

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.

It's Delicious!

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



1 ONE SENSIBLE MEAL
enjoy your favorite foods



2 REPLACE TWO MEALS A DAY
with shakes or smoothies



3 INDULGE IN THREE SNACKS
satisfy hunger between meals

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. For terms and conditions go to slimfast.com/legal. © 2020 SlimFast®.

February 10, 2020

God Bless America

Woman's World

More
for your
money!
\$2.49

**BEAT
BRAIN
FOG**

just by
wearing
this jewelry

**SWEET
RELIEF!**

Moisturizing
discovery
eases dry,
chapped
skin—fast

**WHY 75% OF US
ARE SO TIRED**

...and the surprise *snack-food* cure!

**Drop
20 lbs in
13 days**

EASIEST EVER WEIGHT LOSS

Danish 'circle trick' guarantees...

**LESS CLUTTER,
MORE HAPPY**

Study: Wacky shower tip transforms airways

NO MORE SNORING!

Discovery! The comfy cure that soothes GI upset

BETTER THAN MEDS

**The secret
so powerful,
Dr. Oz does
it daily**

**When Jean Polino tried it,
she lost 142 lbs + cured
her diabetes—at age 64!**



Quick comfort

← Sweet 'n' easy
S'mores Cake!

→ Quick-prep twist
on Shepherd's Pie



If you are feeling exhausted and in need of revitalization, you should consider a detox or cleanse. With Active Liver™ you have the tool to do this gently and on a daily basis.

Detox your body - every day!

Each day, our liver is working hard to remove waste products and toxins from processed foods, unclean air, water and even our own body. But as we get exposed to increasingly more toxins, the liver struggles to remove them all and can start storing them in our body fat. We quickly may notice the results in our energy levels, in our lack of youthful appearance – and surprisingly, on our waistlines.

UNJUNKING YOUR BODY

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

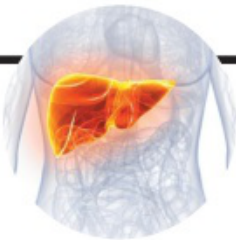
DETOX WITH ONE TABLET A DAY

Active Liver™ is a dietary supplement that helps promote a healthy liver and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body –without the “side effects”.

DID YOU KNOW?

The Liver & Your Waistline

The liver is an important fat burning organ. If the liver is sluggish or clogged with waste material, it can start building up around the waistline, and even inside the internal organs (which may lead to a fatty liver). Making sure your liver is working well will help you flush fats from the body.



TEST YOURSELF :

| | YES | NO |
|--------------------------------------|-----------------------|-----------------------|
| I suffer from headaches or brain fog | <input type="radio"/> | <input type="radio"/> |
| I have a hard time losing weight | <input type="radio"/> | <input type="radio"/> |
| I have indigestion & bloating | <input type="radio"/> | <input type="radio"/> |
| I'm tired all the time | <input type="radio"/> | <input type="radio"/> |
| My skin itches and I see brown spots | <input type="radio"/> | <input type="radio"/> |
| My tongue is coated | <input type="radio"/> | <input type="radio"/> |

Does this sound like you? Then try Active Liver as a help to promote your liver health.



Active Liver™ by New Nordic contains milk thistle, an herb known for protecting the liver and reducing heavy metal toxicity. It also contains turmeric, a superfood and one of the most anti-inflammatory and protective antioxidants known. Finally, Active Liver contains globe artichoke, a plant used for centuries for increasing bile production. Bile is used to bind and flush toxins and fats from the body.

Available at participating pharmacies, health food stores and online. For more info or to buy directly, please call 1-877-696-6734 or visit our website www.newnordicusa.com.

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VOLUME XLI, NUMBER 6, FEBRUARY 10, 2020

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Fill your week

FRIDAY, FEBRUARY 14 VALENTINE'S DAY

Sip chocolaty bliss!

Toast to love with a creamy chocolate martini created by the pros in the *Woman's World* test kitchen. It's the perfect way to satisfy your sweet tooth!

To make Cupid's Favorite Martini:

Moisten the rims of 2 martini glasses with water

and dip in red and white rimming sugar or sprinkles. In an ice-filled cocktail shaker, combine 1 oz. of vanilla vodka, 3 oz. of chocolate liqueur (like Godiva), 1 oz. of crème de cacao and 3 oz. of half-and-half. Shake until frothy and combined; strain into prepared glasses. Makes 2.

JOKE OF THE WEEK

They should really include a

"What if I eat the whole darn package?"
section on nutrition labels



WEDNESDAY, FEBRUARY 12
NATIONAL LOST PENNY DAY

Go on a hunt!

This holiday encourages us to search for loose change hiding in couch cushions, coat pockets and junk drawers. The hunt will certainly be worth your time, according to a survey conducted by Coinstar: On average, Americans reported finding \$68 in spare change in their homes. Ready to cash in your loot? Pour it into a Coinstar machine (in grocery stores) and receive the full amount in the form of a gift card to retailers like The Home Depot, Amazon and Starbucks, or opt for cash (Coinstar will take an 11.9% fee). Alternatively, you can pick up some coin wrappers at the dollar store and make it a fun family activity to roll the coins and cash them in at your bank.



HELP A HERO!

THURSDAY, FEBRUARY 13
PALENTINE'S DAY

Show your love



Celebrate your closest pals today—they're the key to happiness! In a survey conducted by Pew Research Center, 47% of Americans said that spending time with friends makes life meaningful—second only to spending time with family. "On Palentine's Day, you get to honor, celebrate and acknowledge your friendships," says Nicole (Zangara) Sbordone, author of *Surviving Female Friendships*. She suggests honoring the day by treating a close friend to her favorite candy or coffee, taking her out to lunch or sending her a heartfelt thank-you note.

Feed the troops!

If you can spare packages of microwave popcorn or breakfast bars or foil packets of tuna, send them to Forgotten Soldiers. This nonprofit will include the items in the thousands of care packages they send to deployed soldiers. Mail items to Forgotten Soldiers Outreach, 3550 23rd Ave S., Suite #7, Lake Worth, FL, 33461.

with smiles!

SUNDAY, FEBRUARY 9 PIZZA PIE DAY

Wake up to yum

Add pizzazz to Sunday brunch with a scrumptious pizza made from a cookie crust and fresh fruit.

To make a fruit pizza: Using a mixer on medium-high speed, beat 1 cup of room-temperature butter with $\frac{3}{4}$ cup of confectioners' sugar until fluffy. On low speed, beat in $1\frac{1}{2}$ cups of all-purpose flour and $\frac{1}{4}$ tsp. of salt until combined. Stir in $\frac{1}{2}$ cup of old-fashioned rolled oats and $\frac{1}{4}$ cup of chopped walnuts. Wrap in plastic; refrigerate 1 hour. Press into 12" round pizza pan; bake 12 to 14 minutes at 325°F. In bowl, mix $\frac{1}{2}$ cup of Neufchâtel cheese and 3 Tbs. of lemon curd; spread over cooled crust. Top with fresh fruit.



MONDAY, FEBRUARY 10 TEDDY DAY

Make a child's day!

What better way to celebrate Teddy Day than by donating stuffed animals to children in need? The nonprofit organization Stuffed Animals For Emergencies (SAFE), collects gently used or new stuffed animals to give to children who have experienced trauma or disasters. "The best donations are stuffed animals that provide the most

comfort—usually teddy bears that are of good size and easily squeezable!" says Jennifer Allen, national director of SAFE. The organization has chapters around the country, but you don't have to live near one to make a difference! Simply visit StuffedAnimalsForEmergencies.org/ chapters to find out how you can donate.



Start your week with a Laugh!



Q Why is Peter Pan flying all the time?
A He Neverlands!



"I added 5 points for messiness"

Kids are funNy!

My 4-year-old son, Micah, came home from school and began telling me about his day. He excitedly told me that he was the line leader. When I asked him where he led the line, he answered, "From the front!"

—C.A., Newport, RI

WW

Relax and have

TV: ABC *Root for all your favorites at the 92nd annual Academy Awards!*

Take in all the glitz and glamour as Hollywood heavyweights gather for the 92nd annual Academy Awards! Early buzz has Renée Zellweger as the front-runner in the Best Actress category for her critically acclaimed role as Judy Garland in *Judy*, while Adam Driver's performance in *Marriage Story* has him pegged as a top contender for Best Actor. And will *The Irishman* earn Netflix its first win for Best Picture—and another Best Director award for Martin Scorsese? Tune in February 9 to find out.

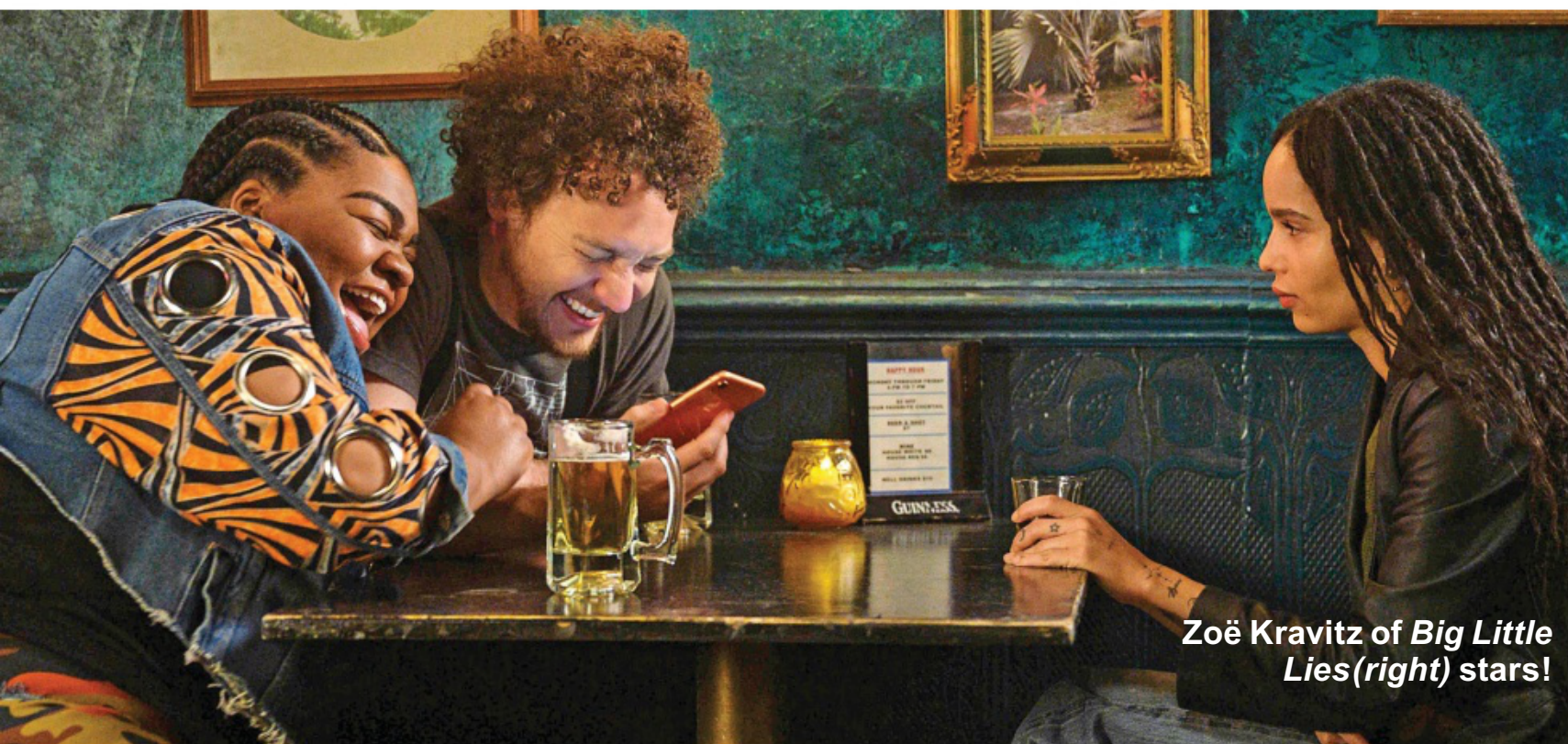
MOVIE *Fall head over heels again with Love Story!*

Just in time for Valentine's Day, the classic film is returning to movie theaters on February 9 and 12 in celebration of its 50th anniversary. Wealthy Harvard Law student Oliver Barrett IV (Ryan O'Neal) and middle-class music student Jennifer Cavalleri (Ali MacGraw) fall in love at first sight despite their different backgrounds. When his family forbids their union, the couple marries anyway, and though they struggle to get by, they believe love can fix anything—until fate steps in... For tickets, go to [FathomEvents.com](https://www.fathomevents.com).

1970's *Love Story* was one of the first movies to top \$100 million at the box office!



Will Renée Zellweger nab another Oscar to add to her win in 2004?



Zoë Kravitz of *Big Little Lies* (right) stars!

TV: HULU

Follow the journey of High Fidelity!

The hit 2000 film starring John Cusack is getting an update with this new series. The reboot's twist? The lead role is now a female record store owner in Brooklyn. As Rob revisits her top five heartbreaks through music and pop culture, she tries to get over her one true love. Stream all 10 episodes starting February 14.

fun this week



Catch more of Blake on *The Voice* when it returns February 24!

LIVE MUSIC TOUR

Get your country music fill with Blake Shelton!

So nice, he's doing it twice! Blake Shelton is reviving last year's Friends and Heroes Tour, bringing the three-hour celebration of country music to new cities kicking off February 13 in Portland, Oregon. Rejoining him on the road are artists who influenced him: the Bellamy Brothers, John Anderson and Trace Adkins, who also appears on Blake's recent single "Hell Right." And back to kick off the concert is opening act Lauren Alaina. For information on dates, tickets and more, check out BlakeShelton.com.



Based on the book series by M.C. Beaton!

ACORN TV

Solve curious capers with Agatha Raisin!

Cozy mystery fans won't want to miss the latest episodes that find Agatha, now an official private investigator, with her own detective agency. The new season, made up of three 90-minute movies, kicks off February 10 with *Agatha Raisin and the Deadly Dance*. When she looks into a death threat to a woman about to get married, the case takes an unexpected turn when the would-be murderer turns up dead!

TV: SHOWTIME

Feel your heart race with Homeland!

The final season of the hit show is finally here! Carrie Mathison (Claire Danes) is a former CIA agent who assists the U.S. government with secret missions around the world. Now she's recovering from her brutal confinement in a Russian prison, but although her memory is fractured, National Security Advisor Saul Berenson (Mandy Patinkin) must find a way to tap into her expertise to help negotiate a lasting peace in Afghanistan. See it unfold February 9.



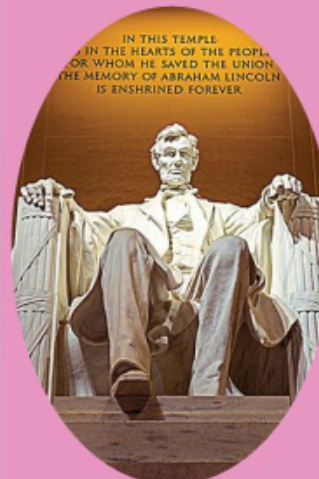
Can Carrie save the world one last time?

It happened this week!



● *As the World Turns* was the first soap to broadcast in color in 1967. The show launched many careers, including that of Julianne Moore!

● *Cabaret*, starring Liza Minnelli, was released in 1972—it went on to win eight Oscars.



● The first stone of the **Lincoln Memorial** was laid in 1914. The statue of the 16th president is 19 feet tall!

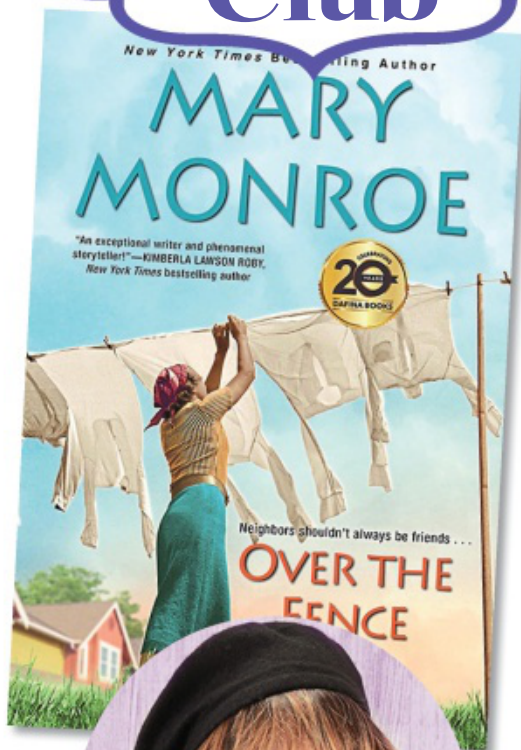
● Irish music and dance show *Riverdance* opened in 1995. Lead performer Michael Flatley's feet were once insured for \$57.6 million!



One of the first TV cooking shows, Julia Child's *The French Chef*, premiered in 1963. Her first dish? Boeuf Bourguignon.

WW

Fiction

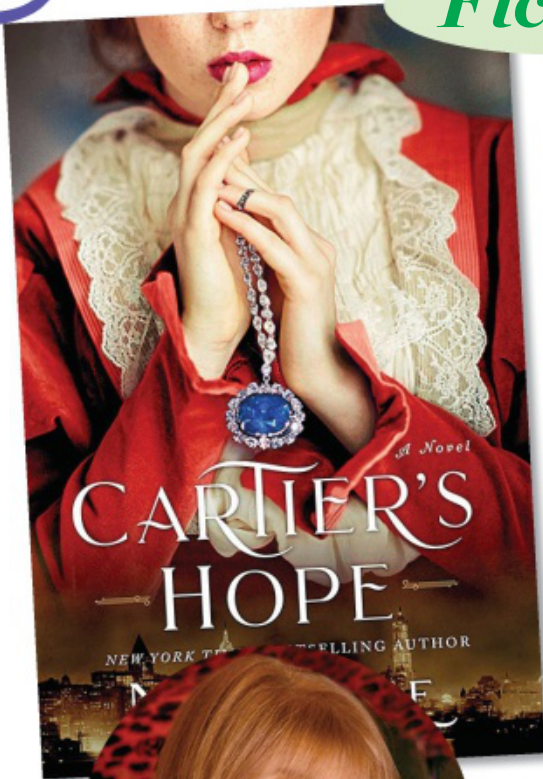


FAMILY SAGA

Over the Fence

by Mary Monroe

New York Times bestselling author Mary Monroe is known for her historical page-turners—and the second installment in her *Neighbors* series delivers! Set in Alabama during the Depression, this tale follows newlyweds and professional bootleggers Milton and Yvonne Hamilton. When the couple becomes friendly with their “perfect” neighbors Joyce and Odell Watson, a series of secrets, scandals and lies soon follows.

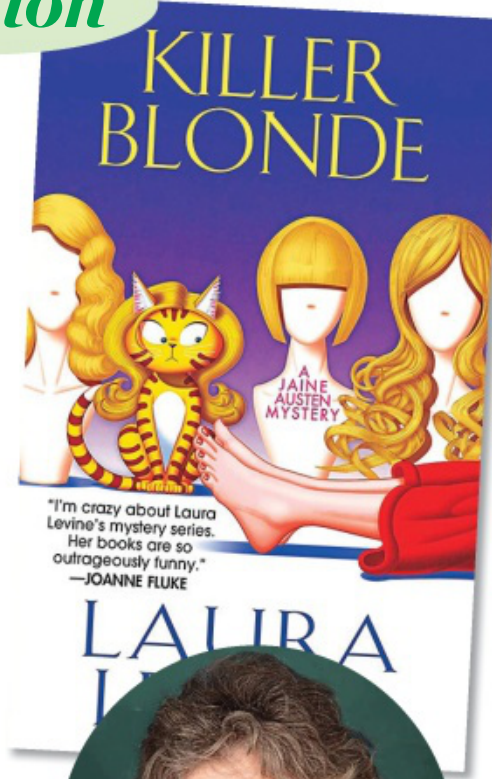


HISTORICAL FICTION

Cartier's Hope

by M. J. Rose

Filled with rich historical charm and decadent details, this novel begins in 1910 amid the glitter and grit of New York City, where Vera Garland is trying to make her mark in the male-dominated world of journalism. When news of the Hope Diamond arrives in the city, Vera is on its trail. As she investigates rumors about the jewel's new owner, she is determined to expose the truth—even if it means losing everything she's worked for.

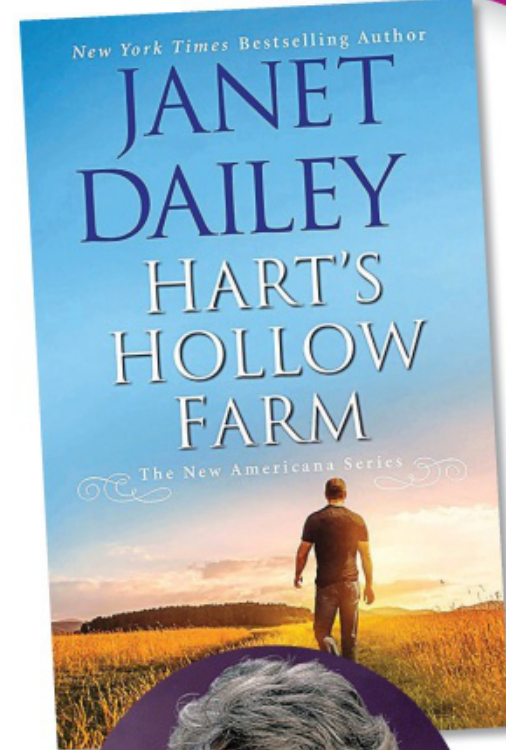


COZY MYSTERY

Killer Blonde

by Laura Levine

When quirky writer Jaine Austen is offered big bucks to ghostwrite a book of hostess tips for Beverly Hills socialite Sue Ellen Kingsley, Jaine takes the gig. But when Sue Ellen turns up dead in the bathtub and a mysterious blonde is seen fleeing the scene, all the clues point to three suspects: a masseuse, a nurse or a former game show host. One of them is hiding a murderous heart...and now, Jaine must uncover the killer!



ROMANCE

Hart's Hollow Farm

by Janet Dailey

The much-anticipated new release from the vault of the late iconic romance author Janet Dailey is as captivating as it is swoon-worthy. The moment Kristen Daniels arrives at Hart's Hollow farm, the place speaks to her soul. So when the 73-year-old matriarch, Emmy Hart, asks Kristen to help restore her property, she accepts...which puts her in the path of Emmy's rugged, handsome grandson, Mitch, and a chance at new love.

Nonfiction



GET OUT OF YOUR HEAD



JENNIE ALLEN
Best-Selling Author of *Nothing to Prove*

Get Out of Your Head by Jennie Allen

We've all been there: A negative thought spurs feelings of anxiety, and soon it seems hard to escape the worry spiral. Enter the new book by Christian author and founder of the IF:Gathering women's conference, Jennie Allen, who shares faith-fueled tips on restoring our peace of mind. Allen offers compassionate advice and easy exercises—like drawing out a mental “story map” or reciting, “I have a choice”—for when thoughts become overwhelming. A guide that helps make joy our status quo.

“One beautiful, powerful, positive thought can allow God to take up so much space in our thinking that our fears will shrink in comparison”

May God give you...For every storm, a rainbow, for every tear, a smile,
for every care, a promise, and an answer for each prayer.

The Irish Prayer Ring



An original creation by
award-winning designer
Marjorie Andes

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“When God speaks you know it’s right!”

“I feel blessed to have been able to give him the chance at life he deserved,” says Lori, who ‘adopted’ Jonathan (right) to help him receive a heart transplant



◀ Recovered and healthy, Jonathan (left) now lives at Lori’s house. “He’s part of our big family!” Lori says with a smile

Nurse Lori Wood was heartbroken when she met a 26-year-old patient with autism who needed a heart transplant, but couldn’t get on the waiting list because he had no family to care for him. She felt so moved and called to help the young man that she ‘adopted’ Jonathan—not only saving his life but changing hers forever!

As nurse Lori Wood arrived for her shift at Piedmont Newnan Hospital in Newnan, Georgia, a colleague asked her to take special care of a young man named Jonathan Pickard. “His situation is just so sad,” the woman sighed.

Lori agreed, and when she pulled up his chart, her own heart instantly tugged.

Jonathan, 26, had been admitted with low blood sugar due to a medication he was taking. But he had a much more serious problem: He’d collapsed at work months earlier with unexpected heart failure. He’d been put on medication, but ultimately needed a transplant. The problem was, he couldn’t be put on the list for a donor because he has autism, and though high-functioning, he needed to have someone willing to support him through and after the procedure. Jonathan had lived with his grandmother, but after she’d passed away, he was forced to live in a shelter.

This is so unfair! Lori fretted. *He deserves a chance just like anyone else.*

A life-changing decision

Lori couldn’t get Jonathan out of her mind as she handed out medications and comforted other patients during her shift. On breaks, she reached out to social service agencies and other organizations, but sadly, no one had the resources to provide the level of care Jonathan was going to require.

Without a heart transplant, he will die, Lori despaired, as she prayed to God for a solution. *There has to be someone who can care for him.*

And suddenly, she felt a soft whisper fill her heart. *What about me? I’m a nurse. I could take care of him. I’m the perfect person to care for him.*

to your heart,

During her 35-year career, Lori was known for going the extra mile for her patients. Still, “adopting” a patient was a big move for even her. But it just felt right. She had the space. A divorced single mom, only one of her three sons was still living at home, and she had moved onto a big farm just a few years earlier, fulfilling her dream of raising animals. And seeing Jonathan alone and so scared...

I know what I need to do, Lori thought with steely determination. And she told Jonathan’s case worker, “I want to take him home.”

A new beginning

While she began the process to become his legal guardian, Jonathan was cleared for discharge, and at the end of December 2018, he moved in with Lori. He immediately settled on the couch beside her 21-year-old son, Austin, and asked if they could watch *Family Feud*, Lori’s favorite show. *We are going to get along just fine*, Lori smiled.

In the days that followed, Lori came to realize that Jonathan needed help beyond medical care. Living with his grandmother, he’d been loved and cared for, but he’d never had the chance to learn the basic skills he’d need to live independently. So Lori gave him some cooking lessons and taught him to do laundry and manage money.

“Thank you, Mama,” he’d say, deeply touching Lori’s heart.

Finally, in May 2019, with Lori declared his legal guardian, Jonathan was placed on the list to receive a new heart. But by then, his health had declined so dramatically that he had to be admitted to the hospital.

As weeks passed, Lori visited every day. “Stay strong. You’re going to get your heart,” she’d tell

Jonathan. And, in late July, just days after celebrating his 27th birthday...

“You’re getting a heart!” Lori cried, and Jonathan burst into grateful tears.

Jonathan had his transplant last August, the surgery went well and, with Lori’s lov-

ing care, he has made a full recovery. This past December, he returned to his office clerk job and will soon be well enough to move out on his own, but Lori says there’s no reason for him to leave until he’s ready.

“He’s part of our family now,” she insists.

Jonathan beams. “She not only saved me—she treats me like one of her sons. I am truly thankful.”

Lori smiles but says she was just doing what she knew deep down she was meant to do. “When God speaks to your heart, you know it is right,” she says. “I feel blessed to have been able to give him the chance he deserved.” —Patti Zarling

“She not only saved me, she treats me like a son. I am truly thankful!” says Jonathan

Lori with Jonathan after his surgery



Jonathan received his new heart just days after his 27th birthday



3 super-easy ways you can be someone’s blessing!

1 Lend a compassionate ear

“When people feel heard, they are more likely to be vulnerable and to connect with us on a deeper level,” says psychotherapist Carl Nassar, author of the blog “The Importance of Feeling Understood.” Nassar says the secrets to upping your listening skills are to make eye contact, nod, reflect what they’ve said by paraphrasing and give honest feedback. The result: a conversation that leaves you *both* feeling heart-full!

2 Share a message of hope

Research out of the University of California found that sending comforting text messages helps instantly buoy the recipient’s spirits. Subjects of the study noted that they felt less stressed and more cared for when they received texts asking how they were doing and offering words of encouragement, like “Just sending you a smile today!” and “You’re on my mind.” Even sending a short quote can be the key to turning someone’s day around.

3 Give a kind compliment

A study published in the scientific journal *Neuron* revealed that when a person receives a compliment, it instantly lights up the *striatum*, the reward area of the brain, and feels just as good as receiving monetary gifts! Bonus: Recent studies have also found that giving out just three compliments a day has been shown to significantly increase your own sense of well-being!

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!

Elevate your style

These chic and affordable extras give your wardrobe an instant update without emptying your wallet



Hammered brass hoops come in silver, gold and rose gold to mix and match with any look ▶

\$10, MOLOCH (Amazon.com, “MOLOCH Statement Wire Drop Dangle Earrings”)



◀ **Tunic’s knot-front detail adds eye-catching and waist-whittling texture**

\$35, JD Williams (JDWilliams.com, style name “Knot Front Tunic”)



Crossbody features a flap closure for easy access to essentials ▶

\$36, ZARA (ZARA.com, “Medium Leather Crossbody”)



◀ **Leopard-print booties lend feline fun and flair to a neutral ensemble**

\$25, Rainbow Shops (RainbowShops.com, “Round Toe Chunky Heel Booties”)

Pointed ballet flats boast a cushioned footbed for all-day comfort ▶

\$21, Trary (Amazon.com, “Trary Ballet Flats”)



High-rise skirt conceals middle jiggles, while thin vertical pleats visually stretch and slim

\$28, A New Day (Target.com, style name “Women’s Relaxed Fit High-Rise Pleated Skirt”)

for \$36 or less



◀ **Fringe bandana scarf adds country-chic color to the décolletage**
\$13, Madewell (Nordstrom.com, "Shadow Petal Fringe Bandana")

Delicate double coin necklace complements any top ▶

\$22, Francesca's (Francescas.com, "Madelyn Coin Necklace")



STEAL CHRISTIE'S STYLE!

Denim jacket transcends seasons and can be worn from early spring to the end of fall

Score the look for less: \$35, H&M (HM.com, "Denim Jacket")

Compact handbag is small enough to be held as a clutch yet easily transforms into a crossbody ▶

\$17, Chrysansmile (Amazon.com, "Chrysansmile Top Handle Clutch")



Large carryall has so many uses, from laptop tote to airplane carry-on

\$14, Nodykka (Amazon.com, "Nodykka Women Tote Bags Top Handle Satchel Handbag")



Chunky heel offers calf-flattering height without the pain of a stiletto ▶

\$15, Rainbow Shops (RainbowShops.com, "Chunky High Heel Sandal")



Christie Brinkley

Score even more savings! 3 savvy ways to nab higher-priced items for so much less

GET AUTOMATIC COUPONS

Instead of scouring the web for coupons, go to JoinHoney.com and download their free browser extension on your phone or computer. It automatically finds the best online coupons available at checkout for any shopping site.

BUY ON THURSDAYS

Shopping experts say Thursday evenings are the best time to buy clothing in stores. That's when retailers begin to make markdowns in advance of weekend sales—and being an early bird means you get the pick of the discounts.

GET PAID TO SHOP

Sign up for cash-back websites like HooplaDoopla.com or Rakuten.com, then browse and buy from your favorite stores via their sites to get deal alerts and up to 12% cash back (depending on the store) on everything you buy.

Beat the *with tropical*

No need to hop on a plane! These island-friendly fruits repair cold-weather beauty bothers and offer warm-weather *aah* in the comfort of your own home

To firm sagging skin: Guava!

"The fruit's antioxidants repair skin-sagging cell damage, while its vitamin A speeds collagen and elastin production to firm skin," says aesthetician Lora Condon.

■ **TRY IT!** Rub a guava-infused lotion (like Skin By Ann Webb Pink Guava Zinc Oxide Moisturizer, \$11, iHerb.com) onto skin in upward motions (this helps tighten skin) twice a day for results in a week.



winter blues

beauty remedies



To soothe a rashy complexion: Coconut!

Anti-inflammatory properties in the fruit's oil soothe irritated and inflamed skin on contact. Plus, its *lauric acid* strengthens skin's barrier to prevent future rashes.

■ **TRY IT!** Gently rub a quarter-size amount of the oil onto irritated skin twice a day.



To heal cracked hands: Banana!

A high water content makes bananas ideal for hydrating dry hands. Pair with oatmeal (its compounds moisturize and mend cracks) for speedy results.

■ **TRY IT!** Mix ¼ cup of banana, 2 Tbs. of ground oatmeal and 1 Tbs. of water. Rub onto hands; rinse after 10 minutes.



To erase brown spots: Pineapple!

The tart fruit's enzyme *bromelain* is a gentle exfoliant that sloughs off the buildup of dead, discolored cells, says Condon. Plus, its skin-brightening vitamin C further lightens discoloration.

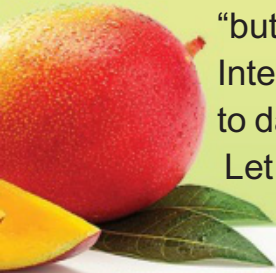
■ **TRY IT!** Rub a pea-size amount of a pineapple-infused serum (like Pacifica Pineapple Quench Oil-Free Water Serum, \$14, Target.com) onto spots twice a day for results in two weeks.



To moisturize dry, brittle hair: Mango!

Rich in fatty acids that penetrate follicles to hydrate hair from the inside out, mango also fortifies strands to thwart breakage, shedding and damage.

■ **TRY IT!** For instant hair hydration, apply a hair mask containing the fruit's "butter" (like Soo'AE Super Butter Intensive Hair Mask, \$3, Ulta.com) to damp hair from roots to ends. Let sit 10 minutes, then rinse.



Feel summer happy—in seconds!

Simply smelling these warm-season scents can leave you feeling like you're basking in the sun. Here, 3 products that 'transport' you:

This hair spray:

Not Your Mother's Beach Babe Sea Salt Spray (\$5, Target.com) volumizes locks while enveloping you with the gentle aroma of the ocean.



This body scrub:

Tree Hut Shea Sugar Scrub Coconut Lime (\$9, Ulta.com) whisks away dry skin while leaving behind the sweet fragrance of a poolside cocktail.



This lotion:

Coppertone Glow Sunscreen Lotion with Shimmer (\$9, Walmart.com) summons the soft scents of summer while protecting skin from the sun year-round.



Surprising reason you're winter tired...

We think of dehydration and the tiredness it triggers as a summer blight, but Cornell researchers say up to 75% of us could be dehydrated *right now*. The reason? We're surrounded by moisture-robbing dry air. Plus, chilly air triples fluid losses through skin and cuts our natural thirst response by 40%, so we may forget to reach for fluids. To stay hydrated and restore energy in 48 hours...

✓ Peel a mandarin

Ever notice that when you drink water, your bladder fills faster than when you eat fruit? "Fresh produce is 85% water, but it contains minerals that help your tissues use that water, so you don't lose it as quickly through your kidneys," explains sports medicine researcher Ron Oliver, Ph.D. No wonder British researchers say you can boost hydration and energy by 40% just by enjoying three cups of fresh fruit or vegetables daily!

✓ Set out water bowls

Make sure your home's air is comfortably moist by using a humidifier—or by putting bowls of water near baseboard heaters, radiators or vents—and you will boost your home's humidity to a dehydration-preventing 40%. Bonus: Researchers at New York City's Icahn School of Medicine at Mount Sinai say influenza viruses spread most quickly in dry air, so a humidified home can cut your winter flu risk by 33%.

✓ Don a cozy scarf

Wrap a cozy scarf around your neck and jaw when you're chilly, then drape it loosely over your shoulders when you warm up. Canadian researchers say this tactic could cut your fluid losses by as much as 25%! Turns out keeping your core temperature steady prevents chills, which prompt fluid losses through your kidneys, *and* it prevents overheating, which causes perspiration.

✓ Snack on walnuts

Their rich stores of healthy plant fats strengthen your skin's defenses, cutting fluid losses by as much as 35% if you snack on $\frac{1}{3}$ cup daily, three studies show. Explains dermatologist Greg Jemec, M.D., your skin uses plant fats to make *ceramides*—compounds that keep your skin's epidermal layer strong and healthy, so it acts as a barrier to prevent moisture loss. —Brenda Kearns

This week's Radical Health tip

The jewelry that FENDS OFF BRAIN FOG AND FATIGUE

Cellphones and other electronics emit electromagnetic fields (EMFs) that can slow thyroid and brain function, leaving you feeling like your energy has been zapped. Luckily, there's a stylish way to prevent EMFs from impacting your health! Known as *shungite*, this stone has a unique molecular structure that absorbs and neutralizes EMF frequencies—and it's also beautiful, so it's frequently worn as a pendant on a necklace or bracelet. For help finding a reputable dealer, visit AnnLouise.com/resources.



courtesy of Ann Louise Gittleman, Ph.D.

For more, text RADICAL to 208-254-6002 or visit RadicalMetabolism.com

Sweet-and-Spicy Walnuts

Walnuts cut fluid loss by as much as 35%

- 1 Tbs. honey
- 1 tsp. olive oil
- 1 cup walnut halves
- $\frac{1}{2}$ tsp. brown sugar
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. ground cumin
- $\frac{1}{4}$ tsp. ground coriander
- $\frac{1}{4}$ tsp. cayenne pepper

1 In nonstick skillet, heat honey and oil over medium-low heat; stir in walnuts.

2 Sprinkle with brown sugar, salt, cumin, coriander and cayenne. Raise heat to medium; cook, stirring constantly, until nuts are toasted and evenly coated. Let cool completely. Serves 4



Speed winter slimming

By the end of the holidays, 88% of us had gained an average of 6 unwanted pounds. Thankfully, you can melt away 'holiday heft' with these easy science-proven ways to get back to your happy weight fast!

✓ Call up inspiration

When cookies seem to call your name, take a two-minute break to pull up an inspirational quote or cheery poem on your smartphone. Yale University research suggests this stress-relieving trick can cut winter weight gain by 53%! Explains Dr. Josh Axe, D.N.M., D.C., C.N.S., founder of DrAxe.com: "Our thoughts have the power to change the way our body works, since they affect the production of hormones, including *ghrelin*, a hormone that leads to significantly higher cravings for high-fat and energy-dense comfort foods like sweets and refined carbs."



✓ Sip tea with a splash of milk

Intriguing research published in the journal *Physiology & Behavior* found that folks who made no dietary changes other than sipping green tea daily dropped 7 pounds more over 12 weeks than folks who just drank water. "Green tea is high in antioxidants and other beneficial compounds, including *catechins*, *EGCG* and even caffeine, that have been linked with reductions in fat mass, BMI, body weight and waist circumference," says Dr. Axe. Sip up to four cups a day for the full effects. Tip: Supercharge fat-burning with a matcha tea latte. Research finds that calcium and vitamin D in dairy can help increase the amount of weight you lose by 71%.



✓ Don't throw out the peel!

Italian research published in the journal *Molecules* finds that inhaling the sweet scent of an orange soothes the brain's anxiety center, which can quash cravings in as little as 60 seconds. "Scent molecules travel from your nose directly to the emotional center of your brain," says Dr. Axe, and research finds that citrusy orange triggers the brain to boost levels of the appetite-suppressing hormone serotonin. —K.E. Kluznik

Found! Secrets to better night vision

Beautiful sunsets and starry skies are lovely, but for the 70% of us with not-so-great night vision, winter's long, dark evenings can make outdoor activities and driving a little difficult. The good news: These study-proven strategies can ease nighttime eyestrain

✓ Unwrap chocolate

Go ahead and enjoy a couple of squares after dinner. Specifically, 1½ oz. of dark chocolate—any brand containing at least 72% cacao. Three studies suggest nibbling on this yummy treat 90 minutes before hitting the road can sharpen night vision for 70% of women. Cardiologist Isabella Sudano, M.D., explains that dark chocolate is rich in *flavanols*—compounds that relax and open tiny blood vessels, improving the flow of oxygen-rich blood to your eyes.



Nighttime side-eye

Can't see something straight ahead of you? Glance at it out of the corner of your eye, using your peripheral vision. The eye cells that help you see at night aren't at the center of your retina—they're spread out around the edges!

✓ Clean your lids

Once-daily eyelid washing (try Ocusoft Lid Scrub pads) eases nighttime eye irritation and blurriness for up to 76% of women studied. Researchers at Baylor College of Medicine in Houston say regular cleanings keep oil-producing glands in your lids functioning properly, and when oils coat your eyes, they're less sensitive to irritating flashes of light from headlights.

✓ Crush Candy Crush

A study at Switzerland's University of Geneva suggests regularly playing games on your phone can heighten your ability to drive comfortably at night by 58% in two months. Turns out games that are packed with color and action train your brain to process what you're looking at more quickly, more efficiently and in more detail.

✓ Dress up greens

Enjoying a cup of spinach or leafy greens daily with dressing will cut your risk of night vision troubles by 43%, say Canadian researchers. Explains ophthalmologist Luke Clifford, M.D., greens brim with eye-nourishing nutrients, and dietary fat doubles absorption. —Brenda Kearns

What your nightly breathing reveals

Breathing can become harder and louder at night as our tissues relax. Decoding your 'night sounds' can help you deepen sleep and wake up truly refreshed!

Nasal rumbling? Wear this

If you breathe through your nose while you sleep, and your sinus passages are narrow or swollen, you'll hear rattling with every breath. A quick fix: Sinus-opening nasal strips improve airflow by 38% and can instantly silence rattles, Canadian researchers say. Or use medical grade tape to lift the tip of your nose, suggests otolaryngologist Murray Grossan, M.D. "This opens the nasal valve, making nose breathing easier and quieter."

Throat fluttery? Roll over

Four muscles hold your tongue in place, and if they become too



relaxed, your tongue will slide back and block your airway, resulting in a fluttery sound. The good news: Sleeping on your side can keep your tongue out of your airway, cutting your risk of breathing troubles by 80%, UCLA researchers say. To stay on your side, wedge a pillow behind your back or tape a tennis ball to the back of your pj's.

Sound wheezy? Sip ginger tea

If you've ever tried breathing through a straw, you know how hard it can be to move air through a tiny tube. No wonder experts say airway swelling doubles your risk of sounding wheezy and sleeping restlessly. A soothing Rx: Sip a mug of

But how do you know?

Ask your sleep partner to describe how you sound, or use a free app like SnoreLab to record your breathing so you can hear for yourself.

ginger tea at bedtime. Columbia University researchers say this medicinal root's compounds (*gingerols*) tamp down inflammation and swelling, improving airflow by 30% in 30 minutes.

Snore loudly? Sing in the shower

If you snore loudly enough to wake loved ones and you wake up gasping, you could have sleep apnea—pauses in breathing when airways collapse. Studies suggest singing for 20 minutes daily can cut this type of snoring by 48% in three months,

Timing tip!

Just heading to bed at the same time each night can cut your risk of sleep-disrupting snoring by 57%, Swedish researchers say. Turns out a consistent bedtime heightens your nervous system's control of your throat muscles and airways, reducing their risk of collapse.

helping you wake up 60% more refreshed. Explains otolaryngologist Malcolm Hilton, M.D., singing strengthens the muscles that keep airways open, even in deep sleep. —Brenda Kearns

Stay Young with Ww



'Baby' your skin beautiful

Free of skin-irritating ingredients, these baby products are perfect for sensitive adult skin

To soothe skin

Try Dapple Fragrance-Free Baby Lotion (Walmart.com) The fragrance-free prebiotic-infused moisturizer calms inflammation and heals irritated skin by "feeding" good bacteria on the skin's surface, sans rash-inducing perfumes.

To clean skin

Try Babyganics Infant No-Rinse Micellar Cleanser Fragrance Free (Target.com) Gentle micellar water acts like a magnet to draw out impurities from skin without stripping moisture as "adult" cleansers tend to, for a fresh, healthy glow.

To hydrate skin

Try Pipette Baby Lotion (PipetteBaby.com). Made with *squalane*, a compound found in skin that depletes with age, it mimics the natural oils produced by the body for lasting hydration that won't clog little babies' (or your!) pores.

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Easy keys to a

Found: Simple, science-backed secrets to relax tense muscles, ease creaky joints, soothe a stomachache and more

Relax stiff knees with a sesame wrap

To alleviate the joint discomfort that often accompanies damp, cool weather, rub two drops of warm sesame oil onto achy knees daily, then wrap them in a warm towel for 10 minutes. A study in the journal *Anesthesiology and Pain Medicine* found this pampering trick helps unique compounds in sesame oil (*sesamin* and *sesamol*) better penetrate the skin to tamp down the production of soreness-inducing compounds, cutting pain by 59% within a week.

OR SET AN ALARM!

Arrange a reminder to take a two-minute stroll every half hour, and you'll reduce knee pain and stiffness by 55% in 24 hours, according to a review of 23 studies. Regular "mini walks" help flush inflammation from tender knee joints and encourage speedy tissue repair.



Texting a friend short-circuits pain

To sidestep any type of pain, message your sister to chat about her weekend plans or check in with a fellow book club member about this month's novel. It doesn't matter what type of note you send—Cornell University investigators say that the simple act of texting engages several pathways in the brain, busying the nerves used to transmit pain signals so fewer get through.



Jumpfoto (2); Getty (5); Twinkle; Shutterstock (3); Text: Rachel Cosma

pain-free winter!

Ease muscle aches with potato soup

Plummeting temperatures can cause muscles to contract, making them less flexible and more prone to aches—especially if you call on them to perform demanding winter activities like shoveling snow. To the rescue: a comforting bowl of potato soup. The spud is packed with magnesium and potassium, two minerals that speed nutrient-rich blood flow to damaged tissues, something Australian investigators say can reduce muscle tension by 40%.

OR SEARCH OUT BIRDSONG!

Channel warmer weather by queuing up a playlist of nature sounds, and you'll send pain packing. According to neurologist Fiona Gupta, M.D., noises like birds chirping or waves lapping against a sandy shore dial down stress hormones known to promote painful swelling, quickly dulling discomfort.



Quiet back pain with an extra pillow

For overnight relief from an achy back, grab an extra pillow before hitting the hay. Back sleepers should place the pillow under their knees, while side sleepers should tuck one between their knees. Experts at the North American Spine Society say this alignment tweak removes 55 pounds of pressure off the lumbar region, allowing inflamed muscles to heal while you snooze.

AND DO A DOWNWARD DOG!

Practicing yoga stretches daily can decrease backaches by 55%, often as soon as your very first stretch, Boston University scientists say. The poses improve flexibility, which reverses stiffness in your spine.



Tame a headache with a *Friends* rerun

February's frequent barometric pressure shifts are known to trigger head pain, but relief is just a click away: Simply put your feet up for a 30-minute "veg out" session with your favorite TV show. A brief relaxation break spurs the production of a hormone (*GABA*) that German scientists say calms even stubborn aches in 10 minutes. And if you take some daily "me time," you'll cut your risk of future headaches in half.

OR SMOOTH ON MENTHOL!

Dabbing a menthol gel on the back of your neck and behind each ear can provide fast relief, a study in *Frontiers in Neurology* found. Menthol, a compound in mint, helps block pain signals traveling up the spine that intensify a headache. One to try: Stopain (Walmart.com)



Soothe GI upset with a heating pad

Hearty winter fare makes up to 66% of us prone to bellyaches. But draping a hot water bottle across your midsection can ease GI upset in just 10 minutes, which is faster pain relief than you'd get from OTC medications! British researchers say warmth encourages abdominal nerves to send signals to your body to release digestive enzymes, which help move food along and calm intestinal muscle spasms.

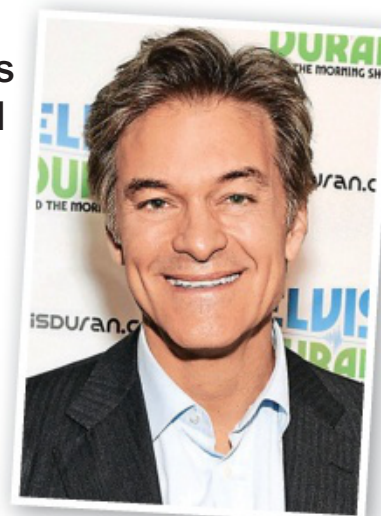
AND MASSAGE YOUR ABDOMEN!

Rub your fingers across your abdomen in large circles, and research out of the U.K. shows you'll calm your *enteric nervous system*, which quiets painful GI muscle contractions.



Easiest ever

There's a new health trend sweeping the nation—and Dr. Oz recently declared it's "the best way to lose weight, prevent disease and even live longer." He's so convinced, he's using the approach, called *time-restricted eating*, himself! Here's what his version entails: Each day, you consume all your food during the same eight-hour window, aiming to get the bulk of your calories before 3 PM (for example, eating between 10 AM and 6 PM, making lunch your largest meal). Evidence from top research labs suggests this strategy triggers biochemical changes inside us to help us thrive—so much so that folks report dropping up to 20 pounds in 13 days as they rapidly improve blood pressure, cholesterol, diabetes and more. "It's easier to do than you think," Dr. Oz promised. And it can totally transform your body!



One reason this style of eating speeds off excess pounds: It prompts your body to burn lots of extra fat! That's because limiting meals and snacks to an eight-hour window means you end up fasting for 16 hours each day—which is long enough that your body runs out of blood sugar (its carb-based primary fuel) and is forced to start turning fat into an alternate fuel called *ketones*. "That's what happens when people go on the keto diet," Dr. Oz explained. Turning stored

fat into ketones not only makes your waist shrink, but the compounds "provide an important source of fuel for your heart and brain." So your overall health and wellness get a really nice boost too.

There's more: Modern humans still have the same genes that helped our ancient ancestors survive periods of food scarcity, which is why fasting activates internal mechanisms that make us stronger, more energized and better able to tackle whatever life throws at us. In fact, time-restricted

**IT
WORKS!**

Marilyn lost six sizes!

"You're a beautiful person. Take care of yourself and live a long life," Marilyn Gonzales' brother whispered shortly before he passed from cancer. The San Diego mom, 57, vowed to make healthy changes. She tried Weight Watchers, the keto diet, then found time-restricted eating. "I worried I'd be hungry, but I ate between 10 AM and 6 PM and felt great," she says. "It's actually really easy, and the effect on your body is magical." Over 14 months, she traded her size 24s for 12s and cured her diabetes and joint pain. "I feel 25 again—that's how much energy I have. It's amazing!"



BEFORE

Your melt-to-the-max meal

Typically, time-restricted eating means consuming all your calories during the same eight-hour window each day. Dr. Oz encourages you to go for the earliest window that works with your schedule (like 10 AM to 6 PM) and get most of your calories before 3 PM. To maximize results, he encourages you to choose mostly unprocessed fare. Water, coffee, tea and broth are permitted outside of your eating window. As always, get a doctor's okay to try any new plan.



BIG BREAKFAST

1 serving of protein (like eggs or yogurt), 2 servings of fiber-rich starch (like whole-grain bread or cereal), a little good fat and unlimited fruit and veggies.

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weight loss

Dr. Oz's powerful secret can help you speed off 20 lbs in 13 days!

Rob Andrew. H&M: Breaune McNally. Getty (4); Shutterstock; Bauer Media Australia, Food. Text: Allison Nemetz

eating has been shown to optimize levels of many hormones, including fat-storing insulin and appetite-suppressing *leptin*. Short fasts have also been shown to spike the “fountain of youth” hormone HGH by a whopping 1,300%. No wonder studies from places like the National Institutes of Health and Johns Hopkins University suggest time-restricted eating can help us slim down and live the longest, healthiest life possible!

Next-level booster

Dr. Oz noted that many folks who try time-restricted eating start out by skipping breakfast and bumping their eight-hour eating window as late in the day as possible. But if weight loss is your goal, an earlier

window gives you a huge edge. That's because our metabolism naturally slows after sundown, so we burn off less of what we eat at night. “It's best to make breakfast and lunch your largest meals and dinner your smallest. You want to get 80% of your calories before 3 PM,” he said,

citing Louisiana State University research that found eating in an earlier window leads to more weight loss as well as greater improvements in insulin, blood pressure and markers of disease.

Also backing him up: A study at Tel Aviv University on volunteers in their 60s found that those who ate all their meals in an early window lost roughly 10 times more weight compared to volunteers who consumed the same calories in a longer and later window.

Yes!

New research shows shifting all your meals into an 8-hour window has surprising benefits for a sluggish thyroid, helping dramatically improve the gland's function after just 12 weeks!

Real-world wow

Looking for ways to better control her type 2 diabetes, Jean Polino read about time-restricted eating in *The Obesity Code* by Jason Fung, M.D. “It just made so much sense. I'd tried diet after diet that didn't work, and I felt it was one tool I'd never had before,” recalls the New York retiree, 64. She gave herself a window of 9 AM to 5 PM, sticking to foods she knew kept her blood sugar down, like omelets, salads, steak and veggies roasted with olive oil. Jean lost 10 pounds the first week. After 12 weeks, she says, “My diabetes had reversed.”

As Jean continued on her journey, she kept learning and experimenting. “There's no forbidden food using this method, so I'm constantly changing what I eat and what I'm doing to see what works best. I'm a much earlier eater now since that makes a big difference for me. And I made a rule to only eat when

I'm hungry, so sometimes my fasts go longer.”

After dropping 142 pounds and shrinking from a size 5X to an XL, Jean has become an ambassador for Dr. Fung on TheFastingMethod.com. As she helps coach others using time-restricted eating, “one surprising thing I've noticed is that women look so much younger after doing this. The effect on your skin is amazing. People tell me I look younger now than when I retired 10 years ago!” **WW**



Fat-burning pasta salad!

Dr. Oz is a big fan of chilled pasta at lunch, since chilling starch causes it to develop metabolism-boosting compounds that slim as they satisfy...

- 4 cups cooked whole-wheat pasta, such as penne
- 4 handfuls arugula or baby spinach
- 1 pint grape tomatoes, halved
- 1 cup shredded cooked chicken
- 1 ball fresh mozzarella, diced
- 1 small jar (about 6 oz.) pesto, at room temp.

In large bowl, toss ingredients until combined. Serve immediately or refrigerate in a sealed container for up to 3 days. *Makes 2 servings*

planner Dr. Oz's strategy promises to get you slim + healthy in a hurry



HEARTY LUNCH

Go for a serving of protein, 1–2 cups of whole grains or unprocessed starch (such as potatoes, pasta, brown rice), a little good fat and unlimited veggies.



LIGHT SNACK

Opt for a mix of protein and fiber, such as a handful of nuts with fresh or dried fruit, a hard-cooked egg with veggies, or hummus on flaxseed crackers.



LIGHT DINNER

Make this your lightest meal of the day. Satisfying options include a bowl of soup and/or a salad that go easy on carbs and fat.

“Every struggle has a silver lining!”

Unable to find a chemical-free deodorant that worked, breast cancer survivor Jamie Kastelic created her own unique formula that's keeping countless women fresh and healthy *and* helping with early detection!

Jamie Kastelic's heart sank as she heard her doctor's solemn tone. While doing a routine breast self-exam, the 33-year-old had felt...something. “Probably a cyst,” her doctor had said, but to be safe, she'd ordered a biopsy. Now the results were in. “I'm sorry,” the doctor began. “It's invasive ductal carcinoma.”

I have to beat this, I can't leave my three little boys, Jamie thought fiercely. So she opted for the most aggressive treatment, which included chemotherapy and a bilateral mastectomy. Still, Jamie knew she needed to do everything she could to keep the cancer from returning. So even while undergoing treatment, Jamie began researching possible causes of breast cancer, and one word kept popping up: *parabens*.

“They're a synthetic preservative used to prolong the shelf life of all kinds of products, especially cosmetics and personal care items,” she told her husband. “The problem is, they mimic estrogen. My particular cancer was estrogen-fueled!”

I have to get these toxins out of my life, Jamie thought. *In fact, my life just might depend on it!*

“Avoiding products with toxic chemicals can reduce cancer risk!”

—Anna Cabeca, D.O.

Creating hope

Jamie began scrutinizing labels, replacing her cosmetics and hygiene products with paraben-free options, but she couldn't find a safe deodorant that kept her dry and fresh. Frustrated, she decided to take matters into her own hands by making her own deodorant. She spent every free moment

researching ingredients and experimenting until she came up with a formula she loved, using baking soda, arrowroot, coconut oil, shea butter, beeswax and essential oils.

And the best part: Jamie made the deodorant a cream that was applied with her fingertips, which would encourage her to do daily self-exams. “The armpit is right near the upper quadrant of the breast, where 95% of breast cancer is diagnosed,” Jamie explained to a girlfriend who was trying her product.

Just after Jamie finished treatment and was declared cancer-free, her sister Julie was also diagnosed with breast cancer. Like Jamie, Julie was determined to do whatever she could to get and stay healthy, and started using her sister's homemade deodorant. “This is awesome!” Julie exclaimed. “Why



“Helping other women stay healthy means everything to me!” says Jamie

on Earth aren't you selling it?”

Jamie hadn't even considered that but...*I can help other women stay safe!* she realized.

Still, Jamie's hopes weren't too high when, in 2015, she launched Spero-hope (SperohopeLLC.com), *spero* meaning “hope” in Italian. She thought a few of her friends might buy it, but to Jamie's surprise, the chemical-free deodorant quickly became a huge hit with women across the country.

Today, Spero-hope is sold online and at eight retail locations. But it's the emails Jamie gets from women telling her it was using her deodorant that got them doing self-exams and helped them find a lump that fills her with pride. “I'm so happy and grateful to be here and healthy,” says Jamie, now 40. “But to help other women stay healthy too means everything to me!”

—Hannah Chenoweth



The cream is applied with the fingertips, which encourages breast self-exams

Getty

Are you skipping a step during your monthly breast self-exams?

Many of us know that we should feel for lumps, but women's health expert Anna Cabeca, D.O., says the first couple of steps—that many of us often miss!—are actually *visual*. Here, she shares her comprehensive monthly self-exam how-to:

- **Step 1:** In front of a mirror, raise your hands above your head. Look for skin dimpling, inversion of the nipple, changes to skin color, redness, swelling, changes in nipple direction or lumps.
- **Step 2:** Push your hands together over your head, then bring your arms down and push your hands in at your waist contracting your chest. Look for skin changes, dimpling or irregularity.
- **Step 3:** In the shower, raise one arm and feel your entire breast from your clavicle, under your arm, to the midline of your chest. Check for lumps, tenderness or discharge. Repeat on other side.
- **Step 4:** Lying on your back, take your time and repeat the exam you did in the shower, feeling for lumps, irregularities or tenderness. Repeat monthly and report any changes to your doctor.

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!

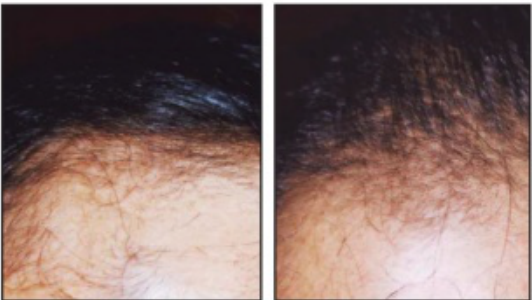
Recently discovered ingredient promotes

MORE HAIR GROWTH



Tocotrienols, found in palm fruit, are known as super antioxidants and are now showing positive results in promoting hair growth. They work by lowering scalp oxidation and may allow for better—and new—hair growth.

Several studies done at the University of Kuala Lumpur in Malaysia have shown significant increases in hair count. The findings have been published in scientific journals to inform health care professionals worldwide, about the amazing results.

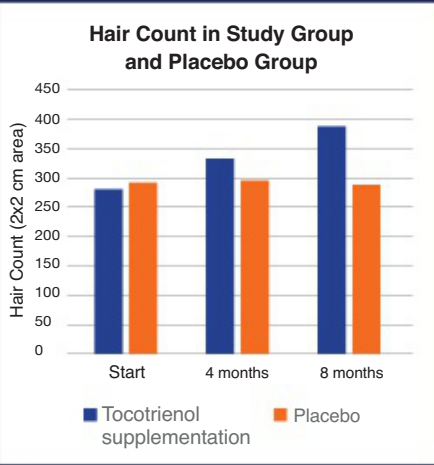


The US patented tocotrienol complex is now available in the US through the product Hair Gro™, by New Nordic, and sold at most Walgreens pharmacies and online.

STUDY RESULTS

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained on average 34.5% more hair or an increase in average hair count from 285 to 383 hairs.*

*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei and Hay, University Sains Malaysia.



HAIR GRO WORKS!

Steffani experienced higher-than-usual hair loss due to stress. “I was concerned as I noticed a drastic difference in the thickness of my hair, so I went looking for help.”



“My mother had used New Nordic’s hair products with great success, and she had seen the new Hair Gro™ product in stores. I went online and read about how the ingredients were clinically shown to stimulate new hair growth. I was excited.

I planned to take Hair Gro for just a few months, but my mother reminded me that hair takes a while to react. I’m glad I listened to her because after 4-5 months, I started to notice an increase in growth and it was easier to grow the hair longer. My friends even noticed the difference.

Now I feel so confident and happy about my hair, thanks to Hair Gro. I highly recommend this product to anyone with thin hair.”



- Steffani T., Ontario

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“Help me shake off my angry edge!”

Feeling irritable lately? Our experts reveal how to discover what's behind an uptick in *grrr* and how to use your compassion to recall your joy

Notice triggers

Swap shame for curiosity

“While men tend to feel guilt after an angry episode, women often feel profound shame,” says anger expert Russell Kolts, Ph.D. “But shame prevents us from investigating what made us vulnerable to anger.” Instead of blaming yourself, ask questions like: *When does my angry edge come out? Did I feel powerless when I lost my temper—or was I tired?* “This helps you shift from self-blame to curiosity, and in time, you’ll start to understand your triggers.”

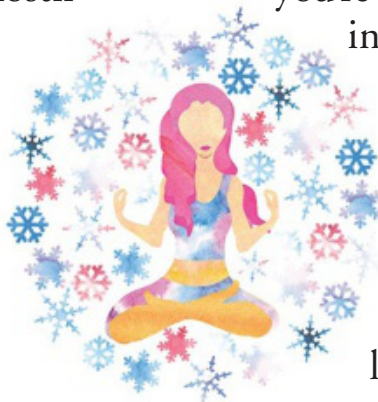
Cue calm in seconds

We evolved to react aggressively to threats, explains emotions expert Alice Boyes, Ph.D. The result: We have a “hostility bias” that leads us to interpret ambiguous cues as negative and feel attacked even when no one was on the offense. “Luckily, we can

train ourselves to notice our biases before we overreact,” she assures. “If, for example, your partner asks a question you interpret as a criticism, ask yourself: *Is my attack-signaling system misfiring? Is there another way to interpret this?*” This small shift helps you cool off almost immediately.

Pause the personal

Another common anger trap is *personalizing*. If someone says something odd to you, do you think it’s because *you* said something wrong? To break this pattern, we must learn to tolerate uncertainty, says Boyes. “Being okay with not knowing if something was personal helps calm us,” she says. Next time you’re fixating on someone’s



intentions, imagine playing a game of tug of war. “Instead of pulling harder, visualize dropping the rope. As you practice this, you’ll start to feel less reactive.”



Shift your focus

Call on your big heart

Instead of dwelling on whatever irritated you, tune into your compassion. “Take a moment to note that the next person you see just wants to be happy and not suffer,” says Kolts. “Soon, when something sparks your anger, you’ll find it easier to react empathetically.”

Tell a larger story

When someone is rude, it’s easier to be compassionate if we imagine what might be going on in their world. “The woman snapping at the waitress about the temperature of the coffee is not upset about the coffee,” says psychologist Susan Pollak,

Ed.D. “She may be depleted from caring for a parent or worried about money, so the coffee is her only treat.” Her circumstances don’t excuse her, “but considering them helps you rise above her rudeness.”

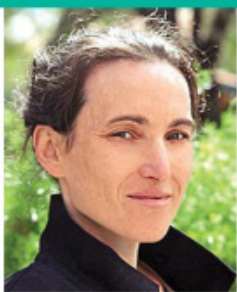
Honor common bonds

“A powerful way to nurture your compassion is by volunteering in a setting that truly speaks to your soul,” says Kolts. Pollak notes the power of giving back to a special cause: “As we help others, we’re reminded of our common humanity and that we’re all in this together—instead of letting the irritability we sometimes feel divide us, let the *joy* we feel bring us closer.”

Our expert panel



Russell Kolts, Ph.D., is a psychologist who wrote *The Compassionate-Mind Guide to Managing Your Anger*. Watch his popular TEDx talk on anger on YouTube.com.



Alice Boyes, Ph.D., author of *The Healthy Mind Toolkit* and *The Anxiety Toolkit*, is an emotions expert and popular blogger at PsychologyToday.com.



Susan Pollak, Ed.D., author of *Self-Compassion for Parents*, teaches mindfulness at Harvard Medical School. More at DrSusanPollak.com.

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“You are end



Bestselling author, speaker and Bible teacher Beth Moore is renowned for her uplifting Scripture-based lessons that inspire millions each day. But her strength and deep faith were forged from the fires of abuse, fear and sexism. Here, how trusting God and His purpose for her life has helped her rise from the ashes—and soar!

By Deborah Evans Price

After spending just a few minutes speaking with Beth Moore, you can feel your heart lift from her contagious optimism, passion for helping people and genuine love for spreading the Gospel. “I love words, they have so much power!” Beth shares with *Woman’s World*. And as the founder of Living Proof Ministries, a Bible study teacher, host of the show *Living Proof with Beth Moore* and a force to be reckoned with on Twitter (@BethMooreLPM), words are the name of the game for Beth.

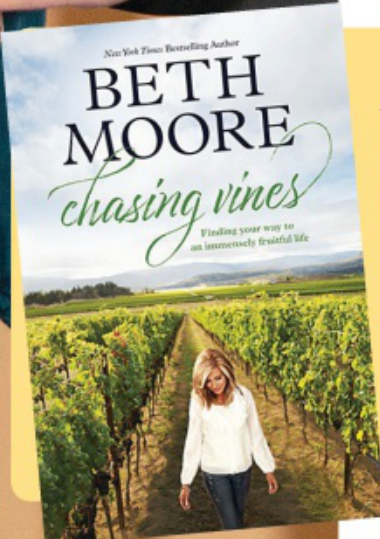
“I have learned so many things from the words that are spoken around me,” she says. “And God has led me to speak and stand up for those who have no voice, especially women. Sure, I am not always right, but I try to speak the truth and won’t coward out and not speak at all.”

For the Houston mother and grandmother, answering that call has been both a blessing and a burden—and it has been far from easy. From childhood sexual abuse and instability, to spending her career under fire from those who question a woman’s place in ministry—Beth has had to overcome deep trauma, insecurity and doubt to fulfill her purpose.

“I’ve never been without controversy as a woman who shares God’s word and love,” Beth admits. “In fact, when one of my pastor friends asked me to speak, I said, ‘I promise I won’t talk about anything controversial.’ And he said, ‘Beth, the moment you step up to the mic, *you* are controversial!’” But bolstered by her faith, enthusiasm, humor and compassion, Beth has never backed down. Here, her insight on living courageously joyful.

Pick up Beth’s inspiring new book!

Beth’s latest guide, *Chasing Vines* (on sale this week), was inspired during a trip to Italy when she saw Scripture come to life as she watched grapes being harvested. “I love the metaphor in John 15 of the vine dresser and the fruit,” she says. “It doesn’t say, ‘If you have this talent, He will make it matter.’ It says, ‘If you embed your life in Him, He will make it matter.’ We struggle to believe that it applies to us, but when we finally learn that, it truly changes everything!”



Lessly loved!”



1

Know that nothing is for nothing

“No matter what you’ve been through, no matter how hard life has been, there are always blessings that come out of our harshest seasons,” Beth assures. “God will make our struggles truly matter. I believe there *is* a true enemy out there that wants to see us destroy ourselves in times of heartache—especially these days. So when things get tough, I say, ‘I’d love to make the devil sorry he messed with me!’ and I remind myself that one day, it will have all been worth it.”

Remember God loves you for you

“Many believers can easily tell someone else, ‘You are so loved by God and He has such a good plan for your life. He has not forgotten you or forsaken you,’” Beth says. “But we struggle to apply that same statement to ourselves! Still, it’s the truest thing for us all. It’s one reason I teach from the Bible: to understand that the one absolute thing in your life is that you are known and loved by God. Believing that makes all the difference!”



2

Let faith increase your strength

“I get up really early in the morning and make sure God is the first person I hear from,” Beth shares. “By reading my Bible, I know that He’s speaking to me before the world gets a chance to tell me anything. And I’m very deliberate in using my words to ask Him for divine strength. God says that He will give us a strength that ‘is not of a human’ if we lean on and rely on Him. It’s not something that can come from us alone, but when we ask, the Lord gives us any amount of strength we need!”



5



3 Spending time and laughing with family brings Beth so much joy

Laughter is the best medicine

“One of my very favorite things on Earth is being with my two daughters on the back porch at my house, sitting in rocking chairs and just laughing our heads off,” Beth says with a smile. “My daughters are so quirky and so fun. My daughter Amanda says that the harder life gets, the funnier we become to one another—and I think it’s true! I don’t know why that is. I guess it’s just the absurdity of what we’re living through and one of the ways we cope. We think we are so funny and that works for us—and brings us all so much joy!”



Find freedom in forgiveness

“I got the chance that a lot of people long to have, and that is to hear the person who sexually abused me apologize,” Beth shares. “Mine did, but under duress, and it didn’t satisfy me because that person didn’t truly understand the ramifications of their actions. But I found that the thing I could latch on to was the phrase, ‘Father, forgive them, they don’t know what they did.’ That has helped me immensely.”



Beth loves relaxing with her husband, Keith

Unwind with those you love most

“When I’m at work, I work my head off!” Beth says. “I will work like a madwoman all day long, but at night, I’m totally done. I’ll watch TV with my husband, Keith, who I’m about to celebrate my 41st anniversary with. I just love unwinding with him! I say that I pray at all times, but I don’t work at all times. We *all* need time to unplug and recharge!”

Watch the Os

Give friends the star treatment with a fabulous Oscar night viewing party complete with award-worthy snacks, sips and festive extras

Wow with a VIP buffet ▶

Welcome your guests with a spotlight-stealing snack bar, like this one styled by party pro Laura Aguirre (LaurasLittleParty.com). For a similar look, tape black gift wrap to a wall, then tape party-store gold-letter balloons to the paper to spell out “Oscar Night.” Next, tie red, gold and black balloons to a string and tape to wall to make an arch. Push a table against the wall; top with party-store movie accents and cake stands of sweets.



Dress up strawberries with chocolate tuxes

Chocolate-dipped strawberries are even sweeter with an easy red-carpet makeover! To make each, dip a clean, dry strawberry in melted white chocolate candy melts; let dry on parchment-lined baking sheet. Hold the berry at an angle and dip into melted chocolate candy melts to create one side of the tux; repeat on other side. To finish, dip a toothpick in melted chocolate and use it to draw on a bow tie and buttons.



▶ Direct guests to their seats with cinematic place settings

Whether you feast in the dining room during the red-carpet interviews or set your coffee table for a casual sit-down meal, these film-inspired place settings add instant flair. Simply order a few film strip-inspired Movie Night Table Runners (\$3 each, OrientalTrading.com) and cut into place mats. Top each one with cutlery, a wine goblet and plates topped with a rolled napkin wrapped in a length of camera film or a silver ribbon.

cars in style!



Toast the evening with a fabulous bubbly bar

Whether you opt for Champagne or a sparkling wine like moscato or prosecco, a flute of fizz makes your gathering feel extra fancy! For a fun twist, invite guests to create their own cocktail. Just set out bottles of bubbly in buckets filled with ice, then line up champagne flutes, liqueurs, unexpected flavored syrups (like Torani Rose Syrup, available at supermarkets), carafes of juice and garnishes like sliced peaches and maraschino cherries.

Top off the night with a best-dressed layer cake

At her party, Aguirre's layer cake stole the spotlight! To make a similar showstopper, bake a large layer cake and a small layer cake in your favorite flavor. Spread a thin layer of frosting on each (this acts as glue for fondant). Cover the large cake with craft-store red rolled fondant; trim excess. Repeat on top tier using black fondant; press on star-shaped candies. Tip: To give the red cake a glossy finish, mix equal parts corn syrup and vodka. Dip a brush in and "paint" the fondant.



Portion out popcorn

Serving popcorn in individual buckets will prevent guests from having to get up for refills (and miss out on the award-night fun!). Plus, it adds an authentic movie-theater feel to your party. Simply stock up on retro-inspired buckets (like the Carnival King 32 oz. Popcorn Cup, \$6 for 50, WebstaurantStore.com). Then before guests arrive, pop several bags of microwave popcorn and pour contents into buckets. Optional: Offer up ramekins filled with savory and sweet popcorn mix-ins like shredded Parmesan cheese, garlic powder, flavored salts, cinnamon-sugar, chocolate chips or even shredded coconut.



3 tips for Oscar party success

1 Top treats with trophies

It wouldn't be an Academy Awards party without a glimpse of the iconic trophy! Take a cue from Laura Aguirre (LaurasLittleParty.com) and add glittering "Oscar" statues to treats. For a free template, search "Oscar" on LiaGriffith.com, download, print and cut out the trophy. For each, trace trophy onto glittery gold cardstock, cut out and tape onto a lollipop stick; insert stick into a cupcake.

2 Cast your votes!

Get guests talking with a ballot contest! To do: Print the list of Oscar nominees at Oscar.Go.com/Nominees. Have each guest make their picks for who will win each category, then collect ballots before the show starts. At the end of the night, give the person with the most correct picks a prize like a scratch-off lottery ticket or a movie theater gift card.

3 Make your guests feel like stars!

Create your own celebrity-worthy favors by filling paper party bags with fun finds from the dollar store like sunglasses, movie theater-style plastic popcorn boxes, drink tumblers, candy and even "spa" treatments like mud masks and manicure kits. For an extra-fun touch, personalize each party bag with a silly Oscar-inspired sentiment like "Most Likely to Steal Every Scene" or "Best Dressed."

Comfort warm from the oven

Clever shortcuts speed these
stick-to-the-ribs dinners to
the table in a flash



Meatball and Butternut Squash Casserole

*Ready-to-use butternut squash noodles and meatballs
help get this hearty dish ready for baking in just 15 minutes*

- 8 oz. butternut squash noodles,
4 cups
- 1 red pepper
- 1 tsp. ground cumin
- 1 (24 oz.) jar marinara pasta sauce
- 1 (12 oz.) pkg. frozen fully cooked
meatballs
- 2 Tbs. pine nuts
- 1 Tbs. chopped fresh cilantro

● Heat oven to 400°F. Coat 2-qt. bak-
ing dish with cooking spray. In large
microwave-safe bowl, combine squash with
 $\frac{1}{4}$ cup water; cover. Microwave in 1-min.
intervals, stirring, until almost tender,
about 3 min. Drain. Meanwhile, cut
red pepper into $\frac{1}{4}$ " strips.

● Stir cumin into marinara sauce. Gently
stir sauce mixture and pepper strips into

noodles, then stir in meatballs. Transfer
mixture to baking dish. Bake until
squash noodles and pepper strips are
tender and mixture is heated through,
25–30 min. Serve sprinkled with pine
nuts and cilantro.

Servings: 4. Active time: 15 min.
Total time: 45 min. Calories: 400 Protein: 16g
Fat: 25g (7g sat.) Chol.: 56mg Carbs.: 31g
Sodium: 1,197mg Fiber: 8g Sugar: 16g

Beef Pie with Cheesy Cauliflower Topping

Our quick-prep twist on Shepherd's Pie pairs tender sirloin with convenient frozen and canned veggies

- 1 (16 oz.) pkg. frozen cauliflower florets
- 2 lbs. boneless beef sirloin steak, cut into 1" pieces
- 2 tsp. onion powder
- 1 tsp. dried oregano
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- $\frac{3}{4}$ cup low-sodium beef broth
- 2 Tbs. Worcestershire sauce
- 1 Tbs. all-purpose flour
- 1 (14.5 oz.) can diced potatoes, drained

- 1 (14.5 oz.) can sliced carrots, drained
- 1 cup shredded sharp white Cheddar cheese

● Coat 2½-qt. baking dish with cooking spray. Cook cauliflower according to package directions; drain. Sprinkle beef with onion powder, oregano, salt and pepper. Coat 12" nonstick skillet with cooking spray; heat over high heat. In batches, add beef and cook, stirring, until browned, about 2 min. per batch. Remove.

● Heat broiler. Whisk together broth,

Worcestershire sauce and flour; add to skillet. Over medium-high heat, bring broth mixture to a boil; cook, stirring occasionally, until slightly thickened, 2 min. Stir in beef, potatoes and carrots; cook, stirring, until just heated through, 1 min. Transfer mixture to baking dish. In bowl, toss cauliflower with cheese; sprinkle over beef filling. Broil until lightly browned, 3–5 min.

Servings: 8. Active time: 30 min. Total time: 30 min. Calories: 340 Protein: 29g Fat: 19g (8g sat.) Chol.: 98mg Carbs.: 12g Sodium: 622mg Fiber: 3g Sugar: 3g





Pork Stew with Parmesan Dumplings

Store-bought gravy and cider combine for a fast sauce that's perfect sopped up with biscuit dumplings

1 (16 oz.) pkg. mini peeled carrots
¾ cup pork gravy from a jar
½ cup apple cider
2 lbs. pork tenderloin, trimmed,
cut into 1" pieces
1½ tsp. dried sage
½ tsp. salt
¼ tsp. pepper
2 Golden Delicious apples, cored,
cut into ½"-thick wedges
2¼ cups Bisquick baking mix
¼ cup grated Parmesan cheese

⅔ cup milk
1 Tbs. sliced fresh sage leaves (optional)

● Heat oven to 400°F. In large microwave-safe bowl, combine carrots and ¼ cup water. Cover; microwave in 1-min. intervals, stirring, until just tender, 4–5 min.; drain. Combine gravy and cider; reserve. Sprinkle pork with dried sage, salt and pepper. Generously coat large ovenproof pot with cooking spray; heat over medium-high heat. In batches, add pork and cook, turning, until browned, 2–3 min. per

batch. Remove. Add apples to pot; cook, stirring, until slightly softened, 4–5 min. Stir in pork, carrots and gravy mixture.

● Mix Bisquick and cheese; stir in milk until dough forms. Divide dough into 10 portions; arrange over pork mixture. Bake until pick inserted into biscuits comes out clean, 25 min. Top with sage.

Servings: 10. Active time: 30 min.
Total time: 55 min. Calories: 277 Protein: 22g
Fat: 8g (3g sat.) Chol.: 61mg Carbs.: 30g
Sodium: 666mg Fiber: 2g Sugar: 9g

Chicken Zucchini Casserole

Chunky salsa and melty Monterey Jack cheese give this quick chicken bake so-easy South-of-the-Border appeal

- 1 zucchini, 12 oz., halved lengthwise, cut crosswise into 1/4"-thick slices, about 3 1/2 cups
- 2 tsp. olive oil
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 6 boneless, skinless chicken breast halves, about 2 lbs.
- 1 1/2 tsp. dried oregano
- 1 tsp. garlic powder
- 1 1/2 cups chunky salsa from a jar

- 1/2 cup shredded Monterey Jack cheese

Fresh oregano leaves (optional)

● Heat oven to 400°F. Coat large rimmed baking sheet and 2 1/2-qt. baking dish with cooking spray. In bowl, toss zucchini with oil, 1/4 tsp. salt and 1/4 tsp. pepper; spread in single layer over baking sheet. Roast until browned, 12–15 min.

● Sprinkle chicken with oregano, garlic powder and remaining 1/4 tsp. salt and

1/4 tsp. pepper. Coat 12" nonstick skillet with cooking spray; heat over high heat. Add chicken; cook, flipping once, until browned, 2–3 min. per side. Spread 3/4 cup salsa, then half of zucchini in baking dish. Top with chicken and remaining salsa and zucchini. Bake until chicken is no longer pink in centers, 18–20 min. Sprinkle with cheese and oregano.

Servings: 6. Active time: 15 min.

Total time: 35 min. Calories: 239

Protein: 33g Fat: 8g (3g sat.) Chol.: 92mg

Carbs.: 7g Sodium: 788mg Fiber: 2g Sugar: 4g



Delight in every bite

It's easy to indulge in the summertime treat anytime—no campfire needed!—with this marshmallowy masterpiece

S'mores Cake

Layers of hot fudge!

- 2 cups graham cracker crumbs
- ¼ cup granulated sugar
- 10 Tbs. butter, melted
- 2 (8 oz.) pkgs. cream cheese, at room temp.
- 1 cup Marshmallow Fluff
- ¼ cup confectioners' sugar
- 1 cup thawed whipped topping
- 3 (9") chocolate cake layers
- 1 (11.75 oz.) jar hot fudge topping, warmed
- 11 marshmallows, halved crosswise



Easy as 1,2,3!

1 In bowl, mix graham cracker crumbs, granulated sugar and butter; reserve. On medium speed, beat cream cheese until smooth. Add Fluff and confectioners' sugar; beat until smooth. Fold in whipped topping; reserve.

2 If necessary, trim cake layer tops to level. Place 1 cake layer, cut side down, in springform pan; spread with

2 Tbs. fudge topping. Reserve ⅓ cup crumb mixture; press half of remaining crumb mixture evenly over fudge. Spread half of cream cheese mixture over top. Top with another cake layer, cut side down. Spread with 2 Tbs. fudge topping; press remaining half of crumb mixture evenly over top. Spread with remaining cream cheese mixture. Top with remaining cake layer, cut side down. Cover; chill 3 hrs.

3 Run knife around edge of pan; remove side. Melt 2 Tbs. fudge topping. Spread remaining fudge topping over cake top; sprinkle with reserved crumb mixture. Arrange marshmallows on top; drizzle with melted fudge topping.

Servings: 12
ACTIVE time: 1 hr.
TOTAL time: 4 hrs.

Dinner made easy!

COLLECT A MEAL *WW*

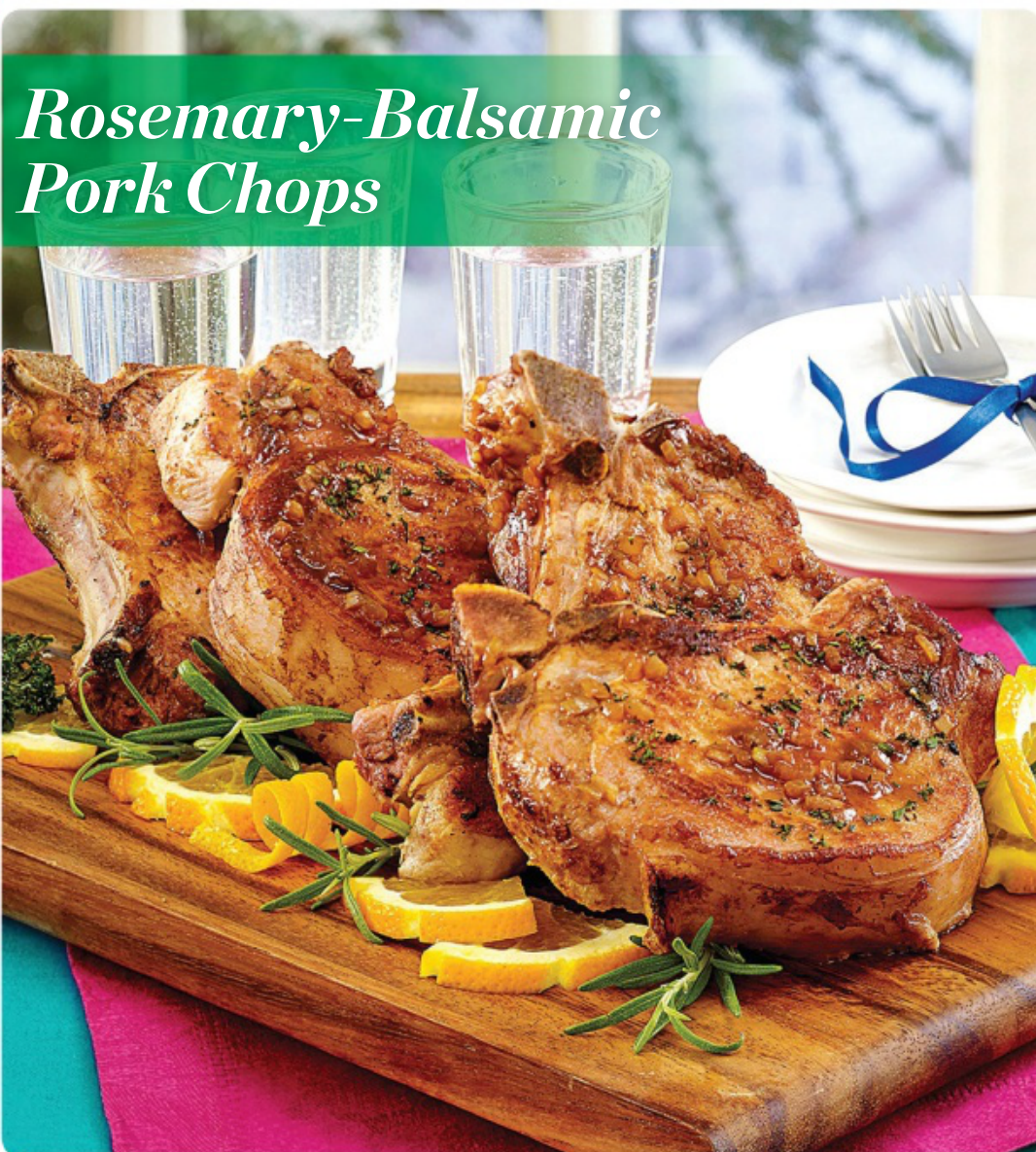
Creamy Tomato Soup



Bacon Brussels Sprouts



Rosemary-Balsamic Pork Chops



Nutty-Fudgy Brownies



Bacon Brussels Sprouts

Your gang is guaranteed to eat all their veggies when you serve up these good-for-you sprouts tossed with crunchy toasted almonds and smoky bacon bits

- 1 Tbs. olive oil
- ¼ cup finely chopped red onion
- 2 (10 oz.) pkgs. Brussels sprouts, trimmed, halved
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ cup whole natural almonds, toasted
- 2 Tbs. real bacon bits
- 1 Tbs. chopped fresh parsley

- In large nonstick skillet, heat oil over medium heat. Add onion; cook, stirring occasionally, until softened, about 5 min. Add Brussels sprouts, salt and pepper. Cook, stirring occasionally, until lightly browned, about 5 min.
- Add ⅓ cup water to skillet; reduce heat to medium-low. Cover; cook until sprouts are tender, about 10 min. Stir in almonds and bacon bits. Serve sprinkled with parsley.

Servings: 6. Active time: 20 min. Total time: 30 min.
Calories: 102 Protein: 5g Fat: 6g (1g sat.) Chol.: 2mg Carbs.: 10g
Sodium: 289mg Fiber: 4g Sugar: 2g

Creamy Tomato Soup

Canned tomatoes make it easy to ladle up this comforting soup that's silky-rich, thanks to a touch of half-and-half

- 1 Tbs. olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- ¾ tsp. dried Italian seasoning
- 2 (28 oz.) cans whole tomatoes, chopped
- 1 (28 oz.) can tomato puree
- ¾ tsp. salt
- ¼ tsp. pepper
- ¾ cup half-and-half, warmed
- Cooked lentils, croutons and basil (optional)

- In pot, heat oil over medium heat. Add onion, garlic and seasoning; cook until onion softens, 5–6 min. Stir in tomatoes with their juice and puree; bring to a boil. Cover. Reduce heat to low; cook 20 min. Stir in salt and pepper.
- In batches, in blender, puree tomato soup until smooth; return to pot. Add half-and-half; cook until heated through. If desired, serve garnished with lentils, croutons and basil.

Servings: 6. Active time: 25 min. Total time: 50 min.
Calories: 173 Protein: 6g Fat: 6g (2g sat.) Chol.: 11mg Carbs.: 27g
Sodium: 1,141mg Fiber: 5g Sugar: 15g

Nutty-Fudgy Brownies

Our from-scratch oh-so-chocolaty treats are extra-delicious studded with buttery macadamia nuts

- 1 cup all-purpose flour
- ½ tsp. salt
- ¼ tsp. baking powder
- ¾ cup unsweetened cocoa powder
- ½ cup butter, melted
- 1½ cups granulated sugar
- 4 eggs
- 1 tsp. vanilla extract
- ½ cup coarsely chopped macadamia nuts or blanched almonds
- Confectioners' sugar (optional)

- Heat oven to 350°F. Line 9" square baking pan with foil; coat with cooking spray. Mix flour, salt and baking powder; reserve. In bowl, with spoon, mix cocoa and butter until smooth. Stir in sugar, eggs and vanilla until blended. Stir in flour mixture until just combined, then nuts. Spread in pan. Bake until pick inserted into center comes out with moist crumbs clinging, 22–24 min. Cool on rack; lift from pan. If desired, sprinkle with confectioners' sugar.

Servings: 16. Active time: 20 min. Total time: 2 hrs., 45 min.
Calories: 211 Protein: 4g Fat: 11g (5g sat.) Chol.: 62mg Carbs.: 28g
Sodium: 146mg Fiber: 2g Sugar: 19g

Rosemary-Balsamic Pork Chops

A simple pan sauce of orange juice, balsamic and rosemary transforms everyday chops into a company-special main

- 6 bone-in pork loin rib chops, about 2½ lbs.
- ½ tsp. garlic powder
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ cup finely chopped onion
- 2 Tbs. balsamic vinegar
- 1 Tbs. olive oil
- 1 Tbs. minced fresh rosemary
- 2 tsp. grated orange zest
- ¼ cup orange juice

- Sprinkle pork chops with garlic powder, salt and pepper. Coat large nonstick skillet with cooking spray; heat over medium heat. Add chops; cook, turning once, 4 min. per side. Transfer to plate; cover.
- In same skillet over high heat, combine remaining ingredients; cook, stirring, until slightly reduced, 2 min. Return chops to skillet; cook until heated through, 1 min.

Servings: 6. Active time: 20 min. Total time: 20 min.
Calories: 265 Protein: 26g Fat: 16g (3g sat.) Chol.: 72mg Carbs.: 3g
Sodium: 265mg Fiber: 0g Sugar: 2g

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¹ With experience. <http://www.bls.gov/oes/current/oes292071.htm>, <http://www.bls.gov/oes/current/oes433021.htm>, 6/4/19

² <https://www.bls.gov/ooh/office-and-administrative-support/financial-clerks.htm#tab-6>, <https://www.bls.gov/ooh/healthcare/medical-records-and-health-information-technicians.htm#tab-6>, 10/3/19

³ Value depends on graduates' use of services available to them.



WW

YOUR HOME,
YOUR HAVEN

Fill your space with comfy-cozy style!

BRING IN TEXTURE

"Wood tones always bring a sense of warmth into a space," says Striegel. "Here, the wooden mantel, mirror, bookcase and tables offer natural, cabin-style charm." She suggests starting with a simple side table or mirror or even sprinkling in smaller accents like photo frames, coasters and baskets.

Get the look: Rustic Wood Frames with Mats, Aspect by Studio Decor, \$7 each, Michaels.com

ENHANCE COZINESS

"It's easy to make any living area feel cozy," says Striegel. She recommends layering four to six pillows on the sofa, then draping on a plush throw. "When it comes to pillows, I say 'the more the better!'" Tip: Keep patterned pillows unified by repeating at least one color in each.

WELCOME EVERYONE

"During wintertime, the living room turns into the heart of the home—it's a central gathering place," notes Striegel. "And setting out sweet touches, like a tray of tea and biscuits or homemade treats, will make everyone feel extra welcome." Other low-cost ideas: Pop fresh-cut greenery in a vase or pile a dozen apples or oranges in a rustic serving bowl and display on the coffee table.

Wintertime is the perfect excuse for snuggling up at home—and these ideas will transform any room into a warm and welcoming retreat. Here, designer and DIY blogger Katie Striegel shares her easy (and affordable!) styling strategies



GO BOLD WITH DRAPES

"A quick way to brighten any room is with bold, patterned drapes," says Striegel. "Classic prints, like red-and-white plaid, break up a monotone wall and offer a cheery impact." She suggests hanging extended-length curtains *above* the window frame, so the hem just kisses the floor. "This strategy makes the window and the room appear larger."

WW Picks: Little hits of happy!



◀ Inspire smiles

Make any seat more inviting with this plaid pillow adorned with a special message. (\$20, Love Gingham Pillow, Boscovs.com)

▶ Stow wood stylishly

Keep firewood at the ready in a sleek and compact metallic basket. (\$47, Minuteman Twisted Rope Fatwood Holder, Walmart.com)



◀ Add natural charm

A wooden bowl piled with faux foliage and fruit adds fresh flair to any surface. (\$20, Heritage Harvest Apple & Pinecone Leaves in Pot, TJMaxx.com)

▶ Boost comfort

This plush striped throw adds a pop of pattern and softness to a sofa. (\$25, Novogratz Ultra Soft Marley Throw, Target.com)



WW DIY: Brighten an entryway with a pretty pine cone circlet!

This fresh-picked fragrant wreath adds a rustic touch and eye-catching interest to a door or fireplace mantel! Here's the easy how-to:

What you'll need:

- ☐ 14" willow wreath form
- ☐ 24 small pine cones
- ☐ Red spray paint
- ☐ Fresh pine sprigs

1 Paint the pine cones

Spread pine cones (gathered from the yard or purchased at a craft store) on newspaper and cover with one even coat of spray paint; let dry.

2 Assemble wreath

Attach pine sprigs to wreath using small snips of floral wire. Use hot glue to adhere pine cones to wreath, spacing as shown. Hang on door.



No time to craft? No problem! Try the Red and White Hand Painted Pine Cone Wreath, \$35, by ClassyCones at Etsy.com

For more tips, visit Striegel's blog, ChicOnAShoeStringDecoratingBlog.com



Your organized home

Declutter the Danish way!

Despite long, dark winters, the Danish people are among the happiest on Earth. Their secret: clutter-free homes that are cozy, warm and welcoming! Simply borrow these straight-from-Scandinavia tips to make *your* nest just as nice and mess-free

Make 'byes easier with special charities

"Letting go of our stuff can evoke strong feelings," says Danish life designer Lena Bentsen, author of *Goodbye Clutter, Hello Freedom*. "Clients often resist donating unwanted items to generic places." Finding an organization that you're excited about can make all the difference in passing along things you no longer need. Think creatively: Day care centers may be thrilled to receive gently loved toys and art supplies, while animal shelters welcome old blankets and pillows.



Speed-clean with a snapshot

Realism is a hallmark of the Danish approach to clutter, notes Bentsen. "We know that to achieve our goals, we must shrink them into bite-size pieces." Instead of tackling a whole room, start with, say, a messy cabinet. Not sure where to begin? "Take photos of your home from different angles," she advises. "When we look at a photo, our eyes focus on what breaks the flow of the image, helping us spot key areas we should tackle first."

Sort through mementos by telling a story

"Though most of us have too many mementos, we definitely should save things that tell our story," says Bentsen. Pretend you're curating a museum show about your life. "You'll see that saving one special vinyl record is enough to take you back in time, and you don't need the whole collection."



Keep everyday order by 'closing circles'

Imagine every task runs in a circle that starts and ends in the same place. "Danes believe in closing these circles rather than leaving them incomplete," says Bentsen. "When we make a cup of tea, the kettle is rinsed and returned to its spot before we enjoy our first sip." Sound exhausting? "Just the opposite!" she promises. "Each closed circle gives you a burst of energy. Then you enjoy returning to that tidied space later." Result: more coziness and less time cleaning overall.

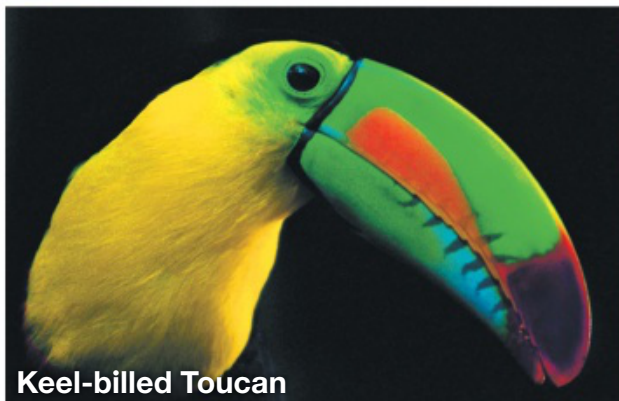


Invite joy and serenity by setting the stage

You can use visual cues to create a welcoming, peaceful atmosphere, notes Bentsen. Start by making sure at least one surface in each room is tidied. "Just seeing that a single stretch of counter space is clear makes people less likely to leave crumbs," she explains. "Similarly, seeing empty shoe cubbies in the entry cues family and guests alike to put their sneakers in the right place."



Manuel Antonio National Park



Keel-billed Toucan



Capuchin Monkey



Morpho Butterfly



Three-toed Sloth



Caño Negro Wildlife Refuge

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Day 3 Wildlife Rescue, Fortuna

Visit a wildlife rescue center where injured animals are rehabilitated for release back into the wild. Continue to Fortuna in the San Carlos Valley for a two night stay.

Day 4 Caño Negro, Hot Springs

Cruise on the Rio Frio, gateway to the Caño Negro wildlife refuge. Watch for water-walking lizards, caimans, and howler monkeys. Then, soak in volcanic hot springs.

Day 5 Hanging Bridges

Hike on the Hanging Bridges, view majestic Arenal Volcano, and take a scenic drive around Lake Arenal. Continue to the Pacific Coast for a relaxing two night stay.

Day 6 Turtle Park, Guanacaste

Visit Leatherback Turtle National Park. These marine reptiles are the largest in the world, weighing over 1,500 pounds. Free time at the J.W. Marriott Resort and Spa.

Day 7 Cruise, Manuel Antonio

Cruise on the Tarcoles River. Enjoy bird watching and crocodile spotting. Continue to your hotel at the Manuel Antonio Park entrance.

Day 8 Manuel Antonio

Visit Manuel Antonio National Park, a natural habitat for the three-toed sloth and capuchin monkey. Hike through the rainforest and along beach coves. Look for toucans and parrots. Farewell dinner tonight.

Day 9 San José

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- 3, 4 **Fortuna** Magic Mountain
- 5, 6 **Guanacaste** J.W. Marriott
- 7 **Manuel Antonio** San Bada
- 8 **San José** Real InterContinental

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Summer Shook, 41,
Van Buren, AR

“I earn \$1,500 a month making people look beautiful!”

Summer Shook's love of makeup is helping her rake in cash while giving her the chance to meet Hollywood stars! Here's how she does it

“My interest in makeup began in 1996, when I was 18. That year, I was the youngest contestant in the Miss Arkansas pageant. I didn't know a lot about makeup, but the other girls kindly shared their tips during our week together. I didn't win, but it was a wonderful experience!

“After that, I went to cosmetology school, got married, and as my family grew, took a job as a school secretary. But I never stopped thinking about makeup. I watched online

tutorials and started helping local makeup artists for free, learning everything I could. I used my summers off to slowly get my business, Summer Shook Makeup (@summershook makeup on Instagram), off the ground, and by 2016, I was doing so well, I quit my day job!

“Today, I do makeup for weddings, proms, corporate photo shoots and TV commercials. I even did the makeup for the cast of *Step Into: The King Opera House*, an award-winning short film that was shot in my

hometown. And I was hired to do another film set in Arkansas, where the cast included several Hollywood names, including Brett Cullen, known for his work in 2019's *Joker*.

“The best part? I set my own hours and work just one or two days a week, around eight to 16 hours total. My rates start at \$50 for a personal session and go up to \$800 a day for film and corporate clients. Recently, I was able to buy a 1963 Serro Scotty camper that I'm renovating as a makeup trailer. Talk about fun!”

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|--------------------------------|----------|
| -SAVE20 | -WELCOME |
| -SAVE10 | -TWEET20 |
| -FREESHIP | -BRAND10 |
| -WINTER (or SPRING etc.) | |

The secrets to HUGE savings on wellness

These simple hacks allow you to enjoy millionaire-style health perks—for a steal!

Food: Score weight-loss meal deals at big-box stores

Prepared meal plans take the guesswork *and* the prep work out of healthy eating and weight loss—but they can be costly. One work-around: Costco routinely offers discount gift cards on popular diet plans. For example, they'll sell \$100 Nutrisystem cards for only \$80 each and \$100 South Beach Diet cards for \$59. Stock up when they go on sale and redeem them toward the diets' prepackaged meals to lose weight and save an average of \$660!

Coaching: Tap into affordable accountability

Nutrition counseling can cost hundreds of dollars per session. An affordable alternative? The nonprofit organization TOPS Club (or Take Off Pounds Sensibly). They provide weight-loss support groups, accountability and resources for an annual fee of just \$32 in the U.S. and \$48 in Canada. And spouses can join for half off! TOPS member Crystal Moore credits this low-cost group with helping her lose 105 pounds after other, more expensive health approaches failed. "It is the minute my life changed!" To find the closest chapter to your home, call 1-800-932-8677 or visit TOPS.org/tops/FindAMeeting.

Gear: Try 'cart stalling' to save on products

The next time you're shopping online for a health-related item—like a mini trampoline, an aluminum water bottle or yoga clothes—use this trick, and you'll never pay full price again: Leave the item in your virtual cart for a day or two before finishing the checkout process. Many online retailers utilize computer software that detects unfinished transactions, then email the shopper a discount code, hoping to entice them back to close the deal.

Fitness: Ask for hidden gym membership discounts

Don't let joiner fees or membership dues become a hurdle to starting a healthy routine. Gym insiders reveal there are always unadvertised discounts available at fitness clubs. One way to save: Before signing up, let the staff know if you're a veteran, senior, teacher, first responder or student and ask, "Are there any extra discounts that may apply to me?" Or visit your local YMCA (YMCA.org), where, depending on the location, membership can include things like swimming and group exercise and wellness classes. As the nation's largest nonprofit, "the Y" offers scholarships and financial assistance based on income and family size.

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Relax with Brain Games

Happy feet

CROSSWORD

Use the letters highlighted in the finished puzzle to spell cute South Pole residents

ACROSS

- 1 Root beer brand
5 Doggie doc
8 Again
12 Divvy up
17 On the safe side, at sea
18 Victorian, for one
19 Pepsi or Coke
20 Baby grand, e.g.
21 Dairy cow
23 Cafeteria carrier
24 "The King"
25 Relaxation time
26 Charges
27 Winter outerwear
28 Collection agcy.
29 Number of Little Pigs
30 Bestseller
31 What the dish ran away with
34 ___ good deed (2 wds.)

- 35 Style of blouse
39 Actor Alda
40 Newspaper strip
42 Spiral shape
43 Fawn's mother
44 The "p" of m.p.h.
45 Blood type abbr.
46 Sort of
48 California wine valley
49 Talked back to
51 Sink's alternative
52 Less wild
53 Board member, for short
55 "Am ___ believe...?" (2 wds.)
56 Feng ___
58 Pick up the tab for
61 Place for a lecture
63 Get rid of

- 67 Taurus or Aries
68 It will curl your hair
70 Neighbor of Ala.
71 Rightful
72 Big fuss
73 "Check this out!"
74 Vergara of *Modern Family*
76 Ivy League school in Philly
77 Set aside
79 Jack-in-the-___
80 Like many attics
81 Chop (off)
82 Bid
85 Tiny tiger
86 Group of eight
89 Picnic nuisances
90 Science class
94 Get-up-and-go
95 Not moving
96 Showing good judgment
97 Some stadium features

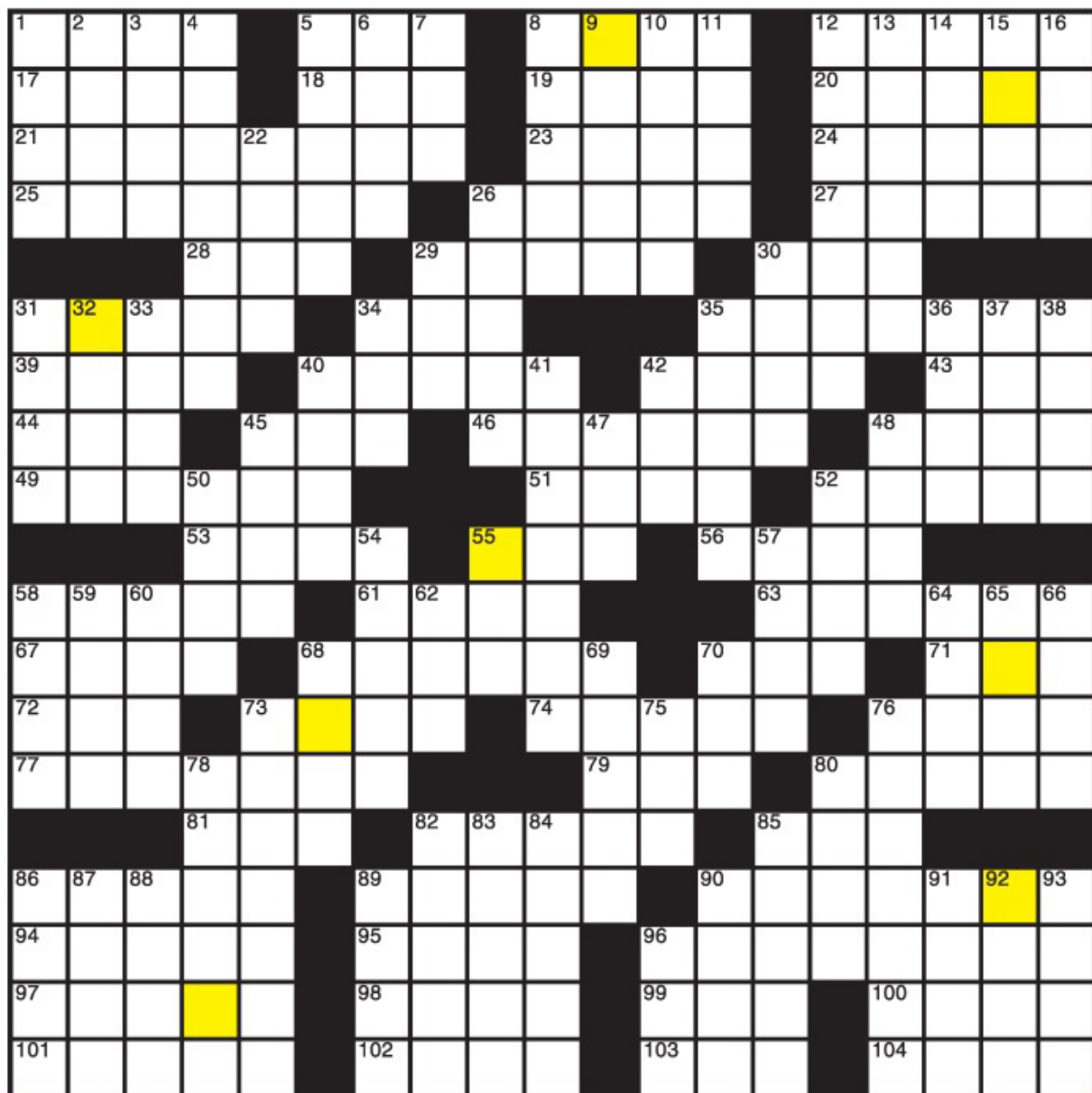
- 98 20-20, e.g.
99 Crash site?
100 Essence
101 Lilac, e.g.
102 Adjusts, as a clock
103 Actress Adams of *Enchanted*
104 Command to a dog

DOWN

- 1 Roald who created Willy Wonka
2 ___ vera
3 Sandwich shop
4 Time to jam?
5 Swerves
6 One of the Great Lakes
7 Hoisery hue
8 Cast member
9 Like the Vikings
10 Fill with joy
11 Partner of means

- 41 Fairy-tale dwellings
42 The Windy City, for short
45 Barbershop call
47 Double standard?
48 It gets hit on the head
50 Actor Astin of *Lord of the Rings*
52 Sandwich fish
54 Decided
55 "___ say!"
57 Luau dance
58 Ivan the Terrible, e.g.
59 Carnival attraction
60 Freudian topics
62 Key near the space bar
64 Lyric poems
65 Em, to Dorothy
66 Turn down
68 Invitation letters
69 Choir attire
70 Repair
73 Raise an objection

- 75 In place of
76 Put into print
78 One after another?
80 Couples
82 Blast from the past
83 Seafood entree
84 Supplies the meals for
85 Youngest *Brady Bunch* girl
86 "What are the ___?"
87 Gator's cousin
88 What clocks keep
89 Is the right size
90 Laser light
91 Woodwind instrument
92 Arts and crafts purchase
93 Cry
96 Place to be pampered



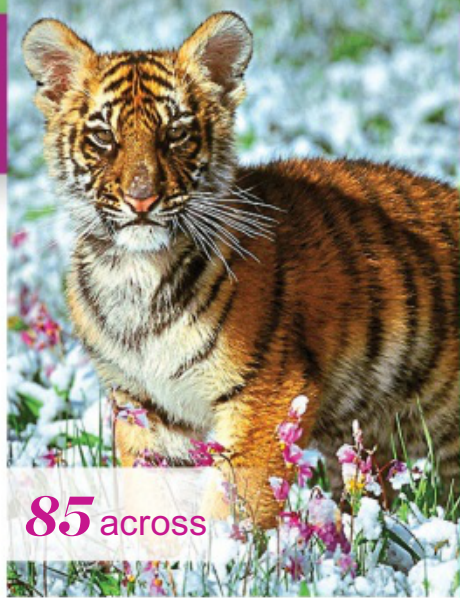
- 12 Something not on the menu
13 Airline employees
14 ___ lamp
15 "What's ___ for me?" (2 wds.)
16 Chuck
22 Zig or zag
26 Rocking ___
29 Cartoon cat
30 Successor
31 Sugar sources
32 "Innocent," e.g.
33 Boat propellers
34 Frankfurter works
35 Wordsworth
36 Comic Sandler
37 "Forget it!"
38 Drop from the eye
40 Fork over

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

Getty (2); Alamy



85 across

A curious kidnapping

Detective Connors felt as if he'd been dragged into the colorful pages of a children's storybook. Surrounded by cardboard nursery rhyme characters, he scratched down notes as the town librarian rambled on. People like Mrs. Tipton made his job a lot easier. "She loved to talk just to hear her head rattle," his mother would have said.

"Sorry to interrupt, ma'am. Tell me if I've got it straight so far." He squinted at his notebook. "Library employees LaDel Jenkins and Richard Platter stayed after hours last night to get things ready for the Tot-Time story hour, scheduled for 9 AM this morning."

"That's right. They both love children—they're practically babies themselves! Both just graduated from high school. Matter of fact, today is LaDel's eighteenth birthday." The librarian dissolved in a wash of tears while a paper cutout of The Little Dog laughed mockingly beside her.

Detective Connors handed her a tissue. "Thank you." She honked her nose. "Their parents are both worried sick...it's not like them to just leave!"

"Both of them seem to get along with their parents?"

"Oh, yes. Richard's father is nice as can be. A hard worker too. He's a pig farmer. He hoped Richard would follow in his footsteps, but the boy's just not the type. He loves books."

"What about LaDel's folks?"

"Ms. Jenkins is nice enough. But—" Mrs. Tipton glanced around and lowered her voice. "Well, she's a hypochondriac. Most days she's in bed with some type of ailment, always reminding LaDel how she needs her to take care of her and can't live without her."

The detective made a note. "Neither of the kids have a car?"

"No, sir. Richard's mother picks him up after work. Sometimes I give LaDel a ride—her mother usually runs late."



"And you say seventy-six dollars was taken from the cash register?"

"Yes. It was money we collected from lost or destroyed books and late fees. The monster had the audacity to leave an IOU in the drawer!"

"He knows we'll never see that money or those kids again. He's just mocking us!" Tissue fragments sailed through the air as Mrs. Tipton blew straight through her Kleenex.

Detective Connors handed her another. "The children's book you mentioned earlier—the one that was left on the circulation desk. May I see it?"

"Of course." She rose and bustled to the counter. "My employees would never leave a book lying around like that. Library workers are very meticulous. A place for every book, and every book in its place." She handed the storybook to the detective.

"*Hey Diddle Diddle*," he read aloud.

She leaned in close. "I believe it's some type of code or clue, Detective, left by the kidnapper."

Detective Connors opened the book and glanced through the colorful pages.

"I remember Mrs. Grider reading us this same nursery rhyme back in primary school." He read over the last page twice, pondering the words, then let out a raucous laugh.

Mrs. Tipton gasped. "Well, I'm glad you're enjoying the story, Detective, but this is hardly the time for such exuberance!"

"My apologies, ma'am." He handed the book back to her with a smile. "But if you'll excuse me, I'm going to the bus station next door to talk to the attendant."

"Bus station? I don't understand. What about the kidnapping? The robbery?" She shook the nursery rhyme book at him. "What about *Hey Diddle Diddle*?"

Detective Connors smiled.

"Oh, this isn't a case of kidnapping, Mrs. Tipton. It's a case of conjugal kitchenware. Good day, Mrs. Tipton. I'll be in touch soon with an update."

He tucked away his notebook and left the building, chuckling as he made his way down the sidewalk.

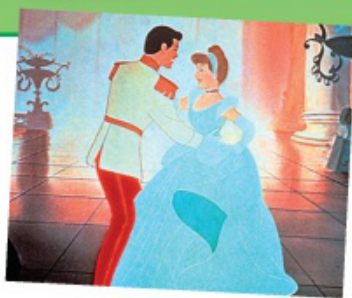
—Anna Kittrell

Q: What did the detective discover?

A: Turn to pg 51

Order Up!

Can you guess which happened first, second and third



- **A.** Disney releases its 12th animated movie, *Cinderella*
- **B.** Sears opens its first retail store, in Chicago
- **C.** Dr. Seuss' *Green Eggs and Ham* hits shelves

Person, Place or Thing?

Can you guess what I am?

- | | |
|---|--|
| <input type="checkbox"/> I might take you for a spin | <input type="checkbox"/> I can be done for exercise or sport |
| <input type="checkbox"/> I can be indoors or outdoors | <input type="checkbox"/> I've seen a Zamboni or two |
| <input type="checkbox"/> I require special shoes | <input type="checkbox"/> Some people dress up for me |
| <input type="checkbox"/> I started 300 years ago in Finland | <input type="checkbox"/> You might see me in the Olympics |
| <input type="checkbox"/> I am featured in the 2017 movie, <i>I, Tonya</i> | <input type="checkbox"/> Michelle, Kristi and Dorothy know me well |



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

Miracles still happen in unlimited ways!

Day 2

You are so much more important than you realize

Day 3

Everything is better when you're around

Day 4

More things go right than wrong!

Day 5

You are someone's favorite person

Day 6

You accomplish so much more than you give yourself credit for!

Day 7

A gift to all who know you: That's who you are!

Thrift shop angel

Woman's World reader Carren Strock was having trouble parting with her parents' possessions after they both passed away, but an angel arrived at the right moment and brought her peace. She writes:

When my mom died six years after my dad, my siblings and I were left to clear out the house they had shared for 55 years. My sister, who was not a saver, said, "Just call some charity to come and get rid of this stuff." My brother agreed with her. "We've taken all the things we wanted," he said.

I knew they were right. Still, the idea of strangers touching my parents' belongings was painful to me. So I packed up the contents of their home myself. I lingered over each piece, praying for a sign to let me know that I was doing the right thing.

In my mother's papers, I found the number of a local thrift shop and asked them to come by. I sat in the center of the room, surrounded by furniture and boxes filled with quilts, china and cookware. Carefully, I folded the last of Mom's tablecloths and sighed, evaluating the remnants of two precious lives.

The doorbell rang. It was time to let go. Not wanting the movers to see my pain, I averted

my eyes. "Take everything," I said, barely above a whisper. I gently ran my fingers over the hand-embroidered edges of the tablecloth still in my hands and reverently placed it in a bag.

"We're done. You just have to sign the receipt," a man's voice said. I glanced around. The house had been emptied so quickly. A large hand slipped a pen into mine, but my fingers would not move. Once I signed, this stranger would drive off with all of the things my parents had held so dear, things important to me as well.

"It was his eyes that held me transfixed. So familiar!"

"It's all right," a voice filled with compassion said. I glanced upward, for the first time seeing the big, burly man who belonged to the voice. Although there was no window nearby, a halo of light seemed to frame his face. Glossy black hair fell to his shoulders. But it was his eyes that held me transfixed. Eyes that one wouldn't expect to see on the face of an olive-skinned man. So familiar.



Light, sky-blue twinkly eyes, framed in bushy white eyebrows. My father's eyes—and they were smiling at me.

I knew then that Mom and Dad were telling me that it was all right to let their possessions go. Instantly, a tremendous weight was lifted from my shoulders, and I felt at peace.



ANGEL EXPERT KYLE GRAY SAYS...

"When we're going through times of challenge, grief and transition, the angels and our loved ones in spirit draw close. It's when they are near that we attract signs we need in order for us to know we're doing the right thing. I believe the angels and Carren's parents worked closely together to help her find this thrift shop and send the right messenger to assure her that she had their blessing to let go."

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. 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 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.

We pay \$100



Circle of kindness

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

“THE SMILE ON HER FACE LIT UP MY SOUL!”



My 83-year-old dad is a voracious reader. When he was hospitalized with a GI blockage, I went to Goodwill to get him some books. The book aisle was shared with small

household appliances. I noticed a lady taking a new digital pressure cooker out of her cart and putting it back on the shelf. I told her she should really buy it

because I had one and I loved it. She was embarrassed and said she couldn't afford it. I talked her into keeping it. When I was checking out, I noticed her in line a few people behind me, still debating on the cooker. So I went and took it out of her cart and bought it for her. The smile on her face lit up my soul!

—Patti Colston, Debary, FL

“SHE BRIGHTENED MY DAY WITH HER UNEXPECTED KINDNESS!”

While shopping at a health-food store, I stopped and briefly chatted with one of the employees who had been kind enough to help me locate several items.



After I checked out, she came over and presented me with a beautiful bouquet of fresh flowers! When I asked her why she was giving them to me, she smiled a big smile and said, “Just because!”

I was blown away by her thoughtfulness. She truly brightened my day with her unexpected gesture of kindness!

—Anne Jones, Parrish, FL

“I STILL REMEMBER THEIR GENEROSITY!”



Being young and newly married with a baby, it was tough getting places without a car.

Then one day, we got a call from a friend who knew someone who wanted to give us their old car! It seems they didn't need it

anymore and wanted to pass it on to someone who did. Our friend told them about us, and they said we could have it. We were thrilled! Of course, we accepted, and it made our lives so much easier. Thirty-something years later, I still remember their tremendous generosity.

—Karen Buchanan, Salineville, OH

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

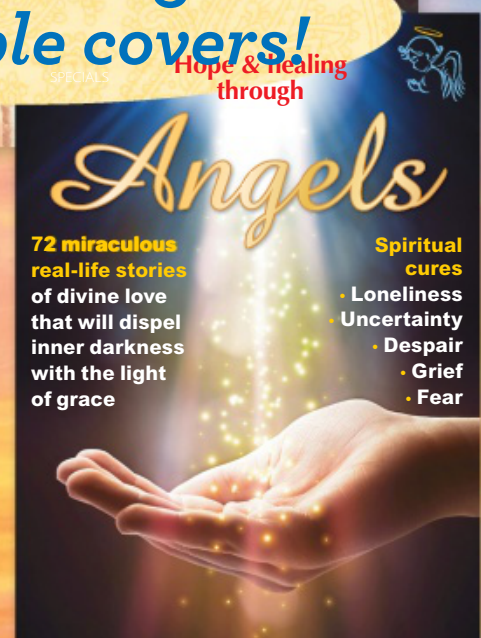
Angels

ON SALE NOW!

72 testimonies of divine love that will open your heart and renew your faith

Beautiful cures for grief, fear, uncertainty, despair and loneliness

Comes in 3 collectible covers!



Woman's World has gathered more than 70 of our favorite “My Guardian Angel” stories in this beautiful and miracle-filled new special issue.

Pick up a copy—for yourself or a loved one—everywhere Woman's World is sold, or order one to be delivered right to your door at [Amazon.com/dp/B07ZLJKM4B](https://www.amazon.com/dp/B07ZLJKM4B)

A Moment for
You

**Your
possibilities
are boundless!**

All it really
takes to make
something
wonderful
happen is a
dream—and you!
Believe that you
can be all that
you can be and
that you can live
the life you want
to live, and you
can! Positivity
has that power.
YOU have that
power. Believe,
and you will
achieve!

WW 5-MINUTE ROMANCE

The lightkeeper

On a trip to her hometown in Maine with her daughter, Lainey must face the pain from her past, but gets a second chance at love...and a beautiful bright future

Lainey smiled when the lighthouse came into view. Her daughter, Ava, pulled into the lot and stopped at the path leading out to the towering beacon. "It's been such a long time," Lainey said quietly, her heart filling with so many different and powerful emotions.

"Too long," Ava said, her expression soft as she looked from the rocky Maine shore to her mother. "I understand why you didn't come back. I don't have the same memories of this place that you do. I know yours are...complicated."

"Ava—"

"It's okay, Mom." Ava smiled at her. "I just thought it was time for us to make new memories here. Like when I was little."

"I've always loved it here. Your father and I spent summers here growing up. Your childhood summers too." She looked to the lighthouse. "I miss him, of course, but it's... more than just that."

"I know," Ava said.

Something in her tone, a knowing note, made Lainey turn to her. "I shouldn't have kept us from enjoying a place that was so special to you. Your father would be disappointed in me for that. But I..." She trailed off. Ava was grown now, with a newly earned college degree. They'd always been close, closer still after the loss of the man they both loved. She could be forthright. Lainey knew Ava would understand, even find the right words to help her reconcile her connection to this place, to her past, to where she wanted to be in her future.

"I know you and Dad loved each other, but I also know you married because your families pretty much forced you to," Ava said, placing her hand on Lainey's arm. "Mom, it's okay," she said gently, then

added, "I know about Jack too." She nodded to the beacon. "His family operated this lighthouse. I know you loved him, that you two planned to marry, only he wasn't considered good enough. I know you both agreed to go your separate ways when the pressure got to be too much."

Lainey's mouth dropped open. "How—?"

"After Dad died, Aunt Grace came to visit us—"

"She told you?"

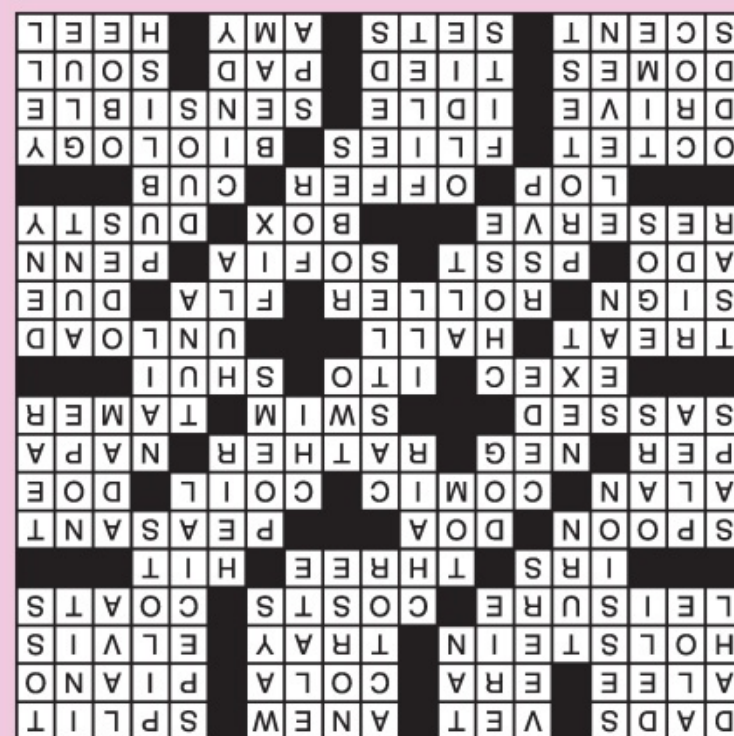
"Don't be mad, okay? It wasn't the first time I'd heard his name." Ava laughed gently at her mother's continued shocked expression. "How many Archer-

Whitley family gatherings have I been to out here growing up? Gossip is a second language here that everyone speaks. Of course, I've heard about him. I thought it was a

"Her heart squeezed as a swirl of butterflies took flight in her stomach"

Turn upside down for Brain

Crossword Jumble: Penguins



This week's Crossword solution



childhood crush until Grace explained.” Ava smiled. “He reached out when Dad died, right?” Now Lainey’s eyes narrowed. Ava had said it casually enough, but Lainey knew her daughter. “He did, yes. To send his condolences.”

“And?” Ava asked, a twinkle in her eyes.

“And nothing,” Lainey said too quickly. “I’d just lost my husband.”

“Five years have passed since then. You still talk, right? Life goes on, Mom,” Ava said. “You need to go on too.” She got out of the car. “Come on.”

Lainey got out as Ava came around the car and hugged her. “Go on out to the jetty.” She kissed her mom on the cheek. “Go,” she said, nudging her.

“You’re not coming?” Then it all fell into place. Lainey saw her daughter look past

her shoulder and Lainey turned. Her heart squeezed painfully even as a swirl of butterflies took flight in her stomach, just as they had the first time she’d laid eyes on him.

“Jack,” she whispered.

He stood there, in front of the lighthouse door, the wind tossing his hair just as it always had, his broad shoulders and easy stance exactly as she remembered.

The sound of the engine startled her. Lainey turned in time to see Ava send her a kiss as she drove off.

Lainey turned back to find Jack walking toward her.

Run away...or run toward?

Then he opened his arms, and everything fell away. The years, the tears, the decisions made for the good of everyone save themselves. Lainey wouldn’t change them. Ava was a result of those decisions, and she’d never, ever regret that.

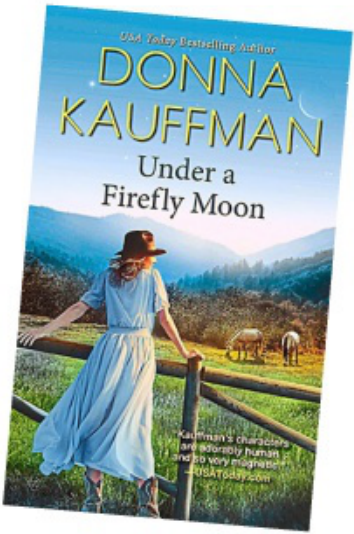
Now life was offering her a second chance. Offering *them* a second chance. Now she had no one to answer to. No one but herself.

Her heart filled right up, and her face split in a wide grin. *Oh my goodness...you’re really going to do this*, she thought with a thrill.

And she ran toward.

—Donna Kauffman

For more heartwarming romance, pick up Donna Kauffman’s newest novel, *Under a Firefly Moon* (on sale now!). For more information, visit DonnaKauffman.com.



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Games Answer Key

Brain Games on page 46

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

This week’s Sudoku solution

Mystery solution
Detective Connors was spot-on with his “conjugal kitchenware” theory. As Librarian Tipton suspected, Hey Diddle Diddle was a clue. A clue not left behind by kidnappers, but by the runaway dish and spoon themselves—Richard Platter and Ladel Jenkins. The couple married on Ladel’s 18th birthday, and set off on an Ozark honeymoon at Table Rock Lake. The IOU was for the \$76 they borrowed to buy their bus tickets, which they gladly paid back when they returned.

by Maressa Brown

AQUARIUS Jan 20–Feb 18

Time with loved ones bolsters bonds and vitality around the 9th. Then on the 14th, the moon in your career zone joins with Mercury in your money zone, making it a perfect time to meet with higher-ups. A win will be yours!

Lucky days: February 12, 13, 14

Lucky numbers: 2, 7, 10



PISCES Feb 19–March 20

A professional goal could be within reach on the 9th. Give yourself a pat on the back and keep hustling. On the 15th, break out of your routine with an eye-opening experience. Your body and mind will thank you!

Lucky days: February 13, 14, 15

Lucky numbers: 6, 9, 10



ARIES March 21–April 19

On the 9th, work on a project that allows for self-expression, and accolades will be yours! Come the 12th, you'll want to connect with loved ones, but the mood is ripe for conflict. Don't fret: This is the start of true healing.

Lucky days: February 9, 12, 13

Lucky numbers: 5, 6, 7



TAURUS April 20–May 20

You'll be focused on striking a balance between your work and home life around the 9th. Once you do, you'll feel more centered! Then on the 11th, it's even easier to understand and connect with loved ones. Go for it!

Lucky days: February 9, 10, 11

Lucky numbers: 4, 5, 10



GEMINI May 21–June 20

When the moon is in your communication zone on the 9th, it may feel like you're drowning in chores and to-do's. Reward yourself with fun for a boost! On the 13th, spontaneous outings with loved ones bolster bonds.

Lucky days: February 12, 13, 14

Lucky numbers: 3, 9, 14



CANCER June 21–July 22

You'll be reflecting on how fulfilled you are at work around the 9th. If you're yearning for more, now is a brilliant time to go to bat for your needs. On the 13th, a quiet night in feels restorative for your heart and soul.

Lucky days: February 10, 13, 14

Lucky numbers: 2, 4, 8



LEO July 23–Aug 22

Pitch a creative idea on the job when the full moon is in your sign on the 9th. It will boost your confidence! On the 14th, have a heart-to-heart with a loved one about an emotional issue. You'll find common ground.

Lucky days: February 9, 14, 15

Lucky numbers: 2, 4, 14



VIRGO Aug 23–Sept 22

You may be feeling vivacious while spending time with friends on the 10th. Plan a happy hour or party for a joyful boost! Then you'll be reflecting on a new way to invest in your wellness on the 13th. If it feels right, go for it!

Lucky days: February 10, 11, 14

Lucky numbers: 5, 6, 11



LIBRA Sept 23–Oct 22

Group activities are particularly grounding when the full moon is in your networking zone on the 9th. Lean on friends to support your wellness goals! On the 13th, pitch a new project at work. Your passion earns applause!

Lucky days: February 9, 12, 13

Lucky numbers: 2, 6, 11



SCORPIO Oct 23–Nov 21

You may be itching for recognition from colleagues around the 9th. Step into the spotlight and the rewards will follow. On the 15th, enjoying a bit of escapism with a loved one (think a weekend road trip) feels positively magical!

Lucky days: February 13, 14, 15

Lucky numbers: 7, 9, 10



SAGITTARIUS Nov 22–Dec 21

You'll want to hit pause on work to travel or take a class around the 9th. Do it: The experience broadens your horizons! On the 15th, share and analyze vivid dreams with a loved one. This bolsters understanding and bonds.

Lucky days: February 9, 10, 15

Lucky numbers: 3, 12, 18



CAPRICORN Dec 22–Jan 19

Advance your skills related to a mind-body practice on the 11th. Your intuition and emotional sensitivity are heightened now. On the 12th, don't be afraid to ask for support on a project on the job. Teamwork leads to a win!

Lucky days: February 9, 10, 11

Lucky numbers: 3, 5, 8



Jane Seymour,
February 15, 1951



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

Aquarius, the year ahead is yours! Look forward to beauty-loving Venus moving through your home zone from early March to April, spurring your interest in stepping up the aesthetic appeal of your surroundings by redecorating or

gardening. You'll feel more centered and peaceful as a result. Then Venus' retrograde, which begins in mid-May and lasts through June, occurs in your self-expression zone, making it more challenging to land on new creative ideas on the job.

Go back to the drawing board and work on projects that were put on the back burner. From August to September, Venus moves through your wellness zone, inspiring you to pair up with a buddy to hit your boldest wellness goals. Go for it!



Breakthrough Joint Pain Discovery

Doctor's Formula Eases Joint Issues

By S.A. Nickerson, Health Correspondent

If you're over 40 or 50, odds are you suffer pain or stiffness in at least one of your body's 230 joints.

In fact, over 21 million Americans suffer from "wear and tear" concerns such as:

- **Joint pain or stiffness**
- **Restricted motion in joints**
- **Grinding, crackling, or popping**
- **Mild joint swelling or warmth**
- **Enlargement of joints**

These issues can make it difficult to climb stairs, clean house, do yardwork, enjoy hobbies, or even just keep up with the grandkids.

Many doctors tell you pain is just part of growing older. They say you should learn to "live with it."

Joint Pain Sufferers Love LIMBEX

"Had bone on bone in right knee with pain on all movements. Taking LIMBEX for 2 years. No more pain and great flexibility at age 88."

Edward R. — MA

"LIMBEX has reduced the joint pain I was experiencing, especially in my hands."

Joe H. — FL

"The pain in my hip is all but gone. I can get up from a chair and walk without limping."

Carol T. — TX

"I am 77 years old. My knee pain is completely gone, allowing me to be very active again. I love LIMBEX!"

Gena S. — CA

"I have only used it for a week and my hands stopped aching. I am thrilled. Thanks!"

Andrew P. — CT

"This has made me virtually free of joint pain. My husband has a severe neck issue and notices improvement as well."

Doris W. — SC

"Wonderful! When I don't take it, my knees kill me. I absolutely love LIMBEX!"

Caridad W. — MD

"LIMBEX has reduced pain in my aching knees, elbow, hips to almost nothing."

Diane H. — TX

Top Doc Says Don't Settle for Constant Joint Symptoms

Renowned holistic doctor David Brownstein, M.D., decided to search for new natural strategies to help soothe and comfort aching joints.

After seeing so many patients take handfuls of expensive but low-quality joint supplements, Dr. Brownstein formulated LIMBEX®.

This advanced joint support formula contains 11 premium ingredients to improve and maintain healthy joints, cartilage, and connective tissue.

AprèsFlex® Starts Helping Joints in as Little as 5 Days!

Boswellia has been used for 2,000 years to help aching joints. However, traditional boswellia is poorly absorbed.

Fortunately, scientists developed a new next-generation boswellia extract — AprèsFlex® — that improves upon the bioavailability of traditional boswellia.

Here's why Dr. Brownstein made it the flagship ingredient in LIMBEX: AprèsFlex starts balancing the inflammatory response in your joints in as little as five days!

And as good as AprèsFlex is for your joints, Dr. Brownstein didn't stop there. He went on to create an all-natural joint health "multi-tasker."

11 Powerful, Hand-Picked Ingredients

In addition to AprèsFlex, LIMBEX contains 10 more hard-working ingredients:

- » **Glucosamine** — keeps joints lubricated and promotes healthy cartilage
- » **Chondroitin** — provides building blocks for new cartilage and supports joint mobility
- » **Bromelain** — improves blood flow to speed up healing in damaged joints
- » **Holy Basil** — inhibits COX enzymes that cause joint irritation
- » **Turmeric** — contains curcumin to help reduce pain, swelling, and stiffness
- » **Green Tea Leaf Extract** — puts the brakes on pain-producing compounds that irritate joints
- » **Pomegranate Fruit Extract** — blocks a specific protein that causes cartilage breakdown
- » **Piperine** — helps reduce cartilage destruction
- » **Vitamin C and Vitamin E** — both guard against joint-damaging free radicals

The Simple Solution for Joint Health Support

LIMBEX now makes it easy to help support and soothe your joints. Get back to living your life again with less pain and stiffness. Try LIMBEX today!



DR. BROWNSTEIN

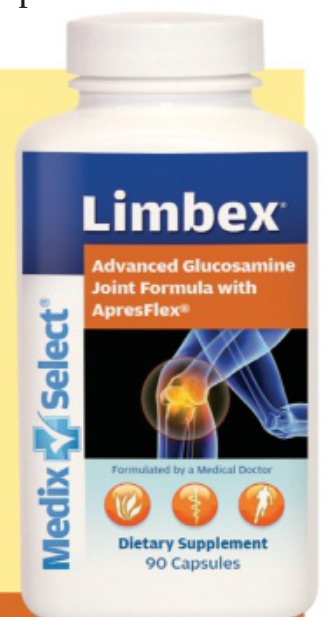
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We at Medix Select, one of the nation's premier nutraceutical companies, are sure you'll love LIMBEX, too. That's why we're offering a risk-free 30-day trial supply at **NO COST**. That's a **\$44.94 value!** Just cover a small shipping fee of \$4.95, that's all.

You'll also receive Dr. Brownstein's detailed special report "**A Doctor's Guide to Happy, Healthy Joints at Any Age**" as a **FREE** bonus gift (a \$20 value).

Toll Free: (877) 679-0962

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*Trial offer requires enrollment in SmartShip program. See Website for details. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Testimonials are from actual customers who have used our products. Testimonials reflect their experience but may not be representative of all those who will use our product.

You deserve
Good things!

*Success
is your
destiny!*

Success doesn't
just happen for
people with an

“edge”—it

happens for
people like you,
with energy and
enthusiasm!

Success isn't just
for people with
connections—

it's for people like
you, who connect
with their dreams!

Success isn't just
for other people—

it's for wonderful
people like you!



Kid Hero

Proof that it only takes one person to make a difference

“A little kindness matters a lot!”

Nine-year-old Lia Haile was dropping off donations at a homeless shelter with her mom, when a little boy mistakenly thought the boxes held gifts for his birthday. Lia was heartbroken to learn that the children in shelters didn't get to have birthday parties—and so she decided to change that!

Nine-year-old Lia Haile beamed proudly as she and her mom, Tania, hefted the boxes of coats, hats and mittens that her Girl Scout troop had collected through the door of the Hope House homeless shelter in Manitowoc, Wisconsin. But as they entered, a little boy dressed in a Thomas the Tank Engine T-shirt, ran up to them, his eyes lighting up. “Are these presents for my birthday?” he asked eagerly.

“No, sweetie,” the Hope House director gently said. And as the boy hung his head and sadly walked away, she explained to Lia and Tania that, unfortunately, families living in the shelter just couldn't afford to celebrate their birthdays.

Lia's heart ached. *Every kid should feel special on their special day*, she thought. And as soon as they got home, Lia counted out the money she'd been saving to buy an iPod and had her mom take her shopping for blue balloons, decorations, a cake and a Thomas the Tank Engine toy. And the next day, they went back to Hope House. “Happy birthday!” Lia sang to

the delighted boy as his mom looked on with grateful tears in her eyes.

Their reactions filled Lia with such joy that she decided she wanted to host parties for other kids in the shelter. Realizing she would need help, Lia recruited a few friends and launched the Hopeful Hearts Club. After setting up a Facebook page (Facebook.com/HopefulHeartsClub), donations poured in, including an offer from a party store to provide decorations free of cost.

In the last seven years, Hopeful Hearts, now a non-profit, has hosted more than 100 birthday parties for kids at Hope House, each tailored to the likes of the specific child. They've thrown unicorn- and Disney's *Frozen*-themed parties as well as superhero bashes.

“This is their special day to have fun and not think about the situation they're in,” explains Lia, who also hosts holiday family dinners at the shelter and holds collection drives for school supplies and other basic necessities. Lia has been named Volunteer of the



“It feels good to make kids happy,” says Lia (above), who throws birthday parties and collects necessities for shelter kids

Year by her city and won other awards and accolades, even receiving a \$5,000 grant from Toys “R” Us. But what means the most to the quiet teenager is the smiles and heartfelt thanks she gets from shelter families.

Thank you for the party! My little boy was so happy and couldn't stop talking about his cake and gift, one grateful mom emailed Lia.

You are an angel on Earth. Don't know what we would do without good people like you, another mom messaged.

“It feels good to make kids happy,” Lia, now in 10th grade, says. “I tell my friends, if you see a need, try to fill it. Even if it's just a kid who doesn't have anyone to sit with at lunch, go sit with them. If you see someone who maybe is having a bad day, talk to them or offer them a smile. Little kindnesses like that matter a lot!”

—Patti Zarling

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. Or mail to: Everyday Hero, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

*We pay
\$250!*

Getty (3)

Love & Laughter

**"If I fit,
I sit!"**

Submitted by
Gloria Arthur,
FL



"Let's avocuddle!"

Bo, 7 months, submitted by
Mother Kelsey Snider, ON



"Tell him to stop humoring me!"

While in the waiting room of the ER with my husband, I was texting with our two pastors to cancel some plans coming up that week, as well as with my niece, who is a nurse, in a separate text. When my niece texted me that she was thinking of us with love, I responded back, "Love you too." Suddenly, 10 minutes later, I realized I had sent that text to the pastors! I quickly messaged them back and explained the mix-up. Boy, was my face red! —J.F., Whittier, CA

**Was my
face red!**



**Happy
as can
be!**

Kori, 2,
submitted by
Mother Siara
Washington,
TX

**"Unexpected
kindness is the
most powerful,
least costly and
most underrated
agent of human
change"**

—Bob Kerrey

Sleeping beauty!

Nora, 10 weeks,
submitted by Mother
Noelle Selochan, FL



**"Want a sip,
Mommy?"**

Walker, 15 months,
submitted by
Mother Karen
Fitzgerald, VA



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of your cutest "babies."**

Please include name and age of child or pet, your name, address, phone number and relationship to the child or breed of pet. We pay \$50 for each photo that we use. Send to: Love & Laughter, *Woman's World*, 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or email to LoveAndLaughter@WomansWorldMag.com. (Unfortunately, due to volume, we can't return any photos.)

**We pay
\$50!**