

**“Made you look.
And yes, I’m wearing Always Discreet.”**



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Silhouette

Always® Discreet
Boutique™



Always Discreet Boutique underwear. Fits closer. Keeps you drier, too.*

*vs. Depend Silhouette Small/Medium. Depend Silhouette is a trademark of Kimberly-Clark Worldwide.

March 9, 2020
God Bless America
**Woman's
World**

More
for your
money!
\$2.49

**BEAUTY
HACKS**
Brilliant
fixes for
gray roots,
thin brows
& more!

**BYE-BYE
UTIs!**
MD's sugar
secret works
better than
antibiotics

Stanford U: Nutrient trio works for 70% of us to...

**REGROW HAIR +
BOOST ENERGY**

**SHE LOST 136 lbs
at age 67** *on the best diet for
women over 50*

**WORRY
ENDER!**

News: The clutter trick that
turns off stress & depression

**CASH 'HIDING'
IN YOUR CAR**

The effortless new way to score \$100s

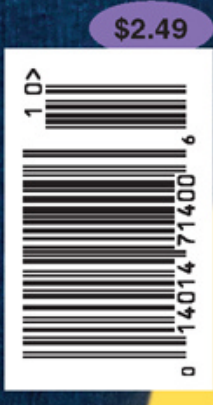
This all-you-can-eat
plan works *better*
the older you are!

**LOSE 15 lbs
THIS WEEK!**



*Easy and
so good!*

← Skillet suppers
Choco delights →



NEW!



READY IN 90 SECONDS



This week in a Woman's World

VOLUME XLI, NUMBER 10, MARCH 9, 2020

Enjoy!



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Fill your week

POPCORN LOVERS DAY THURSDAY, MARCH 12

Enjoy sweet, salty yum!

Pop up some fun with a popcorn-topped cake. It's a perfect mix of sweet, salty and chocolate!

To make: In bowl, beat 1 pkg. of poundcake mix, 8 oz. of softened cream cheese, ½ cup of softened butter, ½ cup of milk and 2 eggs until smooth. In separate bowl, combine ½ cup of melted chocolate chips, 2 Tbs. of unsweetened

cocoa powder and 2 Tbs. of hot water; stir in half the cake batter. Pour both batters into greased 9"x5" loaf pan and use a spoon to swirl. Bake for 1 hour at 350°F. Let cool in pan 10 minutes. Remove from pan and let cool completely. Top cake with caramel sauce and caramel-flavored popcorn.

JOKE OF THE WEEK



A night in high heels

7 PM: "I look amazing!"

8 PM: "Maybe I just need to break them in"

9 PM: "I need to sit down"

10 PM: "I may never walk again"

11 PM: **"WHO IN THE WORLD INVENTED THESE THINGS?!"**

**LEARN ABOUT BUTTERFLIES DAY
SATURDAY, MARCH 14**

Welcome nature!

With monarch butterflies beginning to migrate back north, now is the time to make your yard more butterfly-friendly by creating a feeder for the winged beauties, says Mathew Tekulsky, author of *The Art of Butterfly Gardening*. His easy how-to: Saturate a sponge with a 10-to-1 solution of water and sugar and set it on a plate in your yard. "Butterflies will drink the sugar water from the sponge," he says. Also smart: Set out slices of oranges, cantaloupe and strawberries. The butterflies will get essential nutrients when they suck up the juices.



HELP A HERO!

**NATIONAL K-9 VETERANS DAY
FRIDAY, MARCH 13**

Honor brave pups



This day, which was created to honor the work of military dogs, is the perfect chance to show some love for these hero pups! One way to help: Donate dog biscuits or grooming tools to Support Our Troops Military Paws Support Program. The nonprofit sends supplies and treats to the K-9 soldiers deployed around the world. "When K-9 handlers receive the donations, they're able to offer their dogs enrichment they would otherwise not have," says Janet Anania of Support Our Troops. Visit SupportOurTroops.org/k-9-soldier-treats for a list of items to donate.

Send extra gift cards!

Do you have unused gift cards to Walmart, Sam's Club or Target to spare? If so, send them to Hugs for Our Soldiers (HugsForOurSoldiers.org)! The nonprofit organization will use them to buy items for the care packages they ship to troops deployed overseas. Mail cards to P.O. Box 532, Vonore, TN 37885.

with smiles!

CHOCOLATE CHIP COOKIE WEEK MARCH 8–14

Cookie in a cup!

Enjoy the melt-in-your-mouth goodness of chocolate chip cookies in the form of a spiked hot cocoa. Yum!

To make a Cookie Hot Chocolate Cocktail:

In large pot, whisk 3 cups of milk, $\frac{1}{2}$ cup of heavy cream and 2 tsp. of cornstarch until smooth. Stir in 8 oz. of chopped milk chocolate, 2 oz. of chopped unsweetened chocolate and a pinch of salt. Cook over medium heat until mixture is smooth and hot. Stir in 2 tsp. of vanilla extract. Pour into mugs; add 1 Tbs. of Baileys Irish Cream and $\frac{1}{2}$ Tbs. of dark rum to each. Top with whipped cream, chocolate sauce, chocolate chip cookie crumbles and marshmallows. Serves 8



NAPPING DAY MONDAY, MARCH 9

Catch up on your Zzzs!

Taking a catnap today is not only a great way to feel refreshed after the return of daylight saving time, it can improve your brainpower! That's the word from researchers reporting in the journal *Neurobiology of Learning and Memory*. In a study designed to test *associative memory* (the ability to recall a link between two things), subjects

were asked to memorize a list of word pairs. They then either took a nap or watched a DVD before being quizzed on the list. Afterward, brain scans of the participants revealed that the nap increased activity in the brain region responsible for learning and memory, helping nappers perform 500% better than those who watched the DVD.



Start your week with a Laugh!



Q Why was the broom running late?

A It over swept!



"My husband's idea of competing in a marathon is watching his favorite TV show back-to-back"

Kids are fUnNy!

When my niece, Sarah, was 5 years old, her teacher asked her how she spelled her name. "Is it Sara with an 'a' or Sarah with an 'h'?" to which she replied, "Actually, it's Sarah with an 'S.'"

—S.G., Center Line, MI

WW

Relax and have

MUSIC *Hear new music from Caitlyn Smith!*

The singer-songwriter was named one of one of music's top 10 artists to watch by *Rolling Stone* even before the release of her first album, *Starfire*, in 2018, and now Caitlyn Smith is bringing her honky-tonk style and booming voice back for her sophomore recording, *Supernova*, available March 13. The Nashville-based artist has penned songs for many familiar names, including Dolly Parton and Garth Brooks, and now you can hear her sing her own tunes inspired by her marriage and motherhood. Check out the first single, "Put Me Back Together," now, and go to CaitlynSmith.com for upcoming tour dates.

MOVIE

*Let hope soar with **I Still Believe!***

This amazing true story of love, loss and faith is truly inspirational! Christian music star Jeremy Camp's heart skipped a beat the first time he laid eyes on Melissa Lyn Henning, and he knew she was "the one." Their love gave them the strength to face her cancer diagnosis and carried them through their wedding and honeymoon and up until her passing less than a year later. See how his desire to maintain hope and hold onto faith through even the darkest of times helped him persevere. Catch it in theaters March 13.

KJ Apa and Britt Robertson star as Jeremy and Melissa Camp



Caitlyn co-wrote the #1 hit "Like I'm Gonna Lose You" sung by Meghan Trainor and John Legend

TV: NBC

*Feel uplifted by **Council of Dads!***

Family takes on a new meaning when Scott Perry, a loving father of five, has a serious health scare and must call on his most trusted friends—Anthony, Larry and Oliver—to step in as back-up dads to help guide his family in case he can't. Soon, this "council of dads" realize they need the Perry family as much as the family needs them. See it March 10.

Based on the bestselling personal memoir by Bruce Feiler



fun this week



Dan (left) and Shay (right) met in 2012 and have won two Grammy Awards

ON TOUR

Sing along live with country stars Dan + Shay!

Fresh off their 2020 Grammy Award win for Best Country Duo/Group Performance for their hit song “Speechless,” the superstar pair of Dan Smyers and Shay Mooney is heading out on a national tour where you can hear all their hits live including “Tequila,” “10,000 Hours” and “From the Ground Up.” It kicks off in Nashville on March 6 with opening acts The Band Camino and Ingrid Andress, and they’ll visit Dallas, Omaha, Pittsburgh and more through October. Go to DanAndShay.com for dates and ticket information.

TV: POP TV

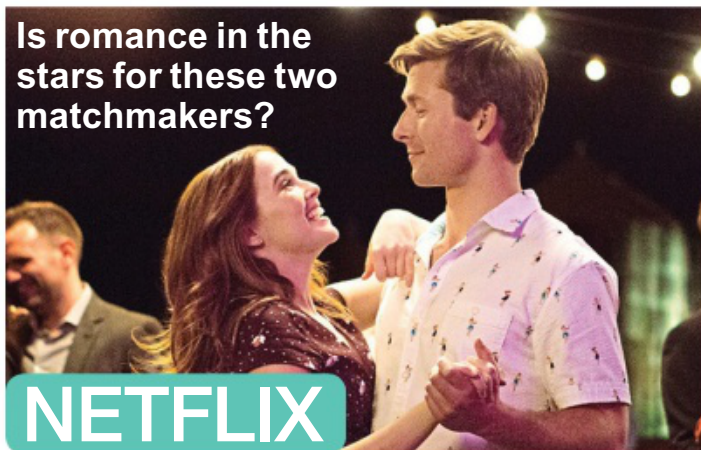
Get hooked on *Flack*!

Meet Robyn, a public relations pro tasked with getting celebrity clients out of jams. But while she’s a go-to crisis management guru for high-profile personalities in entertainment, fashion and sports, her personal life is spinning out of control. See the drama unfold when *Flack* returns for season two March 13 on Pop TV, available on cable and streaming on Hulu and YouTube TV.



Anna Paquin (center) stars as Robyn!

Is romance in the stars for these two matchmakers?



NETFLIX

Watch love blossom with *Set It Up*!

This rom-com is sure to win your heart! Harper and Charlie, two overworked, underpaid executive assistants, hatch a plan to get a break from their demanding bosses (played by Lucy Liu and Taye Diggs). Their mission: become secret matchmakers and trick their bosses into falling in love. But what starts out as a brilliant idea quickly spirals out of control as the two realize that being the puppet masters isn’t as simple as it seems...streaming now.

It happened this week!



● *Splash*, starring Tom Hanks and Daryl Hannah, hit movie theaters in 1984. It’s credited with introducing the girl’s name Madison!

● **Sharon Stone** was born in 1958. Super-gifted in school, the actress entered college at age 15!



● **Coke bottles** were first sold to the public in 1894. Today, an original Hutchinson Coke bottle is worth up to \$4,000.

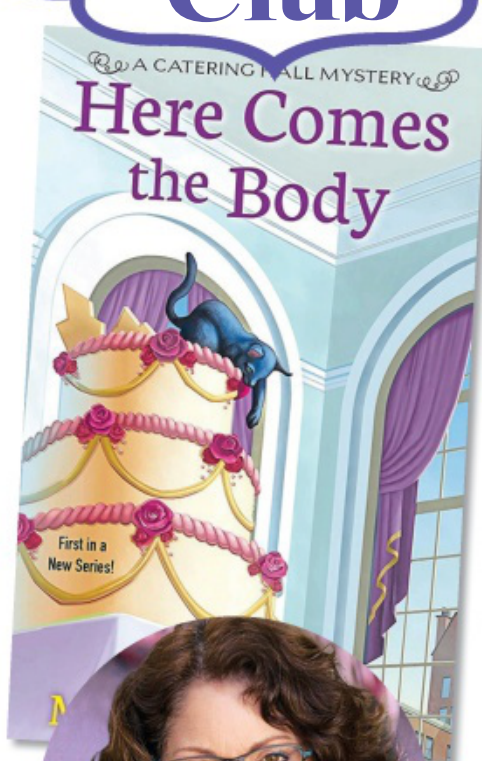
● “Believe” by Cher topped the music charts in 1999. The song, from the artist’s 22nd album, hit number one in 21 countries worldwide!



● *Buffy the Vampire Slayer* debuted on TV in 1997. Katie Holmes turned down the role that made Sarah Michelle Gellar a star.

WW

Fiction



COZY MYSTERY

Here Comes the Body by Maria DiRico

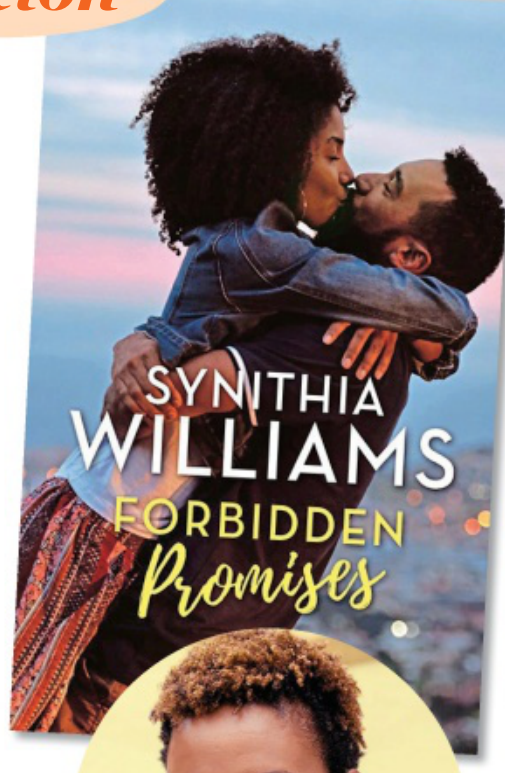
This laugh-out-loud whodunit follows newly single Mia Carina as she returns to her hometown of Queens, New York, to work at her father's catering hall. She's soon asked to plan a bachelor party for an unruly groom, but chaos ensues when his gigantic cake reveals a deadly surprise. When suspicion is immediately cast on Mia's father, she vows to prove his innocence and find the killer—all before it's too late!



HISTORICAL FICTION

The Girl in White Gloves by Kerri Maher

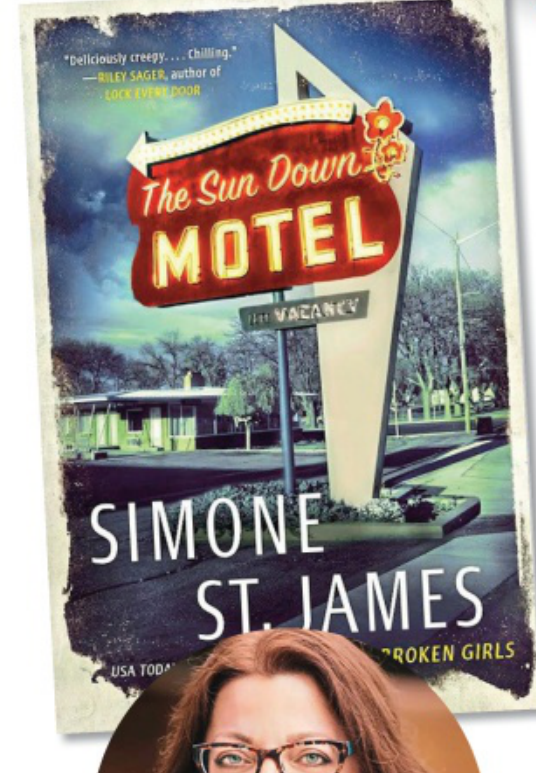
In this charming, picturesque novel, readers are swept away to a time when Grace Kelly reigned as queen of the screen. Grace is known as a flawless icon, but the world doesn't know she hides behind a façade. After she trades Hollywood for a crown, Grace must navigate her new realities in pursuit of her true purpose. With elements of fact woven with fiction, this story is a glimpse into the dazzling life of a classic and beloved star.



ROMANCE

Forbidden Promises by Synithia Williams

Brimming with intrigue and sizzling attraction, this steamy story begins when India Robidoux reluctantly returns home to help her brother with his political campaign. But when her sister's ex-husband, Travis, joins the campaign too, memories of the summer night they spent together when he was still single come rushing back—and so does the chemistry. Now, India must choose between her family and her heart's desire.



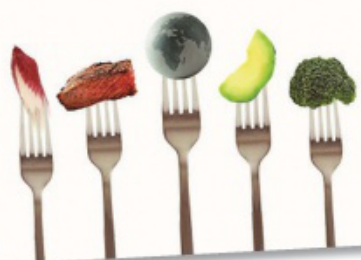
SUSPENSE

The Sun Down Motel by Simone St. James

Bestselling author Simone St. James is well-known for her captivating historical novels, and her latest is a thrilling, eerie ride. In 1982, Vivian Delaney notices strange events in Fell, New York, at the Sun Down Motel. But when she investigates, she vanishes. Then in present-day, Viv's niece, Carly, arrives in Fell seeking answers about her aunt. Yet the more Carly searches, the more danger lurks. A mysterious tale of secrets and suspense.

FOOD FIX

How to Save Our Health, Our Economy, Our Communities,
and Our Planet—One Bite at a Time
MARK HYMAN, MD
Bestselling author of Food: What the Heck Should I Eat?



Nonfiction



Food Fix by Mark Hyman, M.D.

Dr. Hyman is a bestselling author and a leading advocate for the healing power of food. In his latest book, *Food Fix*, he shares insight into how our current food system is fueling an epidemic of chronic disease. Throughout, he offers practical advice, easy solutions—like eating more colorful veggies and joining a community produce-sharing group—and the small changes that make a big difference for our health and our world. An inspiring and actionable read.

“What you choose to eat is the most important thing you can do to create health. But it is not all or nothing. Do your best, one bite at a time”



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New!



*Based on the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). Individual results may vary. Average weight loss is 1-2 pounds per week. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. *Message and data rates may apply. For the SlimFast privacy policy go to [Slimfast.com/privacy-policy](https://slimfast.com/privacy-policy). For terms and conditions go to [Slimfast.com/legal](https://slimfast.com/legal). © SlimFast 2020.

“Miracles can happen!”

When Kerry Bloch’s son, David, who has autism, worried if other people would like him, she shared his concern on Twitter...and spurred an incredible outpouring of love!

Kerry Bloch’s eyes welled with tears as she tried to make sense of what her son, David, had just asked her.

It was the first time the 21-year-old, who has autism and has been nonverbal for most of his life, had ever asked her *anything*. And though it was an amazing milestone, Kerry’s heart twisted at his words: “Would someone like me?”

“Of course!” she assured him. “There are thousands of people who would like you. You’re *wonderful!*”

But as she left the room, tears spilled down the Florida mom’s face. Having been home-schooled and limited to the outside world due to an immunodeficiency disorder, David had never had a real friend.

Still, his first spontaneous speech was inspiring, and so Kerry took to Twitter to share the moment. *My son has no communication skills. Today, he asked me his first question ever: “Would someone like me?”* she wrote. Little did she know that her post was about to change their lives forever.

Messages of hope

The next day, Kerry awoke to a series of dings from her phone.

I like you, David! one user had responded. *Please tell your son I would definitely like him!* wrote another.

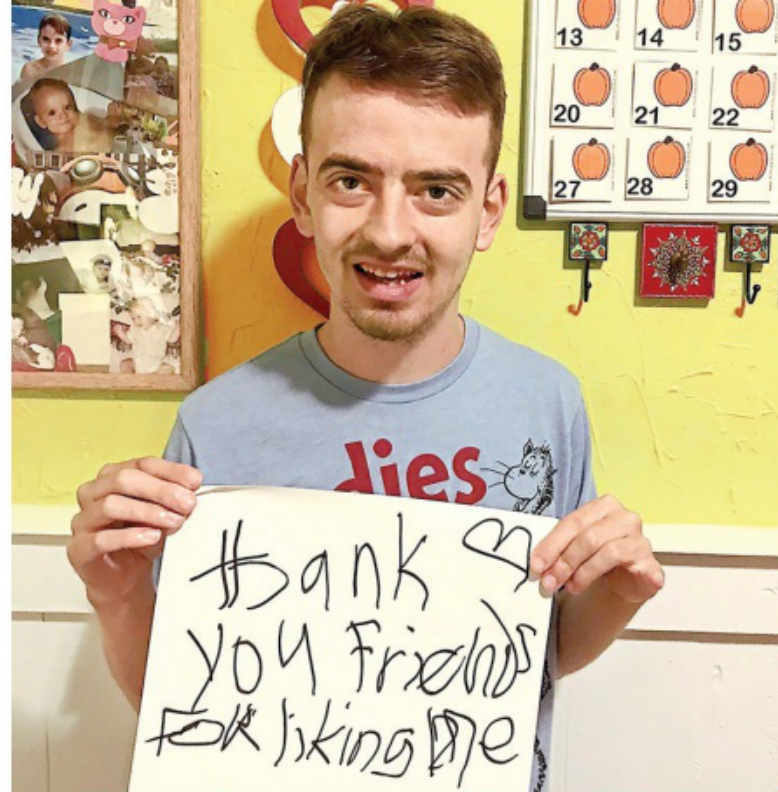
“David, look!” Kerry exclaimed, reading her son the thousands of responses. “You *do* have friends!” she beamed. The smile on his face was gift enough, but when Kerry’s post went viral, the amazing blessings kept coming.

“You have a whole *team* that likes you, David!” multiple players from his favorite football

team, the Jacksonville Jaguars, told him via video, inviting him to a game.

To date, thousands of cards, gifts and invites have arrived for

“Even the smallest message of love has meant the world to our family!”



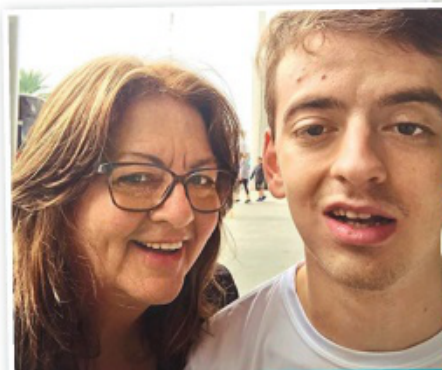
“It’s such a blessing for him!” says Kerry of the viral tweet that helped her son, David (above), make thousands of friends

David, and a GoFundMe account (search “Help for David” at GoFundMe.com) was started to help Kerry and her husband with David’s daily care.

“Our hearts are truly touched,” Kerry shares. “As parents of a child with autism, we want so much for our kids, but before this happened, it was a very dark time for David. Even the smallest message of love has meant the world to our whole family.”

In fact, just days after this happened, David came to Kerry and said another spontaneous phrase: “Trust people.” And Kerry has. “We’re so thankful,” she says. “Don’t give up, miracles *can* happen!”

—Alexandra Pollock



Kerry (left) and David loved the kind messages



David was even invited to a Jaguars game

3 SMALL WAYS TO CARE FOR CAREGIVERS!

1 Ask this simple question
Eldercare consultant, Carol Bradley Bursack says, “Asking ‘What do you need?’ rather than saying ‘Let me know if I can help,’ lets caregivers express specific needs so you can meet them!”

2 Take one thing off their list
“Doing something to help a caregiver without their having to ask means so much!” says professional caregiver, Leslie Dillard. One idea: Give a gift card for a meal delivery to spark smiles!

3 Help them stay organized
Help a caregiver in your life create an account on eCareDiary.com. The online diary stores notes and medical records and organizes calendar appointments and events.



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!

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Fashion meets function in snugly attire that perfectly combines laid-back and polished

Mesh fabric and cooling memory-foam insoles keep feet sweat-free on the go ▶

\$65, Skechers (Skechers.com, "Ultra Flex-Statements")



◀ Cowl-neck and crossover hem add trendy texture to a cozy pullover

\$30, Ideology (Macys.com, "Ideology Cowl-Neck Pullover")



Ultra-soft chenille infinity scarf keeps the cold out on still-chilly days ▼

\$20, North Style (NorthStyle.com, "Chenille Infinity Scarf")



◀ Vertically ribbed panels along leggings' sides direct the eye up and down, optically stretching legs for a longer, leaner look

\$70, Soft Surroundings (SoftSurroundings.com, "Amberleigh Leggings")



STEAL DENISE'S STYLE!

Sporty sneaker boasts a cushy shock-absorbing heel pad to fend off foot pain and ensure all-day comfort

Score the exact same look: \$70, Skechers (Skechers.com, "Uno-Stand on Air")



Denise Austin

athleisure wear!



▲ **Adjustable back slider helps cap fit any head size**
\$26, Adidas Originals
 (Macys.com, "Adidas Cotton Twill Hat")



▲ **Stylish sweater can be worn alone or layered over tanks for added warmth**
\$89, prAna
 prAna.com, "Auberon Sweater")



◀ **Cropped woven pants feature a fit-perfecting elastic waistband with draw cord**
\$65, CALIA by Carrie Underwood (CaliaStudio.com, "Journey Women's Pants")



Vest nips in at the waist for a trimmer looking middle
\$30, Women & Plus
 (Zulily.com, "Bordeaux Puffer Vest")

Lightweight jacket comes in three soft colors and can be reversed to showcase a deeper shade of the same hue ▶

\$54, Denim & Co. (QVC.com, "Denim & Co. Active Reversible Heathered Zip Front Jacket")

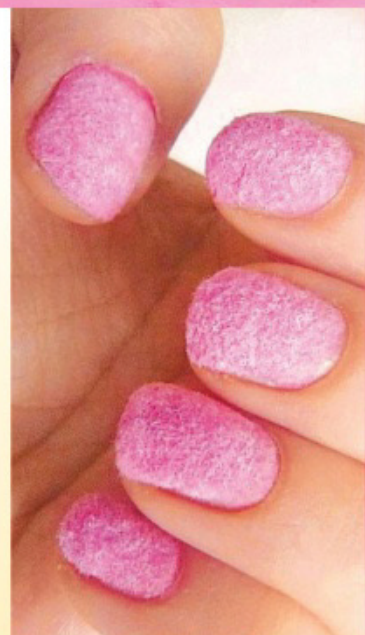


Cozy at your fingertips!

Add fun and fuzzy velvet-like texture to your nails with this two-step tutorial from ChalkboardNails.com

- **Base coat**
- **Pink polish** (like *Wet n Wild Wild Shine Nail Color in Tickled Pink*, \$1, RiteAid.com)
- **Flocking powder** (like *Tpingfe Velvet Flocking Powder*, \$5, Amazon.com)

- 1.** Apply one coat of pink polish. Let dry. Then apply a second coat and, while polish is still wet, shake flocking powder on top of each nail.
- 2.** Gently brush off excess powder and lightly pat down each nail with your finger to ensure powder is on firmly.



◀ **Bow details add feminine flair to faux fur-lined boots**

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



Fast fixes for

Reduce the anxiety from sudden stressors in seconds just by inhaling a calming essential oil like ylang-ylang



From gray roots to overtweezed brows, you can reverse any last-minute beauty 'oops' in an instant with these pro-approved tricks

Help! *My face looks puffy!*

Sweep a bronzer two shades darker than your skin (like Physicians Formula Butter Bronzer, \$16, Ulta.com) onto the sides of the face in a "3" motion, starting at the temples, going in along cheekbones and down around the jawline. This creates a contouring shadow that chisels cheekbones and defines the jaw to erase 10 pounds from the face.



Help! *My roots are flat and gray!*



"Dust a matte eye shadow similar to your hair's hue onto grays along the part; set with hairspray," advises celebrity hairstylist Kendall Dorsey. "The fine powder blends easily with hair to mask grays and helps plump up the hairline for added volume."

beauty emergencies!



Help!

My hair is a frizzy mess!



Dorsey's solution: Rub a small amount of lip balm onto fingertips, then pat onto errant hairs. "The waxy balm lightly weighs down and smooths flyaway strands while forming a barrier on hair's cuticles to keep out the strand-swelling elements that lead to frizz."



Help!

I have a pimple!

Soak a cotton ball with Visine, then hold it on any blemishes for one minute. The same anti-inflammatory compounds in the drops that reduce redness in the eyes calm irritation on the skin, so a pimple is less noticeable.

Help! *I overplucked my eyebrows!*

Try the two-step trick makeup artist David Maderich relies on for his celebrity clients: First, rub a spoolie brush against a bar of soap, then sweep it onto brows in upward and outward motions. Next, fill them in with a brow pencil. Says Maderich, "The soap bulks up individual hairs to thicken the thinnest of brows while the pencil's color conceals any sparse spots—stat."



Help!

I spritzed on too much perfume!

Saturate a cotton pad in rubbing alcohol and dab onto skin in overly fragranced spots, suggests Maderich. "As the alcohol dries, it evaporates some of the oils in the perfume, helping to dilute the scent."



Quick help for FASHION uh-ohs!

To lift a droopy bust

If loose bra straps are dragging "the ladies" down, slip a paper clip through one bra strap in the back and attach it to the other. The clip pulls straps together in back like a racerback style, which draws breasts up high in the front!

To smooth the belly

Shapewear lost its "snap"? Simply grab a pair of control-top tights and snip off the legs mid-thigh. The hose's lightweight nylon reins in the stomach to flatten lumps and bumps.

To mend a torn hem

Whether on pants or a dress, just fold fabric where the hem should be, then place a few strips of duct tape at the top of the hem on the inside of the garment. The tape creates a seamless line on the hem to temporarily hold it in place without damaging fabric.

To nix sweat stains

Running around before heading out the door cause you to break a sweat? Tape a dryer sheet inside each armpit of your blouse. The absorbent sheets soak up existing sweat and prevent new stains from forming.



Natural ways to

Found! Relief from 'weather headaches'

The days are sunnier, the breezes are warmer...spring is almost here! Unfortunately, Columbia University researchers say the barometric pressure changes that give us beautiful weather this time of year can also trigger headaches for 52% of us. Fortunately, there are easy ways to tame even your worst spring pain flare...

✓ Ends tension headaches: *Crunchy cashews*

The next time you feel that familiar tightening around your scalp, slowly munch on $\frac{1}{3}$ cup of cashews. According to researchers at the University of California, Santa Cruz, these tasty treats are brimming with magnesium—a muscle-relaxing mineral that can cut headache pain by as much as half in 30 minutes and cut your risk of future headaches by 42%. Other magnesium-rich snacks: almonds, peanuts, pumpkin seeds.

✓ Banishes migraines: *An ice-cold sip*

Chilling the roof of your mouth by taking a sip of a super-cold drink can cause a short bout of brain freeze—and it can also cut the intensity of a migraine by 50%, say University of Hawaii researchers. Neurologist Melvin Yee, M.D., explains that cooling the blood that flows into the brain acts as a powerful, side effect-free painkiller. Tip: Placing an ice pack across your throat can provide the same soothing relief.

✓ Halts chronic head pain: *Peppermint rubs*

Frequent headaches are a sign that the brain's production of painkilling endorphins has stalled. The good news: Firmly massaging peppermint oil (5 drops mixed with 1 tsp. of carrier oil) into your temples prods endorphin release to shut down headaches in five minutes—and cut your risk of future flares by 80% if you do it daily.

✓ Eases sinus pain: *Pressing here*

Using your thumbs, apply pressure to sensitive spots along your hairline, paying special attention to where the base of your skull meets your neck. Canadian researchers say this can cut sinus pain by 55% in 2 minutes. Stimulating these points boosts circulation to the sinuses, easing inflammation and draining congestion. —Brenda Kearns

This week's Radical Health tip

This tasty soup cure is an easy way to AGE IN REVERSE

Stem cell therapy is increasingly popular because it activates the body's innate repair systems—but the procedures can be pricey and invasive. Fortunately, there's an easy, natural way to boost stem cell production! Bone broth is rich in peptides that activate stem cells, kick-starting the body's repair processes. No time to make a pot? Buy ready-made bone broth. I like Kettle & Fire brand because it's made with high-quality organic ingredients. Just heat it up and enjoy 8 oz. daily.



courtesy of Ann Louise Gittleman, Ph.D.

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

Gingery Cashew-Vegetable Stir-Fry

Nutrients in cashews cut headache risk by 42%

- 1 Tbs. sesame oil
- 2 cups frozen stir-fry vegetables, thawed
- 2 scallions, cut into 2" pieces
- $\frac{1}{4}$ tsp. ground ginger
- $\frac{2}{3}$ cup cashews
- $\frac{1}{4}$ cup stir-fry sauce

1 In nonstick skillet, heat oil over medium-high heat. Add vegetables and ginger. Cook, stirring, until tender, 2 min.

2 Stir in cashews. Cook, stirring often, until nuts are toasted, 3 min. Stir in sauce; cook until slightly thickened, 2–3 min. If desired, serve with cooked rice. Serves 2



Avoid time-change jet lag

Setting the clock ahead for daylight saving time disrupts our 'body clock' enough to increase the risk of heart attack and traffic accidents by as much as 25%! Luckily, these tips help you 'spring ahead' safely

✓ Tweak your bedtime

"Daylight saving time [DST] throws off our internal clock in a way that's similar to what we experience when we travel to another time zone," says Nicole Moshfegh, Psy.D, clinical psychologist and author of *The Book of Sleep*. This prevents the brain from accurately gauging fatigue throughout the day. The simple Rx: Starting on Wednesday, March 4, before the time



change, go to bed 15 minutes earlier each night (so you'll go to bed an hour earlier by Saturday). The shift helps the brain get used to the change before it happens.

✓ Greet the sun

Getting a pop of bright light within an hour of waking up on Saturday morning (before the time change) helps readjust the body's internal clock to quash 70% of DST symptoms, according to Rush University Medical Center research. The intriguing reason: "Our internal body clock uses cues from the environment—especially sunlight—to reset daily," explains Moshfegh. Indeed, just 15 to 30 minutes of early morning sun exposure shuts down the brain's production of the sleepiness hormone melatonin and resets your 24-hour wake-sleep schedule. As a result, you'll fall asleep faster and sleep more soundly so you can take DST in stride.



✓ Eat a light dinner

Feasting on a heavy dinner just before bed might make you *feel* sleepy, but studies suggest that eating more than 500 calories at dinner prevents the body from falling into the deep, restful sleep that will help you sidestep DST symptoms. Instead, dig into a light meal, like chicken and rice soup, which contains a perfect balance of sleep-inducing tryptophan and high-glycemic grains to promote restorative sleep. —K.E. Kluznik

The best ways to cure & prevent UTIs

Urinary tract infections (UTIs) are the most common bacterial infection in women over 40, and CDC scientists say one in five of us will battle a chronic UTI, which drags on despite antibiotic treatment. The good news: These study-backed strategies can banish even the hardest bladder bacteria—plus stop them from coming back!



To end an infection: Take this sugar...

D-mannose, a natural fruit sugar found in peaches, apples, oranges and some berries, coats bacteria and makes them slippery, so they can't stick to your bladder walls, explains urologist Dino Papes, M.D. In fact, taking 2,000 mg. daily kick-starts bladder healing within 24 hours for 71% of women, plus it cuts chronic UTI flares by 75%—better results than antibiotics! Note: Check with your doctor before supplementing.

Your walks are helping!

Getting 30 minutes of exercise daily energizes the bacteria-killing white blood cells that line your bladder, cutting your risk of UTIs by 32%, according to researchers at North Carolina's Appalachian State University.

...or add baking soda to your water!

At the first hint of trouble, start drinking 1 tsp. of baking soda mixed into 12 oz. of water twice daily until you feel better. Canadian scientists say baking soda stalls the growth of bladder bacteria, while keeping urine diluted helps flush germs 48% faster and eases that burning gotta-go feeling.

To prevent relapses: Nosh on yogurt...

Adding healthy probiotic bacteria to your diet by eating 1 cup of plain yogurt daily can cut your risk of reoccurring UTIs in half. Urologist Jay Barua, M.D., explains that probiotic bacteria crowd out tough-to-treat germs in the bladder.

...and use a meat thermometer!

Up to 95% of chronic UTIs are caused by *E. coli* from undercooked meat. To sidestep these bugs, CDC researchers say whole cuts of meat should be cooked until the internal temperature reaches 145°F, ground meats should be cooked to 160°F, and poultry should reach 165°F. —Brenda Kearns

Reverse thinning hair & more!

It's not just you—2 in 3 of us are noticing more hair in our brushes these days. Thankfully, experts say *l*Ding the *reason* your hair is thinning not only helps you thicken up...it delivers a wonderful bonus benefit!

Often weary? Savor tuna tacos

Just three servings of seafood weekly encourages the growth of thicker hair for 78% of women. Dermatologist Sam Kim, M.D., explains that seafood is rich in selenium, zinc and omega-3 fats—the building blocks of shiny, break-resistant strands. Bonus: Stanford University researchers say this nutrient trio energizes sluggish cells, restoring energy for up to 70% of women in two weeks!

Ruddy skin? Try vitamin E

You can boost hair thickness by 34% in three months simply by taking 400 IU of a vitamin E containing “mixed *tocopherols*” daily (one to try: Life



Extension Gamma E Mixed Tocopherols & Tocotrienols, LEF.com/ww). This nutrient reduces scalp inflammation and energizes aging hair follicles. Bonus: E eases redness and speeds the healing of rashy skin as much as 62%. Note: Check with your doctor before supplementing.

Brittle nails? Sip horsetail tea

Horsetail tea, which tastes like strong green tea, is packed with *silica*, a hair-nourishing mineral that you can't get in other brews. No wonder Brazilian researchers say sipping two mugs of horsetail tea daily increases hair thickness, luster and shine by as much as 33%. Bonus: Silica-rich horsetail strengthens nails too, cutting splitting by as much as 85%.

Good news!

While you may notice hair loss 12 weeks after a stressful event, it isn't forever! Experts report that hair growth speeds up by 75% within three months after life settles.

Feel blue? Cut a guava

Guavas are nature's best source of vitamin C, which can make hair noticeably thicker in eight weeks, suggests research. Study co-author Jay Kim, Ph.D., explains that vitamin C helps build hair-strengthening collagen. Bonus: Vitamin C boosts the production of mood-boosting serotonin. Just 1 cup of C-rich fruit daily helps you feel 45% happier! —Brenda Kearns

Shampoo add-in speeds growth

It's sandalwood! According to British researchers, massaging sandalwood essential oil into your scalp once daily can boost the production of hair growth hormones by 25%. Just add 20 drops of sandalwood oil to a 16 oz. bottle of shampoo and shake well before each use.



Stay Young with Ww



Look good as you feel better!

Getting over the flu, but still recovering from side effects? These easy tricks can help

To heal chapped lips

When congestion causes mouth-breathing that makes lips dry and cracked, rub on a mix of ½ tsp. of brown sugar and 1 tsp. of honey; rinse. Sugar gently sloughs off dead skin flakes while honey locks much-needed moisture into a parched pout.

To soothe a raw nose

All that nose-blowing leaves nostrils red and inflamed. Just dab on a *hyaluronic acid*-based concealer. The tint disguises redness while the hydrating acid helps repair irritated skin. Try: Makeup Revolution Conceal & Hydrate Concealer (Ulta.com).

To enliven skin

A cold can sap skin of its healthy color. Simply put 4 cups of boiling water and 2 drops of rosemary essential oil in a bowl and lean over it with a towel over your head for 5 minutes. Steam helps blood flow-boosting rosemary absorb into skin to restore glow.

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Happy & healthy

Short on time? These study-backed tricks deepen your sleep, curb stress, ease aches effortlessly and more

Tame tension with soothing music

Think it's impossible to create calm on your most hectic days? Not so! A new University of Pennsylvania study found that cuing up a relaxing instrumental song, like Marconi Union's "Weightless," is all it takes. Researchers say listening to mellow tunes for just eight minutes reduces stress as effectively as a prescription sedative. That's because the soft beats gently slow your heart rate and encourage the body to dial back the production of stress hormones.

AND HUG A TEDDY BEAR! When severe stress strikes, reach for a comforting memento, like a stuffed animal from your childhood or a treasured locket. New research out of Yale University found that in times of tension, focusing on a "safety signal"—something you find comforting—reduces anxiety by signaling to your brain that you're safe.



Channel Superwoman to dial down worry

You have a meeting with your boss coming up but feel your nerves getting the better of you. The fix: Stand tall and place your hands on your hips like a superhero. Harvard scientists say this "power pose" cuts anxiety by up to 50% in two minutes!



Getty (8); Shutterstock (4). Text: Rachel Cosma

the easy way!

Quiet aches by doing a twist

Sore and stiff? Whether you're recovering from "weekend warrior syndrome" or battling a backache from a poor night's sleep, doing a simple stretch can dull the pain in two minutes flat. To do: Twist your upper body to one side while breathing deeply; repeat on the other side. Cornell scientists say deep breathing releases painkilling endorphins, while a gentle waist swivel boosts oxygen-rich blood flow to achy muscles to quell inflammation. Have a few extra minutes post-stretch? A study in *The Journal of the American Medical Association* shows that regularly sitting still and focusing on slowly inhaling and exhaling for just 10 minutes trains your brain to respond less intensely to pain signals.

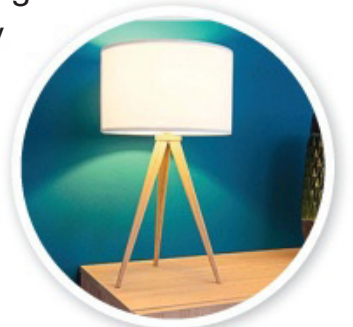
OR LIGHT A CANDLE! Pop the lid off your favorite cookie-scented candle for fast, drug-free pain relief. Canadian researchers say sweet scents trigger the release of pain-fighting hormones called *oxytocin* and *prolactin*.



Sharpen focus with a game face

To power through mentally taxing tasks with ease, new research in *Stress & Health* suggests putting on your game face. Adopting a focused facial expression helps the mind filter out distractions, noticeably improving your ability to juggle multiple bits of information and stay on task.

OR TRY A PEPPY BULB! Upgrade your lamp with a higher wattage bulb, and you'll instantly boost your alertness, a study in *Physiology & Behavior* shows. Bright light signals to the brain that it's time to wake up.



Sleep soundly by relaxing in a rocker

Between harried schedules and lengthy to-do lists, it's no wonder 68% of us struggle to get enough shut-eye at least once a week. To drift off more quickly, spend 60 seconds before bed relaxing in a comfy rocking chair. UCLA investigators say the rhythmic motions encourage the brain to produce calming *alpha waves*, which helps you fall asleep faster and snooze soundly through the night.

OR SNACK ON THIS! Enjoy a cup of Jell-O, and a study in *Sleep and Biological Rhythms* found you'll spend more time in the deep stages of sleep. Gelatin contains *glycine*, a compound that gently lowers your body temperature to foster drowsiness.



Energize with a 'micro-walk'

When your stamina is flagging, take a 60-second stroll. Canadian scientists say any activity (like dancing or climbing stairs) that moves your large muscle groups turns on the genes that help the body absorb more glucose for fuel, boosting energy by 80% for 90 minutes.

OR LOOK AROUND THE KITCHEN! A study in *Consciousness and Cognition* shows that the brain so strongly associates coffee with perkiness that just glancing at a mug energizes you.



SHE LOST 136



**IT
WORKS!**

Today: 136 lbs slimmer!

At 306 pounds, Esther Dies worried she'd never find a diet she could stick with long-term. Luckily, the food lover did a quick Google search after hearing about the Paleo diet. "The internet has an unending supply of Paleo recipes," she marvels. "I'm a sweets person, and I have a freezer full of desserts. Cake, cookies...anything I want can be made Paleo!" The lesson, says Esther, now 170 pounds: "You can eat *really* well while getting really healthy!"



BEFORE

"What a beautiful bride," whispered Oregon retiree Esther Dies, as she flipped through photos of her granddaughter's wedding. With each image, Esther's smile widened. There were pictures of all the people she loved at their happiest. Esther lingered over a group shot, looking at the faces one by one. Suddenly, her smile fell. "That's *me*," she murmured, staring at a woman who appeared heavy, worn-down, unwell. "Do I really look like that?" Esther had long struggled with weight gain, prediabetes, high blood pressure and sleep apnea. *I guess I never realized how big a toll it's taken*, she thought. Her doctor had urged her to get healthier. But at her age, wasn't it too late to make big changes? She paused, glancing at the photo again. Her husband, Leon, and their beautiful family. *I want more time with these people. I have to try...*

For days after, Esther pondered her next steps. Truth was, she'd been on one diet or another for decades. While she'd slimmed down many times, inevitably her love of fast food and sweets snuck up on her again. Her weight crept to 306 pounds, her health steadily declining. Suddenly, it felt so obvious that the extra pounds were taking years off her life. The big question: *What can I try that hasn't already failed me?*

The answer came when Esther bumped into her children's former babysitter, Lauren, who was looking better than ever. "What's your secret?" Esther asked. Lauren replied, "I went on the Paleo diet and never looked back!" Chatting with Lauren and later researching online, Esther

learned that Paleo dieters eat foods that a cavewoman could have hunted or gathered—veggies, fruit, nuts, pasture-raised eggs, wild-caught fish, grass-fed beef. Per scientists, sticking to these foods activates ancient genes that help modern folks thrive. There were no calories to count; rather, nutrients in the meals naturally reduce appetite. And while sugar, dairy and grains were off the menu, Esther saw Paleo-friendly recipes for everything from burgers and tacos to cookies and cake. *Every day could be my cheat day*, she thought with a chuckle. *I gotta do this!*

Building momentum

After a trip to the market, Esther made her first meal: eggs, bacon and sweet potato hash. Lunch was

Power off pounds—at any age!

The Paleo diet is built around foods similar to those hunted and gathered before farming existed. To get amazing modern-world results like Esther did, you can get creative with most natural plant and animal ingredients—just steer clear of grains, beans, sugar, dairy and highly processed food. There's nothing to count or measure; simply listen to your body and stop eating when satisfied. Learn more at ThePaleoDiet.com. As always, get a doctor's okay to try any new plan.



BREAKFAST

Eggs, any style, with sweet potato hash browns, a few slices of avocado or bacon and a side of berries.

Ibs—at age 67!

Experts say the best diet for women over 50 can help you drop 15 lbs a week

a hearty salad, and dinner was enchiladas with Paleo-friendly tortillas. It was all delicious, but was it too satisfying to be effective? Going to bed that night, Esther felt better than she had in a long time. She fell asleep smiling.

In the days that followed, Esther kept experimenting, finding new favorites like Paleo stuffed cabbage, fish bakes, fruit crisp and almond cookies. Her cravings quieted, and as promised, her appetite shrunk. She'd already lost a few pounds by the time she ran into Vicki, a pal who'd been maintaining a 100-

pound loss for more than 25 years. Vicki swore the weight-loss support group TOPS was her secret. "Come with me! You'll have fun—and they let you use any diet you like," she said. So Esther went.

She couldn't get over how contagious everyone's enthusiasm was. It gave her extra momentum. Each day, she'd get on the scale and be a bit lighter—20, 30, 40 pounds flew off. Still, Esther was surprised when she went for a checkup after just four months, and the doctor took her off blood-sugar and blood-pressure meds. "I never dreamed I'd get off them," she marveled. The success lit a fire inside her. She decided to try walking around her

neighborhood and was shocked to find how much her stamina had improved. Worried she wouldn't make it for 15 minutes, she was soon strolling for 45 minutes at a pop. Meanwhile, pounds kept pouring off—75, 100, 125 pounds...

Amazing success!

On her 67th birthday, Esther stepped on the scale at a TOPS meeting and heard a voice say, "Do you realize you've reached your goal?" Tears came to her eyes. She'd lost 136 pounds and totally transformed her health. The TOPS group erupted in cheers. For days, congratulatory notes sprinkled her mailbox like confetti.

After a lifetime of frustration, Esther says, "I finally found the right plan. This is the only one I've ever been able to maintain. It's been three years now. And the food is still delicious!"

Esther's future is looking golden. At a recent anniversary party, she even surprised guests by wearing her old wedding dress. "It fit like a glove, and I actually feel healthier than I did when I first wore it," says Esther, who has traded her size 24s for size 10s. "This way of eating has done more for me than any medication ever could—it's like I'm 30 again!" *WW*

Wow!
Research shows Paleo meals provide up to 900% more nutrients than a typical diet, leading to a host of benefits like speeding metabolism and slashing hunger by 400 calories a day!

The older you are, the more Paleo works!

Experts reveal the science behind why Esther's diet works so well...

Paleo 101 "Human genes were shaped in the Paleolithic Era, more than 2 million years ago, and we're still genetically programmed to respond best to food that allowed ancient humans to survive and thrive," says Colorado State University scientist and *The Paleo Diet* author Loren Cordain, Ph.D., the world's leading authority on the approach. He adds that extensive evidence shows that emphasizing hunter/gatherer options (veggies, fruit, nuts, seeds, fish, poultry, meat) while avoiding options that require farms (sugar, dairy, beans, grains) "moves us toward optimal health and an optimal weight." It can work quickly too. Paleo dieters drop up to 15 pounds a week!

Anti-aging bonus Research shows Paleo-style eating soothes up to 82% of inflammation hidden in our body. "Inflammation is the starting point for most conditions and diseases blamed on aging, including weight gain, diabetes, joint pain, heart disease and cancer," notes *How to Be Well* author and functional medicine expert Frank Lipman, M.D. "The reason I'm a fan of Paleo is that it eliminates modern-day foods that trigger inflammation."

And since inflammation often worsens over the years, the older we are, the more we benefit. In fact, when Swedish scientists tested different diets, they found Paleo was the best for postmenopausal women, allowing them to enjoy unlimited portions, shed 20 pounds with ease, target age-related belly fat and reprogram their body to stay lean!

These meals are so tasty and satisfying, you won't believe how well they work



LUNCH

Top a large bowl of greens with sliced grass-fed steak, plus your choice of veggies, nuts, olive oil and vinegar.



DINNER

Enjoy minimally processed organic sausage with sauerkraut and mashed cauliflower.

You can even have cake!

Esther snacks on little mug cakes like this chocolaty treat that's made in minutes...

- | | |
|---------------------------------|------------------------|
| 1/4 cup almond flour | 1 tsp. coconut oil |
| 2 Tbs. maple syrup | 1 tsp. vanilla extract |
| 2 Tbs. unsweetened cocoa powder | 1 large egg |

Whisk all ingredients together; pour into a microwave-safe mug. Microwave until cooked through, 1–2 minutes. Garnish with toppings like confectioners'-style stevia and berries.



“These pajamas us from night sweats

“It’s wonderful to make a difference in women’s lives,” says Mindy (left) with Laura (right) of the cooling sleepwear line they created to fight night sweats



Laura Musall was fed up with menopausal night sweats robbing her of a good night’s sleep. So she and her friend Mindy Ford got together and created unique cooling pajamas that keep women rested *and* refreshed!

On a chilly night in March 2018, Laura Musall woke up drenched in sweat...*again*. Ever since starting menopause, the Fishers, Indiana, 52-year-old had been experiencing severe night sweats. *I can’t take this anymore*, Laura sighed. Overwhelmed with frustration, she sent a group text to her girlfriends to commiserate, quipping, *There need to be pajamas that somehow keep us cool!*

Almost immediately, her longtime friend Mindy Ford, 50, and also in the throes of a menopausal meltdown, replied: *Can I get a job at your pj company?*

Laura chuckled. But the comment sparked an idea. *There really should be sleepwear for menopausal women waking up with night sweats*, she thought. And the next day, she told Mindy, “I’m just going to create my own pajamas.”

“I meant what I said—count me in!” Mindy replied enthusiastically.

A genius solution

Though Laura and Mindy were both busy with full-time jobs, they spent every spare moment researching fabrics.

They consulted medical professionals, textile experts and tons of ordinary women in pursuit of an alternative to flannel, fleece, cotton and polyester—all the usual pajama materials.

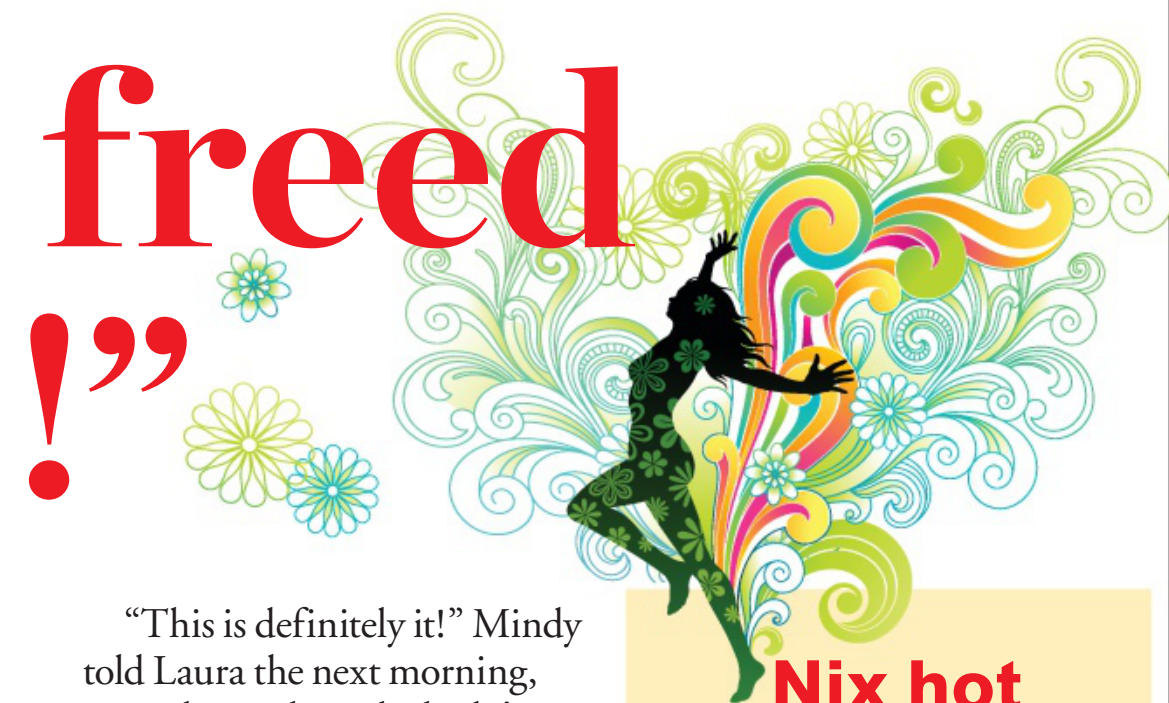
Finally, they discovered a fabric made from bamboo, which is naturally cooling and moisture-wicking, yet soft and luxurious-feeling. “It’s even machine-washable!” they cheered.

They took some of the fabric to a seamstress along with a rough sketch of their pajamas, and after having some samples made, Laura and Mindy began wearing the pajamas.

“We’re thrilled to help women get the rest they need to be their best selves!” says Laura

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“This is definitely it!” Mindy told Laura the next morning, marveling at how she hadn’t woken up sweating even once through the night.

“They really are the best pj’s I’ve ever worn,” Laura raved.

Focus groups of local women over 40 agreed and offered some helpful feedback that Laura and Mindy used to fine-tune their designs. They then found a manufacturer, and by mid-2019, CoolRevolution PJs (CoolRevolutionPJs.com) launched, offering women’s pajamas in two styles of tops and bottoms: T-shirts and tank tops that could be paired with matching pants or shorts, both with pockets, ranging in price from \$42 to \$55.

Almost immediately, they began receiving grateful emails from happy customers. Women shared how they used to have to get up and change pajamas and sometimes sheets in the middle of the night. One said she’d worn her workout clothes to bed, while another said she’d taken to sleeping on a cooling dog bed—but now, finally, they had relief!

“It’s wonderful to make a difference in other women’s lives,” says Mindy, with a smile.

“It’s been a labor of love,” Laura agrees. “How you sleep impacts your whole life. We’re thrilled to help women get the rest they need to be their best selves!” —*Hannah Chenoweth*

Nix hot flashes with these easy strategies

Enjoy a lavender scent!

The floral aroma lowers stress hormones and activates the brain’s temperature control center to reduce hot flash frequency and intensity by 53%, say scientists. To get the benefits, put a few drops of the oil on a cotton ball, then place it on your nightstand.

Try ‘paced’ breathing!

Researchers say it reduces hot flashes by 52% (when done for 15 minutes twice daily) by boosting oxygen and inducing the relaxation response to offset a hot flash. To do: Inhale for 2 to 4 seconds; exhale for 6 to 8 seconds, breathing deeply enough to make your diaphragm move.

Add a hops supplement!

Taking 500 mg. of hops daily cuts hot flashes by 35% in 30 days, and by up to 94% after 12 weeks. Scientists say the extract’s potent plant estrogen fills the gap when your body’s own hormone production dips to better regulate body temperature. One to try: Swanson Ultra Perluxan (\$11, SwansonVitamins.com).

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“Help! I eat my emotions”

More than 75% of overeating can be blamed on attempts to tamp down feelings with food. The true Rx for cravings? Self-kindness

Release blame

Find ‘hidden hungers’

I have no willpower. Such distorted thinking perpetuates emotional eating, says psychologist Melissa McCreery, Ph.D. “It has nothing to do with self-control—it’s a response to a ‘hidden hunger.’” To identify yours, ask yourself what you’re feeling. “Just saying, *I’m stressed right now*, helps you realize you may be craving something else, like a conversation with a good friend. This shift toward awareness lets you begin to take the power back from urges.”

Go past ‘Nonsenseville’

Would you hop on a train to New York if you were headed to Chicago? Of course not. The same logic applies to how we think about food, says therapist Karen R. Koenig, M.Ed. “There’s no reason to get on board with thoughts leading somewhere we don’t want to go, namely toward guilt.” When her clients replay scripts like, *I ate this so I’m bad*, she urges

them to envision a train bound for “Nonsenseville” and let it speed past. Picturing negative thoughts zoom by helps hardwire a healthier outlook.

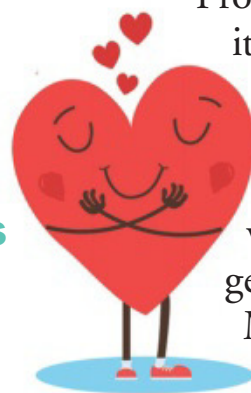
Savor every bite

Mindful eating decreases our urge to binge. The hitch? “So many of us resist it because it sounds intimidating,” reveals McCreery. That’s why she suggests starting with just *one* meal and paying attention to what you learn. You may realize that you’re eating because you feel lonely, leading you to start cultivating more connections. “When we fight mindful eating, it’s because we don’t know how to show ourselves compassion—being gentle with yourself reverses this tendency.”

Find other soothers

Baby your senses

“At the start and end of each day, do a brief check-in with



yourself, asking, *How can I feed my spirit?*” suggests McCreery. It could be anything from journaling to taking a walk. Still not sure how to soothe yourself? “One reason food is so comforting is that it’s such a sensory experience—that’s why it’s helpful to find ways to feed your other senses, from putting on a scented lotion to listening to music.” These small sensory swaps restore us so we’re less likely to overeat.

Keep looking ahead

Progress isn’t a straight line—it’s full of setbacks as well as triumphs. The key is not letting the former get you down. “If you had a hard week of emotional eating, get curious about it,” urges McCreery. You may discover that 3 PM is a rough

time for cravings because that’s when your energy dips—can you take a break at 1 PM to change this pattern? Looking ahead like this boosts resilience.

Hello, kindness

Be patient with yourself, encourages therapist Julie Simon, MFT. To foster a soothing inner nurturer, she suggests *externalizing* it by picturing someone loving from your past, like your grandmother, sharing uplifting words such as, *I’m here with you*. “Practicing this will eventually help you internalize that voice,” she says. “For example, years ago when I was up late eating, suddenly, I heard, *I care about you; we need to stop for tonight*. Once you develop this compassionate voice, it’s there for life and will take care of you for life.”



Our expert panel



Melissa McCreery, Ph.D., is the author of *The Emotional Eating Rescue Plan for Smart, Busy Women*. Learn more at TooMuchOnHerPlate.com.



Karen R. Koenig, M.Ed., author of *The Food and Feelings Workbook*, has specialized in emotional eating for more than 30 years. Learn more at KarenRKoenig.com.

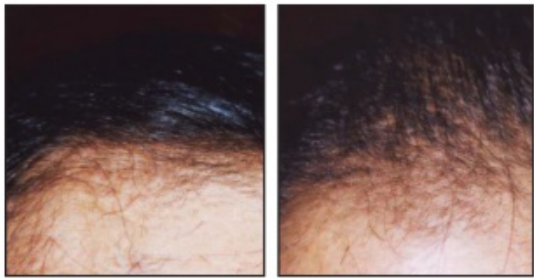


Julie M. Simon, MFT, author of *The Emotional Eater’s Repair Manual*, is the founder of The Twelve-Week Emotional Eating Recovery Program.

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.



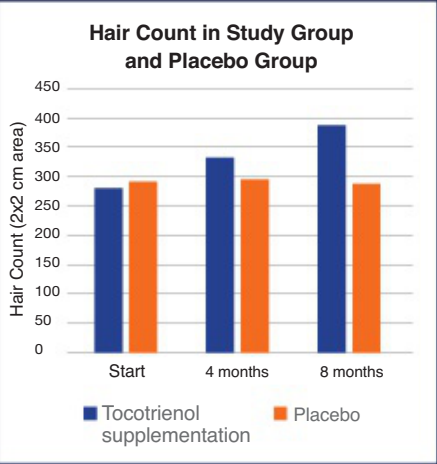
Several studies done at the University of Kuala Lumpur in Malaysia have shown significant increases in hair count. The findings have been published in scientific journals to inform health care professionals worldwide, about the amazing results.

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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newnordicusa.com

Host a clothes

Sip, snack and share at this fun gathering where you and your friends can trade gently loved clothes and accessories for something “new”!

LET'S SWAP

Set out a sweet spread

Make guests feel at home with a buffet of bite-size treats, like this one styled by entertaining pro Katherine Accettura (Lily-The-Wandering-Gypsy.com). To get the look, push a table against a wall and top with trays of treats and gift bags for guests to pack up their finds. For a festive printable pennant banner, search “swap party” at Lily-The-Wandering-Gypsy.com, then glue pennants to a string and tape to the wall.



Kick off the fun with a fashion show

Accettura got her friends talking with a themed game. “I thought it would be fun to let guests rate one another’s new outfits,” she says. To play fashion show: Before your party, pick up chalk and a few chalkboard table number signs at the craft store, then have each guest put together an outfit and strut her stuff. Each guest will use the chalkboard to score the ensembles from 1 to 10.



▲ Dress up vanilla cupcakes

Cupcakes are the little black dress of the dessert world: Dressed up or down, they’re always crowd-pleasers! For a lovely look, bake a box of vanilla cake mix in doubled-up cupcake liners. When cool, fill a pastry bag fitted with a star-shaped tip with vanilla frosting and pipe swirls onto cupcakes. Top with pearl-shaped sprinkles.

swap party!



Pep up the party with coffee cocktails

Keep your crowd energized by serving creamy iced coffee with a kick! To make each delicious drink, fill a glass with sweetened iced coffee, then top with a dollop of whipped cream and chocolate sprinkles. For a grown-up take on iced coffee, pour 3 oz. of chilled coffee into a shaker filled with ice, then add 1 oz. of rum and ½ oz. of cream; shake well, strain into glass and serve.

▼ Send them home smiling with to-go totes

After guests find their favorite looks, they'll tote their treasures home in custom shopping bags. Accettura made these by adding a printable label on dollar-store kraft paper bags. To get your own labels, search "Swap Party" at Lily-The-Wandering-Gypsy.com, print on sticker paper and attach to each bag. For a from-the-boutique touch, pick up pretty tissue paper and help guests pack up their finds.



◀ Cozy up candles with an adorable 'turtleneck'

If you come across a sweater in your closet that's not in the best shape for trading at the party, give it new life as an adorable decoration that you'll love long after the party is over! To make a cute candle cozy for an 8" pillar candleholder, cut the arm of a sweater to a length between 4" and 6", creating a "tube." Slide the tube around the candleholder, then pop in a pretty votive candle. For a 6" pillar candleholder, cut the sweater arm to 3" to 4" and slide around the candleholder. Tip: If the cozies start to slip down the candleholders, use poster putty to keep them in place. Simply press a few small pieces of putty between the cozies and the glass to secure.



3 tips for your best swap!

1 Send out invites

At least two weeks before your party, send invitations to your guests to let them know it's time to clear their calendar (and their closet) for the party! To make sure you have enough clothing to swap, ask guests to bring at least five pieces of clothing and/or accessories that are in good condition, wearable and freshly laundered. Tip: Have guests drop off their items a few days before the party to make setup easier on you.

2 Set up your own 'store'

For stress-free exchanging, entertaining pro Katherine Accettura advises sorting clothing by type. For her swap, she created separate stations on her coffee table for folded pants, shirts and dresses, then placed accessories in baskets and set out floor pillows so guests could sit and swap comfortably. Also smart: Display a full-length mirror (for as little as \$15 at big-box stores) nearby so guests can check out their new looks.

3 Donate the leftovers

No matter how stylish the swap, you'll likely have a few leftover items that haven't found a home—yet! Let guests know that any leftovers will be going to a good cause, like your favorite charity or thrift store. You can also search for charities that accept specific items like work-friendly clothes (like Dress for Success).

Pan'-tastic

With just 30 minutes' prep (or less!), these all-in-one dinners hot from the frying pan are a cinch to make any night of the week



Chicken Cacciatore

Meaty chicken in a rich sauce—flavored with smoky ham, garlic and tangy olives—only tastes like you've labored for hours yet is ready in a flash

- 4 each chicken drumsticks and thighs, about 4 lbs. total
- 1½ tsp. dried Italian seasoning
- ¾ tsp. salt
- ½ tsp. pepper
- 1 red pepper, quartered, sliced
- 1 onion, chopped
- 1 (4 oz.) chunk deli baked ham, diced (about ¾ cup)
- 1 clove garlic, minced
- 1½ cups cherry tomatoes
- ½ cup green olives

- ½ cup low-sodium chicken broth
- Fresh oregano (optional)

● Sprinkle chicken with seasoning, salt and pepper. Coat 12" nonstick skillet with cooking spray; heat over medium heat. In 2 batches, cook chicken until browned, about 10 min. each. Remove chicken. Discard pan drippings; wipe skillet clean. Coat skillet with cooking spray. Add pepper slices, onion, ham and garlic; over medium heat, cook, stirring, until softened, 5 min. Add tomatoes, olives, broth and chicken skin side

up. Bring to a boil; reduce to medium-low. Cover; cook until chicken is no longer pink near bones, 25 min.

● Using slotted spoon, transfer chicken, vegetables and olives to platter. Over medium-high heat, bring juices to boil; cook until reduced, 3–5 min. Pour over chicken. If desired, garnish with oregano.

Servings: 6. Active time: 30 min.
Total time: 1 hr. Calories: 533 Protein: 62g
Fat: 26g (7g sat.) Chol.: 311mg Carbs.: 9g
Sodium: 1,298mg Fiber: 3g Sugar: 4g

skillet suppers

Sausage Lasagna

No-fuss, no-boil noodles help speed this hearty classic—packed with plenty of ooey-goopy cheese and savory sausage—to your table fast

- 1 lb. Italian sausage links, casings removed, crumbled
- 1 (15 oz.) cont. ricotta cheese
- 1 egg
- $\frac{1}{4}$ cup grated Parmesan cheese
- 2 Tbs. chopped fresh parsley
- 1 (26 oz.) jar marinara sauce
- 1 (8 oz.) pkg. oven-ready lasagna noodles
- 2 cups shredded mozzarella cheese

● Heat 12" nonstick ovenproof skillet over medium heat. Add sausage; cook, stirring, until no longer pink, 10–12 min; remove. Mix next 4 ingredients; reserve. Mix sauce and $1\frac{1}{2}$ cups water; reserve.

● Spread 1 cup sauce mixture over bottom of same skillet; top with layer of 4 lasagna noodles, overlapping slightly. Dollop half of reserved ricotta mixture over noodles; top with half of sausage, 1 cup of reserved sauce and $\frac{2}{3}$ cup mozzarella. Repeat once.

● Top with remaining lasagna noodles; spread with remaining sauce. Over medium heat, cook until sauce starts to simmer, 8–10 min; cover. Over medium-low, cook until noodles are tender, 25–30 min. Top with remaining mozzarella; heat until cheese melts. Heat broiler. Broil until browned, 1–2 min.

Servings: 8. Active time: 30 min.
Total time: 1 hr. Calories: 452 Protein: 24g
Fat: 24g (11g sat.) Chol.: 91mg Carbs.: 34g
Sodium: 829mg Fiber: 3g Sugar: 8g



For a pop of both flavor and color, swap in a spinach or jalapeño-Cheddar wrap in place of the flour tortilla



Cheesy Beef Tortilla Pie

Store-bought salsa adds quick and easy south-of-the-border flair to our Tex-Mex take on pot pie

- 1½ lbs. ground beef
- 1 onion, chopped
- 2 tsp. ground cumin
- ½ tsp. salt
- 1 (24 oz.) jar mild chunky salsa
- 1 (10.8 oz.) pkg. frozen cut green beans, thawed, drained
- 1 burrito size (10½") flour tortilla, from 20-oz. pkg.

- 1 cup shredded Monterey Jack cheese
- 2 Tbs. chopped fresh cilantro or parsley

● Heat 12" nonstick ovenproof skillet over medium-high heat. Add beef, onion, cumin and salt; cook, stirring, until beef is no longer pink, 7–8 min. Stir in salsa; bring to boil. Cover; over medium-low, cook until flavors blend, 10 min., adding green beans during last 2 min. of cooking time.

● Heat broiler. Arrange tortilla over filling in skillet. Sprinkle cheese over tortilla. Broil until cheese is melted and lightly browned, 2–3 min. Let cool slightly, then sprinkle with cilantro or parsley before serving.

Servings: 6. Active time: 30 min. Total time: 40 min. Calories: 413 Protein: 28g Fat: 24 (10g. sat.) Chol.: 94mg Carbs.: 19g Sodium: 1,290mg Fiber: 5g Sugar: 8g

Curried Vegetable Rice Pilaf

With only 277 calories a serving, this meatless meal really satisfies, thanks to boldly flavored rice, lentils, squash and cauliflower

- 1 Tbs. olive oil
- 1 onion, chopped
- 1 tsp. curry powder
- 1 clove garlic, finely chopped
- 2½ cups vegetable broth
- ½ cup lentils
- ½ tsp. salt
- 4 cups (1½") cauliflower florets (about 12 oz.)
- 3 cups (¾") butternut squash chunks (about 12 oz.)
- ½ cup uncooked jasmine rice
- Half of 5-oz. pkg. baby spinach

- Heat oil in 12" nonstick skillet over

medium heat. Add onion and curry powder; cook, stirring, until onion is softened, 5 min. Add garlic; cook, stirring, 30 sec. Add broth, lentils and salt. Bring to boil; reduce heat to medium-low. Cover; cook 15 min.

- Add cauliflower, squash and rice. Bring to boil; reduce heat to medium-low. Cover; cook until rice and vegetables are tender and liquid is absorbed, 15 min. Turn off heat; stir in spinach until just wilted.

Servings: 4. Active time: 25 min.
Total time: 55 min. Calories: 277 Protein: 11g
Fat: 4g (1g sat.) Chol.: 0mg Carbs.: 51g
Sodium: 417mg Fiber: 11g Sugar: 7g

Make it easier: Buy precut butternut squash cubes and just trim them to size



Dazzle 'em with decadence

Dreamy meets creamy in our so-easy flourless chocolate cake with fluffy vanilla-kissed topping

Chocolate Espresso Cake

Gluten-free and oh so good!

- 2 Tbs. instant espresso coffee powder
- 2 Tbs. hot water
- ¼ tsp. salt
- ¼ cup butter
- 1 cup dark chocolate chips, preferably 53% cacao
- 6 eggs, separated
- 1¼ cups superfine sugar
- 1 (1 pint) cont. heavy cream (2 cups)
- 2 tsp. vanilla extract
- 2 Tbs. caramel sundae topping, at room temp.
- Unsweetened cocoa powder



Easy as 1,2,3!

1 Heat oven to 350°F. Coat 9"x3" springform pan with cooking spray. Line bottom with parchment; coat with cooking spray. In small bowl, dissolve espresso in hot water; stir in salt. Reserve. In pot, heat butter and chocolate over low heat, stirring, until melted and smooth; remove from heat. On medium-high speed, beat egg yolks and ½ cup sugar until mixture thickens and forms ribbons when beaters are lifted, 3–4 min. On

low speed, beat in chocolate and espresso mixtures until completely blended into batter.

2 In separate clean bowl on medium speed, beat egg whites until soft peaks form. Gradually beat in ½ cup sugar; on medium-high speed, beat until thick and glossy, 2–3 min. Gently fold into chocolate mixture. Transfer to pan. Bake until toothpick inserted into center comes out clean, 35–40 min. Let cool on rack.

3 On high speed, beat cream and vanilla with remaining sugar until stiff peaks form. Run knife around edge of pan. Remove side of pan; transfer to serving plate. Spread whipped cream over cake. Drizzle with caramel topping; sprinkle with cocoa powder.

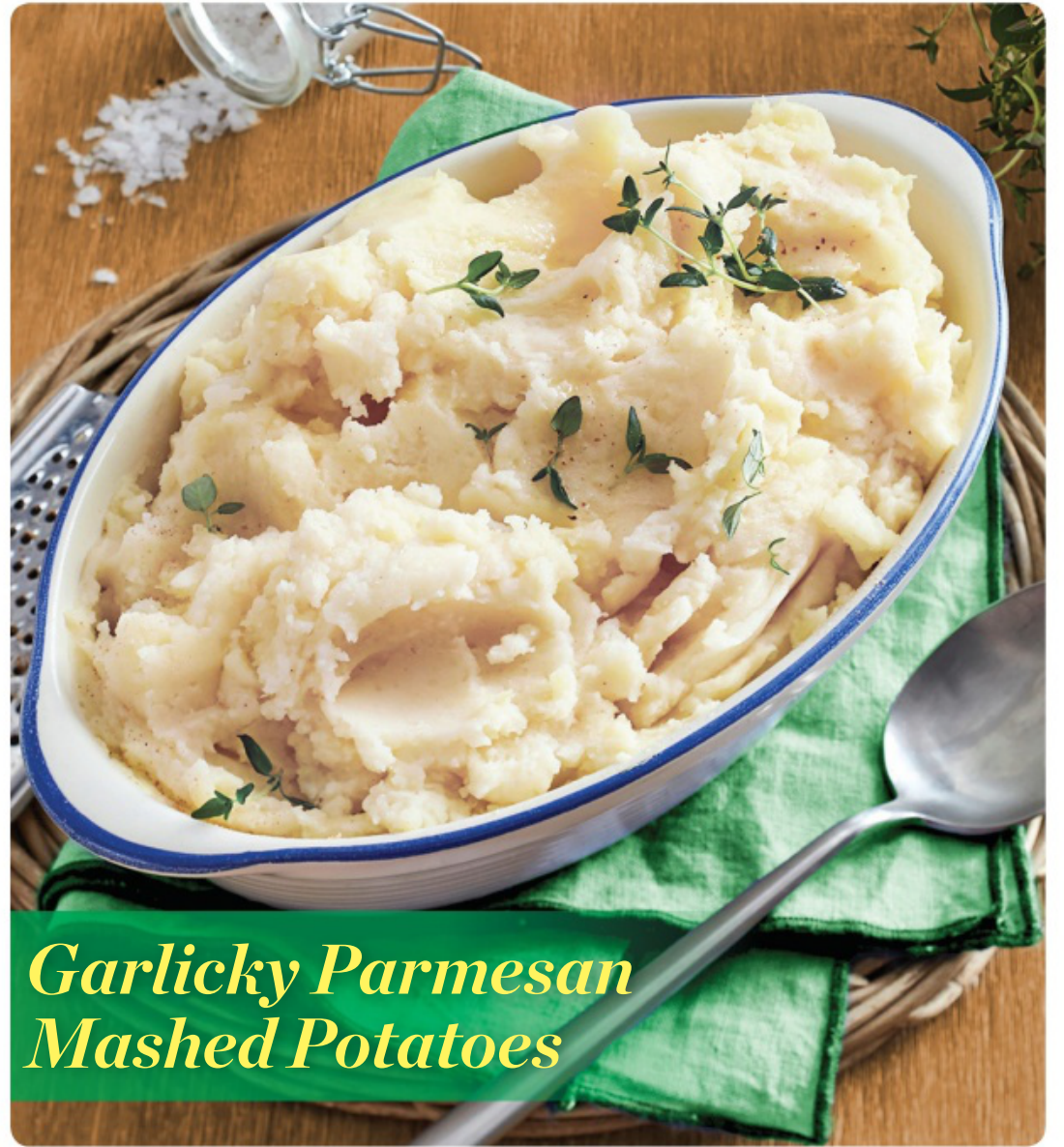
Servings: 12
ACTIVE time: 45 min.
TOTAL time: 4½ hrs.

Dinner made easy!

COLLECT A MEAL *WW*



*Creamy
Pea Soup*



*Garlicky Parmesan
Mashed Potatoes*



*Herb-Butter
Roast Chicken*



*Toffee-Almond
Chocolate Cupcakes*



Garlicky Parmesan Mashed Potatoes

Garlic cooked with the potatoes lends mellow flavor to this classic that's extra rich with cream cheese and Parmesan

- 2 lbs. Yukon Gold potatoes, peeled, cut into 2" pieces**
 - 3 cloves garlic, sliced**
 - $\frac{3}{4}$ cup milk, warmed**
 - 4 oz. cream cheese**
 - 3 Tbs. butter**
 - $\frac{1}{2}$ tsp. salt**
 - $\frac{1}{4}$ cup grated Parmesan cheese**
 - Fresh thyme (optional)**
- In large pot, combine potatoes and garlic with enough water to cover. Over high heat, bring to boil; reduce heat to medium-low. Cook until potatoes are tender, 15–20 min. Drain and return potatoes to pot over low heat.
- Add milk to potatoes; mash. Add cream cheese, butter and salt; mash until desired consistency. Stir in Parmesan. Transfer to serving bowl. If desired, serve sprinkled with fresh thyme.

Servings: 6. Active time: 20 min. Total time: 40 min.
Calories: 264 Protein: 6g Fat: 14g (9g sat.) Chol.: 40mg Carbs.: 30g
Sodium: 377mg Fiber: 2g Sugar: 3g

Creamy Pea Soup

Our fuss-free soup made with a touch of cream and convenient frozen peas preps in just 30 minutes

- 1 Tbs. olive oil**
 - 3 shallots, chopped**
 - 12 oz. all-purpose potatoes, peeled, cut into $\frac{1}{2}$ " pieces**
 - $1\frac{1}{2}$ tsp. salt**
 - $\frac{1}{2}$ tsp. pepper**
 - 4 (14.5 oz.) cans low-sodium chicken broth**
 - 2 (16 oz.) pkgs. frozen peas, thawed**
 - 2 Tbs. chopped fresh dill**
 - $\frac{1}{2}$ cup heavy cream + additional**
 - Crumbled cooked bacon (optional)**
- In large pot, heat oil over low heat; add shallots. Cook, stirring, until softened, 2 min. Add potatoes, salt and pepper; cook, stirring, until golden, 2 min. Add broth; cover. Over medium-high heat, bring to boil; reduce to low. Cook until potatoes are tender, 15 min.
- Add peas and dill; cook 2 min. Cool slightly. In blender, puree until smooth. Strain; return to pot. Over low heat, stir in $\frac{1}{2}$ cup cream. Garnish with cream and bacon.

Servings: 8. Active time: 30 min. Total time: 45 min.
Calories: 199 Protein: 8g Fat: 7g (4g sat.) Chol.: 17mg Carbs.: 26g
Sodium: 803mg Fiber: 6g Sugar: 7g

Toffee-Almond Chocolate Cupcakes

Bits of toffee dot mix-easy cupcakes covered with fluffy almond whipped topping for a deliciously sweet ending

- 1 (15.25 oz.) pkg. devil's food cake mix**
 - 3 eggs**
 - $\frac{1}{3}$ cup oil**
 - 6 Tbs. honey**
 - 1 (8 oz.) pkg. toffee bits**
 - 2 Tbs. almond butter**
 - 1 (8 oz.) cont. frozen whipped topping, thawed**
 - Melted chocolate, candy bar pieces and mint leaves (optional)**
- Heat oven to 350°F. Line 24 muffin cups with cupcake liners. On low speed, beat cake mix, 1 cup water, eggs, oil and honey until blended, 30 sec.; on medium speed, beat 2 min. Stir in toffee. Divide among liners. Bake until pick inserted into centers comes out clean, 18–21 min. Cool 5 min. Transfer from pans to racks; cool. Stir almond butter into topping. Pipe mixture over cupcakes. Garnish as desired.

Servings: 24. Active time: 40 min. Total time: 2 hrs., 10 min.
Calories: 204 Protein: 2g Fat: 10g (4g sat.) Chol.: 26mg Carbs.: 27g
Sodium: 195mg Fiber: 1g Sugar: 20g

Herb-Butter Roast Chicken

Creamy butter and a garden of fresh herbs flavor succulent chicken that's ready for roasting in a fast 15 minutes

- $\frac{1}{4}$ cup butter, at room temp.**
 - 1 Tbs. chopped fresh parsley**
 - 1 Tbs. chopped fresh thyme**
 - $\frac{1}{2}$ tsp. grated lemon zest**
 - $\frac{1}{4}$ tsp. onion powder**
 - $\frac{1}{2}$ tsp. salt**
 - $\frac{1}{4}$ tsp. pepper**
 - 1 (6–7 lb.) roasting chicken**
- onion powder, salt and pepper. Place chicken in large roasting pan. Separate skin from chicken breast, starting at neck. Spread 2 Tbs. butter mixture over meat under skin; smooth skin over. Rub remaining mixture over skin.
- If desired, truss chicken. Roast until chicken is no longer pink near bones, about 2 hrs. Let stand 10 min. before carving.
- Heat oven to 375°F. Mix butter, parsley, thyme, zest,

Servings: 6. Active time: 15 min. Total time: 2 hrs., 25 min.
Calories: 653 Protein: 59g Fat: 45g (18g sat.) Chol.: 231mg Carbs.: 0g
Sodium: 493mg Fiber: 0g Sugar: 0g



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For more style tips, check out Palmisano's new design book, *Rock Your Rental*, \$24, [Amazon.com](https://www.amazon.com), or visit [JoannePalmisano.com](https://www.JoannePalmisano.com)



FOR A CALMING CREATIVE CORNER...

"When life gets hectic, it is so important to take some time for yourself in a quiet, calming space," notes Palmisano. "And carving out a cozy retreat for reading or writing is easy—all you need is a comfortable chair, soothing hues and warm lighting." Here, the calm blue hues that envelop the room serve as a soothing backdrop for crafting or journaling. "And layering textures, like the rug, drapes, chair and throw pillows, helps to absorb sound and echoes and enhances coziness."

FOR A SUNNY BREAKFAST CORNER...

"This feel-good nook embraces you and makes you feel like you're in a mini café," says Palmisano. "It's perfect for breakfast, teatime and snacking—I like that it's intimate and inviting unlike a larger formal dining space." To get the look, tuck a small bistro-style table and chairs into a corner, then place a fuzzy rug on the floor. Finish by displaying "fresh" accents like supermarket blooms and a tray of fruit. "Sunny lighting and views also offer a reenergizing lift," she says. "Simply being able to connect visually with nature boosts happiness!"

in a cozy corner!

The latest trend in home design? Creating a ‘quiet corner’ where you can unwind after a stressful day. Here, interior designer Joanne Palmisano, who has appeared on the DIY Network and HGTV, shares her easy and affordable ideas for setting up a serene nook in any spare spot in your home

FOR A LAID-BACK YET LUXE CORNER...

The main elements to creating a restful, revitalizing lounge area where you can sink into a book or curl up in ultimate comfort: layering a seating area with plush textiles and relaxing neutral hues, according to Palmisano. To get the look, start by anchoring the corner with a soft, velvety accent rug, then dress up the sofa with faux-fur throws and fluffy pillows in snowy hues. Explains Palmisano, “Cozy, creamy white and off-white colors are neutral to the eye and allow you to focus on relaxation.”



WW Picks: Little hits of happy!

Spark serenity ▶

Soothe the senses with the calming aroma and warm flicker of a bergamot-scented candle. (\$24, Bergamot Waters 3-Wick Candle, BathAndBodyWorks.com)



◀ Bring on smiles

A sea-inspired pillow is sure to double joy and cozy comfort when set on a seat. (\$24, Summertime Throw Pillow, Society6.com)



Add cheery charm ▶

Sunny faux tulips brighten up any surface in seconds—and they’re guaranteed to last and last! (\$30, Pure Garden Artificial Tulip Arrangement, BedBathAndBeyond.com)



The surprising brain benefits of clearing clutter

These tidying tactics can enhance mood, slash anxiety, improve focus and more!

Boost creativity *with eye-pleasing greens*

“Gazing at nature is so restorative because it engages our senses without overly taxing our attention, a phenomenon known as ‘soft fascination,’” reveals environmental psychologist Ann S. Devlin, Ph.D. Fostering this relaxed-yet-focused state of mind with houseplants also helps us effortlessly organize. That’s because we naturally resist cluttering areas filled with joy-inducing greens. Bottom line: If a table or surface in your home is a stubborn “stuff magnet,” just add a plant or two as a mess-preventative.



Slash stress *with circles*

From the hopeful arc of the horizon to the sweet round face of a baby, we’re drawn to soft curves because they signal safety. In fact, studies show we feel happier in spaces decorated with circular touches like round throw pillows. To tap the *organizational* benefit of this principle, consider corraling bills or mail that needs attention in a rounded tray—just seeing the soothing shape tames stress and increases working memory, which typically takes a hit when we’re dealing with tension-spiking paperwork.



Curb junk-food cravings *with a makeover sprint*

Taking just 10 minutes to, say, put away one pile of clothes or return five items to the rooms where they belong “can give you more motivation than a week of dieting,” promises Breininger. “Small stretches of decluttering trigger the release of endorphins that help lift depression and quash emotional eating.”



Reach deeper sleep *with an eye-level swipe*

Clutter dials up anxiety by reminding us of looming to-do’s. Nowhere does this “tomorrow tension” have a bigger effect than in the bedroom. “When our brain is overstimulated, our worries keep us up,” says organizer Dorothy Breininger. Just look around your bedroom. Are there papers signaling “work”? Relocating them will prime you for rest. “It’s why we feel calm in a hotel room—the surfaces are neat.” Borrowing this trick for areas at eye-level creates a sleep haven.



Melt morning tension *with a go-to closet*

The volume of decisions we make over the course of the day increases stress. Nip this mental fatigue in the bud by organizing your closet by *mood* instead of clothing type, says Breininger. “I worked with an artist, and we divided her closet into categories like ‘creative grubbies’ for making art and ‘cheerful casuals’ that made her happy.” This way, when you open your closet, you don’t have to overtax the decision-making part of your brain—you just have to *feel*.

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\$\$\$ Cash in this week!



Melanie Still, 41,
San Francisco

“I make up to \$400 a month ‘wrapping’ my car with ads!”

When Melanie Still realized she could profit by renting out ad space on her car, she started raking in the cash! Here’s how

“After spending a decade as an executive paralegal and investigator, I was ready to make a change, so I became a rideshare driver with Uber and Lyft. Then about two years ago, I read an article about ways drivers could earn extra money with Wrapify (Wrapify.com), an advertising company that places ads on cars as part of their campaigns. I was intrigued, so I looked it up!

“All I had to do to qualify was download their app on my phone, then drive 50 miles in

one day. Once chosen for a campaign, you agree to have your car wrapped with ads, which, depending on the campaign, can pay \$250 a month for a partial wrap (just the side doors). And the pay increases for a full wrap (covers most of the car) or for driving more miles.

“Since starting, I’ve earned about \$400 a month for the campaigns I’ve done—all of which ran longer than planned and ended up paying even more! Having my car wrapped, I earn

enough each day to fill up my tank for the next day, drastically cutting my expenses as a rideshare driver! I also love the extra attention the wraps on my car bring me. I get stopped at stop signs, red lights and gas stations, even at the terminal at the airport by people directing traffic. Everyone wants to know about the wraps and how they can get them! As long as I’m driving, I’ll continue to wrap my car. My goal is to land a yearlong campaign.”

Win big at WomansWorld.com!

Win Aloisia Marie Beauty skin care!

Unlock the fountain of youth with 10 chances to win age-defying skin care from Aloisia Marie Beauty! The prize includes the 7 Day Skin Care System, a line of seven rejuvenating and pampering face masks along with a bonus collagen mask and a terry cloth headband! *U.S. only. Ends 11:59 PM ET, 3/12/2020*



Win \$1,000!

Spoil yourself rotten or boost your bank account when you’re the winner of \$1,000 of cold, hard cash! Simply enter for one chance to win big! *U.S. only. Ends 11:59 PM ET, 3/12/2020*



Win a Current mattress and blanket!

Fall into a deeper, more restful sleep, every night with one chance to win a Current queen mattress, uniquely engineered with the optimal ratio of foam to pocketed spring coils that soothes, supports and aligns the body for healthier sleep. In addition, the winner will also receive a soft, cozy Current lap blanket! *U.S. only. Ends 11:59 PM ET, 3/12/2020*

Win a PhoneSoap 3!



Power up your smartphone while fending off germs with five chances to win a PhoneSoap 3! This UV-C light sanitizer kills 99.99% of bacteria on your phone in just 10 minutes. A fit for smartphones of any size, the dual-use port also features an audio amplifier, two universal charging plugs and a microfiber cleaning pad! *U.S. only. Ends 11:59 PM ET, 3/12/2020*

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No-sweat ways to
auto-track the
best deals in
real time!



Always pay the lowest price!

Annoyed when someone gets a better rate for the same car, flight, hotel room or product you purchased? Try these tips to guarantee you get the best deal too

Start a bidding war for your next car

Simply call dealers and tell them that you're accepting bids for the car you want—and the lowest bid gets the sale. According to the nonprofit consumer organization Consumers' Checkbook, this saves car buyers on average \$1,300 because when dealers compete with other dealers—instead of with you—they know how low they can really go and still make a profit. Renting a car? Reserve it at AutoSlash.com. The free site looks for discounts and coupons when you book, then alerts you if the price drops after so you can rebook at the lower rate.

Get a heads-up on low-price airfare

A smart way to fly for less? Visit Google.com/flights, then enter your starting point, destination and travel dates. Based on past sales, the site lets you know if the ticket's price is low (snap it up now) or high (turn on tracking to monitor prices and get an email when they drop)! Also great: If the price drops within 24 hours of purchasing the ticket (and it's more than a week from your departure date), in most cases you're legally allowed to cancel for free, then rebook at the lower price. Research shows this can save you up to 20%!

Book direct for the cheapest hotel room

Hotels like Hilton, Holiday Inn and Ramada prefer when you book through them rather than travel sites like Orbitz or Expedia. So they'll offer "best price guarantees" that promise their rate will be the lowest you can find anywhere online, and if you do find a lower rate, they'll match it or give you bonus reward points. If the hotel you choose has a free cancellation policy, email your reservation information to Pruvo.net, a free hotel price tracking site. If the rate of the same room type drops, you'll get an alert so you can nab the cheaper price.

Download this tool for surprise online discounts

Online retailers tend to lower their prices unexpectedly. So how do you know when an item you want has gone on sale, without checking over and over? Visit JoinHoney.com and download their free browser to your desktop or smartphone. When you find an item you want, put it in your "Droplist" and you'll be notified when the item gets discounted! And have no fear if the price drops after you buy it. Many online retailers and credit card companies will adjust the price if it's within seven to 14 days of purchase.

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Relax with Brain Games

CROSSWORD

Fame and fortune

Use the letters highlighted in the puzzle to spell a place for stars

ACROSS

- 1 Palindromic girl's name
5 Word before check or date
9 Way, way off
13 Harness part
17 Hamburger meat
18 Enthusiastic about
19 Singer Turner
20 "If all ___ fails..."
21 Water pitcher
22 This-and-that dish
23 They can be inflated
24 Clobber with snowballs, say
25 Zebra features
27 Triumphant cries
29 Puts to the test
31 Garage contents
32 Cool drinks
33 Victorian, for one
34 Nearby

- 37 Fireplace flickerers
39 Concern
42 Wrought ___
43 Say grace, e.g.
44 It may be put in a bun
46 Bachelor's last words
47 Fellows
48 Wranglers alternative
49 Like the sound of a siren
52 Roman robe
53 Pep rally features
56 Gutter site
57 Better
58 Inventor Whitney
59 It doesn't pay
61 Stocking's end
62 Early stage
65 Extra dry
66 Compensated
71 Play in the alley
72 Heartbreaking

- 74 Sweet potato
75 Big bird
76 Airport posting (abbr.)
77 Group of tents in the woods
78 Forever and a day
80 Doll's cry
81 Hollered
83 Molded
86 Record material
87 Young chap
88 Storage rental
89 Pig's place
90 Selected
93 Revise
94 Untouched
98 Column crossers
99 Getaway spots
101 A bit cracked
103 Tex-Mex snack
104 Butter substitute
105 Chanel of fashion
106 Missing

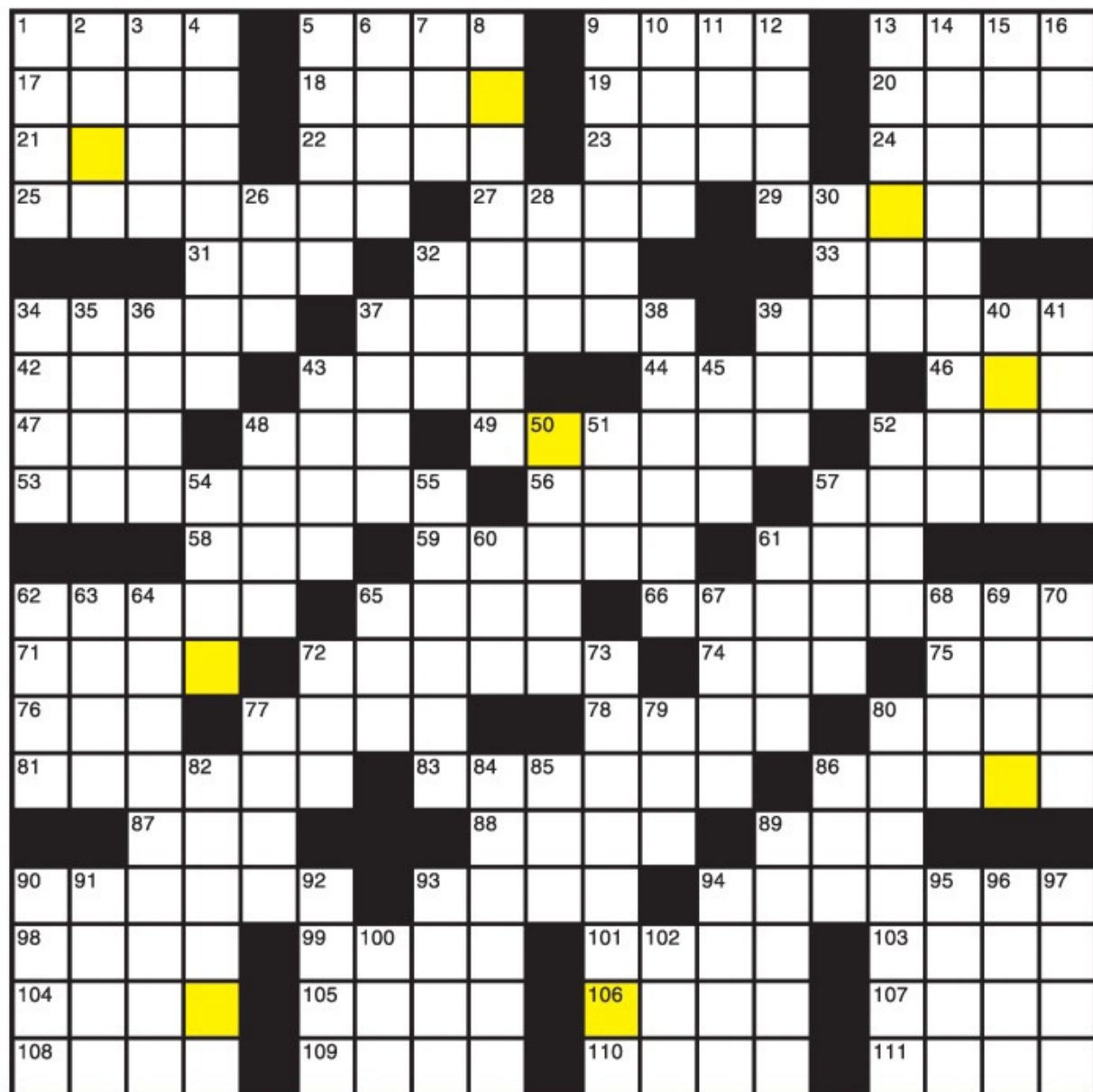
- 107 Beige shade
108 Untrustworthy types
109 All square
110 Command to Fido
111 Gardener's spring purchase

DOWN

- 1 Lincoln and Vigoda
2 Colorful salamander
3 At no time, poetically
4 Kind of violet
5 Stage item
6 Aardvark fare
7 Suffix with social
8 In these times
9 "Relax, and that's an order!" (2 wds.)
10 Newton filler
11 "I'll take that as ___" (2 wds.)

- 39 "Cool" amount
40 Slight advantage
41 Crowd noise
43 Prefix with scope
45 A pint, maybe
48 Bounce
50 Fictional Swiss miss
51 Zodiac beast
52 Ticket info, maybe
54 Experience
55 Odds and ends
57 Pillow filler
60 Fix, in a way
61 "___ the night before ..."
62 Comply with
63 Musical sound
64 Gulp
65 Hand holder?
67 Checked out
68 Campus bigwig
69 TV award
70 Designed for two
72 Bit
73 Uppercase letters

- 77 Formally surrender
79 Obtain
80 They're taken at meetings
82 Cowboy's ropes
84 Actress Jennifer or Kate
85 *Wheel of Fortune* purchase (2 wds.)
86 Animal doctor
89 Celebrate
90 Gator's cousin
91 Spanish hello
92 Not naughty
93 Suffix with differ
94 Astronaut's insignia
95 Marathon
96 Small field
97 Opposite of quiet
100 Oct. follower
102 Write quickly



- 12 Hoarse voice
13 Bit of news
14 Height above sea level
15 Small island
16 Brings home
26 Amigo
28 Alter, in a way
30 Back
32 Pie ___ mode
34 Tree branch
35 Crème-filled cookie
36 N.Y. neighbor
37 At liberty
38 Small shake

Sudoku

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

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

Getty (2); Alamy



For answers to Crossword and Sudoku, turn to pg 48

SOLVE-IT-YOURSELF Mystery

White collar crime

Marlyns Winslow entered Francine's Dog Salon with her trusty Westie, Watson, for his weekly scheduled grooming. Waiting in line ahead of them stood a well-known Parkview City socialite, Edna Blanchett.

"Hello, Mrs. Winslow," the receptionist said with a wide smile. "I'll be with you and Watson shortly. Feel free to browse our boutique. Everything's on sale for 50% off today."

"Thank you, Hana." Marlys glanced at a wall of rhinestone leashes and collars; too ornate for Watson, as he preferred Highland plaid sweaters and Scottish tams.

The salon owner, Francine Coleman, entered the room holding a black teacup poodle. "Here's Fifi, Mrs. Blanchett. All ready to go home!"

Edna took Fifi in her arms, when suddenly, she gasped. "Why, this isn't her collar! Someone stole Fifi's collar! Call the police!"

Francine startled. "Are you sure?"

"Positive. I'd recognize cheap rhinestones anywhere!"

As a retired ER nurse, Marlys could see that Edna was hyperventilating and helped her to a chair nearby. "Take deep breaths, Edna. I'm sure Fifi's collar was just misplaced. Can you describe it for us so we can look for it?"

"Of course," Edna exhaled, trying to compose herself. "It is made of white kidskin laced with 24 princess-cut diamonds. It's worth \$3,000. It's simply gorgeous against Fifi's coat."

Francine gasped. "Oh, dear! If I'd known those stones were real, I would've insisted you take it home with you in the first place."

Marlys had experienced a lot of strange things in her years, but a diamond-studded dog

collar topped them all. "Edna, did you tell anyone what they're worth?"

She raised her chin defiantly. "Certainly not. But earlier, when that receptionist over there tried to sell me a cheap knockoff of the same color, I told her Fifi would only ever wear *real* diamonds."

"Don't you worry, Edna," Marlys assured. "I'm the president of Parkview's Mystery Book Club. Watson and I will get to the bottom of this."

Watson sniffed the poodle, then snubbed her. "Or maybe just one of us will," Marlys muttered. "Francine, where did you last see Fifi's collar?"

"In the grooming area."

Marlys followed Francine into an adjacent room.

"The collar was hung on the hook next to Fifi's kennel."

"Who groomed Fifi?"

"I did," Francine said. "My receptionist checked her in, and Andrew bathed her."

"Where's Andrew now?"

"He's just outside walking one of the other dogs."

"May I speak with your employees?"

"Of course." Francine left the room and returned with two young people in tow. "You already know Hana Dermot,

my receptionist. This is Andrew Moore, my assistant."

"Hana, when was the last time you saw Fifi's collar?" Marlys asked.

Hana folded her arms. "After I checked Fifi in, I hung it next to her kennel and that was the last time I saw it—I swear! Talk to Andrew. He's broke and looking for another job, but no one will hire him because he's on probation for petty theft."

"Only because my paycheck bounced," Andrew protested. "Otherwise, I really like working here. I know it's not my place to talk, but Hana told me her husband filed for divorce last week and she needs money to hire a good lawyer."

Marlys turned to Francine. "And is it true you're having trouble making payroll? That's the word around town."

Francine's face reddened. "My bank account's a little tight, but I'd never steal from a client. Can you help us find it?"

"It's not lost," Marlys said. "But I have a hunch about who might've taken it."

—Yvonne Weers



"If it's really important,
I can send it by turtle mail"

Order Up!

Can you guess which happened first, second and third?

- **A.** Spice Girls climb the charts with "Wannabe"
- **B.** *Big Brother* debuts on CBS
- **C.** Paulo Coelho's bestselling book *The Alchemist* hits bookstores



Person, Place or Thing?

Can you guess what I am?

- | | |
|--|---|
| ☐ I'm popular with the young and old | ☐ I come in patterns of cable or lace |
| ☐ I like to get crafty | ☐ I'm not one for jokes, but I might leave you in stitches |
| ☐ My 'K' is silent | ☐ Sheep are very important to me |
| ☐ You might master me in a class—or just teach yourself | ☐ I've got my own special needles |
| ☐ I can be done by hand or machine | ☐ Have I got a yarn for you |



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

Expect the best, and it's more likely to happen!

Day 2

You can do incredible things with what you have

Day 3

Your list of great qualities is so much longer than you think!

Day 4

Kindness still works wonders

Day 5

Your best is so much better than good enough!

Day 6

The past doesn't direct the future. You do!

Day 7

Power up your dreams. Believe!

Lifesaving angel

When *Woman's World* reader Arlonda Glenn suffered a potentially deadly complication during her pregnancy, she and her baby were saved by an angel. She writes:

As I dragged myself and my seven-month pregnant belly out of bed, I heard a pop, and water started running down my legs. Fear gripped me. It was too soon for the baby to come.

My husband rushed me to the hospital, and we prayed that God would protect our baby boy.

I was given medication to stop the contractions. And it seemed to work. A nurse explained that everything looked good, and I would just need to be on bed rest when, suddenly, another doctor came into my room and said she needed to check on me. The nurse told the doctor that I had already been checked and everything was fine. As they spoke, I learned the doctor wasn't even on duty.

The off-duty doctor was persistent and checked me and my baby anyway. The next thing I knew, she shouted, "She needs an emergency C-section now!"

I was immediately rushed to another room and prepped for surgery. I looked for my

husband, but I didn't see him. I just started praying.

Things moved quickly, but just as my baby took his first

"Nobody knows why that doctor came into my room, but I'm convinced my guardian angel prompted her!"

breath, I finally saw my husband walk through the doors. He was reaching for our son with tears in his eyes.

Soon after, my regular doctor came in and said, "Arlonda, God was watching over you." She told me my placenta had detached and was suffocating my son. If the off-duty doctor hadn't stepped in and known exactly what to do, my husband would have lost both me and our son.

As I lay there, the anesthesiologist rolled over on his seat with wheels, leaned in and said, "God was in this room with you. It was nobody but Him. In my 32 years of working, I've never seen anything like this."

Nobody knows why that doctor came into my room that night and persistently wanted to check on me. She later said



that she simply had a strong urge to stop into my room as she walked past. I'm convinced it was my guardian angel who prompted her and saved my life and the life of my son.



ANGEL EXPERT KYLE GRAY SAYS...

"Angels are divine beings who can inspire anyone who's willing

to be of service into action. Doctors make particularly good candidates as they have already dedicated themselves to helping others. The fact that this doctor was off duty and says she felt compelled to stop and check Arlonda confirms the angels' involvement.

"Over my years of studying and experiencing angels, I've come to understand that we should never underestimate the power of prayer. I believe it was Arlonda's prayers that led to the miracle she received that day."

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



“A SMILE MEANS SO MUCH!”

I always take time to thank clerks when I leave a store because I know how much other people’s smiles mean to me. When

people greet me with a smile, it makes me feel so good, no matter what is going on in my life. We don’t ever know how another person may be feeling or what thoughts they might be experiencing, but perhaps a smile you offer could make them feel like someone cared enough to acknowledge their existence. The best part is that a smile costs nothing. It may just be the most valuable gift a person can receive to lift up their spirit. I know it’s often been for me!

—Carol Szczepanik, Hastings, FL

“I WAS SO SURPRISED WHEN HE DIDN’T CHARGE ME!”

A few months ago, in a parking lot, I was approached by a man who said that a backup light and wiring on my car was hanging loose, dragging on the pavement.

He offered to fix it, and I decided to let him. Once he was finished, I was so surprised when he said he wouldn’t charge anything. He said he was just looking out for me since it could have been an electrical hazard with the wires dragging on the pavement. I was very grateful to him.

—Arlene Boyer, Sterling Heights, MI



“MY HEART JUMPED AT THEIR UNEXPECTED KINDNESS!”

A few weeks ago, an elderly gentleman in front of me at the supermarket checkout line attempted to pay with a credit card, but it got declined. He slowly began to choose

items he had enough cash to pay for. When impatient shoppers behind me started grumbling, I told the cashier that I would cover the man’s purchases. He was so stunned, tears flooded his eyes. Recently, I learned just how he felt. I am on a fixed income, but I treated myself to lunch at a high-end restaurant because it was my birthday. At the end of my meal, my server told me that another patron had paid my check. My heart jumped at their kindness, and tears flooded my eyes! I felt truly blessed.

—Mary Monroe, Oakland, CA

Instant aah...

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

“In March, winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too”

—Jean Hersey



We pay \$50!

Do you have an act of kindness of your own 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.

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you weren't looking forward to it. I can't imagine you not being here. I can't imagine losing you without saying what I feel."

She'd never heard such a torrent of words from him. He was quiet. Taciturn. He was sweet and noble, but he hid it well. And he was right. She hadn't been looking forward to the move, to the new job or apartment. At first she'd convinced herself it was fear. A new start was supposed to come with doubts and trepidation. But the doubts had only sunk deeper, until... "Mac, I already decided not to go."

He expelled a breath, as if he'd been holding one in. "When?"

"Yesterday. Last night. I thought about what you said the other day about change. That where you are doesn't change you, only who you are and what you decide does. You were right. I thought I needed

new places and new people to...grow or learn. But an office job in Portland doesn't really change who I am or what I want. My parents think I need better than Jasper Creek," she added, "but it's done well enough for me so far."

"Is that it?"

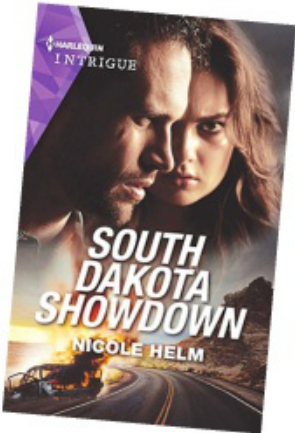
"No." No, it wasn't it. Her heart was beating so fast. She'd never been certain of Mac's feelings for her. He had a past, and he had been dedicated to his bachelor ways. But he was here when he didn't have to be. He'd even asked her to stay before she said she would.

"I hated the thought of being somewhere you weren't," she said, her words barely a whisper over the pounding of the rain. His eyes gleamed as he cleared his throat. "I'm probably stranded out here for a bit. Maybe we could go to dinner." He held out his hand. "A date," he said firmly, making sure she understood they weren't just friends any longer.

Thank God. "I'd like that." Violet felt like crying as she slipped her hand into his. Happiness. There were nerves here, and some fear too, but mixed with all that was hope. This was what she was supposed to feel with a new start.

Sometimes a person didn't need a new place for a fresh start—just a fresh perspective on home. —*Nicole Helm*

For more exciting romance, pick up Nicole Helm's latest book, *South Dakota Showdown*, on Harlequin.com or wherever books are sold.



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Games Answer Key

Brain Games on page 44

was promptly fired. fessed and returned the collar to Edna, and the rack. Upon being confronted, she con- exchanged it for a cheap knock-off from made of real diamonds, she snatched it and out that the collar around Fifi's neck was pay for her legal fees. So when she found

struggling to she was indeed monious divorce, midst of an acri- just like it. In the a rhinestone one swapped it with lar from Fifi and diamond col- Hana stole the solution

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

This week's Sudoku solution

by Maressa Brown

PISCES Feb. 19–Mar. 20

You may feel extra sensitive on the 8th, thanks to a sun-Neptune meet-up in your sign. Carve out solo time for a rejuvenating activity. On the 9th, striking a balance between your needs and those of a loved one strengthens bonds.

Lucky days: March 8, 13, 14

Lucky numbers: 1, 3, 7



ARIES Mar. 21–Apr. 19

You'll experience a burst of energy on the 9th. Put it toward bolstering your work-life balance for relaxing rewards! On the 14th, an out-of-the ordinary experience offers the horizon-broadening you've been craving.

Lucky days: March 9, 12, 14

Lucky numbers: 6, 9, 12



TAURUS Apr. 20–May 20

Look forward to a lucky switch-up related to moneymaking on the 8th. Share this news with friends, and your social connections will benefit too. Starting on the 9th, a break from work sets the stage for fun with loved ones.

Lucky days: March 8, 9, 10

Lucky numbers: 1, 4, 6



GEMINI May 21–June 20

You'll get the green light to make travel plans on the 9th. The experience can be truly enlivening! On the 11th, you may be tempted to stay up late talking or working on a project. Avoid burnout by making time for self-care.

Lucky days: March 9, 11, 12

Lucky numbers: 5, 9, 14



CANCER June 21–July 22

You'll need to tackle a flurry of errands when the full moon is in your communication zone on the 9th. Finish the must-do's and focus on the want-to-do's! Come the 13th, an artistic project takes your skills to new heights!

Lucky days: March 12, 13, 14

Lucky numbers: 3, 14, 18



LEO July 23–Aug. 22

Think about how your daily work best reflects your values around the 9th. Perfecting minor details can make for major rewards! On the 12th, brainstorming with a friend leads to an empowering collaboration. Go for it!

Lucky days: March 11, 12, 14

Lucky numbers: 1, 2, 7



VIRGO Aug. 23–Sept. 22

Frustration may flourish if you've been missing out on self-care come the 9th. Putting time toward an activity you love brings inner peace. On the 12th, changing your routine brings on new moneymaking opportunities. Dive in!

Lucky days: March 10, 12, 13

Lucky numbers: 2, 5, 6



LIBRA Sept. 23–Oct. 22

Pitch a passion project after the 9th: You'll feel heard! Then on the 11th, you'll want to take on a project that turns out to be more involved than you realized. Asking for support from loved ones can preempt stress.

Lucky days: March 9, 10, 12

Lucky numbers: 5, 6, 14



SCORPIO Oct. 23–Nov. 21

Starting on the 9th, focus on a team project. Socialization and collaboration boosts bonds and brings success! Then get in touch with your deepest desires on the 13th. Meditation or journaling works wonders!

Lucky days: March 8, 9, 13

Lucky numbers: 3, 9, 11



SAGITTARIUS Nov. 22–Dec. 21

Connecting with colleagues is easy once Mercury ends its retrograde in your communication zone on the 9th. Smooth over any confusion for a win! On the 14th, quality time with loved ones deepens your bond.

Lucky days: March 11, 12, 14

Lucky numbers: 2, 3, 12



CAPRICORN Dec. 22–Jan. 19

Pursue new streams of income or more responsibility at work after the 9th. The way you express your drive and focus impresses higher-ups. And on the 13th, have that heart-to-heart with a close friend for clarity and healing.

Lucky days: March 9, 12, 13

Lucky numbers: 2, 7, 11

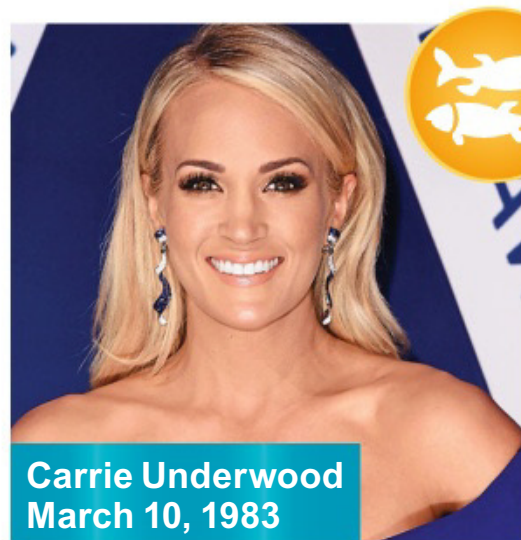


AQUARIUS Jan. 20–Feb. 18

Sharing ideas with colleagues comes easily as Mercury moves forward in your sign on the 9th. Lean in: A win is on the way! On the 12th, new travel or educational opportunities boost your skills. Dive in for rewards!

Lucky days: March 9, 11, 12

Lucky numbers: 5, 8, 9



Carrie Underwood
March 10, 1983



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

Pisces, buckle up for an amazing ride this year! In early April and late June, Jupiter pairs with Pluto in your networking zone, driving you to work with colleagues on a passion project. Mixing hard work and the good luck you have in this moment,

you're sure to enjoy a group win! Then in early July, when the lunar eclipse falls in your networking zone, focus on a community goal and enjoy the personal growth that follows. In mid-August, Mars in your money zone squares off against

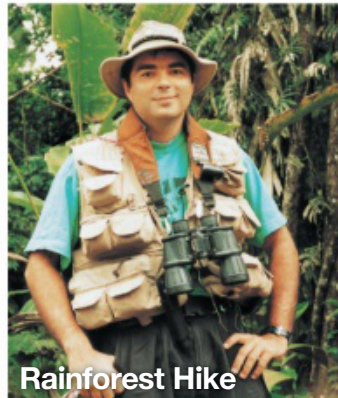
Pluto in your networking zone, and a power struggle related to cash flow ensues. By late November, the lunar eclipse in your home zone highlights relationships with loved ones. Make moves that boost feelings of security and comfort.



Manuel Antonio National Park



Keel-billed Toucan



Rainforest Hike



Capuchin Monkey



Morpho Butterfly



Caño Negro Wildlife Refuge

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Day 1 San José, Costa Rica

Welcome to the "rich coast," friendly land of democracy and natural beauty. Caravan provides airport transfers.

Day 2 Sarchi, Coffee Plantation

Visit the artisan village of Sarchi. Shop for colorful handicrafts and see traditional oxcart painting, considered the national symbol of Costa Rica. Then, tour a coffee plantation. Visit a butterfly garden.

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

Tour ends after breakfast. Caravan provides airport transfers. Thanks for vacationing with Caravan!

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Hotels - listed by day

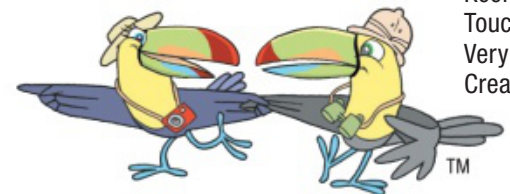
- 1, 2 **San José** Barcelo Palacio
- 3, 4 **Fortuna** Magic Mountain
- 5, 6 **Guanacaste** J.W. Marriott
- 7 **Manuel Antonio** San Bada
- 8 **San José** Real InterContinental

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Let the antebellum charm and bluesy tunes of Baton Rouge draw you in! This Louisiana locale boasts top-notch eateries, serene botanical gardens and a mild climate for a perfect end-of-winter pick-me-up!

Southern delights abound in Louisiana's capital city! With a unique blend of English, French, Spanish and Creole cultures, this bayou town's unique personality is showcased in its museums, architecture, culinary dishes and landmarks.

Start your escape with a guided bus tour from Baton Rouge City Tour. Cruise past stately colonial mansions and historic neighborhoods, then visit the Capitol Park Museum, which houses 500,000 artifacts!

Next, dine like the locals with lunch at Louisiana Lagniappe Restaurant, voted the "Best Cajun Restaurant" in Baton Rouge by Patch.com. Be sure to savor their spicy seafood gumbo and delicious shrimp creole.

As evening approaches, head to Red Stick Social to enjoy live music as you munch on locally inspired small plates. Then make your way up to the rooftop to sip a cocktail and watch the colorful sunset reflect off the Mississippi river—*gorgeous!*

Catch a picturesque sunset as you travel across the Horace Wilkinson Bridge, which is the tallest bridge on the Mississippi River

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



Climb aboard the historic 1920s-era Delta Queen paddle-wheel riverboat for a serene cruise down the river

Dive into Louisiana's history with a tour of the Old State Capitol Building, and marvel at the stunning stained-glass dome



NO TIME FOR A TRIP?

Sip on a boozy root beer float!

Inspired by the signature drink at Frostop's, a landmark '50s- and '60s-themed restaurant in the Capital City, this sweet and spiked classic is sure to please!

- ❑ ½ cup heavy cream
- ❑ 3 Tbs. Licor 43
- ❑ 1 Tbs. confectioners' sugar
- ❑ 2½ cups vanilla ice cream
- ❑ 1 (12 oz.) bottle of alcoholic root beer, chilled

● In bowl, beat heavy cream with 1 Tbs. Licor 43 and 1 Tbs. confectioners' sugar until stiff peaks form. Refrigerate. Place ¼-cup scoop vanilla ice cream in 2 glasses and top with 2 Tbs. Licor 43. Divide root beer between glasses, then top each with 1 scoop vanilla ice cream. Garnish with spiked whipped cream and cherries, if desired. *Serves 2*



You deserve
Good things!



Animal Hero

Proof that love and courage come in all shapes and sizes

“Without our brave pup, we wouldn’t be alive!”

Thanks to an adorable yellow Lab named Callie, Danni Plamann met her husband, Rob. And because of that same pup, Danni is alive today!

Danni Hibbs couldn’t help overhearing the three men sitting at a nearby table as she enjoyed her dinner. A traveling nurse from Philadelphia, she was in Green Bay, Wisconsin, on assignment. The men were discussing the yellow Lab pup one of the guys was adopting. “What should I call her?” he asked his pals, and Danni couldn’t help herself.

“Callie!” she blurted, naming her favorite *Grey’s Anatomy* character.

“I like it!” the new dog owner grinned. “I’m Rob Plamann,” he said with a smile.

By the end of the evening, Danni and Rob had swapped phone numbers...and she never returned to Philadelphia. She got a job at a local hospital, and a year later, she was going home to her new husband, Rob, and their sweet girl, Callie.

Over the next two years, Danni and Callie formed a special bond. The pup especially loved to curl up beside Danni in bed. But one afternoon last June, after working a night shift, Danni headed for the bedroom to get some sleep, but Callie didn’t follow. “Come on, Callie. I’m tired,” Danni said, leading her by the collar into the room and closing the door.

In minutes, Danni was asleep, but it wasn’t long before she was roused by Callie licking her neck. “Okay,” she sighed, getting up to open the curtains because Callie loved to gaze out the window.

At the window, Danni caught a faint whiff of smoke. But she wasn’t alarmed. She and Rob had been smelling smoke off and on for a couple of days. “Somebody’s burning brush,” they figured. But when Danni got back into bed, Callie began pawing her. When the dog nipped her ear, Danni got up, thinking Callie needed to go outside.

Suddenly, Danni noticed the smell of smoke had thickened, and opening the bedroom door, she gasped as she encountered a wall of flames! Terrified, Danni slammed the door shut and called 911. Then she grabbed Callie and pushed her out the first-floor window. But the window was braced by a central post and Danni couldn’t fit through. The door was already glowing orange...

Danni rammed the post several times with her shoulder but it didn’t budge. In desperation, she lay on the bed and kicked the rod hard.



Danni (left)
and Rob
(right) with
their life-
saving Lab,
Callie

Just then, she spotted Callie trying to climb back inside, and it was just the boost she needed. Danni’s next kick snapped the post. She scrambled out the window just as the house exploded into an inferno.

“You saved my life!” Danni wept, hugging Callie.

Tears streaming, she called Rob. “Thank God you’re both okay,” he cried.

Firefighters determined the fire had likely been sparked by a lightning strike to the roof during a thunderstorm two days earlier and had been slowly smoldering. Sadly, the house and everything in it—including the smoke alarm Danni had left facedown on a counter after replacing the battery the day before—was lost.

But the couple feels grateful. “Another few minutes and neither of us would have made it out,” Danni marvels. “Callie is my hero. Without her, Rob and I would never have met, and now she’s determined to keep us together.” —*Bill Holton*

Life’s abundance is unlimited!

We’re surrounded by joys galore, and more blessings than we could ever count. A steady stream of opportunities and an endless river of new beginnings. So many paths to success, and so many reasons to give thanks. Life brings us all that and more—today and beyond!

Has a person or animal 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!**

Love & Laughter

"Let's snuggle!"

Sierra, 7 months,
submitted by
Grandmother
Michelle Moore, FL



"I think I need a smaller hat!"

Eden,
7 months,
submitted by
Mother Sheila
Shouppe, FL



"I thought being married to a rodeo clown would be more fun than this!"

Beary cute!

Deklan,
7 months,
submitted by
Grandmother
Ruth
Campbell, ON



My husband and I had gone to my 20-year class reunion. As we walked in, one of my former classmates came up to say hello. After chatting for a bit, I introduced him to my husband. "This is Matt Anderson," I said. He shook my husband's hand and politely said, "It's very nice to meet you, but my friends actually call me Scott Fitzmaurice." Thankfully, Scott was gracious and laughed it off, but, boy, was my face red! —M.L., Canton, OH

Was my face red!

"Success in life is measured, most easily, by the number of days that a person is truly happy"
—Eric Edmeades



Auntie's fashionista!

Sabrina, 6 months,
submitted by Aunt
Rachel Benoit, NH



"Let's stick together!"

Submitted by
Mar Sension, PA



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