51 Chip away at  
55 The Continent  
56 One's partner  
58 Karate blow  
59 Designer Wang  
60 Worse than bad  
61 Astronaut's insignia  
63 Actress Turner  
65 Give off, as light  
66 Read quickly  
67 *Gone with the Wind* plantation  
70 They can be contagious

- 71 Employment  
74 City nesters  
76 \_\_\_ kwon do  
77 Ballet move  
79 Dust remover  
80 Talks back  
81 Nearly  
82 Glove material  
83 Beating of one's heart  
84 Packs to the brim  
85 Coarse file  
86 Fashion magazine  
87 Pedal pushers  
88 Shopping spot  
89 Farm females  
90 Installed, as carpet  
91 Small whirlpool  
92 Garden bloom  
95 Hawaiian dish  
96 Fizzy drink



- 7 Animal house  
8 Sides in Risk  
9 Glances  
10 Wind instrument  
11 Stayed out of sight  
12 Responds to a knock  
13 Ho-hum  
14 Full-bodied  
15 Green Gables girl  
16 Home paper  
26 Banana covering  
27 Feels achy  
29 "\_\_\_ we there yet?"  
31 Scoundrel  
32 Fairy-tale characters  
33 Fruity soft drink

### 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

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

Shutterstock; Getty; Alamy



74 across



## Mystery

## Unsportsmanlike conduct

An unseasonably warm day broke as Detective Bridget Kelly pulled out of the station.

"I spent a lot of money sending my nephew to college to play football," Officer Dan Ryan said.

"Hmm?" Kelly was concentrating on driving to Mitch Anderson's house.

"Yep—and all I got was a *quarterback*!" Dan chuckled.

Kelly rolled her eyes. As it was Super Bowl Sunday, she'd spent the last few hours listening to Dan's bad football jokes.

"Let's be serious here."

They pulled up to a white house next to the Playball Sport Shop where they were greeted by an angry Mr. Anderson.

"I want Tom Woods arrested *now*!" he fumed. "He just broke the restraining order and took boxes of inventory from the shop." Here he pointed to the building next door. "Our joint inventory, that is. At least until the court case when the judge decides who gets what."

Ryan grinned. "You and your former business partner fighting over the good toys?"

Anderson scowled and gritted his teeth.

"They aren't toys! They're pieces of sports memorabilia, and the restraining order says that Woods isn't allowed within a hundred yards of it."

"What proof do you have?" Kelly asked.

"A video on my phone. Look, it's right here. I took it just before I called you."

Kelly and Ryan bent over the screen. They could make out a man they knew as Tom Woods straining under the weight of two large cardboard boxes. His breath made tiny circles in the air as his face turned red.

Kelly nodded. "Let me see that restraining order."

Anderson pulled out a slip of paper from his pocket.

"See? It's dated last week—the day after Tom punched me in the nose." Kelly remembered the report she had read the

week prior charging Woods with assault.

Anderson continued. "I knew Tom was stealing all along and accused him—that's why he punched me. He's probably been selling the stuff on online and cheating me out of my share of the profits."

"We'll check it out."

A few minutes later, the officers pulled up to Woods' apartment. His door proudly displayed the banner of his chosen team, while a television blaring the pre-game show blared behind it.

Woods was dressed in a team T-shirt and jeans.

"Taking inventory? I can assure you, detective, I've been here all day watching the show. It's the biggest game of the year! Anderson just wants me arrested now because he knows I'd miss it—and that," he added with a glare, "is not about to happen."

"When was the last time you were at the shop?"

"The day of our fight when Mitch pushed me. That's why I punched him, in self-defense. I packed up my space heater, coffee mug and my pictures and headed out for good."

Ryan and Kelly exchanged glances.

"He accused you of stealing?"

"That's right," Woods shook his head. "And I accused him. It's a two-man operation over there, and the missing stuff couldn't all be shoplifters." Here, Woods' eyes went back to the TV for a second. "Now if you'll excuse me..."

"Sorry, you'll have to come down to the station for further questioning...even if it means missing the game," Kelly said firmly.

Woods' face fell. "Can I at least get my coat?" He reached for his jacket, which was emblazoned with the emblem of his chosen team, and which Kelly thought might be part of the stolen inventory.

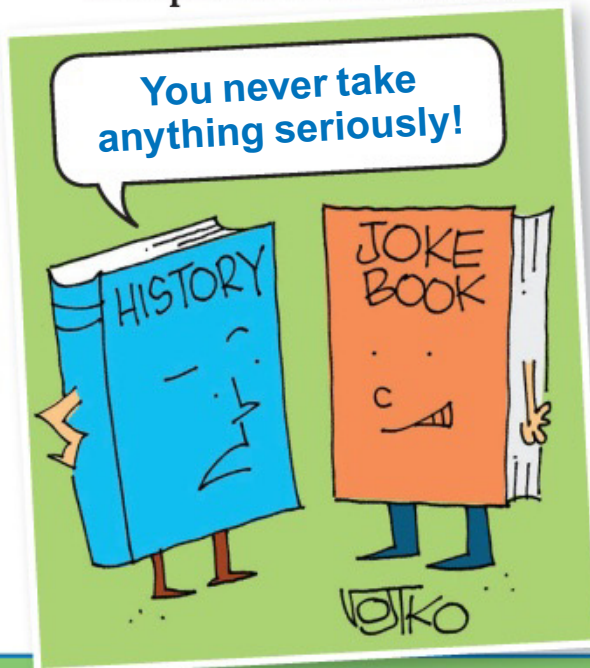
Ryan grinned. "No need for that. It's actually shorts weather today!"

Suddenly, Kelly stopped.

"No need for that ride after all, Mr. Woods." She smiled. Then she turned to Ryan with a triumphant smile. "But Mitch Anderson is going downtown. Suspicion of fraud."

—Tracie Rae Griffith and Robin Kristine Ireland

**Q: Why does Kelly suspect Anderson?**  
**A: Turn to pg 49**



## Order Up!

Can you guess which happened first, second and third?

- **A.** Marilyn Monroe stars in *Some Like It Hot*
- **B.** The Empire State Building is sold for \$51 million dollars
- **C.** *Time* puts Charlie Brown on its cover



## Person, Place or Thing?

Can you guess what I am?

- |   |   |
|---|---|
| <input type="checkbox"/> I might make you hunger for more     | <input type="checkbox"/> I feature a pair of star-crossed lovers                    |
| <input type="checkbox"/> I reveal the dark side of reality TV | <input type="checkbox"/> Suzanne Collins brought me to life                         |
| <input type="checkbox"/> I take games very seriously          | <input type="checkbox"/> You'll find me in the Young Adult section at the bookstore |
| <input type="checkbox"/> My lottery winners aren't so lucky   | <input type="checkbox"/> Jennifer Lawrence starred in my 2012 movie                 |
| <input type="checkbox"/> I am part of a trilogy               |   |
| <input type="checkbox"/> I was a book before I was a movie    |   |





# 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

Hope does more good than doubt ever could!

### Day 2

There is magic in your smile

### Day 3

You are so brave!

### Day 4

Something wonderful will happen today!

### Day 5

Any team is stronger with you on it

### Day 6

You are loving, lovable and so loved

### Day 7

There is no day that you haven't made better!

## A Heavenly dream

When *Woman's World* reader Deborah Mattson's little boy's stuffed bear went missing, an angel visited her in a dream and led her straight to Bear-Bear! She writes:

My son, Leif, was 8 months old when his best friend came into his life. I was shopping the Christmas clearance section at Walmart, and I placed a fluffy brown teddy bear in the carriage to entertain him. Needless to say, the bear had found a forever home. Bear-Bear accompanied us on every vacation and showed up in every family picture. He was a part of our family.



One evening, when Leif was 3, he toddled into the kitchen crying. "Mama, I can't find Bear-Bear anywhere!" Together, we searched the house from top to bottom, but Bear-Bear was nowhere to be found. I even went out to the garage and peeked in our second car, but I didn't see Bear-Bear.

Getting Leif to sleep that night without his best friend was heart-wrenching. He cried for an hour before falling into an exhausted sleep. The next day, we searched again to no avail. "Mama, why did Bear-Bear leave me?" Leif tearfully asked me. I tried to comfort

him. "Everyone needs a vacation sometimes, sweetie," I told him. "I'm sure Bear-Bear will be back soon." *Please, God and angels, show us where Bear-Bear is*, I silently prayed.

That night, as I fell into a fitful sleep, a beautiful woman with kind, piercing eyes and

***"As I fell into a fitful sleep, a beautiful woman with kind, piercing eyes appeared in front of me!"***

long, dark hair appeared in front of me.

Instantly, I recognized her as an angel. No words were spoken, but with my mind, I asked her, *You've come to lead me to Bear-Bear, haven't you?* She smiled, and in the next instant, I was in my garage, peering into the back seat of our spare car again. On the floor was Bear-Bear.

When I awoke the next day, I immediately remembered my dream and ran to the garage. Full of hope, I opened the back door and, sure enough, Bear-Bear was there, lying on the carpeted floor!



What a happy reunion Leif and Bear-Bear had that day. I was sure that Heaven had heard my prayer and sent a very special messenger to comfort my little boy.



### ANGEL EXPERT KYLE GRAY SAYS...

"Angels are real and they are nothing but a prayer away, no matter how big or small the request. As Deborah prayed to God and the angels that night for help, she opened herself up to their miraculous presence, and through her dream, received a visitation from an angel who brought the answer she needed in order to comfort her son. Angels know the significance of special items and will go out of their way to reunite us with them."

If you have an angel story you'd like to share, please send it, 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](mailto:Angels@WomansWorldMag.com). We'll pay \$100 for each featured story. All submissions become the property of *Woman's World* and may be edited, published or reused. Kyle Gray ([KyleGray.co.uk](http://KyleGray.co.uk) and [Instagram.com/KyleGrayUK](https://www.instagram.com/KyleGrayUK)) is an internationally known angel expert. He is the author of six books, including *Angel Prayers*, *Wings of Forgiveness* and *Raise Your Vibration*, as well as two bestselling card decks and the host of "Angel Club" at [HayHouseRadio.com](http://HayHouseRadio.com).

We pay \$100





# Circle of kindness

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



## **“HE WARMED MY HEART AND PUT A SPRING IN MY STEP!”**

**After a long day at work, I stopped to pick up take-out food for my family.** The man

at the counter handed me the boxes of food, and just as I was about to pick them up, another customer approached me. “Ask for a bag,” he suggested.

“It will be easier to carry.” The man at the counter was happy to oblige, and the other customer helped me put the boxes in the bag. “Thank you!” I said. He smiled as he held the door open for me and wished me a pleasant evening. The other customer’s simple kindness warmed my heart and put a spring in my step!

—Tracy Helixon, Onalaska, WI

## **“IT FELT GREAT TO MAKE SOMEONE’S DAY A LITTLE BIT BRIGHTER!”**

**My sister-in-law and I were on a Princess Alaska cruise in September.** I had taken a

*Woman’s World* magazine to read on the plane. We had an incredible room steward on the ship. Every day, we wrote a “Thank you” note in appreciation for what he did. In these notes, we added a meaningful quote from the *Woman’s World* “7 days of Inspiration” column. Each day, he would respond to us and stated how appreciative he was of the positive message, saying it made his day. Thank you, *Woman’s World*, for helping us make someone’s life and day a little bit brighter—it brought such joy to us!

—Cindy Mulrooney, Medicine Hat, Alberta, Canada



## **“I STILL SMILE WHEN I THINK ABOUT THOSE KIND PEOPLE!”**

**Moving is always stressful, but with three small children and a deployed husband, it soars off the charts.** My husband, Tony,

and I were building our dream house. Unfortunately, delays pushed our move-in date back until after Tony was deployed. I thought I was on my own, but our church came to the rescue. On move-in day, folks showed up with 17 pickup trucks and cars and helped us settle into our new house. That was years ago, but I still smile when I think about that day and those kind people.

—Kristi Woods, Collinsville, OK

**Do you have an act of kindness to share? We thought so!**

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. We’ll pay you \$50 if we publish your story. Please be aware that submissions may be edited for style.

**We pay \$50!**

# Give the gift of hope!

**Woman’s World SPECIALS**

True stories of hope & healing

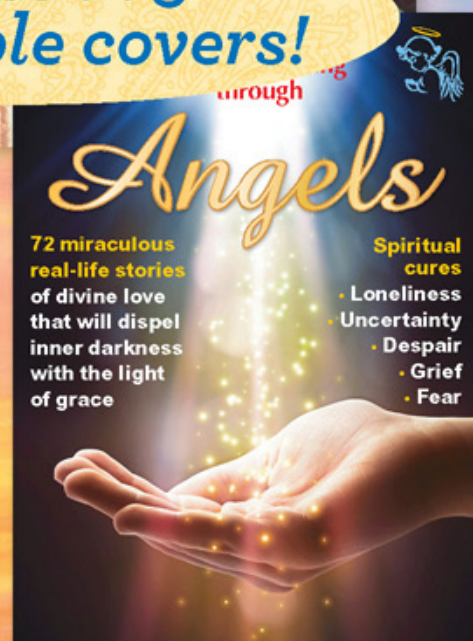
## Angels

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A Moment for  
*You*

*Counting blessings = less stressing!*

It's true that stress is a part of life. But something amazing happens when we start practicing an attitude of gratitude: Our heart and mind are so filled with reasons to be grateful that there's less room than before for stress, which leaves more room in our life for joy!

**WW HARLEQUIN ROMANCE**

# Sweet tailgate reunion

**Lexi Grayson never expected her ex-boyfriend, Jace, to turn up at a local Super Bowl party—or the sweet promise of renewed love**

**L**exi Grayson didn't know much about football, but she was still determined to enjoy the Super Bowl party for Mesa Falls Ranch employees. It was just after sunset as she hurried toward the converted barn where tailgate festivities were underway. Country music and the scent of barbecue drifted on the breeze as her boots crunched through snow. She lived nearby in Montana's Bitterroot Valley and worked as a trail guide for the ranch's seasonal guests, a job that allowed her to care for the grandmother who'd raised her.

A job that had brought love into her life,  
if only briefly.

She shoved aside the memories as laughter sounded around the barn. Outdoor lights flooded the lawn where pickup trucks were parked and a game of touch football was in progress. She recognized one of the ranch owners directing a play from his position as quarterback. Lexi's gaze followed the trajectory of a spiral pass to the intended receiver—Jace Reeves, the ranch's former head wrangler.

And Lexi's former boyfriend.

Her heart hammered in her chest at his unexpected appearance. He'd left Mesa Falls months ago for a new position at a spread outside of Ennis. Now, he was mobbed by cheering teammates in the glow of the lights, snow drifting down like victory confetti after his catch.

“It’s kickoff time,” a voice shouted from the side door of the converted barn.

The football game broke up, and her coworkers retreated indoors to watch. Soon,

Jace and Lexi were alone. His green eyes met hers. She noticed how his broad shoulders stretched his flannel button-down as he strode toward her.

“Lexi.” He flipped the football onto the lowered tailgate of his pickup. “Can we talk? Please.”

She told herself to say no.  
He had broken her heart  
when he left, his dreams too  
big for the small town where  
she needed to stay.

But the sight of him filled an empty place inside her, and she couldn't find the words to turn him away.

“I’m surprised to see you here.”

"It's good to be back," he said, spreading a blanket over his tailgate. "I've missed it."

*“Her heart  
hammered in  
her chest at his  
unexpected  
appearance”*

## Turn upside down for Brain

## Crossword Jumble: Cappuccino

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

## This week's Crossword solution





He gestured toward the blanket, inviting her to take a seat. She did, if only to hide her wobbly knees. She didn't want to betray a hint of vulnerability.

"You seemed so eager to start over somewhere different," she ventured as he took a seat beside her. She remembered how many times they'd taken long walks around this very property, enjoying the mountain views, clean air and blue skies. She'd thought they wanted the same things.

She'd been wrong.

"I wasn't." Jace shook his head, snow melting in his dark hair as it landed.

"But I'd never lived in one place for more than a year, so I did what I've always done after 12 months—I looked for the next destination."

"You said your mom was a restless spirit." She recalled Jace had been raised on the road. His mother had worked in rodeo, pulling up stakes whenever she got bored. "I learned the hard way that you are too."

"Not now." He fixed his eyes on her. "I don't have the urge to keep moving now."

Her heartbeat slugged harder at the quiet sincerity in his voice, but she didn't want to misunderstand him. "What do you mean?"

"I've been searching for what I want for a long time, Lexi. Maybe I had to lose it to appreciate that everything important to me is right here." He reached for her hand. "I should have never left Mesa Falls. More importantly, I should have never left you. Because I love you."

Warmth stole through her. She wanted to believe him. But... "How can you be sure?"

He brushed a thumb over her bottom lip. "I don't expect you to believe me. Not yet. I'm determined to show you, to win back your trust. All I ask for is a chance."

She heard the truth in his voice. "Jace... does that mean you're coming back?"

"If you'll have me."

Inside the barn, a cheer went up as one of the teams scored. But for Lexi, it felt like all of Mesa Falls applauded this moment with Jace as he leaned in to kiss her, sealing their future and their love. —*Joanne Rock*

For more exciting romance, pick up Joanne Rock's latest Dynasties Mesa Falls book, *Rule Breaker*, on Harlequin.com, Amazon.com or wherever books are sold.



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## Games Answer Key

Brain Games on page 44

The video had indeed been taken the day of the fight, and Anderson had saved it to use against Woods on Super Bowl Sunday, knowing his ex-partner couldn't bear to miss the game. Anderson had been stealing the items himself and keeping all the profits.

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

This week's Sudoku solution

Mystery solution  
Kelly realized something after she watched the video that was proof Mitch was a fraud. The video had showed Tom Woods' breath in the cold air, but it was too warm that



by Maressa Brown

**AQUARIUS** Jan 20–Feb 18

You'll get a burst of energy to research a new moneymaking plan starting on the 3rd. Follow your intuition for a win! On the 4th, take a playful approach to self-care: Aromatherapy or a heart-racing walk proves rejuvenating!

**Lucky days:** February 3, 4, 5

**Lucky numbers:** 2, 4, 5



**PISCES** Feb 19–March 20

Self-expression comes naturally starting on the 3rd. Take advantage by opening up to loved ones! Then bring artistic ideas to colleagues and higher-ups beginning on the 7th. You can bring them to fruition *and* enjoy a payoff!

**Lucky days:** February 3, 6, 7

**Lucky numbers:** 2, 3, 14



**ARIES** March 21–April 19

On the 4th, trade notes on a project with colleagues. A team effort sets everyone up for a win. You'll want to seek out pleasurable experiences beginning on the 7th. Adopt a practice that soothes both body and mind for a boost!

**Lucky days:** February 4, 5, 8

**Lucky numbers:** 6, 11, 18



**TAURUS** April 20–May 20

It's easier than ever to make new connections in your community beginning on the 3rd. You'll feel stimulated socially and intellectually! And from the 7th on, prioritizing a peaceful wellness practice you love feels restorative.

**Lucky days:** February 2, 6, 7

**Lucky numbers:** 5, 11, 15



**GEMINI** May 21–June 20

You'll do well to initiate conversations with higher-ups starting on the 3rd. They'll applaud your passion and vision. Then, make a play to hone skills related to your fitness routine on the 4th. The move boosts your vitality!

**Lucky days:** February 3, 4, 5

**Lucky numbers:** 2, 9, 10



**CANCER** June 21–July 22

On the 5th, sharing what's in your heart with a loved one proves empowering. Go for it! Then take a social approach to hitting professional goals beginning on the 7th. Incorporating feedback from others leads to recognition.

**Lucky days:** February 5, 6, 7

**Lucky numbers:** 6, 10, 11



**LEO** July 23–Aug 22

Deep conversations with your nearest and dearest on the 3rd transform your bond exponentially! Do it! And on the 7th, getting out of your comfort zone can feel exhilarating and add new fuel to your long-term health goals.

**Lucky days:** February 4, 7, 8

**Lucky numbers:** 1, 8, 9



**VIRGO** Aug 23–Sept 22

Share that proposal you've been considering with a friend on the 3rd while Mercury is in your partnership zone. Their support propels you forward! On the 4th, a new wellness practice helps your feel-good endorphins soar!

**Lucky days:** February 2, 3, 6

**Lucky numbers:** 5, 6, 7



**LIBRA** Sept 23–Oct 22

On the 4th, research an innovative new way to increase your daily activity. Enacting your plan slowly but steadily sets up results. Beginning on the 7th, prioritize time with a loved one. You'll feel truly supported!

**Lucky days:** February 4, 5, 8

**Lucky numbers:** 7, 14, 16



**SCORPIO** Oct 23–Nov 21

Trust your instincts to be more expressive on the job from the 3rd on. Rewards will follow! Then join forces with friends who are on the same page with their health goals beginning on the 7th: It'll keep your motivation high!

**Lucky days:** February 5, 6, 7

**Lucky numbers:** 6, 9, 14



**SAGITTARIUS** Nov 22–Dec 21

On the 4th, you may not see eye to eye with a colleague. Enjoying a favorite activity helps you blow off steam. Then, starting on the 7th, look for activities that feel playful and high-energy. Simply having fun can deliver results!

**Lucky days:** February 4, 7, 8

**Lucky numbers:** 3, 5, 12



**CAPRICORN** Dec 22–Jan 19

You'll find yourself in talks with higher-ups starting on the 3rd, while Mercury is in your communication zone. Opportunity is on the way! Come the 7th, you'll be inspired to beautify your home. Dive in for instant joy.

**Lucky days:** February 2, 3, 6

**Lucky numbers:** 4, 8, 12



Laura Linney,  
February 5, 1964



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

Aquarius, gear up for a great year! While communicator Mercury moves through your sign in early March, you'll be energized to propose new ideas on the job. Higher-ups are sure to take notice! From late April to mid-May, Mercury moves

through your home zone, and spending time with loved ones feels especially restorative. In late July, Mercury in your wellness zone squares off against Mars in your communication zone. Propose changes to your routine to amplify your work-life

balance—and, in turn, mind-body wellness. From October to November, Mercury moves from your career zone into your higher-learning zone. Go back to a project you loved. Brushing up on your skills sets you up for success!





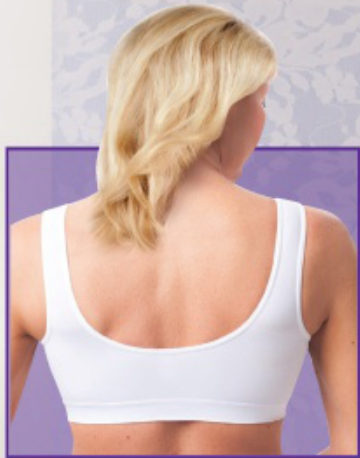
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Melt off the winter chill in Georgia's warm Golden Isles! Filled with beachy charm, historic inns, award-winning restaurants and world-class golf, these four barrier islands make the perfect escape!

# Get lost in the beauty of the Golden Isles!



Set your sights on the shores of the Golden Isles! True to their name, these islands offer honeyed sunsets, a rich history, fascinating museums and landmarks and sunny, Southern hospitality that banishes the winter blues!

Start your getaway with a trip to the Mosaic history museum on Jekyll Island. Ranging from the Native American era to the 1960s, the interactive exhibits and artifacts offer a unique glimpse into the past.

Next, head on over to The Wharf—Jekyll Island's only waterfront restaurant—where you can sip a sweet tea cocktail and savor some delicious low-country gumbo as live music floats through the warm air.

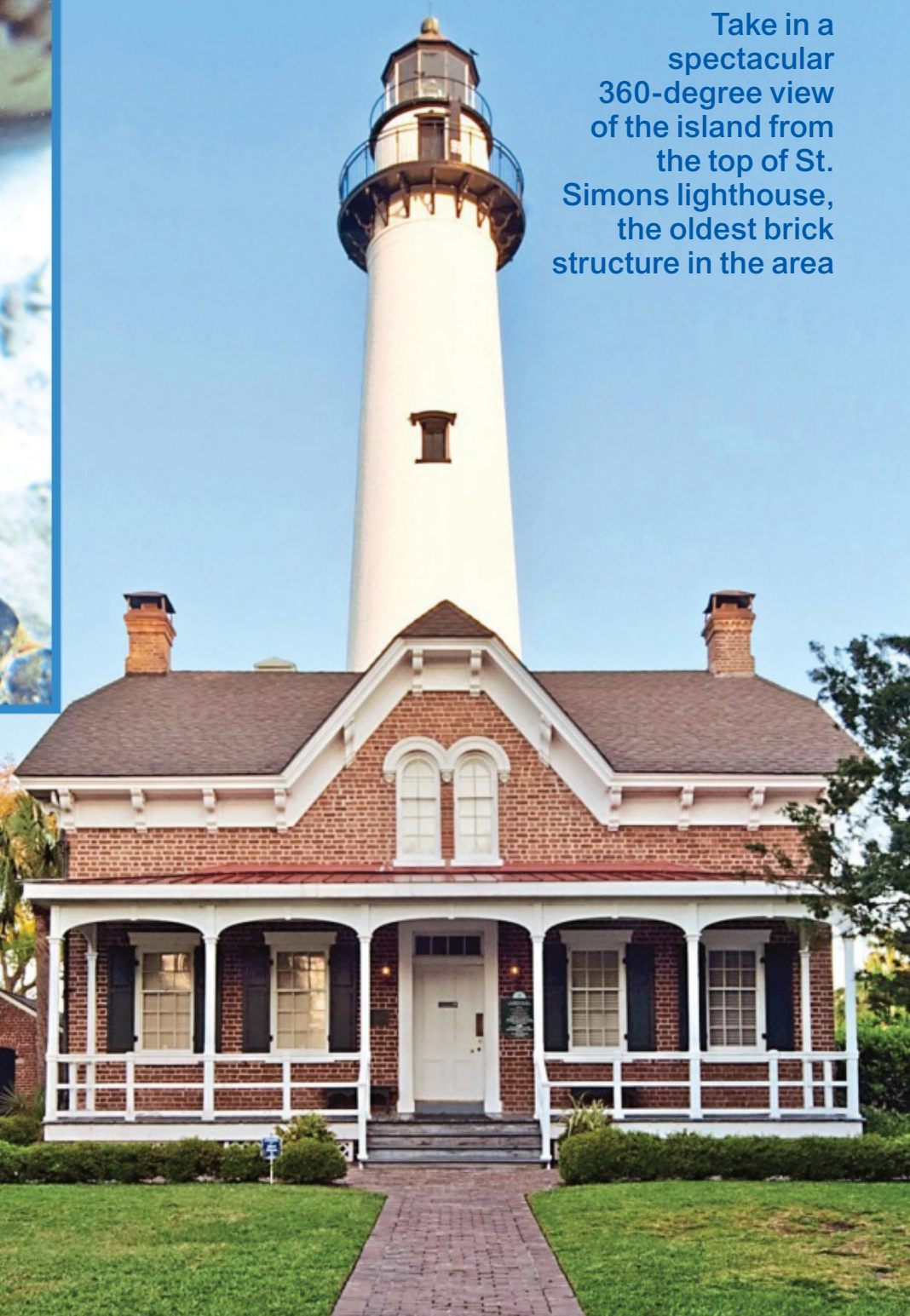
As golden hour approaches, climb aboard the yacht *String of Pearls* for a harbor cruise through St. Simons Sound. Sip wine and keep an eye out for coastal wildlife, like dolphins and turtles, for a glorious ending to a picture-perfect day!



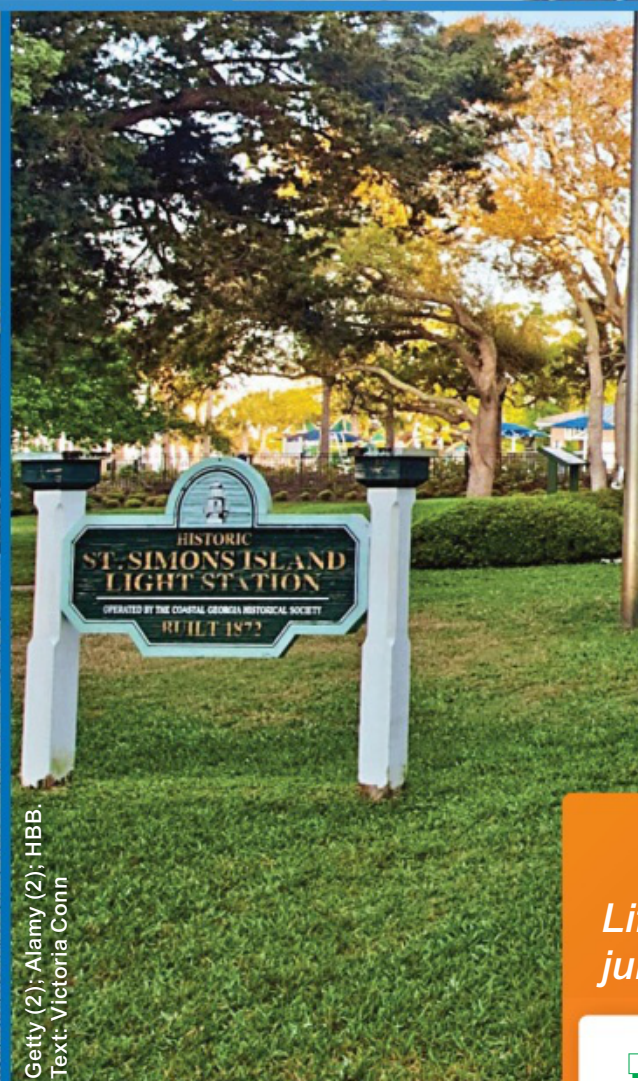




Visit the Georgia Sea Turtle Center, the state's first sea turtle rehab, education and research facility



Take in a spectacular 360-degree view of the island from the top of St. Simons lighthouse, the oldest brick structure in the area



Getty (2); Alamy (2); HBB.  
Text: Victoria Conn

## NO TIME FOR A TRIP?

### Sip on sparkling peach sangria!

*Life's a peach with this refreshing cocktail inspired by the juicy fruit to which the state of Georgia owes its nickname!*

- ❑ 1 cup white grape juice
- ❑ ¼ cup citrus vodka
- ❑ ¼ cup peach schnapps
- ❑ 2 cups strawberries, sliced
- ❑ 1 peach, pitted, sliced
- ❑ 1 (750 ml.) btle. sparkling rosé wine



● In large pitcher, stir together white grape juice, citrus vodka and peach schnapps; stir in sliced strawberries and sliced peach. Let stand at room temperature for at least 1 hour.

● Just before serving, add sparkling rosé wine and ice cubes. Garnish as desired. *Makes 8 servings*

Cruise along St. Simons Island and take in the area's top sites, including the stunning Avenue of the Oaks





You deserve  
*Good things!*

*Life is good—  
and it can get  
better and  
even better!*

The days, weeks  
and months ahead  
will bring more  
opportunities than  
obstacles and  
more triumphs  
than troubles—  
which means you  
will be taking far  
more steps  
forward than  
backward. And  
that forward  
motion starts  
today!



# Animal Hero

Proof that it only takes one person to make a difference

## “Animals are really angels in disguise!”

When Annabelle Camp rescued a puppy, her grandmother wasn't happy about it and insisted she find him another home. Until, one day, the pup won her over...by saving her life!

**A**nnabelle Camp was driving along a wooded road near her Newman, Georgia, home in October 2018, when she spotted a puppy. Stopping, she coaxed the little guy to her. He was skin and bones. “You’re coming home with me,” the then-22-year-old whispered, cradling him.

By the time they got to the house, Annabelle’s heart was won. She’d even named him, Mason. But Annabelle, her father and brother lived with her 78-year-old grandmother, and as sorry as Grandma felt for the puppy, she wasn’t convinced.

“You can’t keep him. He’ll destroy the house,” she told Annabelle. But she agreed to let Mason stay for one week while the Humane Society found him a foster family. Sadly, no foster could be found in that

short time, and Mason was placed in a boarding facility. Annabelle checked on him daily and was devastated when he got sick due to stress.

“It’s okay,” her father soothed. “We’ll get him back.” He talked to his mother and somehow got her to let Mason come back—as long as he never went near her bedroom.

“I promise,” Annabelle said, and kept a close eye on him.

But then, one night last spring, Annabelle was jolted awake by Mason’s frantic barking. He clearly wanted out of her bedroom, and when she opened the door, he sprinted down the hallway—toward her grandmother’s room. Reaching the closed door, he looked back at Annabelle with an urgency in his brown eyes.

Hurrying after him, Annabelle cracked open the

Annabelle (right) with her grandma and their heroic pup, Mason



door. Finding the bed empty, she checked the bathroom, where she found her grandmother passed out on the floor!

Her grandmother had a condition where her heart would sometimes slow and someone would have to pour ice-cold water on her to jolt it back into beating again. Annabelle quickly woke her father, who rushed in to pour cold water on his mother. Instantly, her eyes fluttered open. They urged her to go to the hospital, but she insisted she was all right.

“Thanks to Mason!” Annabelle exclaimed, explaining how he’d alerted her. “If he didn’t wake me... He saved your life.”

“Thank you, Mason!” her grandmother cried, and patted her furry hero on the head.

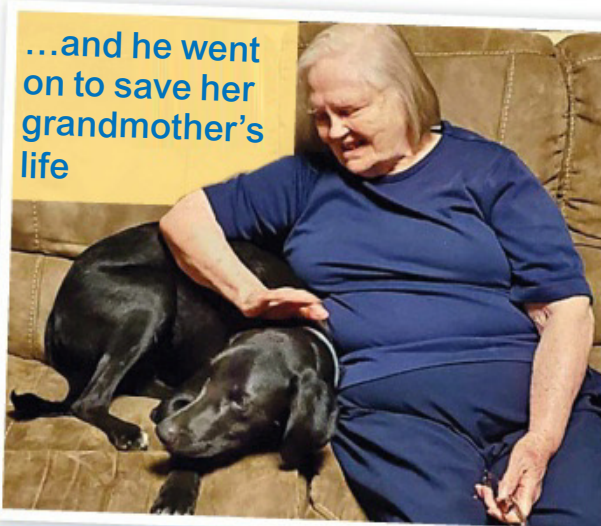
Today, Mason is a permanent member of the family, and to Annabelle’s joy, her grandmother has grown to love him.

“I’ve always thought animals are special,” Annabelle says. “But Mason just shows us that they are really angels in disguise!”

—Diane Nichols



Annabelle rescued Mason as a puppy...



...and he went on to save her grandmother's life

**Has someone come to your rescue?** Share your own story with us, and we'll pay you \$250 if we publish it! Know of a hero? Send it to us! If you're the first to share it and we publish it, we'll pay you \$100! Email your story with your name and phone number to: [WWFeatures@WomansWorldMag.com](mailto:WWFeatures@WomansWorldMag.com). Or mail to: Everyday Hero, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

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# Love & Laughter

**"Did someone say hot chocolate?"**

Avery, 5 months, submitted by Grandmother Cindy Stevenson, NC



I'll be over for a visit, Ma... No, Phil's not coming. He says he saw his shadow and now he's afraid. Yeah, I'm beginning to think the whole thing's a sham too...



**"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us"**

—Samuel Smiles

**Blue-eyed beauty!**

Ave Marie, 8 months, submitted by Great-Grandmother Tiffany Lewis, CA



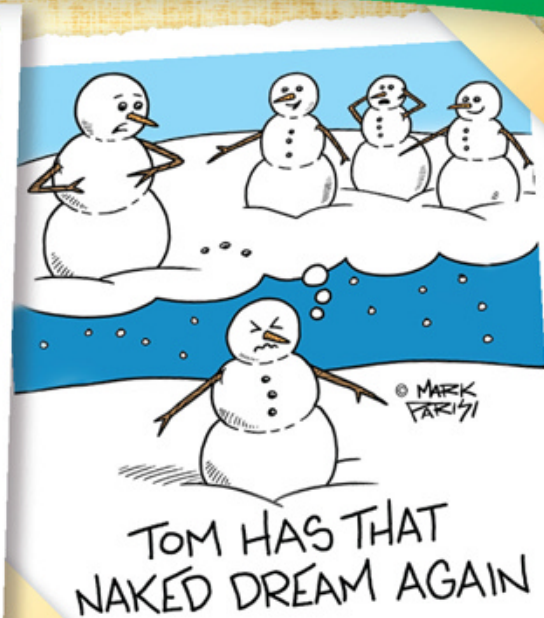
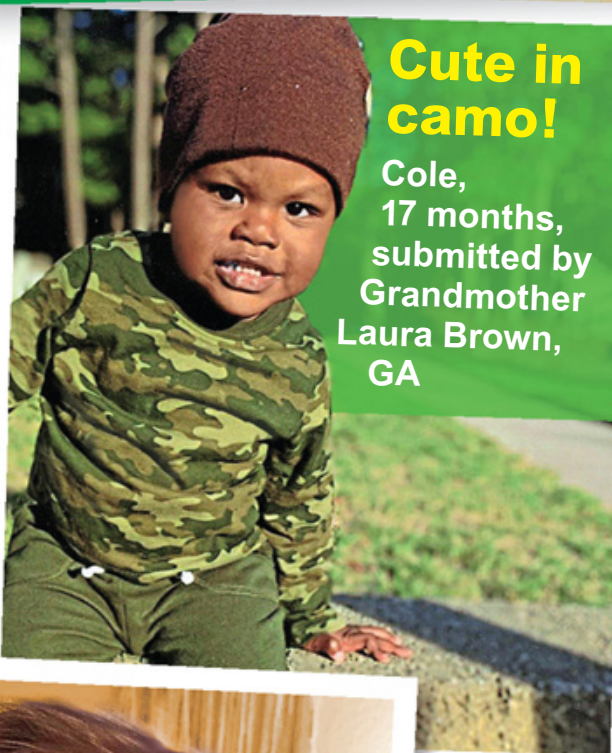
**"Just 5 more minutes please!"**

Jackson, 2 weeks, submitted by Grandmother Nancy Norton, NJ



**Cute in camo!**

Cole, 17 months, submitted by Grandmother Laura Brown, GA



**M**y husband and I always arrive early to any event, and my friend's son's birthday party was no exception. That afternoon, we knocked on my friend's door, cheese platter and dip in hands, when she came to the door in her robe, looking a bit confused. "I know we're a bit early..." I said. That's when she started laughing and said, "You sure are! The party is next week!" We all had a good laugh, but boy, were our faces red! —B.D., Dothan, AL

**Was my face red!**

**"Do we have any more Super Bowl snacks?"**

Submitted by Madeline Popolizio, CT



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